

DMHAS
WORKFORCE DEVELOPMENT
VIRTUAL TRAINING

Spring 2021 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 
 Active Shooter Training: Being Prepared Web Based Training	SUCCESSFUL On:05-18-2016 Score: 100	PRINT CERTIFICATE <div> Print Certificate Export Certificate Notes </div>

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.

Spring Virtual Training Schedule

Date(s)	Time	Title	CEUs
4/6/2021	9:00am-12:00pm	Ethics for Addiction Counselors: Dual Relationships Kimberly Platt, LCSW, LADC This three-hour course reviews the Connecticut Certification Board (C.C.B.) Code of Ethics highlighting ethical dilemmas associated with dual relationships	3 CCB
4/7/2021	9:00am-11:00am	NEW Can the Coronavirus Experience Affect our Compassion for, and Connections with, our Clients? Pat Wilcox, LCSW We have all had to endure many changes and stressors during the pandemic crisis. Since we have no way to avoid experiencing this, how can we use our experiences to enhance our clinical compassion? Participants will examine their experiences during this crisis and consider what they can learn from them in areas such as: <ul style="list-style-type: none"> ▪ Living with a sense of constant danger ▪ Being cut off from loved ones ▪ Ever-changing and difficult to understand rules and advice ▪ Loneliness ▪ Loss ▪ Being unable to access resources ▪ Handling multiple stressors at once ▪ Lack of resources ▪ Uncertainty and fear of the future As we allow ourselves to explore these experiences in depth, we can develop a more deeply felt understanding of our clients' everyday world. We will examine how to can translate this new awareness into changed practices for our work.	2 CCB, SW, PSY
4/14/2021 & 4/15/2021	9:00am-12:00pm	Coming into the Light: Breaking the Stigma of Substance Use Disorders Taylor D'Addario, MA 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, SW, PSY

Date(s)	Time	Title	CEUs
4/16/2021 & 4/23/2021	1:00pm-4:00 pm	<p>Best Practices for Clients with Anger Disorders Raymond (Chip) Tafrate, PhD</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>	6 CCB, SW, PSY
4/20/2021	9:00am-12:00pm	<p>NEW</p> <p>Introduction to Gambling as a Co-Occurring Disorder Fiorigio (Fred) Fetta, LPC, ICGC-II, BACC, AADC and Jeremy Wampler, LCSW, ICGC-II, BACC, LADC</p> <p>This training will explore clinical criteria for Gambling Disorder in the DSM-5, and discuss three different pathways that can lead an individual towards problematic or disordered gambling behaviors. Similarities and differences between gambling and substance use disorders will be compared and a model for how to integrate gambling into mental health, substance use and recovery based organizations will be introduced. This training will contain lecture, but will also be interactive through poll questions, a case study, learning tasks and media discussion.</p>	3 CCB, SW, PSY
4/27/2021	9:00am-11:00am	<p>NEW</p> <p>Intake and Animals: Understanding Animals in the Lives of our Clients Aviva Vincent, PhD, LMSW, VSW and Isabel Ballard, MSW</p> <p>This facilitated conversation serves as a skill development workshop for direct practice social workers. For the majority of Americans, pets are family. And yet, intake and assessment practices do not often ask explicitly about animals owned, loved, and in the home. We ask, "is there anyone else in the home?" Our client says "Yes! Sally." And, we move on. But what happens when we learn that Sally is their <i>cat</i>; she is ageing, ailing, and the only form of support in our client's home. Not asking explicitly about pets is a missed opportunity to build rapport with clients, and even more importantly, this is a missed opportunity to understand the needs and experiences of our clients. Given the research about <i>The Link</i> between interpersonal violence and animal abuse, relations towards pets can mirror the most vulnerable relationships in the household. Asking about pets may increase access to resources since many people delay leaving harmful situations more times if there are pets in the home, may avoid relocation to housing or shelter that do not allow pets, and may decline treatment if it means their pets care is at risk. Thus, it is important for social workers to understand the pet-dynamic as</p>	2 CCB, SW, PSY

Date(s)	Time	Title	CEUs
		part of the risk and resilience in the home. By asking explicit questions at intake, including pets in conversation and assessment, and understanding the role of pets in our client's lives, we can improve relationships and access to the resources we provide.	
4/30/2021	9:00am-12:00pm	<p>Eating Disorders: Understanding Signs and Symptoms and Creating Innovative Treatment Plans and Programs Joanna White, EdD</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 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.</p>	3 CCB, SW, PSY
5/6/2021 & 5/20/2021	9:00am-2:30pm	<p>Motivational Interviewing Intensive Thomas Broffman, PhD, LICSW, CAADAC, CCS, CEAP</p> <p>A 2-day course 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 after the first three classes.</p>	10 CCB, SW, PSY
5/7/2021	9:00am-2:30pm	<p>Face Your Fears: Conducting Good Exposure Therapy for Anxiety David Tolin, PhD</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>	5 CCB, SW, PSY

Date(s)	Time	Title	CEUs
5/11/2021	9:00am-11:00am	<p>NEW</p> <p>Human-Animal Bond: Human-Animal Relationships in Social Work Practitioners Aviva Vincent, PhD, LMSW, VSW and Isabel Ballard, MSW</p> <p>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.</p>	2 CCB, SW, PSY
5/13/2021	9:00am-3:00pm	<p>NEW</p> <p>Psychopharmacology: What You Need to Know Charles Akins, MD</p> <p>With millions of Americans on psychotropic medications clinicians need to stop scratching their heads; it's everyone's issue. This day-long training is a practical and detailed overview of the theory and practice behind the use of psychiatric medications. It also teaches clinicians how to critically evaluate claims made by pharmaceutical companies.</p> <p>Specific classes of medications will be presented, and how and when they are prescribed will be discussed. Attention will be paid to issues of adherence and managing side effects. Specific concerns across the life-cycle will be reviewed as well as culture and gender-specific topics. Throughout the day important non-medication and complementary and alternative strategies to improve outcomes will be discussed.</p>	5.5 CCB, SW, PSY
5/14/2021	9:00am-12:00pm	<p>It's Not Your Fault: Overcoming The Shame, Stigma & Guilt Of Trauma Angela Alston, LCSW, LADC, SAP, CCTP</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</p>	3 CCB, SW, PSY

Date(s)	Time	Title	CEUs
		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.	
5/18/2021	9:00am-12:00pm	<p>NEW</p> <p>Problem Gambling: Screening, Assessment, and Intervention Fiorigio (Fred) Fetta, LPC, ICGC-II, BACC, AADC, Jeremy Wampler, LCSW, ICGC-II, BACC, LADC Katie Kirch, LCSW, ICGC-II and Kelly Leppard, CPS</p> <p>There has been a dramatic shift in the past 15 years in both the substance use and mental health fields. Not only are providers recognizing the importance of integrating treatment for multiple substances (e.g. alcohol, drug and tobacco use) but also the need to include mental health disorders into clinical formulations. However, the screening, assessment and treatment of gambling disorder often falls through the cracks, even in well-developed co-occurring disorder enhanced programs.</p> <p>This training will introduce the audience to nonjudgmental ways to have the conversation around gambling, as the intake may be one of the first times clients have heard about gambling as a risky behavior. Evidenced based brief screening tools will be discussed along with CBT, MI and EMDR treatment strategies which clinicians can use with clients working through problem or disordered gambling behaviors.</p>	3 CCB, SW, PSY
5/21/2021	9:00am-2:30pm	<p>Bearing Witness to Suffering: Sustaining Self-Care in Trauma Work Donald Scherling, PsyD, LADC, CCS</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>	5 CCB, SW, PSY

Date(s)	Time	Title	CEUs
5/25/2021	9:00am -12:00pm	A Brief Introduction to Working with People with Borderline Personality Disorders Richard Fisher, LCSW 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, SW, PSY
5/27/2021	9:00am-12:00pm	Cognitive Behavioral Therapy for PTSD David Tolin, PhD 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.	3 CCB, SW, PSY
6/2/2021	9:00am-12:30pm	Preventing Sexually Transmitted Infections In Clients With Mental Health Conditions Through Staff Education Anthony Cretella, RN 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.	3 CCB, SW, PSY
6/4/2021	10:00am-12:00pm	Trauma-Informed Care in the Age of COV, ID-19 William Gilbert, PhD, LCSW, AADC 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. The first hour of this webinar will explore our current understanding of trauma reactions including polyvagal theory and the work of Bessel van	2 CCB, SW, PSY

Date(s)	Time	Title	CEUs
		de Kolk. The second hour will apply the ideas discussed to the current trauma experienced as result of COVID-19.	
6/7/2021	9:00am-1:00pm	<p>Understanding Substance Use Disorders Richard Fisher, LCSW</p> <p>This training will explore the genetic, biological, psychological and social factors in the development of substance use disorders. These factors will be explored in a stress-vulnerability framework and will lead to a discussion of effective intervention and treatment for substance</p>	4 CCB, SW, PSY
6/9/2021	9:00am-12:30pm	<p>Diabetes and Mental Health Condition Anthony Cretella, RN</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>	3 CCB, SW, PSY
6/17/2021	9:00am-12:00pm	<p>Working with Muslim Clients Samia Hussein, MPH</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, SW, PSY*

@ 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