

MONTGOMERY COUNTY
HEALTH & HUMAN SERVICES
BEHAVIORAL HEALTH TRAINING INSTITUTE

Fall

2023 Training

series

SPONSORED BY -

THE MONTGOMERY COUNTY OFFICE OF
MANAGED CARE SOLUTIONS



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[HTTPS://MONTCO.QUICKBASE.COM/DB/BKQW8EYCZ](https://montco.quickbase.com/db/bkqw8eycz)

Stages of Change & Building Motivation

September 12 and 13, 2023 1:30 pm to 4:00 pm

Michael Nelson, CPS & Mark Boorse, MHS

via Zoom (SW, CPRP and Continuing Education Credits) - 5 hours

"If you really wanted to change, you would." It is a phrase that many of us have heard and said, to others and ourselves. But what if change is a process? This interactive workshop will introduce the "Stages of Change" theory developed by Prochaska and DiClemente. The phases of change, from Precontemplation to Maintenance, will be identified and discussed using "real world" examples. Participants will learn how to identify Stages of Change and to use this model as a tool in supporting people in services.

Trauma-Informed Practice, Help that HELPS! (6 hours) (Part Three of Four Part Trauma Series in 2023)

September 26 and 27, 2023 9:00 am to 12:00 pm

Presenter: Mary Gregorio, MA

Via Zoom (Social Work, CPRP and Continuing Education credits) - 6 hours

Are you someone who has been asking -"Trauma Informed Care" - what does it mean? Is it more than awareness? Does it translate into action? This training is designed to answer your questions and provide practical guidance about how to support people in a trauma-informed way. The training will emphasize the use of relationships to support healing and growth while also identifying tools to help build resilience and emotional regulation.

Meetings That Matter: How to Assure the Effectiveness of Interagency Team Meetings - (children and families)

October 30, 2023 10:00 am to 12:00 pm

Presenters: Clare Higgins, BS; Peggy Maccolini, MS, CPRP and TBD

via Zoom (SW and Continuing Education Credits 2 hours)

For multi-system or multi-disciplinary teams, much of that work takes place in meetings. But for many of us, the word "meeting" brings up images of wasted time, feeling invisible, being "in trouble" or fighting to be heard. Using the System of Care perspective, this training will introduce a framework for full participation in a youth and family-centered team meeting. Whether in the role of facilitator or team member, provider or young person receiving services, specific skills of engagement, active listening, reflecting and refocusing can be used to forward the work of an effective team. The discussion will also include a family perspective as well as learning from a young person who has participated in her own team meetings.

Ethics and Boundaries: Whose Needs Are Being Served?

November 8 and 9, 2023 10:00 am to 12:00 pm

Presenter: Mary Gregorio, MA

via Zoom (SW, CPRP and Continuing Education credits) 4 hours

How do you know if you're doing the right thing? It's important to understand the code of ethics of your profession, which can guide your practice and help you to make the best choice in difficult and complex situations. This course will consider several types of professional standards of ethics and boundaries in the context of trauma-informed support for individuals who receive our services.

Building Skills for Self-Care and Reflective Practice (Part Four of Trauma Series)

November 14 and 15, 2023 9:00 am to 12:00 pm

Presenter: Laura Hinds, LCSW

via Zoom (SW, CPRP and Continuing Education credits) 6 hours

When we work with desperate populations with limited resources it is not uncommon for social service providers to put their blinders on and power through. Join us for a discussion on how reflecting on the work we do both empowers us to be more effective in the work, as well as safeguards our own mental health and functioning. By exploring the tenets of reflective practice, self-care, and self-management, participants will be encouraged to find a holistic and sustainable way to navigate through the hard work of serving vulnerable people..

Understanding Voices through a Human Perspective (Adult and Young Adult)

November 29 and 30, 2023 9:30 am to 12:00 pm

Presenters: Tracey Riper-Thomas, BS,CP5, Annie Stafford, CP5, Conrad Lawson, CP5 &

Peggy Maccolini, MS, CPRP

via Zoom (SW, CPRP and Continuing Education Credits) - 5 hours

We all seek meaning – how to make sense of our experience. People who hear voices are no different. This training is for supporters (therapists, recovery coaches, peer specialists, residential staff, system partners, people with lived experience or family members) who are interested in learning more about the hearing voices experience, both adults and young adults. The training incorporates information about the Hearing Voices Network approach and its research, as well as the personal stories of the presenters.

An Overview of Adult Mental Health Services: Everything You Always Wanted to Know & More

December 11, 2023 9 am to 12:00 pm

Anna Trout, MSW, CPRP and panel

via Zoom (SW, CPRP and Continuing Education credits) - 3 hours

Working in mental health is agreeing to take on an entire complex system of information, and that is a huge challenge! This training will be an overview (or perhaps even a refresher) to working as a mental health service provider here in Montgomery County. Come learn about the local public mental health system, our provider network, community resources, funding streams, eligibility criteria, available services, county-wide initiatives, and more.

Understanding and Navigating Multi-Systems in Support of Children and Families

December 13, 2023 9:30 am to 12:00 pm

Presenters: Tricia Malott, MEd & Panelists

via Zoom (SW & Continuing Education Credits) 2 hours

The children's system is quite complex. Having to navigate multiple systems can be a challenge. Learn ways to be an "effective" team member and hear from a panel of children's system and family representatives about how the various systems can be most helpful. Systems representatives include Office of Children and Youth, Juvenile Probation, Educational System, Mental Health, Developmental Disabilities, and Drug and Alcohol, as well as family and young person representation.

SPECIALIZED TRAINING SERIES

Motivational Interviewing (4 DAYS—12 Hours)

October 2, 3, 4 and 25, 2023 1:00 pm to 4:00 pm (all four days are required for certificate)

Ali Hall, JD—Member of Motivational Interviewing Network of Trainers (MINT)

Via Zoom (Social Work, CPRP and Continuing Education credits) - 12 hours

Motivational interviewing helps practitioners/workers connect with an individual's intrinsic motivation to change by exploring and resolving ambivalence. It also regards ambivalence to change as normal, expected behavior. This effective, evidence-based approach can be very helpful in assisting people to meet their goals and improve outcomes. This is a 4-day training; participants must attend all four days.

Motivational Interviewing—Creating and Supporting a Community of Practice (CofP)

Previous [M] training is a prerequisite to this training

October 24, 2023 10:00 am to 12:00 pm

Ali Hall, JD—Member of Motivational Interviewing Network of Trainers (MINT)

Via Zoom (Social Work, CPRP and Continuing Education credits) 2 hours

Many organizations and individuals invest a great deal of time and energy into learning different evidence-based practices, such as Motivational Interviewing (MI). Creating and supporting a community of practice are among the key steps you can take to sustain and extend your investment. What does that look like? This brief, fast-paced and engaging workshop will introduce participants to a variety of strategies and tools to generate a plan that you can tailor to suit your setting. We will explore brief evaluation tools for supporting MI practice, generate ideas for ongoing skill practice, review available resources, and help you walk away with some clear ideas for moving yourself, your agency and the County.

Understanding Self-Injury

October 18, 2023 9:30 am to 12:00 pm

Sera Davidow and Cindy Marty Hodge, Wildflower Alliance, Massachusetts

Via Zoom (Social Work, CPRP and Continuing Education Credits) 2.5 hours

Learn more about self-injury and how to understand and support people who do it. This workshop will cover a number of topics from the different types of self-injury to the many reasons people self-injure, and some strategies for offering support when self-injury starts getting in the way of someone's life.

PSYCHIATRIC REHABILITATION SERIES

Skills Teaching and Practice in Psychiatric Rehabilitation

December 4 and 5, 2023 1:30 pm to 4:00 pm

Jill Valiant, MS, CPRP and Sara Dobson, MS, CPRP

via Zoom (SW, CPRP and Continuing Education Credits) 5 hours

Psychiatric rehabilitation is holistic in nature and is focused on skill building, promoting individuals' progress towards self-management and increased capacity in the domains of living, employment, education, wellness, and social skills. Direct skills teaching allows practitioners to help individuals acquire and use the skills needed to be successful and satisfied in their living, working, learning and social environments. In this training, you will learn how to apply skills teaching to your work to help promote recovery, success, and satisfaction for the individuals with whom you work. Methods and application of skills teaching will be explored and can be applied across program models.

“Montgomery County Office of Mental Health(Provider #4906120) is approved by the Psychiatric Rehabilitation Association (PRA)to provide continuing education to Certified Psychiatric Rehabilitation Practitioners(CPRPs) and CPRP candidates. Montgomery County Office of Mental Health maintains responsibility for the program and its content.”

These programs are co-sponsored by Bryn Mawr College Graduate School of Social Work and Social Research—As a CSWE accredited program, the Graduate School of Social Work and Social Research at Bryn Mawr College is a pre-approved provider of continuing education for social workers, professional counselors, and marriage and family therapists in PA and in many other states.



All courses are offered
free of charge to
Montgomery County
service providers,
people receiving
services and families.



*For more info,
contact Peggy Maccolini at
peggy.maccolini@rhd.org*

ALL trainings will be
offered via Zoom format –
registration is required

to register, go to
<https://montco.quickbase.com/db/bkqw8eycz>

AT A GLANCE

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