

DMHAS
WORKFORCE DEVELOPMENT
VIRTUAL TRAINING

Winter 2022 Catalog

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.
- 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
1/12/2022	9:00am-12:00pm	<p>Ethics for Addiction Counselors: Social Media</p> <p>This three-hour course reviews the Connecticut Certification Board (C.C.B.) Code of Ethics highlighting ethical dilemmas associated with dual relationships.</p>	3 CEUs, CCB
1/13/2022	9:00am-12:00pm	<p>Self-Directed Violence: Complex Problem, Simple Solutions (NEW)</p> <p>This training will explore the meaning and purpose of self-injury, a commonly misunderstood aspect of many people's lives. Etiology, diagnostic implications, and treatment strategies will be explored, as well as the special circumstances that arise from working with those who self-injure.</p>	3 CEUs, CCB, NASW@, PSY
1/14/2022	9:00am-12:00pm	<p>Eating Disorders: Understanding Signs and Symptoms and Creating Innovative Treatment Plans and Programs</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 CEUs, CCB, NASW, PSY

Date(s)	Time	Title	CEUs
1/19/2022 & 1/26/2022	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 people affected by trauma throughout their recovery, as well as, understanding the conceptual framework of trauma-informed practice.</p>	6 CEUs, CCB, NASW, PSY
1/21/2022 & 1/28/2022	9:00pm-2:30pm	<p>Motivational Interviewing Intensive</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 for this training.</p>	10 CEUs, CCB, NASW, PSY

Date(s)	Time	Title	CEUs
1/31/2022	9:00am-12:00pm	<p style="text-align: center;">Overview of Problem Gambling</p> <p>The normative and pervasive nature of gambling behaviors in the United States can desensitize us to the problems that can occur when a person's view of gambling shifts from entertainment to fixation. Problem gambling affects 2-5% of adults and twice as many adolescents. Confounding the issues of problem identification, referral, and treatment is a lack of awareness on the part of service providers, clients, family members and the general public that, for some people, gambling can become an addiction, with devastating impacts, like problematic alcohol or drug use. As state governments turn to legalized gambling as a source of revenue, studies indicate that vulnerable populations, like those with lower socio-economic status, disenfranchised, and people in recovery from mental health and substance use disorders, are disproportionately impacted in harmful ways. This training will address the social and environmental factors which influence gambling; gender and race considerations; and how our biology creates conditions conducive to the pursuit of risk and reward. This training will also help to raise awareness about gambling for providers and encourage staff to include gambling in the conversation when discussing mental health and substance use disorders.</p>	3 CEUs, CCB, NASW, PSY
2/2/2022	9:00am-11:00am	<p style="text-align: center;">Grief and Loss: The Passing of Furbabies and Close-held Pets</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 CEUs, CCB, NASW, PSY
2/4/2022	9:00am-2:30pm	<p style="text-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>	5 CEUs, CCB, NASW, PSY

Date(s)	Time	Title	CEUs
2/9/2022	9:00am-12:00pm	<p style="text-align: center;">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 CEUs, CCB, NASW, PSY
2/11/2022	9:00am-2:30pm	<p style="text-align: center;">Best Practices in the Treatment of Co-Occurring Depression and Substance Use</p> <p>Depression is the most common condition with Substance Use Disorders. This course will explore the complex co-relationship between these two common illnesses in both active addiction and recovery. Participants will be encouraged to enhance their assessment and intervention skills, including suicide prevention, with clients in their current practice settings.</p>	5 CEUs, CCB, NASW, PSY
2/17/2022 & 2/24/2022	9:00am-12:00pm	<p style="text-align: center;">Stimulants and their Impact on Brain and Behavior: Best Practices and Approaches for Effective Treatment and Recovery</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 CEUs, CCB, NASW, PSY

Date(s)	Time	Title	CEUs
2/18/2022	9:00am to 12:00pm	<p>Getting a Grip on Gender: Working with Gender Diverse & Transgender Clients across the Lifespan (NEW)</p> <p>In this half-day workshop, you will learn the basics of orientation, sex, gender, gender identity, and gender expression. Much of our society and the systems within it define the world in binary terms (male/female, masculine/feminine, man/woman, either/or). Because they may be outside this traditional view, identities such as transgender, gender creative, and gender fluid clients or coworkers can bring up questions and concerns. You will walk away from this workshop with helping strategies, tools, and ideas to address critical concerns and obstacles unique to transgender, gender fluid, and non-binary people. You will also understand the expectations of Connecticut's non-discrimination statutes about sexual and gender minority people.</p>	3 CEUs, CCB, NASW@, PSY
2/25/2022	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>	2 CEUs, CCB, NASW, PSY
3/4/2022	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 CEUs, CCB, NASW, PSY

Date(s)	Time	Title	CEUs
3/8/2022	9:00am-1:00pm	<p>How to be an Effective Skills Trainer</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>	4 CEUs, CCB, NASW, PSY
3/10/2022	9:00am to 11:00am	<p>Can the Coronavirus Experience Affect our Compassion for, and Connections with, our Clients?</p> <p>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:</p> <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 <p>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 translate this new awareness into changed practices for our work.</p>	2 CEUs, CCB, NASW, PSY

Date(s)	Time	Title	CEUs
3/11/2022	9:00am-2:30pm	<p align="center">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>	5 CEUs, CCB, NASW, PSY
3/15/2022	9:00am-12:30pm	<p align="center">Preventing Sexually Transmitted Infections In Clients With Mental Health Conditions Through Staff Education</p> <p>The prevalence of HIV infection among patients with psychiatric illness is approximately 15 times higher than the general population in the United States. The national rate of syphilis has increased as much as 167 percent during the latest surveillance period. The need for education on the subject of safe sexual practices is evident. Studies show that through education and counseling on safety there is a dramatic decrease in infection and reinfection rates. This training will give all direct care staff the basic information to inform and counsel clients on safe sexual practices, and to make proper referrals to treatment providers.</p>	3 CEUs, CCB, NASW, PSY
3/23/2022	9:00am-11:00am	<p align="center">Human-Animal Bond: Human-Animal Relationships in Social Work Practitioners</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 CEUs, CCB, NASW, PSY

Date(s)	Time	Title	CEUs
3/30/2022	9:00am-1:00pm	<p>Treatment Planning: Translating Required Paperwork into Clinically Useful Information (NEW)</p> <p>Treatment planning is most effective when the treatment objectives are defined in measurable, attainable, time limited, realistic and specific terms. This training will present tools and training resources that can help addiction treatment providers transform required "paperwork" into clinically valuable information. Participants will learn how to use the data collected via an assessment instrument to assess patients' substance abuse, to develop effective treatment plans, and to monitor outcomes. Research shows that after providers administer assessment instruments, they often file the findings instead of using them to customize effective treatments for their clients. This training is designed to change that practice and help clinicians, supervisors, and managers make good use of the data that is collected. Using this information appropriately can help treatment providers address the specific needs of individual clients and improve treatment outcomes.</p>	4 CEUs, CCB, NASW@, 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
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