

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

November 2021 – January 2022

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.

Family Services Training Center (FSTC)

New program and new trainings now available!

The goal of the FSTC is to enhance the competency of behavioral health providers working with families to effect positive change and wellness for Alaskans. Training opportunities will be available for all communities across the state and will target both licensed clinicians and front-line staff who provide direct services for families. With these training opportunities the FSTC aims to create an accessible behavioral health care system which emphasizes the vital role Alaskan families have in our communities.

Director: Tom McRoberts, 264-6251, tom@alaskachd.org

Alaska Native Cultural Health & Wellness Strategies

Participants are provided with introductory information on the Indigenous Peoples of Alaska. They will be introduced to beliefs, attitudes, and knowledge of traditional Alaska Native health and wellness practices. Participants will discuss strategies for improving behaviorally based health through the lens of a cultural advocate. The training will emphasize creating cultural sensitivity and understanding to benefit a culture of health and wellness.

Delivery Method: Online through Zoom

Contact: Tom McRoberts, 264-6251, tom@alaskachd.org

- December 14
- *Anytime training for facilitators available! Contact Tom for more information.*

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: Tom McRoberts, 264-6251, tom@alaskachd.org

- December 1

Family Dynamics

This behavioral health continuing education training will help any professional understand families in order to provide effective services to families of any type. We’ll look at how we define families, reasons to do family work, and themes with families of all kinds. We’ll discuss joining with families, family communication, and family resilience. We’ll also cover assessing families, working with families in various settings, and looking at readiness for change and applying Motivational Interviewing with families. Finally, we’ll make prevention plans to keep ourselves well and healthy as we do this work.

Delivery Method: Online through Zoom

Contact: Tom McRoberts, 264-6251, tom@alaskachd.org

- November 9

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Strengthening Families: Focus on the Behavioral Health Professional that Works with Families

Strengthening Families™ is a researched-informed, strength-based approach focused on engaging families, programs, and communities in building five protective factors that help families succeed and thrive, even in the face of risk and challenges. Strengthening Families™ was developed as a framework for providers to use as they help families grow stronger, especially those who are struggling to respond to their children's needs. The approach seeks to reduce the likelihood of child abuse and neglect by supporting the following strengths in families: Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Support in Times of Need, Children's Social and Emotional Competence. Using these five protective factors as a framework, this training will present practical skills to work with families using a strengths-based approach and examine biases that can affect our work. Through this training we aim to inspire you to change your relationships with parents and caregivers.

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

- December 7 and 8

Behavioral Health Continuing Education Trainings

New scheduling coming soon!

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

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:** Lisa Cauble, 264-6251, Lisa@alaskachd.org

- November 30

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:** Riki Chapman, 907-264-6257, riki@alaskachd.org

- November 9
- December 6
- January 18, 2022

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: Online via Zoom **Contact:** Riki Chapman, 264-6257, riki@alaskachd.org

- December 8-15

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Supportive Housing Series

This series of four trainings, from November to February, will provide introductory and technical information on providing services, managing general operations, and raising capital for supportive housing projects. Learn how your organization can provide supportive housing units in your community and hear from the Alaska-based experts.

This training series will culminate with a Supportive Housing Summit in March 2022.

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

- November 9, December 14, January 11 & February 8, 2022

Mental Health Essentials for Older Adults

This training mirrors Mental Health First Aid with a focus on the specific challenges that older adults face. Trainees are taught to practice, respond, and appropriately identify mental health problems in an aging society. Nursing CEs (8) are available at no extra charge. (Public and private sessions available.)

Delivery Method: On hold for in-person training; Private online trainings available at request.

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

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.

Delivery Method: Online through Zoom **Contact:** Jill Ramsey, 907-264-6228, jill@alaskachd.org

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.

Private trainings available upon request

Delivery Method: Online through Zoom **Contact:** Jill Ramsey, 907-264-6228, jill@alaskachd.org

- November 10 – Private training

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

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: Face-to-Face (*when possible*) **Contact:** Jill Ramsey, 907-264-6228, jill@alaskachd.org

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Crisis Prevention Institute (CPI) Verbal Intervention & De-Escalation

This crisis intervention training is perfect for primary caregivers, educators and human service professionals who directly intervene in crisis situations, teaching staff de-escalation techniques and interventions to manage challenging behavior. With staff and individuals receiving services safety as the priority, staff learn how to negotiate difficult interactions, avoid power struggles, and maintain professional boundaries as well as rapport. Physical interventions techniques will be discussed but not taught in a virtual format. Restrictive/physical interventions may only be instructed in-person.

Delivery Method: Online via Zoom

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

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

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

Available with online delivery for private groups

- November 11 and 12 – Private training for Chugach School District
- December 10 – Private training for Alaska Children's Trust (ACT) partners
- December 14 – Private training for Family Services Training Center DBH grantees

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

Available with online delivery for private groups

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

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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

- November 2 - 11

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

Upcoming Events

Frontline Leadership Institute

The Frontline Leadership Institute is an 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.

Registration by application only.

Delivery Method: Online via Zoom

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

- December 6-13, 2021 (*Registrations closed*)
- Next Frontline Leadership scheduled for March 2022

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 17th Annual Reducing Recidivism & Reentry Conference on Tuesday, February 15 through Thursday, February 17. This year's conference theme; Reentry Today and Moving Forward: Supporting Justice-Involved Alaskans, will be an online virtual event. Specific session and times coming soon.

Delivery Method: Online via Zoom

Contact: Lisa Cauble, 264-6251, Lisa@alaskachd.org

- February 15-17, 2022

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).

ASAM-Agency Agreement available here: <https://form.jotform.com/211646998487173>

Contact: Betsy Chivers for more information, betsy@alaskachd.org or 907-264-6233. **Cost:** \$20

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.

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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

Dementia Care Provision: Reducing Risk By Changing Care Strategies

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. Learn the tried and true non-pharmacological 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. **Cost:** This training is available at no cost until December 31, 2021.

Fall Prevention for Direct Service Providers

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

Stroke Awareness

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)