

**Behavioral Health Support Team
Training Schedule**

FEBRUARY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4 Trauma Informed Care 1pm-2:30pm (1.5 CEU's) Click HERE to Register!	5	6	7	8
9	10	11 Coping With Abuse Training- (2.5 CEU's) 10am-12:30pm Click HERE to Register!	12	13	14	15
16	17 <u>Presidents' Day</u>	18	19	20 Improving Resident Quality of Life (No CEU's) 1pm-2:30pm Click HERE to Register!	21	22
23	24	25	26	27 Grief and Loss 1pm-2pm (1 CEU) Click HERE to Register!	28	1

All trainings are on Zoom. If you have any questions, please email ALTSABHSTTraining@dshs.wa.gov . All scheduled trainings are open to providers and their staff, from different facilities, across the state. As a reminder, not all our trainings are certified for continuing education credits. Those trainings that offer continuing education credits are labeled as such. No certificates will be issued for trainings that do NOT offer continuing education credits.

Behavioral Health Support Team Training Schedule

Trauma Informed Care (1.5 CEU's)

- Define Trauma Informed Care
- Recognize the 6 stages of Trauma Integration
- Discuss common symptoms and effects.
- Identify WAC's and regulations.
- The importance of Person-Centered Care

Coping with Abuse (2.5 CEU's)

- Gain new perspective on what challenging behaviors mean to the resident.
- Understand what boundary setting is and why it's so critical.
- Learn where the line is between boundary setting and abuse.
- Develop strategies for coping with racism, homophobia, etc.
- Learn effective ways to 'get your head in the game' before providing care.
- Improve staff support between one another from 'the top down.'
- Increase your confidence - because you are a skilled caregiver!
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Improving Resident Quality of Life (No CEU's)

- Increase understanding of what quality of life means.
- Recognize the importance of things like food and décor.
- Explore the difference between reasonable and unreasonable.
- Determine how regulations apply to quality-of-life issues.
- Expand awareness of community resources

Grief and Loss (1 CEU)

- Learn about grief.
- Identify the stages of grief.
- Name each letter in the STOP acronym.
- Gain knowledge on how a support group can help.

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