

DMHAS
WORKFORCE DEVELOPMENT
VIRTUAL TRAINING

Fall 2020 Catalog

www.ct.gov/dmhas/workforcedevelopment

6 New Trainings

DMHAS WORKFORCE DEVELOPMENT PERSONNEL

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CONTINUING EDUCATION UNITS (CEU) INFORMATION

Many virtual 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) 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: How do I attend a virtual training?

A: When you register for a virtual training, you will receive an enrollment confirmation email that contains information about launching and attending the training, as well as a link to attend the class. Please read this information carefully and follow the step-by-step instructions attached to the enrollment email. **Note: Virtual classes launch via the learning management system and you must sign in to the LMS to attend the training. If you don't know your username, please email workforce.development@ct.gov immediately.**

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 a virtual training?

A: Please allow for 3 business days after the completion of virtual 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	SUCCESSFUL On:09-17-2015	VIEW SUMMARY Print Certificate Export Certificate Notes
 Active Shooter Training: Being Prepared Web Based Training	SUCCESSFUL On:05-18-2016 Score: 100	PRINT CE

- 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.

Fall Virtual Training Schedule

Date(s)	Time	Title	CEUs
9/11/2020	9:00am-12:00pm	<p style="text-align: center;">Behavioral Health Services in Times of Crisis: Practical Strategies During COVID-19 and Other Emergencies (NEW)</p> <p>This innovative and interactive workshop will assist participants in examining the timely topic of how to function during times of crisis. The workshop will provide participants with a wide array of practical strategies and ideas for immediate implementation in behavioral health services. Topics will include: creative use of technology in times of crisis, virtual case management techniques, effective team building among staff during a crisis, innovative communication techniques and self care strategies. 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 to effectively put into practice.</p>	3 CCB, PSY, NASW@
9/16/2020	9:00am-12:00pm	<p style="text-align: center;">Ethics for Addiction Counselors: Social Media</p> <p>This three-hour course will review the Connecticut Certification Board (C.C.B.) Code of Ethics with an emphasis on social media.</p>	3 CCB
9/17/2020	9:00am-3:30pm	<p style="text-align: center;">An Overview of Dialectical Behavior Therapy (DBT)</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>	6.5 CCB, PSY, NASW
9/18/2020	9:00am-2:30pm	<p style="text-align: center;">Assessing Risk and Suicidality: Interviewing Skills for Clinicians and Helpers</p> <p>Front line clinicians and helpers are often in the best position to obtain the most comprehensive information about suicidal ideation and other self-harming behaviors. This course will present a proven, research-based interviewing approach to maximize skills in obtaining information needed to assess and manage acute risk in patients with co-occurring disorders.</p>	5 CCB, PSY, NASW
9/22/2020 & 9/23/2020	9:00am-12:00pm	<p style="text-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 presentation will guide practitioners to deliver a trauma-informed approach that acknowledges the struggles and strengths of men in the criminal justice system.</p>	6 CCB, PSY, NASW

Date(s)	Time	Title	CEUs
9/25/2020	10:00am-12:00pm	<p align="center">Trauma-informed Care in the Age of COVID-19 (NEW)</p> <p>Trauma affects many of the clients we serve and is the catalyst for many mental illnesses. Now, our country is faced with a new universal stressor: COVID-19. The pandemic has caused the loss of lives, businesses, and has changed the "normal" way of life for many. The trauma experienced because of COVID-19 has created problems on micro, mezzo, and macro levels.</p> <p>The first hour of this webinar will explore our current understanding of trauma reactions including polyvagal theory and the work of Bessel van de Kolk. The second hour will apply the ideas discussed to the current trauma experienced as result of COVID-19.</p>	2 CCB, PSY, NASW@
9/29/2020	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>	3 CCB, PSY, NASW
9/30/2020 & 10/7/2020	9:00am-12:00pm	<p align="center">Increasing Hepatitis C Knowledge for Behavioral Health and Medical Providers</p> <p>Training is intended for professionals working in Opioid Treatment Programs, Federally Qualified Health Centers, and other primary care, substance use treatment, and prevention settings. This five module curriculum is designed to instruct behavioral health and medical providers on opportunities for screening and testing for hepatitis C (HCV), incidence of viral infections and opioid injection drug use, treatment options and patient considerations, and essential elements of effective linkage to care for persons infected with HCV.</p>	6 CCB, PSY, NASW #
10/1/2020 & 10/8/2020	1:00pm-4:00pm	<p align="center">Best Practices for Clients with Anger Disorders</p> <p>This will be a two-day virtual course, three hours each day. It 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>	6 CCB, PSY, NASW
10/2/2020	9:00am -12:00pm	<p align="center">Eating Disorders: Understanding Signs and Symptoms and Creating Innovative Treatment Plans and Programs (NEW)</p> <p>This interactive workshop will give participants the opportunity to learn more about the various aspects of eating disorders including their signs and symptoms, diagnosis, treatment opportunities and best practices and innovations. This workshop is designed for all education levels and will give</p>	3 CCB, PSY, NASW@

Date(s)	Time	Title	CEUs
		practical skills and resources to be used in all types of professional roles. The workshop will include experiential learning through sample treatment ideas such as guided meditations, group sessions and activities, the use of technology as therapy and other innovative ideas and practices.	
10/6/2020	12:00pm-3:30pm	<p align="center">Nicotine Addiction: The Health Effects of Smoking and the Link to Mental Health (NEW)</p> <p>This presentation is designed to help give Licensed Clinical Social Workers, Psychologists, Registered Nurses and other direct care staff the needed knowledge to discuss and educate smokers on the effects of smoking and vaping. Staff will be better suited to empower clients through a therapeutic approach to want to quit and be successful. Staff will be educated on the benefits of a holistic approach to patient care including collaborating and making proper referrals to other disciplines and treatment.</p>	3 CCB, PSY, NASW
10/9/2020	9:00am-12:00pm	<p align="center">It's Not Your Fault: Overcoming The Shame, Stigma & Guilt Of Trauma</p> <p>While everyone's lived experiences vary, many people can relate to living a life with a secret or dealing with some form of dysfunction. Unfortunately, for some, dysfunction can become "normal" which can lead to various forms of self-limiting behaviors. Growing up in this environment can contribute to substance abuse, self-hate, dysfunctional relationships, low self-esteem, and additional trauma. Whether it be molestation, rape, domestic violence, or identity issues, the shame and fear of how others will view us keeps many in a cycle of emotional incarceration. Learn about shame, stigma, guilt, and skills for working with clients struggling with these common feelings after traumatization.</p>	3 CCB, PSY, NASW
10/14/2020 & 10/15/2020	9:00am-12:00pm	<p align="center">Trauma Integrated Addiction Treatment</p> <p>An abundance of research has pointed to poor treatment outcomes for people with co-occurring trauma and addiction. Traditional addiction treatment has ignored the significant impact of trauma on personal recovery and subsequently people have continued to struggle as a result. With recent advances in understanding the impact of trauma, it is time for a change in the approach taken toward trauma and addiction. This interactive and experiential presentation offers an overview of the impact of trauma on the recovery process from a social, biological, psychological, and spiritual perspective and will provide clinicians with skills to work people affected by trauma throughout their recovery, as well as, understanding the conceptual framework of trauma-informed practice.</p>	6 CCB, PSY, NASW #
10/16/2020 & 10/23/2020	9:00am-2:30pm	<p align="center">Motivational Interviewing Intensive</p> <p>This training will provide participants with insight into peoples' intrinsic motivation to accept and maintain recovery. Motivational Interviewing (MI) is a person-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. This therapeutic skill-based course will also address how to be a guide to recovery, how to engage people into services who are reluctant or not interested, and how to tap into the resources in your community to assist people on the pathway to attaining and sustaining recovery. Participation in group exercises and experiential (role-play) activities is expected of all participants. Homework assignments will be given to develop the participant skills.</p>	10 CCB, PSY, NASW

Date(s)	Time	Title	CEUs
10/27/2020	9:00am-12:30pm	<p align="center">Diabetes and Mental Health Conditions</p> <p>Diabetes affects a staggering 30,000,000 Americans, with an additional 84,000,000 diagnosed with prediabetes. That number has been steadily rising. People suffering from severe mental health disorders are at an even greater risk for developing this life threatening metabolic disorder. This training is designed to help direct care staff to recognize when a referral for assessment and treatment may be necessary. Participants will understand the impact of prescribed medications, diet, lifestyle and health care disparities. The basics of diabetes, nutrition, related conditions and medications will be explored. Strategies will be taught to educate and motivate clients to improve their health and wellness. This class is appropriate for both non-medical and nursing staff working with clients with, or at risk for diabetes.</p>	<p align="center">3 CCB, PSY, NASW</p>
10/29/2020 & 11/3/2020	9:00am-12:00pm	<p align="center">Cultural Intelligence: Understanding and Incorporating CLAS Standards into Practice</p> <p>The workshop is designed to highlight and explore the needs of treatment professionals working with culturally diverse individuals, organizations, and communities. The participants will learn about Health Disparities, Cultural Intelligence, CLAS Standards and proven techniques and strategies for engagement and improving outcomes.</p>	<p align="center">6 CCB, PSY, NASW * #</p>
10/30/2020	9:00am-2:30pm	<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>	<p align="center">5 CCB, PSY, NASW</p>
11/4/2020	9:00am-3:30pm	<p 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>	<p align="center">6 CCB, PSY, NASW #</p>
11/12/2020 & 11/19/2020	9:00am-12:00pm	<p align="center">Medication Assisted Treatment 201</p> <p>Course Description: MAT for Persons with OUD 201: Treatment Protocols This course presents a protocol for providing clinical intervention that incorporates stages of recovery and the stages of change (Transtheoretical Theory). A generic outline of treatment objectives is followed by discussions of how this model will benefit working with persons with co-occurring medical disorders (chronic pain), co-occurring psychiatric disorders, women who are pregnant, adolescents and young adults, and those with multiple substance use. Participants should have a working knowledge of Opioid Use Disorder and the three FDA-approved medications to assist persons in their recovery efforts. Participants should come prepared to share some of the challenges they have experienced while working with this population.</p>	<p align="center">6 CCB, PSY, NASW #</p>

Date(s)	Time	Title	CEUs
11/13/2020	9:00am-12:00pm	<p 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>	<p align="center">3 CCB, PSY, NASW</p>
11/17/2020 & 11/18/2020	9:00am-12:00pm	<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>	<p align="center">6 CCB, PSY, NASW #</p>
11/20/2020	10:00am-12:00pm	<p align="center">Marijuana: Miracle Drug or The Devil's Lettuce? (NEW)</p> <p>With the increasing number of states legalizing recreation marijuana and other states approving the drug for medicinal use, the use of marijuana is becoming more popular. With this increasing popularity, the facts about marijuana and the effects on the brain and body are often misrepresented. Marijuana is neither the panacea that some claim, nor will its use lead to the downfall of our country. This webinar will present an unbiased discussion about the facts and myths about marijuana. The pharmacology of the drug will be reviewed as well as its benefits and negative consequences.</p>	<p align="center">2 CCB, PSY, NASW@</p>
12/1/2020	9:00am-12:00pm	<p align="center">A Brief Introduction to Working with People with Borderline Personality Disorders</p> <p>This half-day training will help participants to understand the concept of borderline personality disorder. It will review how it develops and how people with borderline personality disorder respond to the world around them. It will review treatments for borderline personality disorder and strategies for helping people with their recovery.</p>	<p align="center">3 CCB, PSY, NASW</p>
12/3/2020 & 12/10/2020	1:00pm-4:00pm	<p align="center">Forensic CBT</p> <p>This is a two-day virtual training. This 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>	<p align="center">6 CCB, PSY, NASW</p>

Date(s)	Time	Title	CEUs
12/11/2020	9:00am-2:30pm	<p style="text-align: center;">Bearing Witness to Suffering: Sustaining Self-Care in Trauma Work (NEW)</p> <p>Bearing witness to—or even hearing about—injustice, suffering, harm, and death, is universally disturbing, disruptive, and often traumatic to both personal health and professional practice. The double pandemics of Substance Use Disorders and COVID-19 have magnified uncertainty in our lives and multiplied suffering and trauma in the lives of those we hope to help recover. This interactive training will explore the challenges of sustaining balance and health in work with traumatized people, families, and communities. Participants will review and describe proactive self-care tools and practices to sustain health and resiliency in ourselves, our workplaces, and our communities as antidotes to cumulative, vicarious, secondary trauma, care-giver fatigue, and burnout common in Trauma Work.</p>	<p style="text-align: center;">5 CCB, PSY, NASW@</p>

@ NASW/CEU application pending.

*Meets the requirements for Cultural Competence Continuing Education

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



New England (HHS Region 1)

ATTC

Addiction Technology Transfer Center Network
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