



Hospital Transition Support Unit (HTSU) Training Opportunities

January thru March 2025

HTSU provides training/education within the areas of **Mental Health Education and Awareness, Behavioral and Service Assessment, Crisis Intervention, and Professional Self-Care and Ethics.**

To register, click on the registration links under each training, and note:

- Due to the demand, please cancel registration if you are not able to attend, to allow others to register.
- To obtain *free Continuing Education Credits (CEUs)*, participants are required to attend and participate for the entire duration of the training, in addition to completing the feedback survey at the end of the training.
- To participate in our virtual trainings, you will need to join by desktop/laptop computer, using MS Teams.
- To request **ASL and/or CART interpreters**, email shddref@dshs.wa.gov **60 days** before the scheduled training.

Psychogenic Polydipsia: Explanation and Intervention

Date/Time: Wednesday, January 8th from 1:00 PM till 2:00 PM

CEU(s): 1-hour for 1 CEU **Registration Link:** [Click Here](#)

The training course provides a general overview of Polydipsia, a condition characterized by excessive fluid intake often seen in individuals with Mental Health conditions. Through this training, participants will learn strategies to identify behaviors, symptoms, and interventions. Participants will be provided with tools to effectively communicate with medical providers and assist in developing Care Plans.



Mental Health Education and Awareness



Behavioral and Service Assessment

Trauma Informed Care: Trauma Theory and Orientation – Part One

Date/Time: Tuesday, January 14th from 1:00 PM till 2:00 PM

CEU(s): 1-hour for 1 CEU **Registration Link:** [Click Here](#)

The training course provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of trauma exposure on individuals. Part One of the training focuses on introducing concepts and theoretical background on Trauma and Trauma-Informed Care.



Mental Health Education and Awareness



Behavioral and Service Assessment

If you need assistance registering for our trainings, please email us at shddref@dshs.wa.gov

Trauma Informed Care: Application and Practice – Part Two

Date/Time: Tuesday, January 21st from 1:00 PM till 2:00 PM

CEU(s): 1.5-hour for 1.5 CEUs **Registration Link:** [Click Here](#)

The training course provides an overview of the types of traumas, the inter-relationship with co-occurring disorders and the impacts of trauma exposure on individuals. Part Two of the training focuses on an introduction of 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.



Mental Health Education and Awareness



Behavioral and Service Assessment

Building Your Toolbox: Who, What, Why

Date/Time: Wednesday, January 29th from 11:00 AM till 12:30 PM

CEU(s): 1.5-hours for 1.5 CEUs **Registration Link:** [Click Here](#)

The training course 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 living with 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.



Professional Self-Care and Ethics



Behavioral and Service Assessment

Dialectical Behavioral Therapy (DBT): Introduction to Theory and Skills Application

Date/Time: Tuesday, February 4th from 1:00 PM till 3:30 PM

CEU(s): 2.5-hours for 2.5 CEUs **Registration Link:** [Click Here](#)

The following training course is an in-depth introduction to the practical use of DBT Skills. The training course is intended 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 living with severe mental health conditions. Case studies and behavioral strategies will be reviewed and taught throughout this training.



Mental Health Education and Awareness



Behavioral and Service Assessment

Explanation and Interventions for Diabetes Mellitus in Mental Healthcare

Date/Time: Wednesday, February 12th from 1:00 PM till 2:30 PM

CEU(s): 1.5-hours for 1.5 CEUs **Registration Link:** [Click Here](#)

The training course provides attendees with in-depth knowledge concerning Diabetes Mellitus in the mental healthcare environment. Our training outlines an overview of diabetes, its diagnostic considerations, and psychosocial factors to consider in an individual's history. We work to teach key communication techniques when working with medical professionals, as it relates to the optimization of interventions strategies. This training will look at behaviors, symptoms, and relevant clinical information and assessments are explored, in addition to relating it to the implementation of the Negotiated Service Agreement/Care Plan.



Mental Health Education and Awareness



Behavioral and Service Assessment

Reproductive Phases and Mental Health Considerations

Date/Time: Wednesday, February 19th from 10:00 AM till 12:00 PM

CEU(s): 2-hours for 2 CEUs **Registration Link:** [Click Here](#)

The training course focuses on the impact of aging and reproduction on mental health. The training covers the historical evolution of the female reproductive cycle and its relative impact on mental health throughout the lifespan. An exploration of reproductive phases and relative terminology will be explored. Implications for documentation and care planning will be discussed and reviewed.



Mental Health Education and Awareness



Behavioral and Service Assessment

Behavior Modification: Behavior Supports for Providers

Date/Time: Wednesday, February 26th from 1:00 PM till 3:00 PM

CEU(s): 2-hours for 2 CEUs **Registration Link:** [Click Here](#)

The training course provides an overview and introduction to behavior modification for individuals living with severe mental illness. The training will introduce participants to methods of observing human behavior, suggestions for modifying problematic behaviors, and best practices for documenting behaviors. Participants will learn how to assess behavior, identify person-centered interventions, and new techniques for documentation and tracking.



Mental Health Education and Awareness



Behavioral and Service Assessment

Managing Burnout: Professional Stress and Its Implications

Date/Time: Tuesday, March 4th from 2:00 PM till 3:00 PM

CEU(s): 1-hour for 1 CEU **Registration Link:** [Click Here](#)

The training course provides context surrounding professional burnout and examines the impacts of stress, including how it relates to the structure and function of organizations. Participants will learn how to identify the signs and symptoms of burnout in themselves and their colleagues and use strategies to reduce burnout in the workplace.



Professional Self-Care and Ethics

Suicidal and Non-Suicidal Self-Injury

Date/Time: Wednesday, March 12th from 10:00 AM till 12:00 PM

CEU(s): 2-hours for 2 CEUs **Registration Link:** [Click Here](#)

The training course will teach the audience the terminology and how to recognize contextual situations surrounding suicidal ideation. Participants will gain an increased understanding of the development and expression of suicidal ideation and related self-harming behaviors. Participants will be trained to recognize and prevent self-harming behaviors, further enabling safer long-term care environments for clients and providers.



Mental Health Education and Awareness



Behavioral and Service Assessment

Understanding and Responding to Mental Health Crises

Date/Time: Tuesday, March 18th from 1:00 PM till 3:30 PM

CEU(s): 2.5-hours for 2.5 CEUs **Registration Link:** [Click Here](#)

The training course provides participants with foundational knowledge and strategies for responding to mental health crises. Participants will learn about crisis de-escalation, situational awareness, and 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 also provides foundational knowledge for crisis planning.



Crisis Intervention



Behavioral and Service Assessment

Motivational Interviewing and Crisis Response: A Trauma-Informed Approach

Date/Time: Tuesday, March 25th from 1:00 PM till 2:00 PM

CEU(s): 1-hour for 1 CEU **Registration Link:** [Click Here](#)

The training course provides an overview of utilizing motivational interviewing in crisis situations, using a trauma-informed approach. This training explores the tenets of motivational interviewing, specifically highlighting how to use a trauma-informed approach to aid individuals to stabilize during a crisis. Provides an overview of motivational interviewing and crisis stabilization procedures for individuals with problematic behaviors.



Mental Health Education and Awareness



Behavioral and Service Assessment

Hospital Transition Support Unit (HTSU)

The goal of the HTSU is to support safe, person-centered transitions for individuals with complex behavioral and medical needs through pre-transition planning and coordination, case consultations, risk reviews, staff and provider training and post-transition staffing.

Behavioral Support Trainers



Tam Butler – Region 2

Tam Butler is the Behavior Support Trainer for Region 2 within the Hospital Transition Support Unit since 2017. Tam joined HCS, following a Social Services position in a Skilled Nursing Facility (SNF), as a Nursing Facility Case Manager in the Snohomish and King Counties. This role also included Case Management for the Residential Support Waiver services in SNF's and AFH's.

Prior to immigrating to the USA from the UK, Tam taught Social Work students, Nursing Home Administrators and Caregivers to attain National Qualifications, and certifications to gain their licenses to practice. Tam attained her Bachelor of Science in Social Work and Practice Teachers Award from Suffolk University, UK. Her background includes working within the DDA group home and day care settings, Mental Health assessment and day care, Residential care and In-home care agency management, hospital Social Work and Psychogeriatric fields.

Tam strives to promote equality and inclusion for all clients and to maximize their potential to attain their life goals.



Lauren DeMayo – Region 3

Lauren DeMayo serves as the Behavior Support Trainer for Region 3 within the Home and Community Services (HCS) Hospital Transition Support Unit. Before joining HCS, Lauren brought her expertise from Western State Hospital, where she dedicated her efforts to supporting Developmentally Disabled adults in the Habilitative Mental Health Services Unit. Hailing from New York, Lauren has a wealth of Social Services experience. Her journey began at a Residential/Day Treatment Facility's Community Based Services Unit, where she served as a Mandated Preventive Services Case Manager for the Department of Social Services, ensuring families at risk of losing their children received comprehensive case management to navigate the challenges.

Lauren later transitioned to the Department of Social Services, Child Advocacy Center, as a Crime Victim Advocate, providing unwavering support to children and their families affected by physical and sexual abuse. Her experience highlights an uncompromising commitment to working with complex cases and compassionately addressing individuals' needs. Lauren's dedication shines through her passion for cultivating strong relationships with her clients, empowering them to navigate the system's complexities and embracing lives filled with happiness and fulfillment.



Nicholas Mehrnoosh – Region 1

Nicholas “Nick” Mehrnoosh is the Behavior Support Trainer for Region 1 within Home and Community Services (HCS) Hospital Transition Support Unit. Nick’s pertinent educational background includes a Master of Science in Psychology from Eastern Washington University, in addition to specialized training in Suicide Assessment, Treatment, and Management. Nick’s professional credentials include being a Mental Health Professional (MHP) as a Licensed Mental Health Counselor (LMHC) in the State of Washington. Nick’s core experience includes dual work as a clinician and teacher. His clinical experience includes delivering therapeutic modalities to older adults living with neurocognitive conditions, in addition to extensive work providing assessments and therapeutic treatments to children, adolescents, and families within community mental health programs, such as, WISE and Intensive Outpatient Services.

As a teacher, Nick has taught several university-level courses, namely, Theories of Personality and Trauma-Informed Care for Children and Families, while also aiding in piloting the Washington State DSHS Training Course, Brain Injury Level 1: Capable Caregiving for Brain Injury. Nick has additional experience within the realm of research, having served as the principal investigator on research examining executive dysfunction in adulthood, specifically looking at the intersection of childhood traumatic burden, executive dysfunction, and mild-Traumatic Brain Injury. His work with Traumatic Brain Injury (TBI) has further led to several advocacy opportunities to promote TBI awareness and prevention within his community and to an appointment on the Washington Strategic Partnership Advisory Council since 2018. Nick is deeply passionate about his work and strives to promote a positive impact for his clients, students, and most of all, the community at large.



Jennifer Coggins – Statewide

Jennifer Coggins serves as a Behavioral Support Trainer for the Home and Community Services (HCS) Hospital Transition Support Unit, with a particular focus on the Civil Transitions Program (CTP). Jennifer joined HCS in 2018 as a Social Services Specialist III with the Behavioral Support Unit (BSU), additionally providing essential assistance to both the State Hospital Discharge and Diversion (SHDD) and the Acute Care Hospital (ACH) teams.

Jennifer was born and raised with a passion for community engagement and healthcare. Her formative experiences led her to earn a Bachelor's Degree in Psychology, with several esteemed awards for her excellence and dedication. Before joining HCS, Jennifer's work was focused on Community-Based Health Centers, having been afforded the opportunity to engage in multiple roles ranging from a Certified Nursing Assistant, Staffing Coordinator, Admissions and Discharge Planner, Therapy and Restorative Services Supervisor, Social Services Coordinator, and as a Behavioral Support Specialist working directly with children and families.

Jennifer is passionate about promoting Equity and Inclusion (EDAI) and transforming lives by promoting choice, independence, and safety through innovative services.