



Hospital Transition Support Unit (HTSU)

Training, Supports, & Consultation Catalog

HTSU provides training/education within the areas of **Mental Health Education and Awareness, Behavioral and Service Assessment, Crisis Intervention, and Professional Self-Care and Ethics**. Our training courses are based on enhancing cultural competency in mental health, to further promote diversity and inclusion of all individuals.

The primary audience of the HTSU trainings are staff and providers within **AFH/ALF/SNF/CSS/ESF** Facilities, plus internal DSHS staff and providers.

HTSU training comes with the option to earn *free* **Continuing Education Units (CEUs)** based on attendance, participation, and completion of survey/feedback, which include the following training courses:

Behavior Modification: Behavior Supports for Providers

CEU(s): 2-hours for 2 CEUs

The training course provides an overview and introduction to behavior modification for individuals living with severe mental illness. The training will introduce participants to methods of observing human behavior, suggestions for modifying problematic behaviors, and best practices for documenting behaviors.

Participants will learn how to assess behavior, identify person-centered interventions, and new techniques for documentation and tracking.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

If you need assistance registering for our training courses, please email us at shddref@dshs.wa.gov

Behaviorism Training: A Provider's Guide to Behavior Supports

CEU(s): 1.5-hours for 1.5 CEUs

The training course 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.



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Building Your Toolbox: Who, What, Why

CEU(s): 1.5-hours for 1.5 CEUs

The training course 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 living with 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 be built upon.



Professional Self-Care and Ethics



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Care Training for Providers: Navigating the CARE Assessment

CEU(s): 3-hours for 3 CEUs

The training course 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 to stabilize and maintain a successful placement while promoting recovery and stability.



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Cultivating Behavioral Interventions for Mental Health Disorders

CEU(s): 1.5-hours for 1.5 CEUs

The training course focuses on an introduction to creating behavioral interventions for individuals who are living with severe mental illness. The training explores the behavioral assessment, components of documenting behaviors associated with mental illness, and how to utilize behavioral assessments to create behavioral interventions to optimize individuals' well-being both in and out of long-term care facilities. The training includes case studies and practical training methods.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Dialectical Behavioral Therapy (DBT): Introduction to Theory and Skills Application

CEU(s): 2.5-hours for 2.5 CEUs

The following training course is an in-depth introduction to the practical use of DBT Skills. The training course is intended 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 living with severe mental health conditions. Case studies and behavioral strategies will be reviewed and taught throughout this training.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Dialectical Behavioral Therapy (DBT): Simple Skills for Everyday Use

CEU(s): 1-hour for 1 CEU

The training course provides a basic overview of Dialectical Behavior Therapy (DBT) skills. Participants will be introduced to tools for de-escalating crises and enhancing professional boundaries and communication skills in everyday situations.



Mental Health Education and Awareness



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Explanation and Interventions for Diabetes Mellitus in Mental Healthcare

CEU(s): 1.5 hour for 1.5 CEUs

The training course provides attendees with 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. We work to teach key communication techniques when working with medical professionals, as it relates to the optimization of interventions strategies. This training will look at 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.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Managing Burnout: Professional Stress and Its Implications

CEU(s): 1-hour for 1 CEU

The training course provides context surrounding professional burnout and examines the impacts of stress, including how it relates to the structure and function of organizations. Participants will learn how to identify the signs and symptoms of burnout in themselves and their colleagues and use strategies to reduce burnout in the workplace.



Professional Self-Care and Ethics



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Mental Health Disorders: Signs, Symptoms, and Interventions

CEU(s): 2-hours for 2 CEUs

The training course provides 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 a review of mental health conditions and best practices for supporting individuals in treatment.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Motivational Interviewing and Crisis Response: A Trauma-Informed Approach

CEU(s): 1-hour for 1 CEUs

The training course provides an overview of utilizing motivational interviewing in crisis situations, using a trauma-informed approach. This training explores the tenets of motivational interviewing, specifically highlighting how to use a trauma-informed approach to aid individuals to stabilize during a crisis. Provides an overview of motivational interviewing and crisis stabilization procedures for individuals with problematic behaviors.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Psychogenic Polydipsia: Explanation and Interventions

CEU(s): 1-hour for 1 CEU

The training course provides a general overview of Polydipsia, a condition characterized by excessive fluid intake often seen in individuals with Mental Health conditions. Through this training, participants will learn strategies to identify behaviors, symptoms, and interventions. Participants will be provided with tools to effectively communicate with medical providers and assist in developing Care Plans.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Reproductive Phases and Mental Health Considerations

CEU(s): 1.75-hours for 1.75 CEUs

The training course focuses on the impact of aging and reproduction on mental health. The training covers the historical evolution of the female reproductive cycle and its relative impact on mental health throughout the lifespan. An exploration of reproductive phases and relative terminology will be explored. Implications for documentation and care planning will be discussed and reviewed.



Mental Health Education and Awareness



Behavioral and Service Assessment



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Social Connections: Mental Health Conditions in Nursing Facilities

CEU(s): 1.75-hours for 1.75 CEUs

This training course provides the foundational knowledge to support the mental health needs 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 medical issues and behaviors, as they are pertinent to the CARE/NSA/Care Plan Resources.



Mental Health Education and Awareness



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Suicidal and Non-Suicidal Self-Injury

CEU(s): 2-hours for 2 CEUs

The training course will teach the audience the terminology and how to recognize contextual situations surrounding suicidal ideation. Participants will gain an increased understanding of the development and expression of suicidal ideation and related 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.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Therapeutic Options (TO): Theory Training

CEU(s): 3-hours for 3 CEUs

A comprehensive approach to reducing violence in health care settings. The program provides 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.



Mental Health Education and Awareness



Crisis Intervention



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF

Therapeutic Options (TO): Theory and Practical Training

CEU(s): 5-hours for 5 CEUs

The practical training course for Therapeutic Options provides additional hands-on training.



Mental Health Education and Awareness



Crisis Intervention



In-Person ONLY Availability for AFH/ALF/SNF/CSS/ESF

Trauma-Informed Care: Practice and Application

CEU(s): 2.5-hours for 2.5 CEUs

The training course provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the long-term impacts of trauma exposure on individuals. This training provides evidence-based practices from empirical research and national organizations. Participants will gain information and resources to assist with understanding and implementing a Trauma-Informed Practice from both an individual care perspective and larger organizational structure.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual and/or In-Person for AFH/ALF/SNF/CSS/ESF

Trauma Informed Care: Trauma Theory and Orientation – Part One

CEU(s): 1-hours for 1 CEU

The training course provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of trauma exposure on individuals. Part One of the training focuses on introducing concepts and theoretical background on Trauma and Trauma-Informed Care.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual ONLY Availability for AFH/ALF/SNF/CSS/ESF

Trauma Informed Care: Application and Practice – Part Two

CEU(s): 1.5-hours for 1.5 CEUs

The training course provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of trauma exposure on individuals. Part Two of the training focuses on an introduction of 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.



Mental Health Education and Awareness



Behavioral and Service Assessment



Virtual ONLY Availability for AFH/ALF/SNF/CSS/ESF

Understanding and Responding to Mental Health Crises

CEU(s): 2.5-hours for 2.5 CEUs

The training course provides participants with foundational knowledge and strategies for responding to mental health crises. Participants will learn about crisis de-escalation, situational awareness, and 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 also provides foundational knowledge for crisis planning.



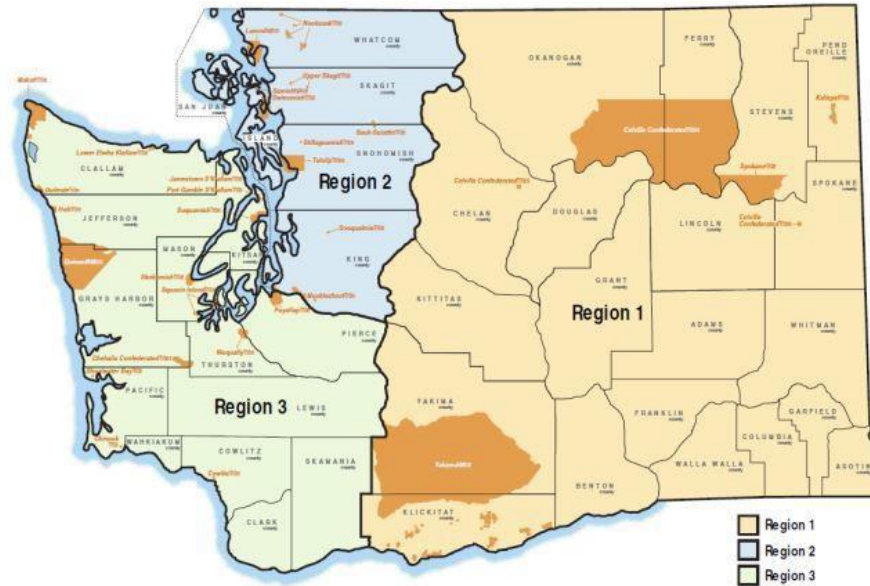
Mental Health Education and Awareness



Crisis Intervention



Virtual and/or In-Person Availability for AFH/ALF/SNF/CSS/ESF



REGION 1 - Behavior Support Trainer

Contact: Nicholas 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: Lauren DeMayo

Email: lauren.demayo1@dshs.wa.gov

Phone: 564-669-9317

Statewide - 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 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 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 reduce re-admittance to a State Hospital.

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>

Meet the *Behavior Support Trainers*



Tam Butler – Region 2

Prior to immigrating to the USA, Tam taught Social Worker, Health Care Assistant and Administrator national qualifications in England. Tam joined the HTSU, following a Social Services position in a Skilled Nursing Facility (SNF), as a Nursing Facility Case Manager in the Snohomish and King Counties. This role also included Case Management for the Residential Support Waiver services in SNF's and AFH's.



Lauren DeMayo – Region 3

Before joining HTSU, Lauren brought her expertise from Western State Hospital, where she dedicated her efforts to supporting Developmentally Disabled adults in the Habilitative Mental Health Services Unit. Lauren has experience in Residential/Day Treatment Facility's Community Based Services Unit, where she served as a Mandated Preventive Services Case Manager for the Department of Social Services.



Nicholas Mehrnoosh – Region 1

Nick's core experience includes dual work as a behavioral health clinician and teacher. His clinical experience includes delivering therapeutic modalities to older adults living with neurocognitive conditions, in addition to extensive work providing assessments and therapeutic treatments to children, adolescents, and families within community mental health programs, such as, WISe and Intensive Outpatient Services.



Jennifer Coggins – Statewide

Jennifer serves as a HTSU statewide trainer, with a particular focus on the Civil Transitions Program (CTP). Jennifer joined HCS in 2018 as a Social Services Specialist III with the Behavioral Support Unit (BSU), additionally providing essential assistance to both the State Hospital Discharge and Diversion (SHDD) and the Acute Care Hospital (ACH) teams.