

# Drexel University College of Medicine



**Continuing Education 2009-2010**  
• Regional Courses • Psychiatric Rehabilitation • Case Management •

**Behavioral  
Healthcare  
Education**

[www.drexelmed.edu/bhe](http://www.drexelmed.edu/bhe)



# CREDIT/REGISTRATION INFORMATION

## BHE HELPS PROFESSIONALS MAINTAIN CREDENTIALS

Please tell the Registrar what type of continuing education credit you desire when you call to register. Also please check the times of the training carefully as the times may vary by course.

## TARGET AUDIENCE

Psychiatrists who work in community based mental health and addictions services: interdisciplinary mental health professionals including addiction counselors, counselors, nurses, rehabilitation counselors, social workers, psychologists and other individuals interested in behavioral health topics.

## OVERALL OBJECTIVE

At the completion of each course practitioners will be able to identify advances in treatment, methods and scientific approaches.

## CONTINUING EDUCATION CREDITS

**APA (Psychology):** Drexel University College of Medicine, Behavioral Healthcare Education is approved by the American Psychological Association to sponsor continuing education for psychologists. This program is offered for 5, 6, 10, 12, 15 or 18 credits. Drexel University College of Medicine maintains responsibility for this program and its content.

## **CPRP (Certified Psychiatric Rehabilitation Practitioners)**

Behavioral Healthcare Education, Drexel University College of Medicine is approved by the United States Psychiatric Rehabilitation Associations (Provider #107) to sponsor continuing education for Certified Psychiatric Rehabilitation Practitioners. Behavioral Healthcare Education, Drexel University College of Medicine maintains responsibility for the program and its content. This program is being offered for 5, 6, 10, 12, 15 or 18 hours of continuing education.

## **LSW/LCSW/LPC/LMFT (PA SBSWE Licensed Social Workers in Pennsylvania):**

Drexel University College of Medicine is a preapproved provider of continuing education for Social Workers and Clinical Social Workers. This program is being offered for 5, 6, 10, 12, 15 or 18 hours of continuing education.

**NBCC (National Counselors):** Drexel University College of Medicine is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC continuing education guidelines. We can award a maximum of 5, 6, 10, 12, 15 or 18 hours of continuing education credit.

**PA Educators Act 48:** Drexel University College of Medicine, Behavioral Healthcare Education is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Drexel University College of Medicine, Behavioral Healthcare Education adheres to Act 48 Continuing Education Guidelines. PA educators will receive a maximum of 5, 6, 10, 12, 15 or 18 hours of credit for attending this program.

**PCB (PA Certified Addictions Counselor):** Drexel University College of Medicine, Behavioral Healthcare Education will award a maximum of 5, 6, 10, 12, 15 or 18 PCB Approved Hours of Education for this program. Our program is certified by the Pennsylvania Certification Board, Provider # 133.

**PSNA (Nursing):** Drexel University College of Medicine, Behavioral Healthcare Education is an approved provider of continuing nursing education by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants will be awarded a maximum of 5, 6, 10, 12, 15 or 18 contact hours for attending this program.

**CEU (IACET):** The Drexel University College of Medicine, Behavioral Healthcare Education has been reviewed and approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1620 I Street, NW, Suite 615, Washington, DC 20006. The Drexel University College of Medicine, Behavioral Healthcare Education has awarded a maximum of .5, .6, 1.0, 1.2, 1.5 or 1.8 of CEU's to participants who successfully complete this program.

## COURSE CANCELLATION

The Registrar will ask you for an after-hours telephone number in case of last-minute changes due to instructor illness or other emergent conditions. For possible weather cancellations, please call toll free at 1-877-BHE-3033 (1-877-243-3033) after 6:30 a.m. the day of the training to confirm either cancellation or presentation of the course. If you must cancel your attendance, please call as soon as possible. If you fail to cancel and fail to attend more than once, we regret that we may not be able to register you for future courses. It is important that those who register use the slot reserved for them. Substitutions may be made for attendees.

## ADA ACCOMMODATIONS

Please tell the Registrar when you register if you have any disability or other special needs so that we can ensure that your needs will be fully met.

## REGISTRATION INFORMATION

If you are registering by telephone, please call the BHE Registrar toll free at 1-877-BHE-3033 (1-877-243-3033) to register. Ask for registration for Case Management, or Co-occurring Disorders, or Psychiatric Rehabilitation or Regional Courses. Your program affiliation with the Pennsylvania Department of Public Welfare, Office of Mental Health and Substance Abuse Services (OMHSAS) or the Office of Developmental Programs, Training Institute for Adult Residential Licensing (Personal Care Homes) must be verified in order to approve you for tuition-paid attendance. You may register for courses outside your Service Area.

If you are registering via FAX, please copy the form at the end of this catalogue for future use. BHE is in the process of moving to on-line registration and further information will be forwarded. **Early registration is advised for all courses due to space limitations. Confirmation letters will be sent two weeks prior to the course date(s). *Walk-ins are discouraged and may not be admitted if the class is full of pre-registered persons. Upon completion of the program you will be issued a continuing education certificate. Should you require additional certificates please let the registrar know when you call to register and make arrangements for payment of \$25 for each additional certificate requested.***



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## CENTRAL REGION

### **Elks Lodge #754**

Rte 11, 1240 Montour Boulevard,  
Danville, PA 17821  
570-275-0531

### **Holiday Inn Grantville**

604 Station Road  
Grantville, PA 17028  
717-469-0661

### **The Inn at Reading**

1040 Park Road  
Wyomissing, PA 19610  
610-372-7811

### **Lancaster Host Resort and Conference Center**

2300 Lincoln Highway East  
Lancaster, PA 17602  
717-299-5500

## NORTHEAST REGION

### **Lehigh Valley Best Western Hotel**

300 Gateway Drive  
(At Routes 22 and 512)  
Bethlehem, PA. 18017  
610-866-5800

### **Radisson Lackawanna Station Hotel**

700 Lackawanna Avenue  
Scranton, PA  
570-342-8300

### **Best Western East Mountain Inn & Suites**

2400 East End Boulevard  
Wilkes-Barre, PA 18702  
570-822-1011



## SOUTHEAST REGION

**Emergency Training Services Center**  
**Calcon Hook Road**  
Tribbett Avenue  
Sharon Hill, PA 19073  
610-237-8630

**Friends Hospital**  
**Scattergood Building**  
4641 Roosevelt Boulevard  
Philadelphia, PA. 19124  
215-831-4055

**Holiday Inn West Chester**  
943 S. High Street  
West Chester, PA 19382  
610-692-1900

**Northwestern Human Services**  
**Training Center (NHS)**  
350 Sentry Parkway, Bldg. 640  
2nd Floor  
Blue Bell, PA. 19422  
610-260-4600

## WESTERN REGION

**Crowne Plaza Pittsburgh**  
**International Airport**  
1160 Thorn Run Road Extension  
Moon Township, PA 15108  
412-262-2400

**Ramada Inn and Conference Center**  
1450 South Atherton Street  
State College, PA 16801  
814-238-3001



# GENERAL INFORMATION

## THE PRIME INSTITUTE

The PRIME Institute, which recently joined Drexel University BHE, was initially established in 1989 as MTRI at Temple University to develop faculty, consultation and training tailored for behavioral healthcare providers, and those in other human services, healthcare, education and business, through a network of 60+ culturally diverse interdisciplinary specialists in multicultural training, organizational development, technical assistance, assessment, research and evaluation.

The Institute's centerpiece is an 18 – 25 day *Certificate in Culturally Competent Behavioral Health, Health and Human Services*, now with 560 graduates from 19 annual offerings in Pennsylvania, New York, Ohio and Connecticut. The 20th course, in progress, was modified for teams from agencies under contract with the Philadelphia Department of Behavioral Health/MR Services. This curriculum was the basis for the 2003 - 2006 \$1.2 million award by SAMHSA for Multicultural Mental Health Workforce Training to Reduce Racial/Cultural Disparities. The model is a thoroughly tested and evaluated program which has documented significant transfer of effective cross-cultural skills and the transformation of participants' knowledge and attitudes. It has been featured in the American Psychiatric Association's (APA) OMNA Showcase, the APA annual meeting, IASPRS, USpra, NCORE, the National Multicultural Family Reunion Conference, the Teacher's College Roundtable on Cultural Competence, and the Boston College Conference on Race and Ethnicity. The Institute received the 2001 Diversity Award for outstanding contributions in multicultural education from the nationally distributed *Next Step* magazine.

Two additional centralized training offerings are the annual one day Psychiatric Symposium and the one week intensive *Journey to Multicultural Transformation: Healing and Recovery from Discrimination*. The Institute specializes in tailoring consultation and training to the needs, resources and expected outcomes of each organization with which we collaborate. A sampling of the areas that are most requested:

- Cultural Audit of program or organization (timeframe varies with scope)
- Foundations in Cultural Competence, 12 hours, may be presented in four 1/2 day segments
- Intent vs. Impact learning laboratory for employees or managers (2 days)
- Inoculation on helping persons in recovery with healing and resisting internalized discrimination (timeframe varies, minimum one day)
- Inoculation – for persons working with children (2 hours minimum)
- Focus on empowerment for staff and/pr persons in recovery, Cultural Competence Generates People Power (3 hour minimum)
- Inoculation Against Discrimination: Skills to Help Immigrants Manage the 'Isms' (minimum 3 hrs)
- Psychological Adjustment & Recovery (for select cultural groups, i.e. African Americans, Latinos, Asians; 3 hour minimum)
- Cross-Cultural Issues in Communicating with Respect (minimum 4 hours)
- Building Cultural Inclusion in Your Organization – for Administrators (minimum 4 hours)
- Culture Counts – for Administrators on elements of a multicultural organization and key ingredients to support the development of culturally competent staff and programs (one day minimum)
- Eliminating Disparities in Health and Behavioral Health (minimum 4 hours)
- Immigration Issues in Behavioral Health (minimum 3 hour for overview)
- 5 – 10 days peer skill training to present orientations on cultural competence What Lies Beneath
- One hour each series for medical and psychiatric residents (adult, or children/family focus):
  - Prerequisite - Cultural Competence for the Advancement of Psychiatric Practice and Mental Health Care, followed by selection of ethnicities - Asian American, Latinos, African American, European American, GLBTQ, Islamic, Jewish, First Nation (Native Americans); persons with physical disabilities

To dialogue about your interests, please contact Ms. Cheri Avery Black, MA, PRIME Institute Director at 215.831.3912 or [cblack@drexelmed.edu](mailto:cblack@drexelmed.edu). We look forward to collaborating with you as part of our mission to achieve the 'valuing of culture and diversity as a source of strength for individuals, families and social groups and as a catalyst for community enrichment, empowerment and positive social change.'



# REGIONAL COURSE SCHEDULE

Location:	Central	Central	Central	Central
Course Number and Course Description:	Elks Lodge Danville	Holiday Inn Grantville	Inn at Reading	Lancaster Host
086-PTSD: Posttraumatic Effects Throughout the Lifespan		5/6 & 5/7/2010		
088-Moving Beyond PTSD: Individual Treatment Models That Work				
089-Borderline Personality Disorder: Using Dialectical Behavior Therapy to Address Challenging Behaviors			6/8/2010	
096-Foundational Concepts for recovery - Focused Practice with Adults			4/6 & 4/7/2010	
097-Essential Concepts of Recovery & Resiliency for Youth		1/19 & 1/20/2010		5/11 & 5/12/2010
149-Recovery Oriented Care: Documenting the Journey "From Paperwork to Peoplework"		4/9/2010		
153-Bipolar Disorder in Adults		2/5/2010	2/10/2010	
161-Psychiatric Disorders Appearing First in Children and Adolescents		6/1/2010		
162-Major Adult Psychiatric Disorders as They Appear in Children and Adolescents		6/2/2010		
178-Spirituality, Depression, and the Search for a Meaningful Life				
185-Supporting Recovery: A Guide to Developing a WRAP (Wellness Recovery Action Plan)				
186-Working with Young People to Develop a WRAP				
195-Addiction & the Brain	6/16/2010			
204-Psychopharmacology with Children and Adolescents				
263-Understanding Developmental Tasks for Persons of All Ages	5/11/2010			
264-Trauma & Young People: Effects & Interventions	4/8/2010		6/9/2010	
289-The Impact of Trauma In Recovering War Veterans and Their Families	4/9/2010			
299-Contingency Management: Principles and Uses	3/17/2010			1/27/2010
300-Cognitive Behavioral Therapy: An Overview of Practice Principles	1/13/2010	6/2/2010		3/3/2010
308-Motivational Interviewing: Practicing the Principles	2/9 & 2/10/2010 3/16/2010			
312-Evidence-Based Practices for Children and Adolescents	5/12/2010			
313-Is It Bipolar Disorder or ADHD? Distinguishing Them in Children/Adolescents		2/4/2010	2/9/2010	
333-Ethics and Transforming Behavioral Healthcare	6/15/2010			1/28/2010
346-Concepts and Skills for Ethical Decision-Making		3/11/2010		
347-An Ethical Issue in Behavioral Healthcare: Should We Bring Back Asylums		3/11/2010		
378-Creating a Climate for Recovery: Leadership and Teamwork Practices		4/8/2010		
396-Children & Adolescents with Co-Occurring Mental & Substance Use Disorders: An Overview	1/12/2010	3/12/2010		3/2/2010
413-Teaching is More Than Telling: Skills for Providing Psychoeducation				
425-Overview of DSM-IV Psychiatric & Substance Use Disorders in Adults				



# REGIONAL COURSE SCHEDULE

Northeast	Northeast	Southeast	Southeast	Southeast	Southeast
Lehigh Valley Best Western	Radisson Lackawanna Station	Delaware Co Emer Training Center	Holiday Inn West Chester	Northwestern Human Services	Friends Hospital
	3/23 & 3/24/2010			1/14 & 1/15/2010	
		5/26/2010 & 5/27/2010	2/18/2010 & 2/19/2010		2/8/2010 & 2/9/2010
3/11/2010 6/10/2010 & 6/11/2010					1/12/2010 & 1/13/2010
				3/11 & 3/12/2010	
	4/21/2010 5/26/2010	3/19/2010		4/16/2010	
			6/17/2010		5/5/2010
	1/12/2010 2/16/2010 1/13/2010 2/17/2010			5/13/2010 6/10/2010	
5/14/2010			4/23/2010		
3/12/2010				6/11/2010	
		1/22/2010		5/14/2010	
4/8/2010	6/22/2010				3/10/2010
4/9/2010 1/14 & 1/15/2010 2/16/2010	6/23/2010	1/21/2010			6/2/2010 4/6 & 4/7/2010 5/4/2010
	5/25/2010	3/18/2010		4/15/2010	
5/13/2010			4/22/2010		
					3/9/2010
					3/9/2010
	4/20/2010			2/11/2010	
2/17/2010				2/12/2010	
					6/1/2010
			6/18/2010		



## **TR086:**

### **PTSD: Posttraumatic Effects Throughout the Lifespan (10 hours)**

**9:30am – 3:30pm**

This two-day seminar provides a foundation for anyone seeking to understand the potentially disruptive effects of trauma on human development. The course examines the different types of trauma, the potential effects of each type of trauma on persons at different ages and developmental stages, and the types of interventions that have demonstrated effectiveness in assisting adults to overcome many of the negative features of PTSD (Posttraumatic Stress Disorder).

*Course Objectives:* Participants will be able to:

List the DSM-IV criteria for PTSD and discuss the differences between PTSD and complex PTSD;

- Describe the effects of trauma on the brain and biopsychosocial development;
- Review assessment methods for both children and adults;
- Discuss basic principles and models for effective trauma treatment;
- Identify the impact of trauma work on the practitioner.

#### **TRAINING SITES**

Northwestern Human Services, Blue Bell  
Lackawanna Station Hotel, Scranton  
Holiday Inn, Grantville

#### **DATES**

January 14-15, 2010  
March 23-24, 2010  
May 6-7, 2010

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## **TR088:**

### **Moving Beyond PTSD: Individual Treatment Models That Work (10 hours)**

**9:30am – 3:30pm**

This course is recommended for those who have already taken the introductory course “TR086 Posttraumatic Effects Throughout the Lifespan. Treatment reflecting our understanding of the impact of trauma on an individual’s biopsychosocial development is now available for adults with longer-term or complex PTSD. This two-day course examines some of the principles underlying all PTSD treatment approaches, including the ways that symptoms reflect coping mechanisms. Stages of trauma treatment are delineated in the context of specific research-based and expert consensus models. Participants will have an opportunity to practice some of the basic practitioner skills from the various models.

*Course Objectives:* Participants will be able to:

- Use the basic principles underlying all trauma treatment;
- Describe recommended treatment models for addressing the impact of trauma on the individual;
- Recommend psychotherapy techniques for different target symptoms based on effectiveness, safety and applicability to various treatment settings;
- Specify treatment strategies for the most common disorders that co-occur with PTSD;
- Practice specific skills designed for the stages of trauma treatment.

#### **TRAINING SITES**

Friends Hospital, Philadelphia  
Holiday Inn, West Chester  
Delaware County Emergency Training Ctr.

#### **DATES**

February 8-9, 2010  
February 18-19, 2010  
May 26-27, 2010



## **TR089:**

### **Borderline Personality Disorder (BPD): Using Dialectical Behavior Therapy (DBT) to Address Challenging Behaviors (5 hours)**

**9:30am – 3:30pm**

Borderline Personality Disorder (BPD) is a serious behavioral health disorder characterized by pervasive instability in mood, interpersonal relationships, self-image and high risk behavior. BPD presents multiple and unique challenges to the service provider. DBT provides an approach that targets suicidal and parasuicidal behaviors. This course examines these challenges in the context of the helping relationship while working with the person to create a more balanced life.

*Course Objectives:* Participants will be able to:

- Identify the criteria for Borderline Personality Disorder (BPD);
- Distinguish BPD from DSM-IV-TR Axis I disorders, such as Mood Disorders, PTSD, and Substance Use Disorders;
- Describe some of the most challenging behaviors for practitioners that are often seen in people with BPD;
- Review the stages and methods of DBT treatment that target these behaviors;
- Discuss strategies to address BPD based on Dialectical Behavior Therapy (DBT).

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem  
Inn at Reading, Reading

#### **DATES**

March 11, 2010  
June 8, 2010

## **TR096:**

### **Foundational Concepts for Recovery-Focused Practice with Adults (10 hours)**

**9:30am – 3:30pm**

This two-day seminar, aimed at those beginning to practice in the behavioral healthcare field, examines ways of working using a positive and collaborative approach. It covers means of engaging the person and family; the use of strengths-based approaches; responding to challenging behaviors; and partnering with the person, family, the treatment team, staff in other agencies, and others in the community. It also reviews purposes and use of the DSM and other supports for understanding diagnostic information and where to find information about evidence-based and promising practices. This course is suitable for those working with both adults and young persons and their families. Questions from participants are encouraged.

*Course Objectives:* Participants will be able to:

- Identify recovery-oriented values, principles and practices and their opposites;
- Review practitioner behaviors that encourage engagement and collaborative partnering among persons seeking services, their family members, and others;
- Explore environmental strengths and barriers within treatment and support programs;
- Respond to challenging behaviors without using negative, defensive means;
- Locate resources for understanding diagnoses and effective treatment approaches.

#### **TRAINING SITES**

Friends Hospital, Philadelphia  
Inn at Reading, Reading  
Lehigh Valley Best Western, Bethlehem

#### **DATES**

January 12-13, 2010  
April 6-7, 2010  
June 10-11, 2010



## **TR097:**

### **Essential Concepts of Recovery and Resiliency for Youth (10 hours)**

**9:30am – 3:30pm**

This two-day seminar is targeted to the needs of relatively “unseasoned” practitioners who work with children, adolescents and their families. It covers basic concepts and skills needed to form positive working relationships with young people and their parents/caregivers and presents a thorough review of recovery and resiliency principles. This course also points participants to a number of resources they can use to continue their learning and to build specific competencies, depending upon their particular roles, in service delivery. There are opportunities to raise questions in a safe learning environment.

*Course Objectives:* Participants will be able to:

- List their own concerns, issues and questions to be addressed;
- Review concepts of recovery and resiliency for children, adolescents and families;
- Examine the use and limitations of the Diagnostic and Statistical Manual;
- Identify components of active listening and practice some key skills;
- Use information received in this seminar in their own practice environments.

#### **TRAINING SITES**

Holiday Inn, Grantville  
Northwestern Human Services, Blue Bell  
Lancaster Host, Lancaster

#### **DATES**

January 19-20, 2010  
March 11-12, 2010  
May 11-12, 2010

## **TR149:**

### **Recovery Oriented Care: Documenting the Journey “From Paperwork to Peoplework” (5 hours)**

**9:30am – 3:30pm**

This course provides an opportunity for participants to integrate recovery oriented concepts into the practice of developing, writing and reviewing plans and related documents that serve as a communication tool for the provider, for the individual and their supporters, for payers and for accreditation and regulatory reviewers. Using vignettes, participants will be involved in identifying/practicing skills and techniques that create person centered road map for the recovery journey (inclusive of effective engagement, assessment, identifying and setting long and short term goals; identifying steps to accomplishing goals; defining time lines; charting progress and addressing challenges)

*Course Objectives:* Participants will be able to:

- Review the principles and core values of person-centered, recovery oriented treatment/service/rehabilitation planning;
- Look at the core competencies needed to develop, organize, document and implement recovery oriented plans;
- Discuss the use of change theory and motivational interviewing in the planning process;
- Define the components of recovery oriented planning from a strengths perspective inclusive of the principles of collaboration and choice;
- Practice writing notes that assess progress, identify strategies and support movement toward desired outcomes.

#### **TRAINING SITES**

Holiday Inn, Grantville  
Lackawanna Station Hotel, Scranton

#### **DATES**

April 9, 2010  
April 21, 2010



**TR153:**  
**Bipolar Disorder in Adults (5 hours)**  
**9:30am – 3:30pm**

Historically, Bipolar Disorder (previously called Manic-Depressive Disorder) was not well understood and often misdiagnosed. This psychiatric syndrome is often confused with other psychiatric conditions such as unipolar depression and schizoaffective disorder. Co-occurring conditions, including personality disorders, substance and alcohol abuse or dependence and anxiety, further complicate the assessment and treatment of this disease. This **mid-level** course provides an **overview** of several continuing and emerging areas of importance, including cultural and ethnic variations, in the diagnosis and treatment of Bipolar Disorder.

*Course Objectives:* By the end of this course, participants will be able to:

- Differentiate Bipolar Mood Disorder from other major psychiatric disorders;
- Discuss the need for the use of appropriate techniques and tools when screening for bipolar disorder in diverse populations;
- Identify effective pharmacologic treatment strategies
- Describe effective nonpharmacologic treatment strategies
- Discuss evidence-based clinical data and guidelines useful for directing clinical practice.

**TRAINING SITES**

Holiday Inn, Grantville  
Inn at Reading, Reading  
Delaware County Emergency Training Center  
Northwestern Human Services, Blue Bell  
Lackawanna Station Hotel, Scranton

**DATES**

February 5, 2010  
February 10, 2010  
March 19, 2010  
April 16, 2010  
May 26, 2010

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**TR161:**  
**Psychiatric Disorders Appearing First in Children and Adolescents (5 hours)**  
**9:30am – 3:30pm**

This course reviews those disorders listed in the DSM-IV-TR as being the first diagnosed in infancy, childhood, or adolescence, in terms of symptom patterns, current interventions, and risk levels for co-occurring disorders. Means of assisting families to effectively support symptom management and skill acquisition in their young person are also discussed.

*Course Objectives:* Participants will be able to:

- Review recommended practices for engagement and assessment of youth and families;
- Examine the array of disorders that usually occur in infancy/childhood/adolescence;
- Compare prevalence rates for the occurrence of each disorder and co-occurring disorders;
- Identify evidence-based and promising interventions for the most common disorders;
- Use resource sheets for reviewing and asking questions about diagnostic categories.

**TRAINING SITES**

Holiday Inn, Grantville

**DATES**

June 1, 2010



## **TR162:**

### **Major Adult Psychiatric Disorders as They Appear in Children and Adolescents (5 hours)**

**9:30am – 3:30pm**

This course reviews the common “adult” disorders that also appear in young people. Similarities and differences in symptom presentation, current preferred intervention strategies, and the likelihood of co-occurring disorders are also discussed. The effect on the family, the negative effects of stigma, and means of helping families to assist their young person in symptom management, skill acquisition, and creation and use of relapse prevention strategies will be reviewed.

*Course Objectives:* Participants will be able to:

- Identify recommended practices for engagement and assessment of youth and families;
- Examine major Axis I disorders that also occur in children and adolescents;
- Compare prevalence rates for the occurrence of each disorder and co-occurring disorders;
- Review evidence-based and promising interventions for the most common disorders;
- Use resource sheets for reviewing and asking questions about diagnostic categories.

#### **TRAINING SITES**

Holiday Inn, Grantville

#### **DATES**

June 2, 2010

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## **TR178:**

### **Spirituality, Depression, and the Search for a Meaningful Life (5 hours)**

**9:30am – 3:30pm**

Socrates, the Greek philosopher (470-399 BCE), said “The unexamined life is not worth living.” For many with psychiatric disorders, the search for personal validity and meaning in life is elusive. This course explores the possible definitions of, and place in one’s life for, spirituality, and its healing potential; the role of culture in the struggle for personal identity and purpose is addressed throughout our exploration. While depressive disorders are a major focus, this seminar may also discuss the role of spirituality in the lives of others having major psychiatric and substance use disorders.

*Course Objectives:* Participants will be able to:

- Define “spirituality” as compared and contrasted with “religious”;
- Explore the formation of one’s own value and belief system in terms of establishing present meaning and future expectation of life;
- Examine challenges to the formation and sustenance of spiritual awareness;
- Identify specific issues for persons with depression and other brain-based disorders;
- Discuss approaches and tools for helping oneself and others become more present to, and benefit from, the spiritual aspects of life.

#### **TRAINING SITES**

Friends Hospital, Philadelphia

Holiday Inn, West Chester

#### **DATES**

May 5, 2010

June 17, 2010



## TR185:

### **Supporting Recovery: A Guide to Developing a WRAP (Wellness Recovery Action Plan) (10 hours)**

**9:30am – 3:30pm**

The Wellness Recovery Action Plan (WRAP) is a structured program to assist the journey toward recovery from mental illnesses and/or co-occurring disorders. Designed to promote an optimum level of wellness, a WRAP helps a person monitor and respond to the signs and symptoms that may trigger a relapse. This two-part training is designed for anyone wanting to increase understanding of recovery concepts, skills and strategies, including the WRAP process. A willingness to attend both sessions and complete the “homework” is necessary. The credit hours awarded for successful completion can be used as prerequisites for the five-day “Mental Health Recovery: WRAP Facilitator Certification” awarded by the Copeland Center.

*Course Objectives:* Participants will be able to:

- Review the values, principles and practices that support developing a “lens of wellness”;
- Describe the components of Wellness Recovery Action Plan (WRAP) program;
- Identify essential skills for developing and supporting a WRAP;
- Explore solutions to the challenges that affect the development and support of a WRAP;
- Plan to use recovery-oriented knowledge and skills in practice settings.

#### **TRAINING SITES**

Lackawanna Station Hotel, Scranton

#### **DATES**

January 12, 2010 (Day 1),

February 16, 2010 (Day 2)

## TR186:

### **Working with Young People to Develop a WRAP (10 hours)**

**9:30am – 3:30pm**

The Wellness Recovery Action Plan (WRAP) is a valuable tool for facilitating personal recovery. It helps individuals to develop a guide for managing the challenges of daily living. As of February 2007, a WRAP for Kids has been developed by the Copeland Center. This seminar introduces practitioners and supporters of child and adolescent services to the WRAP framework. WRAP for Kids is designed to help children enhance their abilities to address everyday challenges and to discover all the things they can do to stay well and even to feel better when the going is hard.

*Course Objectives:* Participants will be able to:

- Discuss the current state of children’s mental health services;
- Identify key concepts that support wellness and facilitate resilience;
- Describe the components of the WRAP for Kids;
- Facilitate the development of a WRAP with young persons;
- Assist others in understanding the benefits of WRAP development.

#### **TRAINING SITES**

Lackawanna Station Hotel, Scranton

Northwestern Human Services, Blue Bell

#### **DATES**

January 13, 2010 (Day 1)

February 17, 2010 (Day 2)

May 13, 2010 (Day 1)

June 10, 2010 (Day 2)



## **TR195:**

### **Addiction and the Brain (5 hours)**

**9:30am – 3:30pm**

This **introductory** course begins with an examination of the "non-addicted" brain. It discusses how the brain is changed by drugs of abuse and compulsive gambling. Also discussed are the changes occurring in the brains of adolescents which increase their vulnerability to addiction. The course concludes by examining how a neurobiological model can be used to improve treatment with a focus on prevention.

**Course Objectives:** By the end of this course, participants will be able to:

- Identify brain structures and neurochemicals associated with addiction;
- Name the four basic components of addiction;
- Cite how drugs of abuse alter the functions of the brain;
- Explain why adolescents are at greater risk for addiction;
- Discuss how a neurobiological model can be used to support ways of treating addictions.

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem  
Elks Lodge #754, Danville

#### **DATES**

May 14, 2010  
June 16, 2010

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## **TR204:**

### **Psychopharmacology with Children and Adolescents (5 hours)**

**9:30am – 3:30pm**

This course reviews the major categories of psychotropic medications used with children/adolescents and the associated benefits, risks, and side effects of these classes of medications. Medications associated with the more commonly diagnosed disorders of childhood and adolescence are highlighted. Issues regarding medication refusal or irregular use are also discussed in terms of educating youth, family members and significant others, and in working with treatment teams.

**Course Objectives:** Participants will be able to:

- Identify medications commonly prescribed for a specific diagnosis;
- List benefits and common side effects of these medications;
- Examine developmental and cultural issues re: taking medication;
- Develop strategies to encourage youth and family participation with a medication regime;
- Use the information in the practice setting.

**Suggested Participants:** Those working with children, adolescents and their families; those new to the field or wanting a review; family members.

#### **TRAINING SITES**

Holiday Inn, West Chester

#### **DATES**

April 23, 2010



## **TR263:**

### **Understanding Developmental Tasks For Persons Of All Ages (5 Hours)**

**9:30am – 3:30pm**

Who we were remains permanent, if sometimes invisible, part of who we are in the present. It is important for those working in therapeutic relationships with persons having DSM-IV disorders to have a basic understanding of the developmental tasks of persons. This course reviews the major tasks for each age and stage of human development (from infancy to late in life) and the ways that developmental disruptions may interact with specific disorders.

*Course Objectives:* Participants will be able to:

- review the major developmental tasks of each stage of human development;
- examine the types and severity of developmental disruptions that may occur at each stage;
- identify the possible impact of such disruptions to the present and future developmental stages;
- discuss some approaches/interventions that may be useful to persons experiencing developmental disruptions;
- use information in the current practice setting.

#### **TRAINING SITES**

Elks Lodge #754, Danville

#### **DATES**

May 11, 2010

## **TR264:**

### **Trauma and Young People: Effects and Interventions (5 hours)**

**9:30am – 3:30pm**

Children and adolescents often present complex arrays of symptoms and behaviors that are challenging both for accurate diagnosis and effective treatment. This course examines the potential impact of trauma on young persons and the development of symptoms of Posttraumatic Stress Disorder (PSDT). It also examines interventions designed to address the impact of abuse and trauma at different child/adolescent developmental stages.

*Course Objectives:* Participants will be able to:

- Examine the impact of trauma and abuse on a young person;
- Explore the effects of family, age, gender, and sociocultural factors on the traumatic experience;
- Review symptoms and assessment criteria for PSDT in young persons;
- Describe alternate ways of viewing and labeling “difficult” behaviors, using the domains of attachment, emotional dysregulation, and sense of self;
- Discuss evidence-based treatment options currently considered to be most effective.

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem

Elks Lodge #754, Danville

Inn at Reading, Reading

Northwestern Human Services, Blue Bell

#### **DATES**

March 12, 2010

April 8, 2010

June 9, 2010

June 11, 2010



## **TR289:**

### **The Impact of Trauma on Returning War Veterans and Their Families (5 hours)**

**9:30am – 3:30pm**

Community providers are playing an increasing role in meeting the service needs for returning war veterans and their families. Combat experiences have an enduring impact on combatants and related military personnel, often including posttraumatic stress disorder. This course specifies critical elements in individuating a person's healing paths from the realities of war and reviews guidelines and coping strategies to help restore a sense of balance in their families.

*Course Objectives:* By the end of this course, participants will be able to:

- Identify personal questions and concerns in this topic area;
- Distinguish diagnostic criteria for war-related posttraumatic stress, Posttraumatic Stress Disorder, and traumatic brain injuries;
- Identify core myths and realities concerning the impact of war and its aftermath;
- Discuss strategies to address war-related trauma that go beyond typical interventions focusing on psychiatric symptoms;
- Evaluate guidelines for helping families and children in both pre- and post-deployment of their family member.

#### **TRAINING SITES**

Delaware County Emergency Training Ctr.  
 Elks Lodge #754, Danville  
 Northwestern Human Services, Blue Bell

#### **DATES**

January 22, 2010  
 April 9, 2010  
 May 14, 2010

## **TR299:**

### **Contingency Management: Principles and Uses (5 hours)**

**9:30am – 3:30pm**

Contingency Management (CM) is rooted in behavioral science and uses some system of rewards to support a person's movement toward desired goals (positive outcomes). This course examines the use of CM principles and practices with individuals, within groups, and as part of an overall program environment. Discussion and examples about how, why, and when CM works well and supports for how to use it within one's own program are included.

*Course Objectives:* By the end of this course, participants will be able to:

- Define the basic scientific and human principles that support the use of CM;
- Review the use of CM with individuals with different diagnoses and in different program settings;
- Discuss the benefits and possible drawbacks of CM use with individuals and in groups and programs;
- Explore possible models and resources to support one's use of CM in practice;
- Identify ways to practice use of CM principles on a regular basis.

#### **TRAINING SITES**

Lancaster Host, Lancaster  
 Friends Hospital, Philadelphia  
 Elks Lodge #754, Danville  
 Lehigh Valley Best Western, Bethlehem  
 Lackawanna Station Hotel, Scranton

#### **DATES**

January 27, 2010  
 March 10, 2010  
 March 17, 2010  
 April 8, 2010  
 June 22, 2010



## **TR300:**

### **Cognitive Behavioral Therapy: An Overview of Practice Principles (5 hours)**

**9:30am – 3:30pm**

This seminar reviews the basic theory of CBT, describes some of its components and applications, and explores its use with various populations and formats. This course is focused mainly on the use of CBT with adults who have varying diagnoses and functional capacities (although references are given for its use and application for children and adolescents). Examples will be provided and uses with both individual and in group formats will be discussed.

*Course Objectives:* By the end of this course, participants will be able to:

- Describe the basis for Cognitive Behavioral Therapy – how and why it works;
- Identify several major components and applications of CBT principles;
- Explore the uses of CBT for persons with different diagnoses;
- Discuss means of using both principles and specific models for individual and group work;
- Access reference materials/manuals to assist you in your own practice setting.

#### **TRAINING SITES**

Elks Lodge #754, Danville  
 Delaware County Emergency Training Ctr.  
 Lancaster Host, Lancaster  
 Lehigh Valley Best Western, Bethlehem  
 Friends Hospital, Philadelphia  
 Lackawanna Station Hotel, Scranton

#### **DATES**

January 13, 2010  
 January 21, 2010  
 March 3, 2010  
 April 9, 2010  
 June 2, 2010  
 June 23, 2010

## **TR308:**

### **Motivational Interviewing: Practicing the Principles (3 days)**

**9:30am – 3:30pm**

This three-day intensive course in the principles and initial practices of Motivational Interviewing is based on the work of William R. Miller and Stephen Rollnick. Their theory and practice is, in turn, rooted in an understanding of the Transtheoretical Stages of Change found in the work of Prochaska and DiClemente. A willingness to role play and to use beginning skills in actual practice is essential for this skills-based seminar. Participants are expected to attend all sessions and to complete an assignment between Days 2 and 3. (These principles and skills are highly complimentary paired with values and practices of recovery-oriented services and supports.)

*Course Objectives:* Participants will be able to:

- Outline Prochaska and DiClemente’s stages of change and how they are useful in understanding human readiness to change behaviors;
- Identify Miller and Rollnick’s general principles and early methods;
- Practice specific Phase 1 strategies for encouraging stage of readiness for change;
- Describe and practice Phase 2 strategies for preparing people to take action to change;
- Use knowledge and skills in their own practice settings and continue skill development.

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem  
 Elks Lodge #754, Danville  
 Friends Hospital, Philadelphia

#### **DATES**

January 14-15, & February 16, 2010  
 February 9, 10 & March 16, 2010  
 April 6-7 & May 4, 2010



## TR312:

### Evidence-Based Practices For Children And Adolescents (5 Hours)

9:30am – 3:30pm

This course is designed to examine the most recent evidence-based practices for treating social, emotional, and behavioral problems in children and youth. Various approaches are presented including; how each treatment was developed; its conceptual and empirical bases; what it looks like in practice and how, why and for whom the treatment works. Participants learn about a wide range of clinical problems, with one or more treatment models presented for anxiety, depression, ADHD, oppositional behavior, and conduct problems.

*Course Objectives:* Participants will be able to:

- discuss the developmental issues to consider in research and practice when working with children and adolescents;
- describe how various evidence-based interventions are delivered on a session-by-session basis and who administers the treatment;
- define the kind of training and supervision needed for each practice;
- identify available manuals and other clinical resources to use when providing evidence-based interventions;
- review literature on the future of evidence-based practices for children and adolescents.

#### TRAINING SITES

Elks Lodge #754, Danville

#### DATES

May 12, 2010

## TR313:

### Is It Bipolar Disorder or ADHD? Distinguishing Them in Children/Adolescents (5 Hours)

9:30am – 3:30pm

Children and adolescents who were once diagnosed with ADHD are now being diagnosed as having Bipolar Disorder with increasing frequency. Correct diagnosis can be difficult given that both disorders can share symptoms of impulsivity, inattentiveness, irritability, hyperactivity, and emotional liability. Moreover, the clinical presentation, particularly when of early-onset, is more often atypical, co-morbid, and lacking in discrete episodes. This session will identify the features that can help in distinguishing these disorders as well as the most empirically-supported treatment.

*Course Objectives:* Participants will be able to:

- Discuss the diagnostic criteria, prevalence and course for both Bipolar Disorder and Attention-Deficit /Hyperactivity Disorder;
- Examine the features common to both disorders as well as specific features that can help in distinguishing one from the other;
- Describe the most empirically-supported treatment interventions for Bipolar Disorder, ADHD, and comorbid ADHD/Bipolar Disorder;
- Identify resources for those interested in obtaining additional information;
- Use the information in one's own practice setting.

#### TRAINING SITES

Holiday Inn, Grantville

Inn at Reading, Reading

Delaware County Emergency Training Ctr

Northwestern Human Services, Blue Bell

Lackawanna Station Hotel, Scranton

#### DATES

February 4, 2010

February 9, 2010

March 18, 2010

April 15, 2010

May 25, 2010



## **TR333:**

### **Ethics and Transforming Behavioral Healthcare (6 hours)**

**9:00am – 4:00pm**

In support of an individual's recovery, the behavioral healthcare delivery system in Pennsylvania is undergoing a major transformation. This course focuses primarily on ethical issues around the delivery of peer-based recovery support services. Vignettes will be used to highlight and discuss issues in a number of arenas, e.g. service context, personal conduct.

*Course Objectives:* By the end of this course, participants will be able to:

- Identify personal issues/questions for exploration during this course;
- Explore potential areas for role ambiguity and conflict between/among the functions of peer-based support roles and the roles of other mental health service providers;
- Discuss core values shared across organizations providing recovery support services;
- Review a model of ethical decision-making for recovery support providers and their supervisors;
- Use vignettes to discuss selected ethical issues in the delivery of peer-based recovery support services.

#### **TRAINING SITES**

Lancaster Host, Lancaster  
 Holiday Inn, West Chester  
 Lehigh Valley Best Western, Bethlehem  
 Elks Lodge #754, Danville

#### **DATES**

January 28, 2010  
 April 22, 2010  
 May 13, 2010  
 June 15, 2010

## **TR346:**

### **Concepts and Skills For Ethical Decision Making (3 Hours)**

**9:00am – 12:00noon**

This course is designated as a prerequisite for enrollment in future three- hour ethics courses. It provides the foundation for subsequent courses which address specific ethical issues related to behavioral healthcare. Concepts and skills that support more responsible and thoughtful ethical decision-making are discussed and used to examine ethical questions.

*Course Objectives:* Participants will be able to:

- Distinguish ethical questions from scientific and legal questions and from personal preference, custom, or habit;
- Identify the major considerations for addressing ethical questions;
- Discuss the importance of presenting well-reasoned arguments for one's ethical position;  
 Apply ethical thinking to analyze some ethical questions

#### **TRAINING SITES**

Friends Hospital, Philadelphia  
 Holiday Inn, Grantville

#### **DATES**

March 9, 2010  
 March 11, 2010



## **TR347:**

### **An Ethical Issue in Behavioral Health Care: Should We Bring Back Asylums? (3 Hours)**

**1:00pm – 4:00pm**

Please note that prior completion of TR346 (Concepts and Skills for Ethical Decision-Making) is a prerequisite for enrollment in this course. The policy of deinstitutionalization closed many institutions that offered long-term care, refuge, and safety, and many individuals were released into the community. In this course, the major ethical conflicts surrounding this issue is discussed. Using a tool for ethical decision-making, participants will be expected to identify the moral arguments for and against reopening institutions for the provision of long-term psychiatric care.

*Course Objectives:* Participants will be able to:

- Discuss the relevance of selected ethical principles;
- Identify a moral dilemma around the issue of deinstitutionalization;
- Use a tool for ethical decision-making to discuss the dilemma;
- Participate in group discussion to present ethical arguments for or against reopening long-term psychiatric institution

#### **TRAINING SITES**

Friends Hospital, Philadelphia  
Holiday Inn, Grantville

#### **DATES**

March 9, 2010  
March 11, 2010

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## **TR378:**

### **Creating a Climate for Recovery: Leadership and Teamwork Practices (5 hours)**

**9:30am – 3:30pm**

This advanced course for leaders in administrative and supervisory roles is designed for those who have solid knowledge and skills in managing and who are familiar with the principles and practices needed to transform current systems to those that are truly recovery-oriented. Skills and practices developed in organizations that are in the forefront of such transformation will be presented, discussed and dissected for use in a Pennsylvania practice environment.

*Course Objectives:* Participants will be able to:

- Identify indicators (process and outcome) related to recovery-oriented practice;
- Review tools for evaluating current perceptions of recovery-orientation;
- Discuss leadership practices that motivate staff and promote learning and supportive environments;
- List resources to use as models of practice and references for development;
- Create a set of procedures for increasing positive teamwork and team monitoring of recovery-oriented practices.

#### **TRAINING SITES**

Northwestern Human Services, Blue Bell  
Holiday Inn, Grantville  
Lackawanna Station Hotel, Scranton

#### **DATES**

February 11, 2010  
April 8, 2010  
April 20, 2010



## **TR396:**

### **Children and Adolescents with Co-Occurring Mental & Substance Use Disorders: An Overview (5 hours)**

**9:30am – 3:30pm**

This overview course examines co-occurring mental and substance use disorders as they may develop in children and adolescents and some of the risk factors that contribute to the development of such disorders. Effects of the disorders on normal development and the developmental assessment of a young person as part of the overall assessment process are discussed. While many combinations of disorders are possible, common developmental pathways to developing multiple disorders are explored. Treatment options are also reviewed.

*Course Objectives:* Participants will be able to:

- Review some of the more common mental and substance use disorders occurring in children and adolescents;
- Examine developmental stages as they are affected by the disorders and that affect choices of interventions;
- Identify common risk factors for the development of each set of disorders;
- Discuss some treatment options depending on the severity of each disorder;
- Use reference materials provided in the course to further explore evidence-based and promising practices for use with young persons with CODs and their families.

#### **TRAINING SITES**

Elks Lodge #754, Danville  
 Northwestern Human Services, Blue Bell  
 Lehigh Valley Best Western, Bethlehem  
 Lancaster Host, Lancaster  
 Holiday Inn, Grantville

#### **DATES**

January 12, 2010  
 February 12, 2010  
 February 17, 2010  
 March 2, 2010  
 March 12, 2010

## **TR413:**

### **Teaching is More Than Telling: Skills for Providing Psychoeducation (5 hours)**

**9:30am – 3:30pm**

Practitioners in the behavioral healthcare field are also educators. When we provide information about disorders, resources, and other matters, we are performing a useful function that helps the other person(s) better order and manage parts of their lives. This course examines the ways in which we use ourselves to provide psychoeducation and presents tools to enrich our skills in doing so. It also provides specific resources to help structure formal approaches to psychoeducation.

*Course Objectives:* By the end of this course, participants will be able to:

- Identify ways psychoeducation is supportive within the helping role;
- Examine the uses of psychoeducation in supporting people in their recovery journeys;
- Explore efficient and effective means of providing psychoeducation;
- Review some specific evidence-based models of psychoeducation;
- Discuss resource materials and references provided to enrich your own practice.

#### **TRAINING SITES**

Friends Hospital, Philadelphia

#### **DATES**

June 1, 2010



## **TR425:**

### **An Overview of DSM- IV TR Psychiatric and Substance Use Disorders in Adults (5 hours)**

**9:30am – 3:30pm**

This course provides an overview of the DSM-IV TR diagnoses in adults. Specific attention will be paid to: 1) Substance-Related Disorders; 2) Major Axis I Psychiatric Disorders (Schizophrenia/Psychotic Disorders, Mood Disorders, Anxiety Disorders); 3) Axis II Personality Disorders. The biopsychosocial impact of these disorders is also discussed. An additional emphasis is placed on encouraging practitioners to support the personal recovery of the individuals they serve.

*Course Objectives:* Participants will be able to:

- List major substances of abuse and the symptoms of intoxication/withdrawal for each substance
- Review associated features of Substance Use Disorders
- Describe the features of various Axis I psychiatric disorders
- Distinguish the features of various Axis II personality disorders
- Discuss general issues related to supporting personal recovery

#### **TRAINING SITES**

Holiday Inn, West Chester

#### **DATES**

June 18, 2010



## **INTENSIVE CASE MANAGEMENT & RESOURCE COORDINATION TRAININGS (also those approved for Targeted Case Management/Blended)**

These courses are conducted for Intensive Case Management & Resource Coordination programs in order to comply with the specific regulations governing these programs. Registration priority is therefore given to ICMs/RCs/TCMs and those supervising them. If there are still training slots open by the two weeks preceding the training, then registration will open to other OMHSAS-supported case management type programs.

**Supervisors should register their staff prior to this two-week window.**

We ask those who provide Behavioral Health Services (BHRs) case management (and any other forms of case or care management) to take advantage of the other trainings listed in this catalogue (rather than attend these “core” case management trainings).

### **TR450:**

#### **Introduction to Intensive Case Management/Resource Coordination (18 hours)**

This required orientation course is designed especially for the range of challenges faced by TCM staff who work with adult consumers with serious mental health disorders. The course includes a review of core values, roles and responsibilities; discusses the importance of recovery concepts; the impact of culture; examines documentation of supports; provides an overview of the Diagnostic and Statistical Manual (DSM); and discusses ethics and boundaries when functioning in a multi-faceted and demanding position. Course outlines, materials, and a training manual are provided for ongoing review.

*Course Objectives:* Participants will be able to:

- list several core values central to TCM services and describe their implications for practice;
- identify recovery-oriented principles and practices and their implications for case managers;
- name the essential areas to explore and processes to use in doing a strengths-based assessment;
- outline the steps needed in integrated service planning and the role of the TCM in its completion and monitoring;
- discuss the importance of viewing assessment, service planning, and ongoing partnering with those served, as a continuous process.

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem

Lehigh Valley Best Western, Bethlehem

#### **DATES**

January 5 - 7, 2010

March 16 - 18, 2010



## **TR451:**

### **Introduction to Children's Intensive Case Management/Resource Coordination (18 hours)**

This required orientation course is designed especially for the range of challenges faced by TCM staff who work with children and adolescents, their families, and multiple service providers. The course includes a review of core values, roles and responsibilities; discusses the importance of recovery and resilience; the impact of culture; examines documentation of supports; provides a brief overview of disorders; and discusses ethics and boundaries for functioning in a multi-faceted and demanding position. Wraparound philosophy and funding requirements are taught. Course outlines, materials, and a training manual are provided for ongoing review.

**Course Objectives:** Participants will be able to:

- discuss the core values of children's case management and their implications for service delivery;
- describe the major strengths and needs in parent-professional partnership;
- examine the major DSM-IV disorders occurring in children and adolescents from a recovery and resilience perspective;
- define the major components of a strengths-based assessment and the rationale for this approach;
- list the steps, process and content of a complete service planning process.

#### **TRAINING SITES**

Lehigh Valley Best Western, Bethlehem

Lehigh Valley Best Western, Bethlehem

#### **DATES**

January 19 - 21, 2010

May 25 - 27, 2010



## *Preliminary Schedule*

### **TR137:**

### **Orientation to Psychiatric Rehabilitation Principles and Practices (12 hours)\***

**9:00 am - 4:00 pm**

Psychiatric rehabilitation has been described as a major component of services that practitioners offer in order to promote opportunities for the recovery of persons with serious mental illnesses. This course outlines the major values and principles of psychiatric rehabilitation. It also includes an overview of several approaches to psychiatric rehabilitation that may be helpful to consumers in promoting recovery. The psychiatric rehabilitation medical necessity criteria standards; second edition 2001 requires PR practitioners to complete a 12-hour course as part of their training for PR practice. This course is designed to meet that standard.

**Course Objectives:** Participants will be able to:

- Distinguish differences between rehabilitation, treatment, and enrichment;
- Outline stages of recovery and services needed to support recovery;
- Identify the values common to several psychiatric rehabilitation approaches;
- Discuss the major principles of several approaches to psychiatric rehabilitation;
- Learn one psychiatric rehabilitation technique and practice it in a small group.

***The Orientation is mandatory for all providers of psychiatric rehabilitation services and participants need only attend once. It is recommended to attend this course prior to registering for other courses included in the catalogue.***

### **TRAINING SITES**

Lackawanna Station Hotel, Scranton, PA  
Friends Hospital, Philadelphia, PA  
Lehigh Valley Best Western, Bethlehem, PA  
Holiday Inn, West Chester, PA.  
Holiday Inn, Grantville, PA.  
Ramada Conference Center, State College, PA.

### **DATES**

January 12-13, 2010  
January 19-20, 2010  
January 26-27, 2010  
February 2-3, 2010  
February 10-11, 2010  
February 23-24, 2010



# COURSE REGISTRATION FORM

TRAINING #

LOCATION

DATE(S)

TRAINING #	LOCATION	DATE(S)
_____	_____	_____
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BHE is transitioning to an on-line registration system for all of our regional courses, case management courses, psychiatric rehabilitation courses and conferences. In the anticipation of that change, individuals will be permitted to register for courses on a semester basis, i.e., the fall and spring semesters. Until the computerized system is fully installed and tested, individuals will be permitted to register for four courses for the 2010 January semester. Please keep in mind that these publicly funded training spaces are limited and non-attendance without notification of the registrar is unprofessional and may jeopardize future registration.

Please type or print your name the way you would like it to appear on you certificate.

Name \_\_\_\_\_ Degree \_\_\_\_\_

Employed By \_\_\_\_\_

Business Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

E-mail Address \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_ Fax \_\_\_\_\_

Job Title/Position \_\_\_\_\_ Degree \_\_\_\_\_

What is your program affiliation with the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS) or Office of Developmental Programs (Personal Care Homes)?

**TYPE OF CREDIT DESIRED** (*Check Box*):

(One certificate included in registration fee. If additional certificate is requested, send \$25.00 payable to Drexel University College of Medicine/BHE). \* **PA ACT 48 requires professional ID number.**

- |  |                               |  |                               |
|--|-------------------------------|--|-------------------------------|
| <input type="checkbox"/> APA                           | <input type="checkbox"/> CEU  | <input type="checkbox"/> CPRP                              | <input type="checkbox"/> PSNA |
| <input type="checkbox"/> PA ACT 48                     | <input type="checkbox"/> NBCC | <input type="checkbox"/> PCB                               |                               |
| <input type="checkbox"/> LCSW/LSW/LPC/LFT (circle one) |                               | <input type="checkbox"/> CAC/CACD/CCDP/CCDP-D (circle one) |                               |

**FAX form for Regional Courses to:** Registrar at (215) 537-1789

**FAX form for Case Management & Psychiatric Rehabilitation Courses to:** Registrar at (215) 831-4699

*This form may be duplicated.*

