

DMHAS
WORKFORCE DEVELOPMENT

**INSTRUCTOR-LED & VIRTUAL
TRAINING**

FALL 2025

www.ct.gov/dmhas/workforcedevelopment

10 New Trainings

DMHAS WORKFORCE DEVELOPMENT PERSONNEL

Main Telephone Number/Staff Phone Directory: (860) 262-5061, Fax Number: (860) 262-5073

Margaret O'Hagan-Lynch, LPC, Director
CVH, 1st Floor, P.O. Box 351, Middletown, CT 06457
www.ct.gov/dmhas/workforcedevelopment
workforce.development@ct.gov

MARGARET O'HAGAN-LYNCH, LPC

margaret.o'hagan-lynch@ct.gov

BRIAN COCO

brian.coco@ct.gov

ANTHONY CRETTELLA, RN

anthony.cretella@ct.gov

CONTINUING EDUCATION UNITS (CEU) INFORMATION

Many virtual and in-person training courses 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).
- **State employees** sign in to the LMS here: <https://ctlms-sso.ct.gov>.
- **Non-state employees** access the LMS here: <https://ctlms-dmhas.ct.gov>.
- 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 navigating the LMS, 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: State employees should contact their facility administrator. Non-state employees: 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 LMS and go to your 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 2025 Training Schedule

Date(s)	Time	Title	Facility	CEUs
9/9/2025	9:00am-3:30pm	<p><u>Peer Support for People who Hear Voices, and the CT Hearing Voices Network</u></p> <p>The Connecticut Hearing Voices Network provides support groups for people who hear voices, see visions, or have other alternate experiences. These groups are non-clinical peer support groups aimed at providing a judgment-free space for people to discuss their experiences. This training covers what the network is, what services it provides, and who can benefit from them. It also covers the Maastricht Approach, an interview process which complements the Hearing Voices Network and provides another option of support for people who hear voices and want to explore how their personal history may impact their current situation. Participants in this training learn best practices for supporting people having an alternate experience, including how to have meaningful conversations about their experiences, build trust, establish health boundaries, and identify coping strategies. Participants will leave feeling confident in their ability to engage respectfully and effectively with people who hear voices, see visions, or have other alternate experiences. They will also have the information necessary to help voice-hearers seek additional support resources.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	5 CCB, NASW, PSY
9/12/2025	9:00am-3:30pm	<p><u>Therapeutic Breathwork for Mental Health - A Yoga Therapy Approach</u></p> <p>Introduction to a yoga therapy approach to therapeutic breathwork (pranayama) applications for mental health conditions. Explore the foundational principles and contraindications for clinically applied breathwork. Learn to select, deliver and assess the efficacy of pranayama techniques using yoga therapy frameworks. Experience the effects of breathwork practices and learn how to administer practices and adapt the educational process for individual clients.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	5.5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
9/15/2025	9:00am-11:00am	<p><u>Pat Deegan's Hearing Distressing Voices Simulation: An Exercise in Empathy for Mental Health Professionals</u></p> <p style="text-align: center;">NEW</p> <p>Developed by Pat Deegan in 1996, the Hearing Distressing Voices Simulation is a groundbreaking, empathy-building exercise that helps students, emergency first responders, mental health professionals, judicial and medical professionals understand the challenges and resilience of people who experience psychosis. During this workshop, participants will complete various tasks while listening to an MP3 player containing a recording that simulates the experience of an individual who is hearing distressing voices.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	2 CCB, NASW, PSY
9/16/2025	9:00am-3:30pm	<p><u>A Forensic CBT Primer: Interventions for Antisocial and Criminal Behavior</u></p> <p>Practitioners across numerous settings will encounter adolescents and adults whose antisocial thinking puts them at risk for significant loss because of reckless decision-making, destructive behaviors, and deeper involvement in the criminal justice system. CBT has been shown to be effective with antisocial and forensic clientele, although modifications of CBT practices are required for this client group.</p> <p>Two critical adaptations are necessary to make CBT effective for reducing antisocial and criminal conduct. First, successful intervention requires a focus on a set of specific risk domains that facilitate criminal/antisocial behavior (beyond mental health symptoms). A detailed overview of these key intervention targets will be provided. Second, traditional automatic thoughts and irrational beliefs are not as broadly applicable to antisocial and forensic clients as they are for those suffering from mental health disorders. An alternative constellation of criminogenic thinking patterns that drive criminal and self-destructive behaviors will be reviewed, as well as specific techniques for altering criminogenic thinking. This workshop is highly interactive, incorporating structured learning activities including case examples, audio/video-recorded work samples, small group exercises, and “real”-plays.</p>	Connecticut Clearinghouse	5.5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
9/25/2025	9:00am-12:00pm	<p><u>Competency to Stand Trial: Evaluation and Restoration</u> NEW</p> <p>This talk focuses on the assessment and treatment of competence to stand trial. After a brief review of the historical antecedents and conceptual elements of the construct, the majority of the session will be spent discussing: 1) how to assess the various components; 2) what treatment options and interventions can be utilized to restore competence; and 3) how to work as a team, valuing each member's contribution, in the assessment and treatment of competency patients. Case examples will be utilized to illustrate the concepts and methods introduced, and ethical issues and other unique challenges and nuances that arise throughout the process will be discussed to guide teams toward more efficient and effective practice.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	3 CCB, NASW, PSY
9/30/2025	9:00am-3:00pm	<p><u>Cultural Competency, Diversity Equity and Inclusion:</u> <u>What's the difference? *</u> NEW</p> <p>This workshop is designed for the professional who hopes to gain a better understanding of cultural competency, diversity, equity and inclusion and the ways to improve upon identifying and communicating with members of diverse populations. The participants will discover their own cultural intelligence as well as how to deal with individuals and groups from various ethnic, racial, religious and gendered backgrounds that can impact professional attitudes and behaviors. What about the implicit associations we harbor in our own subconscious which cause us to have feelings about other people based on race, ethnicity and appearance? Do you know what you may harbor differently toward others?</p> <p>During this lecture and workshop, we will engage in activities and discussions that will help us explore the interconnectedness and relationships between the terms, cultural competency, equity, diversity and inclusion. As individuals we must be clear on the words and their meaning so that we can work to find the solutions to address these issues. This is a hands-on workshop, and all participants are expected to engage in experiential learning exercises.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY *

Date(s)	Time	Title	Facility	CEUs
10/6/2025	9:00am-1:30pm	<p><u>Managing Diabetes and Mental Health Conditions</u></p> <p>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.</p>	Virtual Class	4.5 CCB, NASW, PSY
10/7/2025	9:00am-3:30pm	<p><u>Anger: Critical Issues in Assessment and Intervention</u></p> <p>Across different care settings practitioners routinely see clients whose anger reactions contribute to significant loss and suffering. While anger is a frequent and universal human emotion, it has received surprisingly little attention as a clinical problem. When addressing anger, practitioners commonly engage in unproductive conversations (e.g., clients venting about unfair actions of others) and struggle to identify clear intervention targets. In this workshop, participants will practice assessing the key features of client anger reactions by applying a 6-stage Anger Episode Model Interview to understand how anger is experienced and expressed in the client's real-life interactions. The analysis of anger episodes forms the groundwork for effective case management and collaboratively identifying relevant intervention goals. A flexible menu of well-established interventions for remediating anger difficulties will be reviewed. This workshop is highly interactive, incorporating structured learning activities including case examples, audio/video-recorded work samples, small group exercises, and "real"-plays.</p>	Connecticut Clearinghouse	5.5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
10/9/2025	9:00am-11:00am	<p><u>Human-Animal Bond: Human-Animal Relationships in Social Work Practitioners</u></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
10/15/2025	9:00am-4:00pm	<p><u>Criminal Thinking and Anti-Social Logic</u></p> <p>Antisocial behavior is exhibited by a lack of conscience for wrong doings by individuals. Some of the antisocial and self-destructive patterns of behavior often are observed in justice involved clients. The impact of the clients' criminal thinking behaviors can often frustrate the counselor and affect the counseling and treatment process. What can we do in our work as professionals in addressing individual client behaviors that show a lack of remorse or little regard for others? How have we responded to clients who display patterns of not only resistance to authority but frequent manipulation while violating the rights of others.</p> <p>During this course, participants will be introduced to specific thinking patterns that underline criminal behavior patterns for justice involved clients. The use of evidenced based practices in assessment and treatment planning will be covered in addition to exploring how to deal specifically with these behaviors in various settings.</p>	Connecticut Clearinghouse	6 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
10/16/2025	9:00am-3:30pm	<p><u>Clinical Applications of Yoga Therapy for Depression</u></p> <p>This course is designed for clinicians seeking new tools to help clients manage persistent symptoms of depression, including slowed movements or speech, feelings of worthlessness, indecision, fatigue, sleep issues, lack of motivation, loss of hope or joy, weight gain, restlessness, and frequent relapse, despite conventional treatments like talk therapy, antidepressants, and exercise recommendations.</p> <p>Yoga therapy offers an evidence-based, holistic approach to addressing these symptoms sustainably by targeting autonomic nervous system dysregulation, chronic inflammation, and changes in brain structure and function. The training covers techniques to reduce IL-6 levels and improve client adherence to treatment, along with clinically relevant neuropsychology literature.</p> <p>The course is highly interactive, with experiential practice and simulated technique application. Participants will learn practical, personalized methods to increase efficacy by tailoring techniques to individual client tolerance. By the end, clinicians will be equipped to integrate selected yoga therapy techniques into their practice, assess the benefits, and educate clients with strategies to manage symptoms and prevent relapse.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	5.5 CCB, NASW, PSY
10/20/2025	9:00am-4:00pm	<p><u>DSM-5-TR Comprehensive: Neurodevelopmental Disorders</u></p> <p>NEW</p> <p>Each component of the Neurodevelopmental Disorders diagnoses will be comprehensively reviewed. The review will cover diagnostic criteria, complications and challenges within the diagnostic category, current treatments to include current medications, and issues related to gender, culture, etc. as they relate to the diagnosis and treatment of the disorders. Specific focus will be paid to the developmental struggles in individuals who are not treated as children and the life challenges that increase with the maturation process.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	6 CCB, NASW, PSY @

Date(s)	Time	Title	Facility	CEUs
10/21/2025 & 10/23/2025	9:00am-3:00pm	<p><u>The Application of Cognitive Behavioral Therapy through a Cultural Lens *</u></p> <p style="color: red; text-align: center;">NEW</p> <p>This introductory two-day Cognitive Behavioral Therapy (CBT) training is designed to equip mental health professionals with foundational knowledge and practical tools to deliver culturally responsive care to Hispanic individuals. The training introduces core CBT principles—such as identifying and challenging negative thought patterns and promoting behavioral change—while emphasizing the importance of cultural values, language, and context in shaping the therapeutic process. Participants will explore how to adapt CBT techniques to address the unique needs of Hispanic individuals, including challenges related to acculturation, immigration, stigma, and intergenerational dynamics. Through interactive exercises and discussion, attendees will have a better understanding of the skills needed to deliver more effective, culturally attuned CBT interventions.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	10 CCB, NASW, PSY *
10/24/2025	9:00am-3:30pm	<p><u>Supporting Grief-Work in Behavioral Health Treatment</u></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>	Connecticut Clearinghouse	5 CCB, NASW, PSY
10/30/2025	9:00am-4:00pm	<p><u>Supporting Recovery during the Transition to Adulthood</u></p> <p style="color: red; text-align: center;">NEW</p> <p>This 6-hour training is designed for people working with transition aged youth and young adults seeking to enhance their ability to promote recovery during the transition to adulthood through a developmentally appropriate and generationally relevant perspective. For young people who experience mental health or addiction challenges, the transition into adulthood can seem unattainable. The fear of not achieving adulthood is echoed in the reported outcomes associated with engagement in behavioral health services for many young people seeking support. This interactive training offers a dynamic curriculum to encourage attendees to explore approaches for promoting self-exploration and personal growth. Participants will have the opportunity to participate in a series of mindfulness-based practices that can easily integrate into a person’s everyday life for greater awareness, connection, and purpose.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	6 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
11/3/2025	9:00am-12:00pm	<p><u>Beyond Talk: Is EMDR Right for Your Client?</u></p> <p>NEW</p> <p>This engaging 3-hour training offers a practical and thoughtful introduction to Eye Movement Desensitization and Reprocessing (EMDR) therapy. Grounded in the Adaptive Information Processing (AIP) model, EMDR goes beyond traditional talk therapy by helping clients access and reprocess distressing memories at the root of current symptoms.</p> <p>Designed for individuals curious about EMDR and whether it is an appropriate intervention for clients. This course provides a clear overview of the 8-phase protocol, with a special focus on Phase 1. Attendees will learn how to assess client readiness, determine clinical appropriateness, and explore key considerations when working with trauma, dissociation, or complex presentations.</p> <p>Through case examples and video demonstration, participants will gain insight into how EMDR looks in practice and leave with a better understanding of whether it is the right next step for their clients.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	3 CCB, NASW, PSY @
11/4/2025	9:00am-12:00pm	<p><u>Ethics for Addiction Counselors: Boundaries</u></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 Valley Hospital, Page Hall, Rm. 217	3 CCB
11/10/2025	9:00am-4:00pm	<p><u>DSM-5-TR Comprehensive: Schizophrenia Spectrum and Other Psychotic Disorders & Dissociative Disorders</u></p> <p>NEW</p> <p>Each component of the Schizophrenia Spectrum and Other Psychotic Disorders & Dissociative Disorders diagnoses will be comprehensively reviewed. The review will cover diagnostic criteria, complications and challenges within the diagnostic category, current treatments to include current medications, and issues related to gender, culture, etc. as they relate to the diagnosis and treatment of the disorders. Specific focus will be paid to the developmental struggles in individuals who are not treated as children and the life challenges that increase with the maturation process.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	6 CCB, NASW, PSY @

Date(s)	Time	Title	Facility	CEUs
11/13/2025	9:00am-12:00pm	<p><u>Breath Body Mind</u></p> <p>The Breath-Body-Mind program includes simple practices, primarily Voluntarily Regulated Breathing Practices (VRBPs) with coordinated movements, that are easy to learn for relief of stress, anxiety, depression and post-traumatic and stress-related disorders (PTSD). The practices, which derive from yoga, qigong, martial arts, meditation, and modern neuroscience, can be modified for different settings--private offices, clinics, hospitals, groups, schools, military bases, and disaster sites.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	3 CCB, NASW, PSY
11/14/2025	9:00am-3:30pm	<p><u>Peer Support for People Living with Thoughts of Suicide and the CT Alternatives to Suicide Network</u></p> <p>The CT Alternatives to Suicide Network provides support groups for people who live with thoughts of suicide. These groups are non-clinical peer support groups aimed at providing a judgment-free space for people to discuss their experiences. This training covers what the network is, the approach, and who can benefit from these spaces. Participants will be introduced to the principles of harm reduction as an approach to suicide prevention, and the value of peer support. Participants in this training will learn how to have meaningful conversations with participants that are grounded in consent, choice, and trust as an alternative to force and coercion. Participants will leave the training more confident and will develop strategies for supporting folks in finding meaning and purpose within their personal lived experience.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
11/17/2025	9:00am-12:00pm	<p><u>Community Mapping for Mental Health Providers</u></p> <p>More and more, meaningful connection to community is being identified as an important part of mental health and substance use recovery. Citizenship is a well-established theory and set of practices that center the five R's – relationships, rights, responsibilities, roles, and resources – as the building blocks for true belonging in community. This community mapping workshop will introduce practical citizenship tools that mental health and substance use providers can use to better understand community resources and ways to develop stronger community relationships. It will focus on using community mapping to better understand the communities in which people who receive mental health and substance use services live. Then, it will review some practical strategies and tools that service providers can use to be effective partners with people in recovery and other community members in promoting community connections. Technical assistance will be offered to participants after completion of the workshop so they can implement community connection supports in their organizations.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	3 CCB, NASW, PSY
11/18/2025	9:00am-3:30pm	<p><u>Navigating Complexity: Integrated Approaches for Trauma, Neurodiversity, and Co-occurring Disorders</u></p> <p>NEW</p> <p>This 5-hour professional development training provides mental health providers with advanced strategies for assessing and treating complex client presentations involving the intersection of trauma, neurodivergent factors (ADHD/Autism Spectrum), and co-occurring mental health and substance use disorders. Participants will learn to integrate evidence-based approaches such as CBT and DBT with neurodiversity-affirming principles, enhance their understanding of ethical considerations in dual diagnoses, and develop practical skills for holistic, client-centered care.</p>	Connecticut Clearinghouse	5 CCB, NASW, PSY @
11/19/2025	10:00am-12:00pm	<p><u>Addressing the Link Between Human and Animal Violence</u></p> <p>Animal abuse and cruelty is a potential indicator and precursor of interpersonal violence (IPV). The Link is a term explaining the concordance of animal abuse and IPV. Similar to IPV, animal abuse is often grounded in power and control dynamics that can range from a very young age (training and grooming) or elder adulthood (elder abuse). Though pets are regarded as property by US law, many people identify pets as part of the family unit. However, documenting cases, bringing charges, and achieving justice is difficult; and cross-reporting systems are often absent altogether – we seek to change this dynamic.</p>	Virtual Class	2 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
12/2/2025	9:00am-3:30pm	<p><u>Best Practices in the Treatment of Co-Occurring Depression and Substance Use</u></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>	Connecticut Clearinghouse	5 CCB, NASW, PSY
12/9/2025	9:00am-3:30pm	<p><u>3 Essential Connections: Holistic Stress Management for Healthcare Providers</u></p> <p>3 Essential Connections or 3EC is a comprehensive stress management training that is appropriate for mental health professionals who are looking to improve their quality of life, deepen their resilience, and develop strategies for navigating stress with greater confidence. The curriculum is both experiential and educational, as attendees are invited to develop a stress-resilient lifestyle that is defined by the 3 pillars of connection - connection with yourself, others and nature. In this training, we will explore the significance of each connection and learn brief stress-reduction techniques that can be applied personally and professionally to improve the total experience of a life well lived. The techniques learned in this training are intended to be shared and there will be time for practice.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	5 CCB, NASW, PSY
12/12/2025	9:00am-12:00pm	<p><u>Ethics for Addiction Counselors</u></p> <p>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.</p>	Virtual Class	3 CCB
12/15/2025	9:00am-4:00pm	<p><u>DSM-5-TR Comprehensive: Bipolar and Related Disorders & Depressive Disorders</u></p> <p>NEW</p> <p>Each component of the Bipolar and Related Disorders & Depressive Disorders diagnoses will be comprehensively reviewed. The review will cover diagnostic criteria, complications and challenges within the diagnostic category, current treatments to include current medications, and issues related to gender, culture, etc. as they relate to the diagnosis and treatment of the disorders. Specific focus will be paid to the developmental struggles in individuals who are not treated as children and the life challenges that increase with the maturation process.</p>	Connecticut Valley Hospital, Page Hall, Rm. 217	6 CCB, NASW, PSY @

Date(s)	Time	Title	Facility	CEUs
12/16/2025	9:00am-10:30am	<p><u>The Evolution of CAPTA: Supporting Families Impacted by Substance Use</u></p> <p>Recent changes to federal legislation around the Child Abuse Prevention and Treatment Act (CAPTA) and Comprehensive Addiction Recovery Act (CARA) have outlined new state mandates requiring data collection around the impact of substance exposed infants and development of Family Care Plans nationwide. In CT, effective March 1, 2019, hospitals began submitting a notification to the Department of Children and Families at the time of the birth event when an infant is believed to have been substance exposed and/or displays withdrawal symptoms. This training will help community providers and health professionals better understand the impact of this legislation on the women and birthing persons we serve and be poised to help provide them with education around this mandate. Information will be provided on developing a comprehensive “Family Care Plan” prior to the time of their delivery.</p>	Virtual Class	1.5 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