

TRAINING SCHEDULE FOR THE ALASKA TRAINING COOPERATIVE

August – October 2022

★ We have a New Registration System!

The UAA Center for Human Development is excited to be launching our new Genius registration system! To help you get familiar with this new system and to check out the Center for Human Development Alaska Training Cooperative Catalogue , please refer to the [Genius Registration Walkthrough](#).

★ Check out the CHD Catalog!

Go to our [CHD catalog](#) to see all CHD's upcoming trainings in August. Stay tuned for September's training opportunities opening soon!

Positive Approach to Care Skills Workshop

Day 1 of this workshop will help participants understand and recognize the differences in "normal" and "not normal" aging. Participants will also develop new skills related to approach, cueing, and ability to connect with people affected by dementia. The workshop emphasizes the value of matching helping behaviors to the person's needs and retained abilities to promote a sense of control and self-direction.

Day 2 of this workshop will focus on Teepa Snow's Positive Approach to Care Positive Physical Approach™ technique, Hand-Under-Hand™ technique and we will cover Teepa's GEMS™ dementia classification model (developed from the basic structure of Allen Cognitive Disability Levels).

Delivery Method: Online via Zoom

Contact: Riki Chapman, 907-264-6257, racook@alaska.edu

Cost: \$25

- **August 30 - 31**

Basic Concepts of Care Coordination

This class, designed for new care coordinators not yet certified, is a requirement prior to taking *Care Coordination Core Units* offered by Senior and Disability Services. Topics covered include Ethics, How to Serve Someone with a Disability, Advocacy, Planning Services, and Skills of Interaction.

Delivery Method: Online via Zoom

Contact: Riki Chapman, 907-264-6257, racook@alaska.edu

Cost: \$35

- **August 2**
- **September 20**
- **October 25**

Alaska Core Competency Training

The Alaska Core Competencies are a set of essential skills for Direct Support Professionals who deliver services to persons with mental health and substance use conditions, intellectual and physical disabilities, and older adults who need long-term services and support. These competencies are delivered over several days in a distance delivered format. Please check our website for registration.

Delivery Method: Online via Zoom

Contact: Riki Chapman, 907-264-6257, racook@alaska.edu

Cost: \$10/each online session

- August 9 - 11, and 16 -18
- October 11-13, and 18 - 20

Mental Health Essentials for Older Adults

This training mirrors Mental Health First Aid with a focus on the specific challenges that older adults face. Trainees are taught to practice, respond, and appropriately identify mental health problems in an aging society. (Public and private sessions available.)

Delivery Method: On hold for in-person training; Private online trainings available at request.

Contact: Jill Ramsey, 907-264-6228, jdramsey2@alaska.edu

Youth Mental Health First Aid (YMHFA)

Youth Mental Health First Aid USA is a public education program, intended for adults, which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent who is in crisis or is experiencing a mental health challenge.

Delivery Method: This training is now offered online for private groups

Contact: Wendi Shackelford 907-264-6224, wblackwe@alaska.edu

- Available with online delivery for private groups

Mental Health First Aid (MHFA)

The adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help an adult person who may be experiencing a mental health related crisis or problem. Topics covered include first aid around anxiety, depression, psychosis, and addictions.

Delivery Method: Contact Jill Ramsey to arrange for Private training arrangements

Contact: Jill Ramsey, 907-264-6228, jdramsey2@alaska.edu

- Available with online delivery for private groups

Conflict Resolution Skills-Alternatives to Violence

The Basic Workshop presents conflict resolution skills through experiential learning exercises and practice with the goal of helping direct service providers and community members to think about and make choices to reduce conflicts in work and everyday settings. This is an 18-hour training from Friday evening, all day Saturday and Sunday.

Delivery Method: Online and in-person

Contact: Liz Gerkin-Miller, alternativestoviolenceak@gmail.com

CPI – Non-Violent Crisis Intervention

This is a two-day training (12 hours total of staff training) for a one-year certification for new staff in crisis prevention techniques and de-escalation to assist with increasing the care, welfare, safety and security.

Delivery Method: Contact Jill Ramsey to arrange for Private training arrangements

Contact: Jill Ramsey, 907-264-6228, jdramsey2@alaska.edu

- Available with online delivery for private groups

Save the Date!

Disability & Aging Summit

The goal of the Aging and Disability Summit is to further discuss the national and state trends regarding the aging population to include individuals with intellectual and developmental disabilities and how it relates to Alaska. The Summit is hosted by the Special Olympics and will be a two-day, in-person event this year! Stay tuned for more information on how to register.

Delivery Method: In-Person **Contact:** Lisa Cauble, 264-6251, llcauble@alaska.edu

- October 4-5 (*Registration opening soon!*)

Online / Web-Delivered Trainings - Anytime Trainings Available Online

Assistance with Self-Administration of Medication (ASAM)

This training meets the Senior and Disability Services Home and Community Based waiver regulations for staff training on Assistance with Self Administration of Medication. It complies with state regulation 7 AAC 130.227 and 7 AAC 125.090 (d)(3).

Contact: Betsy Chivers for more information, bchivers@alaska.edu or 907-264-6233. **Cost:** \$20

Fall Prevention for Direct Service Providers

Falls are a common and serious health threat to individuals with disabilities including adults 65 and older. Every year more than 1 in 4 older adults falls, but more than half of those who fall don't tell their healthcare provider leading to high healthcare costs and hospitalization. This training and the resources shared will help direct service providers self-assess the environment of the assisted living home (ALH) or client's environment to put fall prevention strategies into practice. **Cost:** Free for limited time (*Registration opening soon!*)

Introduction to Disabilities

Provides a foundation of understanding disabilities, an Alaskan history of serving people with disabilities, a broad base examination of routine supports, and a review of disabilities often supported in the workplace. (*Registration opening soon!*)

Contact: Betsy Chivers for more information, bchivers@alaska.edu or 907-264-6233. **Cost:** \$40