



Training and Education Course Catalog

Volume 2018, No. 1



Table of Contents

- Welcome 4
- About This Catalog 4
- How To Access Our Programs 5
- Relias E-Learning 5
- Continuing Education Information 6

Course Information

- Attention Deficit-Hyperactivity Disorder (ADHD) 7
- Behavioral Health 101 7
- Behavioral Health Screening Tools for Providers 7
- Co-Occurring: Substance Use and Mental Health Disorders 7
- Cultural Competency 7
- Culturally Competent Care and the LGBT Community 8
- De-escalation Techniques 8
- Eating Disorders: A Comprehensive Overview 8
- Ethics for Mental Health Providers 8
- Health Insurance Portability and Accountability Act (HIPPA) Overview 8
- HIV and AIDS Overview 9
- ICD-10 Overview for Mental Health Providers: Module 1 9
- Integrated Healthcare 9
- Intellectual Development Disorder Diagnosis 9
- Intimate Partner Violence 9
- Mental Health First Aid: Adult 10
- Mental Health First Aid: Youth 10
- Motivational Interviewing (MI) 10
- New Hampshire Substance Use Disorder with Opioid Focus 10
- Non-Suicidal Self Injury (NSSI) 10
- Overview of Changes to the Diagnostic and Statistical Manual of Mental Disorders 11
- Positive Psychology: Clinical Tools for Behavioral Health Providers 11
- Poverty Competency 11
- Psychotropic Medications 11
- Recognizing and Reporting Abuse Neglect and Exploitation 12
- Screening Brief Intervention and Referral to Treatment (SBIRT) 12
- SMART Goals 12
- Social Determinants 12
- Strengths-Based Treatment 12
- Substance-Related and Addictive Disorders Module 1: Overview 13
- Substance-Related and Addictive Disorders Module 3: Caffeine-Related Disorders 13
- Substance-Related and Addictive Disorders Module 4: Cannabis-Related Disorders 13
- Substance-Related and Addictive Disorders Module 5: Hallucinogen-Related Disorders 13
- Substance-Related and Addictive Disorders Module 6: Inhalant-Related Disorders 14
- Substance-Related and Addictive Disorders Module 7: Opioid-Related Disorders 14
- Substance-Related and Addictive Disorders Module 8: Sedative, Hypnotic, or Anxiolytic-Related Disorders 14
- Suicide Risk - A Clinical Perspective Module 1: Suicide Risk Overview 14
- Suicide Clinical Risk Training Module 2: Assessment Intervention and Evidence-Based Treatments 15
- Teen Violence: Recognizing Signs and Trends 15
- The ASAM Criteria: Treatment Criteria for Addictive, Substance-Related and Co-Occurring Conditions 15
- Treatment and Documentation Guidelines for Providers 15

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.envolveu.com/secure-provider-portal/clinical-training.html>

If you have further questions, please contact us at <https://www.envolveu.com/contact-us.html>, 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://centenetraining.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 hrs. available. Credentialing board requirements vary and are subject to change. *Please defer to your licensing board to ensure courses taken meet your licensure requirements.



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 posttraumatic 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 disorder.

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 help identify mental health/substance use disorders in their patients, providers learn to use these screenings: PHQ-2, PHQ-9, OASIS and Edinburgh for depression; GAD for anxiety; Vanderbilt for ADHD; and CAGE-AID for alcohol and substance use.

Duration:

1 hour

Up to 1 hour of continuing education available*

Course Objectives:

- Practice evidence-based behavioral health screening tools
- Demonstrate the impact of screening tools on the behavioral health referral process
- Identify the benefits of Envolve People Care's disease management and intensive case management programs

Co-Occurring: Substance Use and Mental Health Disorders

Prerequisites:

None

Description:

Behavioral health providers learn the relationship between substance use and co-occurring mental health disorders and methods to screen and assess co-occurring disorders. The course also offers guidance on treatment options.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available*

Course Objectives:

- Define key terms and examine the relationship between substance use disorders and mental health disorders
- Review ways to screen and assess co-occurring disorders
- Identify evidenced based practices 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 healthcare 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 we ensure 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 learn 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 disorder 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 disorder 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 to 8 hours
Up to 8 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

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:

2 to 3 hours
Up to 3 hours of continuing education available*

Course Objectives:

- List the 11 SUD categories
- Identify the relationship between, 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

Overview of Changes to the Diagnostic and Statistical Manual of Mental Disorders

Prerequisites:

None

Description:

Providers receive an overview of changes in the diagnostic standards and coding from the DSM-IV-TR to the DSM-5 (ICD9/ICD10). The presentation includes examples of diagnostic organization, specifiers and cultural context.

Duration:

2 hours
Up to 2 hours of continuing education available*

Course Objectives:

- Describe the role subtypes, specifiers and severities have made in making diagnoses more comprehensive
- List examples of cultural considerations in the new edition
- Complete scenarios to practice using DSM-5 diagnostic-specific rules

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 Competency

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 partners.

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

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 hour

Up to 1 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

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*

Course 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 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

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 at tempts 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

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

Treatment and Documentation Guidelines for Providers

Prerequisites:

None

Description:

Behavioral 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



nh healthy families™

NHhealthyfamilies.com