

Workshop Descriptions

Education Workshops

- Engaging Adult Learners in Education - Presented by Judith Whipkey, Bridge Valley Community College
This session will encompass strategies that help the adult learner develop confidence and accomplishment in their educational journey. Attendees will learn:
Who are the Adult Learners in West Virginia? How do they compare with traditional college-age students? How can we make them feel like they are a part of the higher education culture? How can we make Adult Learners feel more at ease with continuing their education and provide them with strategies for success? How does the Adult Learner's life/work experience equate to college-level learning? What are some of the non-traditional learning environments?
- Understanding Childhood Trauma and Implications for Serving in AmeriCorps - Presented by Bob Shogren, Casa Grande Alliance
Adverse childhood experiences (ACEs) are traumatic events that can impact the developing brain and have life-long impact on the ability of people to thrive. Yet, it is possible to foster resilience and equip people with tools to respond and to bounce back. This workshop includes practical exercises to encourage trauma-informed approaches to working with people of all ages, backgrounds, and abilities.
- Youth Mental Health First Aid - Presented by Katherine Heatherly
Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. This session will include data of need, an introduction to YMHFA, testimonies, and how to get connected for further training.
- Who Am I?: AmeriCorps Service Members Exploring the Role of Identity Across Service Experiences - Presented by Dr. Talia Carroll, Kinetic Connections Consulting
As AmeriCorps members, we are committed to service to others and help strengthen communities. We must, then, consider the many ways we show up as volunteers when working with and across numerous and diverse communities in the state. Let's connect about YOU and what you bring to national service.

Health + Local Foods Workshops

- AmeriCorps in Disasters and Preparedness - presented by Gina Namay, Disaster Services Lead - Volunteer WV, and Katrina French, AmeriCorps DSU
If a natural or man-made disaster impacts you or your community, would you have the things you need on hand to take care of yourself, your home and your family? As an AmeriCorps member, you are in a unique position to use your experience as a service member to start the conversation about being prepared. In this session, join us to learn the four basic steps that can help you be better prepared for disasters, and how the AmeriCorps Disaster Services Unit helps communities prepare for, respond to, and recover from disaster events across the country. During this session you'll learn more about how each AmeriCorps and AmeriCorps Seniors programs help disaster affected communities.

- Fostering Nourishing Networks for Community Food Security in West Virginia - Presented by Joshua Lohnes, Food Justice Lab at WVU
Across West Virginia many people confront significant barriers to accessing affordable, adequate, nutritious foods. Nourishing Networks is a healthy food access planning workshop developed by the WVU Center for Resilient Communities to foster a network of community-based organizations and food system stakeholders that can effectively develop cross-sectoral strategies to enhance community food security. This workshop will introduce participants to the Nourishing Networks curriculum and its complimentary data resources available through the WV FOODLINK website. Participants will gain a foundation from which to begin organizing community food security initiatives in their respective communities.
- Eight Dimensions of Wellness - Presented by Faith Saunders, Discover A New Future
Studies show that in order to lead a fulfilling and balanced life, we need to pay attention to eight key areas. During this interactive training, participants will be introduced to the eight dimensions of wellness. They will do a self-assessment to ascertain their wellness in all eight dimensions of wellness and create a personal Action Plan that will help them to address one dimension of wellness that they are not satisfied with.
- Healthy Eating on a Budget: Nutrition and Intuitive Eating - Presented by Carrie Dennett, Nutrition by Carrie
Participants will gain practical strategies for eating a nutritious diet on a limited food budget. They will also learn, with the help of some of the principles of Intuitive Eating, how to assess what type of eating plan is right for them without trying to follow a generic plan that may not be sustainable due to cost, level of difficulty or lack of appeal.

Conservation + Heritage Workshops

- The Basics of Interpretation: How to Interpret Your Site to Your Audience - presented by Joseph Obidzinski, Program Coordinator for History and Heritage Programming - WVU Jackson's Mill

This session will provide participants the opportunity to learn what interpretation is, the basic rules of it, and how to use it effectively for their programs. This will provide a basic framework for developing a program/presentation/exhibit for their site. It will also provide resources which will help and guide them as they continue the development of those things. We will also discuss the importance that interpretation can play in the health, growth, and longevity of a site.
- Historic Preservation 101 - Presented by Danielle Parker, Preservation Alliance of WV
In this session, the Preservation Alliance of West Virginia's executive director, Danielle Parker, will present an introduction to historic preservation. Parker will cover topics that may help AmeriCorps members assisting with community development, tourism, and educational organizations as she will discuss resources and tools that are available to connect the public with its history and preserve places that matter most to communities.
- Environmental Education Using Project Learning Tree - Presented by Linda Carnell, WV Division of Forestry, Andy Sheetz, Jesse King, and Johnny King
This session will explain and demonstrate hands-on, stem activities from Project Learning Tree's early childhood module, K through 8 module, and some activities used for higher grades. Opportunities to take a full class in any one of these project learning tree modules will be available at a later time.

- Appalachian Food and Foraging - Presented by Bette O'Steen

West Virginia is home to many herbs, native foods, and medicinal plants that serve all types of purposes and have been a staple of Appalachian life throughout history. Join Bette O'Steen, Foraging Expert, for a fun and engaging session on uniquely Appalachian foraging. Even life-long West Virginia residents might learn a thing or two about the woods that we call home!

Community Development Workshops

- Situational Safety: De-escalation Strategies - presented by Crisis Consultant Group

This session will cover effective workplace violence prevention techniques focusing on verbal de-escalation skills which prevent violent behavior, and mitigate crisis situations in a given workplace environment. In addition, the curriculum provides methods to intervene, deescalate, and calm challenging and/or violent behavior. All techniques are non-threatening and non-confrontational, geared towards diffusing escalated behavior safely and immediately. These methods are principled towards maintaining the dignity, respect, and safety of all persons involved.

- Rural Volunteer Management: Build a Strong Foundation for Volunteer Involvement - Presented by Volunteer West Virginia

One of the goals of Volunteer West Virginia is to make volunteering more accessible to West Virginia residents, and to help organizations that need volunteers find them and manage them well! Join this session for Module 1 of our newly developed Rural Volunteer Management Curriculum: Build A Strong Foundation for Volunteer Involvement. In this session, you will learn how to set the stage for success with a clear rationale for volunteer involvement, define roles & responsibilities for volunteers for both short-and-long-term opportunities, assess, prioritize, and manage the risks related to volunteer involvement, and create an inclusive onboarding & orientation process that welcomes volunteers from all walks of life.

- Finding Funds and Building Relationships with Funders - Presented by Alice Ruhnke, The Grant Advantage

The first step in the grant writing process is to find appropriate funders that match the vision and mission of your nonprofit organization. During this webinar, we will discuss ways to find funding opportunities from foundations, corporations, and federal and state governments. However, developing relationships with funders is an additional step that requires thoughtful consideration. We will review best practices, "do's and don'ts," and strategies to help you build those relationships that will enhance your grant writing success!

- Facilitating Effective Meetings and Events - Presented by Brent Kossick, Aligned Impact Consulting

If you suspect that you will ever need to facilitate an in-person or virtual meeting or training event, this workshop is for you! Participants will take away a series of tips, tricks, and resources from a certified meeting facilitator that they can use to help them ensure to keep their future audiences engaged and productive.