

# SHDD Training Opportunities

SHDD Website: <https://www.dshs.wa.gov/altsa/residential-care-services/state-hospital-discharge-and-diversion-team>

## March 2023

**Audience:** **ALTSA Contracted Providers**

To register, click on the link or follow the registration instructions associated with the training you would like to join.

### Important Notes:

- Due to high demand, *please be sure to cancel registration if you are not able to attend.* This will allow for others to register.
- To obtain CEU credit(s), participants are required to attend and participate for the entire duration of the training. \*This includes participating in all activities.
- To participate in virtual trainings, you will need to join by desktop or laptop computer. This is required to fully engage/interact in the virtual classroom setting.

To request ASL and/or CART interpreters, please email [shddref@dshs.wa.gov](mailto:shddref@dshs.wa.gov) 30 days before the scheduled training.

Training Description	Date/Time	Registration Link
<p><u><a href="#">1 hour Webinar - <i>Psychogenic Polydipsia: Explanation and Interventions</i> - 1 CEU</a></u>                      In this webinar, 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.</p>	<p><b>Friday, March 3, 2023 @ 2:00 - 3:00</b></p>	<p><a href="https://attendee.gotowebinar.com/register/2216010039517494619">https://attendee.gotowebinar.com/register/2216010039517494619</a></p>
<p><u><a href="#">2-hour Webinar - <i>Suicide and Non-Suicidal Self Harm Training</i> - 2 CEU's</a></u>                      This training focuses 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 clients.</p>	<p><b>Tuesday, March 7, 2023 @ 1:00 -3:00</b></p>	<p><a href="https://attendee.gotowebinar.com/register/3523928598780072028">https://attendee.gotowebinar.com/register/3523928598780072028</a></p>
<p><u><a href="#">1 hour Webinar - <i>Dialectical Behavior Therapy (DBT): Simple Skills for Everyday Use</i> -1 CEU</a></u>                      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.</p>	<p><b>Tuesday, March 21, 2023 @ 2:00 - 3:00</b></p>	<p><a href="https://attendee.gotowebinar.com/register/1950373527804833118">https://attendee.gotowebinar.com/register/1950373527804833118</a></p>

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1.5-hour Webinar - **Building Your Toolbox: Who, What, Why** - 1.5 CEU's

This training 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.

**Tuesday,  
March 28,  
2023 @  
1:00 -2:30**

<https://attendee.gotowebinar.com/register/2367721753429579354>