

# Cicatelli Associates Inc.

## TITLE X REGION II 2011 - 2012 TRAINING SELECTION MENU

TITLE	DESCRIPTION	TIME	AUDIENCE
Assessment and management of abnormal menses	Irregular vaginal bleeding and ammenorhea are common complaints for women throughout their reproductive lives. This training will provide the knowledge and skills necessary for the family planning clinician to assess and manage the patient with abnormal menstrual cycles.	3 hrs.	Clinicians, clinical staff, health educators.
Assessment and management of abnormal vaginal discharge	Vulvovaginal symptoms are extremely common, accounting for over 10 million office visits per year as well as frequent self-diagnosis and therapy. This topic review will focus primarily upon the diagnosis of the three most common infectious causes of vaginitis: bacterial vaginosis, candida vulvovaginitis, and trichomoniasis, which account for at least 90 percent of vaginitis.	3 hrs.	Clinicians, clinical staff, health educators.
Assessment of urinary incontinence	Urinary incontinence, the complaint of involuntary leakage of urine, often remains undetected. This training will provide the family planning clinician knowledge and skills necessary to identify and assess urinary incontinence in women.	3 hrs.	Clinicians, clinical staff, health educators.
Clinical Update: Breast and Cervical Cancer	Mortality and morbidity from breast and cervical cancer can be significantly decreased when regular screening guidelines are followed. Early detection and treatment are the key elements in reducing untimely death. This workshop will present the latest information on epidemiology, prevention, detection, treatment strategies and counseling issues.	3 hrs.	Clinical staff including nurses, nurse practitioners, health educators.
Clinical Update: Abnormal Pap Smears	This training will review the epidemiology and natural history of Human Papilloma Virus. A review of current recommendations for routine screening and management of abnormal cytology will be made to provide the busy clinician with the evidence needed to inform his/her clinical practice.	1-3 hrs.	Clinicians, clinical staff, health educators.
Clinical Update: Sexually Transmitted Infections	Sexually Transmitted Infections are significant factors for many reproductive health problems. First and secondary prevention are the best medicine, however treatment is ever changing and highly beneficial. Treatment of STIs will be discussed as well as counseling techniques needed to work with a clients affected by an infection.	Full day or a minimum of 3 hrs.	Clinical staff, including nurses, nurse practitioners, health educators.
Coercion Prevention Counseling	In working with women and adolescents in the clinic setting, clinical staff frequently take sexual health histories of their patients. Within this context, the issue of unwanted or coercive sexual activities often comes up. This training will help clinical staff develop counseling skills to identify and effectively address the issue of coercive sexual behavior with their patients. Particular attention will be given to the special needs of adolescent patients.	3 hrs.	Clinical staff, including nurses, nurse practitioners, health educators.
Contraceptive Update	In the past 3-5 years contraceptive technology has provided several new reliable methods. This training will provide the latest information on such methods as well as demonstrate counseling techniques.	3 hrs.	Clinician, clinical staff, health educators, social workers, counselors.
Continuous Quality Improvement	This training will demonstrate how to incorporate quality improvement actions into daily operations. This will expand the clinic's ability to develop and	3 hrs.	Administrators, senior nursing staff, medical directors.

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	implement ongoing quality changes in the organization.		
Encouraging Family Participation in a Family Planning Clinic Setting	This training is specifically designed for family planning clinicians. Please note, it differs from family involvement for health educators. The goal of this half-day training is to help family planning clinicians by providing a framework in which to work with teens, and when appropriate, their family members. This framework can serve the dual purpose of assisting parents or caregivers in developing healthy and connected relationships and improving compliance and communication between the teen and family planning provider.	3 hrs.	Clinicians
Family Involvement for Health Educators	Research shows that parental and family involvement in young people's lives has a significant effect on their sexual decision-making and health. The goals of this training are to help family planning health educators explore the obstacles to obtaining family involvement in community programming, examine strategies for overcoming these obstacles, and develop approaches for reaching out to, bringing in, and maintaining the commitment of family members in both traditional and non-traditional ways.	Full day	Health educators
HIV Integration	In the last several years, HIV integration has become closer to the center of providing family planning services. Conferences, funding, and training have been mandated and encouraged for clinics in regards to providing HIV services. This training is a series that provides information, education, and skills in integrating HIV services into your clinic system.	Half or full day	Administrators, clinical staff, support staff, social service staff.
HIV Test Counseling	This program is designed to enable family planning providers, counselors, and health educators who are already offering HIV counseling to incorporate rapid testing technology into their practice.	Half or full day	Clinical staff including nurses, nurse practitioners, social workers, counselors, health educators.
Human Trafficking: Considerations for Family Planning Clinics	The purpose of this training is increase family planning staff knowledge and ability to recognize red flags and indicators of human trafficking. After the training, participants will be able to define human trafficking, identify tools for victim identification and assessment using various scenarios specific to family planning clinics and recognize ways to support victims of human trafficking	Half day	All staff
Integrating Male Services into Family Planning	This training focuses on the examination of community, agency, staff and client-centered barriers to male integration into family planning and discusses strategies to overcome these barriers. It also allows participants to examine their own values and attitudes around the incorporation of men into family planning.	3 hrs.	All staff

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Male Reproductive Health Services	As more and more males are being welcomed into family planning settings, it is imperative that care is gender sensitive and thoughtful. This training will include education and counseling skills specific to males as well as present the components of a male sexual health exam.	Half day or full day	Clinical staff including nurses, nurse practitioners, social workers, counselors, health educators.
Mandatory Reporting of Child Sexual Abuse	This training includes an in-depth review of state/territory-specific mandatory reporting laws. Participants have the opportunity to discuss various scenarios around reporting issues as well as examine current organizational policies and procedures.	3 hrs.	All staff
Natural Family Planning	Fertility awareness-based (FAB), or natural, methods of pregnancy prevention are based upon the physiology of the menstrual cycle and the functional life span of the sperm and ovum. This training is to help all clinical staff be better able to offer NFP as an additional method of family planning.	3 hrs.	Clinical staff including nurses, nurse practitioners, social workers, counselors, health educators.
Open Access	A new paradigm in clinic operations, Open/Advanced Access, has shifted many clinics from long delays in waiting time to being able to schedule clients within three business days. This 3 hour training will begin to educate administrators on: a) what is Open/Advanced Access; b) how it works; and c) how to implement this in your agency.	3 hrs.	Administrators and medical directors.
Options Counseling (including Infant Adoption Awareness)	Family planning providers are required to offer counseling to all women who receive a positive pregnancy test result. This counseling includes a discussion of the options that are available to the client including parenting, adoption/foster care, and termination. In this training, participants will learn client-centered counseling skills that can be applied to help a client explore her feelings and concerns about her pregnancy, weight the available alternatives, and make an independent decision.	Full day	Clinical staff including nurses, nurse practitioners, social workers, counselors, health educators.
Preconception Counseling in Family Planning	Preconception Care aims to improve the health of women and couples, before conception of a first or subsequent pregnancy. Combining preconception care with family planning initiatives would be a significant step in reaching the dual goal of improving women's overall health and birth outcomes.  This half-day training is designed to provide staff with the knowledge and skills involved in offering preconception counseling services to family planning clients.	Half day	Clinical staff including nurses, nurse practitioners, social workers, counselors, health educators.

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Providing Family Planning Services to LGBTQ Populations	This training will focus on the examination of community, agency, staff and client-centered barriers to providing comprehensive family planning services to individuals who identify as LGBTQ. It also allows participants to examine their own values and attitudes around the incorporation of LGBTQ-centered care into a family planning clinic setting.	Half day	Clinical staff including nurses, nurse practitioners, social workers, counselors, health educators.
Reducing Unintended Pregnancy: Promising Practices for Counseling Adolescents.	<p>This training will introduce the authoritative/directive counseling model which embraces the concept that most adolescents waver between childhood and adulthood and need a strategic "middle ground" approach. It will include the key components of adolescent development, adolescent brain development, some aspects of behavior change and motivational interviewing as foundations for the authoritative/directive counseling model.</p> <p>Participants will examine the current clinical practices in their agencies and how they support adolescents, as well as, demonstrate skills in utilizing this evidence-based counseling model.</p>	2 full days	Family planning educators, counselors, clinicians, clinic directors and other relevant staff who work directly with adolescents
Supervision and Leadership	As family planning agencies strive to "do more with less" the role of the supervisor becomes more critical. This workshop will examine the role of the supervisor and the skills necessary to perform this function. Participants will assess their own supervisory skills and delve into topics such as building staff morale, managing difficult employees and balancing personal problems with performance expectations.	Half or full day	Managers
Working with Adolescent Clients in Family Planning	Adolescents represent an important target population for family planning. An understanding of adolescent development and its impact on service delivery is essential to providing appropriate, youth friendly services. This half-day training will increase participant's knowledge of adolescent development (with an emphasis on the new adolescent brain development research), minor's rights and confidentiality, as well as allow participants the opportunity to apply this knowledge through practice activities.	Full day	All staff

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Name: \_\_\_\_\_ Title/Position: \_\_\_\_\_

Agency Name: \_\_\_\_\_

Agency Address: \_\_\_\_\_ Room/Floor/Suite/Dept.: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Daytime Telephone: \_\_\_\_\_ FAX: \_\_\_\_\_

Date of form submission: \_\_\_\_\_

*Please caucus with your family planning staff and determine **one** training that you would like to receive this year. Please complete the table below:*

Training	Expected # of Participants	Target Audience	Proposed Training Date
Example: Contraceptive Update	15-20	Nurse Practitioners, RNs, health educators	December 3, 2011
1.			

***\*Please remember, there is a minimum of 12 participants per training. Agencies should work with other agencies and Cicatelli Associates Inc. to meet this minimum.***

If you have any questions please contact Christiana Duodu, at (212) 594-7741 ext. 259. Email completed forms to [cduodu@cicatelli.org](mailto:cduodu@cicatelli.org) or fax to 212-629-3321.

***Also, keep in mind that Cicatelli Associates Inc. can custom design training based on your agency needs.***