Q1 and Q2 HCS Training Flyer 2026

DSHS
WASHINGTON STATE
Department of Social and Health Services

HCS Training Opportunities

Home and Community Services (HCS) offers training in mental health, behavior support, crisis intervention, and professional self-care. To register, use the links listed under each training.

To receive CE credit and a certificate, participants will need an account in the appropriate learning system, **Learning Center (LMS)** for DSHS staff or **CareLearn** for community providers/caregivers, where **Continuing Education Unit (CEU)** certificates will be issued after completion is verified.

Regarding training, please note the following:

- To obtain *free* **CEUs**, participants are required to attend and participate for the entire duration of the training, in addition to completing the feedback survey at the end of the training.
- To participate in our virtual training courses, you will need to join by desktop/laptop computer, using Microsoft Teams.
- To request **ASL and/or CART interpreters**, email bstref@dshs.wa.gov **60 days** before the scheduled training.

Dementia-Specific Behavioral Interventions (1 CEU)

This training teaches participants how to respond to dementia-related distress behaviors using person-centered, non-pharmacological, and least-restrictive strategies, including identifying triggers, adapting communication, reducing distress during ADLs, and documenting effective responses.

Date/Time: 07/08/26 at 10:00-11:00 AM

Registration Link: Click Here

Date/Time: 09/09/26 at 10:00-11:00 AM

Registration Link: Click Here

Q1 and Q2 HCS Training Flyer 2026

Cultural Competency and Diversity in Residential Care (1 CEU)

This training covers cultural humility, bias awareness, and communication skills to build respectful, inclusive, person-centered care, including language-access resources and applying diversity awareness to documentation, planning, and daily interactions.

Date/Time: **07/15/26 at 10:00-11:00 AM**

Registration Link: **Click Here**

Date/Time: **09/16/26 at 10:00-11:00 AM**

Registration Link: **Click Here**

Suicidal and Non-Suicidal Self-Injury (2 CEUs)

This training covers terminology, contextual factors surrounding suicidal ideation, and the development and expression of suicidal ideation and self-harming behaviors. Participants learn how to recognize and prevent self-harming behaviors to support safer long-term care environments.

Date/Time: **07/22/26 at 9:00-11:00 AM**

Registration Link: **Click Here**

Date/Time: **09/30/26 at 9:00-11:00 AM**

Registration Link: **Click Here**

Trauma Informed Care: Trauma Theory and Orientation – Part One (1 CEU)

The training Provides an overview of trauma types, co-occurring disorders, and the impact of trauma exposure. Part One introduces the concepts and theoretical background of trauma and trauma-informed care.

Date/Time: **07/29/26 at 10:00-11:00 AM**

Registration Link: **Click Here**

Q1 and Q2 HCS Training Flyer 2026

Trauma Informed Care: Application and Practice – Part Two (1.5 CEUs)

The training provides an overview of trauma types, co-occurring disorders, and the impact of trauma exposure. Part Two focuses on practical skills and reinforces knowledge introduced in Part One.

Date/Time: **08/05/26 at 9:00-10:30 AM**

Registration Link: **Click Here**

Mental Health Disorders: Foundations of Signs, Symptoms, and Interventions (1.5 CEUs)

The training Introduces core foundations of mental health conditions in long-term care, with a focus on anxiety and mood disorders such as depression and bipolar disorder. Covers impacts on behavior, communication, and daily functioning, along with stigma reduction and person-centered interventions.

Date/Time: **08/12/26 at 10:00-11:30 AM**

Registration Link: **Click Here**

Social Connections: Mental Health Conditions in Nursing Facilities (1.75 CEUs)

This training course provides the foundational knowledge to support the mental health needs of clients in nursing facilities.

Date/Time: **08/26/26 at 10:00-11:45 AM**

Registration Link: **Click Here**

Q1 and Q2 HCS Training Flyer 2026

Beyond Surviving: Reclaiming Identity through Mental Health Recovery (1 CEU)

The training introduces behavior modification for individuals living with severe mental illness, including observing behavior, modifying problematic behaviors, documenting behaviors, assessing behavior, identifying person-centered interventions, and tracking changes.

Date/Time: **09/02/26 at 10:00-11:00 AM**

Registration Link: **Click Here**

Understanding and Responding to Mental Health Crises (2.5 CEUs)

This training provides foundational knowledge and strategies for responding to mental health crises, including de-escalation, situational awareness, evidence-based responses to emotional and behavioral outbursts, and crisis planning.

Date/Time: **10/07/26 at 9:00-11:30 AM**

Registration Link: **Click Here**

Date/Time: **12/02/26 at 9:00-11:30 AM**

Registration Link: **Click Here**

Q1 and Q2 HCS Training Flyer 2026

Motivational Interviewing and Crisis Response: A Trauma-Informed Approach (1 CEU)

This training provides an overview of using motivational interviewing in crisis situations through a trauma-informed approach. Covers motivational interviewing tenets, crisis stabilization, and supporting individuals with problematic behaviors during crisis.

Date/Time: 10/14/26 at 10:00-11:00

AM Registration Link: Click Here

Date/Time: 12/09/26 at 10:00-11:00

AM Registration Link: Click Here

Emotionally Intelligent Care: Enhancing Resilience with Trauma-Informed Practices (2.5 CEUs)

The training introduces trauma-informed care, emotional resilience, and emotional intelligence in caregiving settings. Covers recognizing trauma, building resilience, managing stress and interactions, responding to trauma-related behaviors, and applying learning through case studies and activities.

Date/Time: 10/21/26 at 9:00-11:30 AM

Registration Link: Click Here

Date/Time: 12/16/26 at 9:00-11:30 AM

Registration Link: Click Here

Q1 and Q2 HCS Training Flyer 2026

Cultivating Behavioral Interventions for Mental Health Disorders (1.5 CEUs)

The training introduces the creation of behavioral interventions for individuals living with severe mental illness. Covers behavioral assessment, documenting behaviors associated with mental illness, using assessment information to create interventions, and applying case studies and practical methods.

Date/Time: **10/28/26 at 10:00-11:30 AM**

Registration Link: **Click Here**

Mental Health Disorders: Complex Diagnoses and Advanced Intervention Strategies (2 CEUs)

The training introduces complex mental health conditions in long-term care, including schizophrenia and psychotic disorders, personality disorders, and neurocognitive disorders. Covers impacts on behavior, communication, and daily functioning, along with stigma reduction and person-centered interventions.

Date/Time: **11/04/26 at 9:00-11:00 AM**

Registration Link: **Click Here**

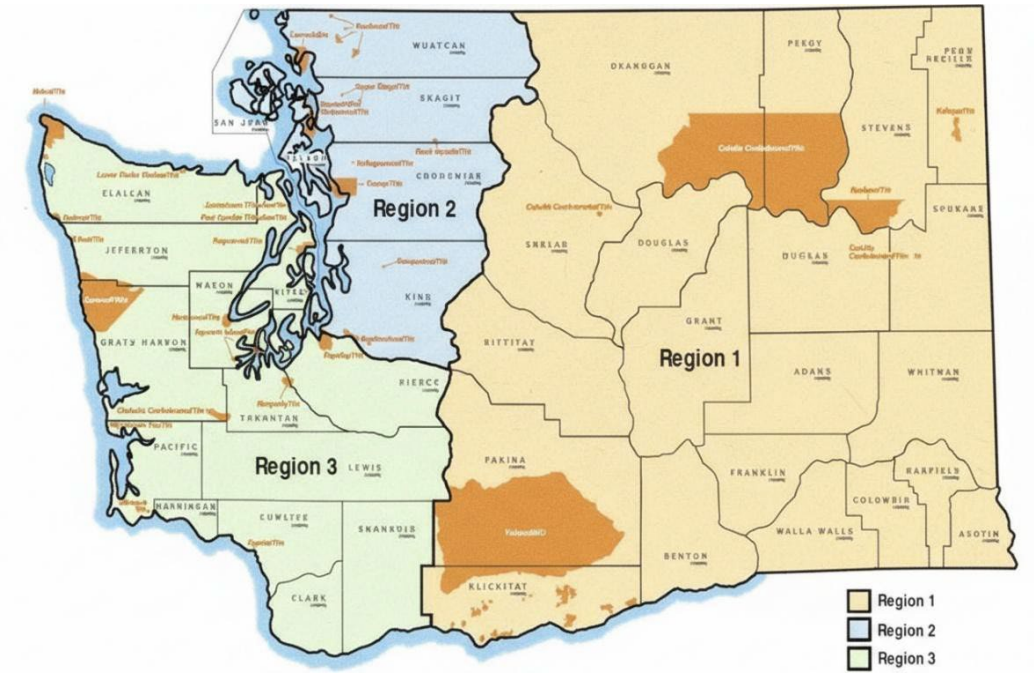
Substance Use and Co-Occurring Disorders (1 CEU)

This training provides an overview of substance use and substance use disorders, including key terms, the spectrum of use, common observable signs, stigma-free language, harm reduction basics, and clear behavior-support pathways.

Date/Time: **11/18/26 at 10:00-11:00 AM**

Registration Link: **Click Here**

Behavior Support Trainers



REGION 1 - *Behavior Support Trainer*
Contact: Nicholas "Nick" Mehrnoosh
Email: nicholas.mehrnoosh@dshs.wa.gov
Phone: 509-992-5040

REGION 2 - *Behavior Support Trainer*
Contact: Tam Butler
Email: tamara.butler@dshs.wa.gov
Phone: 206-919-0600

REGION 3 - *Behavior Support Trainer*
Contact: Jennifer Coggins
Email: jennifer.coggins@dshs.wa.gov
Phone: 360-706-3222

Behavior Supports and Consultations

Behavior Support Consultation

Offered to providers with RSW contracted clients who are exhibiting challenging behaviors that are difficult to manage or have given 30-day notice to an RSW contracted client.

- Support to review Negotiated Service Plan/Negotiated Care Plan/Person Centered Service Plan.
- Review of Behavior Support Plan/Crisis Plan.
- Practical approaches to reach stabilization.
- Training provided to residential providers and staff.
- Identify additional resources and assist with coordination of services.

State Hospital and Acute Care Transition Support

Emphasizes increased behavioral support for clients transitioning from a State hospital/Acute Care hospital to a HCS residential setting and may include any of the following depending on the identified support needed:

- Pre-transition consultation with the client, residential provider, hospital discharge social worker, and HCS Assessor/Case Manager.
- Review of Behavior Support Plans.
- Post-transition support to promote stabilization and provider support.
- Education and resources to help reduce re-admission to a State Hospital or acute care setting.

See our website for upcoming training opportunities: Click Here