

DMHAS  
WORKFORCE DEVELOPMENT  
INSTRUCTOR-LED TRAINING

Winter 2020 Catalog

[www.ct.gov/dmhas/workforcedevelopment](http://www.ct.gov/dmhas/workforcedevelopment)

7 New Trainings

## DMHAS WORKFORCE DEVELOPMENT PERSONNEL

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## CONTINUING EDUCATION UNITS (CEU) INFORMATION

Many instructor-led 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](http://www.ct.gov/dmhas/workforcedevelopment).
- Upon registering for a training, you will receive an email from [Workforce.Development@ct.gov](mailto:Workforce.Development@ct.gov) regarding your enrollment status (confirmed or waitlisted), room assignments, and session information. Please read your emails completely and mark your calendar!
- Check your SPAM filter to mark [Workforce.Development@ct.gov](mailto: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](http://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](mailto:Workforce.Development@ct.gov).




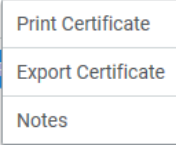
## FREQUENTLY ASKED REGISTRATION QUESTIONS

**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 an instructor-led training?**

**A:** Please allow for 3 business days after the completion of instructor-led 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
 <b>A Brief Introduction to Working with People with Borderline Personality Disorders</b> Instructor-Led Version:FY16	<div style="background-color: #4CAF50; color: white; text-align: center; padding: 2px;">SUCCESSFUL</div> On:09-17-2015	<div style="background-color: #2196F3; color: white; padding: 5px;">VIEW SUMMARY</div> 
 <b>Active Shooter Training: Being Prepared</b> Web Based Training	<div style="background-color: #4CAF50; color: white; text-align: center; padding: 2px;">SUCCESSFUL</div> On:05-18-2016 Score: 100	<div style="background-color: #2196F3; color: white; padding: 5px;">PRINT CE</div>  <ul style="list-style-type: none"><li>Print Certificate</li><li>Export Certificate</li><li>Notes</li></ul>

**Q: How do I get a copy of my transcript?**

**A:** Online transcripts are available for classes that have been held after 1/1/09. Once you've logged into your LMS account, go to the Me tab, then click Analytics in the left-hand menu. Click on the report entitled User Transcript. Your transcript will open in a new window. Click on the Download button at the top right of the window to export your transcript to PDF (recommended) or Excel. For more detailed instructions, see [Introduction to the LMS](#).

**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](mailto: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 Instructor-Led Training Schedule

Date(s)	Time	Title	Facility	CEUs
1/8/2020	9:00am-12:15pm	<p style="text-align: center;"><b>Ethics for Addiction Counselors: Social Media</b></p> <p>This three hour course will review the Connecticut Certification Board (C.C.B.) Code of Ethics with an emphasis on social media.</p>	CC	3 CCB
1/10/2020	9:00am-3:30pm	<p style="text-align: center;"><b>Supporting Grief-Work in Behavioral Health Treatment</b></p> <p>Loss, mourning, and grief are an integral and unavoidable experience in human life. Substance use, Post-Traumatic Stress Disorder, Physical &amp; 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>	CC	5 CCB, NASW, Psy
1/15/2020	9:00am-3:30pm	<p style="text-align: center;"><b>Increasing Hepatitis C Knowledge for Behavioral Health and Medical Providers</b></p> <p>Training is intended for professionals working in Opioid Treatment Programs, Federally Qualified Health Centers, and other primary care, substance use treatment, and prevention settings. This five module curriculum is designed to instruct behavioral health and medical providers on opportunities for screening and testing for hepatitis C (HCV), incidence of viral infections and opioid injection drug use, treatment options and patient considerations, and essential elements of effective linkage to care for persons infected with HCV.</p>	CC	5 CCB, NASW, Psy
1/16/2020	9:00am-12:15pm	<p style="text-align: center;"><b>Introduction to Providing Expert Testimony</b></p> <p>This course provides an introduction to testifying in Superior Court. The discussion will include preparing the forensic evaluation and understanding the Connecticut General Statutes as a framework for the clinical opinion. Other topics that will be covered include an overview of the forensic assessment, terminology and ‘lingo’, dealing with nerves and court etiquette. Examples of relevant cases will be discussed.</p>	CVH	3 CCB, NASW, Psy

Date(s)	Time	Title	Facility	CEUs
1/17/2020	9:00am-3:30pm	<p align="center"><b>Trauma-Informed Practice in Behavioral Health Care</b></p> <p>The Adverse Childhood Experiences (ACE) study provides a documented link between childhood exposure to violence and other traumatic experiences and later psychiatric disorders, physical illnesses, substance use and addictive disorders. SAMHSA recommends that all human service providers be trauma-informed and be able to REALIZE, RECOGNIZE, and RESPOND to the activation of trauma and support recovery in people affected by trauma, living with Post Traumatic Stress Disorder (PTSD), and other conditions that detract from their health and wellness. This course will review the history and development of current understandings of trauma and recovery, with a focus on emotional regulation and grounding interventions to assist people with co-occurring mental illness and substance use disorders in strength-focused recovery.</p>	CC	5 CCB, NASW, Psy
1/21/2020	9:00am-12:15pm	<p align="center"><b>Understanding CAPTA and Supporting Women in the Development of a Plan of Safe Care (NEW)</b></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 plans of safe care 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. As part of the DMHAS provider system of care, it is essential that providers understand the impact of this legislation on the women we serve and be poised to help provide them with education around this mandate. It is also crucial that the clinical staff be equipped to help them develop a comprehensive “plan of safe care” prior to the time of their delivery.</p>	CVH	3 CCB, NASW, Psy
1/24/2020 & 1/31/2020	9:00am-3:30pm	<p align="center"><b>Motivational Interviewing Intensive</b></p> <p>This two session training will provide participants with insight into peoples' intrinsic motivation to accept and maintain recovery. 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 uninterested, 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>	CC	10 CCB, NASW, Psy

Date(s)	Time	Title	Facility	CEUs
1/24/2020	9:00am-4:00pm	<p style="text-align: center;"><b>Recovery 101 (NEW)</b></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? Recovery 101 is an introduction to the attitudes, core concepts and approaches that are transforming services, systems and lives. Person centered, strengths-based approaches rely on collaborative relationships, active participation and empowerment of the person receiving services. An attitude of optimism and hopefulness guides recovery programs that focus on life plans rather than exclusively managing symptoms. In this experiential and interactive program trainees work to incorporate the concepts and apply them in developing meaningful recovery plans.</p>	CVH	5.5 CCB, NASW, Psy
1/27/2020	9:00am-12:30pm	<p style="text-align: center;"><b>Clinical Provider Education on Hypertension: Leading Clients to Better Outcomes Through Knowledge (NEW)</b></p> <p>Hypertension affects a staggering 1 in 3 people in the United States, leading to a national cost of approximately 49 billion dollars per year. Hypertension is a major risk factor for multiple organ failure and decreased life expectancy. While hypertension affects a wide range of people, it is extremely prevalent in clients with a severe mental health diagnoses. This class will provide the needed education to help providers (Social Workers, Psychologists, Case Managers, Mental Health Workers and Support Staff) make proper referrals to MDs and other medical providers. The class will enable staff to provide the needed education reinforcement on proper diet, medical appointments, lifestyle choices, stress management and prescribed medication adherence. Clinicians that provide therapy will have the needed insight to discuss this growing health problem in a holistic manner, leading to a better client outcome.</p>	CVH	3 CCB, NASW, Psy
1/31/2020	9:00am-12:15pm	<p style="text-align: center;"><b>A Brief Introduction to Working with People with Borderline Personality Disorders</b></p> <p>This half-day training will help participants to understand the concept of borderline personality disorder. It will review how it develops and how people with borderline personality disorder respond to the world around them. It will review treatments for borderline personality disorder and strategies for helping people with their recovery.</p>	CVH	3 CCB, NASW, Psy

2/4/2020	9:00am-3:30pm	<p align="center"><b>Understanding Mental Health Conditions</b></p> <p>This course provides an overview of the signs, symptoms, etiology, and course, of the major mental health disorders, with an emphasis on severe and persistent conditions. The interaction of these conditions with substance use will be explored. It places disorders in a stress-vulnerability model, and uses this model to review roles and strategies for direct care staff in a recovery-oriented system.</p>	CVH	5 CCB, NASW, Psy
2/5/2020	9:00am-12:15pm	<p align="center"><b>Ethics for Substance Abuse Counselors: Dual Relationships</b></p> <p>This three-hour course reviews the Connecticut Certification Board (C.C.B.) Code of Ethics highlighting ethical dilemmas associated with dual relationships.</p>	CC	3 CCB
2/7/2020	9:00am-12:15pm	<p align="center"><b>It's Not Your Fault: Overcoming The Shame, Stigma &amp; Guilt Of Trauma (NEW)</b></p> <p>While everyone's lived experiences vary, many people can relate to living a life with a secret or dealing with some form of dysfunction. Unfortunately, for some, dysfunction can become "normal" which can lead to various forms of self-limiting behaviors. Growing up in this environment can contribute to substance abuse, self-hate, dysfunctional relationships, low self-esteem, and additional trauma. Whether it be molestation, rape, domestic violence, or identity issues, the shame and fear of how others will view us keeps many in a cycle of emotional incarceration. Learn about shame, stigma, guilt, and skills for working with clients struggling with these common feelings after traumatization.</p>	CVH	3 CCB, NASW , Psy
2/10/2020	9:00am-12:30pm	<p align="center"><b>Preventing Sexually Transmitted Infections In Clients With Mental Health Conditions Through Staff Education (NEW)</b></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 education and counseling on safety cause 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>	CVH	3 CCB, NASW, Psy



2/11/2020	9:00am-3:30pm	<p style="text-align: center;"><b>Getting in the Weeds: Emerging Issues with Cannabis</b></p> <p>The movement towards legalizing cannabis for medical and/or recreational use seems to indicate its greater acceptance. This training will help participants to understand what cannabis is, the history of cannabis use, potential medical benefits and possible adverse effects. Issues related to risk factors, assessment and treatment of cannabis use disorders will be explored.</p>	CVH	5 CCB, NASW, Psy
2/14/2020	9:00am-3:30pm	<p style="text-align: center;"><b>Assessing Risk and Suicidality: Interviewing Skills for Clinicians and Helpers</b></p> <p>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.</p>	CVH	5 CCB, NASW, Psy
2/20/2020	9:00am-3:30pm	<p style="text-align: center;"><b>The Clinical Interview</b></p> <p>What questions do you ask your clients that get at the information you need? What language do you use? How do you take into account a client's culture in the questions that you ask? How do you address silence, or an unwillingness to participate in the interview? How do you refocus a client or deescalate his or her aggression? What questions can you ask to get at specific symptoms and how do you adjust your query in session as needed? While many trainings examine symptoms, psychopathology, and existing diagnostic assessment tools, this seminar has the actual clinical interview at its focus. We will explore how to gather the information you need for diagnosis and treatment planning, and hone your clinical interviewing skills. This seminar will teach participants how to utilize interviewing techniques that meet the needs of the clients they serve, which strengthens both the individual client's treatment experience and the profession as a whole. The topic connects to diversity in allowing participants to attend to the diverse background of their clients in the specific questions that are utilized, as well as specific ideas in how to ask the questions, (e.g. language, non-verbal communication, vocal tone). It connects to ethics because attendees will learn how to ensure their clinical interviewing adheres to the strictest of ethical principles. It connects to advocacy because the better the clinical interview, the better treatment the clients will receive; treatment the clients deserve and need to build a healthy life.</p>	CVH	5 CCB, NASW, Psy

2/21/2020	9:00am-3:30pm	<p align="center"><b>Medication Assisted Treatment 201 (NEW)</b></p> <p>MAT for Persons with OUD 201: Treatment Protocols 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. 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>	CC	5 CCB, NASW@, Psy
2/26/2020	9:00am-4:00pm	<p align="center"><b>How to Effectively Teach Skills</b></p> <p>Person-centered, strengths-based, recovery oriented services involve core concepts and attitudes. Skill development includes implementation of those concepts and attitudes and translating ideas into actions. More and more service providers at every level are called upon to help the people that they serve develop effective wellbeing and living skills. Developing, employing and strengthening skills is essential to sustaining progress toward sought after life goals. This action oriented workshop guides trainees in the best and evidenced based practices of effective skills development.</p>	CVH	5.3 CCB, NASW, Psy
2/28/2020	9:00am-12:15pm	<p align="center"><b>Cognitive Behavioral Therapy for PTSD</b></p> <p>This workshop will cover the use of cognitive-behavioral therapy (CBT) for posttraumatic stress disorder (PTSD). There will be an emphasis on the use of prolonged exposure, with additional elements of cognitive processing therapy and stress inoculation training. A mix of didactic presentations and video examples will be used.</p>	CVH	3 CCB, NASW, Psy
3/5/2020	9:00am-3:30pm	<p align="center"><b>Treating Obsessive-Compulsive and Related Disorders</b></p> <p>The obsessive-compulsive and related disorders (OCDs) include obsessive-compulsive disorder, body dysmorphic disorder, hoarding disorder, trichotillomania, and excoriation (skin-picking) disorder. In this workshop we will describe transdiagnostic mechanisms that contribute to the maintenance of these disorders, and discuss the principles of treatment. Video examples will be used.</p>	CVH	5 CCB, NASW, Psy

3/6/2020	9:00am-12:15pm	<p style="text-align: center;"><b>Older Adults: The Impact of Substance Use</b></p> <p>Substance use is a growing health problem among the aging and elderly populations. This training provides some insight into how substance use impacts older adults. The use of alcohol and other drugs will be examined with a focus of the greater susceptibility to toxic effects in the elderly. We will review several treatments that are age-specific, societal views of the aging, and briefly discuss the different types of cognitive decline. For example, the symptoms of vascular dementia. This training is designed to give basic education to those who are beginning to work with the elderly population.</p>	CC	3 CCB, NASW, Psy
3/13/2020	9:00am-3:30pm	<p style="text-align: center;"><b>The Art of Diagnosis</b></p> <p>Although licensed clinicians diagnose psychiatric illnesses daily, there is little education on how to do that well. This training explores the common mistakes that clinicians make and teaches the art involved with accurate diagnosis, examining the current tools available to aid the clinician. We will also spend time examining the best way to use the DSM-5 to aid in diagnosis, and updated decision trees with specific questions the clinician can use in clinical sessions will be utilized. Many case vignettes will be used in a variety of teaching formats to encourage participants to immediately apply the tools discussed. Teaching tools will also be given for those in supervisory roles, if applicable.</p>	CVH	5 CCB, NASW, Psy
3/25/2020	9:00am-4:30pm	<p style="text-align: center;"><b>Clinical Supervision: Improving Your Staff's Direct Service Skills</b></p> <p>This training is for supervisors with the focus on improving their supervisee's engagement/relationship, assessment and intervention skills with clients. Supervisors will learn how to use a variety of roles, foci and interventions to facilitate staff development. Practical skills will be taught through the use of lecture and experiential exercises.</p>	CVH	6 CCB, NASW, Psy
3/26/2020	9:00am-3:30pm	<p style="text-align: center;"><b>Trauma Integrated Addiction Treatment</b></p> <p>An abundance of research has pointed to poor treatment outcomes for people with co-occurring trauma and addiction. Traditional addiction treatment has ignored the significant impact of trauma on personal recovery and subsequently people have continued to struggle as a result. With recent advances in understanding the impact of trauma, it is time for a change in the approach taken toward trauma and addiction. This interactive and experiential presentation offers an overview of the impact of trauma on the recovery process from a social, biological, psychological, and spiritual perspective and will provide clinicians with skills to work people affected by trauma throughout their recovery, as well as, understanding the conceptual framework of trauma-informed practice.</p>	CVH	5 CCB, NASW, Psy

3/27/2020	9:00am-12:15pm	<p style="text-align: center;"><b>Getting a Grip on Gender: Working with Gender Diverse &amp; Transgender Clients across the Lifespan</b> <b>(NEW)</b></p> <p>In this half-day workshop, you will learn the basics of orientation, sex, gender, gender identity, and gender expression. Much of our society and the systems within it define the world in binary terms (male/female, masculine/feminine, man/woman, either/or). Because they may be outside this traditional view, identities such as transgender, gender creative, and gender fluid clients or coworkers can bring up questions and concerns. You will walk away from this workshop with helping strategies, tools, and ideas to address critical concerns and obstacles unique to transgender, gender fluid, and non-binary people. You will also understand the expectations of Connecticut's non-discrimination statutes about sexual and gender minority people.</p>	CC	3 CCB, NASW@, Psy
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@ NASW/CEU application pending.

\*Meets the requirements for Cultural Competence Continuing Education

CC – Connecticut Clearinghouse, Plainville

CVH – Connecticut Valley Hospital, Beers Hall, 3<sup>rd</sup> Floor, Cocilovo Room, Middletown

**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