

HTSU Training Opportunities

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

October thru December 2024

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*, as 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.
- To participate in virtual trainings, you will need to join by desktop/laptop computer, which is a requirement, these trainings are hosted via MS Teams.

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>Psychogenic Polydipsia: Explanation and Interventions</u></p> <p>Webinar Length: 1-Hour for 1 CEUs</p> <p>The training provides a general overview of Polydipsia, a condition characterized by excessive fluid intake often seen in individuals with Mental Health conditions. Throughout this training, participants will learn strategies to identify behaviors, symptoms, and interventions. Furthermore, participants will be provided with tools to effectively communicate with medical providers and assist in developing Care Plans.</p>	<p>Friday, October 4th, 2024 @ 1:00 – 2:00 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/7773a31a-2091-4feb-bddf-3d84be9b14d0@11d0e217-264e-400a-8ba0-57dcc127d72d</p>
<p><u>Mental Health Disorders: Signs, Symptoms, and Interventions</u></p> <p>Webinar Length: 2-Hours for 2 CEUs</p> <p>The training focuses on providing 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 reviewing signs and symptoms of common mental health conditions and determining best practices for supporting these individuals through their treatment process.</p>	<p>Wednesday, October 9th, 2024 @ 1:00 – 3:00 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/d4f14d6b-7ae7-42c4-9b50-e08cb3575725@11d0e217-264e-400a-8ba0-57dcc127d72d</p>

<p><u>Suicide and Non-Suicidal Self Harm</u></p> <p>Webinar Length: 2-Hours for 2 CEUs</p> <p>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>Friday, October 11th, 2024 @ 1:00 – 3:00 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/63134a3c-7356-4c01-9904-c4dff8017c83@11d0e217-264e-400a-8ba0-57dcc127d72d</p>
<p><u>Building Your Toolbox: Who, What, Where</u></p> <p>Webinar Length: 1.5 Hours for 1.5 CEUs</p> <p>The training 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 suffering from 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 build upon.</p>	<p>Thursday, October 17th, 2024 @ 2:00 – 3:30 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/5e9e1a4f-5201-4132-a0c3-495f975bab35@11d0e217-264e-400a-8ba0-57dcc127d72d</p>
<p><u>Dialectical Behavioral Therapy: Intro to Theory and Skills Application</u></p> <p>Webinar Length: 2.5 Hours for 2.5 CEUs</p> <p>The following training is an in-depth introduction to the application of DBT Skills. Its focus is 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 suffering from severe mental health conditions. Real-world case studies and behavioral practices will be taught throughout this training. The training is part one of three pieces of training, the following two of which will focus on specific applicable training in DBT Acceptance and Change Skills.</p>	<p>Wednesday, November 6th, 2024 @ 9:00 – 11:30 AM</p>	<p>https://events.gcc.teams.microsoft.com/event/6868da4f-9097-4b10-b302-86aa83af75c4@11d0e217-264e-400a-8ba0-57dcc127d72d</p>

<p><u>Understanding and Responding to Mental Health Crises</u></p> <p>Webinar Length: 2.5 Hours for 2.5 CEUs</p> <p>The training provides participants with foundational knowledge and strategies for responding to mental health crises. Participants will focus on learning about crisis de-escalation, 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 provides tools for creating and implementing individualized crisis plans and long-term care strategies.</p>	<p>Wednesday, November 13th, 2024 @ 9:30 – 12:00 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/473ab004-761d-45a8-8d87-ce30ba45792f@11d0e217-264e-400a-8ba0-57dcc127d72d</p>
<p><u>Motivational Interviewing and Crisis Management</u></p> <p>Webinar Length: 1 Hour for 1 CEU</p> <p>The training focuses on how to utilize motivational interviewing skills in a crisis situation, with individuals that present with complex mental health needs. The purpose of the training is to utilize a trauma-informed perspective, specifically addressing the process of trauma triggers and the development of a crisis, thus enabling a better understanding of how to utilize Motivational Interviewing Skills in a practical manner, with consideration of an individual’s trauma history.</p>	<p>Thursday, November 14th, 2024 @ 11:00 – 12:00 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/ca0a09a8-35a6-450f-ba06-02809be71191@11d0e217-264e-400a-8ba0-57dcc127d72d</p>
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<p><u>Trauma Informed Care Training: Part One</u></p> <p>Webinar Length: 1-Hour for 1 CEU</p> <p>This Trauma-Informed Care training provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of Trauma on individuals. Part One of the training focuses on introducing the concepts and theoretical background on Trauma and Trauma-Informed Care.</p>	<p>Monday, December 2nd, 2024 @ 11:00 – 12:00 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/a8ff17b5-4c73-4db6-9942-21630eb9cfbf@11d0e217-264e-400a-8ba0-57dcc127d72d</p>
<p><u>Trauma Informed Care Training: Part Two</u></p> <p>Webinar Length: 1.5-Hours for 1.5 CEUs</p> <p>The following Trauma-Informed Care training provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the relative emotional impact of trauma on individuals. Part Two of the training focuses on 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.</p>	<p>Wednesday, December 11th, 2024 @ 1:00 – 2:30 PM</p>	<p>https://events.gcc.teams.microsoft.com/event/72aacb9c-af14-44d2-ba28-b1b515edd851@11d0e217-264e-400a-8ba0-57dcc127d72d</p>
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