DMHAS WORKFORCE DEVELOPMENT

INSTRUCTOR-LED & VIRTUAL TRAINING

FALL 2024

www.ct.gov/dmhas/workforcedevelopment

7 New Trainings

DMHAS WORKFORCE DEVELOPMENT PERSONNEL

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CONTINUING EDUCATION UNITS (CEU) INFORMATION

Many virtual and in-person 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).
- 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 <u>Workforce.Development@ct.gov</u> 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 <u>Workforce.Development@ct.gov</u>.

FREQUENTLY ASKED REGISTRATION QUESTIONS

- Q: How do I attend a virtual training?
- When you register for a virtual training, you will receive an enrollment confirmation email that contains A: 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 the training. don't know username, attend If vou vour 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	SUCCESSFUL	VIEW SU	MMARY
	Instructor-Led Version:FY16	On:09-17-2015	·	Print Certificate
-K	Active Shooter Training: Being Prepared Web Based Training	SUCCESSFUL	PRINT CEI	Export Certificate
		On:05-18-2016 Score: 100		Notes

- Q: What if I have reviewed the information above and am still having problems?
- A: Check out our tutorial, <u>Introduction to the LMS</u>, then email <u>Workforce.Development@ct.gov</u>.

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 2024 Training Schedule

Date(s)	Time	Title	Facility	CEUs
9/11/2024	9:00am-3:00pm	Peer Support for People Living with Thoughts of Suicide and the CT Alternatives to Suicide Network 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 is 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.	Connecticut Valley Hospital, Page Hall	5 CCB, NASW, PSY
9/13/2024	9:00am-3:30pm	Therapeutic Breathwork for Mental Health - A Yoga Therapy Approach 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 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.	Connecticut Valley Hospital, Page Hall	5.5 CCB, NASW, PSY
9/16/2024	9:00am-1:00pm	This class will educate staff on Person-centered, strengths-based, recovery-oriented services involving core concepts and attitudes. Staff will develop various skills includes implementation of crucial concepts and attitudes while 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.	Connecticut Valley Hospital, Page Hall	4 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
9/17/2024	9:00am-12:15pm	Motivational Interviewing and Suicide Prevention (NEW) Prerequisite: 2-Day Basic and Intermediate Motivational Interviewing Motivational interviewing (MI) is a person-centered, evidence-based, goal-oriented method for enhancing intrinsic motivation to change. This active, skill-building workshop focuses on the use of MI in conversations with people who may be experiencing thoughts about suicide. Participants will be supported to consider the use of the spirit and skills of MI to differentially reinforce statements that are likely to reduce suicidal ideation, while simultaneously providing compassion, acceptance, and empathy for the struggles that they are experiencing.	Virtual Class	3 CCB, NASW, PSY#
9/18/2024	10:00am-11:30am	The Evolution of CAPTA: Supporting Families Impacted by Substance Use 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.	Virtual Class	1.5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
9/23/2024	9:00am-12:00pm	Domestic Violence 101 for Mental Health Treatment Providers (NEW) The purpose of this presentation is to provide training on domestic violence to mental health and substance use treatment providers in the community. During the training we will discuss the different types of domestic violence, laws associated with such, and specific behaviors that occur. We will explore mental health and substance use factors that increase the chances of entering a domestic violence relationship as well as the mental health outcomes that often are a result of domestic violence. We will address the implications on children. When discussing interventions, participants will learn how to proactively and confidently add questions about domestic violence to their work with clients, recognize warning signs, understand risks associated with DV and ways to respond to domestic violence disclosures. The training will be concluded by reviewing the domestic violence resources across the state and how to connect clients with services.	Connecticut Clearinghouse	3 CCB, NASW, PSY
9/30/2024 & 10/2/2024	9:00am-4:00pm	Dynamic DSM-5-TR Comprehensive Overview (NEW) This two-day session of the DSM-5-TR Comprehensive Overview will cover, in-depth, the diagnostic criterion of the major mental health disorders, including the substance use disorders, and the updated diagnostic terminology. The review will cover diagnostic criteria, diagnostic complications, and challenges within the categories within each chapter, the differences in current treatment approaches to include current medications, and issues related to gender, culture, etc. as they relate to the diagnosis and treatment of the disorders specific to the DSM-5-TR.	Connecticut Valley Hospital, Page Hall	12 CCB, NASW, PSY@

Date(s)	Time	Title	Facility	CEUs
10/1/2024	9:00am-3:00pm	3 Essential Connections: Holistic Stress Management for Healthcare Providers 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.	Connecticut Valley Hospital, Page Hall	5 CCB, NASW, PSY
10/7/2024 & 10/9/2024	9:00am-3:30pm	Engaging Spanish Speaking Individuals through the Integration of Cultural Values and Motivational Interviewing Principles * (TRAINING WILL BE FACILITATED SOLELY IN SPANISH) Two-day training: This training will provide an introduction and overview to the use of Motivational Interviewing (MI) when working with monolingual Spanish speaking individuals. As such, the training will be taught in Spanish. It is expected that participants will already understand how to use the relational and technical aspects of Motivational Interviewing. The training will consist of a combination of discussion, videos, experiential exercises, and role/real plays geared towards facilitating proficiency in how culture and language can be integrated with the relational and technical components of MI. The overall goal is to increase knowledge, skill, and attitude in a manner that facilitates and enhances engagement to help individuals successfully navigate and make the best use of the services offered to them.	Connecticut Valley Hospital, Page Hall	11 CCB, NASW, PSY*

Date(s)	Time	Title	Facility	CEUs
10/8/2024	1:00pm-4:00pm	The Intersection Between ADHD, Autism, and the LGBTQ Community * This interactive training will allow participates to deepen the understanding of individuals who are neuro-divergent, how it impacts their lives, as well as the intersection between neuro-divergency and the LGBTQ identity. This training will also provide insight the high prevalence in both identities, as well as a review of both identities, risk factors, and how to best support this population. The content of this session will include I lectures, activities, media presentations, and case studies.	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY
10/8/2024	9:00am-12:00pm	The Urgency of Self-Awareness and Bias when Working with the LGBTQ+ Community * (NEW) This training will explore the LGBTQ+ community, this will be an introductory training but can also serve as a review or a refresher for some individuals who would like a fresh perspective. We will discuss the components of gender and sexuality identity, as well as some of the challenges that the communities and sub-communities experience. This training will also examine what we learn as children about gender and sexuality, and how social learning impacts our own morals and values. We will also discuss the types of bias we experience as providers, and how to discern your own values and beliefs from the rights of LGBT individuals, including access to health care. This training will both cover an overview of gender, sexuality, and the communities and sub-groups that make up the LGBTQ+ community.	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY@
10/21/2024	9:00am-1:00pm	Preventing Sexually Transmitted Infections in Clients with Mental Health Conditions Through Workforce Education 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 about 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.	Virtual Class	4 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
10/23/2024	9:30am-12:00pm	Financial Health Support in Mental Health Care (NEW) More and more, meaningful connection to community is being identified as an important part of mental health and substance use recovery. Citizenship is a wellestablished 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 program will focus on resources – finances specifically. People with serious mental health disabilities experience greater financial hardship than others. They are more likely to run out of money before the end of the month, struggle to pay rent and utility bills, be indebted, and experience financial stress, all of which affect quality of life and hinder recovery. Financial hardship arises due to low income (disability benefits and/or low paid employment); difficulty managing money and making good financial decisions; vulnerability to exploitation; and lack of access to effective and affordable financial services. People of color are disproportionately affected, given higher rates of poverty among that group and relative lack of access to financial services, rooted in historical and ongoing structural discrimination. This training will begin with a discussion about the connections between finances and mental illness with the goal of ensuring that participants understand the causes of some of the situations experienced by people they serve, and of certain behaviors related to finances. The training will then offer a set of concrete strategies that participants can use to support the financial well-being of people they serve, including financial products that can help people do better with their money, and ways to maximize their autonomy and dignity in situations where people do not control their own funds. Technical assistance will be offered to participants after completion of the workshops, so they can implement financial health supports in their organizations.	Connecticut Valley Hospital, Page Hall	2.5 CCB, NASW, PSY
10/25/2024	9:00am-12:00pm	Ethics for Addiction Counselors: Dual Relationships This three-hour course reviews the Connecticut Certification Board (C.C.B.) Code of Ethics highlighting ethical dilemmas associated with dual relationships.	Connecticut Clearinghouse	3 CCB

Date(s)	Time	Title	Facility	CEUs
10/30/2024	9:00am-3:30pm	Introduction to a yoga therapy approach to the application of yoga techniques for supporting trauma recovery. Learn to apply yoga therapy frameworks, methodologies, and trauma-sensitive protocols to adapt therapeutic somatic practices for individual clients. Acquire strategies for appropriately administering the use of prescribed home practice at a suitable pace for the client's experience. Develop an awareness of the contraindications for using yoga techniques for trauma. Learn to educate and empower clients to take an active role in their own healing. Enhance the therapeutic relationship while engaging in an exploration of how yoga therapy integrates with Western medical healing modalities. Gain experience applying this knowledge through a practical application of skills learned.	Connecticut Valley Hospital, Page Hall	5.5 CCB, NASW, PSY
10/31/2024	9:00am-12:00pm	The Face of Today's Veteran and Ways to Maximize Engagement * This course is designed for working professionals who provide direct service, case management or other administrative duties that support the engagement and stability of veterans in the community and/or through engagement in behavioral health services.	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY
11/7/2024	9:00am-11:00am	Pet Loss and Grief: An Introduction (NEW) This course will provide a history of the human animal bond and the impact of pets in our lives. Pets are not just dogs and cats, but many other animals are considered family as well. This course discusses grief and bereavement as it relates to the loss of a pet and educates the social worker on disenfranchised grief. This course discusses theories of grief and how to implement these considerations into practice.	Virtual Class	2 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
Date(s) 11/8/2024	Time 9:00am-3:30pm	A Forensic CBT Primer: Interventions for Antisocial and Criminal Behavior 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. 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.	Connecticut Clearinghouse	5 CCB, NASW, PSY
		broadly applicable to antisocial and forensic clients as		
		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.		

Date(s)	Time	Title	Facility	CEUs
11/13/2024	9:00am-3:30pm	Peer Support for People who Hear Voices, and the CT Hearing Voices Network 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.	Connecticut Valley Hospital, Page Hall	5 CCB, NASW, PSY
11/15/2024	9:00am-12:15pm	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 settingsprivate offices, clinics, hospitals, groups, schools, military bases, and disaster sites.	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY@

Date(s)	Time	Title	Facility	CEUs
11/20/2024	9:00am-3:30pm	Bearing Witness to Suffering: Sustaining Self-Care in Trauma Work Bearing witness toor even hearing aboutinjustice, suffering, harm, and death, is universally disturbing, disruptive, and often traumatic to both personal health and professional practice. The double pandemics of substance use disorders and COVID-19 have magnified uncertainty in our lives and multiplied suffering and trauma in the lives of those we hope to help recover. This interactive training will explore the challenges of sustaining balance and health in work with traumatized people, families, and communities. Participants will review and describe proactive self-care tools and practices to sustain health and resiliency in ourselves, our workplaces, and our communities as antidotes to cumulative, vicarious, secondary trauma, care-giver fatigue, and burnout common in Trauma Work.	Connecticut Clearinghouse	5 CCB, NASW, PSY
11/22/2024	9:00am-3:30pm	Anger: Critical Issues in Assessment and Intervention 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.	Connecticut Clearinghouse	5 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
12/2/2024	9:00am-3:30pm	Vicarious Trauma This course reviews the impact of vicarious trauma, countertransference, and compassion fatigue on the burnout process. The training content will assist the participant in identifying the signs and symptoms of each as well as the difference in impact between direct trauma	Connecticut Valley Hospital, Page Hall	5 CCB, NASW, PSY
		and vicarious trauma on their relationships with clients and other staff. Current events and challenges such as serving clients within the challenge of the aftermath of a COVID19 aware environment will also be explored. Motivational Interviewing Basic and Intermediate		
12/9/2024 & 12/10/2024	9:00am-4:30pm	Motivational interviewing (MI) is a client-centered, evidence-based, goal-oriented method for enhancing intrinsic motivation to change by exploring and resolving ambivalence with the individual. This active, skill-building workshop provides participants with knowledge of the spirit, micro skills, and strategies of the model, and provides opportunities to practice the approach. Day 2 will help participants develop proficiency in this method. Participants will integrate the spirit, skills, and strategies in practice conversations, and are encouraged to attend the "Advanced Motivational Interviewing" training to develop proficiency in this method.	Connecticut Valley Hospital, Page Hall	12 CCB, NASW, PSY
12/11/2024	9:00am-12:00pm	Ethics for Addiction Counselors: Boundaries This three-hour course will review the Connecticut Certification Board (C.C.B.) Code of Ethics with an emphasis on boundaries.	Connecticut Valley Hospital, Page Hall	3 CCB
12/12/2024	9:00am-11:00am	Human-Animal Bond: Human-Animal Relationships in Social Work Practitioners 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 cosheltering, and veterinary social work at the veterinarian will be shared including ways to continue learning and get involved.	Virtual Class	2 CCB, NASW, PSY

Date(s)	Time	Title	Facility	CEUs
12/16/2024	9:00am-12:00pm	Community Mapping for Mental Health Providers More and more, meaningful connection to community is being identified as an important part of mental health and substance use recovery. Citizenship is a wellestablished 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.	Connecticut Valley Hospital, Page Hall	3 CCB, NASW, PSY
12/20/2024	9:00am-3:30pm	Assessing Risk and Suicidality: Interviewing Skills for Clinicians and Helpers Front line clinicians and helpers are often in the best position to obtain the most comprehensive information about suicidal ideation and other self-harming behaviors. This course will present a proven, research-based interviewing approach to maximize skills in obtaining information needed to assess and manage acute risk in patients with co-occurring disorders.	Connecticut Clearinghouse	5 CCB, NASW, PSY

[@] NASW/CEU application pending.

Thanks to the New England Addiction Technology Transfer Center for co-sponsoring trainings



^{*}Meets the requirements for Cultural Competence Continuing Education