

Hospital Transition Support Unit Team 2024

Training, Supports, & Consultation Catalog

Training							
CEUs	Training Title	Objectives	Audience	Lead	Contact	Available	Virtual
1	Psychogenic Polydipsia: Explanation and Interventions	The training provides a general overview of Polydipsia, a condition characterized by excessive fluid intake often seen in individuals with Mental Health conditions. Throughout this training, participants will learn strategies to identify behaviors, symptoms, and interventions. Furthermore, participants will be provided with tools to effectively communicate with medical providers and assist in developing Care Plans.	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓
1	Dialectical Behavioral Therapy (DBT): Simple Skills for Everyday Use	The training provides a basic overview of Dialectical Behavior Therapy (DBT) skills. Participants will be introduced to tools for de-escalating crises and enhanced professional boundaries and communication skills in everyday situations.	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓
2.5	Dialectical Behavioral Therapy (DBT): Introduction to Theory and Skills Application <i>*New Training*</i>	The following training is an in-depth introduction to the application of DBT Skills. Its focus is to provide a comprehensive introduction to the theoretical foundations that form the application of DBT Skills, enabling participants to understand the context of applying these skills for individuals suffering from severe mental health conditions. Real-world case studies and behavioral practices will be taught throughout this training. The training is part one of three pieces of training, the following two of which will focus on specific applicable training in DBT Acceptance and Change Skills.	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓
1	Managing Burnout: Professional Stress and Its Implications	The training provides context surrounding professional burnout and examines the impacts of stress, including how it relates to the structure and function of organizations. Participants will be trained to identify the signs and symptoms of burnout in themselves and colleagues to enable them to use strategies to reduce burnout in the workplace.	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓
3	Therapeutic Options (TO): Theoretical Practice	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 and/or others. This training is science based, person centered, relationship driven, prevention focused, and trauma informed. (Practical TO is an in-person training for 2 hours/2 CEU's).	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓
1.5	Mental Health Disorders: Developing Awareness of Signs, Symptoms, and Practical Interventions	The training focuses on providing foundational knowledge regarding mental health diagnoses and their impact on providing long-term care. Participants will be introduced to behavioral approaches and interventions for specific mental health diagnoses, in addition to being trained in terminology and language to reduce mental health stigmatization. Other objectives include reviewing signs and symptoms of common mental health conditions and determining best practices for supporting these individuals through their treatment process.	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓

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1.5	Behaviorism Training: A Provider's Guide to Behavior Supports	The 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.	AFH/ALF/SNF/ ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓	
2	Suicidal & Non-Suicidal Self-Harm	The training will focus on aiding providers to recognize the terminology and contextual situations surrounding suicidal ideation. The purpose is to enable participants to gain an increased understanding of the development and expression of suicidal ideation and self-harming behaviors. Participants will be trained to recognize and prevent self-harming behaviors, further enabling safer long-term care environments for clients and providers.	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓	
1.5	Building Your Toolbox: Who, What, Why	The training allows participants to identify mental health supports, medical supports, social service supports, community supports, skills and tools, and guiding values to better provide holistic care to clients suffering from mental health conditions. This training has been developed to equip providers with the skills and resources they need to support individuals in community-based settings. Participants will receive an electronic toolbox with all materials included to continue to build upon.	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓	
2	Care Training for Providers: Navigating the CARE Assessment	The training is intended to assist care providers in further developing skills and tools to create person-centered support plans that focus on supporting individuals with complex mental health requirements. The training enables providers to identify and gather necessary client information to help the client during the transition process and stabilize and maintain a successful placement while promoting recovery and stability.	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓	
2.5	Trauma-Informed Care: Practice and Application <i>*New Training*</i>	This Trauma-Informed Care training provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of Trauma on individuals. The training focuses on evidence-based practices from empirical research and national organizations. Participants will gain information and resources to assist with understanding and implementing Trauma- InformedPractice.	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓	
1	Trauma Informed Care: Trauma Theory and Orientation – Part One (Virtual Training) <i>*New Training*</i>	The training provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of Trauma on individuals. Part One of the training focuses on introducing the concepts and theoretical background on Trauma and Trauma-Informed Care.	AFH/ALF/SNF/ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓	

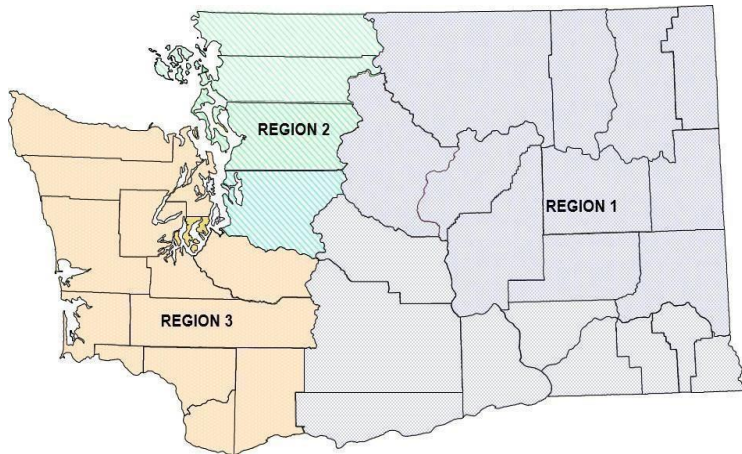
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Training							
CEUs	Training Title	Objectives	Audience	Lead	Contact	Available	Virtual
1.5	Trauma Informed Care: Application and Practice – Part Two (Virtual Training) <i>*New Training*</i>	The training provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of Trauma on individuals. Part Two of the training focuses on practical skills and knowledge reinforcement introduced in the first portion of this training. Part One is highly recommended to be completed prior to attending Part Two	AFH/ALF/SNF/ ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓
2.5	Understanding and Responding to Mental Health Crises	The training provides participants with foundational knowledge and strategies for responding to mental health crises. Participants will focus on learning about crisis de-escalation, utilizing evidence-based practices to counter emotional and behavioral outbursts among individuals living with a significant trauma history and/or mental health condition. The training provides tools for creating and implementing individualized crisis plans and long-term care strategies.	AFH/ALF/SNF/ ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓
1.5	Explanation and Interventions for Diabetes Mellitus in Mental Healthcare	The following training provides attendees in-depth knowledge concerning Diabetes Mellitus in the mental healthcare environment. Our training outlines an overview of diabetes, its diagnostic considerations, and psychosocial factors to consider in an individual's history. Furthermore, we work to teach key communication techniques when working with medical professionals, as it relates to the optimization of interventions strategies. Consideration of behaviors, symptoms, and relevant clinical information and assessments are explored, in addition to relating it to the implementation of the Negotiated Service Agreement/Care Plan.	AFH/ALF/SNF/ ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓
1.75	Social Connections: Mental Health Conditions in Nursing Facilities <i>*New Training*</i>	The following training provides foundational knowledge of supporting mental health of clients in nursing facilities. The primary focus is on identifying behaviors, symptoms, and interventions for anxiety and depression, which may lead to the development of social isolation that inhibits healthy mental well-being. Further training will involve strategies pertaining to the medical issues and behaviors, as they are pertinent to the CARE/Negotiated Service Agreement/Care Plan Resources.	AFH/ALF/SNF/ ESF Providers & Staff	HCS	SHDDRef@dshs.wa.gov	✓	✓

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REGION 1 - Behavior Support Trainer

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REGION 2 - Behavior Support Trainer

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REGION 3 - Behavior Support Trainer

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Statewide - Behavior Support Trainer

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Behavior Supports and Consultations					
Topic	Objectives	Audience	Lead	Contact	Available
Behavior Support Consultation	Offered to providers with RSW contracted clients who are exhibiting challenging behaviors that are difficult to manage or have given a 30-day notice to an RSW contracted client. <ul style="list-style-type: none"> • 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. 	Residential Support Waiver (CSS, ESF, AFH, ALF) Providers	HCS	Contact your HCS Case Manager	✓
State Hospital Discharge 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 supports needed: <ul style="list-style-type: none"> • 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 reduce re-admittance to a State Hospital. 	Residential Support Waiver (CSS, ESF, AFH, ALF) Providers	HCS	Contact your HCS Case Manager	✓

See SHDD/HTSU Website for upcoming training opportunities: [State Hospital Discharge and Diversion Team and Hospital Transition Support Unit | DSHS \(wa.gov\)](https://www.dshs.wa.gov)