



## **Skills Training at Old Mill Center FAQ**

### **What do skills trainers do?**

Skills trainers provide in-home parent coaching and support services using evidence-based practice models. They develop positive, respectful, empowering relationships with parents, teachers, and other team members of clients. Skills trainers model, coach and counsel clients regarding appropriate conflict resolution, relaxation, self-calming, social skills, and interpersonal skills. They provide in-home child socialization and skills training activities. Skills trainers provide classroom observations and skill building activities to children in classrooms and in school.

Skills trainers communicate frequently, effectively, and positively with assigned clinicians to plan and evaluate the intensity and duration of services provided. They adhere to Old Mill center policies and protocols, including mandatory abuse reporting and trauma informed care. Skills trainers participate in treatment team meetings and perform case management related to client services. They may do more case management than therapists and may assist the therapist with contacting people related to the client to help build support and plan services.

Skills trainers are required to have knowledge of the developmental needs of children, work with diverse populations in a variety of environments, and work as members of a coordinated team under the direction of a Qualified Mental Health Professional (QMHP). Skills trainers are Qualified Mental Health Associates (QMHA) who must have a Bachelor's degree in social services or related studies or a minimum of 4 years experience working with children and families in school, community or other related area.

### **What is the difference between a therapist and a skills trainer?**

Skills trainers are not therapists, and it is important that therapy continue for skills training to occur. Skills trainers do not diagnose any mental health condition. While therapists commonly create safe space in an office, skills trainers are more portable, and can go into homes and schools to provide services. Therapists develop service plans for treatment and skills trainers help work on goals identified by the therapist. Skills trainers do not create service plans. Skills training focuses on integrating practices the therapist may teach in the natural environment, so parent/teacher cooperation and presence is of utmost importance. Our role as skills trainers is to "teach the teachers" and help "create the village" so the child and family can be successful with their own set of natural supports.

### **What skills do skills trainers teach?**

Skills trainers can help teach emotional regulation, coping skills, social skills, communication skills, DBT skills, ACT limit setting, Non-Violent Communication, Mindfulness, Nurturing Parenting, Collaborative Problem Solving, PRIDE and BE DIRECT, among many others, and can be trained in many different modalities. Each skills trainer has a different training background. Skills Trainers teach coping, calming and relaxation skills, interpersonal and social skills, and problem solving and appropriate negotiations.