

## Care Model® Training Series

This training series focuses on developing core skills for service professionals in the Ready by Five network to improve services to families with young children.

Participants will build their knowledge and competencies through interactive sessions with mixed teaching methods and engage learners not only with the facilitator but with one another to share expertise and practice wisdom collectively.

### CEU Credits

The Care Model® Training series provides 13 credit hours to social workers and 16 credits to community health workers. Certificates will be provided upon completion of each session.



### Session Topics

Empowerment Approach & Skills  
Professional Boundaries  
Health Equity 101  
Best Practices for Working with Interpreters  
Personal Interview & Client Action Plan  
Strengths-Based Documentation  
Community Resource Navigation

Trainings will include opening and transitional mindfulness, grounding, and stretching activities provided by Shannon Kaza, an experienced, registered, trauma-informed yoga instructor.



Facilitated by Vanessa Jimenez. Vanessa is an experienced nonprofit leader and diversity, equity, and inclusion educator who interconnects her education and her lived experiences as a Latina navigating dominant-culture spaces in advocating for marginalized communities and working to dismantle systems of oppression and inequities.

### [Cohort 1 Registration](#)

### [Cohort 2 Registration](#)

### [Cohort 3 Registration](#)

#### Locations:

Arbor Circle  
1560 Leonard St NE  
Grand Rapids MI 49505

Health Net of West Michigan  
1550 Leonard St NE  
Grand Rapids MI 49505

Participants must sign up for an entire cohort.

Cohort 1	Cohort 2
9:00am-1:30pm	9:00am-1:30pm
February 6	April 3
February 20	April 17
March 5	May 1
March 19	May 15

#### Cohort 3

1:00pm-5:00pm  
June 13  
June 27  
July 11  
July 25

**Contact Shannon Kaza (Training Project Manager) for training registration questions at [skaza@healthnetwm.org](mailto:skaza@healthnetwm.org).**

# Care Model<sup>®</sup> Training Series

Health Net's Care Model<sup>®</sup> training series is interactive and experiential for participants while being instructor-led. Please see the detailed summaries of the sessions below.

## Session 1

### Empowerment Approach & Skills

This workshop teaches empowerment as a practice approach embedded in the strengths perspective. Empowerment is not something we do to clients but with clients as we walk alongside them while they use their own voice and make their own choices.

### Professional Boundaries

This training teaches the guidelines necessary to both protect clients from harm and preserve the mental wellbeing of staff members. Staff members also learn to navigate gray areas and develop healthy working relationships.

## Session 2

### Health Equity 101

This training provides a foundation for understanding health equity and health-related social needs and a baseline introduction to personal identity and diversity in values.

### Best Practices for Working with Interpreters

Learn national standards and widely recognized best practices for language assistance, which is one of the easiest ways to reduce barriers within systems.

## Session 3

### Personal Interview & Client Action Plan

This workshop teaches the personal interview and client action planning process while using motivational interviewing skills. Practice open-ended questions, affirmations, reflections, and summaries to elicit the client's story while conducting an empowering interview and planning session focused on client goals.

## Session 4

### Strengths-Based Documentation

Learn the skills and intentionality needed to identify and affirm strengths in clients and their environments and reflect this in professional documentation.

### Community Resource Navigation

This workshop introduces various community resource directories, databases, systems, and collaboration methods to increase knowledge of community resources and referral options while reducing duplication of efforts, improving efficiency, and ensuring the accuracy of referrals.