

HTSU Training Opportunities

SHDD Website: <https://www.dshs.wa.gov/altsa/residential-care-services/state-hospital-discharge-and-diversion-team-and-hospital-transition-support-unit>

August 2024

Audience: *ALTSA Contracted Providers*

To register, click on the link or follow the registration instructions associated with the training you would like to join.

Important Notes:

- Due to high demand, *please be sure to cancel registration if you are not able to attend*. This will allow for others to register.
- To obtain CEU credit(s), participants are required to attend and participate for the entire duration of the training. *This includes participating in all activities.
- To participate in virtual trainings, you will need to join by desktop or laptop computer. This is required to fully engage/interact in the virtual classroom setting.

To request ASL and/or CART interpreters, please email shddref@dshs.wa.gov 30 days before the scheduled training.

Training Description	Date/Time	Registration Link
<p><u>1-hour Webinar - <i>Managing Burnout: Professional Stress and Its Implications</i> - 1 CEU</u></p> <p>The training provides context surrounding professional burnout and examines the impacts of stress, including how it relates to the structure and function of organizations. Participants will be trained to identify the signs and symptoms of burnout in themselves and colleagues to enable them to use strategies to reduce burnout in the workplace.</p>	<p>Wednesday, August 7th, 2024 @ 12:30 – 1:30 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/6b984406-8859-4f3b-9f0f-6c346b6c6874@11d0e217-264e-400a-8ba0-57dcc127d72d</p>
<p><u>2.5-hour Webinar – <i>Dialectical Behavioral Therapy (DBT): Introduction to Theory and Skills Application</i> – 2.5 CEU</u></p> <p>The following training is an in-depth introduction to the application of DBT Skills. Its focus is to provide a comprehensive introduction to the theoretical foundations that form the application of DBT Skills, enabling participants to understand the context of applying these skills for individuals suffering from severe mental health conditions. Real-world case studies and behavioral practices will be taught throughout this training. The training is part one of three pieces of training, the following two of which will focus on specific applicable training in DBT Acceptance and Change Skills.</p>	<p>Friday, August 16th, 2024 @ 12:30 – 3:00 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/f0f974c4-b7e0-4597-b615-c62ed614124c@11d0e217-264e-400a-8ba0-57dcc127d72d</p>

<p><u>1.5-hour Webinar - Mental Health Disorders: Developing Awareness of Signs, Symptoms, and Practical Interventions- 1.5 CEU's</u></p> <p>The training focuses on providing foundational knowledge regarding mental health diagnoses and their impact on providing long-term care. Participants will be introduced to behavioral approaches and interventions for specific mental health diagnoses, in addition to being trained in terminology and language to reduce mental health stigmatization. Other objectives include reviewing signs and symptoms of common mental health conditions and determining best practices for supporting these individuals through their treatment process.</p>	<p>Wednesday, August 21st, 2024 @ 1:30 – 3:00 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/edca2098-261b-4a24-b220-31e6953c5f40@11d0e217-264e-400a-8ba0-57dcc127d72d</p>
<p><u>1.5-Hour Webinar – Behaviorism Training: A Provider's Guide to Behavior Supports – 1.5 CEU</u></p> <p>This Trauma-Informed Care training provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of Trauma on individuals. Part One of the training focuses on introducing the concepts and theoretical background on Trauma and Trauma-Informed Care.</p>	<p>Thursday, August 29th, 2024 @ 12:30 – 2:00 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/4abbc102-025a-4f9d-b8a3-477e29395765@11d0e217-264e-400a-8ba0-57dcc127d72d</p>
<p><u>1.5-hour Webinar - <i>Understanding and Responding to Mental Health Crises</i> – 1.5 CEU's</u></p> <p>The training provides participants with foundational knowledge and strategies for responding to mental health crises. Participants will focus on learning about crisis de-escalation, utilizing evidence-based practices to counter emotional and behavioral outbursts among individuals living with a significant trauma history and/or mental health condition. The training provides tools for creating and implementing individualized crisis plans and long-term care strategies.</p>	<p>Friday, August 30th, 2024 @ 12:30 – 3:00 AM</p>	<p>https://events.gcc.teams.microsoft.com/event/72f0df10-29a6-4e5f-aca4-c30935deac7a@11d0e217-264e-400a-8ba0-57dcc127d72d</p>