

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

May – June 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

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

Overview of American Society of Addiction Medicine's (ASAM) Dimensions & Placement Criteria

The ASAM criteria is a widely used set of guidelines used to determine levels of care in people with addiction and co-occurring conditions. In this training, participants receive an overview of what the six ASAM dimensions are, and how to use them to help determine the appropriate level of care.

Delivery Method: Online through Zoom

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

- June 7

Collaborative Assessment and Management of Suicidality (CAMS™)

The Collaborative Assessment and Management of Suicidality (CAMS) is an integral component of work being done within Alaska and nationally to advance the crisis continuum of care. The Alaska Division of Behavioral Health is actively implementing many efforts aligned with this goal, including enacting Zero Suicide, a framework for comprehensive suicide care within healthcare settings.

CAMS for Clinical Behavioral Health Providers

Clinicians have the opportunity to become CAMS Trained in an evidence-based suicide treatment protocol that has been proven effective in multiple randomized controlled trials to reduce suicidal ideation and increase hope in as few as 6 sessions and receive 3 free CEs. Funding for conference calls with CAMS is available for clinicians or teams who are CAMS trained.

Delivery Method: Self-Paced, Online

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

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CAMS for Non-Clinical Behavioral Health Provider-

This training is intended for non-clinical behavioral health providers and may include peer support specialists, behavioral health aids, and case managers.

Delivery Method: CAMS Zoom and Video

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

- May 13 (last available date)

Additional Training Opportunities

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

- May 24

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

- May 3
- June 2

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

- June 7-16

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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

- May 17 - 18

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

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

- Next Series:TBD

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

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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.

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 de-escalate incidents without compromising safety.

- May 23 - 25 (***Mental Health First Aid for Public Safety Instructor Training, in-person, Anchorage***)

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
● May 12-13

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

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
● May 24

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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