

SHDD Training Opportunities

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

February 2023

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.

To request ASL and/or CART interpreters, please email shddref@dshs.wa.gov 30 days before the scheduled training.

Training Description	Date/Time	Registration Link
<p><u>1 hour Webinar - <i>Managing Burnout: Professional Stress and Its Implications</i> - 1 CEU</u></p> <p>This training defines the term burnout and examines the impacts of stress, including how it relates to the current 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.</p>	<p>Friday, February 3, 2023 @ 1:00 - 2:00</p>	<p>https://attendee.gotowebinar.com/register/8077925441053852508</p>
<p><u>2.5-hour Webinar - <i>Understanding & Responding to Mental Health Crises</i> - 2.5 CEU's</u></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"> • Define crisis • Explore the science of crisis • Review each phase of the Crisis Cycle • Offer tips for response and recovery • Explore prevention techniques & strategies • Provide tools to create & implement individualized crisis plans 	<p>Tuesday, February 7, 2023 @ 10:00 - 11:30</p>	<p>https://attendee.gotowebinar.com/register/32597649920640855</p>
<p><u>1 hour Webinar - <i>Dialectical Behavior Therapy (DBT): Simple Skills for Everyday Use</i> -1 CEU</u></p> <p>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>Tuesday, February 17, 2023 @ 10:00 - 11:00</p>	<p>https://attendee.gotowebinar.com/register/7800037071204703580</p>

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<p><u>1.5 hour Webinar - <i>Behaviorism Training: A Provider's Guide to Behavior Supports</i> - 1.5 CEU's</u> 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.</p>	<p>Friday, February 24, 2023 @ 10:00 - 11:30</p>	<p>https://attendee.gotowebinar.com/register/4595657766609724247</p>
<p><u>1.5-hour webinar - <i>Mental Health Disorders: Developing Awareness of Signs, Symptoms, and Practical Interventions</i> – 1.5 CEU's</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.</p>	<p>Tuesday, February 28, 2023 @ 10:00 - 11:30</p>	<p>https://attendee.gotowebinar.com/register/5995676917373162335</p>