

CBC Training Institute Webinars

January 2021 Calendar



Please join us for one of our upcoming trainings. To register for trainings, please click on the desired training, and you will be directed on how to register.

For any registration questions, please contact [Patricia Lucia Quintero](#). For all other training questions, please contact [Emily Grossman](#), CBC's Training Manager.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Intro to Relevant 10:30-11:30am	6	7 Interview with Celia Brown 10:30-11:30	8 HH Virtual Office Hrs (VOH) 10-11am	9
10	11 Coping With COVID-19: Response and Recovery 9:30- 11am	12 Relevant Billing HH 10:30-11:30am	13	14 Organizational Ways to Promote Self- Care due to COVID-19 9:30-11am	15 HH Virtual Office Hrs (VOH) 10-11am	16
17	18	19 Tips & Tricks for Care Managers 10:30-11:30am	20	21 Grief and Loss 9:30-11am	22 Adult Home + Incident Reporting (VOH) 10-11am	23
24	25 Trauma 9:30- 11am	26 Tips & Tricks for Supervisors in Relevant HH 10:30-11:30am Intro to DBT 2-3:30pm	27 Project ECHO SUD 10-11:30am	28	29 HH Virtual Office Hrs (VOH) 10-11am	30
31						



CBC Training Institute Webinars Training Descriptions

January 2021

SAMHSA COVID Self-Care Training Series

In response to COVID-19, SAMHSA provided Coordinated Behavioral Care with a two million dollar grant to help address the immense unmet mental health needs in NYS. SAMHSA recognized that front line staff, especially those providing behavioral health services, also need support to address their personal and professional experiences with COVID-19. CBC has developed the COVID Self-Care Training Series in response to that gap and as a support for front line staff, in collaboration with The Bridge, CUCS, WellLife, OHEL, and the Kripalu Center. The overall theme of the trainings is *professional self-care*. Through these trainings, agency staff will have the opportunity to master self-care skills, share experiences and process their fears, concerns and anxieties as they provide care during a pandemic.

Between January and August of 2021, agency staff will have the option to select from a large menu of webinars to support their wellbeing. The first month of trainings is listed here. We hope that you and your staff take advantage of this incredible opportunity to deepen your/ their own self-care practices.

Coping With COVID-19: Response and Recovery January 11th, 2021 9:30 am- 11am

Training Description-This training will provide a forum for discussing and managing the challenges and stressors brought on by Covid-19. The training will recognize how the pandemic, which has hit New York City very hard and has put our lives under large and continuing amounts of stress, makes our important work more challenging than ever. The training will review many of the coping and wellness skills we teach our clients with the goal of helping workers stay safe.

Trainer: **James Kennedy, LCSW**, is the CUCS Institute Director of Training. Mr. Kennedy has over 25 years of experience in program development and social service delivery in the areas of housing, HIV/AIDS, chemical dependence, employment, entitlements, and advocacy. He currently trains and provides program implementation support and coaching to numerous nonprofit and government agencies nationally on topics relating to mental health, case management approaches, supervision techniques, and homelessness. He has also develops curriculum, delivers trainings and provides implementation support and coaching on several Evidence-Based Practices, including Motivational Interviewing (MI), Critical Time Intervention (CTI), Supported Employment (SE) and Wellness Self Management (WSM). Prior to joining the Institute, Mr. Kennedy conducted case management and team supervision in two large permanent supportive housing programs serving formerly homeless adults and families. Mr. Kennedy has a BA in psychology from City College, City University of New York (CUNY) and a Master's Degree in Social Work from Fordham University School of Social Work. He also completed a candidacy in Four-Year Analytic Program at the Institute for Contemporary Psychotherapy (ICP) and worked as a psychotherapist and analyst.

Organizational Ways to Promote Self- Care due to COVID-19 (For Supervisors and Managers)

January 14th, 2021 9:30am-11am

Trainer: **James Kennedy, LCSW**

Training Description- This training is for managers and supervisors to provide an overview of stress in social services. It will also illustrate principles for management to help reduce job concerns and to cope effectively with the stressors/ challenges due to the pandemic. Participants will develop awareness of the impact of new tensions and issues (additional cultural and demographic contexts). We will review organizational issues to address challenges for supervisors, while providing self-care and practical coping skills and tips for workers.



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SAMHSA COVID Self-Care Training Series

Grief and Loss January 21, 2021 9:30am-11am

Trainer: Dr. Norman Blumenthal, OHEL

Training Description -Grief is a normal, expected and necessary response to the death of a loved one such as a family member or dear friend. The inevitable sadness, psychic pain and longing for reconnection needs to be processed by the bereaved and validated by those invested in her ultimate consolation. This workshop will convey the universality and function of grief with specific suggestions how both the bereaved and his associates can facilitate the effective expression of loss and pain. This will be accomplished through presentation, discussion, voluntary sharing and exercises.

Trainer: Dr. Norman Blumenthal, OHEL - is a licensed clinical psychologist in New York who received his doctorate from Adelphi University. With over twenty years' experience in trauma and bereavement services, he currently serves as the Zachter Family Director of Trauma and Crisis Intervention for OHEL Children's Home and Family Services and an Adjunct Professor at the Ferkauf Graduate School of Psychology at Yeshiva University. Dr. Blumenthal and his team regularly address the survivors of trauma including the Hurricane Sandy, Houston Floods, Pittsburgh shooting and the like. Most recently, Dr. Blumenthal has been in the forefront of Covid-19 trauma response, leading support groups for bereaved family members, running school workshops and community education programs. In addition, Dr. Blumenthal is an instructor in group psychotherapy at Zucker Hillside Hospital of the Northwell Health System in Glen Oaks, New York and consultant for the TOVA mentoring program in Cedarhurst New York.

Trauma January 25, 2021 9:30am-11am

Trainer: Dr. Norman Blumenthal, OHEL

Training Description- Trauma occurs when the predictability and stability of one's life is challenged and shattered by an event or series of events that pose a serious threat to the individual's survival or capacity to adequately function. The responses of the traumatized is often heightened levels of fear, anxiety or conversely numbness or withdrawal that may feel destabilizing. In this workshop, the participants will be familiarized with the different types of trauma with a particular focus on the current pandemic. Methods of relieving the adverse effects of trauma and effectively adjusting to ongoing traumatic situations will be both discussed and practiced.

CBC Trainings

Interview with Celia Brown, NY's 1st Peer Specialist

January 7, 2021 10:30am-11:30am **Trainer:** Celia Brown

Training Description- Were you ever curious about where the Peer Movement in New York State came from? In this webinar, Emily Grossman, Director of the CBC Training Institute will have the honor of interviewing New York State's very first mental health peer specialist, Celia Brown, who is now a Regional Advocacy Specialist at OMH. In this interview, Celia will answer questions about the history of the peer specialist project, peer run services, training for peer specialists, the role of peer specialists and the OMH Peer Specialist Civil Service title job description. She will share her wealth of knowledge about the evolution of peer specialists and peer support services in New York State. Please join us for this exciting webinar.



CBC Training Institute Webinars Training Descriptions

January 2021

Interview with Celia Brown, NY's 1st Peer Specialist

January 7, 2021 10:30am-11:30am

Trainer: **Celia Brown** is a psychiatric survivor who was instrumental in developing the peer specialist civil service title in the country and first peer specialist in NYS. Celia is the Regional Advocacy Specialist at the NYC Field Office, New York State Office of Mental Health. She provides technical assistance and support to people with psychiatric disabilities and their families. Celia facilitates trainings on peer support and wellness and recovery approaches in community mental health agencies. Celia is a long-time leader in the peer movement. She's a member of the Healing and Hip Hop team and uses her experiences of recovery. She has her NYS peer certification. Celia has utilized her knowledge around food and wellness to improve her own physical health.

Introduction to Dialectical Behavior Therapy (DBT)

January 26, 2021 2:00pm-3:30pm

Trainers: **Emily Grossman, MA, CPRP** and **Dr. Bianca Nguyen**

Training Description- In this webinar, participants will get a chance to learn about Dialectical Behavior Therapy. The webinar is meant to be an overview of this evidenced-based approach, which was developed by Dr. Marsha Linehan. While participants will not be trained to deliver DBT after this training, they will get a good sense of what DBT is, its uses, and how it can benefit the people they serve. The training will look at DBT from both the provider perspective, as presented by psychiatrist Dr. Bianca Nguyen, and also from a service recipient's perspective, as presented by CBC Training Institute Director Emily Grossman. This webinar will be very informative and hands on. You won't want to miss it!

Trainers: **Emily Grossman, MA, CPRP**, is the Director of the CBC Training Institute. She has worked in mental health for the last decade, beginning on the “front lines” as a Peer Specialist in community mental health in NJ. After several years, she transitioned to doing mental health provider training and systems change work at large organizations such as The Jewish Board, Columbia’s Center for Practice Innovations, and the New York Association of Psychiatric Rehabilitation Services (NYAPRS). In 2018, she was the winner of the National Council for Behavioral Health’s prestigious “Peer Specialist of the Year” Award. Emily frequently speaks nationally on topics such as peer support and mental health recovery. She holds a Master’s in Education from Columbia University.

Dr. Bianca Nguyen, is a Public Psychiatry Fellow at Columbia / New York State Psychiatric Institute and recently joined the CBC team in July 2020 as part of her fellowship. She is a graduate of the adult psychiatry residency program at Columbia, where she served as Chief Resident. During residency, she deepened interests in teaching and medical education, focusing research and writing on psychiatry training, especially as it pertains to integrated care and improving the physical health of patients with severe mental illness. She received her dual MD/MPH degree from Tufts University School of Medicine.

Project ECHO: Substance Use Disorder & MAT Treatment Call

January 27, 2021 10am-11:30am

PROJECT ECHO is a method of sharing knowledge through a video conferencing learning collaborative. The approach focuses on case presentations and recommendations from colleagues in the field and a subject matter expert. In addition to case presentations there is also a brief didactic learning session by the subject matter expert, Dr. Bruce Trigg, who has many years of experience in treating patients with and consulting on Substance Use Disorder. This is an excellent opportunity for prescribers and other mental health professionals in the field to learn about how to best to support clients with Substance Use and Mental Health Disorders. To register for this, please email Emily Grossman.



CBC Training Institute Webinars Training Descriptions

January 2021

Health Home Virtual Office Hours

CBC Health Home Weekly Virtual Office Hours (VOH)

January 8, 2021- 10am-11am, January 15, 2021- 10am-11am, and January 29, 2021- 10am-11am

These weekly virtual office hours are led by a CBC Health Home staff member and is an open Q&A forum where Health Home CMA staff receive updates and announcements pertaining to the adult and children's Health Home programs. Participants are encouraged to bring questions that can be addressed by a live CBC staff representative.

VOH- Value Add: Adult Home Plus Incident Reporting

January 22, 2021- 10am-11am

The Adult Home Plus Incident Report training will cover DOH and CBC guidance for reporting incidents specific to the AH+ programs (inclusive of Pathway Home). Topics will include reporting timeline, best practices for different incident types and a review of how to complete the AH+ incident forms. We encourage AH+ Care Coordinators to attend.

Relevant Trainings

Introduction to Relevant Health Homes

January 5, 2021 10:30am-11:30am

This training is for all new users to Relevant Health Homes. It will cover a general introduction to the system, what's in a patient's individual record, and popular reports to help a care manager manage their caseload.

Billing in Relevant Health Homes

January 12, 2021 10:30am-11:30am

This training is for all billing staff or those interested in the billing cycle in Relevant Health Homes. It will cover the claim submission cycle in Relevant from the member's segment to the billing statement, how to identify errors preventing claim submission, and the best tools to manage the status of your organization's Health Home claims.

Tips & Tricks for Care Managers in Relevant Health Homes

January 19, 2021 10:30am-11:30am

This training is for care managers who know the general ins and outs of Relevant Health Homes but would like to take a deeper dive into the site. It will cover a review of linking encounter notes to care plan tasks, how to better utilize the main Patients screen, and screens to manage Gaps in Care and Care Plan Tasks for a caseload.

Tips & Tricks for Supervisors in Relevant Health Homes

January 26, 2021 10:30am-11:30am

This training is for all supervisors in Relevant Health Homes. It will cover how to view the Care Manager Dashboard for each care manager, how to assign a caseload to a new Care Manager, and tools to review and manage Care Manager's caseloads.



LOGIN/SIGNUP: <http://registration.nytac.org/>

When you first click on the registration link: registration.nytac.org you will be taken to a home page. Please click signup and create a new account. Your previous registration account information will **NOT** work in this system.

If you have an account in **THIS REGISTRATION SYSTEM** simply login by typing in your credentials.

If you do not have an account, click on the button that says "Sign Up". You will then be taken to this screen where you will complete the sign up process:

New User Registration



Please create an account to register for events and trainings. When setting up your account please use your organizational email address and answer all questions carefully. For more information about creating an account or how to use the registration system, click here [linked to document or video tutorial].

First Name

Jane



Last Name

Doe



Email

jane.doe@mctac.org



Password

.....



Confirm Password

.....



Organization Type

NYS MH, SUD, Child Welfare Agency Providers Other/ Government Agency

Begin typing the name of your organization and choose from the autocomplete options. If your organization is not listed, hit other and choose "Other NYS serving Agency/Organization".

NYS MH, SUD, Child Welfare Agency Providers



Submit



When looking for your agency, you may select the drop down arrow to search, but we recommend that you begin to type the name of your agency.

TIPS:

- Type a key component of your name to drill down the list. For example if I worked at Mt. Sinai Hospital, I would type in “Sinai”
- Many times, an agency may use multiple names for services. If your agency's name recently changed, try both names

NOT SURE OF YOUR ORGANIZATION?

If you are an OMH or OASAS licensed or certified county or state agency **providing behavioral health services** please select from the “NYS MH, SUD, Child Welfare Agency Providers” list. This includes **state and county agencies** that are providing behavioral health services.

All other agencies must choose from the “OTHER/Government Agency” option which lists the following.

“OTHER/Government Agency” Options	
Advocacy Group/ Trade Association	OASAS Government Staff
Consultant	OCFS Government Staff
County Government Staff	OMH Central/Field Office Government Staff
DOH Government Staff	OTHER
DOHMH Government Staff	Other Government Staff
McSilver/MCTAC/CTAC/TTAC affiliated	Other NYS Servicing Agency/Organization
Managed Care Organization (MCO)- Various Listed	

PLEASE NOTE: If your agency is not listed, you may choose “Other/Government Agency” and choose one of the **‘other’** options from the drop down menu. You will then be prompted to enter the name of your agency.

Once registration is completed you will be taken back to the login screen. At this time you will log in using the credentials you've just created.

REGISTERING FOR AN EVENT:

3 Ways to Find an Event:

- Directly in the registration system (registration.nytac.org) under Browse Other Events. Click the down arrow and then the “Register for Event” button.
- Via the CTAC/MCTAC Calendar (<http://calendar.ctacny.org/>) Click “Register for Event” on the event you are interested in on the calendar. Login to the registration system and click “Register for Event”.
- Via an announcement email with registration link or button. Click the link/button. Login to the registration system and click “Register for Event”.

NEED HELP OR STILL HAVE QUESTIONS?

CONTACT US

You can contact the CTAC/MCTAC team at ctac.info@nyu.edu or mctac.info@nyu.edu.