



Silver Linings International
Facilitating Positive Change

TRANSFORMATION IN **ONE** TRAINING

LESSONS IN TIME™

TRAUMA-INFORMED METHOD OF ENGAGEMENT

LEARN HOW TO ENGAGE YOUTH
AND YOUNG ADULTS SAFELY AND
EFFECTIVELY DESPITE
COVID AND OTHER UNAVOIDABLE
LIFE CHALLENGES TO HELP Y/YAS
REACH THEIR HIGHEST ASPIRATIONS.

IF YOU WANT TO BECOME THE ADULT ALLY THAT YOUTH/YOUNG
ADULTS NEED IN ORDER TO SUCCEED, SIGN UP NOW!

MAKE TIME FOR LESSONS IN TIME
EXPERIENCE THE TRANSFORMATION.



2 ZOOM AFTERNOONS
TO TRANSFORM
THE LIVES OF OTHERS

As featured in
FORBES and
Alibaba.com B2B

SILVERLININGSINTERNATIONAL.ORG

LESSONS IN TIME™

8 HOUR MINI COURSE



Youth/Family Coordinators



CEOs/Program Directors



Program Staff/Direct Practitioners

Learn **NEW TOOLS** and
STRATEGIES to
IMPROVE youth and
young adult
PARTICIPATION AND
CONNECTEDNESS

Struggling with engaging
transition age youth who
are isolated and have
mental health challenges?
OR want help keeping
them connected to their
goals? Sign up for this
training now to learn new
ways to make a difference!

**CHECK WEBSITE
FOR DATES AND TIMES**

\$497 INVESTMENT PER PERSON

BOOK ONLINE

[HTTPS://WWW.SILVERLININGSINTERNATIONAL.ORG/BOOK-ONLINE](https://www.silverliningsinternational.org/book-online)
OR EMAIL: DEBRA@SILVERLININGSINTERNATIONAL.ORG

What People Are Saying

"TIME sets the stage to educate your organization on how to
make each human interaction powerful and positive."

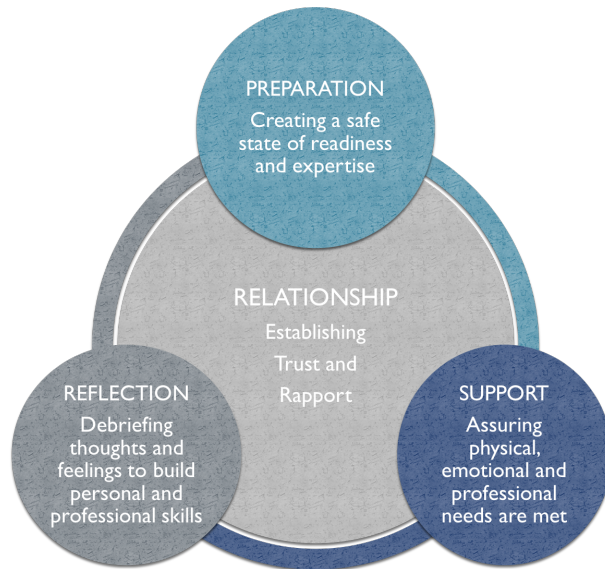
"Debra's humor, knowledge and honesty made us
instantly at ease and ready to learn."

"The break out groups were amazing and spot on."

"Just amazing group of individuals from all ages."



Lessons in TiME™ (Trauma-Informed Method of Engagement) will help adult allies of youth and young adults (Y/YAs) suffering from COVID related or ongoing mental health challenges to better **engage and connect with** Y/YAs to **create change and positive transformation!**



EXPANSION OF THE TIME MODEL
“LESSONS IN TIME™” IS BASED
ON SEVERAL TRIED AND TRUE
PRINCIPLES AND POSITIVE
PSYCHOLOGY THEORIES LIKE:

- ☐ TRAUMA INFORMED PRINCIPLES
- ☐ HART’S LADDER OF YOUTH PARTICIPATION
- ☐ SOCIAL LEARNING THEORY

www.silverliningsinternational.org

Lessons in TiME™ Learning Objectives:

In this virtual and interactive 8-hour mini-course, you will learn strategies and tools to safely and effectively engage, support, and prepare youth and young adults (Y/YAs) despite life constraints/realities like COVID.

Participants will learn to:

1. **Apply a trauma-informed lens** to prepare and support Y/YAs to minimize the chance of re-traumatization.
2. **Understand various levels of Y/YA participation** to eliminate tokenism and improve the quality and frequency of involvement.
3. **Scaffold skill development** to increase Y/YA’s belief in their own abilities to reach their goals.
4. **Identify Y/YA strengths and uncover fears** to create step by step action plans to reach desired outcomes.
5. **Create transformational relationships** based on what you already do well to immediately enhance engagement.
6. **Identify barriers** getting in the way of engagement and turn them into possibilities and innovative ways to connect and transform.

[Focal Point Article: Trauma-informed Method of Engagement for Youth Advocacy](#)

REGISTER HERE: [Lessons in TiME Mini Course](#)

About Your Trainer:

*Debra Cady, LCSW is the CEO and founder of Silver Linings International. She has over **35 years of experience in the mental health field** in child welfare, juvenile justice, mental health, and other child-serving agencies. She is a **National Expert in the area of transition aged youth (16-26yrs)** with mental health challenges.*

*Debra is a **Certified Appreciative Inquiry Facilitator** and facilitates teams and workgroups to create system transformations.*

*In her past role with **SAMHSA**, she authored and managed the **Healthy Transitions** and the **System of Care (SOC) Expansion and Sustainability** grant programs.*

*As an **Assistant Professor at Georgetown University**, she provided training, technical assistance, and strategic planning to SOC grantees, and to the Alaskan Native Child Welfare Disproportionality Project.*

*Debra is a **co-author of the Trauma-informed Method of Engagement (TiME) for Youth Advocacy Model**, and presents to international, national, state, and local audiences.*

*Debra authored the first national **Silver Linings Advocacy™ Certification Program** and the expanded **Lessons in TiME™ training**. Her passion is to teach you what she knows so you can teach it forward.*

Any questions? Want to book a time for your own group? Email Debra!

debra@silverliningsinternational.org