

# SHDD Training Opportunities

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

## October 2022

**Audience:** **AL TSA 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.

Training Description	Date/Time	Registration Link
<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.	Monday, October 24, 2022 @ 10:00 -12:00	<a href="https://attendee.gotowebinar.com/register/4791462092860284944">https://attendee.gotowebinar.com/register/4791462092860284944</a>
<u><a href="#">1.5-hour webinar - <i>Mental Health Disorders: Developing Awareness of Signs, Symptoms, and Practical Interventions</i> – 1.5 CEU's</a></u> This training 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.	Thursday, October 4, 2022 @ 10:00 -11:30	<a href="https://attendee.gotowebinar.com/register/7528362038673634575">https://attendee.gotowebinar.com/register/7528362038673634575</a>
<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.	Monday, October 17, 2022 @ 11:00 -12:00	<a href="https://attendee.gotowebinar.com/register/8609103903452259340">https://attendee.gotowebinar.com/register/8609103903452259340</a>

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<p><b><u>2.5-hour Webinar - <i>Understanding &amp; Responding to Mental Health Crises</i> - 2.5 CEU's</u></b></p> <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><li>• Provide tools to create &amp; implement individualized crisis plans</li></ul>	<p><b>Tuesday, October 10, 2022 @ 1:00 -3:30</b></p>	<p><a href="https://attendee.gotowebinar.com/register/4343132928099825168">https://attendee.gotowebinar.com/register/4343132928099825168</a></p>
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