

Directions

The ProActive Caring Train-the-Trainer conference will be held in the Hudson Hall Auditorium at Mount Saint Mary College
330 Powell Avenue
Newburgh, NY 12550

Mount Saint Mary College is located a short distance from Rt. 9W (Exit 10 on I-84) and from Exit 17 on the NYS Thruway. For directions and a campus map, go to [https://www.msmc.edu/About MSMC/Our Location](https://www.msmc.edu/About_MSMC/Our_Location).



ProActive Caring Train-the-Trainer Conference



**Wednesday, January 30
9:30 am—4:30 pm**

(Snow date: W Feb. 6)

to be held at
**Mount Saint Mary College (Hudson Hall)
330 Powell Avenue
Newburgh, NY 12550**

The Center on Aging and Disability Policy at
Mount Saint Mary College

330 Powell Avenue
Newburgh, NY 12550

Phone: 845-569-3164 (Dr. Lawrence T. Force)
845-569-3151 (Dr. Jeffrey Kahana)

E-mail: esproat.proactivecaring@gmail.com
www.msmc.edu/aging

*This training is funded by the New York State
Developmental Disabilities Planning Council.*



About ProActive Caring

The ProActive Caring Program was designed by The Center on Aging and Disability Policy at Mount Saint Mary College to enhance quality of life for parents and other family caregivers who are raising children or caring for family members with intellectual, developmental, or other disabilities. To that end, it created a course to teach effective coping mechanisms for short- and long-term stressful situations. This free course, called ProActive Caring Stress Reduction, is based on Mindfulness Based Stress Reduction (MBSR) and Positive Adult Development (PAD)--evidence-based training models that were developed by the Vanderbilt Kennedy Center for Excellence in Developmental Disabilities. ProActive Caring Stress Reduction is open to family caregivers of individuals across the lifespan, from birth to end of life.

To offer the ProActive Caring Stress Reduction training widely, the Center on Aging and Disability Policy at Mount Saint Mary College is partnering with community service providers across New York State and conducting Train-the-Trainer sessions for teams of clinical and peer facilitators.

Program

- 9:30 am Registration & Application for Social Work CEU's; Continental Breakfast
- 10:00 am Welcome & Overview
Lawrence T. Force, Ph.D., LCSW-R
Elaine Sproat
- 10:15 am Theoretical Underpinnings of the ProActive Caring Stress Reduction Trainings
Jeffrey Kahana, Ph.D.
- 11:00 am The Power and Focus of Breath
Elisa Gwilliam
- 11:15 am Break
- 11:30 am The Power of Presence, Empathy, and Community
Lawrence T. Force, Ph.D., LCSW-R
- 12:15 pm Lunch
- 1:30 pm Healing Justice: Holistic Self Care
Loretta Pyles, Ph.D.
- 2:15 pm Family Systems and Intellectual Disabilities (*WebEx presentation*)
Matthew Janicki, Ph.D.
- 3:00 pm Break
- 3:15 pm Elements of ProActive Caring Stress Reduction Trainings
Laura Cameron
Sharon Murray-Cohen, LMSW
Barbara Russell
- 4:00 pm Group Discussion & Wrap-up
- 4:15 pm The Power and Focus of Breath
Elisa Gwilliam

Registration

Train-the-Trainer conferences are offered free of charge, but as space is limited, pre-registration is required!

We expect most who register to be part of a team (a clinical and a peer facilitator) affiliated with a Community Service Provider.

Community service providers will be asked to host the family caregiver trainings (comprised of three in-person classes and three podcasts) twice in the six months following the conference, to reimburse the time of their clinical facilitator, and, if possible, to provide refreshments and childcare for participants. Agencies with limited training budgets may apply for grants to help subsidize these costs.

Participating social workers may apply for 3 social work CEU's, which will be awarded free of charge to those who go on to facilitate ProActive Caring courses. **Family caregivers** will receive a stipend of \$300 for each course for which they serve as a peer facilitator.

Interested team members may register at <https://www.MSMC.edu/proactivecsp>.

For additional information, or to inquire about registering if you are not part of a team or are not affiliated with a community service provider, please contact Elaine Sproat, Director, ProActive Caring Program, esproat.proactivecaring@gmail.com.