

# VSHSL Provider Training Resources

The Veterans, Seniors and Human Services Levy (VSHSL) supports VSHSL-funded providers and programs by offering core competency trainings. These trainings are meant to help providers attain and maintain key skills and concepts. Training topics are informed by responses to the annual narrative report. **This resource is available to eligible providers at no cost.**

Initial trainings are live in-person or webinar format. Some trainings have been recorded and are available to view at the links below.

## UPCOMING TRAININGS

VSHSL-funded providers are invited to register for the upcoming trainings below:

- **Building Your Compassion Capacity**  
*Wednesday, December 9, 2020 | 1-4:30pm*  
Secondary trauma related
- **Trauma Informed Approach (Core)**  
*Tuesday, January 26, 2021 | 1-4:30pm*  
Learn how to define trauma and identify types of trauma; summarize effects of chronic stress and adverse experiences; and learn what are and are not elements of a trauma informed approach.
- **Trauma Informed Approach for Supervisors and Leadership**  
*Thursday, January 28, 2021 | 1-4:30pm*  
Learn how to identify different types of workplace trauma and stress; articulate three trauma informed strategies to use with employees; and learn how to talk to others about workplace wellness strategies.

 [REGISTER FOR UPCOMING TRAININGS - CLICK HERE](#)

Recordings of past trainings are available for viewing, click the course titles below:

[Military and Veteran Culture 101](#)

[Introduction to Motivational Interviewing](#)

[Recognizing & Addressing Anger & Aggression in Individuals with PTS](#)

[Treating Traumatic Stress: Considerations with Older Adults](#)



Questions?

Contact your King County program manager or [VSHSL@kingcounty.gov](mailto:VSHSL@kingcounty.gov)



**King County**

**Veterans, Seniors & Human Services Levy**

[kingcounty.gov/VSHSL/training](https://kingcounty.gov/VSHSL/training)