Hello.

Welcome to another training.

All right.

We are almost there.

This is our second to the last training, and this

might be the one I'm the most excited it for.

So I hope you guys enjoy it.

And by the end, are feeling very excited about

using these materials, more confident in your ability to

make program engaging, and if nothing else, that you've

learned about a few new tools that you can

use day in and day out.

So let's go ahead and get into it.

All right.

So in this training, we are going to look

at our original curriculum and where to find it.

If your brand or your division has curriculum,

then we're going to talk about why we

are enhancing the original curriculum, to bring it

to the virtual space in a different way.

We're going to go through the enhanced curriculum, where

to find it, and then how to use it.

And that's going to include how to use some

of our engagement tools, including mentor, Meter, Canva.

And eventually there'll be many more of these.

So we're going to start with four and we're

going to finish up with how to share the

curriculum, other ways to connect patients with it, connect

their parents with it, and just make sure that

anybody who needs visibility essentially has it.

All right.

Welcome to Discovery Behavioral Health training on

navigating the virtual curriculum and resources.

In this training, we will review the curriculum

and resources we have had for virtual programming.

We will then review the enhanced versions of the

materials and how to use them for virtual programming.

By the end of this training, you will know how

to access and use the virtual curriculum and resources, which

are going to continue to grow, most certainly.

All right.

And again, our learning objectives, the original programming

curriculum and the materials and how to access

them and other ways to use them.

I think sometimes it becomes a little underutilized and

a lot of effort and work went into constructing

that curriculum, and it's very much the base for

everything we are doing with our enhanced virtual curriculum.

So it's just as if not more important

to be very familiar with that original curriculum.

Again, if your specific brand division does have

it, we're going to go through the enhanced

virtual curriculum and how to access it using

the audience engagement tools in the curriculum.

We'll talk about what I mean by audience engagement tools

and then other ways to use the virtual curriculum.

All right.

And then by the end, you hopefully will be

able to answer these five questions and much more.

What curriculum do we have and where can I find it?

What is different about the virtual curriculum?

Where can I find the virtual curriculum?

How do I use the virtual curriculum and how do

I use the audience engagement tools in the virtual curriculum?

Okay, so let's get into the original curriculum.

So the original curriculum.

Again, this is all division specific.

So if you are one of our substance use brands,

you might be like, what is she talking about?

We don't have that or it lives in

a totally different space, and that's okay.

So all of this, I think, is good

information, but it is going to be more

specific to which division you specifically work for.

And by division, I mean the eating

disorder division, the mental health division, the

substance use division, or our medical division.

But that's not PCPs.

That's more psychiatric medicine, addiction medicine.

So that's what we mean there.

And then within the substance use division,

we have a number of brands.

So we have Cliffside, Malibu, and we have park,

and we have New Life and a collection of

brands, but they all have their own brand identity.

And by state, by site, they're all different.

And they've existed most of the

time much longer than Discovery Behavioral

Health has been connected with them.

But then we have other brands like Discovery

Mood and Anxiety program, DMA, and center for

Discovery, which is the eating disorder brand.

And for those, they have numerous sites.

So just center for Discovery is in

a number of States, and they have

residential programs and they have outpatient programs.

And it's the same thing for Discovery and Anxiety.

And then Discovery MD is all new very

recently being pulled together and still being built

out in a lot of ways.

So they are also overlapping with some of the

other divisions, and it just gets wacky and confusing.

So if you're ever not sure, don't hesitate to ask.

Don't hesitate to reach out and ask me.

Our websites are great resources, but just know we're

doing so much in the Discovery Behavioral Health, family,

and potentially stuff you're not aware of, but might

be of major interest to you.

And that's why even talking about the curriculum

can just feel a little funky, because I'm

coming from a Discovery Behavioral Health parent company,

Lens, and then speaking to everybody within these

different divisions or departments.

So bear with me if it's confusing, just

learn what you can, question, what you want

to know, reach out and ask.

And I think it's all going to be okay. Anyway.

All that to say, center for Discovery and Discovery

Mood and Anxiety have really fantastic and very built

out curriculums, and they live in SharePoint.

So I'm going to show you what those look like.

Our substance use brands like New Life and park and

everybody, all of you have kind of your own curriculum,

but they may or may not live in SharePoint.

Discovery MD is still building out their

curriculum, and I'm fortunate enough to be

able to support them with that.

And that curriculum is going to overlap

potentially in some ways with DMA, but

definitely overlap with our substance use curriculum

because again, they're doing addiction medicine.

So it's all just a big weave where we're trying

to use all the tools available to help as many

people as possible through evidence based curriculum and experts.

So just stick around for the ride.

You might learn a lot more about what we have.

If you've never seen it or this might be

stuff you guys are used to using, we're just

going to see so the first thing we're going

to look at is our center for Discovery SharePoint.

You're only going to have access to this

SharePoint if it has been shared with you.

So if you've never seen it, don't panic.

You probably genuinely have never seen it and

you might not need to see it, especially

if you're not in center for Discovery.

If you are part of center for Discovery and you've

never seen this SharePoint, but you know you're going to

need to access it, please reach out to your director

and they'll get you connected with who can Share Access.

Or they may be able to Share Access.

So let's go ahead and click our link here.

So because the first programs that we are launching

are with center for Discovery, because I was a

therapist with center for Discovery, I have the most

access to center for Discovery SharePoint.

I don't have as much access to Discovery Mood

and Anxiety SharePoint or the substance use brands SharePoint.

So I'll be able to show you a little bit more

here than I might be able to with other Sharepoints.

So for center for Discovery, you know when you're

in your center for Discovery SharePoint, when you can

see SharePoint up here, it says center for Discovery

and you're able to go to Documents.

This is all the documents that we have.

But for us, we're going to

be looking at the Outpatient documents.

We're going to go to group curriculum, and

this is where you're going to see all

of the groups that we have curriculum for.

So we have Act, Acceptance and Commitment

Therapy, CBT, which is Cognitive Behavioral Therapy,

and DBT, which is Dialectical Behavioral Therapy.

So these are all behavioral therapies.

These are all therapies aimed at helping us analyze our

behavior and then either to accept them in the form

of act or change our behavior through changing our thoughts

in the form of Cognitive Behavioral Therapy.

Because cognition just means thoughts, you change the

thought, you change the behavior or DBT.

Dialectical Behavioral Therapy.

So coming to terms with the two

ends of the spectrum, living dynamically, living

dialectically, then we have expressive arts.

I think that one's a little bit more selfexplanatory.

But this is when we're engaging with various art

media to have the group to express our feelings.

Family Psycho Education typically teaching the family about eating

disorders, but we can also teach them about communication,

healthy family dynamics, all that stuff living in your

body, how to tolerate living in a body that

you might be uncomfortable with.

So it's an important group

for body dysmorphia mindful movement.

So how do we move and engage

with our body in healthy ways? Neuroscience.

We're going to learn about the

brain and how it's functioning.

A little bit of learning about our behavior,

really understanding the functional, even structural, and then

the behavioral pieces that come up when we

start really analyzing the neuroscience.

And we try and keep it in terms

of eating disorders, but also it's more broad.

We're going to talk about trauma, we're going to

talk about decision making, what parts of your brain

do certain things, all of that stuff.

Real life recovery skills.

So applied recovery skills.

How do we take what we're doing here, doing at home?

Relationship dynamics.

What happens in relationships?

What are the dynamics that come up

that we should all be aware of?

How do we work towards healthier, relationships,

relaxation and mindfulness techniques, calming our nervous

system, learning to be more mindful, practicing

thoughts or thoughts that are going to

come and go and self compassion.

How do we be kinder to ourselves?

And you can see just a couple of

the other things we have down here.

Let's take a peek at neuroscience, because that's when

you're going to see in our new curriculum.

So this is neuroscience.

We're going to go to module one.

And this is the graphic that you're going to use, or

actually this is the graphic that we're going to use.

And then this is our actual curriculum.

So it sees really well organized Word documents, and

you can see that each of them comes with

a recommended video and then the procedures for how

to go through the group and the information that

you want to review in that specific group.

Now, some of the groups are much

shorter, some of them are longer.

So it really depends on how

that specific groups been set up.

We'll take a peek at a couple more

and then we're going to keep moving.

We'll go ahead and look at DBT, actually.

So for DBT, it's set up a little bit differently.

We have skills by week.

So week one, we go over these four skills and it's

going to be one from each of the pillars of DBT.

So a distress tolerance skill, a

mindfulness awareness skill, a mindful awareness,

excuse me, emotional regulation, interpersonal effectiveness.

And typically there's a video for each one of these.

And I think on occasion there's two videos.

Okay, so that is center

for Discoveries curriculum and SharePoint.

Let's go ahead and take a peek

at Discovery Mood, Anxiety curriculum and SharePoint.

Alright, we'll do this one this way.

Hopefully it works.

All right.

And then this is what we

have for Discovery Mood and Anxiety.

And again, this might not be shared with you, so

you may not have the ability to access it.

If you work in Discovery Mood and Anxiety and you

do need access, go ahead and ask your director and

they'll get you connected with who either can share access

or they will share access with you.

And Discovery Mood and Anxiety.

Just like center for Discovery is very well built out.

And then Discovery, mood and anxiety does a

couple of things that I just love.

So they have structure in their groups, and

they always try and have somebody in the

group who is just observing are able to

be there to support the group facilitator.

And they have things like movement breaks built in.

So they've just structured in a little bit of a

different way that works really well for their population.

Just the center for Discovery has.

But I think it's always great to look at what other

divisions departments are doing and then to consider if that would

be helpful for your team or for your patients.

So for them, let's take a peek at CBT skills.

And as you can see, they have their curriculum, at

least for CBT, broken up between adults and adolescents.

We're going to go ahead and look at

our adult curriculum, and then they have it

broken down even further between anxiety and depression.

We'll go and take a look at depression,

and you can see we have all of

this in here for coping skills for depression.

We'll go ahead and start with number one,

and let's look at our module one.

There we go.

This is what I was looking for.

So set up very similar to center for

Discovery, where we have it all laid out.

So they usually have group description, materials, and

procedure, and they'll run you through it again.

Some of their groups are much longer, more detailed.

Some of them are laid out a little

bit more simply with just like structure.

But there's a good mix of everything and there's

definitely no lack of resources here for you.

They also include little tests and activities, which I

think is great as the center for Discovery.

This just happened to be the module I pulled for DMA.

Let's look at another thing to do with

DMA, and then we'll keep on moving.

So let's take a peek at a group at CFD does not have.

So we're going to take a peek at Narrative Therapy.

So for Narrative Therapy, we have 16

weeks of curriculum, yes, 16 modules.

And once again, some of these are longer.

So some of them I know group facilitators

will break down to be multiple weeks.

Sometimes they'll get through like one and a half in

a week, and they'll just keep track that way.

So it's different for everybody.

Everybody uses these tools in a

slightly different way right now.

Okay, so this is our Discovery mood

and anxiety, Narrative Therapy module one breakdown.

So we have our description, our materials, our procedure,

and then we Orient them to the style of

therapy, which in this case is Narrative Therapy.

Talk a little bit about the background there.

What's important to know as we're

doing Narrative Therapy, how it works.

I really also love that they have this in some of

theirs of like, how is this actually going to benefit you?

What is this going to add to your life?

I find that helpful.

And that's something that I've tried

to include in our virtual curriculum.

You can see this one's a little bit longer.

This may be an example of a group.

You don't get through all of it in one sitting.

And maybe, like, you're really used to it and it's not

a problem, but maybe you have a really big group and

everybody's just super engaged that day and you really do need

to spend two weeks on it, whatever it is. Okay.

So that is our center for Discovery

and our Discovery Mood and Anxiety SharePoint.

And there's just no end to the

resources you can find in the Sharepoints.

So if you work in a specific division

and you have access to these documents, I

legitimately recommend combing through and seeing everything because

there might be answers to questions that you

just didn't think there were answers to.

And it's in that SharePoint.

And I can definitely say that's happened to me where

I've been like, oh, I have this weird question and

I'm going to have to wait and ask.

So and so in two weeks and

you can search for it in SharePoint.

And I'll come right up and there's the

a document or template made for it.

So I would always start there before

going and asking somebody to be honest.

But if you're ever not sure search there,

you might be surprised what you find.

All right.

And then for our Sud brands and for Discovery MD.

And I cannot speak for every single Sud

brand or for all of Discovery MD.

So I'm speaking based on the specific conversations

I've had with some of these brands. Okay.

I don't want anybody to feel like I'm criticizing

or miss speaking about their particular curriculum brand.

There's just a lot of deep layers in

Discovery Behavioral Health, so you can never speak

to all parts at the same time.

It's always going to be a little off for somebody.

But let's look at what we have for New Life.

So New Life up in Maryland has this incredible

twelve week curriculum where each week has a theme.

So, for example, our first week is authenticity,

and it looks a little something like this.

And then, of course, this

curriculum is broken down further.

They have process groups.

They have groups centered around Conscious Recovery, which

is a really great curriculum by TJ. Woodward.

And there's more structure in there, but this

is kind of their broad overview of it.

And then they invite members of the

community to come in for additional educational

opportunities or for just additional healing work.

So in week one, they have somebody come

in and do cellular meditation and energy work.

And then later on, they have a really great

fitness company come in and go over working out.

And like what that looks like for this community,

what healthy working out is all of that jazz.

They even have some really great community partnerships were

like at the end of the program, members who

have completed it will get, I believe it's, short

term memberships to the local YMCA.

So they've really just added so

much fantastic stuff to their curriculum.

Now, their curriculum does not live

in SharePoint like CFD or DMA.

So you really need to be a part of

New Life to have full access to it.

But this is the general breakdown.

Yeah.

And I'll show you a little bit more on this curriculum.

So I'm going to kind of leave it where it is.

Let's jump over to ADHC.

So for ADHD, which is a big organization, both New

Life and ADHC are treating much more than substance use.

They are treating general mental health and

substance use at both of these locations.

And they're discovery Mg brands, but previously substance

use, well, they're still substance use brands.

So everything kind of overlaps just depending

on what particular service we're providing.

Where the ADHD is.

This one you can see over here essentially like

the white Word document, and you can just see

what the breakdown of the curriculum is.

In the first part, they're going to

go over understanding the addiction cycle, and

they provide several resources, including conscious recovery.

And then that's broken down all

the way through module eight.

So everybody has kind of their own thing.

They all live in their own unique places.

We are working to become more standardized just

so everybody has at least similar access to

the same group resources and they can customize

them for their specific division from there.

But I just really wanted to show you all

of these things so you knew where we started.

And essentially what is the foundation for everything?

We've built out specific to virtual.

So let's get into that stuff a little bit more.

So we enhanced the curriculum for virtual.

I really done my best to respect all of

the hard work and expertise that went into creating

these original curriculums or just the original group ideas.

Like, however, it's broken down for

that specific part of the company. Right.

And I want to acknowledge that almost every single

one of these curriculum was developed for in person.

Now, a lot of the divisions have already done

the work of going back in and figuring out

what they needed to add to make virtual even

better to make that original curriculum work for Virtual.

Right.

So not to take away from that, but

because this is my gig, I've gone in

and really overhauled some of these and transformed

them into something really new and different.

And I'm going to show you what I mean by that.

But historically, our virtual programming

has been very reactive.

We had a pandemic.

We had a new strain of the pandemic.

We had a crisis at the facility.

Water pipe burst.

We can't be in the facility anymore.

We react, we go online.

We take all of our traditional counseling skills.

We put them on a computer.

We hope that that's going to do what we needed to do

for our patients, and we just wait to get back in person.

And the sooner we can get back in person, the better.

All of the staff are meant to be in person.

The clients are meant to be in person.

They're tolerating being virtual, and it

works until it doesn't work.

And I think we've seen a lot more burnout from staff.

When I collected feedback from staff, I've seen a lot of

just, like, frustration and not feeling like we were really prepared

to go virtual or like we didn't want to go virtual

because that's not the job we applied for.

And we did what we had to do because we're

in the middle of a pandemic and we want to

serve our patients, and we can also do that better.

So we're moving towards a place where we are going to be

incredibly intentional about this virtual programming.

This training, for example, is a part of being

intentional, making sure our staff are prepared to work

in this medium, because historically we haven't had as

much training for in person or as much training

for virtual as we've had for in person.

And a lot of the required

trainings are for in person programming.

And then you go, how do I even do that virtually?

What does that look like? Virtually?

So this is meant to at least

start to pick away at that, right?

This is not the only and all seeing

solution, but it's a piece of it.

And then we're going to be

much more intentional with our curriculum.

The curriculum, we know it's

going to be provided online.

Can it be used in person? Sure.

I'm happy for that, too, obviously.

But this is optimized to be online.

This is built around using virtual materials,

using the virtual technologies at our disposal.

We're coming away from being

defensive or on the offensive.

So we're not just like, oh, combat, Cook, combat,

all of these things that are coming my way.

We're like, how do I actually go at this problem?

How do I go after the population that is

never, ever going to be able to come in

person because they live in a rural area and

ensure that we are providing discovery behavioral health standard

of care to them intentionally.

We have to put some intention behind that.

We want to grow past our traditional counseling skills.

And maybe you guys did get this training, but I know

I was not trained to work as a telentl health counselor.

I was trained to work as an in

person counselor in an in person space.

And we talked at length about, like, where you

put your coffee table in your private practice office

so you don't feel cut off in your client.

But we did not talk about how to show

up via a computer screen for our patients.

And these are conversations we need to have and

we need to practice because our traditional counseling skills

are only going to get us so far.

And we want to grow past that.

We want to be our best telemetry

health providers, especially if you see that

being a better fit for your future.

And, you know, like me, you'll want three kids and you're

going to be a busy working mum one day, and that

working from home is going to be better for you.

Homey skills now just an opportunity here.

And I know that's not everybody's case, just mine.

Additional professional development.

I really think it is important

to continue to provide these professional

development opportunities to our employees.

And I think across the company, we

do a great job with that.

We have Csqm, webinars, we have stuff all the time.

But I just want to stick

to that mentality and that culture.

So you guys will be able to

get continuing education credits for these.

You're going to get a certificate, you're

going to get a digital badge.

Because 10 hours of listening to my voice and learning

all of this information is something to be rewarded.

And there'll be more professional development opportunities

around telemetry help moving forward as well.

I also want to teach people how to learn how

I want to teach people how to utilize teletools.

So how do we use the Internet for telehappy in

a way that's safe and HIPAA compliant and affordable?

Because there's so much out there.

And I'm going to go over four tools with us today.

But just know there's 1500 other things

we could be doing online to make

groups and individual sessions that much better.

And it's just about looking for them and figuring out

creative ways to use them and knowing that tool from

like a safety security lens, Privacy lens as well, and

then embracing telemetry help instead of tolerating it.

So I think what we did a lot at the

beginning was this will probably take a couple of months.

I'll get to work from home, or at least I'm going

to work from the office and the patients won't be there.

And we'll get back in person as soon

as possible, and we'll stay in person.

It will be good.

And now we're two years into this pandemic, and

it's like, okay, well, tell them mental health.

It's here to stay.

And it's time to really embrace it as a

unique and important way to reach patients that we

otherwise would not be able to, as opposed to

just tolerating it as something that's temporary and something

that's frustrating and something that's a burden.

And not to say that telehealth can't

be frustrating and burdensome because it can.

But so good embarrassing sessions.

So just learning to embrace it in a new

way, and that's something I hope you feel even

more confident doing at the end of this training.

All right, enough babbling on that topic.

Let's talk about the enhanced virtual

curriculum and how to use it.

So this is just an example.

This is going to be the

center for Discovery IOP schedule.

And this is what at least so far, our center

for Discovery programs that are new have launched with.

So these are permanent virtual schedules or intentional

virtual language is always a little tricky.

It's meant to be virtual all the time,

and it's using all of my intentional tools. Right.

So everybody that will be working in

these programs will be completing this training

and then hopefully using this curriculum.

All right, so let's take a peek at it.

So this is our intranet page.

Now you have to have the link to get

to this intranet page, at least in this moment

in time, that will change down the line.

But if you don't have this link and you need

it, you can access it in the PowerPoint right here.

But I can also email you the link.

And once you have it, just go ahead and

save that page so you can always access it.

So some things that you're going to find on this

page will be the times of the specific programs.

Those are going to change.

So they're there for you if you need

them, a link to the virtual provider training.

You can either get the link from me or you

can go ahead and just grab it here and register.

You guys have already done that

since you're watching this video.

But if anybody else needs to take it,

you can direct them here for that link.

And then here we have a call for content.

Let me see if I refresh this page, if

it'll make that a little easier to look at.

Not looking good.

Is it going to do it?

No.

Okay, so sometimes it populates

and sometimes it doesn't.

But right here is a form where if you have a

really great idea for a group, you can submit it.

We'll go over that a little bit

more in depth in a few slides.

So I'm just going to kind of leave that for right now.

And then the other thing here is you

can see our engagement tools for virtual.

So right now I have all the ones

we're going to go over in this training.

But again, this will undoubtedly expand.

I already have other ones that could

very well be added to this.

But if you're not sure how to make a group

more engaging and you just need something to bring the

clients together, go ahead and take a peek here.

And I've set up accounts for everybody.

But this is what we're trying to

get to, at least in this moment.

This is where the new it's not really new. Right.

It's built on the curriculum that each

of these divisions has already approved.

So the enhanced version for virtual of

these curriculums is going to live here.

So there's a couple of different ways to view it.

This is the CFD IOP schedule.

Eventually I'll have the whole PHP schedule

on here one step at a time. Right.

And then you could also look at things by week.

I would like this to be much closer to like

1516, even 20 weeks, but it'll get to ten.

That will be my goal for at

least the first bit of this expansion.

And then you can see new life down here,

which is set up just a little bit differently.

And we're going to take a peek at all of these.

So let's start with center for Discovery and

we'll go ahead and start with the community.

So every Monday from 410 to 05:00 p.m.

We know that we're going to be

doing Community in the Outpatient virtual programs.

So they are definitely going

to be using this curriculum.

But if you are not one of these

programs, you're just taking this training to learn

more about telemental help and about the tools

that you can use for your specific program.

You're also welcome to use this.

So it's going to open up and you can see all

of our community groups and they're going to be by week.

But we're going to look at week one.

You're going to hit these three dots and open a new

tab and it's going to open right there for you.

And then I like to make it about half

my screen and I do that so that I

can have patience over on the other side. Right.

All right.

So this is Community.

And in Community we're going to try and bring the

group together, and we're going to catch up on any

group roles, reviewing just expectations of patients and give patients

a chance to share feedback on the program with us

so we can continue to shape the program to what

is most helpful for them.

So we're going to start off with a group activity.

And this is meant to bring everybody together.

So it's kind of a group bonding thing.

We're going to click.

So with this one, for example,

I guess I should start here.

You can either just do Two Truths and a Lie.

Hey, Susie Q, tell me two truths and a lie.

I got the lie.

That means I get to go next to a round Robin

or if you have a very quiet group and they're just

not going to be right for them, you can use Brightful.

So Brightful is similar to Jackbox

if you ever use that. But it's a little bit

more customizable and user friendly.

So you're going to click on that link and

it's going to open up rightful for you.

And for this specific game, it's going

to look a little something like this.

I am going to stop screen sharing just so

I can switch it to share computer sounds. Hang tight.

So I'm going to do Optimizer video clip.

All right.

So that's what this game looks like.

And you can also see little cards here.

And I just really appreciate that.

So you can really get a clear sneak peek

at every single game before you use it.

I want to go over how to use this app a little

bit more in depth in a minute here, but just so you

can see where you're literally clicking it in the curriculum.

And then as we keep going, we're

going to review what is this group?

Why is it important?

How is it going to help you?

And then related rules, guidelines,

expectations to that specific group.

So with Community for center for Discovery, I

really pulled some of those pieces from the

client handbook that I have seen get lost

in treatment the longer they've been there.

So just making it very intentional that we're reviewing

our group guidelines, we're reviewing our confrontation format, how

to use I statements, empowering them to use that

confrontation format, and then going over our patient bill

of rights and what that looks like.

And then I did build in an activity

where they're going to make their own patient

bill of rights or their recovery rates.

So they're going to get to use Canva for it.

So they'll be able to click that

link, it'll open up right here.

And if you follow the activity, what it's going to allow

you to do is create essentially like a very cute poster,

and you'll be able to say as a group, agree on

we have the right to feel worthy of recovery.

We have the right to be honest with our therapists.

We have the right to feel safe, to share

what we need to share about in this group.

And you can see how easy it is to

just pull a template and start modifying it.

And then they get their own custom poster.

You get a custom poster for that group, and

then they work together to agree on what their

rights and recovery is going to be.

And if for some reason that was not enough,

you still have time in that therapeutic hour, you

can do something fun with them and other group

bonding activity just because that is appropriate for community,

it's not appropriate for other group.

And you could do something like this,

which is a Hogwarts digital escape room.

And you can try and solve the puzzle as a

group and try and get out of the Castle.

There's a ton of these online, by the way.

So if your patients really love these,

they were really popular in the pandemic.

So you have no shortage of digital escape rooms

available to you that look pretty similar to that.

All right, so that's community, another thing that we have

here in the virtual curriculum is a way for you

to submit feedback to me so you guys can tell

me right here, like, oh, this community group was great.

I loved it.

Do more of these or you know what?

Group seven was pretty weak.

I didn't feel like I had enough material.

The clients did not seem engaged.

These are my recommendations for how I would make it better,

and then I'll go in and try and fix that.

I want these groups to be very

client centered and very clinician centered.

I want to make sure they work for you.

So if they don't, please tell me.

And if your patients don't like

them, have them tell me.

So for clinicians, you can just

click on whatever that group is.

So say it's community that you have feedback on.

Provide feedback there.

And then for the clients, at the end of every

single group, they have the ability to submit feedback.

I would really, really love if you guys

got them to do this, every single group.

But I know that's somewhat of an unfair ask.

So whenever you can, please encourage them to

do this so they can either scan the

QR code or they can click this form.

I don't know why it's not populating right now.

Microsoft forms is mad at me, apparently, but they

can also just fill out the form right here.

So how do they fill out the form right here? Do you ask?

So you can share this curriculum with them.

So you can hit share.

You can copy this link, put that link into the Zoom

chat if you have the Zoom chat enabled, and then they

can open the curriculum up and do it on their phone.

And that might not be

appropriate for every single curriculum.

But I'll show you an example of

where it definitely would be appropriate.

So we're going to take a peek at DBT, and here's

DVT, and we're actually going to look at DBT module two.

Sorry, your training is not completed yet.

We'll be getting there.

So, DVT, module two.

First of all, you're going to see a lot of

my humor in these and just making sure everybody smiles

and giggles or lasts at least once before they leave

the group, because I feel like that is very important

for bringing everybody together, and it's always a victory if

everybody smiled or laughed at least once.

So in this group, we start off with something a

little funny, and then we go through a review of

the previous week's activities and into some other things.

I'll come back up to that.

But things like this, it might be helpful

for them to have on their phone.

So this is one of the reasons

I am using this program called Sway.

It's because you can build in some games here.

You do have to be a little clever about how

you do it, because it's not meant necessarily for it

to be games, but it's definitely doable as you see.

All right.

Some other things that you're going to see

in the enhanced curriculum is me switching out

some of the videos or resources for more

modern versions or more engaging versions.

So, for example, with the Hand

model of the brain video.

So that is DNC goal theory or just way of

explaining the brain and how we can easily become emotionally

activated and maybe react in an excited way.

So Dancing Goal, the original video we have

in the DVT curriculum is Dancy Goal.

It's a video, I think, from 2012, and he explains it.

And it's a great video.

It's incredibly factual and helpful.

However, it's just not the most engaging

way to deliver that information, at least

for our modern audience, especially our adolescents

who we know we're distracted very easily.

So some of those things I did replace.

So for this one, I went ahead and pulled

a Tik Tok and she's going to explain the

exact same thing that Dan Siegel did.

It's just slightly more engaging, slightly more modern, and

it's a little bit shorter, so we don't spend

too much of the group time on videos.

That was pioneered by Dr.

Dan Siegel, a psychiatrist in the States.

And it can be helpful, although it's not

a sufficient explanation for how the brain works.

The base of your wrist would be the cerebellum,

and that's the part of your brain that drops. Awesome.

I eventually would like these to all be

replaced with DBH providers doing these videos to

advertise our own expertise and to just promote

our providers and their excellence within the community,

but obviously want that to be in balance

with also having the experts explain these ideas.

Another thing you're going to see is updated graphics.

So I really want us to come away from pulling

images off of like, Google Images, a because we might

not have the rights to be using that art.

And B we're Discovery Behavioral Health.

We are a national behavioral health company and

I feel that we should be producing these

graphics, or at least producing our own versions

of them that align with our branding, that

drive people back to Discovery Behavioral Health, etc.

Etc.

Because whenever we're using somebody else's

graphic, we're inadvertently advertising their program.

So when we pull Gottman's, what triggered me graphic.

Awesome.

But we're either advertising Gottman, or if

you're pulling like the cuter version you're

advertising blessing Manifesting's, Instagram page, and not

that that's never okay.

But sometimes we might not align with

the values of that particular artist.

Or again, we just don't have

permission to be using their art.

It might have been stolen from them.

And for Discovery Behavioral Health, and

we can make our own.

So you'll see, a lot of either my

graphics or Bankfully graphics are amazing social media

team has put together in here.

So that is at least a couple of different

ways to view our curriculum and a couple of

sneak peeks at what it looks like now.

So for center for Discovery, each of these groups

is an hour long, which is 50 minutes really.

So the therapeutic hour.

And it's one group by one group, and you can

either use the schedule and you're like, oh, I know

we're on week three of the schedule rotation.

I'm going to go grab Intuitive

Eating week three, whatever it is.

If you don't want to do it that way,

you can also go ahead and do this and

just literally go to the week and pull it.

So we'll go ahead and take

a sneak peek at Neuroscience.

Now I have that song from the TikToks, alright.

And then here we have Neuro and

we took a peek at Neuro.

So you guys can see how

that exact curriculum was adapted here.

So first of all, we have check in and check out.

And that's mostly for the providers because now you have

a chance to grab those patient quotes for the note.

And then for a lot of the groups, I've

tried to implement pre test and post tests.

And the reason I did that is because I have a

private practice and I was a therapist at center for Discovery.

And a lot of times I have patients come from

center for Discovery or from Discovery mood anxiety program just

because I worked very closely with that program.

And they know me, I'm a provider in that area.

And they'll come to me and they will have been

in program for six months or something like that.

And then they'll tell me they have no coping skills

or no DBT skills, which I know in a lot

of ways it's kind of nonsense because they do.

They just don't realize the tools at their disposal.

And it's about empowering them to recognize that.

But in other ways, a lot of the groups

that we really want them to be focusing on,

like DBT or CBT, where they're getting those actual

skills to make their life a little easier, they're

tuning out and it's really easy to tune out

virtually because you have a lot more distractions.

So I want to be able to really identify

what they are getting from these groups and to

say I have seen a 30% increase in the

DBT skills that they've acquired over their treatment history.

So for DBT, for Neuroscience, for Intuitive eating any group

that it might be appropriate, the first module has a

pretest and this is not to actually test them.

We're not going to tell them the results even.

And then at the end of the modules, we have a

post test so that I and you guys can have a

clear understanding of what skills are they really learning and that

we're teaching super well and they're able to easily identify and

what skills are they not easily learning.

So we can go in and enhance how

we're teaching that specific skill or reinforce that

specific skill more times, for example.

So neuroscience has the same thing.

But with neuroscience, I set it up as a cahoot.

And I'll give you a little sneak

peek at what a cahoot is.

And you guys might have done cahoots in school.

I know I did.

So cout's been around for quite a long time

or you may never, ever, ever see the Cahoots.

So let's go ahead and log in.

So this will be a good example of logging in.

And again, we'll go through each of

these tools a little bit later.

Warned up.

Okay, so let us go ahead and log in

and you can see it's DBH virtual program.

So we can either play Classic Mode or Team mode,

and it will tell you how to do that.

We're going to do Classic Mode

and it's Loading the game pin.

And then you're going to go to this website, put in

this game pin, and you can see the players pop up.

So I'll do it just to show you.

So I'm using my phone, but I could

just use another window on my computer.

And then the game pin is 762-0981.

And I don't know why, but that's the

nickname I thought of this Orange Are Glad.

So now you can see my nickname and

you'll see everybody else's nickname pop up.

Once everybody's in there, you'll hit start.

We're going to do our neuroscience pretest,

and this is meant to be fun.

It's just silly, but good information for me.

I want to know what they're getting from

these groups and what they're not getting.

So that's what Cahoot looks like.

And you can either share the link for Cahoot, or

they can use the QR code to get to Cahoot.

And again, you can also give them the link on

their phone so they can just press the link.

Or you could share the link in the group, whatever.

And we're going to talk about what

we're going to do in neuroscience group.

We're going to watch the same hand model of the brain.

And a big reason for that is we learn information

best by learning it over and over and over again.

And it sometimes takes us seven times of

hearing the same information to really get it.

So we need to make sure that we have a

lot of reinforcement for these ideas throughout our curriculum.

And then you can see everything from our

Word document of that curriculum represented here.

But some of the things I've took

and just added essentially illustrations for.

So I'm using gifts here, and I

could convince those directly into this way.

And I'll show you guys how

to do that, at least briefly.

But we have the same information from the curriculum

just with a little bit of a visual.

We have an activity we're going to do breathing here.

We have our checkout, and we

have our group feedback survey.

This is, again, the one where they can

tell me what they think of the group.

Okay, let's close some of these that we don't need.

But yeah.

So there you see everything you need in like week

one, everything they're going to get in week one.

And that's really helpful for

us as far as organization.

But it's also helpful to say when they go, I

don't feel like getting anything out of this program, which

most of the time they don't say anyway, every once

in a while they're having a really hard time.

They're experiencing a lot of resistance.

And you get to go look at

all this, look at everything you're learning.

You're doing so much for yourself. It's incredible.

And have a visual to show that.

And I think that's really exciting. Okay.

Let's take a sneaky peek at what

a substance use curriculum might look like.

So it's organized in a bit of a different way.

So we're going to go to New Life, the

virtual journey at New Life, which I just love.

Thank you, Brad Masters, who's

the President of New Life.

I think hopefully I'm seeing the title correctly.

And we're going to go to week one,

so we're going to go to authenticity.

So a center for discovery.

Each group is broken down hour by hour with New Life.

This is essentially like a workbook for week one.

So you're going to see everything that

they're going to get in week one.

So they're going to start off

with some conscious recovery work.

They're going to do some sort of check in,

and then we're going to talk about evidence based

therapies that they're going to be using.

So they're going to talk about DBT.

What is DBT?

What is their skill of the week for DBT?

They're just going to do one instead of four, at

least right now, they're going to do a meditation activity.

They have a group brainstorming activity,

which again, that's from TJ.

Woodwork Conscious Recovery.

It's just adapted for us.

And then they have an interactive activity here.

And this is using Mentee.

So now you guys will have seen all of the four tools,

at least in some way that we're going to be using today.

So they can use that link or that QR code,

and they can enter their answer to the question.

So for this, it's what are

things that live above the water?

And this is a metaphor for like,

we're comfortable showing what is above the

waterline to people, and then there's stuff

below the waterline we're not comfortable showing.

So thinking about your anger iceberg,

which is in here as well.

So that's the link to participate.

And then to show them the results

of the celtator will click here.

And what answering those questions does

is generate a word cloud.

So with this word cloud, we

didn't fully review the exercise before.

I had people participate clearly.

So they just put things that would literally be

above or below the waterline, which is so funny.

But Birds was the answer that

was submitted the most often.

And what happens when an answer is submitted more

than once as it becomes bolder, and then it

moves to the center of the word cloud?

And the more answers we get, the more you see

this word cloud grow, and you can literally see the

words move around as people are submitting them.

And it's just a really great collective activity.

And then you can all process your answers.

So they have two of those

interactive activities built in here.

Then they touch on CBT.

They have a CBT Skill of the

week, which in this case is Journaling.

We have an experiential activity.

Then we go over act, talking about what act is.

Why is it relevant to them?

They have an activity around act,

which is going to be worksheet.

Then we discuss that same kind of ideas earlier.

So really enforcing that idea with the Iceberg theory.

We do have a video from TJ.

Woodward, which you can play like right here.

I really like that about Sway authenticity.

There he is.

Whereas PowerPoint.

A lot of times you need to link out to show the video.

You can embed videos into PowerPoint, but not everybody

knows how to, and sometimes they still don't play.

It's just more reliable in that sense.

And then we are going

to go through motivational interviewing.

Why we use that. We have an exercise.

We have a process activity,

relapse Prevention, same thing. What is it?

We go through the two major models.

We're going to go through the CVT model.

We're going to do an activity.

We have a discussion.

We talk about smart Recovery or just some

options that they have for support groups.

And of course, there's Celebrate Recovery.

There are 15 other really amazing groups out there that

aren't in here yet, and they can always be added.

But we want to stick to what

the facility specifically has in their area.

Smart Recovery.

They have virtual groups you can attend

anywhere, but there are other groups that

you would need to have locally.

They have their final activity.

We have a Jahari's Window activity.

I love Jahari's Window.

You'll see it in a lot of my curriculum.

We talk a little bit about twelve steps.

We have a twelve step related activity.

We're not making them go through the twelve steps.

We have a journaling activity related.

And then if for some reason they still did not

have enough within their entire week, they have a Ted

Talk with a process around that same thing.

They can submit their feedback here.

And then we just have a pretty low graphic at the end.

Okay.

So that is how at least in this moment

of time, the New Life curriculum is organized.

And we'll talk about some other things that you

can do with that in a little bit here.

Let's go ahead and jump back to our

PowerPoint for like a slide or so.

And then we'll keep moving.

All right.

So let's talk about Mental Meter.

So minTime Meter is the one that I

showed you where for the participant, it opened

up where they could submit ten answers.

And then for the presenter, it opened up where

they could have that word cloud that moves around.

Now I'm going to show you a

little bit more about this website, too.

But just before we get into it, some

things that you can use Meta Meter for

is crowdsource, scales, rankings, Word Cloud.

That's the one you guys just saw.

Q amp a open ended questions

and then multiple choice questions.

So while in the curriculum, you can either have

participants use that QR code or you can give

them that link to participate, whatever is easier.

So, for example, if they don't have a cell phone but

they're using a computer, but they don't have the cell phone

to scan the QR code, just give them a link.

And similar to Cahoot, they can just

go to Mentee.com and type in the

player key and participate that way, too.

And then as far as you guys logging

in, you're going to have your own login.

So let's take a look at that and how to use it.

I'll put this on this side of the screen for you all.

I'm on this website all the time,

so it should come right up.

But it's just meantimeter.com.

And then I actually wanted to log out

to show you guys how to log in.

All right.

And I've made all of your accounts, so

they're almost always going to be Dbhvirtualprogram@gmail.com.

So you're going to log in Ebhvirtual@gmail.com.

And then almost always our password is Recovery One.

There are instances where it does not

feel that that password is secure enough.

It won't let you use it.

Oh, boy.

Oh, it's because they didn't put program.

I was like, we're really not off to a good start here.

Perfect.

All right, so we're logged into Minty.

Why are you doing this to me anyway?

So you can see all the presentations I have here.

Some of them are older and some

of them are more relevant to you.

Please find the ones that are relevant to you.

Unless for some reason you're really interested in

visible disabilities, then I guess go for it.

Or youth leadership.

So we'll go ahead and take a peek at DBT One.

So this is think of one question.

So this is just how I used this.

So to use Menti, if you're logging in to do

it, which you don't have to do, you can just

hit link to share presentation from the curriculum.

But if for any reason you're having an issue and you

need to log in, this is how you would share it.

So you click on that

specific presentation, you hit Present.

If you want to share it, you can obviously share it.

Let's pretend like we're making a new presentation just so

I can really show you what your options would be.

So this will be our example presentation.

You can see I practiced doing this before.

One of them says example, and this will show

you everything that you can put on here.

So Word Cloud is definitely the one

I find myself using the most often.

But you definitely can do other ones.

Some things are paid features and we don't have them.

But if you're just not sure, just

go ahead and click on it.

It'll give you a chance.

So if I wanted to set up a Word cloud and I wanted

to say, what did you think of virtual training in one word?

Nobody be mean to me, please.

It might not be perfect, but

I worked hard on the street.

Let's say I'm giving everybody they

can submit up to three words.

I don't think we can do the images.

I think that's an advanced feature, but that's it.

And then to share it, you can either go

to invite collaborators if you want more than one

person to work on that with you.

But what I do is I pull the participation

down QR code and then I pull the link.

I put it wherever I need to put

it in my PowerPoint presentation, in my suit.

And then I come back and I get the presentation link.

I get that link.

Sometimes you can embed live results.

I would say, if you've never embedded

something before, don't stress over it.

You can totally just use the link.

Like Microsoft doesn't let you

embed meantime Meters products anyway.

So don't stress, but just grab that link, add

that link to your presentation, and then when you're

showing them their Word cloud coming together, they'll be

able to see that once you open that link,

that's how you would share.

You can change the theme a little bit.

Again, there's paid themes and there's free themes, so

you can make it look a little bit different.

You can only make up to a few slides for free.

I think it's five.

So if you need like more than five

mini Meters, just make two different presentations.

But again, it's whatever is going to work for you.

But I'm just showing you guys so

you know how to use these tools.

Alright, let's go ahead and practice with Cahoots.

So Cahoots is that really cute, fun

quiz game you saw Go Away?

I don't think you guys can see it, but

that thing that Zoom tool wires come down.

I don't need the certificate.

Right, so you're going to go

to Cahoot.com to use Cahoot.

You're going to log in same way you did the other time.

So DVH Virtual program?

Not DBH Virtual?

Dvh Virtual Program@gmail.com.

Somehow DBH Virtual was taken.

I don't know who has it.

Recovery one.

No, I do not want to change my password. Leave me alone.

All right, so Kahoot opened up.

Kahoot is a little less like,

user friendly, in my opinion.

Other people may disagree, but I think

it can get a little confusing.

But Cahoot also just has a ton of stuff.

So now that you're logged into Cahoot, you could go

to Discover and you could see all of these games

that they have and they have a ton of stuff.

If you know you have like a bunch of

Star Wars fans and you have a break time.

You could do science and trivia.

There's a bunch of women's history stuff.

I really appreciate that.

I think that's super cute.

We had stuff from Black History a month, but

we also have more legit stuff from who.

All sorts of stuff there for you.

And then this is our library.

So these are things we've created.

So you can see I have the pretest and

post test and I gave you a little sneak

peek of what the pretest looks like.

The post test is the same thing.

It's just they're going to take it later

in the group and I compare their scores.

You can pull reports.

I've never used this group thing,

but it is here for you.

Maybe that'll be something we use more down the line.

I'm not sure.

An access pass.

And then we do have some premium content

because I got that for you guys.

We don't have all of it, but this is Cahoots.

So if you wanted to say, let's say you wanted to create

your own Cahoot, I would go here, I would hit plus.

And then I wanted to create a Cahoot.

Or if you want to create a course, you can do that too.

But just lots of fun stuff.

And then we have other things that they have over

here so they have something to help you learn languages.

This is a training software that Cahoots has.

I don't see us really using

that one, but you never know.

Anyway, go in here, play around.

There's a tons of stuff.

It's fantastic hybrid work environment stuff.

You guys have like 1617

different ways to do whiteboard.

If you really want to do

whiteboard through Google, you can.

We do have whiteboard through Microsoft Office.

I probably wouldn't use that.

And you have Microsoft through Zoom.

And then these are little kids

games, but they can be fun.

So just some extra stuff you guys have there.

That is Cahoot.

Let's keep on going.

Brightfall is the one we're going to look at next.

And you guys did already see a sneak peek to do that.

You guys did already see a

sneak peek to BRIGHTFALL as well.

Let's just look at a little bit more of what they

have and how you guys would be able to use it.

So we're going to log in anyway.

It's the login from the PowerPoint.

It's Bbhirtualprogram at Gmail Recovery one.

And you're logged in.

I'm already logged in for some reason.

So they have a bunch of games and activities and

we can customize them or modify them, which I appreciate.

See if it'll work with me. Yeah. Okay.

The games are right here.

So these are some of the games they have.

They have trivia, they have drawing games.

Would you rather I would definitely

make sure they're being appropriate.

If you're going to do that charades, you could

totally use that to do like emotion charades, which

I've done Werewolf is like, if you've ever played

Mafia or you're trying to figure out, like, who

done it, who's the bad guy?

That's their version of that.

And they also have guided meditation spot

My Lies to Truths and A Lie.

They have some card games.

I definitely wouldn't recommend playing card games.

I think there is some appropriate times that might work, but

for the most part, I would lean away from those.

And then the other thing that you

can do is there's community created games.

I would definitely make sure if you're going

to use these, you have screened them.

Like, I would hate for somebody in the eating

disorder division to do the Thanksgiving game and have

something to do with Calories or something like that.

So always screen these first.

But you can also customize a game.

So if you have a thing that you want to

do with your specific team going here and customize games.

I haven't used this yet, but I know that I will.

So that's available to you guys, too.

And that, again, is Brightful.

All right.

And then the last one I'm going

to show you guys today is Canva.

So Canva is essentially software that lets you

do really quick and easy graphic design.

And I did give you guys a little

bit of a demonstration earlier when I was

showing you the recovery rights poster.

So we'll go ahead

and do discoveryvirtualprogram@gmail.com.

But for this one, it would not

let me do the simple password.

So it has a different password.

And the password is Recovery 2022.

Canva also has a paid portion, but

this is just a free account.

So you're not going to be able

to use some of the paid elements.

But you can do plenty with Canva without that.

So let's just look through some of what Canva has.

You can make infographics, collages,

desktop, wallpaper, book covers.

I've made full books on Canva, magazine

covers, you name it, calendars, videos, anything.

Let's take a look at video just because I

think that one's a little bit more interesting.

So I'm going to click on video, and then

I'm going to click on type of video.

Let's say I want to make a YouTube video,

something more general, and I want to make a

video about intuitive eating or self compassion. Okay.

So here's going to be my self compassion video.

It's going to have four parts to it.

I'm going to rename that self compassion.

She looks pretty self compassionate.

So I'm going to leave her.

And then here I'm going to add something else.

So here I'm going to talk about Kristen, who came

up with, well, didn't come up with self compassion, but

she's kind of like our go to expert.

And then I can go and add cute music.

I can add anything.

I would definitely do the tours if you've never

used Canva personally, because there's just a lot more

in here than you would really think.

Some things I think you guys might be using a

little bit more than videos, although I wouldn't be surprised

if you guys did find yourself using videos.

Maybe you're having them all to make like

an inspirational Instagram post about mental health awareness.

Thank you.

That's a really cute picture. We're going to change it.

I'm going to say, love yourself.

You'll be hello, love yourself.

But that's okay. Great.

So easy peasy and say, I hate flowers.

I don't want that to be flowers.

So I'm going to go to Elements,

and I love hot air balloons.

Type in that.

So that's a paid graphic.

So you're not going to probably want to use that one.

But nonetheless, if you guys find yourself using Canva

all the time and we feel like we want

a paid account, I'm sure that's manageable.

So just let me know. But there you go.

Look how cute it is if it didn't have that Canva

watermark and you can use this for just about anything.

So some things that I've had them use

Cannonball for is making that recovery rights document.

I've had them make phone backgrounds

for each other in the group.

So maybe they didn't want to make anything

nice for themselves, but they were more willing

to make something nice for somebody else.

So I had them make

like a motivational phone background.

It could be anything.

All right, so let's talk about how to

share the curriculum with patients and parents.

I actually did kind of show you part of that, but we're

going to sneak back and show you a little bit more.

Accidentally close the page.

Well, I guess we could use this one can't be.

All right, so you're going to go up to share

and you can either share the link with them.

You can share a visual link, which is a little

prettier, and then they can look at it on their

phone with you if they want to go along or

they just really want to save that presentation for themselves.

But other things you can do is

export it to PDF or Word Doc.

We'll say PDF, and it's opening.

And there it is.

Now you have this gorgeous PDF that you

can share with them, which you can either

turn very easily into a client workbook or

you can turn into a group facilitator manual.

You could turn into a parent

resource or a teacher resource.

The world's your oyster.

And I will go ahead and make all

of this for you guys at some point.

But if you beat me to it, that's how you do it.

So easy peasy.

No, do not close all those tabs.

Please don't do that.

Just go away. All right.

And then other things that you can do with

this that I love is I think it's much

more Ada or American with Disabilities Act Friendly.

So you can go to Accessibility view and everything

is just a bit easier to look at.

So we're not using any of that funky font stuff.

Now, just if somebody has low vision, is vision

impaired, has ADHD, and there's just too much going

on for them, this is just a simpler, cleaner

way for them to look at it. Okay.

All right.

And then going back to our presentation,

let's talk about how to submit content.

So if you have a really great idea

for a group and you go, Andy, I

really want to do a positive psychology group.

Or I think that this idea for a body image

group would be super helpful for them, or I really

want to see them do this specific relapse prevention group.

You can go ahead and go here.

Yeah, it populated.

Thank you Microsoft forms and share your ID with

me so you can submit it right here.

And that way I have some idea of

what you want to talk to me about.

And then the last step is email me and let me know

if you want to talk to me and you have an idea

for a group, and I can work with you on developing that

and just making sure that it's approved by operations.

And then it's not just my

ideas filling out this curriculum.

It's all of your incredible ideas because I'm

just one person and I know I don't

have every good idea in the world.

And then how to create a presentation using Sway.

So we are using Sway for all of these curriculum.

And Sway is something that is

hidden in your Microsoft suite.

I just showed you how to get there rewind if

you missed it and it opens up and it looks

like this and what Sway essentially does is allow you

to create many or just web pages.

They're little websites. So it's great.

And you can either use their curriculum.

You're probably not going to want to use my

curriculum, but I'll show you what it looks like

as a creator when you're making these.

Let's see.

Maybe that one will take me to where I want to go.

All right.

So this is one way to edit your

Sway, so I can start editing here.

And it's going to prepare this template for me.

It reminds me of the FCOT Ball, makes

me want to go to Disney World.

And then here's the template.

And this is if you've ever made a website on Squarespace

or Wix or any of those, it's pretty similar to that.

I would definitely recommend watching a tutorial on

YouTube, but I really just played with it.

So if I wanted to add text, I want to go here.

Here's my text options.

If I wanted to add media, I'd go here.

I can add images, audio.

I can embed code like I did for those gifts.

I can upload different stuff.

I could add groups to the way I did.

That little like card switching game is this stack.

You can add Slideshows, all sorts of stuff.

It's all right here. Okay.

And for these if you want to add more you're

just going to click that plus button so I'm going

to add more text and it goes there.

If you hate it, you say, I don't want that to be there.

It's awful.

Just get rid of it. Okay.

If you want to see what it's going to look like for

the viewer you're going to hit play and same thing so you

can go to share and you can change all I want to

share with everybody I only want to share with people with my

organization I only want to share with people that have the specific

link and then you have all this other stuff here and if

you make one and you know all of your other ones look

like that, go ahead and save it.

As a template, you can change

the settings for that specific sway.

You can have it go through and make sure

that it is accessible to look at using accessibility

checker you have accessibility view like I showed you

but I think that's just about everything.

So let's go through our last bit here.

So in this training we talked through our virtual

curriculum and resources and how to use them.

We talked through some of the reasons

that motivated us to enhance our curriculum

and our greater vision for it.

We also reviewed how to submit your own ideas and how

to use some of the tools in our system that you

might want to use to bring your content to life.

Thank you so much.

I'll see you in the last training. Oh, my God.

I'm almost there.

Here's she is, our dancing Queen and

other than that see you guys soon.

Let me know if there's anything I can help you with.