



## Caregiver Education & Support Group Series

Looking for Caregiver Training? We are now offering an in-person, eight week, caregiver education and support group series.

This series of eight interactive workshops is designed to empower caregivers with tools, techniques and knowledge to provide support and expert care for people with Intellectual and Developmental Disabilities.

**Who:** Parents, Caregivers, and Care Home Staff of individuals who have Intellectual and/or Developmental Disability and Behavioral Health Symptoms.

**Start Day:** February 5, 2025

**Times:** Wednesdays - 2pm to 4pm

**Location:** 5417 Madison Ave. Sacramento, CA 95841

Refreshments & retail gift cards will be provided!

**REGISTER  
HERE!**



## TOPICS

### **WEEK 1: Mental Health vs Mental Disorders - February 5**

Learn the difference between mental health and mental disorders. Explore the different classes of mental illness based on DSM-5-TR. Discuss the types of treatment utilized for symptoms and diagnosis of mental disorders

### **WEEK 2: Executive Functioning - February 12**

Gain understanding of different set of skills that are necessary for the process of cognitive control of behaviors. Increase understanding as to how executive functioning deficit impacts a person's ability to think, plan, self-control, self-manage, being able to manage time and stay organized, and adapt to change.

### **WEEK 3: Trauma and IDD - February 19**

Learn what trauma is, the different types of trauma a person can experience. Discover how early childhood trauma changes development (cognitive, physical and emotional). Learn about the how trauma symptoms present in individuals with IDD.

### **WEEK 4: Common Mental Health Disorders and Symptoms - February 26**

An overview of Anxiety Disorder, Depression, ADHD and the impact on a person's overall functioning. Gain understanding of the differences and similarities amongst these disorders. Learn about different types of treatment utilized.

### **WEEK 5: Challenging Behaviors - March 5**

Learn about the common challenging behaviors experienced by a person with IDD. Gain understanding of the underlying reasons for challenging behaviors and factors that increase the likelihood of challenging behaviors.

### **Week 6: Medical Conditions And Impact On Overall Well Being - March 12**

An overview of most common medical conditions identified in individuals with IDD. Increase knowledge and understanding as to how medical conditions can impact a person's mental and behavioral health symptoms.

### **WEEK 7: Cultivating Wellness with Strengths and PERMA - March 19**

Learn the importance of identifying strengths in ourselves and others. Explore different ways to use strengths to increase confidence and decrease frustration, irritability. Discuss the meaning of PERMA and ways to increase overall well being for caregivers and people with IDD.

### **WEEK 8: Introduction to Psychiatric Medication - March 26**

This is a Q&A session with START medical director about psychiatric care. Common types of psychiatric medications, what medication commonly used for what mental health disorders. BRING YOUR QUESTIONS!!!