



Training and Education Course Catalog

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Welcome

Welcome to NH Healthy Families, and thank you for being part of our network of physicians, hospitals and other healthcare professionals. We look forward to working with you to improve the health of our state, one person at a time.

About NH Healthy Families

NH Healthy Families has a commitment to improving the health of the community one individual at time through affordable and reliable health care plans. We do this through our focus on the individual, whole health and local involvement.

Focus on individuals. We believe treating people with kindness, respect and dignity empowers healthy decisions and that healthier individuals create more vibrant families and communities.

Whole health. We believe in treating the whole person, not just the physical body.

Active local involvement. We believe local partnerships enable meaningful, accessible healthcare.

About this catalog

The Training and Education Course Catalog contains information about our comprehensive clinical training program, designed to enhance the knowledge, skills and performance of healthcare professionals who empower our members to make positive health behavior changes.

We offer many courses to support continuing education for providers, enhance integrated care, and expand use of best practices. Participants can receive continuing education, for some classes, and receive certificates of attendance related to certain licensing requirements.

Who can attend our courses?

Course participants come from all aspects of healthcare. They include behavioral healthcare providers, primary care physicians, long-term services and supports providers, specialty therapy and rehabilitative service providers, and providers/stakeholders involved in the child welfare system. Their reasons for attending our workshops are as varied as the topics and range from the practical — such as “authorizations” — to the profound — such as “culture of poverty” or “childhood traumatic grief.”

What are the course topics?

Multiple training topics explore ways for physical and behavioral health providers to coordinate services, such as integrated care, cultural competency, common psychotropic medications, positive psychology, strengths-based treatment model and motivational interviewing. In addition, we offer a workshop to explain the use of psychotropic medications in treating mental health and substance use disorders.

Our trainers have extensive knowledge in a variety of health topics, including behavioral health; speech, respiratory, occupational and physical therapy; nursing; exercise physiology; nutrition; diabetes; smoking cessation; case and utilization management; care coordination; data systems; organizational development; long-term services and supports; and child welfare.

We are here to help you with information regarding our education and training workshops, all designed to support the treatment you provide our members and improve member outcomes.

How to access our programs

While we believe the best training is conducted face to face using experiential-oriented approaches, we know this isn't always possible. That's why the training team is equipped to deliver training sessions in a variety of modalities, including in-person, online, interactive sessions; recorded webinars; and self-paced e-learning modules. We offer several convenient ways to register for existing programs and to request additional training sessions.

Please visit our website where you can view program information and register for available sessions.

<https://www.nhhealthyfamilies.com/providers/resources/Provider-Behavioral-Health-Resources.html>

If you have further questions, please contact us at **BH_Training@centene.com**, or you may reach out to us directly.

Relias Learning

We know that it can be a challenge for you and your staff to find time to attend trainings and educational opportunities. We offer online clinical education through Relias Learning. All Relias Learning courses are free of charge and available 24 hours a day, seven days a week. Many of the Relias Learning courses offer continuing education units (CEUs), and there is no limit to the number of online courses providers are permitted to take. For information and a complete course catalog, please log in or sign up for Relias Learning.

Our valued providers and caregivers may also utilize the Relias continuing education e-learning system as well.

How to access Relias

1. Visit **<http://centenettraining.training.reliaslearning.com>**.
2. Click “Need a user account? Register now.”
3. Complete the required information.

You will have instant access to Relias’ library of online learning, including courses that may qualify for continuing education credit.

Continuing Education Information

Our clinical trainings offer FREE continuing education (CE) hours for certain behavioral health and nursing licenses. Actual course offerings will list CE hours. available. Credentialing board requirements vary and are subject to change. *Please defer to your licensing board to ensure courses taken meet your licensure requirements.



A Closer Look at EBPs Resources for Understanding and Implementing EBP for Promoting Member Wellness

Prerequisites:

None

Description:

Providers receive an overview of the evidence based approaches of CBT, IMR, EBSE, and ACT. Core principles of each will be discussed as well as resources that are available to provide further information & more extensive training in each approach.

Duration:

1 hour
No continuing education hours available

Course Objectives:

- Name 4 evidence-based practices
- Identify at least 3 core principles of each practice
- Recognize populations where these practices can be effective
- Identify resources for obtaining certification, training & implementation of these practices

The ASAM Criteria: Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions

Prerequisites:

None

Description:

Providers learn about ASAM criteria and treatment levels that guide medical necessity determinations, recent diagnostic changes to ASAM criteria, and treatment planning for individuals with substance use disorders.

Duration:

1 hour
Up to 1 hour of continuing education available*

Course Objectives:

- Identify levels of treatment and learn measurements for evaluating treatment needs
- Review recent diagnostic changes to ASAM criteria
- Understand high-risk withdrawal symptoms, treatment options and conditions requiring a higher level of care

Attention Deficit-Hyperactivity Disorder (ADHD)

Prerequisites:

None

Description:

Attendees learn the symptoms, probable causes and treatments for attention deficit hyperactivity disorder (ADHD); the similarities of ADHD symptoms to post-traumatic stress disorder (PTSD); and the risks of misdiagnosis.

Duration:

1.5 hours
Up to 1.5 hours of continuing education available*

Course Objectives:

- Describe two symptoms of inattentiveness
- Describe two symptoms of hyperactivity
- Name three probable causes for ADHD

Behavioral Health 101

Prerequisites:

None

Description:

To provide guidance in referring patients with undiagnosed behavioral health disorders, providers learn descriptions, symptoms and treatments for anxiety, bipolar disorder, borderline personality, depression, PTSD, schizophrenia and substance abuse.

Duration:

1 to 8 hours
Up to 8 hours of continuing education available*

Course Objectives:

- Recognize symptoms of these seven conditions
- Identify screening options for each condition
- List two treatment options for these seven conditions

Behavioral Health Screening Tools for Providers

Prerequisites:

None

Description:

To identify Mental Health/SUD in their patients, providers learn to use a variety of screening tools for depression, anxiety, ADHD, SUD, and suicide. Providers also learn about NHHF's ICM program and other resources.

Duration:

2 hours
Up to 2 hours of continuing education available*

Course Objectives:

- Identify 5 evidence-based BH screening tools
- Name 4 benefits of using BH screening tools
- Identify 4 components of SBIRT
- Describe 4 components of the ICM program
- Locate resources the screening tools discussed

Co-Occurring: Substance Use and Mental Health Disorders

Prerequisites:

None

Description:

This course explains the relationship between substance use and mental health disorders by examining the stages of change, identifying evidence-based practices and providing an overview of screenings and assessments for co-occurring disorders.

Duration:

1 hours
Up to 1 hour of continuing education available*

Course Objectives:

- Discuss the relationship between SUD & MH disorders
- Examine the stages of change & helper tasks in working with members living with co-occurring disorders
- Identify evidenced-based practices/ integrated care opportunities for co-occurring disorders

Cultural Competency

Prerequisites:

None

Description:

This course explains the importance of cultural competency among behavioral health providers to improve patient treatment. Training includes components of culture, communication variations, cultural impact on services, treatment and potential barriers.

Duration:

1.5 hours
Up to 1.5 hours of continuing education available*

Course Objectives:

- Discuss levels of cultural competency and cultural considerations
- Identify four communication variations within/across cultures
- List two ways that providing culturally competent health care improves the patient's treatment

Culturally Competent Care and the LGBT Community

Prerequisites:

None

Description:

Providers treating members of the LGBT community learn to improve their awareness of and sensitivity to sexual orientation/gender identity issues. The class promotes discussion on the delivery of culturally competent health care to LGBT members.

Duration:

2 hours
Up to 2 hours of continuing education available*

Course Objectives:

- List barriers to health care experienced by LGBT individuals
- List ways that LGBT-related stressors may impact mental and physical health
- Identify culturally competent practices/strategies
- Locate resources to learn about the LGBT community

De-escalation Techniques

Prerequisites:

None

Description:

Behavioral health providers learn the triggers typically associated with violent behavior, ways to assess for agitation and aggression, and de-escalation strategies. Self-protection techniques also are discussed.

Duration:

1 hour
Up to 1 hour of continuing education available*

Course Objectives:

- Define de-escalation
- Define agitation and aggression
- Identify at least three risk factors for aggression
- Identify at least five interventions for agitation and aggression

Eating Disorders: A Comprehensive Overview

Prerequisites:

None

Description:

Behavioral health providers learn about eating disorders and its causes, symptoms and some methods of treatment. The course emphasizes three eating disorders: anorexia nervosa, bulimia nervosa and binge eating.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Identify the symptoms and types of eating disorders
- Review changes in diagnostic criteria between editions of the “Diagnostic and Statistical Manual”
- Identify treatment methods

Ethics for Mental Health Providers

Prerequisites:

None

Description:

Using the American Counseling Association’s ethical decision-making model, mental health providers explore situations that might challenge ethical guidelines. The course also reviews topics in mental health care in six areas of professional functioning.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- List the seven ethical areas behavioral health providers must know about
- Define the “ethics and law” dilemma
- Complete one scenario using the American Counseling Association’s ethical decision-making model

Health Insurance Portability and Accountability Act (HIPAA) Overview

Prerequisites:

None

Description:

Providers learn the methods by which Centene ensures compliance with HIPAA regulations regarding the use, storage, maintenance or transmission of patient health information, including requirements involving some behavioral health records.

Duration:

1 hour

Up to 1 hour of continuing education available*

Course Objectives:

- Verbalize an understanding of HIPAA security and privacy rules
- List the covered entities and types of information that may be shared
- Describe the process for disclosure of specific types of protected information

HIV and AIDS Overview

Prerequisites:

None

Description:

Behavioral health providers wanting to increase knowledge of HIV and AIDS learns the definitions, differences and symptoms of both. The course also covers transmission, treatment options and statistics on both HIV and AIDS.

Duration:

1 hour

Up to 1 hour of continuing education available*

Course Objectives:

- Define human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS)
- Identify stages of HIV and ways it may be transmitted
- Review best practices for establishing care teams to help those with HIV or AIDS

ICD-10 Overview for Mental Health Providers: Module 1

Prerequisites:

None

Description:

Behavioral health providers are introduced to ICD-10 and its relationship to DSM-5. They also learn to use ICD-10 to bridge the communications gap with physical health providers.

Duration:

1 hour
Up to 1 hour of continuing education available*

Course Objectives:

- List at least three important terms and definitions related to ICD
- Explain ways in which the ICD-10 and DSM-5 are related
- Locate the ICD-10 online and navigate to the specific section on behavioral health

Integrated Healthcare

Prerequisites:

None

Description:

Behavioral health, substance abuse and physical health providers are introduced to the concept of integrated care, which is designed to increase positive treatment outcomes through a holistic model of care and comprehensive and collaborative supports.

Duration:

1 hour
Up to 1 hour of continuing education available*

Course Objectives:

- List types of health care providers and models of care involved in integrated health
- Review efforts toward integration and location of resources
- Identify physical symptoms that may have behavioral or substance use origins

Intellectual Developmental Disorder Diagnosis

Prerequisites:

None

Description:

This training explains ways to measure intelligence and some causes of intellectual developmental disabilities (IDD), characterized by below-average intelligence and a lack of skills necessary for daily living. Participants also learn to detect some IDDs.

Duration:

1.5 hours
Up to 1.5 hours of continuing education available*

Course Objectives:

- List six mental capacities and methods to measure intelligence
- Define IDD and list three ways that an IDD is detected
- List five causes of IDD

Intimate Partner Violence

Prerequisites:

None

Description:

Providers learn about intimate partner violence, cycles of abuse, resources and practical tips for working with members currently in situations of violence from intimate partners.

Duration:

1.5 hours
Up to 1.5 hours of continuing education available*

Course Objectives:

- Name at least three components of the power and control wheel
- Identify at least three barriers to leaving an abusive situation
- Identify at least three factors to consider when working with an individual in an abusive relationship

Mental Health First Aid: Adult

Prerequisites:

None

Description:

For clinical and non-clinical staff who may need to intervene with someone having a mental health crisis, this course provides basic information about mental health disorders and substance abuse as well as suggested interventions.

Duration:

8 hours
Check with your licensing board for continuing education information

Course Objectives:

- Become familiar with signs and symptoms of mental health problems
- Learn ALGEE, a mnemonic device that refers to a five-step action plan to intervene and help those with a mental health crisis
- Gain information on resources and treatment options

Mental Health First Aid – Youth

Prerequisites:

None

Description:

Providers and staff learn about mental health and substance

abuse disorders common among individuals ages 12 to 25 as well as intervention methods and crisis action plans. Also explained is ALGEE, a mnemonic device that refers to a five-step action plans.

Duration:

8 hours

Check with your licensing board for continuing education information

Course Objectives:

- Review symptoms of behavioral health problems in individuals ages 12 to 25
- Learn ALGEE, a mnemonic device that refers to a five-step action plan to help those with a mental health crisis
- Gain information on resources and treatment options

Motivational Interviewing (MI)

Prerequisites:

None

Description:

MI is a partnership approach to facilitate motivation within people to change behaviors. Participants learn elements of MI style and methods of coping with resistance to guide individuals to problem-solve for themselves.

Duration:

4 hours

Up to 4 hours of continuing education available*

Course Objectives:

- Discuss use of open-ended questions, providing affirmations, utilizing various types of reflections, and summarizing
- Identify stages of change and appropriate interventions
- Review effective strategies for collaborative goal setting

Motivational Interviewing for Providers – Level 1- Introduction to MI

Prerequisites:

None

Description:

The purpose of the training is an introduction to the basics of Motivational Interviewing (MI). Attendees will be exposed to and begin to learn key concepts and skills. This training is considered a Level 1 MI training.

Duration:

6 hours

Up to 6 hours of continuing education available*

Course Objectives:

- List the 4 processes of MI
- Name the benefits of engagement
- Describe a purpose of focusing
- Discuss differences between change and sustain talk
- List components of planning

New Hampshire Substance Use Disorder with Opioid Focus

Prerequisites:

None

Description:

This course covers a broad range of information specific to New Hampshire. The course will offer insight into the process of addiction, and review best practices, prevention and intervention techniques that are applicable to a wide range of providers.

Duration:

3 hours

Up to 3 hours of continuing education available*

Course Objectives:

- List the 11 SUD categories
- Identify the relationship between SUD, behavioral health, and physical health
- Discuss interventions to improve client care

Non-Suicidal Self Injury (NSSI)

Prerequisites:

None

Description:

Providers and staff learn how to respond to individuals who engage in non-suicidal self-injury. This course also covers myths and facts about self-injury and culturally sanctioned forms of self-harming among gender groups, special populations and others.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Identify at least three non-suicidal self-injury diagnostic criteria
- List at least four risk factors
- Compare criteria between non-suicidal self-injury behavior and suicidal behavior
- Identify stages of change for non-suicidal self-injury

Positive Psychology: Clinical Tools for Behavioral Health Providers

Prerequisites:

None

Description:

Providers receive a strong understanding of positive psychology, which focuses on personal growth rather than pathology such as mental illness. Providers also learn useful clinical tools and how to find positive psychology resources for patients.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- State at least two definitions of positive psychology
- Identify at least three clinical tools to use with members
- Locate positive psychology resources
- Discuss how to guide patients to focus on areas of their lives within their control

Poverty Competence

Prerequisites:

None

Description:

Providers learn how patients' economic status affects their mental and physical health, with emphasis on the adverse effects of poverty on health and wellness. Providers also learn where to find resources to help patients experiencing poverty.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Define poverty
- Become familiar with statistics about poverty
- Increase awareness of how poverty affects patients
- Discuss the correlation between mental illness and poverty

Psychotropic Medications

Prerequisites:

None

Description:

Behavioral health providers learn about the role psychotropic medications play in the treatment of mental health and

substance use disorders. The course explains the drugs' classifications and side effects.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Verbalize the definition of psychotropic medications and what they treat
- Understand the classifications and common side effects
- Review special considerations for older adults

Recognizing and Reporting Abuse Neglect and Exploitation

Prerequisites:

None

Description:

Providers learn how to perform a safety assessment. This course also explains federal and state mandates about safety assessments and mandatory reporting for child, elder and dependent adult abuse and neglect.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Name at least three proactive steps to ensure personal safety
- Identify at three least signs of potential abuse, neglect or exploitation
- Demonstrate an ability to locate state-specific abuse/neglect regulations

Screening Brief Intervention and Referral to Treatment (SBIRT)

Prerequisites:

None

Description:

Providers discuss the conceptual framework of SBIRT as a public health model and its impact as a system change initiative. Practice for applying concepts to provide screenings, brief interventions, and referrals to treatment will be included.

Duration:

4 hours

Up to 4 hours of continuing education available*

Course Objectives:

- Identify the main components of SBIRT
- Practice using substance use screening tools and brief intervention skills
- Apply motivational interviewing skills to brief interventions
- Discuss referrals to treatment

Screening Brief Intervention and Referral to Treatment – An Implementation Guide to Health for Providers

Prerequisites:

None

Description:

Attendees will gain clinical knowledge and skills to implement the use of SBIRT in their practice. This training focuses on screening and referral to treatment for alcohol and substance use in patients in a health care setting.

Duration:

2 - 3 hours

Up to 3 hours of continuing education available*

Course Objectives:

- Define SBIRT
List the components of SBIRT
- Name SBIRT tools and define how they may be used during an assessment
- Identify billing methods for your state

SMART Goals

Prerequisites:

None

Description:

Providers learn ways to assist members by using SMART goals – which are specific, measurable, achievable, realistic and timely – as part of members' efforts to change their behaviors. Goals are tracked to assess members' progress and compliance.

Duration:

1.5 hour

Up to 1.5 hour of continuing education available*

Course Objectives:

- Define SMART goals and apply them to case examples
- Practice using SMART goals format in developing care plans and progress notes
- Review pitfalls to avoid when developing care plans

Social Determinants of Health

Prerequisites:

None

Description:

Attendees will gain clinical knowledge on social determinants of health and the impact these determinants have on health disparities and inequity.

Duration:

2 hours

Up to 2 continuing education credits available*

Course Objectives:

- List determinants of health that may affect the populations that receive care in your practice
- Complete an activity to gain insight into how SDOH affect daily needs
- Discuss how SDOH may lead to health disparities and health inequity

Strengths-Based Treatment

Prerequisites:

None

Description:

Traditionally, helping professions focused on deficits and not on interventions that promote positive aspects of self. In this strengths-based treatment course, providers learn about SBT approaches, tools and interventions to promote a path to recovery.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Increase knowledge and define core concepts of strengths-based approaches
- Describe the importance of encouragement
- Practice strengths-based tools and interventions

Substance-Related and Addictive Disorders Module 1: Overview

Prerequisites:

None

Description:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to substance use disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Objectives:

- State effects of substance use on the brain reward pathway
- Discuss severity levels of substance use disorders
- List examples of a substance-induced disorder
- Identify location of the 10 separate classes of substances chart in the DSM-5

Substance-Related and Addictive Disorders Module 2: Alcohol Related Disorders

Prerequisites:

None

Description:

Attendees receive an overview of DSM-5 criteria & diagnostic information specific to Alcohol-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Objectives:

- State differences between moderate drinking, binge drinking, and heavy alcohol use
- List the alcohol related disorders in the DSM-5
- Identify 4 evidenced-based treatments for alcohol use disorders

Substance-Related and Addictive Disorders Module 3: Caffeine-Related Disorders

Prerequisites:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

Description:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Caffeine-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Duration:

1.5 hour

Up to 1.5 hours of continuing education available*

Course Objectives:

- Identify symptoms of caffeine intoxication as identified in the DSM-5
- Recognize how caffeine consumption can interact with other medical and behavioral health issues
- Articulate methods of intervening with problematic caffeine consumption

Substance-Related and Addictive Disorders Module 4: Cannabis-Related Disorders

Prerequisites:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

Description:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Cannabis-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Differentiate between signs of cannabis intoxication and withdrawal
- Identify three risk factors for developing a cannabis use disorder
- Name two treatment modalities effective for treating cannabis related disorders

Substance-Related and Addictive Disorders Module 5: Hallucinogen-Related Disorders

Prerequisites:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

Description:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Hallucinogen-Related Disorders. The course also teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Duration:

1.5 hours
Up to 1.5 hours of continuing education available*

Course Objectives:

- Name three types of hallucinogens
- List two physical and mental effects of hallucinogen use
- Identify the Hallucinogen-Related Disorders listed in the DSM5
- State five possible symptoms of a hallucinogen overdose

Substance-Related and Addictive Disorders Module 6: Inhalant-Related Disorders

Prerequisites:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

Description:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Inhalant-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Duration:

1 hour
Up to 1 hour of continuing education available*

Course Objectives:

- Identify the four types of inhalants
- Identify how a client will be diagnosed with one of the three severity levels of inhalant abuse
- Recognize medical consequences of inhalant abuse
- Discuss treatment options for inhalant abuse

Substance-Related and Addictive Disorders Module 7: Opioid-Related Disorders

Prerequisites:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

Description:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Opioid-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Duration:

2 hours
Up to 2 hours of continuing education available*

Course Objectives:

- Verbalize two forms of opioids and how opioids work in the brain
- Identify evidence-based screening tools and treatment methods
- Identify severity levels of substance use disorders

Substance-Related and Addictive Disorders Module 8: Sedative, Hypnotic, or Anxiolytic-Related Disorders

Prerequisites:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

Description:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Sedative-Use Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Duration:

1.5 hours
Up to 1.5 hours of continuing education available*

Course Objectives:

- Describe how sedatives, hypnotics, and anxiolytics affect the central nervous system
- List the DSM-5 criteria and effective prevention methods
- Verbalize treatment methods

Substance-Related and Addictive Disorders Module 10: Tobacco

Prerequisites:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Tobacco-Related Disorders. The course also teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Description:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Sedative-Use Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Duration:

1.5 hours
Up to 1.5 hours of continuing education available*

Course Objectives:

- Discuss development/course of when individuals begin smoking
- List the physical/mental health effects of tobacco and nicotine
- Understand how nicotine interacts with the brain
- Verbalize criteria and treatment options

Suicide Risk - A Clinical Perspective Module 1: Suicide Risk Overview

Prerequisites:

None

Description:

Clinicians learn to identify warning signs and risks of suicide. They also learn about protective factors, which ensure vulnerable people are supported and connected with others during difficult times, thus making suicidal behaviors less likely.

Duration:

1.5 hours
Up to 1.5 hours of continuing education available*

Course Objectives:

- Identify risk and protective factors related to suicide attempts and suicidal behavior
- Understand the difference between risk factors and warning signs
- List three ways to increase integrated and continuous care to help in suicide prevention

Suicide Clinical Risk Training Module 2: Assessment Intervention and Evidence-Based Treatments

Prerequisites:

None

Description:

To help prevent suicide, providers and clinical staff learn assessment tools to screen for depression, anxiety and alcohol use, all of which can increase suicide risk. This course also covers evidenced-based treatment interventions.

Duration:

2 hours
Up to 2 hours of continuing education available*

Course Objectives:

- List three screening tools used to screen for mental health and suicide risk
- Complete case scenarios using PHQ-9, AUDIT and SAFE-T
- List three evidenced-based treatment methods to treat suicide

Teen Violence: Recognizing Signs and Trends

Prerequisites:

None

Description:

Teen violence often builds on itself and may escalate from isolated incidents into more pervasive patterns of behavior. Providers learn that recognizing connections between causes and forms of violence is central to prevention and reduction of violence.

Duration:

1 to 1.5 hours
Up to 1.5 hours of continuing education available*

Course Objectives:

- Define teen violence
- List seven major types of violence
- State ways that violence is perpetuated
- Identify options to reduce violence
- Access available resources

Trauma Informed Care – The Impact of Trauma

Prerequisites:

None

Description:

Theories and practices within the health system used to design and implement trauma responsive services that promote health and reduce re-traumatization through service delivery.

Duration:

1 to 1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Define trauma and identify types
- Understand the impact of trauma on individuals and services
- Identify characteristics of trauma informed systems
- Understand the impact of trauma on care providers

Trauma Informed Care for Providers

Prerequisites:

None

Description:

Providers learn theories and practices within the health system used to design and implement trauma responsive services that promote health and reduce re-traumatization through service delivery.

Duration:

1 to 1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Identify 3 “E’s” from which trauma results.
- Identify 3 types of trauma exposure.
- Identify 3 health outcomes from ACEs
- Identify 3 results from ACEs study
- Identify 3 types of coping behavior associated with ACEs

Treatment and Documentation Guidelines for Providers

Prerequisites:

None

Description:

Mental health providers delivering services are required to document treatment plans, progress, and outcomes.

Knowledge of documentation skills and SMART goals can assist in maintaining good records for daily practice and clinical audits.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Identify evidenced-based practices used when treatment planning
- Explain best practices for treatment planning and documentation
- Name three important strategies from a clinical auditing perspective





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