



Safety Education and Training Unit Course Catalog

For DMHAS State-Operated Facilities

September 2021 – June 2022

**CT Department of Mental Health and Addiction Services
Office of the Commissioner
Division of Safety Services
Safety Education and Training Unit**

Dear Colleagues,

The Division of Safety Services, Safety Education and Training Unit (SETU), is pleased to present to you the FY22 Safety Education and Training Course Catalog. All courses meet the accreditation standards and regulatory requirements set forth by The Joint Commission and CMS, as well as fulfilling any grant or contractual obligations. State employees can register through the contact person listed for their facility, or online via the SABA Learning Management System.

As always, please free to reach out to Mike Demko or I if you have any questions or concerns regarding training. We look forward to getting back into the classroom this year and hope to see you all soon.

Sincerely,

Ashley Rogers, LCSW
SETU Director
(860) 262-5341

Mike Demko
SETU Training Coordinator
(860) 262-5382

Valencia Johnson
SETU Secretary
(860) 262-5378

Safety Education Instructors:
Heather Smith, Jay Erlandson, Joe Monzillo, Michael Davis,
Robert Browning, Alaina Lasnier, Tyshawn Gillespie

Course Descriptions:

Collaborative Safety Strategies (CSS) – New, 3 Day Course (21 Hours total)

This course teaches new employees in direct care settings best practice interventions to prevent Patient/Client behavior from escalating to physical violence. Class participants will learn the importance of building therapeutic rapport and using effective communication skills to create safe, trauma-informed and recovery-oriented environments of care. Participants will also learn self-protective skills in order to avoid or escape potentially dangerous situations in the workplace, and how to safely intervene if a patient/client is exhibiting assaultive or aggressive behaviors. On day 3 of this training, inpatient staff will learn how to safely and properly apply mechanical restraints per State and Federal Law, DMHAS policy, and manufacturer guidelines, and outpatient staff will learn community safety skills. The overall goal of this course is to reduce the rate and severity of employee and consumer injuries in the workplace.

Collaborative Safety Strategies (CSS) – Inpatient Review (5.50 Hours)

This course is designed for inpatient staff members who have completed the CSS-New course. It serves as an annual review of the knowledge and skills acquired during the 3-day new course. It provides a comprehensive overview of verbal de-escalation strategies, effective communication skills, self-protective skills, crisis physical management skills, and how to safely and properly use mechanical restraints and seclusion abiding by State and Federal law, DMHAS policy and per manufacturer guidelines.

Collaborative Safety Strategies (CSS) – Outpatient Review (5.25 Hours)

This course is designed for outpatient staff members only. This course serves as a comprehensive annual review of the knowledge and skills acquired during the CSS-New course. It provides an overview of verbal de-escalation strategies, effective communication skills, self-protective skills, safety interventions, and community safety skills.

New Employee Orientation Program – Safety Training (2.75 Hours)

This section of the DMHAS New Employee Orientation Program covers various required workplace and environmental safety topics including: Ergonomics Awareness, Hazard Communication, Fire Safety and Workplace Violence Prevention.

Adult CPR/Standard First Aid/AED – New (6 Hours)

This American Red Cross certification class provides the knowledge and hands-on competency skills check required for certification in Adult CPR, Standard First Aid and AED use. It prepares staff to recognize and care for first aid, breathing, and cardiac emergencies for victims 12 years of age and older.

Adult CPR/Standard First Aid/AED – Challenge (2 Hours)

This American Red Cross recertification course provides a hands-on competency skills check of the CPR, First Aid and AED skills acquired in the Adult CPR/Standard First Aid/AED - New course.

Adult CPR/Standard First Aid/AED – Alternate (1.5 Hours)

This American Red Cross course provides a review of the knowledge acquired during the Adult CPR/Standard First Aid/AED – Challenge course. It serves as a skills refresher and is held on the alternate year of the recertification course.

CPR for the Professional Rescuer/Standard First Aid/AED – (3.50 Hours)

This American Red Cross program is designed for DMHAS police personnel. It includes the CPR Skills for Adult, Child, and Infant, Standard First Aid skills, and AED use in a challenge format.

DMHAS New Employee Trainings: Collaborative Safety Strategies (CSS) and CPR/Standard First Aid (SFA) w. AED

CSS New (3 days): 8:30am – 4:00pm

09/28/21 – 09/30/21
10/12/21 – 10/14/21
10/26/21 – 10/28/21
11/09/21 – 11/10/21, & 11/12/21
11/23/21 – 11/24/21, & 11/26/21
12/07/21 – 12/09/21
12/21/21 – 12/23/21
01/04/22 – 01/06/22
01/18/22 – 01/20/22
02/01/22 – 02/03/22
02/15/22 – 02/17/22
03/01/22 – 03/03/22
03/15/22 – 03/17/22
03/29/22 – 03/31/22
04/12/22 – 04/14/22
04/26/22 – 04/28/22
05/10/22 – 05/12/22
05/24/22 – 05/26/22
06/07/22 – 06/09/22
06/21/22 – 06/23/22

CPR/SFA w. AED New: 8:30am – 2:30pm

10/01/21
10/15/21
10/29/21
11/15/21
11/29/21
12/10/21
12/27/21
01/07/22
01/21/22
02/04/22
02/18/22
03/04/22
03/18/22
04/01/22
04/15/22
04/29/22
05/13/22
05/27/22
06/10/22
06/24/22

Capital Region Mental Health Center September 2021 – June 2022

Contacts: Linda Remillard (860) 293-6314

Classes held in the Auditorium

1 CSS Inpatient Review & SFA/AED Recertification Challenge 8:30am – 4:00pm (Max capacity is 8)

2 CSS Outpatient Review & SFA/AED Recertification Challenge 8:30am – 4:00pm (Max capacity is 8)

<u>September</u>		<u>October</u>		<u>November</u>		<u>December</u>		<u>January</u>	
Tuesday 21	(2)	Tuesday 12	(1)	Tuesday 16	(2)	Thursday 2	(2)	Tuesday 4	(1)
Tuesday 28	(1)	Thursday 21	(2)	Tuesday 23	(1)	Tuesday 7	(1)	Tuesday 25	(2)
				Tuesday 30	(2)	Tuesday 14	(1)		
						Tuesday 21	(2)		
<u>February</u>		<u>March</u>		<u>April</u>		<u>May</u>		<u>June</u>	
Tuesday 8	(1)	Tuesday 15	(1)	Tuesday 12	(2)	Tuesday 10	(1)	Tuesday 7	(1)
Tuesday 10	(2)	Thursday 24	(2)	Tuesday 19	(1)	Tuesday 17	(2)	Thursday 9	(2)
Tuesday 22	(2)	Tuesday 29	(2)	Tuesday 26	(2)	Tuesday 31	(2)	Tuesday 14	(1)
								Tuesday 21	(2)

*Please note that max capacity for some classes has been reduced in order to ensure adherence to DMHAS COVID-19 Protocols

Connecticut Mental Health Center September 2021 – June 2022

Contacts: Yenesis Marulanda-Jones 203-974-7426
Allison Ponce 203-974-7075

Classes held in W212

- 1 CSS Inpatient Review & SFA/AED Recertification Challenge 8:30am – 4:00pm (Max capacity is 16)**
- 2 CSS Outpatient Review & SFA/AED Recertification Challenge 8:30am – 4:00pm (Max capacity is 16)**
- 3 CSS Review & SFA/AED Recertification Challenge for the Docs 12:00pm – 4:00pm (Max capacity is 16)**

September

Tuesday 21 (2)

October

Monday 4 (1)

Tuesday 19 (2)

November

Tuesday 2 (3)

Tuesday 16 (1)

Tuesday 30 (2)

December

Tuesday 14 (2)

January

Monday 3 (2)

Tuesday 18 (1)

Thursday 27 (2)

February

Wednesday 16 (1)

Thursday 24 (2)

March

Tuesday 8 (2)

Tuesday 22 (2)

April

Thursday 7 (1)

Tuesday 19 (3)

Thursday 28 (2)

May

Tuesday 3 (1)

Tuesday 17 (1)

Wednesday 25 (2)

June

Wednesday 1 (1)

Monday 6 (1)

Thursday 16 (2)

Connecticut Valley Hospital September 2021 – June 2022

Contacts: Pamela Shea (860) 262-5151
 Tracy Pember (860) 262- 5904
 Mark Loomis (860) 262-6071

Classes will be held in Page 206 (located across from Page 212)

- 1 **CSS Inpatient Review & SFA/AED Recertification Challenge (Days) 7:30am – 3:30pm (Max capacity is 16)**
- 2 **CSS Inpatient Review & SFA/AED Recertification Challenge (Evenings) 3:30pm – 11:15pm (Max capacity is 16)**
- 3 **CSS Inpatient Review & SFA/AED Recertification Challenge (Nights) 11:30pm Wednesday – 6:45am Thursday (Max capacity is 16)**

<u>September</u>		<u>October</u>		<u>November</u>		<u>December</u>		<u>January</u>	
Wednesday 8	(1)	Wednesday 6	(1)	Wednesday 3	(1)	Wednesday 1	(1)	Wednesday 5	(1)
Wednesday 15	(2)	Wednesday 13	(1)	Wednesday 10	(1)	Thursday 2	(3)	Wednesday 12	(2)
Thursday 16	(2)	Thursday 14	(3)	Wednesday 17	(2)	Wednesday 8	(1)	Thursday 13	(2)
Thursday 23	(1)	Wednesday 20	(1)	Thursday 18	(1)	Wednesday 15	(1)	Wednesday 26	(1)
Wednesday 29	(1)	Wednesday 27	(1)	Thursday 18	(2)				
		Thursday 28	(3)						
<u>February</u>		<u>March</u>		<u>April</u>		<u>May</u>		<u>June</u>	
Thursday 3	(3)	Wednesday 2	(2)	Thursday 7	(3)	Wednesday 4	(1)	Wednesday 1	(1)
Wednesday 9	(1)	Thursday 3	(2)	Wednesday 13	(1)	Thursday 12	(1)	Wednesday 8	(1)
Thursday 17	(3)	Wednesday 9	(1)	Thursday 21	(3)	Thursday 19	(1)	Wednesday 15	(1)
Wednesday 23	(1)	Wednesday 16	(1)	Wednesday 27	(1)	Wednesday 25	(2)		
		Thursday 17	(3)			Thursday 26	(2)		
		Wednesday 30	(1)						

CVH- Blue Hills Staff Only September 2021 – June 2022

Contacts: Cindy Davis 860-293-6461

Classes will be held at Capitol Region Mental Health Center in the Auditorium

1 CSS Inpatient Review & SFA/AED Recertification Challenge 8:30am – 4:00pm (Max capacity is 8)

December

Thursday 16 (1)

January

Thursday 6 (1)

Thursday 20 (1)

February

Tuesday 1 (1)

Tuesday 15 (1)

March

Tuesday 22 (1)

May

Tuesday 3 (1)

River Valley Services September 2021 – June 2022

Contacts: Denise Learmand 860-262-5357
Kathy Chapman 860-262-5761

[Classes held in Page 364](#)

(1) CSS Outpatient Review & SFA/AED Recertification Challenge 8:30am – 4:00pm (Max capacity is 12)

<u>September</u> Monday 20 (1)	<u>October</u> Monday 18 (1)	<u>November</u> Monday 15 (1)	<u>December</u> Monday 13 (1)	<u>January</u> Monday 10 (1)
<u>February</u> Monday 7 (1)	<u>March</u> Monday 14 (1)	<u>April</u> Monday 11 (1)	<u>May</u> Monday 16 (1)	<u>June</u> Monday 13 (1)

Southeast Mental Health Authority September 2021 – June 2022

Contact: Linda Partridge 860-859-4757

Classes held in the Multipurpose Room

(1) CSS Outpatient Review & SFA/AED Recertification Challenge 8:30am – 4:00pm (Max capacity is 8)

September
Monday 20 (1)

October
Monday 25 (1)

November
Monday 8 (1)

December
Monday 13 (1)

January
Monday 31 (1)

February
Monday 14 (1)

March
Monday 21 (1)

April
Monday 25 (1)

May
Monday 23 (1)

June
Monday 20 (1)

Southwest Community Mental Health System September 2021 – June 2022

Contacts: Immacula Cann 203-551-7543
Angela Flynn 203-551-7543

Classes held in GBMHC – Room 818

- 1 CSS Inpatient Review: 8:30am – 4:00pm (Max capacity is 10)**
- 2 CSS Outpatient Review: 8:30am – 4:00pm (Max capacity is 10)**
- 3 CPR/SFA/AED – Challenge: 8:30am – 10:30am & 1:00pm – 3:00pm (Max capacity is 10)**

September

Wednesday 1 (1)
Monday 13 (2)
Wednesday 22 (3)
Monday 27 (3)

October

Tuesday 5 (1)
Thursday 7 (3)
Tuesday 19 (3)
Tuesday 26 (2)

November

Monday 1 (3)
Wednesday 3 (2)
Monday 22 (1)
Monday 29 (3)

December

Wednesday 1 (1)
Monday 6 (2)
Thursday 16 (3)

January

Thursday 6 (2)
Wednesday 12 (1)
Wednesday 19 (3)
Monday 24 (3)

February

Wednesday 2 (2)
Tuesday 15 (3)
Thursday 24 (3)
Monday 28 (1)

March

Tuesday 1 (1)
Monday 7 (3)
Thursday 10 (3)
Wednesday 23 (1)

April

Monday 4 (3)
Tuesday 5 (2)
Wednesday 13 (1)
Monday 18 (3)

May

Thursday 5 (1)
Wednesday 11 (2)
Wednesday 18 (2)
Tuesday 24 (3)

June

Tuesday 7 (3)
Tuesday 14 (3)
Wednesday 22 (1)

Western Connecticut Mental Health Network September 2021 – June 2022

Contact: Kasheene Levett 203-805-6422
Kym Sonido 203-805-6417

Classes held in 95 Thomaston Conference Room, Waterbury
Classes held in Conference Room, Torrington and Danbury

- 1 CSS Outpatient Review & SFA/AED Recertification Challenge 8:30am – 4:00pm (Max capacity is 10) - Waterbury**
- 2 CSS Outpatient Review & SFA/AED Recertification Challenge 8:30am – 4:00pm (Max capacity is 16) - Danbury**
- 3 CSS Outpatient Review & SFA/AED Recertification Challenge 8:30am – 4:00pm (Max capacity is 8) - Torrington**

September

Friday 10 (1)
Friday 24 (3)

October

Friday 1 (2)
Friday 15 (1)
Friday 29 (3)

November

Friday 5 (1)

December

Friday 10 (1)

January

Monday 10 (1)
Friday 21 (3)

February

Friday 25 (1)

March

Friday 11 (1)
Monday 28 (2)

April

Friday 1 (1)
Monday 11 (3)

May

Friday 6 (1)
Monday 9 (2)

June

Friday 10 (1)
Monday 27 (3)

Whiting Forensic Hospital September 2021 – June 2022

Contact: Alicerene Gumbs (860) 262-5824

Classes held in Page 364

- 1 **CSS Inpatient Review (Days) 7:30am – 3:15pm (Max capacity is 12)**
- 2 **CSS Inpatient Review (Evenings) 3:30pm – 11:15pm (Max capacity is 12)**
- 3 **CSS Inpatient Review (Nights) 11:30pm Wednesday – 6:45am Thursday (Max capacity is 12)**
- 4 **SFA/AED Recertification Challenge (Days) 7:30am – 9:30am & 1:30pm – 3:30pm (Max capacity is 12)**
- 5 **SFA/AED Recertification Challenge (Evenings and Nights) 7:30pm – 9:30pm & 11:30pm – 1:30am (Max capacity is 12)**

<u>September</u>	<u>October</u>	<u>November</u>	<u>December</u>	<u>January</u>
Tuesday 7 (4)	Tuesday 5 (4)	Tuesday 2 (4)	Thursday 2 (1)	Tuesday 11 (4)
Tuesday 7 (5)	Tuesday 5 (5)	Tuesday 2 (5)	Tuesday 7 (4)	Wednesday 12 (1)
Thursday 9 (1)	Thursday 7 (1)	Thursday 4 (1)	Thursday 9 (1)	Thursday 13 (3)
Thursday 23 (3)	Wednesday 20 (1)	Wednesday 17 (1)	Wednesday 15 (2)	Wednesday 26 (1)
Thursday 30 (1)	Wednesday 20 (2)	Thursday 18 (3)	Thursday 16 (2)	Thursday 27 (3)
	Thursday 21 (2)		Wednesday 22 (1)	
<u>February</u>	<u>March</u>	<u>April</u>	<u>May</u>	<u>June</u>
Wednesday 9 (2)	Tuesday 8 (4)	Tuesday 5 (4)	Wednesday 4 (2)	Thursday 2 (3)
Thursday 10 (2)	Tuesday 8 (5)	Tuesday 5 (5)	Thursday 5 (2)	Thursday 9 (1)
Tuesday 22 (4)	Thursday 10 (1)	Wednesday 6 (1)	Tuesday 17 (4)	Thursday 16 (3)
Tuesday 22 (5)	Thursday 24 (1)	Thursday 14 (3)	Tuesday 17 (5)	Tuesday 28 (4)
Wednesday 23 (1)	Thursday 24 (3)	Wednesday 20 (1)	Thursday 19 (1)	Tuesday 28 (5)
			Tuesday 31 (1)	Wednesday 29 (5)