

Trainings and Events

Current Issues on Mental and Substance Use Disorders, Wellness and Recovery

Continuing Education Units (CEU) Available

Sponsored by Mental Health America of Northern Kentucky and Southwest Ohio

Please Note: Times, Locations and Costs vary. General attendance with certificate \$20.00. CEU's \$20.00 per credit hour.

Please register with the mini calendar on the Home page of www.mhankyswoh.org. Printed schedule at www.mhankyswoh.org/trainings

Wednesday and Thursday, August 30 & 31, 2017 1:00 pm - 5:00 pm

Adult Mental Health First Aid Certification

Location: The Manuel D. & Rhoda Mayerson JCC on The Jewish Foundation of Cincinnati Campus, 8485 Ridge Road, Cincinnati, OH 45236.

Presenters: Lisa Monast, MA, Education Specialist & Law Enforcement Liaison, Mental Health America of Northern Kentucky and Southwest Ohio; and Cheryl Price, MA, Resource Officer, City of Sharonville Police Department

Mental Health First Aid is an 8-hour interactive course that presents an overview of mental illnesses and substance use disorders and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Just like with First Aid and CPR, you can learn how to perform Mental Health First Aid. Participants learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care. Wouldn't it be nice to know what to look for, what to say, and how to respond? Now you can. And you can feel supported by a research based approach. 8-hour Certification/Training in two 4-hour sessions. Registration fee \$25. Continuing Education Credits not offered.

Friday, September 15, 2017 9:00AM – 1:00PM

SBIRT 101 and Motivational Interviewing

Location: United Way Building, 5/3 Convening Center, 2400 Reading Road, Cincinnati OH 45202

Presenters: Ellen Augspurger MAT SBIRT Ohio Project Director Ohio Department of Mental Health and Addiction Services and Lindsey Riemann BS. Ed. SBIRT Ohio Training Officer Ohio Department of Mental Health and Addiction Services

This session provides a one hour overview of Screening, Brief Intervention, Brief Treatment, and Referral to Treatment (SBIRT) goals and approaches to substance use services and 3 hours of Motivational Interviewing. It explains the current approach to substance services and outlines changes to the model achieved through applying a public health approach. At the conclusion of this training, participants will be able to understand the public health approach to substance use services+ and distinguish between the current approach to substance use services and the public health approach. Learn to describe substance use as a public health problem including describing education, screening, and identification steps associated with public health practices. Identify differences between the traditional approach to substance use treatment and the SBIRT approach to intervention and treatment. And demonstrate knowledge of SBIRT as a health behavior initiative and identify the evidence based clinical tool used in SBIRT programs to effectively intervene, treat and prevent substance use problems.

This training can be taken alone or in conjunction with Motivational Interviewing and Brief Intervention. It is recommended for those seeking a more thorough grounding in these skills to attend all three. CEU approval sources: Ohio Department of Mental Health and Addiction Services has 4 hours CEU approval Ohio RNs, LPNs, Social Workers, Marriage and Family therapist, Psychologists, and Chemical Dependency. Introductory Level of Learning. Focus areas: SW methods and social welfare and policy, Professional counseling theory, Clinical Counseling methods of intervention and prevention of mental and emotional disorders and Marriage and Family Therapy diagnosis and treatment of mental and emotional disorders. MHANKYSWOH CEU approval for KY Board of Social Work Continuing education sponsorship number KBSWSP 2016027. 4 hours introductory learning. Focus area: methods and practice for special populations. Successful completion of this offering includes attending the entire offering and completion of evaluation. If you arrive late or leave early continuing education provider does not constitute endorsement of program content.

Friday, September 22, 2017 9:00 AM -12:00PM

Motivational Interviewing

Location: United Way Building, 5/3 Convening Center, 2400 Reading Road, Cincinnati OH 45202

Presenters: Ellen Augspurger MAT SBIRT Ohio Project Director Ohio Department of Mental Health and Addiction Services and Lindsey Riemann BS. Ed. SBIRT Ohio Training Officer Ohio Department of Mental Health and Addiction Services

Speaker will provide participants with an overview of the spirit of Motivational Interviewing and build on the skills learned in the prior workshop. The speaker will engage participants in actively understanding and practicing the foundational skills of Motivational Interviewing including Open Questions, Affirmations, Reflections, and Summaries. The speaker will also assist participants in recognizing change talk and identifying sustain talk. Participants will be able to enhance their interactions with clients and patients around behavior change upon completion of the training. Training will include tools

to develop discrepancies and amplify ambivalence. Learn to identify and use open questions, affirmations, reflections and summaries. Recognize change talk that expresses the patient's desire, ability, reasons, need or commitment to change. Describe the four elements of the spirit of Motivational Interviewing. Identify those skills that are most applicable to their role. Correctly use decisional balance and ambivalence amplification tools.

This training can be taken alone or in conjunction with SBIRT 101 and Brief Intervention. It is recommended for those seeking a more thorough grounding in these skills to attend all three. CEU approval sources: Ohio Department of Mental Health and Addiction Services has 3 hours CEU approval Ohio RNs, LPNs, Social Workers, Marriage and Family therapist, Psychologists, and Chemical Dependency. Advanced Level of Learning. Focus areas: SW methods and practice for special populations, Professional Counseling techniques, Clinical Counseling methods of intervention and prevention of mental and emotional disorders and Marriage and Family Therapy. MHANKYSWOH CEU approval for KY Board of Social Work Continuing education sponsorship number KBSWSP 2016027 3 hours introductory learning. Focus area: methods and practice for special populations. Successful completion of this offering includes attending the entire offering and completion of evaluation. If you arrive late or leave early continuing education provider does not constitute endorsement of program content.

Friday, September 29, 2017 9:00 AM -1:00PM

Brief Intervention

Location: United Way Building, 5/3 Convening Center, 2400 Reading Road, Cincinnati OH 45202

Presenters: Ellen Augspurger MAT SBIRT Ohio Project Director Ohio Department of Mental Health and Addiction Services and Lindsey Riemann BS. Ed. SBIRT Ohio Training Officer Ohio Department of Mental Health and Addiction Services

Brief Interventions are a critical piece in the Screening, Brief Intervention, and Referral to Treatment process. This training introduces participants to the evidence based model of Brief Intervention, the Brief Negotiated Interview. Participants will learn the structure, techniques and effects of a Brief Negotiated interview and the appropriate times and patients to conduct them with as they implement SBIRT in their clinical locations (medication/substance use, alcohol, other health behavior change). Participants will effectively use the Brief Negotiated Interview model to conduct Brief Interventions; identify all patients who need a Brief Intervention and conduct a Brief Intervention with each; focus the Brief Intervention on the appropriate goals; use appropriate Motivational Interviewing skills and approach each patient with the spirit inherent to patient centered care during the Brief Intervention; correctly identify and use a BNI monitoring tool to enhance their practice.

This training can be taken alone or in conjunction with SBIRT 101 and Motivational Interviewing. It is recommended for those seeking a more thorough grounding in these skills to attend all three. CEU approval sources: Ohio Department of Mental Health and Addiction Services has 4 hours CEU approval Ohio RNs, LPNs, Social Workers, Marriage and Family therapist, Psychologists, and Chemical Dependency. Advanced Level of Learning. Focus areas: SW methods and practice for special populations, Professional Counseling techniques, Clinical Counseling methods of intervention and prevention of mental and emotional disorders and Marriage and Family Therapy. MHANKYSWOH CEU approval for KY Board of Social Work Continuing education sponsorship number KBSWSP 2016027. 4 hours introductory learning. Focus area: methods and practice for special populations. Successful completion of this offering includes attending the entire offering and completion of evaluation. If you arrive late or leave early continuing education provider does not constitute endorsement of program content.

Thursday, November 9, 2017 – 9:00am – 12:30pm

Ethics

Location: United Way 5/3 convening center, 2400 Reading rd Cincinnati, Ohio 45202

Presenter: Ruth M. Lukey, LCSW, Certified Social Worker

Develop an understanding of the foundations for social work ethics and ethical decision making. Define the professional relationship and discuss limits, problems and dilemmas. Develop a further understanding of client self-determination. Define and differentiate between personal, societal and professional values. Participants will discuss case scenarios that pose ethical dilemmas and their potential solutions in community social work settings, and medical, correctional and school settings. Course content is meeting the continuing education license requirements Kentucky Board of Social Work KBSW2016011. Ethics renewal requirement 201 KAR 23:075 (4) KBSW Code of Ethics. Also accepting this Ethics training is Ohio Counselor and Social Worker CPE hours approved, #RCST111001, by the Ohio Counselor, Social Worker & Marriage and Family Therapist Board Focus Area: Values and Ethics.

October 30 – November 3, 2017 9:00 am – 5:00 pm

Kentucky Adult Peer Support Specialist Training

Location: To Be Determined

If you want to help others with the experiences and knowledge you've gained through mental illness and/or substance abuse recovery, this training might be for you! Through our Kentucky Adult Peer Support Specialist Training, you'll learn how to empower others, use your personal story to assist other consumers through experience, develop new skills, and enhance your personal recovery in the process.

This course is a 5 day, 40-hour training taking place November. Trainings' or 'Peer Support' tab. [Click here](#) for the application. You can also email Kara katwelll@mhankyswoh.org with any questions you may have.

September, November 2017 (20 hour program divided into five four hour classes – see class schedule below)

Prime for Life

Location: Mental Health America NKY & SWOH, 912 Scott BLVD, Covington, Kentucky 41011

Presenter: Matt Muir, Community Support Program Manager, MHANKYSWOH

The program is about learning realistic ways to reduce the risk of problems related to alcohol and drug use and how to protect the things that are important to an individual. Several themes run throughout Prime For Life (PFL). The first is an emphasis on the reality that while all of us can influence another person's drinking choices to some degree, none of us can directly control those choices. Therefore, the program is designed to maximize the influence of helping professionals or family members. Second, PFL is based on objective, documented research findings, not opinion, exaggerations or scare tactics. Third, PFL focuses on information that is needed to bring about behavior change. In delivering the program each participant will receive a workbook that they can write in and they will take with them. Follow up consultation is available.

20 hour program divided up at the following times: Tuesday, June 13 6-10pm, Wednesday, June 14 6-10pm, Monday, June 19 6-10pm, Tuesday, June 20 6-10pm and Monday, June 26 6-10pm

\$210 per person; scholarships available.

Youth Mental Health First Aid

Dates, locations and availability can be found at <http://hamiltoncountymhfa.com/>

Youth Mental Health First Aid (YMHFA) is regularly being offered through is an 8 hour certification workshop, designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

8-hour Certification/Training; lunch break around 12pm (lunch not provided).

No charge - funded by the Substance Abuse Mental Health Services Administration (SAMHSA)

Continuing Education Credits are available – contact bshamblin@mhankyswoh.org or keten@mhankyswoh.org for details

SAVE THE DATE

March 9 or 16, 2018

7 8:00AM – 3:00PM

Mental Health America of Northern Kentucky & Southwest Ohio presents:

A One-Day Summit

SAVE THE DATE

Friday May 11, 2018

11:00am until 1:00pm. (Set up starts at 10:00am)

Fair on the Square

Location: Fountain Square, Cincinnati, Ohio

We encourage you to join us in promoting the theme, #B4Stage4. The average wait time to seek treatment for mental illness is 8 years. Just as we do not wait till Stage 4 to treat cancer, we need not wait till Stage 4 to treat mental and substance use disorders. #B4Stage4 is a National Campaign through Mental Health America to raise awareness about the costs of untreated mental and substance use disorders. This is a theme we can all rally around. Check out their website for more information (<http://www.mentalhealthamerica.net/b4stage4>)

Mental Health America of NKY & SWOH maintains responsibility for this program and its content. Mental Health America of NKY & SWOH is approved #RCST111001 by the State Of Ohio Counseling, Social Worker, Marriage and Family Board as a sponsor for continuing education for counselors, social workers and marriage and family therapy. KY Board of Social Work Continuing education sponsorship number KBSWSP 2016027.

For more information, visit www.mhankyswoh.org or call 859-431-1077.