

MONTGOMERY COUNTY
HEALTH & HUMAN SERVICES
BEHAVIORAL HEALTH TRAINING INSTITUTE

Spring
2024 Training
Series

SPONSORED BY -

THE MONTGOMERY COUNTY OFFICE OF
MANAGED CARE SOLUTIONS



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The Impact of Childhood Traumatic Experiences and Implications for Adulthood

(Adult and Children) (Part One of Four-Part Series in 2024)

February 27 and 28, 2024 9:00 am to 12:00 pm

Laura Hinds, LCSW

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

Over the past 20 years a growing body of epidemiologic and neuro-scientific research has provided compelling evidence that children who are exposed to trauma, violence and adversity are at significantly greater risk for a myriad of behavioral and physical health problems as adults. This workshop introduces professionals to this research and its implications for practice. In particular, professionals will become familiar with the language, values, and skills needed to begin providing trauma-informed practice to adults. The workshop lays the foundation for why trauma informed practice is essential for today's health and human services practitioner and includes: studies of prevalence, key definitions, basic neurodevelopment and the relationship between neurobiology and trauma.

Stages of Change & Building Motivation

March 4 and 6, 2024 9:30 am to 12:00 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.

An Overview of Children's Mental Health Services (Children & Families)

March 11, 2024 10:00 am to 12:00 pm

Presenters: Claire Higgins, BS and Charlene Artillio, LPC

via Zoom (SW and Continuing Education credits) - 2 hours

Supporting children in the public 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 for those interested in finding out more about the county system, including any updated information. Come learn about our provider network, referral processes, and community resources.

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

March 18 and 20, 2024 9:30 am to 12:00 pm

Presenters: Tracey Riper-Thomas, BS, CPS and Conrad Lawson, CPS

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.

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

April 2, 2024

9:00 am to 12:00 pm

Presenters: Brittney Anderson, MS, CPRP

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 in order 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.

Spiritual Tools and Resources for Practitioners

April 10, 2024

10:00 am to 12:00 pm

Presenter: Dave Eckert, MDiv, CPRP

via Zoom (SW, CPRP and Continuing Education Credits) - 2 hours

This training will provide practitioners/supporters/workers a way of navigating the faith and spirituality of those they serve within an overall context of integrated health. Particular attention will be given to the practices of spiritual assessment, spiritual support/skill building, and connecting people to external resources.

Trauma-Informed: What It Means For You and Your Services (Part Two of Four Part Series in 2024) (Adult and Children)

May 1 and 2, 2024

9:00 am to 12:00 pm

Presenter: Mary Gregorio, MA

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

Being trauma-informed means more than knowing about a person's past or current experiences of traumatic events and/or victimization. It also means using our understanding of the impact of trauma on the lives of people we serve to design services and environments that "accommodate the vulnerabilities of trauma survivors." (Harris & Fallot, 2001) We will discuss how being trauma-informed changes the way you provide service, or view your environment, or care for yourself. This class offers an opportunity to explore these changes and to consider the impact that being trauma-informed has on you and your services.

Ethics and Boundaries: Whose Needs Are Being Served?

May 7 and 8, 2024

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.

SPECIALIZED TRAINING SERIES

Working through Paranoia and Making Sense of Unusual Beliefs

May 16 and 17, 2024 9:00 am to 12:00 pm

Peter Bullimore, National Paranoia Network, UK

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

This two-day workshop will help participants have a greater understanding of the experience of paranoia, as well as the history and stages. Triggers and warning signs will be discussed and there will be information around the links between trauma and belief systems. Individual stories will be discussed and we will learn from personal experiences of recovery.

When Caring Has a Cost: Supporting Staff Wellbeing in Trauma-Related Work

May 23, 2024 9:30 am to 12:30 pm

Kalma White, MEd, CPRP and Tara Bruno, MA, CAADC

via Zoom (Social Work, CPRP and Continuing Education credits) - 3 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.

Ethical Dialogue: Navigating the Unique Peer Relationship

June 12 and 13, 2024 9:00 am to 12:00 pm

Don Altemus, MS, CPS, CRS, CAADC

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

Certified Peer Specialists and Certified Recovery Specialist begin their careers after completing the approved training and demonstrating their entry level knowledge by successfully passing the Pennsylvania Certification Board Exam. They are experts in their own journey of healing and recovery and simultaneously are beginning learners of the skills needed to navigate the complexities of professional relationships and ethical decision making. This workshop will highlight the ethics training Peer and Recovery Specialists receive, review the Peer Ethical code, and highlight navigation of challenges that they face that are different than non-peer staff.

PSYCHIATRIC REHABILITATION SERIES

Psychiatric Rehabilitation: Principles and Practices - Practical Application for All Mental Health Professionals

June 4, 2024 1:00 pm to 4:00 pm

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

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

Psychiatric rehabilitation (PsyR) is a holistic component of the mental health field. It is not clinical treatment, but instead, a rehabilitative complement to traditional clinical behavioral health services. Psychiatric rehabilitation aims to support people in attaining desired roles in the community - as students, workers, friends, volunteers, etc. The principles of PsyR are rooted in hope, and the belief that all individuals have the capacity for growth and change. Psych rehab programs and practices operate with the understanding that everyone has the right to receive education and supports to ensure informed decision making about their own care and recovery. The principles of PsyR are applicable throughout all healthcare services, and a working understanding of these principles can strengthen the skillset of all healthcare professionals.

“Montgomery County Office of Mental Health(Provider #1906120) 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 Meg Perillo at
megperillo@gmail.com



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

to register, go to

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

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