

DMHAS
WORKFORCE DEVELOPMENT
INSTRUCTOR-LED TRAINING

Spring 2020 Catalog

www.ct.gov/dmhas/workforcedevelopment

3 New Trainings

DMHAS WORKFORCE DEVELOPMENT PERSONNEL

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CONTINUING EDUCATION UNITS (CEU) INFORMATION

Many instructor-led trainings offer continuing education contact hours. Participants **MUST ATTEND 100%** of the class to be eligible to receive this certificate. Please retain your certificate of completion for your records.

The trainings listed in this catalog are open to DMHAS Operated staff and DMHAS Funded staff.

REGISTRATION INFORMATION

Please only register for trainings that have been pre-approved by your supervisor. Do not enroll in multiple trainings with plans to cancel them later; this will help us to keep wait lists more manageable.

- To register for training, you must go through our Learning Management System (LMS) <https://ctlms-dmhas.ct.gov>. You will not be able to login unless you have a valid username and password.
- If you do not have a username, or to update your email or other profile information, fill out and return the [My Profile Information Form](#). You will receive an email with your login information.
- For help registering, searching the catalog, transcripts, and more, check out our interactive tutorial, [Introduction to the LMS](#).
- For information on available web-based trainings, please see our Web-based Training Offerings List on our website: www.ct.gov/dmhas/workforcedevelopment.
- Upon registering for a training, you will receive an email from Workforce.Development@ct.gov regarding your enrollment status (confirmed or waitlisted), room assignments, and session information. Please read your emails completely and mark your calendar!
- Check your SPAM filter to mark Workforce.Development@ct.gov as SAFE. Contact your IT (Information Technology) person if you have questions.
- If you are on a waitlist and a seat becomes available, you will receive an email, offering you the seat. You must ACCEPT the offered seat through the LMS within five calendar days.
- Directions and instructor biographies, as well as other training resources and links, are on our website: www.ct.gov/dmhas/workforcedevelopment.

AMERICANS WITH DISABILITIES ACT (A.D.A.)

If you need an accommodation based on the impact of a disability or medical condition, make the request **immediately upon registering for training** by contacting Workforce.Development@ct.gov.




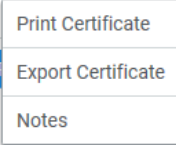
FREQUENTLY ASKED REGISTRATION QUESTIONS

Q: What do I do if I forgot my password?

A: On the log in page of the LMS, click the “Forgot Password?” link. The system will prompt you to enter the email address that is associated with your LMS account. When you’ve entered the information, the system will send you an email with a temporary password.

Q: How do I get a certificate with Continuing Education Units (CEUs) for an instructor-led training?

A: Please allow for 3 business days after the completion of instructor-led trainings before printing certificates of completion. Then, go to your Me tab, then click on Completed Learning in the left-hand menu. Find the training you want, then click the down arrow next to the View Summary button. Click Print Certificate to open the certificate in your browser, or click Export Certificate to download a PDF copy of the certificate. For more detailed instructions, see [Introduction to the LMS](#).

TITLE	PROGRESS	ACTION
 A Brief Introduction to Working with People with Borderline Personality Disorders Instructor-Led Version:FY16	<div style="background-color: #4CAF50; color: white; text-align: center; padding: 2px;">SUCCESSFUL</div> On:09-17-2015	<div style="background-color: #2196F3; color: white; padding: 5px;">VIEW SUMMARY</div> 
 Active Shooter Training: Being Prepared Web Based Training	<div style="background-color: #4CAF50; color: white; text-align: center; padding: 2px;">SUCCESSFUL</div> On:05-18-2016 Score: 100	<div style="background-color: #2196F3; color: white; padding: 5px;">PRINT CE</div>  <ul style="list-style-type: none">Print CertificateExport CertificateNotes

Q: How do I get a copy of my transcript?

A: Online transcripts are available for classes that have been held after 1/1/09. Once you've logged into your LMS account, go to the Me tab, then click Analytics in the left-hand menu. Click on the report entitled User Transcript. Your transcript will open in a new window. Click on the Download button at the top right of the window to export your transcript to PDF (recommended) or Excel. For more detailed instructions, see [Introduction to the LMS](#).

Q: What if I have reviewed the information above and am still having problems?

A: Check out our tutorial, [Introduction to the LMS](#), then email Workforce.Development@ct.gov.

CANCELLATION INFORMATION

Rarely, a course may be cancelled. We strongly encourage you to [check your email](#) for cancellation notices.

If you are unable to attend a class for which you have been enrolled, **please drop your registration within ten (10) days of the training**, if possible. This will allow us to contact other participants to offer them a seat.

To drop/cancel a class, log onto the Learning Management System (LMS) <https://ctlms-dmhas.ct.gov>, and go to the Me tab. Find the training you want to drop, then click the down arrow next to the View Summary button and click Drop. A window will pop up, asking you to confirm the cancellation. Click the Yes button. For more detailed instructions, see [Introduction to the LMS](#).

Failure to cancel your enrollment for classes you are unable to attend may affect your ability to register for future classes.

INCLEMENT WEATHER PROCEDURES

- ❖ Participants may call (860) 262-5071 after 7:00 a.m. to listen to a recorded announcement stating if classes are cancelled. **As many of our classes are conducted at offsite locations, which include non-state run offices, it is important to check that classes are being conducted.**
- ❖ In the event of a cancellation due to inclement weather, all registered participants will be notified of the rescheduled class date by email.

Winter Instructor-Led Training Schedule

Date(s)	Time	Title	Facility	CEUs
4/3/2020	9:00am-4:30pm	<p style="text-align: center;">An Overview of Dialectical Behavior Therapy (DBT) (NEW)</p> <p>In this day-long interactive training attendees will learn the basics of DBT, including the biosocial theory of Borderline Personality Disorder and an overview of all the key components (modes) of DBT. Throughout the training attendees will be involved in skills-training exercises that teach Mindfulness, Distress Tolerance, Interpersonal Effectiveness and Emotion Regulation. They will learn how to prioritize problem behaviors and construct behavioral chain analyses.</p>	CVH	6 CCB, NASW, PSY
4/3/2020	9:00am-3:30pm	<p style="text-align: center;">Person-Centered & Recovery-Oriented Clinical Records Documentation</p> <p>Safe and effective care of persons with mental illness and substance use disorders is dependent on good oral and written communication. Mental health and addictions professionals and programs are often evaluated primarily on the strength of documentation in client records. A good service program may still fail its clients or fail licensing or certification based on inadequate or bad record-keeping. This interactive workshop will focus on person-centered and recovery-oriented clinical documentation as the cornerstone of quality in care of clients, professionals and programs. Plenary training modules will be balanced with individual and small group work to practice organizing and writing excellent and informative records and reports.</p>	CC	5 CCB, NASW, PSY
4/14/2020	9:00am-3:30pm	<p style="text-align: center;">Getting in the Weeds: Emerging Issues with Cannabis</p> <p>The movement towards legalizing cannabis for medical and/or recreational use seems to indicate its greater acceptance. This training will help participants to understand what cannabis is, the history of cannabis use, potential medical benefits and possible adverse effects. Issues related to risk factors, assessment and treatment of cannabis use disorders will be explored.</p>	CVH	5 CCB, NASW, PSY
4/17/2020	9:00am-4:30pm	<p style="text-align: center;">A Day of DBT Skills Training</p> <p>This experiential, full-day training focuses on the four core skills modules in Dialectic Behavior Therapy in combination with the important cognitive behavioral therapist skills of behavioral chain analysis and "missing links" analysis. The day is designed to help clinician's thoroughly analyze: problem behaviors, emotional dysregulation, and patterns of thought distortion, and then strategically assist clients in developing the skills they need to more effectively handle these in the future. While ideal for clinicians wishing to enhance their DBT skill set, this training is also designed for non-DBT clinicians with an interest in expanding their overall therapeutic armamentarium. A basic understanding of Cognitive-Behavioral Therapy (CBT) principals is desirable, as these will be covered, but only briefly.</p>	CVH	5 CCB, NASW, PSY
4/22/2020	9:00am-12:15pm	<p style="text-align: center;">Ethics for Behavioral Health and Addiction Counselors (NEW)</p> <p>This course presents and explores the Behavioral Health Ethics and Connecticut Certification Board (C.C.B.) Code of Ethics with application to issues involving clients and co-workers in behavioral health and addiction settings. Confidentiality, clients' rights, social media, and professional relationships will be explored.</p>	CC	3 CCB, NASW, PSY@
4/23/2020	9:00am-12:15pm	<p style="text-align: center;">Cognitive-Behavioral Therapy for PTSD</p> <p>Posttraumatic stress disorder (PTSD) is common in both military and civilian populations. Patients with chronic PTSD are often difficult to treat, and the degree of functional impairment from PTSD can be extremely high. Cognitive-behavioral therapy (CBT) is among the most well-validated, evidence-based treatments for PTSD. In this workshop, we will review the principles of CBT for PTSD, including various forms of therapeutic exposure, cognitive restructuring, and stress inoculation training. We will use a mix of didactic presentation and case examples to illustrate how these treatments are implemented.</p>	CVH	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
4/24/2020	9:00am-3:30pm	<p align="center">HIV/AIDS Today: What You Need to Know</p> <p>Due to advances of medical treatment for HIV, what was once a fatal and disabling disease is now a chronic, manageable condition. This one day course will review the basics of HIV: definition, transmission and testing; outline the changes in medications and medication management; and look at how these changes affect clients today. In addition, there will be a module on HCV.</p>	CC	5 CCB, NASW, PSY
4/29/2020	9:00am-4:00pm	<p align="center">Working with Persons Affected By Problem Gambling</p> <p>Before signing up for this class, it is strongly recommended that you have taken an introductory training on problem gambling (e.g. Gambling Awareness 101) or one that includes gambling and co-occurring disorders (e.g. Gambling As A Co-occurring Disorder, Brain Biology and Gambling As A Co-occurring Disorder).</p> <p>Clients seeking help for a gambling problem often present in full blown crisis: recent arrest, home foreclosure, loss of job. While the clinician needs to focus on the gambler and situation at hand, it is important to understand who else might be in distress. "Persons affected" include spouse, significant other, sibling, parent, minor and adult children, employer and friends. Our traditional treatment models focus on the identified client, and getting him/her into treatment. However, there are significant impacts on those close to the gambler who also need support. Loved ones are significantly affected by problem and disordered gambling, and according to the National Council on Problem Gambling, "it is estimated that 8-10 people are affected by one individual's gambling problem." This training will be the first step in helping clinicians determine who else might be impacted by the gambler, how they are being impacted, and what might be done to assist the person or people affected by gambling. Through lecture, large and small group discussion, activities and media, you will learn tips and strategies to protect the individuals who are most often the worst impacted by the gambler's conduct.</p>	CVH	6 CCB, NASW, PSY
5/1/2020	9:00am-3:30pm	<p align="center">Best Practices in the Treatment of Co-Occurring Depression and Substance Use</p> <p>Depression is the most common condition with Substance Use Disorders. This course will explore the complex co-relationship between these two common illnesses in both active addiction and recovery. Participants will be encouraged to enhance their assessment and intervention skills, including suicide prevention, with clients in their current practice settings.</p>	CC	5 CCB, NASW, PSY
5/1/2020	9:00am-4:00pm	<p align="center">Recovery 101</p> <p>Adopting recovery oriented approaches is crucial in clinical practice, rehabilitation support programs and in service delivery systems. Expectations for recovery oriented services now appear in grant requirements, public policy and regulations. What does "recovery" mean in practical terms and how can it be implemented in practice? Recovery 101 is an introduction to the attitudes, core concepts and approaches that are transforming services, systems and lives. Person-centered, strengths-based approaches rely on collaborative relationships, active participation and empowerment of the person receiving services. An attitude of optimism and hopefulness guides recovery programs that focus on life plans rather than exclusively managing symptoms. In this experiential and interactive program trainees work to incorporate the concepts and apply them in developing meaningful recovery plans.</p>	CVH	6 CCB, NASW, PSY
5/5/2020	9:00am-12:15pm	<p align="center">Ethics and Boundaries in Community Mental Health Settings</p> <p>This course provides an interactive framework to explore the use of self when providing services in behavioral health services. Using case studies, participants will learn the underlying ethical and legal principles in managing boundaries in the helping relationship. The nature and implications of fiduciary relationships, ethical principles and conduct, confidentiality, mandated reporting and issues around risk and client choice will be critically examined. This course is especially appropriate for workers in community mental health service settings.</p>	CVH	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
5/6/2020 & 5/13/2020	9:00am-3:30pm	<p align="center">Biology of Addiction</p> <p>Biology of Addiction will review the basics of neurotransmission and how drugs of abuse interfere with neurotransmission. The mechanism of action of alcohol, opiates, and stimulants will be covered as well as their effects on the brain, the body, and the fetus. An elementary review of medication assisted treatment will be provided. Signs of intoxication, withdrawal, overdose, and dependence will be presented. The second day of training will be a broad variety of drugs of abuse: inhalants, marijuana, synthetic cannabinoids (eg., spice) and cathinones (e.g., bath salts), PCP, Ketamine and other dissociative anesthetics, hallucinogens, and nicotine. Signs of intoxication, withdrawal, overdose, and dependence will be presented.</p>	CC	10 CCB, NASW, PSY
5/6/2020	9:00am-12:30pm	<p align="center">Preventing Sexually Transmitted Infections In Clients With Mental Health Conditions Through Staff Education</p> <p>The prevalence of HIV infection among patients with psychiatric illness is approximately 15 times higher than the general population in the United States. The national rate of syphilis has increased as much as 167 percent during the latest surveillance period. The need for education on the subject of safe sexual practices is evident. Studies show that through education and counseling on safety there is a dramatic decrease in infection and reinfection rates. This training will give all direct care staff the basic information to inform and counsel clients on safe sexual practices, and to make proper referrals to treatment providers.</p>	CVH	3 CCB, NASW, PSY
5/7/2020	9:00am-4:00pm	<p align="center">Current Gambling Trends and Strategies to Address Them</p> <p>Building upon introductory understandings of gambling awareness and problem gambling, "Current Gambling Trends and Strategies to Address Them" empowers participants to assess their communities for gambling activities and develop strategies to assist clients in their recoveries. Current expansion of legalized gambling in Connecticut and surrounding states impacts clients and vulnerable populations, often compounding risk factors and jeopardizing recovery. Electronic games and gambling are rapidly evolving, and the face and methods of people seeking treatment continues to evolve as well. This hands-on and experiential training will guide participants through community appraisal and environmental scans as well as introduce treatment strategies to assist individuals working through problematic or disordered gambling.</p>	CVH	6 CCB, NASW, PSY
5/8/2020	9:00am-3:30pm	<p align="center">Face Your Fears: Conducting Good Exposure Therapy for Anxiety</p> <p>The goal of this workshop is to help clinicians design and implement exposure therapy protocols for a range of anxiety, trauma, and OCD-related disorders. We will review the rationale and mechanisms of exposure, and describe multiple applications of exposure for anxiety-related problems. Video examples will be used.</p>	CVH	5 CCB, NASW, PSY
5/14/2020	9:00am-3:30pm	<p align="center">Recovery and Relapse: Two Sides of the Coin</p> <p>The goal of "treatment" is to help people to achieve abstinence and to become full participants in society. How do we do this? Why do people relapse? Why can they not regain control over drug cravings, drug seeking, and not return to use? What can we do to enhance recovery? This training will explore the barriers to recovery such as how changes in the brain create the cognitive and behavioral aspects which impact recovery; psychosocial deficit areas; and lack of sufficient support. This training will provide hands on experiential exercises evaluating typical recovery plans and relapse prevention plans in order to see how those strategies can be expanded to meet the needs of clients.</p>	CVH	5 CCB, NASW, PSY
5/15/2020 & 5/22/2020	9:00am-3:30pm	<p align="center">Cognitive Behavioral Therapy Intensive</p> <p>This course provides participants with the tools and techniques to utilize Cognitive Behavioral Therapy (C.B.T.) with people with mental health and substance use issues. Cognitive Behavioral Therapy is an evidence-based, person-centered approach that focuses on changing cognitive and behavioral processes to focus on specific and structured target problems. This skill-based course will address using these techniques with both voluntary and mandated clients. Participation in group exercises and experiential role-play activities is expected of all participants.</p>	CVH	10 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
5/20/2020	9:00am-12:30pm	<p align="center">Clinical Provider Education on Hypertension: Leading Clients to Better Outcomes Through Knowledge</p> <p>Hypertension affects a staggering 1 in 3 people in the United States, leading to a national cost of approximately 49 billion dollars per year. Hypertension is a major risk factor for multiple organ failure and decreased life expectancy. While Hypertension affects a wide range of people, it is extremely prevalent in clients with a severe mental health diagnoses. This class will provide the needed education to help providers (Social Workers, Psychologists, Case Managers, Mental Health Workers and support staff) make proper referrals to MD's and other medical providers. The class will enable staff the ability to provide the needed education reinforcement on proper diet, medical appointments, lifestyle choices, stress management and prescribed medication adherence. Clinicians that provide therapy will have the needed insight to discuss this growing health problem in a holistic manner, leading to a better client outcome.</p>	CVH	3 CCB, NASW, PSY
5/20/2020	9:00am-3:30pm	<p align="center">Forensic CBT</p> <p>This training course is focused on developing foundational skills in Cognitive-Behavioral Therapy (CBT) for justice-involved clients. Critical distinctions between traditional mental health treatment and forensic programming will be highlighted. Practitioners will learn to recognize and elicit a range of relevant thinking patterns commonly found among justice-involved adolescents and adults and to incorporate thinking targets into case management, supervision, and programming. Finally, practitioners will have opportunities to practice CBT conversations about client values and life priorities and several CBT sequences designed to improve client decision-making. Through a series of structured learning activities that include small group exercises, role-plays, and 'real'-plays, practitioners will develop basic skills so that they can immediately apply CBT interventions in their own settings.</p>	CC	5 CCB, NASW, PSY
5/21/2020	9:00am-3:30pm	<p align="center">Best Practices for Clients with Anger Disorders</p> <p>This course examines critical issues in successful anger management treatment programs including recognizing anger as a therapeutic target, de-bunking common misconceptions about anger, reviewing assessment techniques, and outlining strategies for beginning treatment. The course will present a comprehensive intervention model that prepares clients for change, supports intervention strategies, provides acceptance and adjustment approaches, and prevents relapse.</p>	CVH	5 CCB, NASW, PSY
5/28/2020	9:00am-3:30pm	<p align="center">What's Culture Got to do with Addiction?</p> <p>If a counselor is unaware of their own culture, they lack an enormous amount of self-knowledge required to be an effective counselor. On the other hand, if a counselor lacks knowledge about or ignores client culture, they are unethical practitioners. Why do I say that? Because culture is all-encompassing. It is the underpinning of our beliefs, values, norms, concepts of family and relationships. I don't know that anyone can ever reach "cultural competence", but the goal is to continue developing and learning.</p>	CVH	5 CCB, NASW, PSY
6/5/2020	9:00am-3:30pm	<p align="center">Coming into the Light: Breaking the Stigma of Substance Use Disorders</p> <p>Stigma is a major barrier preventing millions of people who are struggling with substance use from entering treatment today. This presentation is designed to help professionals break that stigma that creates an unnecessary barrier to treatment by understanding recovery oriented language and strategies that can be integrated into practice immediately.</p>	CC	5 CCB, NASW, PSY
6/9/2020	9:00am-12:15pm	<p align="center">Understanding CAPTA and Supporting Women in the Development of a Plan of Safe Care*</p> <p>Recent changes to federal legislation around the Child Abuse Prevention and Treatment Act (CAPTA) and Comprehensive Addiction Recovery Act (CARA) have outlined new state mandates requiring data collection around the impact of substance exposed infants and development of plans of safe care nationwide. In CT, effective March 1, 2019, hospitals began submitting a notification to the Department of Children and Families at the time of the birth event when an infant is believed to have been substance exposed and/or displays withdrawal symptoms. As part of the DMHAS provider system of care, it is essential that providers understand the impact of this legislation on the women we serve and be poised to help provide them with education around this mandate. It is also crucial that the clinical staff be equipped to help them develop a comprehensive "plan of safe care" prior to delivery.</p>	CVH	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
6/11/2020	9:00am-3:30pm	<p align="center">Working with Diversity in Behavioral Health Services* (NEW)</p> <p>This full day, innovative and interactive workshop will assist participants in critically examining the elements of successfully embracing diversity in behavioral health services. From the macro levels of policymaking and advocacy, to the micro levels of case management and communication techniques, this workshop will provide participants with a wide array of skills and knowledge for their professional toolkit. Using relevant, research-based techniques and information, this workshop will empower and equip participants to return to their workplaces with new knowledge, skills and resources in the area of serving diverse populations.</p>	CVH	5 CCB, NASW, PSY
6/12/2020	9:00am-3:30pm	<p align="center">From Behind the Wall and Beyond: Working with Men in the Criminal Justice System*</p> <p>Males are born into a society that begins treating them differently than females from birth: more harshly overall, and with a distinct set of operative rules that severely curtail permissible emotional expression. This is especially true for men involved in the criminal justice system. Most traditional treatment models have aimed at that of "breaking men down", and thus, have failed and often re-traumatized men in the criminal justice system. The impact of male socialization and trauma must be considered when working with men in the criminal justice system who seek or need behavioral health treatment. This unique and interactive presentation will guide practitioners in working with men in the criminal justice system to deliver a trauma-informed approach that acknowledges the struggles and strengths of men in the criminal justice system.</p>	CC	5 CCB, NASW, PSY
6/12/2020	9:00am-4:00pm	<p align="center">How to Effectively Teach Skills</p> <p>Person-centered, strengths-based, recovery oriented services involve core concepts and attitudes. Skill development includes implementation of those concepts and attitudes and translating ideas into actions. More and more service providers at every level are called upon to help the people that they serve develop effective wellbeing and living skills. Developing, employing and strengthening skills is essential to sustaining progress toward sought after life goals. This action oriented workshop guides trainees in the best and evidenced based practices of effective skills development.</p>	CVH	6 CCB, NASW, PSY

@ NASW/CEU application pending.

*Meets the requirements for Cultural Competence Continuing Education

CC – Connecticut Clearinghouse, Plainville

CVH – Connecticut Valley Hospital, Beers Hall, 3rd Floor, Cocilovo Room, Middletown

Thanks to the New England Addiction Technology Transfer Center for co-sponsoring trainings



New England (HHS Region 1)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

