

Registration and information for all trainings is available at the Alaska Training Cooperative Learning Management System (LMS): [www.aktclms.org](http://www.aktclms.org)

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## ALASKA TRAINING COOPERATIVE - TRAINING OPPORTUNITIES UPDATE

### August 2020 – October 2020

In compliance with the University of Alaska guidance for face-to-face trainings for the upcoming months, The Alaska Training Cooperative will be offering only online trainings via Zoom, except for very specific private trainings where social distancing can be observed.

#### Behavioral Health Continuing Education Trainings

##### BHCE Trainings

The BHCE trainings are designed to offer behavioral health continuing education credits for licensed professionals. The two to three hour trainings are open to any interested participants and cover a range of behavioral health topics.

**Delivery Method:** Currently online via Zoom only    **Contact:** Tom McRoberts, 264-6251, [tom@alaskachd.org](mailto:tom@alaskachd.org)

- Indigenous Connectedness as a Framework for Relational Healing, pre-recorded  
September 9

##### Traditional Health Based Practices

Participants are provided with foundational information on traditional lifestyles and health practices of people living in Alaska prior to western contact.

**Delivery Method:** Currently online via Zoom only    **Contact:** Tom McRoberts, 264-6251, [tom@alaskachd.org](mailto:tom@alaskachd.org)

- September 17
- October 22

#### State of Alaska, Assisted Living Housing Licensing Orientation – Regulations

This training will give participants an introduction to assisted living licensing, and outline the basics for setting up an assisted living home. The presentation will provide an overview of assisted living requirements under the Department of Health and Social Services, Division of Health Care Services, Residential Licensing Program.

- August 11

#### State of Alaska, Assisted Living Housing Licensing Orientation – Application

This training is expected to conclude the introduction to Assisted Living Licensing and will provide participants an overview of the process and expectations when applying for an Assisted Living Home license.

- August 12

#### Basic Concepts of Care Coordination

Designed for new care coordinators not yet certified. This training is required prior to taking *Care Coordination Core Units* offered by Senior and Disability Services. Topics covered include Ethics, How to Serve Someone with a Disability, Advocacy, Planning Services, and Skills of Interaction. (This training is open for public registration.)

**Delivery Method:** Currently online via Zoom only    **Contact:** Betsy Chivers, 907-264-6233, [betsy@alaskachd.org](mailto:betsy@alaskachd.org)

- August 19
- September 15
- October 21

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## Alaska Core Competency Training

The Alaska Core Competencies are a set of essential skills for Direct Support Professionals who deliver services to persons with mental health and substance use conditions, intellectual and physical disabilities, and elder care.

**Delivery Method:** Currently online via Zoom only     **Contact:** Tom McRoberts, 264-6251, [tom@alaskachd.org](mailto:tom@alaskachd.org), Riki Chapman, 264-6257, [riki@alaskachd.org](mailto:riki@alaskachd.org)

- Competency 1: August 18
- Competency 2: August 19
- Competency 3, 5, 6: August 20
- Competency 4: August 25
- Competency 7, 8: August 26
- Competency 9, 10: August 27

Next training series in November

## Mental Health First Aid

The adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help an adult person who may be experiencing a mental health related crisis or problem. Topics covered include first aid around anxiety, depression, psychosis, and addictions. *(public and private sessions offered)*

**Delivery Method:** To be determined     **Contact:** Jill Ramsey, 907-264-6228, [jill@alaskachd.org](mailto:jill@alaskachd.org)

## Mental Health First Aid for Public Safety

Mental Health First Aid for Public Safety is a course specially designed for police officers, first responders, corrections officers and other public safety professionals, helping them better understand mental illnesses and providing them with effective response options to deescalate incidents without compromising safety.

**Delivery Method:** To be determined     **Contact:** Jill Ramsey, 907-264-6228, [jill@alaskachd.org](mailto:jill@alaskachd.org).

## Mental Health First Aid for Older Adults

Mental Health First Aid for Older Adults is a course designed for those working with and caring for people over 65. Often a spouse, partner or family member does the majority of caregiving of older adults. As a direct service provider or caregiver, the training can help in the recognition of depression, anxiety, suicidal thoughts or gestures, as well as the role that substance abuse plays in the mental health of a loved one. *(public and private sessions offered)*

**Delivery Method:** To be determined     **Contact:** Betsy Chivers, 907-264-6233, [betsy@alaskachd.org](mailto:betsy@alaskachd.org)

## Youth Mental Health First Aid

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is designed for adults who regularly interact with young people. *(public and private sessions offered)*

**Delivery Method:** To be determined     **Contact:** Wendi Shackelford 907-264-6224, [wendis@alaskachd.org](mailto:wendis@alaskachd.org)

## CPI Non-Violent Crisis Intervention

With a core philosophy of providing for the care, welfare, safety, and security of everyone involved in a crisis situation, the program's proven strategies give human service providers and educators the skills to safely respond to various levels of risk behavior while balancing the responsibilities of care. *(public and private sessions offered)*

**Delivery Method:** To be determined     **Contact:** Jill Ramsey, 907-264-6228, [jill@alaskachd.org](mailto:jill@alaskachd.org)

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## Conflict Resolution Skills – Basic Workshop & Advanced Workshops

The Basic Workshop presents conflict resolution skills through experiential learning exercises and practice with the goal of helping Direct Service providers and community members to think about and make choices to reduce conflicts in work and everyday settings. The Advanced Workshop is for those who have already taken the Basic workshop. This workshop focuses on the underlying causes of violence in and outside ourselves.

(AKTC/Hands of Peace Conflict Resolution Skills/AVP workshops are not affiliated with LEAP Alternatives to Violence program.)

**Delivery Method:** Face-to-face only

**Contact:** Lisa Cauble, 907-264-6276 for the next offering

## Hearing Voices that are Distressing Workshop

Understand the challenges of people who experience a mental illness and hear voices through a four-hour experiential training that includes a one-hour video, one-hour simulated "hearing voices" experience through use of an MP3 player, earphones and simulated scenarios/environments, and a one-hour group discussion. (*public and private sessions offered*)

**Delivery Method:** Face-to-face only

**Contact:** Jill Ramsey, 907-264-6228, [jill@alaskachd.org](mailto:jill@alaskachd.org)

## Employment Related Trainings

Contact: Roger Shelley, [roger@alaskachd.org](mailto:roger@alaskachd.org) for next training opportunity

### PASS Plans as Employment Funding Source for Students & Young Adults

This training reviews the criteria and structure of the Plans to Achieve Self Support (PASS), which have been used by people with disabilities, parents, and organizational personnel for several years to provide services, equipment and training to employment seekers.

### Customized Employment

This 12-hour distance delivered course provides an overview of Customized Employment and the Discovery process, an alternative to traditional comparative vocational assessment procedures. Customized Employment is to assist individuals with significant disabilities to obtain competitive, integrated employment.

### Self-Employment 1

Self-employment is a very viable alternative to the more typical supported employment for people with disabilities who want to work. It offers opportunities for accommodations that a job sometimes cannot. This training reviews the basic elements in self-employment, business proposals, business plan sections and their purpose, and products/markets.

## Online/Anytime Trainings

### Assistance with Self-Administration of Medication (ASAM)

This training meets the Senior and Disability Services Home and Community Based waiver regulations for staff training on Assistance with Self Administration of Medication. It complies with state regulation 7 AAC 130.227 and 7 AAC 125.090 (d)(3). Contact Betsy Chivers for more information, [betsy@alaskachd.org](mailto:betsy@alaskachd.org) or 907-264-6233. **Cost:** \$20

### Introduction to Disabilities

Provides a foundation of understanding disabilities, an Alaskan history of serving people with disabilities, a broad base examination of routine supports, and a review of disabilities often supported in the workplace. **Cost:** \$40

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### **Ethics and Boundaries for the Direct Service Provider**

Designed for the residential direct service provider, this training addresses professional ethical behavior relative to conflicts of interest, personal and client property, solving ethical dilemmas, and recognizing issues of ethics and boundaries in the workplace. **Cost:** \$40

### **Anger Reduction and Stress Management**

Increases staff understanding and managing of feelings of anger, productive and unproductive expressions of anger, thinking errors, conflict resolution and the COPE method of problem solving. Also covers self-care and steps to help reduce stress and anger for ALL staff who work in housing settings. **Cost:** \$40

### **Prevention of Abuse and Neglect**

Intended to educate direct service workers regarding the dynamics of adult abuse and neglect. Discusses the laws intended to protect this population and reporting obligations under these laws. This training content was approved by Alaska Adult Protective Services. **Cost:** \$40

### **Mental Health Basics**

Designed for direct care workers providing services to people with mental illness diagnoses. This course provides an overview of major mental health diagnoses (Axis I), symptoms, and associated pharmacology. **Cost:** \$40

### **Psychiatric Advance Directives**

Under state and federal laws, we all have rights to make decisions about our medical care and treatment. Participants learn about a tool used to document your wishes and help ensure they are communicated to mental health professionals during a time of crisis. **Cost:** \$40

## **Upcoming Events**

### **Frontline Leadership Institute**

The Frontline Leadership Institute is a three-day intensive leadership program designed to build skills and competency for current and future supervisors of Frontline staff. The training is to help newly promoted supervisors in the following service areas: mental illness, developmental disabilities, chronic substance abuse, traumatic brain injury, and Alzheimer's Disease and other age-related dementia.

- December 3, 2020, Anchorage  
Applications will be available in the fall