

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

### FEBRUARY – MARCH 2021

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](mailto:tom@alaskachd.org)

- March 18, Interdisciplinary Ethics

##### 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](mailto:tom@alaskachd.org)

- February 25
- March 25

#### 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](mailto:betsy@alaskachd.org)

- February 10
- March 3

#### 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](mailto:tom@alaskachd.org) or Riki Chapman, 264-6257, [riki@alaskachd.org](mailto:riki@alaskachd.org)

- February 16 – Competency 1
- February 17 – Competency 2
- February 18 – Competency 3, 5, 6
- February 23 – Competency 4
- February 24 – Competency 7, 8
- February 25 – Competency 9, 10

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## Emergency Responder and Support Training Series

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. 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](mailto:jill@alaskachd.org)

- Next training date TBD

### (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. 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](mailto:jill@alaskachd.org)

- February 10
- 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, participants will explore strategies to improve their work with the people they serve.

**Delivery Method:** Online through Zoom

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

- February 10 - Reducing Recidivism & Reentry Conference Session
- Private arrangements may be possible

### (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. 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](mailto:jill@alaskachd.org)

- February 11 - Reducing Recidivism & Reentry Conference Session
- Private arrangements may be possible

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## 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)

- March 3, Private, Covenant House

## 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](mailto:wendis@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:** online via National MHFA **Contact:** Jill Ramsey, 907-264-6228, [jill@alaskachd.org](mailto:jill@alaskachd.org)

- February 18 - Private

### 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:** online via National MHFA **Contact:** Wendi Shackelford 907-264-6224, [wendis@alaskachd.org](mailto:wendis@alaskachd.org)

- February 19 -Private
- March 4 - Private

### 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. 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](mailto:betsy@alaskachd.org)

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## Employment Related Trainings

### 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.

**Delivery Method:** To be determined

**Contact:** Roger Shelley, [roger@alaskachd.org](mailto:roger@alaskachd.org)

### 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.

**Delivery Method:** Online via Zoom

**Contact:** Roger Shelley, [roger@alaskachd.org](mailto:roger@alaskachd.org)

- Mondays and Wednesdays, 9am-11pm

### 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.

**Delivery Method:** To be determined

**Contact:** Roger Shelley, [roger@alaskachd.org](mailto:roger@alaskachd.org)

## 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](mailto: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

### Dementia Care Provision: Reducing Risk By Changing Care Strategies **\*New**

This poignant training video will teach providers and practitioners how to reduce risk in professional settings and medical models of care when working with dementia. Staff behavior can make a fundamental difference with working with resistance, limits in understanding and comprehension, or the inability to communicate personal unmet needs.

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Learn the tried and true non-pharmalogical care approach and skill techniques developed by Teepa Snow that will dramatically reduce combative behaviors, falls, accidents, elopement, and on the job staff-related injuries.

**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 for limited time

**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 (for limited time)

**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](mailto:betsy@alaskachd.org)

- March/April 2021 – applications and information available here: [www.aktclms.org/Training/Class/103708](http://www.aktclms.org/Training/Class/103708)

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### **Reducing Recidivism & Reentry Conference**

The UAA Center for Human Development, The Alaska Training Cooperative, and the Mental Health Trust Authority are excited to host the 16th Annual Reducing Recidivism & Reentry Conference on Tuesday, February 9 through Friday, February 12. This year's conference theme, *Connections. Collaborations. Relationships.* will be an online virtual event with specific session and times coming soon.

- February 9 – 15, 2021  
Registration: [www.acktlms.org/training/class/104012](http://www.acktlms.org/training/class/104012)

### **Full Lives Conference**

- April 5 – 9 and 12, 2021  
Registration opening soon