

2024 Fall Training Series



Montgomery County
Department of
Health and Human Services



Montgomery County
Health & Human Services

Behavioral Health Training Institute

Sponsored by: Montgomery County Office of Managed Care Solutions

REGISTER HERE: <https://montco.quickbase.com/db/bkqw8eycz>

***Note:** for 2- and 4-day trainings, the calendar will only show one day – you will see more details when you click on the event - please make note of the training dates when registering.

NOTE: All Courses offered through BHTI are free of charge to Montgomery County service providers, individuals receiving services, and family members.

NOTE: All courses are offered via Zoom. Participants are required to keep cameras on.

For Questions about trainings or Support Needs with registering - please contact:
Meg Perillo
Meg.perillo@RHD.org

Foundational Trainings

Overview of Adult Mental Health System



When:	Wed September 4	9:00 am to 12:00 pm
Presenters:	Anna Trout, MSW, CPRP and Sarah Reimers	
Where:	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.

Stages of Change and Building Motivation



When:	Tues Sept 10 and Thurs Sept 12	9:30 am to 12:00 pm
Presenters:	Mark Boorse, MHS and Mike Nelson, CPS	
Where:	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.

Meetings That Matter: How to Assure the Effectiveness of Interagency Team Meetings



When:	Wednesday October 2	9:00 am to 12:00 pm
Presenter:	Clare Higgins, BS	
Where:	via Zoom	
SW, CPRP and Continuing Education Credits:	3 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.

Understanding Voices thru a Human Perspective



When:	Tues Oct 29 and Wed Oct 30	9:30 am to 12:00 pm
Presenter:	Tracey Riper-Thomas, BS, CPS; Conrad Lawson, CPS; and Peggy Maccolini, MS, CPRP	
Where:	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 (i.e. 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.

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



When:	Wednesday November 6	9:30 am to 12:00 pm
Presenter:	Tricia Malott, MEd and panel	
Where:	via Zoom	
SW, CPRP and Continuing Education Credits:	2.5 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.

Ethics and Boundaries: Whose Needs are Being Served?



When: Wed Nov 13 and Thurs Nov 14 10:00 am to 12:00 pm
Presenter: Mary Gregorio, MA
Where: 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.

Trauma

Part III of Trauma Series: Trauma Informed Practice - Help That HELPS!



When: Tues Sept 17 and Thurs Sept 19 9:00 am to 12:00 pm
Presenter: Mary Gregorio, MA
Where: via Zoom
SW, 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.

Part IV of Trauma Series: Trauma Informed Practice - Building Skills for Self-Care and Reflective Practice



When: Tues Nov 19 and Wed Nov 20 9:00 am to 12:00 pm
Presenter: Laura Hinds, LCSW
Where: 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.

Supervision to Support Staff Wellbeing: Addressing Trauma Exposure Response (for Supervisors)



When: Wednesday Dec 18 9:00 am to 12:30 pm
Presenter: Kalma White, Med, CPRP & E. Bernard Alexander, MAC
Where: via Zoom
SW, CPRP and Continuing Education Credits: 3.5 hours

FOR SUPERVISORS -Trauma Exposure Response can reduce direct service and clinical staff's capacity to be effective, caring, engaging, hopeful and enthusiastic in the delivery of services. It is essential for staff, with support and information from their supervisors to understand and attend to the possible impact of serving individuals and families with histories of childhood abuse and adversity. This training will present strategies and tools that supervisors can use in their program settings to address and help balance the impact of vicarious traumatization and secondary trauma.

When Caring Has a Cost: Supporting Staff Wellbeing in Trauma-Related Work (for All)



When: Thursday Dec 19 9:00 am to 12:30 pm
Presenter: Kalma White, Med, CPRP & Tara Bruno, MA, CAADC
Where: via Zoom
SW, CPRP and Continuing Education Credits: 3.5 hours

This training focuses on recognizing and addressing staff vulnerabilities encountered when supporting the healing and recovery of individuals with histories of trauma. Hearing details of the traumatic experiences of others can result in Trauma Exposure Response and its complications such as vicarious traumatization and secondary trauma. Tools to assess the impact of the work on staff and strategies for preventing and addressing Trauma Exposure Response will be presented including a peer consultation model for use formally or informally that provides staff mutual support.

Peer

Spreading the Values of Intentional Peer Support: What We All Can Learn



When: Tuesday Oct 8 9:00 am to 12:00 pm
Presenter: Brittney Anderson, MS, CPRP and Mike Nelson, CPS
Where: via Zoom
SW, CPRP and Continuing Education Credits: 3 hours

Intentional Peer Support (IPS) is a highly interactive training that introduces a perspective on how to deliver effective, trauma-informed peer support services. This training, created by Shery Mead, has been modified by the facilitator to offer invaluable material

to staff in all disciplines and roles, beyond Certified Peer Specialists. All supporters are encouraged to attend, however, please keep in mind that those attending this session will be challenged to come with an open-mind and participate in demonstrations. IPS focuses on building solid relationships with the Individuals in services and emphasizes how this relationship can be the foundation for offering hope and connection, with respect to worldview.

Psychiatric Rehabilitation

Understanding and Utilizing the Eight Dimensions of Wellness



When: Wednesday Dec 11 9:00 am to 12:00 pm
Presenter: Jill Valiant, MS, CPRP & Sara Dobson, MS, CPRP
Where: via Zoom
SW, CPRP and Continuing Education Credits: 3 hours

Peggy Swarbrick's "8 Dimensions" model has been used to craft an effective framework for the pursuit of wellness. In no particular order, these dimensions are: Physical, Spiritual, Social, Intellectual, Emotional/Mental, Occupational, Environmental, Financial. The model's dimensions overlap to convey the idea that all dimensions are connected and reliant on one another. In this training, attendees will learn about the 8 Dimensions of Wellness and will build capacity to center the dimensions to both improve functioning and support the holistic success and satisfaction in the individuals we serve.

Other - Specialized

Motivational Interviewing – 4 Days



When: Wed Oct 16 and Thurs Oct 17 1:00 pm to 4:00 pm
Wed Oct 23 and Thurs Oct 24 1:00 pm to 4:00 pm
Presenter: Ali Hall, JD – Member of Motivational Interviewing Network of Trainers (MINT)
Where: via Zoom
SW, CPRP and Continuing Education Credits: 12 hours*
*all 4 days are required for certificate

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.

Hoarding: In-Depth Interventions

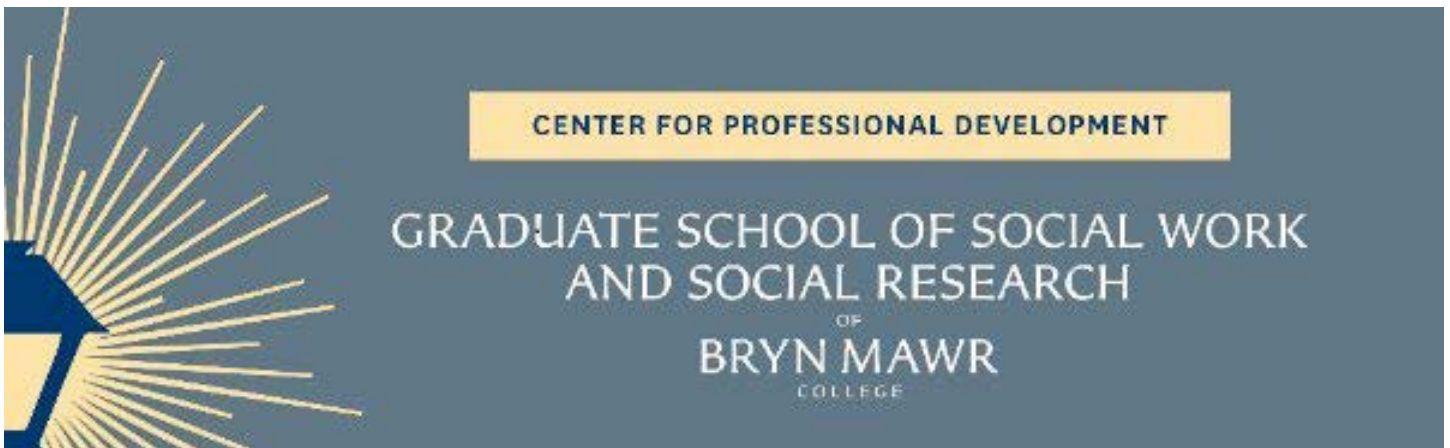


When: Tues Dec 3 and Thurs Dec 5 9:00 am to 12:00 pm
Presenter: Courtney Owen, LCSW & Dara Leinweber
Where: via Zoom
SW, CPRP and Continuing Education Credits: 6 hours

****This is a two-day training and both days are required**** How to engage, build trust, establish rapport to begin the intervention process – learn how hoarding impacts the individual AND the community – Skills building – CBT Focused Care Management Model – Motivational Interviewing and Harm Reduction as part of treatment – Building a team as part of the intervention – Setting up and implementing a sorting session – Building sustainability and evaluation into program services.

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Montgomery County Office of Mental Health 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.



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BHTI 2024 FALL Series At-A-Glance



Monday	Tues	Wed	Thurs	Friday	Presenter:	Topic:
Sept 2	3	4 9a -12 p	5	6	Anna Trout and Sarah Reimers	Overview of Adult Mental Health System
Sept 9	10 930-12p	11	12 930-12p	13	Mark Boorse and Mike Nelson	Stages of Change and Building Motivation
Sept 16	17 9a -12p	18	19 9 a- 12 p	20	Mary Gregorio	Part 3: Trauma-Informed Practice, Help that HELPS!
Sept 23	24	25	26	27		
Sept 30	Oct 1	2 9a -12p	3	4	Clare Higgins	Meetings That Matter: How to Assure the Effectiveness of Interagency Team Meetings
Oct 7	8 9a -12p	9	10	11	Brittney Anderson and Mike Nelson	Spreading the Values of Intentional Peer Support - What We Can All Learn
Oct 14	15	16 1p - 4p	17 1p - 4p	18	Ali Hall	Motivational Interviewing
Oct 21	22	23 1p - 4p	24 1p - 4p	25		
Oct 28	29 930-12p	30 930-12p	31	Nov 1	Tracey/Conrad/Peggy	Understanding Voices thru a Human Perspective
Nov 4	5	6 930-12p	7	8	Tricia Mallott	Navigating Multi-Systems in Support of Children and Families
Nov 11	12	13 10a-12p	14 10a -12p	15	Mary Gregorio	Ethics and Boundaries: Whose Needs are Being Met?
Nov 18	19 9-12p	20 9-12p	21	22	Laura Hinds	Part 4: Building Skills for Self-Care and Reflective Practice
Nov 25	26	27	28	29		
Dec 2	3 9-12p	4	5 9-12p	6	Courtney Owen and Dara Leinweber	Hoarding: In-Depth of Interventions
Dec 9	10	11 9-12p	12	13	Jill Valliant and Sara Dobson	Understanding and Utilizing the Eight Dimensions of Wellness
Dec 16	17	18 9-1230p	19 9-1230p	20	Kalma White, Bernard Alexander and Tara Bruno	12/18: Supervision to Support Staff Wellbeing - Addressing Trauma Exposure Response. 12/19: When Caring Has a Cost: Supporting Staff Wellbeing in Trauma-Related Work

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