

## Course Information

Category	Course Title	Credit Hours	Course Description
Human Services Workforce Development	A First Look at Integrating Care: Policy	1.25	<p>This course provides an overview of how current healthcare and social policy relates to the integration of primary care and behavioral health services for people with persistent mental illness and/or substance use disorders. You will learn about the intersection of social policy and legislation, including the Affordable Care Act, in the context of a need for and execution of integrated approaches to care. You will also learn about the most common models of integrated care along and the trends and issues that characterize them. By taking this course, social workers will gain in-depth knowledge of how these models and policies define their role in an integrated care environment.</p> <p>In 2012, the SAMHSA-HRSA Center for Integrated Health Solutions (CIHS), run by the National Council for Behavioral Health, launched a partnership with the National Association of Deans and Directors of Schools of Social Work (NADD) and the Council on Social Work Education (CSWE). This partnership led to the creation and pilot of the Policy and Practice in Integrated Care courses at 28 colleges and universities across the country. The in-person format, which was distributed widely to the field through NADD and CSWE networks, remains available and is offered at multiple institutions nationwide. With additional funding from the New York Community Trust, the project was further</p>
Human Services Workforce Development	A First Look at Integrating Care: Practice	1	<p>This course provides social workers with an overview of core clinical practices and competencies required to work effectively within an integrated healthcare system. After learning the fundamentals of what constitutes an integrated healthcare system, you will gain key insights regarding how social workers can serve as part of a holistically-oriented integrated healthcare team. Didactic information is complemented by specific examples regarding clinical approaches in order to give you actionable take-aways which you can apply in your own setting.</p> <p>In 2012, the SAMHSA-HRSA Center for Integrated Health Solutions (CIHS), run by the National Council for Behavioral Health, launched a partnership with the National Association of Deans and Directors of Schools of Social Work (NADD) and the Council on Social Work Education (CSWE). This partnership led to the creation and pilot of the Policy and Practice in Integrated Care courses at 28 colleges and universities across the country. The in-person format, which was distributed widely to the field through NADD and CSWE networks, remains available and is offered at multiple institutions nationwide. With additional funding from the New York Community Trust, the project was further expanded to include development of the courses in an online format available at no cost to participants through Relias Learning.</p>
Addiction	Advanced Motivational Interviewing	2	<p>A researcher, therapist, and instructor, Dr. Cooper combines lecture, discussion, and role play in order to review the current research on Motivational Interviewing (MI). During this presentation at the 2009 Centerstone Research Institute's "Transforming Research Into Practice" conference, he gives an overview of the theory of advanced practices and discusses how to apply MI skills when working with substance-using consumers. By taking this training, you will learn new MI techniques including empathic listening skills, and providing structured feedback regarding drug use that is applicable to a range of practice situations.</p>

AIRS Courses	AIRS: Serving People with Mental Health Issues	2	<p>Despite increased awareness, there remains a stigma about mental illness and a lack of understanding of what exactly a “mental illness” is.</p> <p>This interactive course provides general, introductory information on the nature and types of mental health issues and the services that are available to affected individuals. It is primarily intended for staff at Information &amp; Referral (I&amp;R) organizations that need the ability to handle a wide range of clients and issues, including those involving mental health concerns.</p> <p>Some material within this module was drawn, according to permission guidelines, from the website of the Canadian Mental Health Association at <a href="http://www.cmha.ca">www.cmha.ca</a>.</p> <p>This course is not suitable for specialized professionals working within the mental health sector. It also does not cover crisis calls or crisis intervention.</p> <p>This course was written by AIRS staff member, Clive Jones, a former President of InformCanada, who is responsible for the AIRS Certification Program, in addition to assisting with training and standards development. It was adapted from material within The ABCs of I&amp;R (copyright AIRS).</p>
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<p>AIRS Courses</p>	<p>AIRS: Serving Young People</p>	<p>1.5</p>	<p>This course is primarily for Information &amp; Referral (I&amp;R) Specialists who are responsible for answering I&amp;R inquiries and need the ability to handle a diverse range of service delivery, including calls from and concerning young people, the challenges young people face, and the services designed to help them.</p> <p>This interactive course is designed for comprehensive I&amp;R practitioners. It outlines the issues faced by young people and the realities of communicating across a generation gap. The course describes the services that are available for all young people in addition to addressing some of the particular challenges confronted by at-risk youth.</p> <p>This course is not suitable for specialized youth workers. Also, differences in legal frameworks may make this inappropriate for Canadian I&amp;R Specialists.</p> <p>This training was written by AIRS staff member, Clive Jones, a former President of InformCanada, who is responsible for the AIRS Certification Program, in addition to assisting with training and standards development. It was adapted from material within The ABCs of I&amp;R (copyright AIRS).</p> <p>AIRS is the nonprofit Alliance of Information and Referral Systems at <a href="http://www.airs.org">www.airs.org</a>.</p>
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AIRS Courses	AIRS: Working with Challenging Clients	1	<p>Every day, Information and Referral (I&amp;R) Specialists answer calls from vulnerable people in difficult situations. With experience, they get to handling these calls quite adeptly. This course is about those other calls.</p> <p>An I&amp;R specialist must have the skills to meet the needs of all types of people in all types of situations, including people who are angry, hostile, manipulative, call frequently with the same problem, or are otherwise difficult to serve.</p> <p>This interactive course describes the range of “challenging” calls generally encountered within an I&amp;R program, techniques for diffusing situations, setting boundaries, and if necessary, terminating calls.</p> <p>This training was written by AIRS staff member, Clive Jones, a former President of InformCanada, who is responsible for the AIRS Certification Program, in addition to assisting with training and standards development. It was adapted from material within The ABCs of I&amp;R (copyright AIRS).</p> <p>AIRS is the nonprofit Alliance of Information and Referral Systems at <a href="http://www.airs.org">www.airs.org</a>.</p>
Paraprofessionals in Behavioral Health	Alcohol and the Family for Paraprofessionals	2.5	<p>It is well known that alcohol use disorder is quite prevalent and can have significant negative impact on the lives of those with this addiction. Past research and treatment have focused primarily on the challenges facing individuals with this addiction and on accessing supports to aid in the individuals’ recovery. There is growing evidence, however, that alcohol abuse is much better understood within a family and relationship context. In this training, you will learn about the impact that alcohol abuse has on families, the family dynamics that can contribute to alcohol abuse, and the abundant research that indicates that family interventions can play a significant role in recovery. Employing a combination of comparative research, experiential exercises, and self-study, this course provides a foundation for addressing alcohol abuse in the context of the family rather than focusing on individual therapy or self-help groups. This training is appropriate for paraprofessionals who want to expand their understanding of alcohol abuse in a family context.</p>
AIRS Courses	Anatomy of a Good Call	1.5	<p>People calling Information and Referral (I&amp;R) services portray complex circumstances and needs using an equally complex array of communication styles. In order to leave a client empowered with new information and appropriate referrals, each I&amp;R Specialist should know the correct combination of listening and speaking skills to draw upon during each call.</p> <p>This course outlines those required skills from greeting to closure, illustrating techniques for making the caller feel heard and empowered with the overall objective of achieving top-notch customer service on every I&amp;R call. This course is intended for all staff providing Information and Referral to the public within all applicable sectors of human services.</p> <p>The unique feature of this course is the incorporation of audio clips that illustrate the correct phone techniques and model the preferred behaviors.</p>

Paraprofessionals in Behavioral Health	Behavioral Health Issues in Older Adults for Paraprofessionals	2.5	<p>Most older adults will age without having a behavioral health disorder, but those who do risk worse health and quality of life. As a health and human services worker, you will need to learn about the behavioral health needs of older adults in order to provide helpful services. This course will cover some common disorders that older adults experience, including depression, anxiety, substance use, and schizophrenia. You will also learn about ways to help them function successfully. This course will increase your understanding of both formal and informal supports for older adults with behavioral health disorders, including family caregivers. You will learn the course content through a combination of information and exercises. This course is appropriate for paraprofessionals providing behavioral health services.</p>
Paraprofessionals in Behavioral Health	Boundaries and Dual Relationships for Paraprofessionals	2.25	<p>As a behavioral health paraprofessional, you may find yourself in situations where you or the people you work with may blur the professional boundary (a line between client and staff in their working relationship), particularly by engaging in some form of a dual relationship (a professional relationship plus another type of relationship with the client). In some cases, this “crossing of the boundary” may strengthen the relationship and help you work more effectively with your clients. However, sometimes a dual relationship can be dangerous for you and the people you support. For this reason, it is important for you to be aware of these risks, avoid them and know when to step back and ask a supervisor for help in managing the situation.</p> <p>This course focuses on exploring the concepts of boundaries and dual relationships—a form of boundary crossing. You will learn about what to look for to avoid issues that could harm you or your clients. You will learn how to make sure the relationship between you and your clients remains professional.</p>
Paraprofessionals in Behavioral Health	Case Management for Paraprofessionals	3	<p>Consumers in recovery often require a tremendous amount of support to assist them in moving toward independence and reaching their goals. Case managers are frequently the individuals most involved in the day-to-day aspects of a consumer’s care. This course is designed for paraprofessionals who work as case managers, as it provides a broad overview of case management. The information in this training will teach you some basic skills, such as assessment, crisis planning, and how to connect with consumers. You will learn the various ways in which consumers connect with others and how to partner with them in ways that promote recovery, confidence, and independence. Case vignettes and interactive practice exercises, coupled with instructive information about best practices for case management, will help you to apply your new skill set when you need it most.</p>

Compliance/OSHA	Confidentiality and HIPAA	1.25	<p>Consumers entrust professionals with very personal information and the government has enacted stringent laws to protect the information consumers reveal. The consequences of revealing personal consumer information, even inadvertently, can be severe. This course is designed to provide basic information regarding the principles of confidentiality along with specific information related to the Health Insurance Portability and Accountability Act (HIPAA) governing privacy and security and includes updated information about the HIPAA mega rule that went into effect in March 2013. In this training, you will learn what confidentiality is and what HIPAA requires of mental health professionals like you. This course will specifically define what personal health information is, the ways in which this information must be protected, and best practices for maintaining client confidentiality. A variety of practice questions throughout the course will give you an opportunity to think critically about the topics covered and apply what you have learned. This course is designed for mental health professionals at all levels.</p> <p>NOTE: This course is not intended as legal advice for any individual provider or situation. If you need more comprehensive information, please review the resources listed in the references section of this course and consult with your company's legal and compliance team.</p>
Addiction	Confidentiality of Substance Use Treatment Information	1	<p>Long before the enactment of The Health Insurance Portability and Accountability Act (HIPAA), the federal government passed legislation providing special protections for substance use treatment information to ensure patient privacy and confidentiality. Without strong privacy protections, people needing treatment may not seek the help they need because they fear the social stigma that sometimes comes from being labeled an "addict." This social stigma also carries with it the very real fears of arrest and prosecution, loss of child custody for parents, job loss, the denial of healthcare, exclusion from public housing, or insurance discrimination.</p> <p>As a mental health professional, it is essential for you to understand the federal laws and regulations governing the privacy of healthcare information generally and substance use treatment information specifically. These two legal frameworks sometimes overlap and sometimes conflict. The legal protections regarding substance use treatment information, in many instances, goes beyond the protections provided under HIPAA. In this course, you will learn about the difference between these regulations, what entities and individuals must comply with or benefit from these regulations, the kinds of information protected under these laws, as well as information that is exempt from the non-disclosure requirements. You will also learn about rules governing patients' access to their own medical records, how to put safeguards in place to protect your consumers' information, along with the consequences and penalties associated with unauthorized disclosure of such information.</p>

Behavioral Health Introductory	Co-Occurring Disorders	1	<p>Co-occurring substance use and mental health disorders are prevalent in the United States and present special challenges to treatment providers. Failure to treat both types of disorders often leads to poorer treatment engagement, early termination, and negative health outcomes. The information provided in this introductory course can help you avoid those negative outcomes by increasing your awareness of the relationship between co-occurring substance use and mental health disorders. You will learn about some of the most common substance use and mental health disorders in the United States, along with techniques for effective assessment of and treatment planning for consumers with Co-Occurring Disorders.</p> <p>This course, which combines interactive exercises and detailed case studies to enhance your learning, is appropriate for beginning clinicians and for those seeking an overview of current developments in integrated treatments for Co-Occurring Disorders. Armed with this knowledge about current strategies for assessment and treatment, you will be better prepared to provide high-quality, integrated care for your consumers who have Co-Occurring Disorders.</p>
Paraprofessionals in Behavioral Health	Co-Occurring Disorders: An Overview for Paraprofessionals	1.5	This course defines the term co-occurring disorders and describes the common risk factors associated with co-occurring disorders. The approaches to use with people with co-occurring disorders are also reviewed.
Paraprofessionals in Behavioral Health	Coordinating Primary Care Needs of Clients for Paraprofessionals	5.5	This course is designed to help case managers gain the basic knowledge and skills needed to help clients who have developed or are at risk for developing common medical problems.
Serious Mental Illness, Recovery and Rehabilitation	Coordinating Primary Care Needs of People with SMI	2.75	<p>People with severe persistent mental illness frequently have, or are at risk for, coexisting medical illnesses. This can present a challenge to successful treatment, because the stress of physical illness can negatively impact the benefits gained by successful mental health management. This training is designed to teach you about the importance of the link between mental health and physical health, as well as the importance of coordinating the primary care needs of your consumers to facilitate overall wellness. It will provide you with the information you need to assess consumers for risk of serious medical problems and assist consumers receiving medical care to achieve optimal health.</p> <p>In this course, you will learn about some of the most common medical problems affecting adults, including diabetes, high cholesterol, hypertension, pulmonary disease, and obesity. You'll learn about risk factors for these illnesses as well as why, when, and how to link consumers who have these problems (or are at risk for developing them) with primary health care providers. The course will improve your knowledge and skills in performing assessment, psychoeducation, treatment planning, and documentation. You'll also learn about important issues regarding liability and risk management when coordinating the primary care needs of your consumers.</p> <p>This training is appropriate for mental health professionals working in a behavioral health atmosphere that provide outpatient therapy and case management services for people with severe persistent mental illness. This training will incorporate interactive exercises and detailed case vignettes to reinforce your learning.</p>

Paraprofessionals in Behavioral Health	Corporate Compliance and Ethics for Paraprofessionals	1	<p>Corporate compliance programs define ethical behavior, fraud, and abuse in health care organizations. What you need to know is how this information connects to your job. What should you do if you suspect fraud or abuse? Are you protected if you report it?</p> <p>By learning about ethics, health care fraud, and high risk activities, this course prepares you to help your organization do the right thing when a problem comes up. The course includes exercises to practice recognizing the components of corporate compliance and tips on how to report activities you believe are suspicious. The course is based on information from the Federal Department of Health and Human Services and is prepared for paraprofessionals in health care.</p>
Paraprofessionals in Behavioral Health	Crisis Management for Paraprofessionals	3	This course is about identifying the elements of crisis management, understanding the steps for crisis intervention and stabilization and assisting patients in developing a crisis prevention plan.
Compliance/OSHA	Cultural Diversity	1.25	This introductory course on cultural diversity will provides an overview of cultural diversity and discusses various dimensions and issues of diversity. This course is not exhaustive; however, it will provide you with the fundamental tools that will enable you to interact with others of diverse cultures and effectively perform your job responsibilities.
Mental Health General	Cultural Issues in Mental Health Treatment	1.25	<p>American society is becoming increasingly diverse, and the rapid cultural diversification of the United States has inevitably challenged traditional institutions and practices, including the field and treatment of mental health. Awareness of and sensitivity to cultural issues are critical to a positive therapeutic relationship, as well as the outcome of therapy, yet persons of various racial/ethnic/cultural/social identities often are underserved by the mental health system and/or do not seek out the mental health treatment they may need. Broadly, this course examines the factors that have led to culturally bound disconnects, as well as ways to improve cultural understanding and competency in mental health treatment. More specifically, this course covers the significance of cultural diversity, demographics, family and community resources, barriers to treatment, as well as results from epidemiological studies. You will also learn about how cultural differences can affect treatment planning in terms of both psychotherapy and pharmacotherapy.</p> <p>This course is intended for a variety of clinicians, including nurses, social workers, therapists, and psychologists with entry-level or intermediate experience incorporating cultural factors into their practices. Case examples and interactive exercises coupled with the instructive material in this course will help you to apply these concepts in your own setting.</p>

Paraprofessionals in Behavioral Health	Cultural Issues in Treatment for Paraprofessionals	2.25	<p>While the United States is becoming increasingly diverse, this challenges the field and treatment of behavioral health and substance use disorders. Recognizing and remaining sensitive to cultural issues are critical to a positive helping relationship and to treatment outcomes. Unfortunately, people of various racial/ethnic/cultural/social identities oftentimes are underserved by the behavioral health system and/or they do not seek out the treatment they need.</p> <p>This course examines the clinical, cultural, organizational, and financial reasons that culturally diverse groups are underserved. In addition, you will learn the significance of cultural diversity, demographics, family and community resources, barriers to treatment.</p> <p>This course is intended for a variety of behavioral health providers with entry-level or intermediate experience incorporating cultural factors into their work. Case studies in conjunction with interactive exercises will teach you how to apply these concepts to the individuals you serve.</p>
Human Services Workforce Development	De-escalating Hostile Clients	2.75	<p>De-escalation is used to reduce a person’s emotional intensity so that no one is harmed. Often, what may seem like negligible actions can quickly intensify to physical violence. If you fail to address these behaviors immediately, they will likely escalate. With preparation and awareness, you can prevent many incidents from escalating. In this course, you will learn strategies for identifying warning signs, defusing hostility, setting clear boundaries, and ensuring your safety.</p>
Human Services Workforce Development	Domestic and Intimate Partner Violence	1.25	<p>Although anyone can become a victim of domestic violence (DV) or intimate partner violence (IPV), women are much more likely to experience IPV than men. People from all economic and cultural backgrounds can be subjected to domestic violence.</p> <p>Sadly, children are often the direct or indirect victims. Just witnessing violence impacts children’s lives, especially because it usually takes place at home, a place where children should feel safe. If children have been exposed to domestic violence, it increases the chances that they will take on the role of either a “batterer” or a “victim” in their adult relationships. Abuse can seem “normal” to youth who witness it in their own homes.</p> <p>In working with perpetrators and victims of domestic violence, it is essential to address the family and social systems involved. Please note that the terms “domestic violence” and “intimate partner violence” are used interchangeably in this course.</p>
Hazelden Courses	Empathy: Keystone to Building an Alliance	0.5	<p>Empathy is a concept widely discussed as an essential part of the therapeutic process. Carl Rogers first delineated it as essential in building an alliance, and it was even later acknowledged by Hans Kohut, in psychoanalysis, as a quintessential element in the in building self-structure and helping people change. Even though many proclaim the importance of empathy, what does it really mean? How is it applied in the therapeutic context, and what interferes with its establishment in the alliance? Once empathy is established, but a rupture occurs in the therapeutic bond, how does one restore it? This lecture examines these and other questions and aspects of empathy. The outcome of the seminar is to help build better alliances with clients struggling with addiction and, ultimately, to achieve better treatment outcomes.</p> <p>*For continuing education, please review all reading materials and attachments. Continuing education certificates offered:NAADAC CEH = 2 hours, APA CE = 1 hour</p>

Mental Health General	Ethical Decision-Making	1	<p>As a clinical health professional, you have to make ethical decisions on a regular basis. Many of them are quite straightforward and common sense. Others, however, can present you with an ethical dilemma, where the best course of action is not always clear. The professional organization related to your field surely has an ethical code of conduct with guidelines, but it would be impossible for these guidelines to cover every situation. Furthermore, knowing ethical standards and being able to apply them to unique situations are two different things. In this course, you will be introduced to the concept of ethics and standards of conduct that relate to clinical health professionals. The main goal of this course is to teach you how to identify situations where ethical challenges are common, as well as how to incorporate a few different ethical decision-making models into those challenges. To better help you apply the material you learn, you will test your knowledge as you work your way through this course through a series of interactive vignettes.</p>
Human Services Workforce Development	Evidence-Based Practices	1.75	<p>As a mental health professional, you are increasingly called on to use Evidence-Based Practices (EBPs) in your work with consumers. Evidence-based practice originated in the medical field, where thousands of randomized controlled studies have been conducted. Unfortunately, it has been more challenging to put EBPs into direct practice in the mental health field, as there often is a large delay between discovering effective practices and putting them into practice with mental health consumers. This course will provide you with a clearer understanding of evidence-based practice, so that you can help bridge the gap between research and practice, and better assist the individuals you serve.</p> <p>In this course you will learn about different definitions of EBPs, how EBPs are developed, as well as the potential positives and negatives of EBPs that you need to keep in mind as you consider using them. You'll also find out about some well-established EBPs, along with how you can implement them in your own practice with specific populations. This course will guide you through a series of vignettes and interactive exercises to help you apply what you have learned when you need it most. This training is appropriate for a variety of clinical professionals working in the mental health field with basic to intermediate levels of experience. Ultimately, your completion of this course will make you more prepared and confident as you consider using EBPs in your own setting.</p>
Mental Health General	Integrating Primary Care with Behavioral Healthcare	1.25	<p>Healthcare professionals frequently hear the term integrated care. However, many are confused about what it means, its implications for future healthcare practice, and how they might participate in an integrated care environment. In this course, you will become familiar with various models and configurations of integrated care. You will learn about the costs, benefits, and goals of integrated care systems. As there are numerous challenges to integrating care, you will become aware of some of these key challenges, and familiar with particular characteristics of well-functioning integrated care systems. Finally, you will learn a variety of ways that behavioral healthcare professionals, including you, can function effectively in an integrated care environment.</p> <p>This course is geared toward intermediate-level healthcare professionals who wish to learn more about the process of integrating primary with behavioral healthcare. Throughout this course, you will have opportunities to apply and strengthen your knowledge with detailed examples, case vignettes, and quizzes.</p>
Hazelden Courses	Integrating Treatment for Co-occurring Disorders	5.25	<p>This self paced, interactive course includes case studies, interactive exercises, and videos. Update information from the Dartmouth/Hazelden Co-occurring Disorders Program, SAMHSA's TIP 42, and other resources are pulled together in this thorough introduction to the integrated treatment of co-occurring disorders.</p> <p>*For continuing education, please review all reading materials and attachments. Continuing education certificates offered: NAADAC CEH = 18 hours, APA CE = 6 hours</p>

Mental Health General	Introduction to Trauma-Informed Care	1.25	It is vital to ask the right questions. Asking a trauma-survivor “What happened to you?” instead of, “What’s wrong with you?” helps them begin to understand the impact that trauma has had on their life. Over 90% of people receiving behavioral healthcare have a history of trauma. In this course, you will learn the meaning of trauma, its impact, and what it means to look through a trauma-informed lens. The information covered in this course is based on the work of leaders in the field such as Roger Fallot, Maxine Harris, and Vince Fellitti. You will learn through interactive practice scenarios the scope of your role and responsibilities when someone comes into your agency. You will learn which behaviors are helpful, as well as how to avoid other behaviors that are hurtful and might perpetuate the suffering of those who have experienced significant trauma. You will also have an opportunity to reflect on how your personal history may impact your work and relationships. This training is appropriate for anyone who interacts with clients in a behavioral healthcare setting has basic to intermediate levels of experience.
Addiction	Medication-Assisted Therapy in Opioid Addiction	1.5	Opioid addiction is a significant public health concern. Its effects on individuals, as well as populations, are costly and burdensome. This course is targeted to a broad healthcare audience, including individuals with either basic or more advanced levels of medication-assisted treatment experience. By clearly defining the scope of the problem and giving the definitions of opiates and the processes involved in opiate addiction, this training discusses the principles of effective medication-assisted addiction treatment, with special emphasis on assessing the opioid-addicted individual who seeks care. Using various teaching tools, including instructive information and interactive exercises, this course will help you to formulate a plan of care, goals for recovery, and confidentiality guidelines for individuals seeking treatment in your own setting. Step-by-step guidelines derived from the Substance Abuse and Mental Health Services Administration’s (SAMHSA) “Medication-assisted treatment for opioid addiction: Facts for families and friends” will further assist your learning and application of these concepts. This course is appropriate for anyone who may be involved with the treatment of opioid addiction.
Hazelden Courses	Methamphetamine: New Knowledge, New Treatments	1.25	Hazelden’s Clinical Innovators Series presents signature topics by industry leaders who define today’s (and tomorrow’s) standards of substance abuse treatment. In this course, Dr. Richard Rawson explains why methamphetamine is a highly addictive and dangerous drug, how its use is reaching epidemic levels across the United States, and what treatment strategies work effectively.
Hazelden Courses	Mindfulness and Multidisciplinary Treatment of Addiction	1.25	Mindfulness practices have been a component of spiritual traditions and philosophical discourse for thousands of years. In the past few decades, mindfulness has been incorporated into empirically supported treatment approaches for a variety of psychological and medical problems, including addiction. Recent research indicates that mindfulness techniques may be helpful in reducing substance use and improving psychological functioning and general well-being. This continuing education course provides counselors with a toolkit of mindfulness techniques that can supplement most counseling approaches, including those that focus on physical, emotional, and spiritual recovery from chemical dependency.  *For continuing education, please review all reading materials and attachments. Continuing education certificates offered:NAADAC CEH = 2 hours, APA CE = 1 hour
Hazelden Courses	Mindfulness for the Body	1.25	This course will demystify the practice of mindfulness by reviewing recent neurobiological evidence and clinical effectiveness studies that support the use of mindfulness in promoting physical health. This course also provides a detailed examination of the physical, financial, and societal impact of three prevalent physical health issues: chronic stress, chronic pain, and sleep problems.  *For continuing education, please review all reading materials and attachments. Continuing education certificates offered:NAADAC CEH = 2 hours, APA CE = 1 hour

Human Services Workforce Development	Motivational Interviewing	1.75	<p>Motivational interviewing (MI) is increasingly viewed as the most important development in the counseling field in the last 30 years, and yet many people in helping professions do not know the core principles of MI or understand how to apply them in practice.</p> <p>In this course, you will learn about the motivational interviewing approach to helping people change and see the crucial importance of matching interventions to individuals' stages of change in order to improve the likelihood of success. In addition to examining the principles of MI, you will learn specific skills and techniques that will support the primary goals of MI, which include establishing rapport, eliciting change talk, and establishing commitment language. You will also learn about the recent empirical research supporting the effectiveness of MI.</p> <p>Anyone in a helping profession will benefit from this course, whether it is used to learn about MI for the first time or to reinforce your knowledge of MI's important principles. The course uses a blend of instructive information and interactive exercises to keep you going (or start you moving) in the right direction.</p>
Behavioral Health Introductory	Overview of Personality Disorders	1.75	<p>Personality disorders cause significant impairment in an individual's functioning and interpersonal interactions. However, personality disorders present the greatest challenges to treatment providers. This course teaches you about various personality disorders and treatment guidelines for three major personality disorders. You will also be taught the differences between personality disorders in adolescents and children. After learning how to distinguish between various personality disorders diagnosed in adults, this training teaches you how to apply specific intervention methods appropriate for borderline, antisocial, and narcissistic personality disorders. Finally, you will learn about various personality disorders affecting adolescents and children. The information in this course is appropriate for mental health clinicians at every level because it provides an overall summary of personality disorders. Much of the information in this course was taken from Evidence-Based Practices for Social Workers, Child Psychopathology, and Case Studies in Abnormal Psychology. This training uses a blend of experiential exercises and useful information to give you the tools you need when working with individuals with personality disorders.</p> <p>This course has been reviewed by Leonard Rosen, MD. Dr. Rosen is the Medical Director at Oakland County Community Mental Health Authority and is also the Medical Director for Behavioral Services at Henry Ford Wyandotte Hospital. He completed his residency at Sinai Hospital of Detroit and is Board Certified in adult and geriatric psychiatry. He is a fellow of the American Board of Psychiatry and Neurology. Dr. Rosen is a member of the American Psychiatric Association, Michigan Psychiatric Society, Michigan State Medical Society, and Wayne County Medical Society. Dr. Rosen is an active member of the Michigan Department of Community Health's Mental Health Advisory Committee. He is also on the teaching faculty of the Departments of Psychiatry at Wayne State University and Michigan State University.</p>

Human Services Workforce Development	Person-Centered Planning	1	<p>Everyone, including individuals with mental and behavioral health challenges, has hopes and dreams about making their lives better. Historically, treatment plans focused on symptom reduction, behavior management, decreased hospitalization, and treatment compliance. They seldom explored what the individuals hoped for in their lives, nor did they describe the supports or activities that would be necessary to help people move toward their desired lives. Today's healthcare system is increasingly focused on recovery-oriented care, along with empowering individuals to take responsibility for their own future.</p> <p>In this course, you will learn about what makes the person-centered planning approach different from traditional treatment planning. You'll learn the significance of distinguishing between what is important to an individual and what is important for the individual, as well as the importance of promoting the active involvement of the persons receiving services in identifying their strengths, desires and needs. Through interactive lessons, personalized planning strategies, and descriptive examples, you will learn how to implement the person-centered approach in order to significantly enhance the chances for individuals diagnosed with behavioral health challenges to succeed in the road to recovery. This course is appropriate for entry-level care staff, including social workers, case managers, and counselors.</p>
Addiction	SBIRT: Intervention and Treatment Services for Individuals with Substance Use Issues	1	<p>Healthcare workers often see first-hand how excessive drinking or drug use can lead to severe and detrimental consequences. Research suggests that screening and brief interventions can have a significant impact on individuals who have drug or alcohol difficulties. In this course, you will learn step-by-step guidelines about how to integrate screening for drug and alcohol problems into your work, as well as how to conduct brief interventions that "meet people where they are" in their stage of change. You will also learn how to best assist individuals who suffer from more severe substance issues by referring them to the appropriate resources.</p> <p>Written by Steven Jenkins, Ph.D., the information in this training illustrates best practices using the SBIRT (screening, brief intervention, and referral to treatment) approach outlined by SAMHSA's Center for Substance Abuse Treatment. Throughout this course, you will practice applying what you learn through a series of interactive exercises. This course targets front-line healthcare workers who have a basic or intermediate level of experience with substance abuse screening, intervention, and treatment. Taking this course will give you the tools you need to successfully screen and provide brief interventions for substance use issues in your own healthcare setting.</p>
Serious Mental Illness, Recovery and Rehabilitation	Shifting to a Recovery Paradigm: Facilitating Change	3	<p>The goal of this institute is to help participants identify barriers and facilitators to moving systems forward in their rehabilitation and recovery orientation. Presenters will share their experiences in facilitating change toward a rehabilitation and recovery-oriented system of care in large national and international programs. Some are from states receiving US Federal State Incentive Grants. Some are from regions that have found other funding mechanisms, each with their own advantages and drawbacks. All presenters represent states and counties both in the United States and Europe with a history of change. **Audio/Video Required</p>

Hazelden Courses	Spirituality and Recovery: Research Findings and Directions	0.5	<p>A long-recognized paradox in human experience is that when a situation is most bleak, there may arise the best opportunity for a spiritual awakening. Drug and alcohol addiction often brings a person to openness to spiritual experience. Several preliminary evaluations of spirituality have shown connections between Step 11 (prayer and meditation), daily spiritual experiences, and a sense of meaning and purpose in life on treatment outcomes. This lecture will review the literature published to date on the effects of spiritual transformation during and after the treatment process. Because Twelve Step-based treatment relies heavily on the spiritually-based AA philosophy, it is important to determine which components of this approach are most important in mediating spiritual change. Questions for future study will be discussed.</p> <p>*For continuing education, please review all reading materials and attachments. Continuing education certificates offered: NAADAC CEH = 2 hours, APA CE = 1 hour</p>
Addiction	Substance Use and Violence Against Women	2	<p>This course provides a comprehensive review of the nature and prevalence of substance use problems and its association with violence against women. By better understanding the complex dimensions and interactions of each, you will be more prepared to respond to individuals and communities struggling to respond to the problem. The course includes a variety of interactive exercises to introduce fundamental knowledge about alcohol use and its impact on family functioning. As you learn about the complex issues connected to violence against women, you will also gain knowledge about personal strategies and key community resources available to help people facing this issue.</p> <p>This course is recommended for individuals who want to build their base of knowledge on this subject in order to be of greater help to others who may struggle with these kinds of issues. It may also be of some value as a general guide to the issues for people who have faced these challenges in the past or are preparing to take action in their personal circumstances and need some helpful resources.</p>
Human Services Workforce Development	Suicide Prevention	2.25	<p>Suicide is the tenth leading cause of death in the United States. From 2001 to 2009, an average of 33,000 suicide deaths occurred each year in the U.S. (U.S. Department of Health and Human Services, 2012). This course gives you a detailed overview of the prevalence of suicide and explores prevention strategies for both the individual and the community in detail. You will also discover risk assessment and treatment strategies that will enable you to more effectively treat individuals at risk for suicide. The material in this course is appropriate for licensed professionals, healthcare providers, and anyone employed in a health and human services setting.</p>
Paraprofessionals in Behavioral Health	The Addictive Process: An Overview for Paraprofessionals	2	<p>Addiction is a lifelong, progressive brain disease. The information in this training explores the addictive process and discusses how addictions develop, as well as why some individuals develop them while others never do. You will also learn about the stages of addiction and deepen your understanding of how “normal” behaviors can develop into dangerous addictions. Written by Maggie Tapp, LCSW, the material in this course is designed for paraprofessionals working with addicted individuals. Drawing upon guidelines from the National Institutes of Health as well as the National Institute on Drug Abuse, this training offers you a comprehensive look at this sometimes-fatal disease, including its effects on others. Detailed examples and interactive exercises will help you apply these competencies in your own setting. After completing this training, you will be ready to demonstrate best practices for the individuals you serve who struggle with addiction.</p>
Hazelden Courses	The Neurobiology of Addiction A New Perspective	1	<p>Hazelden’s Clinical Innovators Series presents signature topics by industry leaders who define today’s (and tomorrow’s) standards of substance abuse treatment. In this course, Dr. Carlton Erickson explains how new discoveries about the human brain are transforming the approach to addiction treatment, mental health, education, and human development. His ideas will help you understand how abstinence, treatment, and recovery can restore the neurobiology of the brain to equilibrium.</p>

<p>Workforce Skills, Supervision and Management</p>	<p>The Power of Personal Outcome Measures</p>	<p>1.25</p>	<p>Have you found yourself or your organization “stuck” in a compliance mode of thinking? Now it’s time to go beyond the basics to the real quality of life issues and develop a culture of person-centeredness. CQL   The Council on Quality and Leadership's Personal Outcome Measures® form the foundation for organizational quality enhancement. The Personal Outcome Measures® are short, clear, and written in plain English. Personal outcomes are important because they put listening to and learning from the person at the center of organizational life.</p> <p>This training is designed for staff at all levels in human service organizations. It presents in-depth knowledge on defining quality, defining outcomes, and defining Personal Outcome Measures® and their role in your organization’s quality enhancement program. We will use a blend of instructive information and experiential exercises to give you a clear understanding of the importance of a person-centered approach to quality.</p> <p>This series of e-learning courses lays the foundation for a deeper understanding of the personal outcomes approach, identifies and explains the 21 personal outcomes across services settings, and explores the practical use of personal outcomes. Developed by a team headed by James F. Gardner, PhD, President and CEO, CQL   The Council on Quality and Leadership - each course works as a stand-alone learning opportunity, but we encourage you to complete them as a suite in order to gain as much in-depth knowledge and skills as possible. These courses provide an introduction for staff that are new to personal outcomes and can be used as an orientation for new staff and a component of staff development.</p> <p>If you are taking this course within a learning management system that offers continuing education credit, you must successfully pass the final exam and complete the course evaluation in order to receive credit.</p>
<p>Workforce Skills and Development</p>	<p>Time Management</p>	<p>2.5</p>	<p>Unfortunately, many people feel as if they are constantly working while coming to the realization that they actually accomplish very little. Often, this struggle is the product of not effectively managing tasks in the limited amount of time available. In this course, you will learn how to more effectively manage your time at work so you can maximize what you’re able to get done during the work day. The course covers basic time management principles as well as common obstacles to effective time management. After completing a time-management analysis to better understand where your time is going, you’ll learn how to get organized and how to plan and prioritize your tasks. Finally, you’ll learn about how to set personal and professional goals. Learning and using these tools and skills will make your work effective, efficient, and hopefully, more enjoyable!</p>

Hazelden Courses	Women and Addiction: A Gender-Responsive Approach	1.5	<p>Hazelden’s Clinical Innovators Series presents signature topics by industry leaders who define today’s (and tomorrow’s) standards of substance abuse treatment. In this course, Dr. Stephanie Covington explains why women need a multi-focused treatment approach that is informed by both gender awareness and trauma awareness. She also describes the ideal setting—a healing environment that addresses not only addiction but all aspects of life—and describes how gender-responsive treatment can build a foundation for lasting recovery.</p>
Human Services Workforce Development	Working with the Homeless Part 1: An Overview	1	<p>Homeless individuals face unique challenges that are particular to their sub-populations of homelessness, a phenomenon that complicates the provision of treatment. This training is the first part of a two-part training course series that covers best practices to use when you work with consumers who are homeless. In this course, you will learn about the various sub-populations and demographics of the homeless population. You will also learn about the physical and mental health difficulties these individuals face. The second course in this series covers how you can adapt your practices to homeless individuals. Both of these trainings involve interactive exercises, games, and real-life scenarios to help you become more comfortable and confident so you can provide the best care when working with individuals in this population.</p>
Human Services Workforce Development	Working with the Homeless Part 2: Tools and Techniques for Treatment	1.25	<p>People who are homeless often have physical health, mental health, and substance abuse problems that interact with the condition of homelessness to complicate treatment and produce poorer outcomes. Social services providers working with the homeless population must be sensitive to these additional challenges and modify their interventions appropriately. This training is the second part of a two-part training course series that covers best practices to use when you work with consumers who are homeless. Note that you should take Part One prior to taking this course in order to maximize what you learn.</p> <p>In Part One, you learned about the various sub-populations and demographics of the homeless population, along with the physical and mental health difficulties these individuals often face. In Part Two, you will gain more in-depth knowledge about adapting clinical practices to work with the homeless population. You will learn about effective outreach to help provide services to people who are homeless and unable or unwilling to seek services on their own. You will learn specific techniques to use in the intake, screening, and assessment processes for homeless individuals. By learning how to tailor your approach to the specific needs of these at-risk consumers, you will be well-prepared to provide them with the best possible care. This course combines traditional instruction with interactive exercises and detailed case studies to enhance your learning. It is appropriate for counselors, social workers, substance abuse professionals, psychologists, and other social services providers who want to improve their skills in working with the homeless population.</p>