

DMHAS  
WORKFORCE DEVELOPMENT  
VIRTUAL TRAINING

Fall 2021 Catalog

[www.ct.gov/dmhas/workforcedevelopment](http://www.ct.gov/dmhas/workforcedevelopment)

3 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](http://www.ct.gov/dmhas/workforcedevelopment).
- Upon registering for a training, you will receive an email from [Workforce.Development@ct.gov](mailto: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](mailto: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](http://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](mailto: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](mailto: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 href="#">A Brief Introduction to Working with People with Borderline Personality Disorders</a> Instructor-Led Version: FY16	 SUCCESSFUL On: 09-17-2015	<a href="#">VIEW SUMMARY</a> 
 <a href="#">Active Shooter Training: Being Prepared</a> Web Based Training	 SUCCESSFUL On: 05-18-2016 Score: 100	<a href="#">PRINT CERTIFICATE</a>  <a href="#">Print Certificate</a> <a href="#">Export Certificate</a> <a href="#">Notes</a>

**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](mailto: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
9/8/2021	9:00am-12:00pm	<b>Ethics for Addiction Counselors</b> This course presents and explores the Connecticut Certification Board (C.C.B.) Code of Ethics with application to issues involving clients and co-workers in substance use and mental health settings. Confidentiality, clients' rights and professional relationships will be explored.	3 CCB
9/15/2021	9:00am-3:30pm	<b>An Overview of Dialectical Behavior Therapy (DBT)</b> 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.	6 CCB, NASW, PSY
9/17/2021	10:00am-12:00pm	<b>Trauma-Informed Care in the Age of COVID-19</b> 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.	2 CCB, NASW, PSY
9/21/2021	9:00am-12:00pm	<b>Overview of Problem Gambling</b> This training will focus on definitions, growth of gambling, impact on individuals and society, models of problem gambling, screening and referral, Gamblers Anonymous and Gam-Anon.	3 CCB, NASW, PSY
9/22/2021	9:00am-12:00pm	<b>Using Neuroscience Strategies to Improve Our Services (NEW)</b> The purpose of this presentation is to use the latest discoveries in neuroscience to offer our clients the most powerful healing possible. We will start by understanding the science of danger and safety, how it affects our bodies and our actions. We will then apply these principles to ourselves, developing self-awareness of the work situations that make us safe, activated and in need of retreat. We will consider the role of bias in our reactions. Are we able to reach safety through connections at our work? Understanding how these mechanisms work in ourselves allows us to teach them effectively to clients, and help them develop safety strategies. Again, we have to remain aware of the role of racism in creating an unsafe environment. We will learn practical strategies we can use ourselves and teach our clients to care for ourselves. Finally, we will apply this lens to our agencies. What can leaders do to create safe work settings?	3 CCB, NASW@, PSY

Date(s)	Time	Title	CEUs
9/24/2021 & 10/1/2021	9:00am-2:30pm	<b>Motivational Interviewing Intensive</b> 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.	10 CCB, NASW, PSY
9/28/2021	9:00am-1:00pm	<b>An Introduction to Recovery-Oriented Care</b> 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.	4 CCB, NASW, PSY
9/29/2021	9:00am-11:00am	<b>Grief and Loss: The Passing of Furbabies and Close-held Pets</b> Pets are family. Whether engaging in end-of-life planning, unexpected fatality, or ambiguous loss (stolen/run-away), the pain and grief that a loss triggers is powerful. Studies have highlighted that the grief process associated with pet loss parallels that experienced by people who experience the death or loss of a beloved person. In part, this is due to the active role that pets play in our lives as they age alongside us. Thus, it is advantageous for practitioners to be aware of the importance of a client's pet, and treat the loss or passing as they would a person.	2 CCB, NASW, PSY
10/6/2021	9:00am-3:30pm	<b>A Day of DBT Skills Training</b> 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.	6 CCB, NASW, PSY
10/7/2021	9:00am-12:00pm	<b>Eating Disorders: Understanding Signs and Symptoms and Creating Innovative Treatment Plans and Programs</b> 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	3 CCB, NASW, PSY

Date(s)	Time	Title	CEUs
		and innovations. This workshop is designed for all education levels and will give 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.	
10/8/2021	9:00am-12:00pm	<b>Cognitive Behavioral Therapy for PTSD</b> This workshop will cover the use of cognitive-behavioral therapy (CBT) for posttraumatic stress disorder (PTSD). There will be an emphasis on the use of prolonged exposure, with additional elements of cognitive process.	3 CCB, NASW, PSY
10/12/2021 & 10/13/2021	9:00am-12:00pm	<b>Trauma Integrated Addiction Treatment</b> 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.	3 CCB, NASW, PSY
10/14/2021 & 10/21/2021	9:00am-12:00pm	<b>Best Practices for Clients with Anger Disorders</b> 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.	6 CCB, NASW, PSY
10/22/2021	9:00am-2:30pm	<b>Face Your Fears: Conducting Good Exposure Therapy for Anxiety</b> 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.	5 CCB, NASW, PSY
10/27/2021	9:00am-12:00 pm	<b>A Brief Introduction to Working with People with Borderline Personality Disorders</b> 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.	3 CCB, NASW, PSY

Date(s)	Time	Title	CEUs
10/28/2021	9:00am-11:00am	<b>Human-Animal Bond: Human-Animal Relationships in Social Work Practitioners</b>  This two-hour conversation serves as a primer in veterinary social work - social work at the intersection of the human and animal relationship. Content will include the various roles animals play in our lives for comfort, emotional support, and service. Terminology used to explain the various roles will be unpacked, including the state and national policies and laws that apply to the various roles. Specifically, emotional support animals will be discussed collaboratively, along with conversation about guidelines for social workers' role(s) for advocacy, letter writing, and supporting clients. Finally, local initiatives in our state to support human-animal bond, such as emergency foster care, homelessness and co-sheltering, and veterinary social work at the veterinarian will be shared including ways to continue learning and get involved.	2 CCB, NASW, PSY
11/2/2021	9:00am-1:00pm	<b>How to be an Effective Skills Trainer</b>  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.	4 CCB, NASW, PSY
11/3/2021 & 11/10/2021	9:00am-12:00pm	<b>Coming into the Light: Breaking the Stigma of Substance Use Disorders</b>  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.	6 CCB, NASW, PSY
11/4/2021	9:00am-2:30pm	<b>Best Practices in the Treatment of Co-Occurring Depression and Substance Use</b>  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.	5 CCB, NASW, PSY
11/9/2021	9:00am-1:30pm	<b>Managing Diabetes and Mental Health Conditions (NEW)</b>  Diabetes affects a staggering 34,000,000 Americans, with an additional 88,000,000 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.	4.5 CCB, NASW, PSY

Date(s)	Time	Title	CEUs
11/12/2021	9:00am-3:30pm	<p><b>Understanding Mental Health Conditions</b></p> <p>This course provides an overview of the signs, symptoms, etiology, and course, of the major mental health disorders, with an emphasis on severe and persistent conditions. The interaction of these conditions with substance use will be explored. It places disorders in a stress-vulnerability model, and uses this model to review roles and strategies for direct care staff in a recovery-oriented system.</p>	5 CCB, NASW, PSY
11/17/2021 & 11/18/2021	9:00am-12:00pm	<p><b>Stimulants and their Impact on Brain and Behavior: Best Practices and Approaches for Effective Treatment and Recovery</b></p> <p>The purpose of this daylong introductory level training is to provide information about central nervous system stimulants and their impact on brain, body, and behavior. The day begins with a review of the latest data on the patterns and trends of stimulant use and availability in the United States and beyond, followed by a review of the mental and physical health consequences and cognitive impact of stimulant use. The training then explores the differential rates and impact of stimulant use on several populations and the relationship between stimulant use and HIV risk. The training concludes with a discussion of how to implement effective behavioral treatment interventions and recovery approaches when providing services to people with a stimulant use disorder. Specific topics will include (1) the scope of stimulant use in the United States and beyond; (2) stimulants and the brain and impact of use on cognition; (3) stimulant use and psychosis; (4) short- and long-term physical and mental health consequences of stimulant use and considerations for unique populations; (5) the intersection of stimulant use and HIV risk; and (6) effective evidence-based behavioral treatment interventions and recovery supports for people with a stimulant use disorder.</p>	6 CCB, NASW, PSY
11/19/2021	9:00am-2:30pm	<p><b>Assessing Risk and Suicidality: Interviewing Skills for Clinicians and Helpers</b></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, NASW, PSY
12/1/2021	9:00am-12:00pm	<p><b>An Overview of the LGBTQI Community and Historical Leaders (NEW)</b></p> <p>This training will provide an overview of a spectrum of information regarding the LGBTQI community. This will include historical information, a celebration of leaders in the community, and a review of the holidays and acknowledgements of the community throughout the year. In addition, the training will explore the challenges to members of this community and how we can become supports and allies.</p>	3 CCB, NASW@, PSY*
12/2/2021	9:00am-12:00pm	<p><b>Working with Muslim Clients</b></p> <p>This course is designed to provide an overview about Islam and Muslims. It is intended for clinicians, mental health assistants, social workers, and anyone else who may be working directly with clients who identify as Muslim. You will learn about the context of mental health in the religion, stigma of mental health among the Muslim community, and how to best provide support during treatment and recovery.</p>	3 CCB, NASW, PSY*

Date(s)	Time	Title	CEUs
12/10/2021	9:00am-2:30pm	<p><b>Bearing Witness to Suffering: Sustaining Self-Care in Trauma Work</b></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>5 CCB, NASW, PSY</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  
Funded by Substance Abuse and Mental Health Services Administration