

# Hospital Transition Support Unit Team 2024

## Training, Supports, & Consultation Catalog

Training							
CEUs	Training Title	Objectives	Audience	Lead	Contact	Available	Virtual
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.	AFH/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓
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.	AFH/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓
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 Covid 19 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.	AFH/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓
3	<b>Therapeutic Options (TO): 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 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	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓
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>	AFH/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓
2	<b>Suicidal &amp; Non-Suicidal Self-Harm</b>	Will focus on helping providers recognize the differences between self-harm, suicidal ideations, and suicide attempts, including understanding the reasons why these behaviors occur. This training will improve provider skills to recognize and prevent self-harm behavior and decrease risk of harm to individuals. *New & Updated* Includes Pandemic Updates	AFH/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓

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1.5	<b>Behaviorism 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.	AFH/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓
1.5	<b>Building Your Toolbox: Who, What, Why</b>	Building Your Toolbox: Who, What, Why offers participants the opportunity to identify; mental health supports, medical supports, social service supports, community supports, skills & tools, and guiding values. 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	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓
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.	AFH/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓
1.5	<b>Trauma-Informed Care: Practice and Application</b>	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- Informed Practice.	AFH/ALF/SNF/ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓
1.5	<b>Explanation and Interventions for Diabetes Mellitus in Mental Healthcare</b>	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	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓

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2.5	<b>Understanding &amp; Responding to Mental Health Crises</b>	<p>This training provides participants with knowledge and tools to understand and respond to mental health crises. The course objectives include:</p> <ul style="list-style-type: none"> <li>• Define crisis.</li> <li>• Explore the science of crisis.</li> <li>• Review each phase of the Crisis Cycle.</li> <li>• Offer tips for response and recovery.</li> <li>• Explore prevention techniques &amp; strategies.</li> </ul> <p>Provide tools to create &amp; implement individualized crisis plans</p>	AFH/ALF/SNF/ ESF Providers & Staff	HCS	<a href="mailto:SHDDRef@dshs.wa.gov">SHDDRef@dshs.wa.gov</a>	✓	✓

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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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**Phone:** 564-669-9317

Behavior Supports and Consultations					
Topic	Objectives	Audience	Lead	Contact	Available
<b>Behavior Support Consultation</b>	<p>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.</p> <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>	Residential Support Waiver (CSS, ESF, AFH, ALF) Providers	HCS	Contact your HCS Case Manager	✓
<b>State Hospital Discharge Transition Support</b>	<p>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:</p> <ul style="list-style-type: none"> <li>• Pre-transition 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-transition support to promote stabilization and provider support</li> <li>• Education and resources to reduce re-admittance to a State Hospitals</li> </ul>	Residential Support Waiver (CSS, ESF, AFH, ALF) Providers	HCS	Contact your HCS Case Manager	✓

See SHDD/HTSU Website for upcoming training opportunities: <https://www.dshs.wa.gov/altsa/residential-care-services/state-hospital-discharge-and-diversion-team-and-hospital-transition-support-unit>