

# Drexel University College of Medicine



**Continuing Education 2008-2009**  
Regional Courses • Psychiatric Rehabilitation • Case Management • COD • Trauma

Behavioral  
Healthcare  
Education

[www.drexelmed.edu/bhe](http://www.drexelmed.edu/bhe)



# CREDIT/REGISTRATION INFORMATION

## BHE HELPS PROFESSIONALS MAINTAIN CREDENTIALS

Please tell the Registrar what type of continuing education credit you desire when you call to register. Also please check the times of the training carefully as the times may vary by course.

## TARGET AUDIENCE

Psychiatrists who work in community based mental health and addictions services: interdisciplinary mental health professionals including addiction counselors, counselors, nurses, rehabilitation counselors, social workers, psychologists and other individuals interested in behavioral health topics.

## OVERALL OBJECTIVE

At the completion of each course practitioners will be able to identify advances in treatment, methods and scientific approaches.

## CONTINUING EDUCATION CREDITS

### COURSE REGISTRATION

**CME:** The Drexel University College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. **AMA:** The Drexel University College of Medicine designates this educational activity for a maximum of 5, 6, 10, 12, 15 or 18 AMA PRA Category 1 Credit(s)<sup>TM</sup>. **AOA:** This program is eligible for 5, 6, 10, 12, 15 or 18 credit(s) in Category 2A of the American Osteopathic Association. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### FACULTY DISCLOSURE STATEMENT

It is the policy of Drexel University College of Medicine to insure balance, independence, objectivity, and scientific rigor in all its sponsored educational programs. Speakers at continuing medical education activities are required to disclose to the audience their financial relationships with the manufacturer(s) of any commercial products, goods or services related to the subject matter of the program topic. Any conflicts of interest must be resolved prior to the presentation and announced to the audience. The intent of this disclosure is to allow participants to form their own judgments about the educational content of this activity and determine whether the speaker's commercial interests influenced the presentation. In addition, speakers are required to openly disclose any off-label, experimental, or investigational use of drugs or devices discussed in their presentation.

**APA (Psychology):** Drexel University College of Medicine, Behavioral Healthcare Education is approved by the American Psychological Association to sponsor continuing education for psychologists. This program is offered for 5, 6, 10, 12, 15 or 18 credits. Drexel University College of Medicine maintains responsibility for this program and its content.

### **LSW (PA SBSWE) Licensed Social Workers and Professional Counselors in Pennsylvania:**

This session is co-sponsored by Bryn Mawr College Graduate School of Social Work and Social Research for a maximum of 5, 6, 10, 12, 15 or 18 credit hours. Bryn Mawr College GSSWSR, as a CSWE accredited School of Social Work, is a pre-approved provider of continuing education for Social Workers in PA and many other states.

**NBCC (National Counselors):** Drexel University College of Medicine is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC continuing education guidelines. We can award a maximum of 5, 6, 10, 12, 15 or 18 hours of continuing education credit.

**PA Educators Act 48:** Drexel University College of Medicine, Behavioral Healthcare Education is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Drexel University College of Medicine, Behavioral Healthcare Education adheres to Act 48 Continuing Education

Guidelines. PA educators will receive a maximum of 5, 6, 10, 12, 15 or 18 hours of credit for attending this program.

**PCB (PA Certified Additions Counselor):** Drexel University College of Medicine, Behavioral Healthcare Education will award a maximum of 5, 6, 10, 12, 15 or 18 PCB Approved Hours of Education for this program. Our program is certified by the Pennsylvania Certification Board, Provider # 133.

**PSNA (Nursing):** Drexel University College of Medicine, Behavioral Healthcare Education is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants will be awarded a maximum of 5, 6, 10, 12, 15 or 18 contact hours for attending this program.

**CEU (IACET):** The Drexel University College of Medicine, Behavioral Healthcare Education has been reviewed and approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1620 I Street, NW, Suite 615, Washington, DC 20006. The Drexel University College of Medicine, Behavioral Healthcare Education has awarded a maximum of .5, .6, 1.0, 1.2, 1.5 or 1.8 of CEU's to participants who successfully complete this program.

### COURSE CANCELLATION

The Registrar will ask you for an after-hours telephone number in case of last-minute changes due to instructor illness or other emergent conditions. For possible weather cancellations, please call toll free at 1-877-BHE-3033 (1-877-243-3033) after 6:30 a.m. the day of the training to confirm either cancellation or presentation of the course. If you must cancel your attendance, please call as soon as possible. If you fail to cancel and fail to attend more than once, we regret that we may not be able to register you for future courses. It is important that those who register use the slot reserved for them. Substitutions may be made for attendees.

### ADA ACCOMMODATIONS

Please tell the Registrar when you register if you have any disability or other special needs so that we can ensure that your needs will be fully met.

### REGISTRATION INFORMATION

If you are registering by telephone, please call the BHE Registrar toll free at 1-877-BHE-3033 (1-877-243-3033) to register. Ask for registration for Case Management, or Co-occurring Disorders, or Psychiatric Rehabilitation or Regional Courses. Your program affiliation with the Pennsylvania Department of Public Welfare, Office of Mental Health and Substance Abuse Services (OMHSAS) or the Office of Developmental Programs, Training Institute for Adult Residential Licensing (Personal Care Homes) must be verified in order to approve you for tuition-paid attendance. You may register for courses outside your Service Area.

If you are registering via FAX, please copy the form at the end of this catalogue for future use. BHE is in the process of moving to on-line registration and further information will be forwarded. **Early registration** is advised for all courses due to space limitations. Confirmation letters will be sent two weeks prior to the course date(s). **Walk-ins are discouraged and may not be admitted if the class is full of pre-registered persons. Upon completion of the program you will be issued a continuing education certificate. Should you require additional certificates please let the registrar know when you call to register and make arrangements for payment of \$20 for each additional certificate requested.**

**THIS ANNUAL SERIES IS FUNDED BY PA OMHSAS.**



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## ... continuing improvements for Behavioral Healthcare Education

### One Catalogue

This 2008-2009 catalogue continues to present changes that are geared to streamline all DUCOM/BHE courses. First, there is one catalogue that lists all of the standard BHE offerings...Regional Courses, Psychiatric Rehabilitation Courses, Co-occurring Mental and Substance Use Disorders Series Courses, and Case Management Courses. This format is geared to help participants register and attend courses in different content areas and at various locations. Courses are visually presented as a step towards on-line registration that will be available in the very near future.

### Levels of Courses

A second change is reflected in the leveling of courses. For 2008-2009, courses will be identified as **foundation, mid-level and advanced**. This designation is in response to requests from our service area planning groups. **Foundation** courses will give a framework about theory and practice about a specific topic and will be identified as **FOU**.

Courses with general interest that offer **mid-level** educational objectives (some prior knowledge in this area is useful) for a variety of behavioral health professionals will be identified as **MID**.

The **advanced** courses suggest that participants should have prior knowledge or experience in a topic area or have taken a pre-requisite course. Those courses are identified with the **ADV**.

### Multiple-day Courses

BHE will be offering several two and three day courses. These courses are designed for knowledge application and developing new skills. These courses have homework, and participants are expected to return to the training session with homework completed and further questions regarding the application of the skills in one's own environment. When registering for a multi-day course, please keep in mind that you are committing several days to training and must complete all days in order to receive credit.

Additionally, BHE will award Certificates of Completion to attendees who have completed the specified course work in the areas of Co-occurring Mental and Substance Use Disorders and Trauma-Informed Treatment.

### On-line Registration

As this catalogue is being developed, BHE is in a parallel process of converting registration to an on-line format. It is important that we have accurate e-mail addresses for attendees, since the intent is to have a socially conscious climate that reduces paper use. Telephone and FAX registration will still be available; however, it is hoped that we will be able to phase in an electronic format over the next few years.



## CENTRAL REGION

**The Nittany Lion Inn**  
200 West Park Avenue  
State College, PA 16803  
814-865-8500

**Holiday Inn Grantville**  
604 Station Road  
Grantville, PA 17028  
717-469-0661

**Elks Lodge #754**  
Rte 11, 1240 Montour Boulevard,  
Danville, PA 17821  
570-275-0531

**Lancaster Host Resort and  
Conference Center**  
2300 Lincoln Highway East  
Lancaster, PA 17602  
717-299-5500

**The Inn at Reading**  
1040 Park Road  
Wyomissing, PA 19610  
610-372-7811

## NORTHEAST REGION

**Lehigh Valley Best Western Hotel**  
300 Gateway Drive  
(At Routes 22 and 512)  
Bethlehem, PA. 18017  
610-866-5800

**Radisson Lackawanna  
Station Hotel**  
700 Lackawanna Avenue  
Scranton, PA  
570-342-8300

**Best Western East Mountain  
Inn & Suites**  
2400 East End Boulevard  
Wilkes-Barre, PA 18702  
570-822-1011



## SOUTHEAST REGION

### **Emergency Training Services Center**

**Calcon Hook Road**  
Tribbett Avenue  
Sharon Hill, PA 19073  
610-237-8630

**Friends Hospital**  
**Scattergood Building**  
4641 Roosevelt Boulevard  
Philadelphia, PA. 19124  
215-831-4055

### **Holiday Inn West Chester**

943 S. High Street  
West Chester, PA 19382  
610-692-1900

**Quality Inn and  
Conference Center**  
969 Bethlehem Pike (Rte 309)  
Montgomeryville, PA 18936  
215-699-8800

## WESTERN REGION

### **Crowne Plaza Pittsburgh**

**International Airport**  
1160 Thorn Run Road Extension  
Moon Township, PA 15108  
412-262-2400

### **Sheraton Erie Bayfront Hotel**

55 West Bay Drive  
Erie, PA 16507  
814-454-2005

### **Holiday Inn Clarion**

45 Holiday Inn Road  
Clarion, PA 16214  
814-226-8850



# GENERAL INFORMATION

## THE PRIME INSTITUTE

The PRIME Institute, which recently joined Drexel University BHE, was initially established in 1989 as MTRI at Temple University to develop faculty, consultation and training tailored for behavioral healthcare providers, and those in other human services, healthcare, education and business, through a network of 60+ culturally diverse interdisciplinary specialists in multicultural training, organizational development, technical assistance, assessment, research and evaluation.

The Institute's centerpiece is an 18 – 25 day *Certificate in Culturally Competent Behavioral Health, Health and Human Services*, now with 560 graduates from 19 annual offerings in Pennsylvania, New York, Ohio and Connecticut. The 20th course, in progress, was modified for teams from agencies under contract with the Philadelphia Department of Behavioral Health/MR Services. This curriculum was the basis for the 2003 - 2006 \$1.2 million award by SAMHSA for Multicultural Mental Health Workforce Training to Reduce Racial/Cultural Disparities. The model is a thoroughly tested and evaluated program which has documented significant transfer of effective cross-cultural skills and the transformation of participants' knowledge and attitudes. It has been featured in the American Psychiatric Association's (APA) OMNA Showcase, the APA annual meeting, IASPRS, USPRA, NCORE, the National Multicultural Family Reunion Conference, the Teacher's College Roundtable on Cultural Competence, and the Boston College Conference on Race and Ethnicity. The Institute received the 2001 Diversity Award for outstanding contributions in multicultural education from the nationally distributed *Next Step* magazine.

Two additional centralized training offerings are the annual one day Psychiatric Symposium and the one week intensive *Journey to Multicultural Transformation: Healing and Recovery from Discrimination*. The Institute specializes in tailoring consultation and training to the needs, resources and expected outcomes of each organization with which we collaborate. A sampling of the areas that are most requested:

- Cultural Audit of program or organization (timeframe varies with scope)
- Foundations in Cultural Competence, 12 hours, may be presented in four 1/2 day segments
- Intent vs. Impact learning laboratory for employees or managers (2 days)
- Inoculation on helping persons in recovery with healing and resisting internalized discrimination (timeframe varies, minimum one day)
- Inoculation – for persons working with children (2 hours minimum)
- Focus on empowerment for staff and/pr persons in recovery, Cultural Competence Generates People Power (3 hour minimum)
- Inoculation Against Discrimination: Skills to Help Immigrants Manage the 'Isms' (minimum 3 hrs)
- Psychological Adjustment & Recovery (for select cultural groups, i.e. African Americans, Latinos, Asians; 3 hour minimum)
- Cross-Cultural Issues in Communicating with Respect (minimum 4 hours)
- Building Cultural Inclusion in Your Organization – for Administrators (minimum 4 hours)
- Culture Counts – for Administrators on elements of a multicultural organization and key ingredients to support the development of culturally competent staff and programs (one day minimum)
- Eliminating Disparities in Health and Behavioral Health (minimum 4 hours)
- Immigration Issues in Behavioral Health (minimum 3 hour for overview)
- 5 – 10 days peer skill training to present orientations on cultural competence What Lies Beneath
- One hour each series for medical and psychiatric residents (adult, or children/family focus):
  - Prerequisite - Cultural Competence for the Advancement of Psychiatric Practice and Mental Health Care, followed by selection of ethnicities - Asian American, Latinos, African American, European American, GLBTQ, Islamic, Jewish, First Nation (Native Americans); persons with physical disabilities

To dialogue about your interests, please contact Ms. Cheri Avery Black, MA, PRIME Institute Director at 215.831.3912 or [cblack@drexelmed.edu](mailto:cblack@drexelmed.edu). We look forward to collaborating with you as part of our mission to achieve the 'valuing of culture and diversity as a source of strength for individuals, families and social groups and as a catalyst for community enrichment, empowerment and positive social change.'



*Save the Date*

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SEPTEMBER 9-10, 2008

*PA 2nd Annual Suicide Prevention Conference*

Holiday Inn Harrisburg / Hershey • Grantville, PA

OCTOBER 16, 2008

*MH / Aging Forum Behavioral Health Issues  
in Older Adults*

Masonic Home • Elizabethtown, PA

DECEMBER 2-5, 2008

*16th Annual Forensic Rights and Treatment Conference*

Holiday Inn Harrisburg / Hershey • Grantville, PA

MARCH 30 - APRIL 1, 2009

*Recovering PA Conference*

Holiday Inn Harrisburg / Hershey • Grantville, PA

JUNE 23-25, 2009

*Case Management Conference*

The Woodlands • Wilkes Barre, PA

For further information regarding these programs  
or to be put on a mailing list, please call 1-877-243-3033



# REGIONAL COURSE SCHEDULE

Course Number	Central Elks Lodge Danville	Central Holiday Inn Grantville	Central Inn at Reading	Central Lancaster Host
062 - An Overview of DSM-IV Axis I Major Mental Disorders		6/18/09	11/18/08	
063 - An Overview of DSM-IV Axis II Personality Disorders		6/19/09	11/19/08	
086 - PTSD: Posttraumatic Effects Throughout the Lifespan				
088 - Moving Beyond PTSD: Individual Treatment Models That Work		12/1/08 12/2/08		
090 - Recovery and Intellectual Disabilities: Walking the Walk		4/2/09	3/11/09	
096 - Foundational Concepts for Recovery-Focused Practice with Adults	9/16/08 9/17/08			
097 - Essential Concepts of Recovery & Resiliency for Youth				4/14/09 4/15/09
111 - Skills Teaching Methods	11/10/08	9/19/08	1/14/09	
<b>NEW</b> 153 - Bipolar Disorder in Adults	2/17/09		3/10/09	
161 - Psychiatric Disorders of Children and Adolescents	10/14/08	2/5/09		
162 - Major Adult Psychiatric Disorders as They Appear in Children and Adolescents	10/15/08	2/6/09		
185 - Supporting Recovery: A Guide to Developing a WRAP	3/17/09 4/21/09			10/8/08 12/10/08
186 - Working with Young People to Develop a WRAP		3/6/09 4/3/09		
195 - Addiction and the Brain			5/13/09	
204 - Psychopharmacology with Children and Adolescents	12/9/08			2/10/09
215 - Loss and Grieving as an Ongoing Process	6/17/09	5/6/09		10/7/08
264 - Trauma and Young People: Effects and Interventions	5/20/09	1/9/09		
287 - A Strategy to Address Issues of Vicarious Traumatization: Peer Supervision		5/7/09		12/9/08
<b>NEW</b> 289 - The Impact of Trauma on Returning War Veterans and Their Families	5/19/09	1/8/09		
<b>NEW</b> 299 - Contingency Management: Principles and Uses	1/21/09			
<b>NEW</b> 300 - Cognitive Behavioral Therapy: An Overview of Practice Principles	12/10/08	10/31/08		
308 - Motivational Interviewing: Practicing the Principles		10/2 & 10/3/08 10/30/08		
313 - Is it Bipolar Disorder or ADHD? Distinguishing Them in Children & Adolescents	6/16/09			6/10/09
<b>NEW</b> 333 - Ethics and Transforming Behavioral Healthcare	2/18/09	3/5/09	5/12/09	
345 - Ethical Issues in Recovery-Oriented Practice				
<b>NEW</b> 364 - Strengths-Based Supervision: Recovery-Oriented Principles and Practice	11/11/08	9/18/08	1/13/09	
378 - Creating a Climate for Recovery: Leadership and Teamwork Practices	4/22/09			2/11/09
<b>NEW</b> 379 - The Addictive Process and Stages of Change	1/20/09		9/17/08	
396 - Youth with Co-Occurring Mental and Substance Use Disorders: An Overview				6/9/09
<b>NEW</b> 413 - Teaching is More Than Telling: Skills for Providing Psychoeducation	3/18/09		9/16/08	



# REGIONAL COURSE SCHEDULE

Northeast	Northeast	Southeast	Southeast	Southeast	Southeast
Lehigh Valley Best Western Hotel	Radisson Lackawanna Station	Delaware Co Emer Training Center	Holiday Inn West Chester	Quality Inn Montgomeryville	Friends Hospital
4/16/09	12/17/08		2/26/09	1/22/09	
4/17/09	12/18/08		2/27/09	1/23/09	
		1/29/09 1/30/09		2/19/09 2/20/09	9/16/08 9/17/08
	10/21/08 10/22/08				
3/12/09			6/25/09	4/23/09	
6/10/09 6/11/09				10/16/08 10/17/08	
	11/18/08 11/19/08			5/21/09 5/22/09	
12/12/08	9/22/08		10/24/08	6/19/09	4/1/09
12/11/08		9/26/08		4/24/09	10/1/08
11/6/08	6/23/09	3/26/09			1/6/09
11/7/08	6/24/09	3/27/09			1/7/09
				11/13/08 12/11/08	
9/19/08 10/22/08					2/3/09 3/3/09
9/18/08				9/19/08	12/1/08
1/16/09			6/26/09		3/4/09
2/12/09	5/27/09				
	2/25/09	11/20/08			10/28/08
2/13/09		11/21/08			9/30/08
	2/24/09		4/30/09		6/3/09
1/15/09		9/25/08		11/14/08	
	4/29/09		5/1/09	12/12/08	
	3/24 & 3/25/09 4/28/09				5/5 & 5/6/09 6/2/09
		5/29/09			2/4/09
	1/27/09			3/19/09	
10/21/08		5/28/09			
5/15/09	9/23/08		10/23/08	6/18/09	3/31/09
5/14/09	5/26/09				
3/13/09			12/19/08	9/18/08	10/29/08
					12/2/08
	1/28/09		12/18/08	3/20/09	



Fou = Framework Courses • Mid = Prior Knowledge Useful • Adv =Prior Knowledge and Experience Suggested

## GENERAL COURSES

### **Fou TR062:**

### **An Overview of DSM-IV Axis I Major Mental Disorders (5 hours)**

**9:30am – 3:30pm**

This survey course provides an update/introduction to the DSM-IV categories of the major mental disorders, including: schizophrenia, schizoaffective and other psychotic disorders; and major mood and affective disorders. Emphasis is placed on assessment using DSM-IV criteria as an ethno-biopsyo-social framework. Decision Trees are presented as a tool for differential diagnosis.

*Course Objectives:* Participants will be able to:

- Identify the major Axis I mental disorders using DSM-IV criteria;
- Discuss the organization of the DSM and its usefulness in practice;
- Describe the necessity for a biopsychosocial perspective and use of all Axes when assessing and planning interventions;
- Discuss best practices for assessment for each major Axis I category;
- Apply DSM-IV criteria and Decision Trees to practice.

*Suggested Participants:* All those working with persons having major mental and/or substance abuse disorders; supervisors; program managers; trainers; consumers and family members; new staff; those needing a DSM-IV review.

### **TRAINING SITES**

Inn at Reading, Wyomissing  
 Lackawanna Station Hotel, Scranton  
 Quality Inn, Montgomeryville  
 Holiday Inn, West Chester  
 Lehigh Valley Best Western, Bethlehem  
 Holiday Inn, Grantville

### **DATES**

November 18, 2008  
 December 17, 2008  
 January 22, 2009  
 February 26, 2009  
 April 16, 2009  
 June 18, 2009



## **Fou TR063:**

### **An Overview of DSM-IV Axis II Personality Disorders (5 hours)**

**9:30am – 3:30pm**

This survey course provides an introduction to the nature of pervasive and enduring patterns of maladaptive behaviors and responses presented by persons with characterological disorders. It also discusses possible causation, course, and outcomes when appropriate interventions are known and used.

*Course Objectives:* Participants will be able to:

- Describe personality disorders in terms of diagnostic features, course, and impact of culture/age/gender;
- Identify means of assessing and differentiating diagnosis;
- Examine the major symptom "clusters" and their related features;
- Discuss developmental issues and intervention strategies related to maturational and current needs;
- Use knowledge/materials in their practice setting.

*Suggested Participants:* Anyone working with persons having serious mental and/or substance-related disorders or assessing, monitoring/supervising. Consumers and family members; interested others.

#### **TRAINING SITES**

Inn at Reading, Wyomissing  
 Lackawanna Station Hotel, Scranton  
 Quality Inn, Montgomeryville  
 Holiday Inn, West Chester  
 Lehigh Valley Best Western, Bethlehem  
 Holiday Inn, Grantville

#### **DATES**

November 19, 2008  
 December 18, 2008  
 January 23, 2009  
 February 27, 2009  
 April 17, 2009  
 June 19, 2009

## **Fou TR086:**

### **PTSD: Posttraumatic Effects Throughout the Lifespan (10 hours)**

**9:30am – 3:30pm**

This two-day seminar provides a foundation for anyone seeking to understand the potentially disruptive effects of trauma on human development. The course examines the different types of trauma, the potential effects of each type of trauma on persons at different ages and developmental stages, and the types of interventions that have demonstrated effectiveness in assisting adults to overcome many of the negative features of PTSD (Posttraumatic Stress Disorder).

*Course Objectives:* Participants will be able to:

List the DSM-IV criteria for PTSD and discuss the differences between PTSD and complex PTSD;

- Describe the effects of trauma on the brain and biopsychosocial development;
- Review assessment methods for both children and adults;
- Discuss basic principles and models for effective trauma treatment;
- Identify the impact of trauma work on the practitioner.

#### **TRAINING SITES**

Friends Hospital, Philadelphia  
 Delaware County Emergency Training Center  
 Quality Inn, Montgomeryville

#### **DATES**

September 16 & 17, 2008  
 January 29 & 30, 2009  
 February 19 & 20, 2009



Fou = Framework Courses • Mid = Prior Knowledge Useful • Adv = Prior Knowledge and Experience Suggested

## **Fou TR088:**

### **Moving Beyond PTSD: Individual Treatment Models That Work (10 hours)**

**9:30am - 3:30pm**

This course is recommended for those who have already taken the introductory course “TR086 Posttraumatic Effects Throughout the Lifespan. Treatment reflecting our understanding of the impact of trauma on an individual’s biopsychosocial development is now available for adults with longer-term or complex PTSD. This two-day course examines some of the principles underlying all PTSD treatment approaches, including the ways that symptoms reflect coping mechanisms. Stages of trauma treatment are delineated in the context of specific research-based and expert consensus models. Participants will have an opportunity to practice some of the basic practitioner skills from the various models.

*Course Objectives:* Participants will be able to:

- Use the basic principles underlying all trauma treatment;
- Describe recommended treatment models for addressing the impact of trauma on the individual;
- Recommend psychotherapy techniques for different target symptoms based on effectiveness, safety and applicability to various treatment settings;
- Specify treatment strategies for the most common disorders that co-occur with PTSD;
- Practice specific skills designed for the stages of trauma treatment.

#### **TRAINING SITES**

Lackawanna Station Hotel, Scranton  
Holiday Inn, Grantville

#### **DATES**

October 21 & 22, 2008  
December 1 & 2, 2008

## **Fou TR090: [NEW]**

### **Recovery and Intellectual Disabilities: Walking the Walk (5 hours)**

**9:30am – 3:30pm**

This course examines recovery from the perspective of persons with intellectual disabilities (IDs) and co-occurring mental health disorders. Individuals with different intellectual abilities are individuals – who have their own personalities, strengths, needs, desires and dreams. In providing recovery-oriented services to persons with IDs, other disorders and life issues, helpers work with the person and his/her team to discover the most useful combination of supports while facilitating autonomy and choice. This seminar is focused on finding workable ways to support maximum recovery.

*Course Objectives:* By the end of this course, participants will be able to:

- Review strengths and needs of persons with differing intellectual abilities;
- List basic recovery principles and practices for those in the helping professions;
- Examine some major ethical issues encountered by practitioners in this field;
- Describe some useful tools for, and means of assessing and planning support needs, while encouraging recovery and maximum self-management;
- Use case material to discuss application of these principles when working with persons having IDs and other disorders/challenges.

#### **TRAINING SITES**

Inn at Reading, Wyomissing  
Lehigh Valley Best Western, Bethlehem  
Holiday Inn, Grantville  
Quality Inn, Montgomeryville  
Holiday Inn, West Chester

#### **DATES**

March 11, 2009  
March 12, 2009  
April 2, 2009  
April 23, 2009  
June 25, 2009



## **Fou TR096:**

### **Foundational Concepts for Recovery-Focused Practice with Adults (10 hours)**

**9:30am – 3:30pm**

This two-day seminar, aimed at those beginning to practice in the behavioral healthcare field, examines ways of working using a positive and collaborative approach. It covers means of engaging the person and family; the use of strengths-based approaches; responding to challenging behaviors; and partnering with the person, family, the treatment team, staff in other agencies, and others in the community. It also reviews purposes and use of the DSM and other supports for understanding diagnostic information and where to find information about evidence-based and promising practices. This course is suitable for those working with both adults and young persons and their families. Questions from participants are encouraged.

*Course Objectives:* Participants will be able to:

- Identify recovery-oriented values, principles and practices and their opposites;
- Review practitioner behaviors that encourage engagement and collaborative partnering among persons seeking services, their family members, and others;
- Explore environmental strengths and barriers within treatment and support programs;
- Respond to challenging behaviors without using negative, defensive means;
- Locate resources for understanding diagnoses and effective treatment approaches.

#### **TRAINING SITES**

Elks Lodge #754, Danville

Quality Inn, Montgomeryville

Lehigh Valley Best Western, Bethlehem

#### **DATES**

September 16 & 17, 2008

October 16 & 17, 2008

June 10 & 11, 2009

## **Fou TR097:**

### **Essential Concepts of Recovery and Resiliency for Youth (10 hours)**

**9:30am - 3:30pm**

This two-day seminar is targeted to the needs of relatively “unseasoned” practitioners who work with children, adolescents and their families. It covers basic concepts and skills needed to form positive working relationships with young people and their parents/caregivers and presents a thorough review of recovery and resiliency principles. This course also points participants to a number of resources they can use to continue their learning and to build specific competencies, depending upon their particular roles, in service delivery. There are opportunities to raise questions in a safe learning environment.

*Course Objectives:* Participants will be able to:

- List their own concerns, issues and questions to be addressed;
- Review concepts of recovery and resiliency for children, adolescents and families;
- Examine the use and limitations of the Diagnostic and Statistical Manual;
- Identify components of active listening and practice some key skills;
- Use information received in this seminar in their own practice environments.

#### **TRAINING SITES**

Lackawanna Station Hotel, Scranton

Lancaster Host, Lancaster

Quality Inn, Montgomeryville

#### **DATES**

November 18 & 19, 2008

April 14 & 15, 2009

May 21 & 22, 2009



# REGIONAL COURSE DESCRIPTIONS

Fou = Framework Courses • Mid = Prior Knowledge Useful • Adv = Prior Knowledge and Experience Suggested

**Mid TR111:  
Skills Teaching Methods (5 hours)  
9:30am – 3:30pm**

This course reviews methods of teaching specific skills and examines the acquisition, development and maintenance of such skills. Use of small groups for teaching and practicing skills will be described and illustrated. Transfer of skills into natural environments is discussed.

*Course Objectives:* Participants will be able to:

- Define what a skill is and describe key attributes;
- Delineate when to use skills teaching as an intervention;
- Identify special issues in skill teaching with learners having serious mental disorders;
- Subdivide a skill into teachable steps;
- Practice teaching a skill in a simulation exercise.

**TRAINING SITES**

Holiday Inn, Grantville  
 Lackawanna Station Hotel, Scranton  
 Holiday Inn, West Chester  
 Elks Lodge #754, Danville  
 Lehigh Valley Best Western, Bethlehem  
 Inn at Reading, Wyomissing  
 Friends Hospital, Philadelphia  
 Quality Inn, Montgomeryville

**DATES**

September 19, 2008  
 September 22, 2008  
 October 24, 2008  
 November 10, 2008  
 December 12, 2008  
 January 14, 2009  
 April 1, 2009  
 June 19, 2009

**Mid TR153: [NEW]  
Bipolar Disorder in Adults (5 hours)  
9:30am – 3:30pm**

Historically, Bipolar Disorder (previously called Manic-Depressive Disorder) was not well understood and often misdiagnosed. This psychiatric syndrome is often confused with other psychiatric conditions such as unipolar depression and schizoaffective disorder. Co-occurring conditions, including personality disorders, substance and alcohol abuse or dependence and anxiety, further complicate the assessment and treatment of this disease. This mid-level course provides an overview of several continuing and emerging areas of importance, including cultural and ethnic variations, in the diagnosis and treatment of Bipolar Disorder.

*Course Objectives:* By the end of this course, participants will be able to:

- Differentiate Bipolar Mood Disorder from other major psychiatric disorders;
- Discuss the need for the use of appropriate techniques and tools when screening for bipolar disorder in diverse populations;
- Identify effective pharmacologic treatment strategies
- Describe effective nonpharmacologic treatment strategies
- Discuss evidence-based clinical data and guidelines useful for directing clinical practice.

**TRAINING SITES**

Delaware County Emergency Training Center  
 Friends Hospital, Philadelphia  
 Lehigh Valley Best Western, Bethlehem  
 Elks Lodge #754, Danville  
 Inn at Reading, Wyomissing  
 Quality Inn, Montgomeryville

**DATES**

September 26, 2008  
 October 1, 2008  
 December 11, 2008  
 February 17, 2009  
 March 10, 2009  
 April 24, 2009



## **Fou TR161:**

### **Psychiatric Disorders Appearing First in Children and Adolescents (5 hours)**

**9:30am – 3:30pm**

This course reviews those disorders listed in the DSM-IV-TR as being the first diagnosed in infancy, childhood, or adolescence, in terms of symptom patterns, current interventions, and risk levels for co-occurring disorders. Means of assisting families to effectively support symptom management and skill acquisition in their young person are also discussed.

*Course Objectives:* Participants will be able to:

- Review recommended practices for engagement and assessment of youth and families;
- Examine the array of disorders that usually occur in infancy/childhood/adolescence;
- Compare prevalence rates for the occurrence of each disorder and co-occurring disorders;
- Identify evidence-based and promising interventions for the most common disorders;
- Use resource sheets for reviewing and asking questions about diagnostic categories.

#### **TRAINING SITES**

Elks Lodge #754, Danville  
 Lehigh Valley Best Western, Bethlehem  
 Friends Hospital, Philadelphia  
 Holiday Inn, Grantville  
 Delaware County Emergency Training Center  
 Lackawanna Station Hotel, Scranton

#### **DATES**

October 14, 2008  
 November 6, 2008  
 January 6, 2009  
 February 5, 2009  
 March 26, 2009  
 June 23, 2009

## **Fou TR162:**

### **Major Adult Psychiatric Disorders as They Appear in Children and Adolescents (5 hours)**

**9:30am – 3:30pm**

This course reviews the common “adult” disorders that also appear in young people. Similarities and differences in symptom presentation, current preferred intervention strategies, and the likelihood of co-occurring disorders are also discussed. The effect on the family, the negative effects of stigma, and means of helping families to assist their young person in symptom management, skill acquisition, and creation and use of relapse prevention strategies will be reviewed.

*Course Objectives:* Participants will be able to:

- Identify recommended practices for engagement and assessment of youth and families;
- Examine major Axis I disorders that also occur in children and adolescents;
- Compare prevalence rates for the occurrence of each disorder and co-occurring disorders;
- Review evidence-based and promising interventions for the most common disorders;
- Use resource sheets for reviewing and asking questions about diagnostic categories.

#### **TRAINING SITES**

Elks Lodge #754, Danville  
 Lehigh Valley Best Western, Bethlehem  
 Friends Hospital, Philadelphia  
 Holiday Inn, Grantville  
 Delaware County Emergency Training Center  
 Lackawanna Station Hotel, Scranton

#### **DATES**

October 15, 2008  
 November 7, 2008  
 January 7, 2009  
 February 6, 2009  
 March 27, 2009  
 June 24, 2009



Fou = Framework Courses • Mid = Prior Knowledge Useful • Adv =Prior Knowledge and Experience Suggested

## Mid TR185:

### **Supporting Recovery: A Guide to Developing a WRAP (Wellness Recovery Action Plan) (10 hours) 9:30am – 3:30pm**

The Wellness Recovery Action Plan (WRAP) is a structured program to assist the journey toward recovery from mental illnesses and/or co-occurring disorders. Designed to promote an optimum level of wellness, a WRAP helps a person monitor and respond to the signs and symptoms that may trigger a relapse. This two-part training is designed for anyone wanting to increase understanding of recovery concepts, skills and strategies, including the WRAP process. A willingness to attend both sessions and complete the “homework” is necessary. The credit hours awarded for successful completion can be used as prerequisites for the five-day “Mental Health Recovery: WRAP Facilitator Certification” awarded by the Copeland Center.

*Course Objectives:* Participants will be able to:

- Review the values, principles and practices that support developing a “lens of wellness”;
- Describe the components of Wellness Recovery Action Plan (WRAP) program;
- Identify essential skills for developing and supporting a WRAP;
- Explore solutions to the challenges that affect the development and support of a WRAP;
- Plan to use recovery-oriented knowledge and skills in practice settings.

#### **TRAINING SITES**

Lancaster Host, Lancaster  
 Quality Inn, Montgomeryville  
 Elks Lodge #754, Danville  
 Friends Hospital, Philadelphia

#### **DATES**

October 8, 2008 & December 10, 2008  
 November 13, 2008 & December 11, 2008  
 March 17, 2009 & April 21, 2009  
 March 18, 2009 & April 15, 2009

## Mid TR186:

### **Working with Young People to Develop a WRAP (10 hours) 9:30am – 3:30pm**

The Wellness Recovery Action Plan (WRAP) is a valuable tool for facilitating personal recovery. It helps individuals to develop a guide for managing the challenges of daily living. As of February 2007, a WRAP for Kids has been developed by the Copeland Center. This seminar introduces practitioners and supporters of child and adolescent services to the WRAP framework. WRAP for Kids is designed to help children enhance their abilities to address everyday challenges and to discover all the things they can do to stay well and even to feel better when the going is hard.

*Course Objectives:* Participants will be able to:

- Discuss the current state of children’s mental health services;
- Identify key concepts that support wellness and facilitate resilience;
- Describe the components of the WRAP for Kids;
- Facilitate the development of a WRAP with young persons;
- Assist others in understanding the benefits of WRAP development.

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem  
 Friends Hospital, Philadelphia  
 Holiday Inn, Grantville

#### **DATES**

September 19, 2008 & October 22, 2008  
 February 3, 2009 & March 3, 2009  
 March 6, 2009 & April 3, 2009



**Fou TR 195:  
Addiction and the Brain (5 hours)  
9:30am – 3:30pm**

This **introductory** course begins with an examination of the "non-addicted" brain. It discusses how the brain is changed by drugs of abuse and compulsive gambling. Also discussed are the changes occurring in the brains of adolescents which increase their vulnerability to addiction. The course concludes by examining how a neurobiological model can be used to improve treatment with a focus on prevention.

**Course Objectives:** By the end of this course, participants will be able to:

- Identify brain structures and neurochemicals associated with addiction;
- Name the four basic components of addiction;
- Cite how drugs of abuse alter the functions of the brain;
- Explain why adolescents are at greater risk for addiction;
- Discuss how a neurobiological model can be used to support ways of treating addictions.

**TRAINING SITES**

Lehigh Valley Best Western, Bethlehem  
Quality Inn, Montgomeryville  
Friends Hospital, Philadelphia  
Inn at Reading, Wyomissing

**DATES**

September 18, 2008  
September 19, 2008  
December 1, 2008  
May 13, 2009

**Mid TR204:  
Psychopharmacology with Children and Adolescents (5 hours)  
9:30am – 3:30pm**

This course reviews the major categories of psychotropic medications used with children/adolescents and the associated benefits, risks, and side effects of these classes of medications. Medications associated with the more commonly diagnosed disorders of childhood and adolescence are highlighted. Issues regarding medication refusal or irregular use are also discussed in terms of educating youth, family members and significant others, and in working with treatment teams.

**Course Objectives:** Participants will be able to:

- Identify medications commonly prescribed for a specific diagnosis;
- List benefits and common side effects of these medications;
- Examine developmental and cultural issues re: taking medication;
- Develop strategies to encourage youth and family participation with a medication regime;
- Use the information in the practice setting.

**Suggested Participants:** Those working with children, adolescents and their families; those new to the field or wanting a review; family members.

**TRAINING SITES**

Elks Lodge #754, Danville  
Lehigh Valley Best Western, Bethlehem  
Lancaster Host, Lancaster  
Friends Hospital, Philadelphia  
Holiday Inn, West Chester

**DATES**

December 9, 2008  
January 16, 2009  
February 10, 2009  
March 4, 2009  
June 26, 2009



Fou = Framework Courses • Mid = Prior Knowledge Useful • Adv = Prior Knowledge and Experience Suggested

## **Fou TR215:**

### **Loss and Grieving as an Ongoing Process (5 hours)**

**9:30am - 3:30pm**

This course examines loss in the lives of persons with serious disorders, e.g., mental illnesses, developmental disabilities, or “chronic” illnesses. The focus is on the experience of ongoing losses in the lives of persons with disabilities and their families, e.g., the loss of hopes, dreams, feelings of competency, and control. Means of helping people/families deal with these issues is discussed.

*Course Objectives:* Participants will be able to:

- List major losses that persons with serious disorders and their families experience;
- Apply Kübler-Ross's five stages of dying to other losses;
- Examine ways that people experience loss;
- Discuss ways to support individuals and families in dealing with losses;
- Use knowledge/skills in practice.

*Suggested Participants:* Everyone in human services who provides direct individual and group counseling for persons with serious ongoing disorders; those who supervise/teach others.

#### **TRAINING SITES**

Lancaster Host, Lancaster  
 Lehigh Valley Best Western, Bethlehem  
 Holiday Inn, Grantville  
 Lackawanna Station Hotel, Scranton  
 Elks Lodge #754, Danville

#### **DATES**

October 7, 2008  
 February 12, 2009  
 May 6, 2009  
 May 27, 2009  
 June 17, 2009

## **Mid TR264:**

### **Trauma and Young People: Effects and Interventions (5 hours)**

**9:30am – 3:30pm**

Children and adolescents often present complex arrays of symptoms and behaviors that are challenging both for accurate diagnosis and effective treatment. This course examines the potential impact of trauma on young persons and the development of symptoms of Posttraumatic Stress Disorder (PSDT). It also examines interventions designed to address the impact of abuse and trauma at different child/adolescent developmental stages.

*Course Objectives:* Participants will be able to:

- Examine the impact of trauma and abuse on a young person;
- Explore the effects of family, age, gender, and sociocultural factors on the traumatic experience;
- Review symptoms and assessment criteria for PSDT in young persons;
- Describe alternate ways of viewing and labeling “difficult” behaviors, using the domains of attachment, emotional dysregulation, and sense of self;
- Discuss evidence-based treatment options currently considered to be most effective.

#### **TRAINING SITES**

Friends Hospital, Philadelphia  
 Delaware County Emergency Services Center  
 Holiday Inn, Grantville  
 Lackawanna Station Hotel, Scranton  
 Elks Lodge #754, Danville

#### **DATES**

October 28, 2008  
 November 20, 2008  
 January 9, 2009  
 February 25, 2009  
 May 20, 2009



## Mid TR287:

### **A Strategy to Address Issues of Vicarious Traumatization: Peer Supervision (5 hours)**

**9:30am – 3:30pm**

This course provides information about vicarious trauma and its impact on practitioners working with persons who themselves have experienced, or are experiencing, physical and/or psychological trauma. Self-assessment instruments and coping strategies are presented for recognizing and dealing with vicarious traumatization. A model for peer supervision is presented for those working in team settings within treatment programs.

*Course Objectives:* Participants will be able to:

- Describe the nature of vicarious traumatization;
- Identify techniques for assessing signs of vicarious traumatization;
- Discuss strategies for coping with vicarious traumatization;
- Define and practice a model of peer supervision for addressing vicarious traumatization;
- Use the tools and processes presented in their own practice settings.

#### **TRAINING SITES**

Friends Hospital, Philadelphia  
 Delaware County Emergency Training Center  
 Lancaster Host, Lancaster  
 Lehigh Valley Best Western, Bethlehem  
 Holiday Inn, Grantville

#### **DATES**

September 30, 2008  
 November 21, 2008  
 December 9, 2008  
 February 13, 2009  
 May 7, 2009

## Adv TR289: [NEW]

### **The Impact of Trauma on Returning War Veterans and Their Families (5 hours)**

**9:30am – 3:30pm**

Community providers are playing an increasing role in meeting the service needs for returning war veterans and their families. Combat experiences have an enduring impact on combatants and related military personnel, often including posttraumatic stress disorder. This course specifies critical elements in individuating a person's healing paths from the realities of war and reviews guidelines and coping strategies to help restore a sense of balance in their families.

*Course Objectives:* By the end of this course, participants will be able to:

- Identify personal questions and concerns in this topic area;
- Distinguish diagnostic criteria for war-related posttraumatic stress, Posttraumatic Stress Disorder, and traumatic brain injuries;
- Identify core myths and realities concerning the impact of war and its aftermath;
- Discuss strategies to address war-related trauma that go beyond typical interventions focusing on psychiatric symptoms;
- Evaluate guidelines for helping families and children in both pre- and post-deployment of their family member.

#### **TRAINING SITES**

Holiday Inn, Grantville  
 Lackawanna Station Hotel, Scranton  
 Holiday Inn, West Chester  
 Elks Lodge #754, Danville  
 Friends Hospital, Philadelphia

#### **DATES**

January 8, 2009  
 February 24, 2009  
 April 30, 2009  
 May 19, 2009  
 June 3, 2009



Fou = Framework Courses • Mid = Prior Knowledge Useful • Adv =Prior Knowledge and Experience Suggested

## **Adv TR299: [NEW]**

### **Contingency Management: Principles and Uses (5 hours)**

**9:30am – 3:30pm**

Contingency Management (CM) is rooted in behavioral science and uses some system of rewards to support a person's movement toward desired goals (positive outcomes). This course examines the use of CM principles and practices with individuals, within groups, and as part of an overall program environment. Discussion and examples about how, why, and when CM works well and supports for how to use it within one's own program are included.

*Course Objectives:* By the end of this course, participants will be able to:

- Define the basic scientific and human principles that support the use of CM;
- Review the use of CM with individuals with different diagnoses and in different program settings;
- Discuss the benefits and possible drawbacks of CM use with individuals and in groups and programs;
- Explore possible models and resources to support one's use of CM in practice;
- Identify ways to practice use of CM principles on a regular basis.

#### **TRAINING SITES**

Delaware County Emergency Training Center  
 Quality Inn, Montgomeryville  
 Lehigh Valley Best Western, Bethlehem  
 Elks Lodge #754, Danville

#### **DATES**

September 25, 2008  
 November 14, 2008  
 January 15, 2009  
 January 21, 2009

## **Mid TR300: [NEW]**

### **Cognitive Behavioral Therapy: An Overview of Practice Principles (5 hours)**

**9:30am – 3:30pm**

This seminar reviews the basic theory of CBT, describes some of its components and applications, and explores its use with various populations and formats. This course is focused mainly on the use of CBT with adults who have varying diagnoses and functional capacities (although references are given for its use and application for children and adolescents). Examples will be provided and uses with both individual and in group formats will be discussed.

*Course Objectives:* By the end of this course, participants will be able to:

- Describe the basis for Cognitive Behavioral Therapy – how and why it works;
- Identify several major components and applications of CBT principles;
- Explore the uses of CBT for persons with different diagnoses;
- Discuss means of using both principles and specific models for individual and group work;
- Access reference materials/manuals to assist you in your own practice setting.

#### **TRAINING SITES**

Holiday Inn, Grantville  
 Elks Lodge #754, Danville  
 Quality Inn, Montgomeryville  
 Lackawanna Station Hotel, Scranton  
 Holiday Inn, West Chester

#### **DATES**

October 31, 2008  
 December 10, 2008  
 December 12, 2008  
 April 29, 2009  
 May 1, 2009



## **Mid TR308:**

### **Motivational Interviewing: Practicing the Principles (3 days)**

**9:30am – 3:30pm**

This three-day intensive course in the principles and initial practices of Motivational Interviewing is based on the work of William R. Miller and Stephen Rollnick. Their theory and practice is, in turn, rooted in an understanding of the Transtheoretical Stages of Change found in the work of Prochaska and DiClemente. A willingness to role play and to use beginning skills in actual practice is essential for this skills-based seminar. Participants are expected to attend all sessions and to complete an assignment between Days 2 and 3. (These principles and skills are highly complimentary paired with values and practices of recovery-oriented services and supports.)

**Course Objectives:** Participants will be able to:

- Outline Prochaska and DiClemente’s stages of change and how they are useful in understanding human readiness to change behaviors;
- Identify Miller and Rollnick’s general principles and early methods;
- Practice specific Phase 1 strategies for encouraging stage of readiness for change;
- Describe and practice Phase 2 strategies for preparing people to take action to change;
- Use knowledge and skills in their own practice settings and continue skill development.

#### **TRAINING SITES**

Holiday Inn, Grantville  
Lackawanna Station Hotel, Scranton  
Friends Hospital, Philadelphia

#### **DATES**

October 2 & 3 and October 30, 2008  
March 24 & 25 and April 28, 2009  
May 5 & 6 and June 2, 2009

## **Adv TR313:**

### **Is It Bipolar Disorder or ADHD? Distinguishing Them in Children/Adolescents**

**9:30am – 3:30pm**

Children and adolescents who were once diagnosed with ADHD are now being diagnosed as having Bipolar Disorder with increasing frequency. Correct diagnosis can be difficult given that both disorders can share symptoms of impulsivity, inattentiveness, irritability, hyperactivity, and emotional liability. Moreover, the clinical presentation, particularly when of early-onset, is more often atypical, co-morbid, and lacking in discrete episodes. This session will identify the features that can help in distinguishing these disorders as well as the most empirically-supported treatment.

**Course Objectives:** Participants will be able to:

- Discuss the diagnostic criteria, prevalence and course for both Bipolar Disorder and Attention-Deficit /Hyperactivity Disorder;
- Examine the features common to both disorders as well as specific features that can help in distinguishing one from the other;
- Describe the most empirically-supported treatment interventions for Bipolar Disorder, ADHD, and comorbid ADHD/Bipolar Disorder;
- Identify resources for those interested in obtaining additional information;
- Use the information in one’s own practice setting.

#### **TRAINING SITES**

Friends Hospital, Philadelphia  
Delaware County Emergency Services Center  
Lancaster Host, Lancaster  
Elks Lodge #754, Danville

#### **DATES**

February 4, 2009  
May 29, 2009  
June 10, 2009  
June 16, 2009



Fou = Framework Courses • Mid = Prior Knowledge Useful • Adv = Prior Knowledge and Experience Suggested

## **Fou TR333: [NEW]**

### **Ethics and Transforming Behavioral Healthcare (6 hours)**

**9:00am – 4:00pm**

In support of an individual's recovery, the behavioral healthcare delivery system in Pennsylvania is undergoing a major transformation. This course focuses primarily on ethical issues around the delivery of peer-based recovery support services. Vignettes will be used to highlight and discuss issues in a number of arenas, e.g. service context, personal conduct.

*Course Objectives:* By the end of this course, participants will be able to:

- Identify personal issues/questions for exploration during this course;
- Explore potential areas for role ambiguity and conflict between/among the functions of peer-based support roles and the roles of other mental health service providers;
- Discuss core values shared across organizations providing recovery support services;
- Review a model of ethical decision-making for recovery support providers and their supervisors;
- Use vignettes to discuss selected ethical issues in the delivery of peer-based recovery support services.

#### **TRAINING SITES**

Lackawanna Station Hotel, Scranton  
 Elks Lodge #754, Danville  
 Holiday Inn, Grantville  
 Quality Inn, Montgomeryville  
 Inn at Reading, Wyomissing

#### **DATES**

January 27, 2009  
 February 18, 2009  
 March 5, 2009  
 March 19, 2009  
 May 12, 2009

## **Fou TR345:**

### **Ethical Issues in Recovery-Oriented Practice (6 hours)**

**9:00am – 4:00pm**

TR335 began to address some of the ethical concerns related to emerging recovery-oriented practices. This seminar focuses on several additional issues confronting those wishing to practice within the context of this new paradigm, among them being the examination of stigma and discrimination in more subtle forms both without and within systems of behavioral healthcare. Other issues to be examined include the shift in practice and personal boundaries and personal disclosure, both in relation to persons currently receiving services and former (or current) service recipients now employed as peer specialists or in other roles within a provider agency. The relationship of some of the indicators of recovery-oriented systems and services to our understanding of ethical practice is also discussed.

*Course Objectives:* Participants will be able to:

- Describe how one defines an ethical issue in behavioral healthcare delivery;
- Outline the ethical and moral dimensions of stigma and discrimination;
- Compare and contrast traditional vs. recovery-oriented conceptions of “professional boundaries” and “personal disclosure;”
- Examine personal comfort zones in relation to boundaries and disclosure;
- Discuss the ethical implications of defined indicators of recovery-oriented practitioners and treatment/service agencies.

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem  
 Delaware County Emergency Services Training Center

#### **DATES**

October 21, 2008  
 May 28, 2009



## Mid TR364: [NEW]

### Strengths-Based Supervision: Recovery-Oriented Principles and Practices (5 hours)

9:30am – 3:30pm

This course identifies the basic principles of strengths-based practice and how they are modeled and exemplified by the supervisor. Means of supervising to enhance recovery-focused practice are discussed and illustrated by actual practice within the seminar setting. Tools for continued use are provided, as are references for continuing to enhance one's supervisory skills.

*Course Objectives:* By the end of this course, participants will be able to:

- Identify the core components of strengths-based practice and their relationship to supporting personal recovery;
- Describe the differences between strengths-focused practice and “practice as usual” (the “we already do that” belief);
- Discuss the importance of modeling in supervision (“walking the walk”);
- Practice the model of strengths-based supervision using real examples;
- Use the principles and tools in one's own supervision.

#### TRAINING SITES

Holiday Inn, Grantville  
 Lackawanna Station Hotel, Scranton  
 Holiday Inn, West Chester  
 Elks Lodge #754, Danville  
 Inn at Reading, Wyomissing  
 Friends Hospital, Philadelphia  
 Lehigh Valley Best Western, Bethlehem  
 Quality Inn, Montgomeryville

#### DATES

September 18, 2008  
 September 23, 2008  
 October 23, 2008  
 November 11, 2008  
 January 13, 2009  
 March 31, 2009  
 May 15, 2009  
 June 18, 2009

## Adv TR378:

### Creating a Climate for Recovery: Leadership and Teamwork Practices (5 hours)

9:30am – 3:30pm

This advanced course for leaders in administrative and supervisory roles is designed for those who have solid knowledge and skills in managing and who are familiar with the principles and practices needed to transform current systems to those that are truly recovery-oriented. Skills and practices developed in organizations that are in the forefront of such transformation will be presented, discussed and dissected for use in a Pennsylvania practice environment.

*Course Objectives:* Participants will be able to:

- Identify indicators (process and outcome) related to recovery-oriented practice;
- Review tools for evaluating current perceptions of recovery-orientation;
- Discuss leadership practices that motivate staff and promote learning and supportive environments;
- List resources to use as models of practice and references for development;
- Create a set of procedures for increasing positive teamwork and team monitoring of recovery-oriented practices.

#### TRAINING SITES

Lancaster Host, Lancaster  
 Elks Lodge #754, Danville  
 Lehigh Valley Best Western, Bethlehem  
 Lackawanna Station Hotel, Scranton

#### DATES

February 11, 2009  
 April 22, 2009  
 May 14, 2009  
 May 26, 2009



Fou = Framework Courses • Mid = Prior Knowledge Useful • Adv =Prior Knowledge and Experience Suggested

## **Adv TR379: [NEW]**

### **The Addictive Process and Stages of Change (5 hours)**

**9:30am – 3:30pm**

This seminar briefly reviews the transtheoretical stages of change researched by James Prochaska, Carlo DiClemente and others. While Miller and Rollnick’s Motivational Interviewing methods are based in this model, a deeper understanding of the mechanisms used in these stages is useful in considering how to structure interventions that meet people “where they are” regarding readiness for specific change. Means of designing/ altering program philosophies and practices in order to increase retention and positive outcomes for persons with substance use and co-occurring psychiatric disorders are discussed and practical references are provided.

*Course Objectives:* By the end of this course, participants will be able to:

- Describe the transtheoretical stages of change;
- Examine the parallel processes both of becoming addicted and recovery from addiction;
- Explore the cognitive/experiential and behavioral processes used within specific stages;
- Identify specific means of selecting individual intervention strategies in clinical practice;
- Discuss uses of stages of change in creating program-based and group interventions.

#### **TRAINING SITES**

Inn at Reading, Wyomissing  
 Quality Inn, Montgomeryville  
 Friends Hospital, Philadelphia  
 Holiday Inn, West Chester  
 Elks Lodge #754, Danville  
 Lehigh Valley Best Western, Bethlehem

#### **DATES**

September 17, 2008  
 September 18, 2008  
 October 29, 2008  
 December 19, 2008  
 January 20, 2009  
 March 13, 2009

## **Mid TR396:**

### **Children and Adolescents with Co-Occurring Mental & Substance Use Disorders: An Overview (5 hours)**

**9:30am – 3:30pm**

This overview course examines co-occurring mental and substance use disorders as they may develop in children and adolescents and some of the risk factors that contribute to the development of such disorders. Effects of the disorders on normal development and the developmental assessment of a young person as part of the overall assessment process are discussed. While many combinations of disorders are possible, common developmental pathways to developing multiple disorders are explored. Treatment options are also reviewed.

*Course Objectives:* Participants will be able to:

- Review some of the more common mental and substance use disorders occurring in children and adolescents;
- Examine developmental stages as they are affected by the disorders and that affect choices of interventions;
- Identify common risk factors for the development of each set of disorders;
- Discuss some treatment options depending on the severity of each disorder;
- Use reference materials provided in the course to further explore evidence-based and promising practices for use with young persons with CODs and their families.

#### **TRAINING SITES**

Friends Hospital, Philadelphia  
 Lancaster Host, Lancaster

#### **DATES**

December 2, 2008  
 June 9, 2009



## **Mid TR413: [NEW]**

### **Teaching is More Than Telling: Skills for Providing Psychoeducation (5 hours)**

**9:30am-3:30pm**

Practitioners in the behavioral healthcare field are also educators. When we provide information about disorders, resources, and other matters, we are performing a useful function that helps the other person(s) better order and manage parts of their lives. This course examines the ways in which we use ourselves to provide psychoeducation and presents tools to enrich our skills in doing so. It also provides specific resources to help structure formal approaches to psychoeducation.

*Course Objectives:* By the end of this course, participants will be able to:

- Identify ways psychoeducation is supportive within the helping role;
- Examine the uses of psychoeducation in supporting people in their recovery journeys;
- Explore efficient and effective means of providing psychoeducation;
- Review some specific evidence-based models of psychoeducation;
- Discuss resource materials and references provided to enrich your own practice.

#### **TRAINING SITES**

Inn at Reading, Wyomissing  
Holiday Inn, West Chester  
Lackawanna Station Hotel, Scranton  
Elks Lodge #754, Danville  
Quality Inn, Montgomeryville

#### **DATES**

September 16, 2008  
December 18, 2008  
January 28, 2009  
March 18, 2009  
March 20, 2009



# MULTI YEAR TRAUMA CERTIFICATE SERIES

Beginning with the 2003-2004 Training Times, Behavioral Healthcare Education has been offering courses to increase awareness of the impact of traumatic stress in the lives of children, adults and families. Because of need and expressed interest from the field, we provide an array of courses that target effective assessment and treatment approaches for posttraumatic stress disorders. Our goal is to support the development of trauma integrated services that promote recovery.

We are offering a certificate of completion for those who complete a total of **60 hours** of training: **20 hours for two core courses and 40 hours in elective courses.** **Registration for these courses will be capped; priority will be given to those who are in the process of completing the certificate series.**

The **core courses** required for this certificate are:

**TR086 PTSD: Posttraumatic Effects Across the Lifespan** (2 consecutive days, 10 credit hours)

**TR088 Moving Beyond PTSD: Individual Treatment Models that Work** (2 consecutive days, 10 credit hours)

Courses offered 2008-2009 in each specific location include the following:

**TR086 PTSD: Posttraumatic Effects Across the Lifespan**

**TR088 Moving Beyond PTSD: Individual Treatment Models that Work**

TR264 Trauma and Your People: Effects and Interventions

TR287 A Strategy to Address Issues of Vicarious Traumatization: Peer Supervision

TR288 The Impact of Trauma on Returning War Veterans and Their Families

The following courses completed by participants back to the 2003-2004 calendar year will count toward certificate requirements:

**NOTE: Core courses will be offered each year. Elective courses will rotate from one year to the next. (Check catalogue)**

**TR086 PTSD: Posttraumatic Effects Across the Lifespan**

**TR088 Moving Beyond PTSD: Individual Treatment Models that Work**

TR0168 Groups: A Path to Hope in Trauma Recovery

TR264 Trauma and Young People: Effects and Interventions

TR285 Current Approaches to Working with Trauma in Families

TR287 A Strategy to Address Issues of Vicarious Traumatization: Peer Supervision

TR288 Dialectical Behavioral Therapy: Applications for High Risk Behavior

TR067 Borderline Personality Disorder: An Overview of Current Treatment Approaches

TR077 Borderline Personality Disorder: Understanding, Assessing and Treating Self-Injury

TR167 An Introduction to Dialectical Behavioral Therapy

TR282 Dialectical Behavioral Therapy (DBT): Finding Balance - Using Core Skills to Become More Effective in Practice

Please call the Registrar, **toll free** at 1-877-243-3033 to sign-up for and obtain information about the trauma certificate series. If you have taken any of our approved trauma certificate courses, starting from September 2003, please have your certificate for each course with course title, your name and date as it appears on the certificate for verification purposes. **When you have completed the 60 hours of training, you will receive your certificate of completion through the mail.**



## CO-OCCURRING MENTAL AND SUBSTANCE USE DISORDERS SERIES

These seminars meet requirements for all educational courses outlined within the PA Co-Occurring Competency Bulletin enacted on February 10, 2006 and co-signed by DOH and DPW. They also are designated as core courses by both the Pennsylvania Certification Board and the Office of Mental Health and Substance Abuse Services.

In the **West Chester** location, they are presented monthly over a ten-month cycle from September through June, with an additional course reviewing Substance-Use Disorders presented in January (two courses in the general series are available in January (Quality Inn) and February (West Chester) for those desiring a review of major mental disorders). In the **State College** location, they are presented first – in September, with the other ten courses presented in a sequence of two-day presentations in October, November, March, April and May.

Courses are listed in the order presented, and all are five hours in length **9:30am to 3:30pm except** the Ethics Course (**TR382**) which is six hours scheduled from **9am to 4pm**.

### Who May Attend and How:

All persons in programs funded as licensed/credentialed programs by OMHSAS or DOH/BDAP (Bureau of Drug and Alcohol Programs) whose program is seeking dual licensure or to be certified as Co-Occurring Competent; also anyone seeking certification as a CCDP through PCB or anyone missing any course offered previously.

Please register as soon as possible as space is limited and walk-ins **cannot** be accepted. Registration is on a first-come basis with priority given to those attending all courses. While certificates of attendance are given after each course, a special certificate will be given to those completing all designated courses.



## **TR381:**

### **Co-occurring Disorders: Integrated Concepts and Approaches**

This seminar provides an overview of what is needed for recovery from all existing conditions, including psychiatric and substance use disorders. The course examines organizing principles and tools. It explores the scope of what practitioners who work with persons from a variety of cultures may need in order to acquire basic competency in this area. It also reviews the terms in the Co-Occurring Competency Bulletin released conjointly in February 2006 by the Department of Health and the Department of Public Welfare. This seminar is the introduction for those taking the full COD course series and lists expectations for additional reading.

*Course Objectives:* Participants will be able to:

- Define “co-occurring disorders” and what constitutes “integrated approaches” to working with persons having CODs;
- Examine major concepts and approaches currently in the literature;
- Review personal attributes and skills needed for effectively working with persons having CODs;
- Explore the contents of Pennsylvania’s COD Competency Bulletin;
- Identify resources useful in gaining more knowledge about effective practices in COD.

#### **TRAINING SITES**

Holiday Inn, West Chester  
Nittany Lion Inn, State College

#### **DATES**

September 16, 2008  
October 16, 2008

## **TR382:**

### **Co-occurring Disorders: Ethics and Boundaries for Effective Practice (6 hours)**

This seminar addresses the ethical principles on which all human service endeavors are based and the specific areas of practice where boundary issues arise (including HIV+, confidentiality, working with peers who are in recovery, cross-cultural concerns, the use of Psychiatric Advance Directives, and other issues related to legality and ethics). Practice concerns that arise in different roles and practice settings (non-traditional services) are specifically examined, including some ethical concerns regarding practice in the context of a managed care environment.

*Course Objectives:* Participants will be able to:

- List the ethical principles of all practice in human services;
- Explore issues regarding role and practice boundaries;
- Review some differences in law and regulations governing mental health and substance-related treatment agencies and practitioners, and their effects on integrated practice;
- Identify areas of operation within a managed care environment that may present specific challenges to ethical practice, including ways to reduce such risks;
- Discuss personal advocacy as central to the ethical practice of one’s profession.

#### **TRAINING SITES**

Holiday Inn, West Chester  
Nittany Lion Inn, State College

#### **DATES**

April 14, 2009  
April 23, 2009



## **TR383:**

### **Co-occurring Disorders: Treatment Planning and Documentation Issues**

This seminar provides an opportunity for participants to review current evidence-supported principles of collaborative treatment planning, including: working from a comprehensive assessment; using stage of change theory; identifying and mutually setting long- and short-term goals; identifying steps for accomplishing goals, the persons responsible, and a defined time line; and reviewing and altering such plans when necessary. Progress tracking is reviewed, including how to write clear and concise notes, and the principles for what to include and who may review them. Building on previous seminars, this course focuses on effective engagement and treatment principles and the practices of writing and reviewing plans and related documentation. It will not address details of how to write your agency's forms.

*Course Objectives:* Participants will be able to:

- Review the principles and processes which support thorough and accurate assessment and diagnosis, including cross cultural issues;
- Explore each step in treatment/service planning, its rationale, and the similarities and differences in service and treatment planning;
- Discuss the use of change theory and motivational interviewing in “planning to plan;”
- Define the components of integrated planning from a recovery and strengths perspective, including the principles of collaboration and choice;
- Identify means of writing brief and useful progress notes and using them with the person to assess progress and use strategies that support movement towards positive outcomes.

#### **TRAINING SITES**

Holiday Inn, West Chester  
Nittany Lion Inn, State College

#### **DATES**

March 17, 2009  
April 22, 2009

## **TR384:**

### **Co-occurring Disorders: Approaches to Assessment, Treatment and Supports**

This seminar builds on material discussed in the Introduction and Engagement seminars. The first half of the course examines screening and assessment needs and means of acquiring the data needed for useful clinical decision-making. The second half provides an overview of the types of treatment approaches that may be most useful for persons with differing disorders and levels of symptom severity, including examination of cultural-ethnic variations, environmental supports and stressors, and peer supports.

*Course Objectives:* Participants will be able to:

- Explain components of assessment and the assessment process;
- Identify attitudes and skills needed by those conducting COD assessments;
- Review some existing treatment approaches found useful for persons with different diagnostic combinations, change readiness, and levels of symptom severity;
- Discuss means of identifying, locating and linking other needed supports;
- Describe cultural elements to be considered in exploring specific approaches and supports.

#### **TRAINING SITES**

Nittany Lion Inn, State College  
Holiday Inn, West Chester

#### **DATES**

November 20, 2008  
December 16, 2008



## TR385:

### **Co-occurring Disorders : Recovery, Rehabilitation and Self-Help: What, When and How**

This seminar focuses on the internal processes and stages of recovery and possible supports needed. It discusses the structures and uses of psychiatric rehabilitation for facilitating recovery and providing needed skills and alternative coping strategies. The diverse forms of self-help are reviewed and the necessity for the availability of choices discussed. The current focus of PA OMHSAS on the creation of recovery-oriented systems and programs is reviewed. The importance of work in people’s lives is referenced, and the SAMHSA tool kit on “Supported Employment” is cited. Housing issues will also be discussed.

*Course Objectives:* Participants will be able to:

- Cite research-based findings regarding personal recovery and what supports this process;
- Describe ways different activities (e.g., 12-step programs, drop-in centers, clubhouses, psychoeducational groups) can support personal recovery;
- Examine the values and principles of psychiatric rehabilitation, the importance of meaningful work and/or related activities, and how these related to persons with CODs;
- Identify ways of working with individuals who have CODs that are collaborative rather than “expert” means for establishing a relationship and supporting the person’s active choice;
- Discuss the importance of Hope for both the person and those who provide treatment and support services.

#### **TRAINING SITES**

Holiday Inn, West Chester  
Nittany Lion Inn, State College

#### **DATES**

November 18, 2008  
November 19, 2008

## TR386:

### **Co-occurring Disorders: Crisis Prevention, Intervention and Postvention**

This seminar briefly reviews the cycle of crisis vulnerability, crisis state, and resolution. It also explores means of preventing crisis-creating situations, designing interventions for lowering arousal, and creating opportunities for teaching new coping skills in the direct aftermath of a crisis. Factors influencing aggression-prone reactions are discussed, as is the difference between “acting out” and purposeful or predatory violent acts. The relationships among stress and symptom management and relapse prevention are explored. Relapse prevention planning processes are presented that are useful for persons with CODs.

*Course Objectives:* Participants will be able to:

- Define “crisis” and “emergency” and identify major symptoms and stressors that contribute to higher risk potential for a crisis;
- Identify means of quickly assessing the person, the environment and oneself in order to promote safety and limit the duration and severity of the crisis situation;
- List stages of a crisis and some specific interventions most useful at each stage;
- Design individual and group interventions and use tools to help persons recognize their own crisis risks and to create relapse prevention plans;
- Discuss ways in which crises can be learning and growth-producing experiences for persons with CODs and how practitioners can facilitate this process.

#### **TRAINING SITES**

Holiday Inn, West Chester  
Nittany Lion Inn, State College

#### **DATES**

May 12, 2009  
May 27, 2009



## TR387:

### **Co-occurring Disorders : Groups and Group Skills**

This seminar briefly reviews principles and skills needed in developing specific kinds of group modalities (including one-session, stand-alone groups) and for developing group goals, norms and processes. The needs of persons with various combinations of dual and multiple disorders are discussed, and means of matching group processes and leader activities to the specific needs of group members are presented (including variations in communication, learning, etc. style considerations and having members assist with focus/topic selection). Psychoeducational, skills-based, and cognitive-behavioral groups are briefly reviewed. Participants explore the use of tool kits such as the SAMSHA EBP “Illness Management and Recovery,” TIP #42, and how to locate and use existing curricula. The therapeutic value of groups and the use of co-leaders are also discussed.

**Course Objectives:** Participants will be able to:

- Identify the multiple uses of group approaches and the potential benefits and risks of group membership, including peer support groups;
- Examine diagnostic combinations and individual characteristics that may suggest using individual or group approaches to provide interventions matched to stage of change;
- Define the components and uses of psychoeducational, skills-building and CBT groups and their expected results for participants;
- Outline leadership skills required for conducting groups whose members have cognitive impairments and/or mood instability and how these may differ from traditional groups;
- Discuss resources for helping leaders with group process/content and how to locate them.

#### **TRAINING SITES**

Nittany Lion Inn, State College  
Holiday Inn, West Chester

#### **DATES**

May 28, 2009  
June 16, 2009

## TR388:

### **Co-occurring Disorders: Working Respectfully with Family Members and Significant Others**

This seminar is focused on working in partnership with family members rather than continuing cycles of blame and misunderstanding. The importance of understanding cultural variations, creating a welcoming, inclusive atmosphere, and understanding the particular and valuable expertise of family members is discussed. Means of connecting families with systems that meet their multiple needs are reviewed, as is providing program components to assist family members in helping their ill member. The SAMHSA tool kit “Family Psychoeducation” is referenced.

**Course Objectives:** Participants will be able to:

- Examine the role and dynamics of the family, especially in relation to coming to terms with having a member with a COD;
- Explore both the benefits of, and barriers to, working in partnership with family members and significant others to acquire educational resources and other supports;
- Identify personal biases and cultural variations that affect work with family members/significant others, including the feelings and thoughts that support these biases;
- Discuss steps needed for meeting family members/others in welcoming and respectful ways and involving them as collaborative team members;
- Assist family members in evaluating their own responses and in finding ways to reduce risks both to the person having a COD and the family.

#### **TRAINING SITES**

Holiday Inn, West Chester  
Nittany Lion Inn, State College

#### **DATES**

February 17, 2009  
March 25, 2009



## **TR389:**

### **Co-occurring Disorders and Psychopharmacology: An Overview**

This seminar reviews basic classes of psychoactive medications (including newer ones), their uses and limitations, potential major side effects and possible serious interactions. Actions of the medication in the brain and body are presented in a simplified form, as are cultural-ethnic variations connected to biology, beliefs and practices when prescribing specific medications. The use of the Physician’s Desk Reference and the pharmacist for information is explained, and the role of the physician/psychiatrist as a collaborative treatment team member (as presented in the SAMHSA tool kit “Medication Management Approaches in Psychiatry”) is referenced. Partnering with the person (and family) to assist with managing adherence to a medication regimen is discussed in terms of the person’s overall recovery management.

*Course Objectives:* Participants will be able to:

- Review basic brain structure and function and the potential effects of brain-based disorders, including major mental and substance-related disorders;
- Identify classes of psychotropic medications, including their uses, side effects, and risks;
- List potential interactions of classes of psychotropic medications with alcohol and street drugs, including level of risk;
- Examine current evidence-based practice techniques for prescribing and monitoring psychotropic medications, including collaborative work with the person taking these medications (and their family members);
- Discuss means of working with persons and family members across cultures to support knowledge-based choices about medications, including factors related to adherence.

#### **TRAINING SITES**

Holiday Inn, West Chester  
Nittany Lion Inn, State College

#### **DATES**

January 13, 2009  
March 24, 2009

## **TR394 :**

### **Co-occurring Disorders: Principles of Engagement with the Person, Family Members and Others**

This seminar examines the importance of creating a working relationship with all involved: people beginning treatment; their family members; and other support persons. Participants will examine their own engagement skills and review principles of strengths-based and culturally-responsive practices. A brief overview of change theory and Motivational Interviewing skills is presented, as are general attitudinal and behavioral attributes needed in order to be welcoming and respectful. Practice in sustaining a recovery-oriented environment is included.

*Course Objectives:* Participants will be able to:

- Describe components of a welcoming environment and its opposite;
- Identify specific behaviors that demonstrate welcome and respect;
- Review basic principles and components of strengths-based practice, change theory and Motivational Interviewing;
- Self-evaluate personal strengths and needs regarding engagement skills;
- Practice engagement skills in a safe and supportive setting.

#### **TRAINING SITES**

Holiday Inn, West Chester  
Nittany Lion Inn, State College

#### **DATES**

October 14, 2008  
October 17, 2008



## **TR423:**

### **Examining Major Mental Disorders in Adults: An Overview**

This course provides an overview of the DSM categories of major mental illnesses and their diagnosis. Use of the DSM-IV-TR is briefly reviewed, including decision trees, so that participants are familiar with its categories and use. The impact of cultural/ethnic factors will also be discussed as it relates to diagnostic assessment and treatment planning.

*Course Objectives:* Participants will be able to:

- Describe the organization of the DSM-IV-TR, the 5 Axes, and their use in a biopsychosocial assessment;
- Identify procedures used for diagnosing psychotic, affective, and anxiety disorders;
- Differentiate Axis I and Axis II disorders and the rationale for separating them;
- Explore the possible interactions of these Axis I and II mental disorders with substance-use disorders;
- Integrate and use this information in their own practice setting.

*NOTE:* This course is NOT presented in this format in the West Chester area. TR062 and TR063 (Overview of Axis I and Axis II Disorders) are being presented at the Quality Inn in Montgomeryville on January 22 & 23 and at the West Chester Holiday Inn on February 26 & 27. Please enroll in any of these courses for an overview/update on major psychiatric disorders.

#### **TRAINING SITES**

Nittany Lion Inn, State College, PA

#### **DATES**

September 22, 2008

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## **TR424:**

### **Examining Substance Use Disorders in Adults: An Overview**

This course provides an overview of the DSM categories of substances of abuse and how these disorders are differentiated in the DSM. The use of the DSM-IV-TR is briefly reviewed in terms of examining substance-related disorders. Each class of substance is reviewed in terms of its effects in the body and its intoxication and withdrawal pattern (where existing). Cultural factors related to the choice and use of specific categories of substances is explored; diagnostic issues in attempting to differentiate substance use disorders from other mental disorders are discussed.

*Course Objectives:* Participants will be able to:

- List major substances of abuse by category and intoxication and withdrawal symptoms (when present), including cultural considerations;
- Examine brain-effect similarities among some psychiatric (and other) disorders and some chemicals of abuse;
- Discuss diagnostic difficulties presented when a person may have co-occurring mental and substance use disorders;
- Review DSM substance-related disorders, including their listings in the DSM;
- Integrate and use this information in their own practice setting.

#### **TRAINING SITES**

Nittany Lion Inn, State College, PA  
Holiday Inn, West Chester

#### **DATES**

September 23, 2008  
January 16, 2009



## **INTENSIVE CASE MANAGEMENT & RESOURCE COORDINATION TRAININGS (also those approved for Targeted Case Management/Blended)**

These courses are conducted for Intensive Case Management & Resource Coordination programs in order to comply with the specific regulations governing these programs. Registration priority is therefore given to ICMs/RCs/TCMs and those supervising them. If there are still training slots open by the two weeks preceding the training, then registration will open to other OMHSAS-supported case management type programs.

**Supervisors should register their staff prior to this two-week window.**

We ask those who provide Behavioral Health Services (BHRs) case management (and any other forms of case or care management) to take advantage of the other trainings listed in this catalogue (rather than attend these “core” case management trainings).

### **TR450:**

#### **Introduction to Intensive Case Management/Resource Coordination (18 hours)**

This required orientation course is designed especially for the range of challenges faced by TCM staff who work with adult consumers with serious mental health disorders. The course includes a review of core values, roles and responsibilities; discusses the importance of recovery concepts; the impact of culture; examines documentation of supports; provides an overview of the Diagnostic and Statistical Manual (DSM); and discusses ethics and boundaries when functioning in a multi-faceted and demanding position. Course outlines, materials, and a training manual are provided for ongoing review.

*Course Objectives:* Participants will be able to:

- list several core values central to TCM services and describe their implications for practice;
- identify recovery-oriented principles and practices and their implications for case managers;
- name the essential areas to explore and processes to use in doing a strengths-based assessment;
- outline the steps needed in integrated service planning and the role of the TCM in its completion and monitoring;
- discuss the importance of viewing assessment, service planning, and ongoing partnering with those served, as a continuous process.

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem  
 Lehigh Valley Best Western, Bethlehem  
 Lehigh Valley Best Western, Bethlehem

#### **DATES**

October 6 - 8, 2008  
 February 9 - 11, 2009  
 June 1 - 3, 2009

## *Save the Date*

### *Case Management Conference*

### **JUNE 23-25, 2009**



## TR451:

### **Introduction to Children's Intensive Case Management/Resource Coordination (18 hours)**

This required orientation course is designed especially for the range of challenges faced by TCM staff who work with children and adolescents, their families, and multiple service providers. The course includes a review of core values, roles and responsibilities; discusses the importance of recovery and resilience; the impact of culture; examines documentation of supports; provides a brief overview of disorders; and discusses ethics and boundaries for functioning in a multi-faceted and demanding position. Wraparound philosophy and funding requirements are taught. Course outlines, materials, and a training manual are provided for ongoing review.

*Course Objectives:* Participants will be able to:

- discuss the core values of children's case management and their implications for service delivery;
- describe the major strengths and needs in parent-professional partnership;
- examine the major DSM-IV disorders occurring in children and adolescents from a recovery and resilience perspective;
- define the major components of a strengths-based assessment and the rationale for this approach;
- list the steps, process and content of a complete service planning process.

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem  
 Lehigh Valley Best Western, Bethlehem  
 Lehigh Valley Best Western, Bethlehem

#### **DATES**

December 3-5, 2008  
 January 5 - 7, 2009  
 March 9 - 11, 2009

## TR459:

### **Supervisory Retreat: Growing TCM Staff (8 hours)**

This intensive seminar deals with the critical issues of supervising targeted case managers when managed care is already a reality or soon will be implemented. Content revolves around helping staff to focus on therapeutic issues with persons having co-occurring DSM-IV disorders while moving from fee-for-service funding structure to a managed care environment.

*Course Objectives:* Participants will be able to:

- List their own key supervisory issues that are of greatest concern;
- Explain the basics of managed care to their TCM staff;
- Identify continuing needs of persons assigned to TCM status;
- Discuss specific means of both "managing managed care" and managing staff;
- Use information/skills in the at-home practice setting.

#### **TRAINING SITES**

Best Western East Mountain Inn, Wilkes-Barre  
 Best Western East Mountain Inn, Wilkes-Barre  
 Lehigh Valley Best Western, Bethlehem  
 Lehigh Valley Best Western, Bethlehem

#### **DATES**

September 30, 2008, 1pm - 4pm  
 October 1, 2008, 9am - 3pm  
 April 21, 2009, 1pm - 4pm  
 April 22, 2009, 9am - 3pm



# PSYCHIATRIC REHAB SCHEDULE

Course Numbers for 2008-2009	Friends Hospital Philadelphia	Holiday Inn West Chester	Lehigh Valley Best Western Bethlehem
TR137 - Orientation to Psychiatric Rehabilitation (2 Days) <b>NOTE:</b> TR137 is recommended prior to registration for other courses in this catalogue	Nov. 6-7, 2008	Dec. 9-10, 2008	Dec. 17-18, 2008
TR139 - Choosing Rehabilitation Goals in Psychiatric Rehabilitation (3 Days)	—	—	—
TR140 - Functional Assessment (3 Days)	March 5-6, 2009 April 17, 2009	—	—
TR141 - Advanced Practitioner Skills: Rehabilitation Readiness Assessment (2 Days)	—	Feb. 5, 2009 March 20, 2009	—
TR142 - Curriculum-Based Teaching in Psychiatric Rehabilitation Services (3 Days)	—	—	—
TR147 - Recovery-Oriented Documentation (2 Days)	Feb. 9-10, 2009	—	—
TR185 - Supporting Recovery: A Guide to Developing a W.R.A.P.	March 18, 2009 April 15, 2009	—	—
TR438 - Diversity in the Workplace	—	—	April 1, 2009
TR439 - Supervision of PR Staffing	—	—	—
TR441 - Employment Basics for Psychiatric Rehabilitation (2 Days)	Dec. 11-12, 2008	—	—



# PSYCHIATRIC REHAB SCHEDULE

Holiday Inn Grantville	Radisson Lackawanna Station	Nittany Lion Inn State College	Crowne Plaza Pittsburgh	Sheraton Erie Bayfront Hotel	Holiday Inn Clarion
Sept. 23-24, 2008	Oct. 2-3, 2008	March 11-12, 2009	Oct. 15-16, 2008	Nov. 12-13, 2008	May 20-21, 2009
Nov. 20-21, 2008 Jan. 16, 2009	March 12-13, 2009 April 16, 2009	—	—	—	—
Jan. 14-15, 2009 March 19, 2009	—	—	May 6-7, 2009 June 5, 2009	—	—
—	—	April 29, 2009 June 12, 2009	—	—	—
—	—	April 30 - May 1, 2009 June 10, 2009	—	May 4-5, 2009 June 4, 2009	—
—	May 12-13, 2009	—	—	April 29-30, 2009	—
—	—	—	—	March 11-12, 2009	—
—	—	—	—	—	June 17, 2009
—	—	Jan. 21, 2009	—	—	June 18, 2009
—	Nov. 13-14, 2008	—	April 2-3, 2009	—	—



Fou = Framework Courses • Mid = Prior Knowledge Useful • Adv = Prior Knowledge and Experience Suggested

## **Fou TR137:**

### **Orientation to Psychiatric Rehabilitation Principles and Practices (12 hours)\***

**9:00 am - 4:00 pm**

Psychiatric rehabilitation has been described as a major component of services that practitioners offer in order to promote opportunities for the recovery of persons with serious mental illnesses. This course outlines the major values and principles of psychiatric rehabilitation. It also includes an overview of several approaches to psychiatric rehabilitation that may be helpful to consumers in promoting recovery. The psychiatric rehabilitation medical necessity criteria standards; second edition 2001 requires PR practitioners to complete a 12-hour course as part of their training for PR practice. This course is designed to meet that standard.

*Course Objectives:* Participants will be able to:

- Distinguish differences between rehabilitation, treatment, and enrichment;
- Outline stages of recovery and services needed to support recovery;
- Identify the values common to several psychiatric rehabilitation approaches;
- Discuss the major principles of several approaches to psychiatric rehabilitation;
- Learn one psychiatric rehabilitation technique and practice it in a small group.

***The Orientation is mandatory for all providers of psychiatric rehabilitation services and participants need only attend once. It is recommended to attend this course prior to registering for other courses included in the catalogue.***

#### **TRAINING SITES**

Holiday Inn, Grantville, PA  
 Radisson Lackawanna, Scranton, PA  
 Crowne Plaza, Coraopolis, PA  
 Friends Hospital, Philadelphia, PA  
 Sheraton Erie Bayfront Hotel, Erie, PA  
 Holiday Inn, West Chester, PA.  
 Lehigh Valley Best Western, Allentown, PA  
 Nittany Lion Inn, State College, PA  
 Clarion Inn, Clarion, PA

#### **DATES**

September 23-24, 2008  
 October 2-3, 2008  
 October 15-16, 2008  
 November 6-7, 2008  
 November 12-13, 2008  
 December 9-10, 2008  
 December 17-18, 2008  
 March 11-12, 2009  
 May 20-21, 2009



## **Fou TR139: Choosing Rehabilitation Goals in Psychiatric Rehabilitation (15 hours)\* 9:30am - 3:30pm**

This course requires that participants have taken TR137 Orientation to Psychiatric Rehabilitation and work/expect to work in a psychiatric rehabilitation program incorporating the Boston University technology into the program. It provides content for skill acquisition, incorporates real practice time with those utilizing services, and focuses on techniques for helping consumers choose goals, which they both value and can achieve (get and keep). Additional training will be needed for learning other aspects and skills of the “get” and “keep” Boston University technology.

**Course Objectives:** Participants will be able to:

- Identify the major phases of the Boston University Approach and the role of each phase in assisting consumers to choose, get and keep valued role in the community;
- Name the major elements of an overall rehabilitation goal (ORG);
- Discuss the components of the process of setting an ORG;
- Demonstrate several techniques in setting an ORG in practice simulations;
- Develop a learning plan to transfer skills learned in training into the practice setting.

*Please be advised prior to scheduling, this course involves a commitment of two instructional days, homework and one follow-up day.*

*\*Recommendation prior to registration: TR137*

### TRAINING SITES

Holiday Inn, Grantville, PA  
Radisson Lackawanna, Scranton, PA

### DATES

November 20-21, 2008 & January 16, 2009  
March 12-13, 2009 & April 16, 2009

## **Fou TR140 Functional Assessment 3 days (15 hours)\* 9:30am - 3:30pm**

This three-day course teaches participants the basic concepts and skills needed to work with a person using Psychiatric Rehabilitation (PR) services in identifying specific skills that will be needed in order to be successful and satisfied in keeping a chosen goal in the target environment (generally one of living, learning, or working). Practitioners will have the opportunity to learn skills to complete an individualized assessment during the first two days of the course, practice them in their own program, and debrief and improve skill use in the third course day.

**Course Objectives:** Participants will be able to:

- Discuss the uses of functional assessment in psychiatric rehabilitation;
- Explain the differences among skills, behaviors, concepts and resources;
- Identify, with the consumer, essential skills for success and satisfaction in the target environment;
- Define objective standards to assess consumer use of essential skills;
- Practice in a small group selected skills for doing a functional assessment.

*Please be advised prior to scheduling, this course involves a commitment of two instructional days, homework and one follow-up day.*

*\*Recommendation prior to registration: TR137*

### TRAINING SITES

Holiday Inn, Grantville, PA  
Friends Hospital, Philadelphia, PA  
Crowne Plaza, Coraopolis, PA

### DATES

January 14-15, 2009 & March 19, 2009  
March 5-6, 2009 & April 17, 2009  
May 6-7, 2009 & June 5, 2009



Fou = Framework Courses • Mid = Prior Knowledge Useful • Adv = Prior Knowledge and Experience Suggested

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**Fou TR 141:**  
**Rehabilitation Readiness Assessment**  
**9:30am - 3:30pm**

Rehabilitation readiness assessment can be an important first step in the process of choosing, getting and keeping valued roles in the community. This assessment assists the consumer and practitioner to consider the individual's perspectives on making changes including starting the goal setting process with regard to preferred living, learning, working, or socializing environments in the community. It can also be used as a guide for rehabilitation readiness activities to assist consumers in preparing for choosing rehabilitation goals. Learn about this assessment process, how it differs from traditional assessment approaches, and how this process fits into psychiatric rehabilitation services delivery.

**Course Objectives:** Participants will be able to:

- Discuss the uses of a rehabilitation readiness assessment;
- Differentiate between a rehabilitation readiness assessment and a functional assessment;
- Plan a rehabilitation readiness assessment interview;
- Interpret rehabilitation readiness scores for rehabilitation planning;
- Identify several activities to help develop rehabilitation readiness.

**TRAINING SITES**

Holiday Inn, West Chester, PA  
Nittany Lion Inn, State College, PA

**DATES**

February 5, 2009 & March 20, 2009  
April 29, 2009 & June 12, 2009

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**Fou TR 142:**  
**An Advanced Practitioner Skills Course: Curriculum Based Teaching Skills**  
**in Psychiatric Rehabilitation Services: (15 Hours)\***  
**9:30am - 3:30pm**

Teaching curriculum-based skills to consumers, either in a group or one-to-one, is an essential psychiatric rehabilitation intervention as part of assisting people to gain and maintain desired rehabilitation goals in targeted environments in the community. This course, based on the Boston University approach, presents the basics of curriculum-based direct skills teaching including planning what to teach and deciding how to teach it. Additional topics to be discussed include: adapting teaching approaches for individuals with serious mental illness and working with consumers to increase the use of skills they have learned.

**Course Objectives:** Participants will be able to:

- Identify when to use curriculum-based skills teaching interventions;
- Write a content outline as part of planning what to teach;
- Develop a lesson plan for a skills teaching session;
- Describe special considerations in teaching skills to persons with serious mental illnesses;
- Discuss at least one strategy to increase use of a skill person has learned.

***\*Please be advised prior to scheduling, this course involves a commitment of two instructional days, homework and one follow-up day.***

***\*Recommendation prior to registration: TR137***

**TRAINING SITES**

Nittany Lion Inn, State College, PA  
Sheraton Erie Bayfront Hotel, Erie, PA

**DATES**

April 30-May 1, 2009 & June 10, 2009  
May 4-5, 2009 & June 4, 2009



## Adv TR 147

### Recovery-Oriented Documentation (10 hours)

9:30pm - 3:30pm

This two-day opportunity outlines the essential characteristics of documenting the rehabilitation efforts for both the person engaged in services and the program practitioners. Participants should seek to enhance current documenting efforts, using dialogue, didactic presentation, and experiential opportunities. The course introduces critical skills associated with documentation, including face-to-face contact, group interaction, direct skills teaching, and planning for skills programming. A homework assignment period for practicing skills is followed by a day to process the material, refine recovery-oriented documentation skills, and review concerns and issues. All documentation follows the “Standards for Psychiatric Rehabilitation Medical Necessity Criteria” for capturing reimbursable events.

*Course Objectives:* Participants will be able to:

- Identify skill definition for establishing overall rehabilitation goals;
- Distinguish between skills teaching, skills programming and resource development;
- Outline the most critical aspects of psychiatric rehabilitation readiness as it pertains to chronicling events;
- Develop a plan for incorporating the material to their named agency.

#### TRAINING SITES

Friends Hospital, Philadelphia, PA  
 Sheraton Erie Bayfront Hotel, Erie, PA  
 Radisson Lackawanna, Scranton, PA

#### DATES

February 9-10-2009  
 April 29-30, 2009  
 May 12-13, 2009

## Adv TR185:

### Supporting Recovery: A Guide to Developing a WRAP (5 hours)

9:30am - 3:30 pm

The Wellness Recovery Action Plan (WRAP) is a structured program designed to assist the journey toward recovery from mental illness or co-occurring disorders. Designed to promote an optimum level of wellness, a WRAP helps a person to monitor and respond to signs and symptoms that may trigger a relapse. This two-part training is designed for anyone wanting to increase understanding of recovery concepts, skills and strategies, including the WRAP process. A willingness to attend both sessions and complete the homework is necessary. The credit hours awarded for successful completion can be used to fulfill the prerequisites for the five-day “Mental-Health Recovery: WRAP Facilitator Certification awarded by the Copeland Center.

*Course Objectives:* Participants will be able to:

- Review the values principles and practices that support developing a “lens of wellness”;
- Describe the Wellness Recovery Action Plan (WRAP) Program;
- Identify essential skills for facilitating a WRAP;
- Explore solutions to the challenges that affect the facilitation and development of a WRAP;
- Plan to use recovery-oriented knowledge and skills in practice settings.

#### TRAINING SITES

Sheraton Erie Bayfront Hotel, Erie, PA  
 Friends Hospital, Philadelphia, PA

#### DATES

March 11-12, 2009  
 March 18, 2009 & April 15, 2009



All = course open to all levels • Adv =Prior Knowledge and Experience Suggested

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## **All TR 438:**

### **Diversity in the Workplace (6 hours)**

**9:00am - 4:00pm**

This course is for those who are assuming workplace leadership positions, now or in the future, equipping them to develop strategies for change in the multicultural workplace. Such transformation will open up richer relationships with people who hold quite different worldviews and will build the people skills needed to manage diversity. Leading change involves managing diversity through self-awareness, organizational process, overcoming barriers, and developing innovative approaches. This course helps participants in making informed choices, in broadening their viewpoints and in integrating successful skills into daily interactions.

*Course Objectives:* Participants will be able to:

- Develop culturally competent contracting and evaluation;
- Meet leadership challenges and opportunities posed by the range of diverse employees (and participants) in the workplace;
- Develop strategies for ethnographic interviewing;
- Channel diverse talents and viewpoints for synergy, enhancing creativity and developing innovative approaches and products;
- Function effectively in the multicultural marketplace.

#### **TRAINING SITES**

Lehigh Valley Best Western, Allentown, PA  
Clarion Inn, Clarion, PA

#### **DATES**

April 1, 2009  
June 17, 2009

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## **Adv TR 439:**

### **Supervision of Psychiatric Rehabilitation Practitioners (5 hours)**

**9:30am - 3:30 pm**

A major concern in human service organizations is maintaining and supporting competent employees while dealing with their focus on social change. This course provides an opportunity to explore professional psychiatric rehabilitation values and ethical decision-making from a strengths-based perspective. It emphasizes means of assisting employees in acquiring the relationship-building, interviewing, and problem-solving skills necessary to work with individuals at a macro, mezzo, and micro level. There are experiential opportunities to address daily supervisory concerns and employee expectations of the supervisor. Participants will also begin creating an employee work-profile that highlights expectations of the various psychiatric rehabilitation positions.

*Course Objectives:* Participants will be able to:

- Discuss generalist practice and the generalist intervention model as it relates to group and community needs;
- Identify the values, ethics and resolution of ethical dilemmas in a work setting;
- Develop an evaluation for assessing employee's micro, mezzo and macro practice skills;
- Establish a unique employee work profile for use to enhance work preparedness, performance, and evaluation;
- Use the acquired knowledge and skills in one's own practice setting.

#### **TRAINING SITES**

Nittany Lion Inn, State College, PA  
Clarion Inn, Clarion, PA

#### **DATES**

January 21, 2009  
June 18, 2009

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## **Adv TR 441:**

### **Employment Basics for Psychiatric Rehabilitation (10 hours)**

**9:30am - 3:30pm**

As part of their recovery process, many individuals wish to return to work. Yet despite their interest in working, individuals with mental illness have high rates of unemployment. This course addresses some basic issues in choosing, getting and keeping employment and how psychiatric rehabilitation services may assist in this process.

*Course Objectives:* Participants will be able to:

- Describe methods to assist persons in identifying areas of work in which they might be interested;
- Identify ways of working with individuals for them to get and keep employment;
- Name the main principles of supported employment;
- Discuss the effects of working on the person's fiscal benefits;
- Use this information in one's own program and practice.

#### **TRAINING SITES**

Radisson Lackawanna, Scranton, PA  
Friends Hospital, Philadelphia, PA  
Crowne Plaza, Coraopolis, PA

#### **DATES**

November 13-14, 2008  
December 11-12, 2008  
April 2-3, 2009



## ADDITIONAL COURSES

The following courses may also be offered to providers/counties/regions:

1. **TR138 - Psychiatric Rehabilitation in HealthChoices for Managed Care Staff (6 hours)**
2. **TR430 - Clubhouse Readiness (6 hours)**

- All requests for the additional courses or other courses are to be made through the Mental Health Program Representatives for OMHSAS from providers/counties or regions.
- Special consideration will be given to all requests.
- All course offering decisions are made by the OMHSAS Mental Health Program Representatives and the Psychiatric Rehabilitation Training Advisory Committee members.

### **All TR138:**

#### **Psychiatric Rehabilitation in HealthChoices for Managed Care Staff (6 hours)**

Psychiatric rehabilitation has been identified as a medically necessary service under HealthChoices. This course introduces managed care staff to PR services as defined under HealthChoices. It provides information about site-based PR services as compared to mobile psychiatric rehabilitation (MPR) and differentiates Psychiatric Rehabilitation from other key services such as treatment. The use of the Guidelines for Reviewing Requests for Admission, Continued Stay, and Discharge, as well as the application of the Functional Assessment Tool in the admission process, is discussed. Participants learn about the basic principles of several approaches to PR which may be helpful to consumers in promoting recovery. Discussion of issues around implementing psychiatric rehabilitation under managed care is encouraged.

*Course Objectives:* Participants will be able to:

- Distinguish differences among key services such as rehabilitation, treatment, and enrichment;
- Describe the purposes of the Guidelines for Reviewing Requests for Admission, Continued Stay and Discharge;
- Discuss the application of the Functional Assessment Tool in determining eligibility for admission;
- Name several characteristics which differentiate site-based and mobile PR services;
- Identify major elements of several approaches or models of psychiatric rehabilitation.

### **All TR430:**

#### **Clubhouse Readiness (6 hours)**

This course illustrates the basics of the clubhouse model and describes the connections between overall psychiatric rehabilitation values, principles, and practices and those specific to developing a clubhouse. The course also introduces participants to the systematic process involved in developing a clubhouse in the community by reviewing the International Center for Clubhouse Development standards, the ICCD training process, and means of building an active community spirit that recognizes and uses local strengths, resources and cultures.

*Course Objectives:* Participants will be able to:

- Discuss the constructs of psychiatric rehabilitation and clubhouse development;
- Identify International Center for Clubhouse Standards;
- Review the process of developing a clubhouse;
- Describe the procedure for becoming a certified clubhouse;
- Formulate an action plan for clubhouse development.



## *TECHNICAL ASSISTANCE*

Providers in the process of implementing psychiatric rehabilitation services (PRS) will generally benefit from attending training courses in psychiatric rehabilitation philosophy and skills before requesting technical assistance regarding specific issues. Courses provide instructor-led classroom experiences to present information and teach PRS skills to enhance practitioners' competence to deliver psychiatric rehabilitation services. Technical assistance refers to individualized consultation at your agency to assist in implementing and improving your PRS program.

All Technical Assistance (TA) requests are to be made through the Mental Health Program Representatives for the Office of Mental Health and Substance Abuse Services (OMHSAS).

- **There will be limited technical assistance opportunities available.**
- Technical assistance requests will be considered on provider needs, previous attendance of provider staff at training courses, development of a specific provider agenda for TA, participant numbers and availability of TA consultants.
- Technical Assistance requests will be assessed on a case-by-case basis and decisions to offer TA will be relayed by the Mental Health Program Representatives to the requesting provider/region.

**For further assistance with additional course or technical assistance requests, please contact the Pennsylvania Psychiatric Rehabilitation OMHSAS Representative:**

- **William Boyer** (Central Region) at [wboyer@state.pa.us](mailto:wboyer@state.pa.us) or 717.705.8297
- **Scott Heller** (Central Region) at [scheller@state.pa.us](mailto:scheller@state.pa.us) or 717.772.7627
- **Virginia Dikeman** (Northeast Region) at [vdikeman@state.pa.us](mailto:vdikeman@state.pa.us) or 570.963.3611
- **Scott Ashenfelter** (Southeast Region) at [sashenfelt@state.pa.us](mailto:sashenfelt@state.pa.us) or 610-313-5844
- **Kathy Luciano** (Western Region) at [kaluciano@state.pa.us](mailto:kaluciano@state.pa.us) or 412.565.7927

Copies of the Medical Necessity Criteria and Standards for Psychiatric Rehabilitation can be obtained at <http://www.paproviders.org/archives/mentalhealth/standards>.



## *Suggested Sequence of Psychiatric Rehabilitation Courses 2008-2009*

Many practitioners and program administrators have inquired as to a recommendation for the preferred sequence of courses in order to optimize learning and skill development. The following is a suggested Psychiatric Rehabilitation sequence of course offerings:

### **Primary Sequence of Courses**

- TR 137 Orientation to Psychiatric Rehabilitation: Principles and Practice
- TR139 Choosing Rehabilitation Goals in Psychiatric Rehabilitation
- TR 140 Functional Assessment in Psychiatric Rehabilitation
- TR 142 Curriculum Based Teaching Skills in Psychiatric Rehabilitation Services:  
A Practitioner Skills Course
- TR 141 Rehabilitation Readiness Assessment: A Practitioner Skills Course
- TR 147 Recovery-Oriented Documentation

### **Advanced Sequence of Courses**

- TR 143 Measuring and Evaluating Psychiatric Rehabilitation Services Outcomes:  
An Advanced Practitioner Skills Course
- TR 439 Supervision of Psychiatric Rehabilitation Practitioners Staffing
- TR 148 Supported Education
- TR436 Assessing Employment Service Needs
- TR 431 Coaching and Connecting
- TR 144 Indirect Skills Teaching in Psychiatric Rehabilitation
- TR 435 Psycho-education: The Wellness Recovery Action Plan (W.R.A.P.)
- TR 185 Supporting Recovery: A Guide to Developing a W.R.A.P.
- TR 441 Employment Basics for Psychiatric Rehabilitation

### **Elective Course Sequence**

- TR 438 Diversity in the Workplace
- TR 430 Clubhouse Readiness
- TR 138 Psychiatric Rehabilitation in Healthchoices for Managed Care Staff
- TR 151 Cognitive Adaptation Training



# COURSE REGISTRATION FORM

TRAINING #

LOCATION

DATE(S)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

BHE is transitioning to an on-line registration system for all of our regional courses, case management courses, psychiatric rehabilitation courses and conferences. In the anticipation of that change, individuals will be permitted to register for courses on a semester basis, i.e., the fall and spring semesters. Until the computerized system is fully installed and tested, individuals will be permitted to register for four courses for the 2008 fall semester. Please keep in mind that these publicly funded training spaces are limited and non-attendance without notification of the registrar is unprofessional and may jeopardize future registration.

Please type or print your name the way you would like it to appear on you certificate.

Name \_\_\_\_\_ Degree \_\_\_\_\_

Employed By \_\_\_\_\_

Business Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

E-mail Address \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_ Fax \_\_\_\_\_

Job Title/Position \_\_\_\_\_ Degree \_\_\_\_\_

What is your program affiliation with the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS) or Office of Developmental Programs (Personal Care Homes)?

**TYPE OF CREDIT DESIRED** (*Check Box*):

(One certificate included in registration fee. If additional certificate is requested, send \$20.00 payable to Drexel University College of Medicine/BHE). \* **PA ACT 48 requires professional ID number.**

- |  |                                    |  |                               |
|--|------------------------------------|--|-------------------------------|
| <input type="checkbox"/> CME                           | <input type="checkbox"/> APA       | <input type="checkbox"/> CEU                               | <input type="checkbox"/> PSNA |
| <input type="checkbox"/> LSW                           | <input type="checkbox"/> PA ACT 48 | <input type="checkbox"/> NBCC                              | <input type="checkbox"/> PCB  |
| <input type="checkbox"/> LCSW/LSW/LPC/LFT (circle one) |                                    | <input type="checkbox"/> CAC/CACD/CCDP/CCDP-D (circle one) |                               |

**FAX form for Regional, COD & Trauma Courses to:** Registrar at (215) 537-1789

**FAX form for Case Management & Psychiatric Rehabilitation Courses to:** Registrar at (215) 831-4699

*This form may be duplicated.*



