

DMHAS
WORKFORCE DEVELOPMENT
VIRTUAL TRAINING

Winter 2021 Catalog

www.ct.gov/dmhas/workforcedevelopment

7 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  Print Certificate Export Certificate Notes

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.

Winter Virtual Training Schedule

Date(s)	Time	Title	CEUs
1/8/2021	10:00am-12:00pm	<p>Trauma-informed Care in the Age of COVID-19</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. 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>	<p>2</p> <p>CCB, PSY, NASW</p>
1/13/2021	9:00am-12:00pm	<p>Ethics for Addiction Counselors: Boundaries</p> <p>This three-hour course will review the Connecticut Certification Board (C.C.B.) Code of Ethics with an emphasis on boundaries.</p>	<p>3</p> <p>CCB</p>
1/14/2021 & 1/21/2021	1:00pm-4:00pm	<p>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>	<p>6</p> <p>CCB, PSY, NASW</p>
1/15/2021	9:00am-2:30pm	<p>Supporting Grief-Work in Behavioral Health Treatment</p> <p>Loss, mourning, and grief are an integral and unavoidable experience in human life. Substance use, Post-Traumatic Stress Disorder, Physical & Mental Illnesses greatly increase the risk of unexpected, tragic, and traumatic losses and multiply challenges to engaging in the important “work” of grieving. This course will review theories of bereavement and grief and explore practices for supporting recovery in bereaved people, whose grieving is complicated and compromised by behavioral health conditions and recovery.</p>	<p>5</p> <p>CCB, PSY, NASW</p>
1/20/2021	9:00am-12:00pm	<p>Attention Deficit Hyperactivity Disorder and Addiction</p> <p>This half-day training provides an overview of the neurobiology, signs, symptoms and treatments for attention deficit hyperactivity disorder (ADHD). The relationship between ADHD and substance use disorders will be explored.</p>	<p>3</p> <p>CCB, PSY, NASW</p>

Date(s)	Time	Title	CEUs
1/22/2021 & 1/29/2021	1:00pm-4:00pm	<p>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>	6 CCB, PSY, NASW
1/27/2021	9:00am-3:30pm	<p>Opioids: Whole-Person Approaches to Treatment and Recovery NEW</p> <p>This day-long workshop explores how we got to where we are with opioids, and what strategies, including medications for opioid use disorders/medication assisted treatment (MOUD/MAT), legislative fixes, wellness, therapeutic interventions, harm reduction approaches, and such can help to turn back the tide of disability and death. As most individuals with opioid use disorders have at least one co-occurring mental health problem, and often related medical issues, a whole-person, and highly individualized approach will be emphasized. The content includes the use of standard diagnostic criteria, public-domain screening tools, current psychopharmacological interventions and a broad range of evidence-based therapeutic and theoretical strategies.</p>	6 CCB, PSY, NASW
1/28/2021	9:00am-1:00pm	<p>An Introduction to Recovery-Oriented Care NEW</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>	4 CCB, PSY, NASW
2/2/2021	9:00am-12:30pm	<p>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>	3 CCB, PSY, NASW

Date(s)	Time	Title	CEUs
2/3/2021 & 2/17/2021	9:00am-12:00pm	<p>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>	6 CCB, PSY, NASW
2/4/2021	9:00am-12:00pm	<p>Working with Muslim Clients</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, PSY, NASW *
2/5/2021	9:00am-2:30pm	<p>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>	5 CCB, PSY, NASW
2/9/2021	9:00am-11:00am	<p>Grief and Loss: The Passing of Furbabies and Close-Held Pets</p> <p>NEW</p> <p>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.</p>	2 CCB, PSY, NASW@

Date(s)	Time	Title	CEUs
2/10/2021 & 2/11/2021	9:00am-12:00pm	<p>Stimulants and their Impact on Brain and Behavior: Best Practices and Approaches for Effective Treatment and Recovery</p> <p>NEW</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>	<p>6</p> <p>CCB, PSY, NASW@</p>
2/18/2021	9:00am-1:00pm	<p>How to be an Effective Skills Trainer</p> <p>NEW</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>	<p>4</p> <p>CCB, PSY, NASW</p>
2/19/2021	9:00am-2:30pm	<p>Treating Obsessive-Compulsive and Related Disorders</p> <p>The obsessive-compulsive and related disorders (OCRDs) include obsessive-compulsive disorder, body dysmorphic disorder, hoarding disorder, trichotillomania, and excoriation (skin-picking) disorder. In this workshop we will describe transdiagnostic mechanisms that contribute to the maintenance of these disorders, and discuss the principles of treatment. Video examples will be used.</p>	<p>5</p> <p>CCB, PSY, NASW</p>
2/23/2021	9:00am-12:30pm	<p>Nicotine Addiction: The Health Effects of Smoking and the Link to Mental Health</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>	<p>3</p> <p>CCB, PSY, NASW</p>

Date(s)	Time	Title	CEUs
2/24/2021 & 2/25/2021	9:00am-12:00pm	<p>Pain and Stress in Co-occurring Disorders NEW</p> <p>Mind-altering drugs, addictive behaviors, and mental illnesses have profound effects on brain structure and function. While addiction and other mental health disorders have autonomous lives of their own, the development, course, and outcome of each affects the other. How we deal with stress and adverse life incidents can establish pathways and coping mechanisms that progress into dysfunctional lives. Homeostatic mechanisms like tolerance and sensitization can work against each other in the progression of these disorders. This workshop will explore some areas where biology meets psychology in these disorders and suggest interventions and strategies for treatment in both realms. We will discuss additional issues and stressors to both clients and clinicians in the COVID-19 world.</p>	6 CCB, PSY, NASW@
2/26/2021	9:00am-2:30pm	<p>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>	5 CCB, PSY, NASW
3/2/2021	9:00am-12:00pm	<p>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>	3 CCB, PSY, NASW
3/9/2021 & 3/16/2021	9:00am-2:30pm	<p>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>	10 CCB, PSY, NASW
3/12/2021	9:00am-12:00pm	<p>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>	3 CCB, PSY, NASW

Date(s)	Time	Title	CEUs
3/19/2021	9:00am-12:00pm	<p>Behavioral Health Services in Times of Crisis: Practical Strategies During COVID-19 and Other Emergencies</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>	<p>3 CCB, PSY, NASW</p>
3/23/2021	9:00am-1:00pm	<p>Understanding Substance Use Disorders NEW</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 use disorders.</p>	<p>4 CCB, PSY, NASW</p>
3/25/2021 & 3/26/2021	9:00am-12:00pm	<p>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 with people affected by trauma throughout their recovery, as well as, understanding the conceptual framework of trauma-informed practice.</p>	<p>6 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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