

DMHAS
WORKFORCE DEVELOPMENT
INSTRUCTOR-LED & VIRTUAL
TRAINING

Winter 2023 Catalog

www.ct.gov/dmhas/workforcedevelopment

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 CE <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.

INCLEMENT WEATHER PROCEDURES

- ❖ Participants may call (860) 262-5071 after 7:00 a.m. to listen to a recorded announcement stating if classes are cancelled. **As many of our classes are conducted at offsite locations, which include non-state run offices, it is important to check that classes are being conducted.**
- ❖ In the event of a cancellation due to inclement weather, all registered participants will be notified of the rescheduled class date by email.

Winter Training Schedule

Date(s)	Time	Title	Facility	CEUs
1/11/2023	9:00am-12:00pm	<p>New Perspectives on Taking Care of Ourselves and Each Other in Our Work</p> <p>Many programs are currently struggling with staff shortages, staff turnover, and difficulty hiring. Within the work, healers are experiencing extra-high workloads, adjusting to the new realities as we emerge from COVID, and responding to clients who have suffered complex trauma. This workshop will use current research and polyvagal theory to explore how safety and connection at work can support creative, energetic, and hopeful treaters who find satisfaction in their jobs. The workshop will also examine the social justice issues that arise within vicarious traumatization, and steps we can take to create a culture that actually sustains our diverse workforce.</p>	Connecticut Clearinghouse	3 CCB, NASW, PSY
1/13/2023	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>	Connecticut Clearinghouse	3 CCB
1/19/2023	9:00am-11:00pm	<p>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>	Virtual Class	2 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
1/25/2023	9:00am-4:00pm	<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>	Virtual Class	6 CCB, NASW, PSY
1/31/2023	9:00am-12:00pm	<p>Social Justice Issues in Supervision</p> <p>This training focuses on trauma-informed supervision through a social justice lens, an approach to supervision that begins with the personal and extends to the professional. Personal histories, identities, characteristics and psychological experiences of supervisors, as well as structural and environmental conditions of the organization, are considered in supervision. This perspective promotes the role of the supervisor as a leader in establishing a culture within their team that is responsive to and inclusive of the positionalities and unique experiences of clients and colleagues. Supervisors are encouraged to remain vigilant in their commitment to social justice by leading their teams and organizations in achieving truly inclusive diversity.</p>	Virtual Class	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
2/3/2023	9:00am-3:30pm	<p>Forensic CBT</p> <p>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>	Connecticut Clearinghouse	5 CCB, NASW, PSY
2/6/2023	9:00am-1:00pm	<p>An Introduction to Recovery-Oriented Care</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?</p> <p>Recovery 101 is an introduction to the attitudes, core concepts and approaches that are transforming services, systems and lives.</p> <p>Person centered, strengths based approaches rely on collaborative relationships, active participation and empowerment of the person receiving services.</p> <p>An attitude of optimism and hopefulness guides recovery programs that focus on life plans rather than exclusively managing symptoms.</p> <p>In this experiential and interactive program trainees work to incorporate the concepts and apply them in developing meaningful recovery plans.</p>	Connecticut Valley Hospital, Page Hall	4 CCB, NASW, PSY
2/9/2023	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>	Connecticut Clearinghouse	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
2/10/2023	9:00am-12:00pm	Self-Directed Violence: Complex Problem, Simple Solutions 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.	Virtual Class	3 CCB, NASW, PSY
2/15/2023	9:00am-12:00pm	Understanding Gender: From a Clinical Perspective* Much of our society and the systems within it operate as if the world exists in binary form. This engaging half day workshop is designed to address the issues that arise from binary thinking. Participants will be able to differentiate between orientation, sex, gender, gender identity, gender expression; identify the critical concerns and obstacles unique to transgender, gender fluid, and non-binary people; understand the expectations of CT's non-discrimination statutes regarding sexual and gender minority people; develop a working understanding of gender identity and its impact on clients; and identify helping strategies and tools	Connecticut Clearinghouse	3 CCB, NASW, PSY
2/16/2023	9:00am-12:00pm	Introduction to Gambling as a Co-Occurring Disorder 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.	Virtual Class	3 CCB, NASW, PSY, IGCCB
2/17/2023	9:00am-3:30pm	Supporting Grief-Work in Behavioral Health Treatment 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.	Connecticut Clearinghouse	5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
2/22/2023	9:00am-1:00pm	<p>Trauma Through the Lens of Attachment Theory</p> <p>Attachment theory can inform clinical work with people suffering from traumatic stress, especially for those who suffer from trauma rooted in the actions of other people. Attachment dynamics are implicated in social perception and the capacity to manage intense emotional states. These in turn have implications for immediate and long term coping.</p> <p>This presentation will review the basic concepts of attachment theory, it's most common classification schemes; and leading contemporary ideas on how attachment contributes to our capacities to interpret the social environment and regulate feelings. We will discuss how traumatic stress can disrupt normative attachment dynamics and present in ways which resemble mood, anxiety and personality disturbance. Finally, we will discuss ways to engage and sustain a treatment alliance with traumatized clients using approaches derived from attachment theory.</p>	Connecticut Valley Hospital, Page Hall	4 CCB, NASW, PSY
3/1/2023	9:00am-12:00pm	<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>	Virtual Class	3 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
3/3/2023	9:00am-12:00pm	Eating Disorders: Understanding Signs and Symptoms and Creating Innovative Treatment Plans and Programs 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.	Connecticut Clearinghouse	3 CCB, NASW, PSY
3/10/2023	9:00am-3:30pm	Best Practices in the Treatment of Co-Occurring Depression and Substance Use 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.	Connecticut Clearinghouse	5 CCB, NASW, PSY
3/15/2023	9:00am-4:00pm	Coming into the Light: Breaking the Stigma of Substance Use Disorders 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.	Virtual Class	6 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
3/22/2023	9:00am-3:30pm	<p>Medication Assisted Treatment 201</p> <p>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.</p> <p>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>	Connecticut Valley Hospital, Beers Hall	6 CCB, NASW, PSY
3/29/2023 & 3/30/2023	9:00am-3:30pm	<p>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>	Connecticut Valley Hospital, Beers Hall	10 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
Funded by Substance Abuse and Mental Health Services Administration