



ALASKA TRAINING COOPERATIVE TRAINING OPPORTUNITIES UPDATE

July – September 2022

★ We have a New Registration System!

The UAA Center for Human Development is excited to be launching our new Genius registration system! To help you get familiar with this new system and to check out the Center for Human Development Alaska Training Cooperative Catalogue, please refer to the [Genius Registration Walkthrough](#).

★ Fall Training Catalog Coming Soon!

Stay tuned for upcoming training opportunities beginning in August. Enjoy the beautiful Alaska summer!

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, Tjpresler@alaska.edu

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, Tjpresler@alaska.edu

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, racook@alaska.edu

- August 2
- September 20



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, racook@alaska.edu

- August 9 - 18

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, racook@alaska.edu

- August 30 - 31

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, Bchivers@alaska.edu

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, jdramsey2@alaska.edu

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.

Delivery Method: In person only

Contact: Jill Ramsey, 907-264-6228, jdramsey2@alaska.edu

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. **Cost: \$65**

Delivery Method: Online via Zoom

Contact: Jill Ramsey, 907-264-6228, jdramsey2@alaska.edu

- August 24

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, wblackwe@alaska.edu



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, wblackwe@alaska.edu
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, jdramsey2@alaska.edu
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:** Holli Yancey, hayancey@alaska.edu

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:** Holli Yancey, hayancey@alaska.edu

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:** Holli Yancey, hayancey@alaska.edu



Save the Date!

Disability & Aging Summit

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. The Summit is hosted by the Special Olympics and will be a two-day, in-person event this year! Stay tuned for more information on how to register.

Delivery Method: In-Person

Contact: Lisa Cauble, 264-6251, Llcauble@alaska.edu

- October 4-5 (*Registration opening soon!*)

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).

Contact: Betsy Chivers for more information, bchivers@alaska.edu or 907-264-6233. **Cost:** \$20

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:** \$40 **Contact:** Jill Ramsey, jdramsey2@alaska.edu

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.

Contact: Betsy Chivers for more information, bchivers@alaska.edu or 907-264-6233. **Cost:** \$40