

SHDD Training Opportunities

November 2022

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.

Training Description	Date/Time	Registration Link
<p><u>2-hour Webinar - <i>Suicide and Non-Suicidal Self Harm Training</i> - 2 CEU's</u> This training focuses on helping providers recognize the differences between self-harm, suicidal ideations, and suicide attempts, including understanding the reasons why these behaviors occur. This training will improve provider skills to recognize and prevent self-harm behavior and decrease risk of harm to clients.</p>	<p>Tuesday, November 29, 2022 @ 10:00 - 12:00</p>	<p>https://attendee.gotowebinar.com/register/7425650060918041355</p>
<p><u>2.5-hour Webinar - <i>Understanding & Responding to Mental Health Crises</i> - 2.5 CEU's</u> This training provides participants with knowledge and tools to understand and respond to mental health crises. The course objectives include:</p> <ul style="list-style-type: none"> • Define crisis • Explore the science of crisis • Review each phase of the Crisis Cycle • Offer tips for response and recovery • Explore prevention techniques & strategies • Provide tools to create & implement individualized crisis plans 	<p>Tuesday, November 8, 2022 @ 10:00 - 12:30</p>	<p>https://attendee.gotowebinar.com/register/8334127040925888015</p>
<p><u>1 hour Webinar - <i>Dialectical Behavior Therapy (DBT): Simple Skills for Everyday Use</i> -1 CEU</u> This training provides a general overview of Dialectical Behavior Therapy (DBT). Participants will learn DBT tools to use in everyday situations to enhance professional boundaries and communication skills.</p>	<p>Tuesday, November 1, 2022 @ 10:00 - 11:00</p>	<p>https://attendee.gotowebinar.com/register/4930108310558924299</p>

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<p><u>1 hour Webinar - <i>Managing Burnout: Professional Stress and Its Implications</i> - 1 CEU</u></p> <p>This training defines the term burnout and examines the impacts of stress, including how it relates to the current pandemic. Participants will learn to identify the signs and symptoms of burnout in themselves and colleagues, as well as gain tools and skills to reduce burnout in the workplace.</p>	<p>Thursday, November 10, 2022 @ 2:00 - 3:00</p>	<p>https://attendee.gotowebinar.com/register/7409091415803609100</p>
<p><u>1.5-hour Webinar - <i>Behaviorism Training: A Provider's Guide to Behavior Supports</i> - 1.5 CEU's</u></p> <p>This training 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.</p> <p>-</p>	<p>Tuesday, November 15, 2022 @ 1:00 – 2:30</p>	<p>https://attendee.gotowebinar.com/register/1795763498611902735</p>