

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

March – May 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.

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: Teagan Presler, 264-6293, Teagan@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: Teagan Presler, 264-6293, Teagan@alaskachd.org

- March 29
- April 26 (*registration opening soon!*)
- May 24 (*registration opening soon!*)

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

- March 15
- April 5
- May 3

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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

- April 19 – 28

Positive Approach to Care

Day 1 of this workshop will help participants understand and recognize the differences in “normal” and “not normal” aging. Participants will also develop new skills related to approach, cueing, and ability to connect with people affected by dementia. The workshop emphasizes the value of matching helping behaviors to the person’s needs and retained abilities to promote a sense of control and self-direction.

Day 2 of this workshop will focus on Teepa Snow’s Positive Approach to Care Positive Physical Approach™ technique, Hand-Under-Hand™ technique and we will cover Teepa’s GEMS™ dementia classification model (developed from the basic structure of Allen Cognitive Disability Levels).

Delivery Method: Online via Zoom

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

- March 1 – 2
- May 17 - 18

Mental Health Essentials for Older Adults

This training includes essential information and skill-building in recognizing and responding to signs and symptoms of developing mental health and substance use challenges in older adults.

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

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

Family Navigation and Pediatric Care Coordination

This course is designed to emphasize the principles of effective care coordination. Delivered across 4 days in 4-hour sessions, this 16-hour course in Family Navigation and Pediatric Care Coordination service delivery topics will include supported decision making, patient and person-centered care, behavioral health topics in Alaskan populations, best practices in optimizing quality care for individuals and family systems with developmental disabilities, fetal alcohol spectrum disorders, and traumatic brain injury and other neurodevelopmental conditions. This course will present culturally sensitive, community-based services and practice to guide the role of care coordinators.

Delivery Method: Online through Zoom

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

- March 31, April 1, 7 and 8
- May 19, 20, 26 and 27 (*Registration opening soon!*)

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Behavioral Health Wellness Education

Exploring Complex Change through the Lens of Uncertainty for Alaskan Social Service and Healthcare Leaders

This is a two-part training that will look at the characteristics of uncertainty and connect that with the management of complex change. Additionally, participants will engage in a facilitated coaching conversation intended for all healthcare/behavioral healthcare leaders to explore their current roles and experiences that impact change within their organization. In part 1, participants will develop an awareness of the management of complex change, engage in a coaching conversational model to explore current roles and experiences impacting change through vision and skills development with a lens on how persistent uncertainty has “shown up” within their organizational lives. In part 2, participants will share their observations on “what was noticed” over the past two months regarding the complexities of change and the individual impacts they may have experienced, engage in a coaching conversational model to continue the exploration, discovery, and support for incentives and resources available and create action opportunities that support their journey forward.

Delivery Method: Online through Zoom

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

- March 24 – Part 2

Trauma Stewardship, Led by Laura van Dernoot Lipsky

This interactive training and discussion will offer practical tools to help us sustain, individually and collectively, in the face of trauma, secondary trauma, and overwhelm. Whether this is related to our work, our personal lives, the pandemic, systematic oppression and structural supremacy surfacing in exceedingly painful ways, or the unfolding of the climate crisis, we will discuss what the consequences are as well as strategies for sustaining ourselves and each other. Bring your questions regarding this topic and be ready for an engaging session.

Limited Seats Available!

Delivery Method: Online through Zoom

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

- For the Healthcare Workforce – March 4
- For Emergency Responders (*private training*) – April 22

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

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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

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: In person only

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

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

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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

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: Online through Zoom **Contact:** Roger Shelley, 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

- March 8

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

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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

- Frontline Leadership begins March 14-18, and 21
- Next Frontline Leadership in Fall 2022.

Save the Dates

Full Lives Conference 2022: Brilliance Towards a Fearless Future, Virtual Event

The 21st Annual Full Lives Conference theme "Brilliance Towards a Fearless Future" sums up a year of moving forward with changes amid COVID and other challenges, while celebrating the strengths that allow us to navigate through it all. Full Lives draws a wide range of attendees that provide services in developmental disabilities, behavioral health, traumatic brain injuries, substance-related disorders, and senior services. Attendees include case managers, direct support professionals, care coordinators, community advocates, supervisors, administrators, self-advocates, caregivers, and families receiving services.

The Full Lives Conference encourages interaction, problem-solving, and sharing among all participants. This atmosphere contributes to a dynamic conference that encourages ongoing networking and collaboration.

Registration opening soon!

Delivery Method: Online via Zoom

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

- April 13-15

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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.

Contact: Jill Ramsey, jill@alaskachd.org

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

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

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

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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)

Supportive Housing – A Series of Four Trainings

This registration is to provide access to the materials and recorded presentations from the Supportive Housing Training Series. The four live sessions complete in February 2022. This training series provides introductory and technical information on providing services, capital funding and managing housing operations. Learn how your organization can provide supportive housing units in your community and hear from Alaska-based experts.

This training series will culminate with a Supportive Housing Summit in March 2022. You are strongly encouraged to attend all four sessions or view all four session recordings prior to the Summit. **Cost:** Free