

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

ALASKA TRAINING COOPERATIVE - TRAINING OPPORTUNITIES UPDATE

OCTOBER 2020 – DECEMBER 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 Behavioral Health Continuing Education (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: Online through Zoom **Contact:** Tom McRoberts, 264-6251, tom@alaskachd.org

- October 27 *Does My Client Need Medicine?*
- November 17 *Models of Couple Therapy and Applications: Keep Your Eye on the Prize*

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: Online through Zoom **Contact:** Tom McRoberts, 264-6251, tom@alaskachd.org

- October 22
- December 3

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: Online through Zoom **Contact:** Betsy Chivers, 907-264-6233, betsy@alaskachd.org

- October 21
- November 17
- December 15

Alaska Core Competencies 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 or Riki Chapman, 264-6257, riki@alaskachd.org

- Competency 1: November 10
- Competency 2: November 11
- Competency 3, 5, 6: November 12
- Competency 4: November 17
- Competency 7, 8: November 18
- Competency 9, 10: November 19

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6th Annual Disability & Aging Summit

The Alaska Training Cooperative has partnered with The Alaska Disability and Aging Coalition and Special Olympics of Alaska to provide this year's summit in a virtual format. Topics include COVID-19: Aging Persons with Intellectual Developmental Disabilities, Building Natural Supports, Aging in Place, and Changing Guardianship Statutes. There will also be an elder panel and a legislative and community panel addressing topics such as the impact of COVID-19 on the aging population, budget assurance and the future of the workforce for aging individuals with IDD.

The goal of the Aging and Disability Summit is to further discuss the national and state trends regarding the aging population to include individuals with intellectual and developmental disabilities and how it relates to Alaska.

- October 5 - 9

FY21 Emergency Responder Training and Support Series (Four Training Topics)

In coordination with the State of Alaska, DHSS, Office of Substance Misuse and Addiction Prevention, a series of trainings focused on emergency responders is being developed for delivery throughout the year. Though the focus is on emergency responders some of the trainings will be open for public registration.

(1) Release Your Resilient Spirit-Resilience Building During COVID-19 and Beyond

Learning to place past traumatic events in the proper context of our experience is a life long journey. We often vacillate between placing our trauma on two ends of the spectrum, either foundation or footnote, but the truth is often between the two. We've seen the business world use techniques for building resilient infrastructure, graceful systems, and elegant solutions. While the COVID-19 pandemic is a unique experience for everyone, many of us have already used or been exposed to these resiliency tools in other areas of our lives. *Open for public registration.*

Delivery Method: Online through Zoom

Contact: Jill Ramsey, 907-264-6228, jill@alaskachd.org

- September 15

(2) Compassion Fatigue for Alaskan Nurses: A COVID-19 Resilience Recovery Series

The COVID-19 crisis has demanded more of the nursing workforce than ever before. This course provides support for nurses struggling with burnout and compassion fatigue. This series focuses on building the participant's understanding of themselves, expanding their toolbox of coping skills, and learning to draw healthy boundaries that allow them to stay connected in healthy ways to those around them. These three factors (self-knowledge, coping skills, and boundaries) are all factors that have been found to be associated with resilience and resilience recovery. It is proposed that strengthening these key areas will decrease burnout and compassion fatigue while increasing workplace satisfaction and career engagement.

Delivery Method: Online through Zoom

Contact: Jill Ramsey, 907-264-6228, jill@alaskachd.org

- Session 1: October 7
- Session 2: October 22
- Session 3: November 4
- Session 4: November 18
- Session 5: December 10
- Session 6: January 13
- Session 7: January 27
- Session 8: February 10
- Session 9: February 24

(3) Trauma Informed Care for the Frontlines

This training explores how a Trauma-Informed Care approach can support the work of Frontline workers across Alaska. Participants will learn concepts associated with the impact of various types of trauma and how that information affects critical interactions. In discussing trauma, whether individual, complex, current, historical, or multi-generational,

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participants will explore strategies to improve their work with the people they serve. This training will include an in-depth look at the impact of early childhood trauma on health and behavior through the Adverse Childhood Experiences Studies (A.C.E.S.) and will discuss the building blocks of resilience.

Delivery Method: Online through Zoom

Contact: Jill Ramsey, 907-264-6228, jill@alaskachd.org

- October 6
- December 1

(4) Introduction to Motivational Interviewing

Participants will integrate OARS (open ended questions, affirmations, reflections, and summaries) in their work to motivate clients toward behavior change. The work of Brene Brown inspires the introduction of the training with brief exploration of the art and science of empathy. We will reflect on how to turn conventional casework upside down by challenging our “righting reflex” with motivational Interviewing skills.

Delivery Method: Online through Zoom

Contact: Jill Ramsey, 907-264-6228, jill@alaskachd.org

- November 3

Sexual Assault Response and Investigations Training Series, Fall 2020

This 8-session training series is sponsored by the Alaska Council on Domestic Violence & Sexual Assault in partnership with the Alaska State Troopers, State of Alaska Department of Law, the Alaska Nurses Association, the Alaska Network on Domestic Violence & Sexual Assault, the Alaska Native Women’s Resource Center, and The Alaska Training Cooperative.

A Sexual Assault Response Team (SART) is a multidisciplinary interagency team generally consisting of victim advocates, law enforcement officers, forensic examiners (such as Sexual Assault Nurse Examiners), crime lab personnel, and prosecutors. These team members provide a coordinated, efficient, and supportive response to persons who have been sexually assaulted that focuses on the victim’s needs and choices. The Sexual Assault Response Team is designed to reduce the trauma of a sexual assault by providing victim-centered advocacy, care, and services, and to increase the likelihood that assaults can be successfully prosecuted.

- Schedule is in development

CARES Act Funding – Department of Behavioral Health –CAMS Framework training series

The Alaska Training Cooperative has partnered with DBH to provide a training series of the CAMS Framework™. CAMS is first and foremost a clinical philosophy of care. It is a therapeutic framework for suicide-specific assessment and treatment of a patient’s suicidal risk. It is a flexible approach that can be used across theoretical orientations and disciplines for a wide range of suicidal patients across treatment settings and different treatment modalities.

- Schedule is in development

QPR – Question, Persuade and Refer Suicide Prevention

The Alaska Gatekeeper Training uses the QPR method as its core training. QPR stands for Question, Persuade and Refer, an emergency mental health intervention for suicidal persons created by Dr. Paul Quinnett. QPR is a basic education program that teaches everyday community members to recognize a suicide risk and how to get a person at risk the help they need. It is also an action plan that can result in lives saved.

Delivery Method: Online through Zoom

Contact: Wendi Shackelford, 907-264-6224, wendis@alaskachd.org

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Positive Approach to Care Trainer Certification

The Alaska Training Cooperative is working closely with the Alzheimer's Resource of Alaska to support training to become a Positive Approach to Care Certified Independent Trainer in Alaska communities.

Delivery Method: Online through Zoom **Contact:** Riki Chapman, 907-264-6257, riki@alaskachd.org

Online delivery options for Mental Health First Aid trainings are in development

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.

Delivery Method: To be determined **Contact:** Jill Ramsey, 907-264-6228, 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

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. For the direct service provider or caregiver, this training helps to recognize signs of depression, anxiety, suicidal thoughts or gestures, as well as the role that substance abuse plays in the mental health of a loved one.

Delivery Method: To be determined **Contact:** Betsy Chivers, 907-264-6233, 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.

Delivery Method: To be determined **Contact:** Wendi Shackelford 907-264-6224, 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

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Employment Related Trainings

Contact: Roger Shelley, 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

State of Alaska, Assisted Living Housing Licensing Orientation Regulations and Application

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.

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 or 907-264-6233. **Cost:** \$20

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

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

Fall Prevention for Direct Service Providers ***New**

Falls are a common and serious health threat to individuals with disabilities including adults 65 and older. Every year more than 1 in 4 older adults falls, but more than half of those who fall don't tell their healthcare provider leading to high healthcare costs and hospitalization. This training and the resources shared will help direct service providers self-assess the environment of the assisted living home (ALH) or client's environment to put fall prevention strategies into practice. **Cost:** Free

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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

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

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

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

Stroke Awareness *New

This is a one (1) contact hour self-paced training module for introduction and education of stroke awareness. In this education unit, we will be presenting the importance of recognizing the stroke symptoms and calling 911 immediately. There will be a video to recap and online games included in this presentation. **Cost:** Free

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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. **Contact:** Betsy Chivers, 907-264-6233, betsy@alaskachd.org

- October 2020 (Application process is now closed)
- January 2021 - next Frontline Leadership Institute