



## Hospital Transition Support Unit (HTSU)

# Training Opportunities

July thru September 2025

HTSU provides training/education within the areas of **Mental Health Education and Awareness, Behavioral and Service Assessment, Crisis Intervention, and Professional Self-Care and Ethics.**

To register, click on the registration links under each training, and note:

- Due to the demand, please cancel registration if you are not able to attend, to allow others to register.
- To obtain *free* **Continuing Education Credits (CEUs)**, participants are required to attend and participate for the entire duration of the training, in addition to completing the feedback survey at the end of the training.
- To participate in our virtual trainings, you will need to join by desktop/laptop computer, using MS Teams.
- To request **ASL and/or CART interpreters**, email [shddref@dshs.wa.gov](mailto:shddref@dshs.wa.gov) **60 days** before the scheduled training.

## Psychogenic Polydipsia: Explanation and Intervention

**Date/Time:** Tuesday, July 8<sup>th</sup> from 1:00 PM till 2:00 PM

**CEU(s):** 1-hour for 1 CEU      **Registration Link:** [Click Here](#)

The training provides a general overview of Polydipsia, a condition characterized by excessive fluid intake often seen in individuals with Mental Health conditions. Through this training, participants will learn strategies to identify behaviors, symptoms, and interventions. Participants will be provided with tools to effectively communicate with medical providers and assist in developing Care Plans.



*Mental Health Education and Awareness*



*Behavioral and Service Assessment*

## Building Your Toolbox: Who, What, Why

**Date/Time:** Friday, July 18<sup>th</sup> from 1:00 PM till 2:30 PM

**CEU(s):** 1.5-hours for 1.5 CEUs      **Registration Link:** [Click Here](#)

The training allows participants to identify mental health supports, medical supports, social service supports, community supports, skills and tools, and guiding values to better provide holistic care to clients living with mental health conditions. This training has been developed to equip providers with the skills and resources they need to support individuals in community-based settings. Participants will receive an electronic toolbox with all materials included to continue to build upon.



*Professional Self-Care and Ethics*



*Behavioral and Service Assessment*

**If you need assistance registering for our trainings, please email us at [shddref@dshs.wa.gov](mailto:shddref@dshs.wa.gov)**

## Trauma Informed Care: Trauma Theory and Orientation – Part One

**Date/Time:** Wednesday, July 23<sup>rd</sup> from 11:00 AM till 12:00 PM

**CEU(s):** 1-hour for 1 CEU      **Registration Link:** [Click Here](#)

The training provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of trauma exposure on individuals. Part One of the training focuses on introducing concepts and theoretical background on Trauma and Trauma-Informed Care.



***Mental Health Education and Awareness***



***Behavioral and Service Assessment***

## Trauma Informed Care: Application and Practice – Part Two

**Date/Time:** Monday, July 28<sup>th</sup> from 10:30 AM till 12:00 PM

**CEU(s):** 1.5-hours for 1.5 CEUs      **Registration Link:** [Click Here](#)

The training course provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of trauma exposure on individuals. Part Two of the training focuses on an introduction of practical skills and knowledge reinforcement introduced in the first portion of this training. Part One is highly recommended to be completed prior to attending Part Two.



***Professional Self-Care and Ethics***



***Behavioral and Service Assessment***

## Dialectical Behavior Therapy (DBT): Simple Skills for Everyday Use

**Date/Time:** Thursday, August 7<sup>th</sup> from 11:00 AM till 12:00 PM

**CEU(s):** 1-hours for 1 CEU      **Registration Link:** [Click Here](#)

The training provides a basic overview of Dialectical Behavior Therapy (DBT) skills. Participants will be introduced to tools for de-escalating crises and enhanced professional boundaries and communication skills in everyday situations.



***Mental Health Education and Awareness***

## Mental Health Disorders: Signs, Symptoms, and Interventions

**Date/Time:** Wednesday, August 13<sup>th</sup> from 9:00 AM till 11:00 AM

**CEU(s):** 2-hours for 2 CEUs      **Registration Link:** [Click Here](#)

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.



***Mental Health Education and Awareness***



***Behavioral and Service Assessment***

## Behaviorism Training: A Provider's Guide to Behavior Supports

**Date/Time:** Tuesday, August 26<sup>th</sup> from 12:30 PM till 2:00 PM

**CEU(s):** 1.5-hours for 1.5 CEUs      **Registration Link:** [Click Here](#)

The training course provides an overview of the primary functions of behavior. Participants will gain tools and skills to assess behavior, identify person-centered interventions, and new techniques for documentation and tracking.



***Behavioral and Service Assessment***

## Explanation and Interventions for Diabetes Mellitus in Mental Healthcare

**Date/Time:** Friday, August 29<sup>th</sup> from 9:00 AM till 10:30 AM

**CEU(s):** 1.5-hours for 1.5 CEUs      **Registration Link:** [Click Here](#)

The training provides attendees with in-depth knowledge concerning Diabetes Mellitus in the mental healthcare environment. Our training outlines an overview of diabetes, its diagnostic considerations, and psychosocial factors to consider in an individual's history. We work to teach key communication techniques when working with medical professionals, as it relates to the optimization of interventions strategies. This training will look at behaviors, symptoms, and relevant clinical information and assessments are explored, in addition to relating it to the implementation of the Negotiated Service Agreement/Care Plan.



***Mental Health Education and Awareness***



***Behavioral and Service Assessment***

## Managing Burnout: Professional Stress and Its Implications

**Date/Time:** Wednesday, September 3<sup>rd</sup> from 9:00 AM till 10:00 AM

**CEU(s):** 1-hours for 1 CEU      **Registration Link:** [Click Here](#)

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 learn how to identify the signs and symptoms of burnout in themselves and their colleagues and use strategies to reduce burnout in the workplace.



**Professional Self-Care and Ethics**

## Suicidal and Non-Suicidal Self-Injury

**Date/Time:** Wednesday, September 10<sup>th</sup> from 10:00 AM till 12:00 PM

**CEU(s):** 2-hours for 2 CEUs      **Registration Link:** [Click Here](#)

The training will teach the audience the terminology and how to recognize contextual situations surrounding suicidal ideation. Participants will gain an increased understanding of the development and expression of suicidal ideation and related self-harming behaviors. Participants will be trained to recognize and prevent self-harming behaviors, further enabling safer long-term care environments for clients and providers.



**Mental Health Education and Awareness**



**Behavioral and Service Assessment**

## Understanding and Responding to Mental Health Crises

**Date/Time:** Tuesday, September 30<sup>th</sup> from 9:00 AM till 11:30 AM

**CEU(s):** 2.5-hours for 2.5 CEUs      **Registration Link:** [Click Here](#)

The training course provides participants with foundational knowledge and strategies for responding to mental health crises. Participants will focus on learning about crisis de-escalation, situational awareness, and 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 foundational knowledge for creating and implementing individualized crisis plans and long-term care strategies.



**Behavioral and Service Assessment**



**Mental Health Education and Awareness**