



Anatomy of a Meltdown

This training is offered to Adult Family Home providers and staff that support individuals served by Developmental Disabilities Community Services.

Learning Objective

In this training, you will:

1. **Social behavior:** Learn how people act in groups, including how they work together, compete, and communicate.
2. **Cognitive Behavior:** Understand how our minds work, including how we learn, remember things, make decisions, and solve problems.
3. **Developmental Behavior:** See how our behaviors change over time, affected by our experiences in life, our genes, and our surroundings.

Schedule and Continuing Education Credits

This training is from 9 a.m. to noon on the first Wednesday of every month.

This training offers 3 Continuing Education (3 CE's).

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
January 7	April 1	July 1	October 7
February 4	May 14	August 5	November 4
March 4	June 3	September 2	December 2

Registration

To register for this training, please email dianna.hall@dshs.wa.gov. Your registration email should include:

1. Date of training,
2. Full name (for CE purposes),
3. Name of Adult Family Home,
4. License number,
5. Email address, and
6. Phone number.

How to participate

Training is provided via the TEAMS virtual platform. Participants are required to have their computer camera on for the duration of the training.

Trainers

Paula Costa, *State Plan Residential Services Program Manager*

Dianna Hall, *Adult Family Home Specialist*