

## State Hospital Discharge and Diversion (SHDD) Training, Supports, & Consultation Catalog

Training								
CEUs	Training Title	Objectives	Audience	Lead	Contact	Available	Virtual	In-Person
1	<b>Psychogenic Polydipsia: Explanation &amp; Interventions</b>	Learners will receive a general overview of Polydipsia. Polydipsia is a condition characterized by excessive fluid intake and is often seen in individuals with Mental Health conditions. Within this course, participants will learn ways to identify behaviors, symptoms and interventions. Learners will be provided tools to effectively communicate with medical providers and assist with developing Care Plans.	AHF/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@ds.hs.wa.gov">SHDDRef@ds.hs.wa.gov</a>	✓	✓	TBD
1	<b>Dialectical Behavior Therapy (DBT): Simple Skills for Everyday Use</b>	This training provides a general overview of Dialectical Behavior Therapy (DBT). Participants will learn DBT tools to use in everyday situations to enhance professional boundaries and communication skills.	AHF/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@ds.hs.wa.gov">SHDDRef@ds.hs.wa.gov</a>	✓	✓	TBD
1	<b>Managing Burnout: Professional Stress and Its Implications</b>	This training defines the term burnout and examines the impacts of stress, including how it relates to the current pandemic. Participants will learn to identify the signs and symptoms of burnout in themselves and colleagues, as well as, gain tools and skills to reduce burnout in the workplace.	AHF/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@ds.hs.wa.gov">SHDDRef@ds.hs.wa.gov</a>	✓	✓	TBD
3	<b>Therapeutic Options: Theoretical Practice</b>	A comprehensive approach to reducing violence in health care settings. The program provides the tools to keep people safe while maintaining their commitment to positive approaches in supporting individuals whose behavior sometimes poses danger to themselves or others. This training is science based, person centered, relationship driven, prevention focused and trauma informed.	AHF/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@ds.hs.wa.gov">SHDDRef@ds.hs.wa.gov</a>	✓	✓	TBD
1.5	<b>Mental Health Disorders: Developing Awareness of Signs, Symptoms, and Practical Interventions</b>	Will give participants the opportunity to increase their awareness of mental health diagnoses and the impact on providing care. Including helpful behavioral approaches and interventions for specific mental health disorders. Learning objectives include: <ul style="list-style-type: none"> <li>• Review terminology and language to reduce stigma.</li> <li>• Learn signs and symptoms of common mental disorders and general interventions.</li> <li>• Identify best practices in supporting individuals who live with mental illness.</li> </ul>	AHF/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@ds.hs.wa.gov">SHDDRef@ds.hs.wa.gov</a>	✓	✓	TBD
2	<b>Suicidal &amp; Non-Suicidal Self-Harm</b>	Will focus on helping providers recognize the differences between self-harm suicidal ideations, and suicidal attempts, including understanding the reasons why these behaviors occur. This training will improve provider skills to recognize and prevent self-harm behavior and decrease risk of harm to individuals.	AHF/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@ds.hs.wa.gov">SHDDRef@ds.hs.wa.gov</a>	✓	✓	TBD

# State Hospital Discharge and Diversion (SHDD)

## Training, Supports, & Consultation Catalog

Training								
CEUs	Training Title	Objectives	Audience	Lead	Contact	Available	Virtual	In-Person
1.5	<b>Behavior Training: A Provider's Guide to Behavior Supports</b>	This training provides an overview of the primary functions of behavior. Participants will gain tools and skills to assess behavior, identify person-centered interventions, and new techniques for documentation and tracking.	AHF/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@ds.hs.wa.gov">SHDDRef@ds.hs.wa.gov</a>	✓	✓	TBD
2	<b>Care Training for Providers: Navigating the CARE Assessment</b>	This course is intended to assist Care Providers to further develop skills and tools to create person-centered support plans, with a focus on supporting individuals with complex mental health needs. The intention of this course is to help providers identify and gather necessary client information to support the client during the transition process, to stabilize, and maintain a successful placement, while promoting recovery and stability.	AHF/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@ds.hs.wa.gov">SHDDRef@ds.hs.wa.gov</a>	✓	✓	TBD
8	<b>Mental Health First Aid</b>	This training focuses on evidence-based best practices to support individuals with Mental Health needs. Topics include: <ul style="list-style-type: none"> <li>• Learning to recognize the symptoms of mental health problems, how to offer and initiate help, and refer for professional help</li> <li>• Developing skills to respond to Mental Health Crisis</li> <li>• Improves knowledge of Mental health diagnoses and helpful approaches</li> <li>• Reduces overall Mental health stigma</li> </ul>	AHF/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@ds.hs.wa.gov">SHDDRef@ds.hs.wa.gov</a>	TBD	TBD	TBD

### SHDD Trainer Contact Map

#### Important Notes

- ❖ To participate in virtual trainings, you will need to join by a desktop or laptop computer. This is required to fully engage/interact in the virtual classroom setting
- ❖ To earn CEU credits for all trainings the following requirements must be met:
  1. Attendance for the full duration of the course
  2. Participation in all activities
  3. Email a [completed evaluation](mailto:SHDDRef@ds.hs.wa.gov) form to [SHDDRef@ds.hs.wa.gov](mailto:SHDDRef@ds.hs.wa.gov) after completing the course



**REG ON 1- Behavior Support Trainer**  
 Contact: Ashley Beckley  
 Email: [ashley.beckley@ds.hs.wa.gov](mailto:ashley.beckley@ds.hs.wa.gov)  
 Phone: 509.992.5040

**REG ON 2- Behavior Support Trainer**  
 Contact: Tam Butler  
 Email: [tamarabutler@ds.hs.wa.gov](mailto:tamarabutler@ds.hs.wa.gov)  
 Phone: 206.919.0600

**REG ON 3- Behavior Support Trainer**  
 Contact: Phyllis Moffatt-Dark  
 Email: [phyllis.moffatt-dark@ds.hs.wa.gov](mailto:phyllis.moffatt-dark@ds.hs.wa.gov)  
 Phone: 360.764.0481

# State Hospital Discharge and Diversion (SHDD)

Training, Supports, & Consultation Catalog

Behavior Supports and Consultations					
Topic	Objectives	Audience	Lead	Contact	Available
<b>Behavior Support Consultation</b>	Offered to providers with ECS or SBS contracted clients who are exhibiting challenging behaviors that are difficult to manage or have given a 30 day notice to an ECS/SBS contracted client. <ul style="list-style-type: none"> <li>Support to review Negotiated Service Plan/ Negotiated Care Plan/Person Centered Service Plan</li> <li>Review of Behavior Support Plan/Crisis Plan</li> <li>Practical approaches to reach stabilization</li> <li>Training provided to residential providers &amp; staff</li> <li>Identify additional resources and assist with coordination of services</li> </ul>	ECS & SBS Providers	HCS	Contact your HCS Case Manager	✓
<b>State Hospital Discharge Transition Support</b>	Emphasizes increased behavioral support for clients discharging from a state hospital to a residential setting (i.e. AFH ALF, EARC/ARC/ESF, SNF) on ECS/SBS services and may include any of the following depending on the identified supports needed: <ul style="list-style-type: none"> <li>Pre-discharge consultation with the client, residential provider, hospital discharge social worker, and HCS Assessor/Case Manager</li> <li>Review of Behavior Support Plans</li> <li>Post-discharge visits to promote stabilization and provider support</li> <li>Education and resources to reduce re-admittance to a State Hospital</li> </ul>	ECS & SBS Providers	HCS	Contact your HCS Case Manager	✓