



Happy Holidays from TCS!

Welcome to the December 2024 edition of the TCS newsletter! Keep reading to learn about our newest trainings, this month's open session, a TCS service reminder, a brief poll, and a tip for providing the best services possible.

Table of contents:

- 1. Newest Trainings***
- 2. Open Training in December***
- 3. TCS Service Reminder***
- 4. Monthly Poll***
- 5. Today's Tip from TCS***
- 6. Office Hours Notice***
- 7. TCS General Information***

Check out the newest of our FREE trainings available now!
CEU credits included!

SE Skills Training: *Training Strategies for Success*

Samantha Goldfarb
Director of Training and Consultation Services
The Arc of New Jersey

NEW! SE Skills Training: Training Strategies for Success

Length: 1.5 hours
Sessions: 1
CEU Credits: 1.5

Develop a nuanced and person-centered training skill set to help your clients maximize their independence and workplace success!

SE Skills Training: *Building Community Connections*

Samantha Goldfarb
Director of Training and Consultation Services
The Arc of New Jersey

NEW! SE Skills Training: Building Community Connections

Length: 1.5 hours
Sessions: 1
CEU Credits: 1.5

Uncover the secrets of building community relationships and learn how to make the process more accessible and successful!

Includes:

- Description of five key qualities of effective and ethical training
- Explanation of how to build relationships with individuals that are conducive to training success
- Breakdown of training techniques and how to pair them with strategies that boost success
- Discussion of the differences and similarities between training for traditional job skills and for workplace-appropriate behavior
- Basic information on de-escalation and assisting emotional distress in ways that foster workplace independence
- Activities and practice scenarios designed to build perspective and a well-rounded skill set

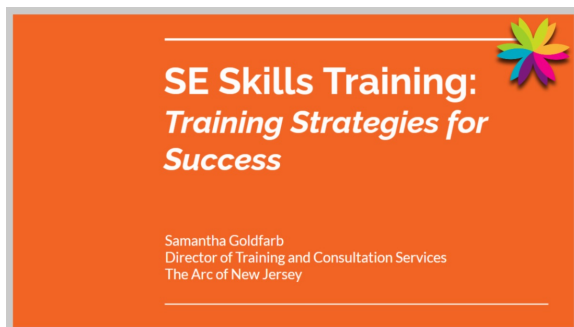
Includes:

- Discussion of the impact of community relationships on the success of agencies, clients etc.
- Description of common examples and sources of community relationships
- Explanation of the benefits of using clients' existing connections in job development
- Breakdown of different pathways to relationship-building and the benefits of each
- Identification of attendees' existing community relationships and personalized discussion of how to develop them further
- Interactive practice with take-home resources to support continued skill development

For more information on all of our available trainings, please refer to our Training Catalogue.

Open Training in December

Training Strategies Workshop



Date: December 24
Time: 2:30 p.m. to 4:00 p.m.

Length: 1.5 hours
Sessions: 1
CEU Credits: 1.5

Zoom meeting link:
<https://us06web.zoom.us/j/82958772003>

Do you need training for a small number of people but still want the group experience? Do you want to train with people outside of your agency, or just don't want the hassle of scheduling private sessions? Open trainings are pre-scheduled virtual sessions that provide the same content, take-home resources, and CEU credits as private trainings do. No prerequisites or scheduling are required — simply enter the Zoom meeting at the correct date and time to join in!

Email sgoldfarb@arcnj.org for more information about open trainings.

Interested but can't make it this time? Contact Samantha to make sure the next open training works with your schedule!

CEU Credit Reminder

The end of 2024 is just a few days away, which means the deadline to acquire CEU credits is as well! As a reminder, staff must complete a set number of CEU credits per calendar year in order to be properly certified to provide DDD-funded supported employment. Part-time staff must complete six credits per year, and full-time staff must complete twelve credits per year.

If you have any concerns or questions about reaching your CEU credit requirements for this year, please contact Samantha Goldfarb.

Monthly Poll

Help us provide you with the best experience possible by answering a few questions each month!

Does your agency find it difficult to complete the CEU requirements for staff in a calendar year?

Does your agency mainly use CDS or other training options to fulfill yearly CEU requirements?

Would your agency find a scheduled series of trainings helpful in pacing CEU acquisition?

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Yes

CDS trainings

Yes

No

Other training types

No

It depends on the circumstance.

It depends on the staff member.

Maybe or in certain circumstances.

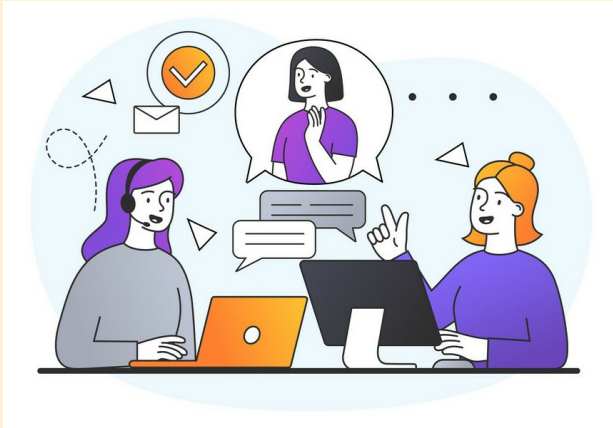
Practicing good self-management benefits your clients as much as it benefits you. When your needs are met and you have the skills to manage your stress effectively, it is much easier to provide the high-quality support your clients deserve. It also provides the opportunity for you to model self-management strategies for your clients, which can help them manage both everyday challenges and high-stress situations (just as they help you do the same).

Today's Tip from TCS

- Needs work: Job coach overextends themselves in an attempt to be the best service provider they can be. This causes them to be too exhausted and stressed to reliably provide high-quality support to their clients.
- Improved: Job coach monitors their feelings as they work, uses coping mechanisms to regulate themselves

when they get stressed, and dedicates time to recuperate after a difficult day. This improves their ability to provide quality services in any situation.

This Month's Office Hours



Wednesdays: 2:00 - 4:00 p.m.

Thursdays: 9:00 - 11:00 a.m.

Zoom meeting link:

<https://us06web.zoom.us/j/6107930478>

Find your local number:

<https://us06web.zoom.us/u/ke0RHzf17>

Do you ever find yourself with questions about SE that you wish could be answered right away or without the hassle of scheduling a meeting? The TCS office-hours program is our solution designed specifically to accommodate the busy SE professional!

TCS Director Samantha Goldfarb hosts two recurrent Zoom meetings per week that are available for anyone to attend. These meetings do not have a set agenda, instead providing attendees with the opportunity to discuss SE-related topics and questions immediately and without the need for prior communication. Drop-ins at any time during the meeting periods are welcome.

We look forward to seeing you there!



All trainings are customizable to fit your agency's needs. Change the length, add a topic, learn in a different way - the choice is yours!



We'd love to hear your ideas and feedback! Your input helps us create the best material possible for everyone who receives our trainings.



Not seeing what you're looking for? Let us make a training specific to your agency. If it's related to supported employment, we want to help!

TCS exists to help DDD supported-employment providers and their staff provide the highest quality of support available to their clients. All services are *completely free of charge*. We'll teach you how to use realistic strategies to achieve the ideals of

supported employment so that you can continue to provide the excellence in service that your clients deserve.

Contact Samantha Goldfarb with all inquiries.
sgoldfarb@arcnj.org
(732) 749-8434
8:30 a.m. - 4:00 p.m. Monday - Friday

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