

DIVISION OF SUBSTANCE ABUSE
AND MENTAL HEALTH
Training Office

2008
2009



Training Catalog



DELAWARE HEALTH AND
SOCIAL SERVICES

<http://www.dhss.delaware.gov/dhss/dsamh/train.html>

DELAWARE HEALTH AND SOCIAL SERVICES

Division of Substance Abuse and Mental Health

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3 Easy Ways to Register

You may register for workshops by completing a Learning Contract (found in the center of the catalog and online) and submitting it to the DSAMH Training Office in one of the following ways:

By Fax

DSAMH Training Office (302) 255-4450

By Mail

DSAMH Training Office
Springer Building, Room 384
1901 N. Dupont Highway
New Castle, DE 19720

In Person

You can visit our offices; We'll be happy to assist you in the registration process.

We cannot currently accept registrations online. However, you can view the contents of the catalog on our Web site at:
www.dhss.delaware.gov/dhss/dsamh/train.html

If you have any questions, please contact the DSAMH Training Office at (302) 255-9480, or e-mail us at dsamh.training@state.de.us.

37th Summer Institute

37th Summer Institute July 28-August 1, 2008

“Beyond the Diagnoses”

Clayton Hall, University of Delaware, Newark

The 37th Summer Institute, Beyond the Diagnoses, will feature keynote speakers David Mee-Lee, M.D. and Stephanie Covington, Ph.D., LCSW. David Mee-Lee will speak on new strategies for providing comprehensive, person-centered services for individuals with co-occurring disorders. Stephanie Covington will address gender informed and trauma informed care and how these approaches can be utilized to promote positive treatment outcomes. Examples of workshops include Beyond Trauma: A Healing Journey for Women; Helping Women Recover; and Suicide Prevention: After an Attempt. Other workshops will cover topics such as diagnosis and treatment, ethics, and cognitive behavioral therapy. These are just a few of the workshops and topics under development for the 37th Annual Summer Institute.

For further information about the 2008 Summer Institute, contact the Training Office: (302) 255-9480, e-mail us at dsamh.training@state.de.us, or visit www.dhss.delaware.gov/dhss/dsamh

2007 Year End Report

We are pleased to offer the following statistical summary of the DSAMH Training Office activity for this past year.

Total Number of Workshops Held	407
Total Number of Training Hours	2480
Total Number of Participants in all Workshops	5405
Total Number of Organizations Represented	306

From the Training Office

The DSAMH Training Office has recently completed its bi-annual assessment of the training needs of Division staff, consumers and service providers. We enjoyed the opportunity to meet with you in order to discuss your training needs and are grateful for your input. We have attempted to develop workshops which address your current training needs, target your projected future service demands, and reflect your expressions of interest, as evidenced by our online survey results and in-person discussions. We anticipate that this 2008/2009 Training Catalog will reflect your training needs, and encourage you to take advantage of the numerous workshops that will be offered throughout the coming year.

Other factors also influence workshop offerings in the Training Catalog. These factors include the Division's continued commitment to the Recovery Model, which focuses on increasing an individual's ability to cope successfully with life's challenges and on building resilience. Additionally, we continue to emphasize the collaboration of systems, evidence-based practices, emerging best practices, equal partnerships between the services provider and the consumer, and consumer-driven strategies.

The expectation is that you will find this year's Catalog more user-friendly. Efforts have been made to simplify the format to enhance the reader's experience. You will find workshops that spark your interest and challenge you professionally, while also meeting your training needs.

Thank you for your continued support of the Division's efforts to provide quality training opportunities. Your continued confidence is appreciated, and we will strive to continue to meet your expectations. Should you have any suggestions, questions or comments, please do not hesitate to contact us.

For full workshop descriptions, please visit our training website. <http://www.dhss.delaware.gov/dhss/dsamh/train.html>

How to Use this Training Catalog

The Catalog is designed to quickly and easily provide you with important information to make your selection and registration of training opportunities successful.

1. Read the Frequently Asked Questions and Policies and Procedures sections first. They include information about the training offered through this catalog.
2. The topical index, found at the back of the catalog, directs you to the catalog pages where you can find workshops and in-services on the topic of your interest.
3. The schedule, located in the front of the catalog, provides you a list of workshops and in-services by date.
4. Additional descriptions of all workshops and in-services can be found on-line at www.dhss.delaware.gov/dhss/dsamh/train.html
5. Locations and directions to each training site are listed in the back of the catalog on page 56
6. The catalog is separated into two major sections: CEU workshops and in-services. Each section is listed alphabetically by title.
7. If you have any questions please contact the Training Office at (302) 255-9480 or DSAMH.training@state.de.us

FAQS

FAQs: Frequently Asked Questions

See “POLICIES & PROCEDURES” on page 54 for detailed information.

Q: Who can take a DSAMH Workshop?

A: DSAMH sponsored workshops are open to all interested persons unless otherwise noted.

Q: What is the cost of a DSAMH Workshop?

A: Almost all workshops are offered at no cost.

Q: How do I find a more detailed description for a workshop?

A: Detailed descriptions for each workshop can be found on the web at

<http://dhss.delaware.gov/dhss/dsamh/train.html>

Q: How do I register?

A: The Learning Contract is the registration document for workshops and in-services. The Learning Contract is located in the center of the Training Catalog and on our website. It needs to be completed and returned to the training office prior to the workshop.

Q: Do I need my supervisor's signature on my Learning Contract?

A: A supervisor's signature is required for DSAMH employees and employees of DSAMH provider agencies. Private citizens do NOT need to obtain a supervisor's signature.

Q: How do I confirm that I have been registered?

A: You will be notified by postcard, e-mail, or phone call regarding your admittance or wait list status. If you have not received notification please call or e-mail the DSAMH Training Office.

Q: What if I am late to the workshop/in-service?

A: You are expected to arrive prior to the start time of the scheduled workshop. Late arrivals may not be admitted.

FAQS

Q: What if the workshop/in service is canceled?

A: In the event of a State-ordered closing of Government Agencies, all scheduled workshops and in-services will be canceled. In the event that an unexpected and last-minute circumstance requires a scheduled workshop to be canceled, the DSAMH Training Office will make every effort to contact registered participants as soon as possible.

Q: What if I have a special need or disability?

A: The Training Office makes every effort to provide reasonable accommodations to meet the needs of workshop participants. Workshops are held at handicap-accessible locations. Should a participant require additional reasonable accommodations, the participant should contact the Training Office at least four weeks prior to the scheduled workshop.

Q: Are meals or beverages provided?

A: Participants are expected to provide their own meals and beverages for most workshops. Some sites do not allow food or beverages in their classrooms. Many facilities do have vending machines and are in, or located near, population centers that offer dining facilities.

Q: Are Continuing Education Credits (CEU's) available?

A: Yes. The Training Office is a provider of continuing education for many professional organizations. (See page 55 for specific information on credentialing bodies)

See "POLICIES & PROCEDURES" on page 54 for detailed information.

CALENDAR OF WORKSHOPS

April

1	1107	The Power of Recovery	Springer	41
2	1137	Motivational Interviewing	Springer	35
2	787	CPR	LSTR	44
3	965	Verbal Interventions	WSSC 1st Flr.	20
4	1131	Conflict Resolution	Tom Collins	19
7	GO705	HIPAA	LSTR	49
7	1150	Disaster Counseling Skills	K/S Detox	27
7	956	CPI	LSTR	20
7	1120	Basic Computer Skills	CTC	48
7	1121	Using Windows	CTC	52
8	1150	Disaster Counseling Skills	Springer	27
9	1137	Motivational Interviewing	K/S Detox	35
9	1007	DBT	Springer	26
9	787	CPR	LSTR	44
9	110	HIV Update	GSSC	32
10	1024	Problem Gambling	CSB	37
11	1024	Problem Gambling	Hampton Inn	37
11	965	Verbal Intervention	LSTR	20
14	1152	Group Counseling Skills	Springer	31
14	1122	Creating Documents	CTC	46
14	1123	Creating Spreadsheets	CTC	46
15	1139	Treatment Planning	Springer	41
16	787	CPR	K/S Detox	44
16	1099	Deaf Culture 101	Springer	25
16	1098	WRAP	LSTR	53
17	1153	Sexuality	Springer	39
17	965	Verbal Interventions	LSTR	20
18	977	Crisis Development Model	LSTR	19
21	956	CPI	LSTR	20
21	1124	Internet and E Mailing	CTC	49
21	1125	Creating Flyers, Invitations	CTC	45
22	1110	HIV/STD/Hepatitis C 201	HSSC	33
23	787	CPR	LSTR	44
23	1114	Prevention: Core Essentials	Buck Library	36
24	1099	Deaf Culture 101	K/S Detox	25
25	1133	Delegation	DDDS	47
28	965	Verbal Interventions	LSTR	20
29	1107	The Power of Recovery	Springer	41
30	787	CPR	LSTR	44

May

1	GO707	Ethica/Legal Standards	Springer	47
1	1143	Disaster Mental Health	WSSC	27
1	965	Verbal Interventions	K/S Detox	20
2	1143	Disaster Mental Health	ASSC	47
5	GO705	HIPAA	LSTR	49
5	1121	Using Windows	CTC	52
5	956	CPI	LSTR	20
5	1120	Basic Computer Skills	CTC	48
6	1109	Help Others Quit	Springer	15
7	1142	Hiring Process	Springer	49
7	787	CPR	LSTR	44
7	1145	Essential Counseling Skills	Springer	28
7	497	Powerpoint	WPB	51
12	965	Verbal Interventions	LSTR	20
12	1126	Hold Effective Meetings	DHCI	50
12	1152	Group Counseling Skills	Springer	31
12	1122	Creating Documents	CTC	46
12	1123	Creating Spreadsheets	CTC	46
13	1151	Neuroscience Tx Team	Hilton	35
13	1107	The Power of Recovery	K/S Detox	41
14	1146	Essential Counseling Skills	Springer	28
14	789	HIV/STD/Hepatitis C	Tom Collins	32
14	1098	WRAP	LSTR	53

CALENDAR OF WORKSHOPS

May (cont.)

15	848	Leading Social Skills Groups	Springer	26
15	965	Verbal Interventions	LSTR	20
15	1177	Grief/Compulsive Gambling	CSB	42
16	1177	Grief/Compulsive Gambling	Hampton Inn	42
19	956	CPI	K/S Detox	20
19	GO705	HIPAA	K/S Detox	49
19	1124	Internet and E Mailing	CTC	49
19	1125	Creating Flyers, Invitations	CTC	45
20	1116	Strategic Response to Crisis	Springer	39
21	787	CPR	LSTR	44
22	978	12 Step Recovery Model	WSSC	14
23	497	Introduction to Powerpoint	CTC	51
28	1147	Essential Counseling Skls	Springer	28
28	787	CPR	LSTR	44
28	1107	The Power of Recovery	Springer	41
29	965	Verbal Interventions	LSTR	20
30	GO707	Ethical/Legal Standards	Springer	47

June

3	GO705	HIPAA	LSTR	49
3	956	CPI	LSTR	20
4	1142	Hiring Process	Carroll's Plz.	49
4	1115	Prevention:Capacity Building	Buck Library	36
6	1020	Safety	K/S Detox	51
6	1140	Cultural Competency/Team	DTTC	25
6	1132	Communicating Effectively	DPH Tng Ctr	44
6	1134	Ethics in Crisis	Springer	29
6	1128	HumanResources/Supervisor	Springer	50
9	1121	Using Windows	CTC	52
9	1128	Human Resources/Supvsr	Paradee	50
9	1120	Basic Computer Skills	CTC	48
10	1119	Consumer Reporting Frms	Springer	45
10	310	Word for Windows	WPB	53
10	1152	Group Counseling Skills	LSTR	31
11	1148	Essential Counseling Skls	Springer	28
11	787	CPR	LSTR	44
11	1119	Consumer Reporting Frms	K/S Detox	45
11	1098	WRAP	Springer	53
12	885	Problem Gambling TX.	CSB	14
12	1108	Depression and Addiction	Springer	42
12	965	Verbal Interventions	K/S Detox	20
13	968	Communication	LSTR	19
13	885	Problem Gambling TX.	Hampton Inn	14
13	1007	DBT	K/S Detox	26
13	1113	Depression and Addiction	Springer	42
16	956	CPI	LSTR	20
16	1122	Creating Documents	CTC	46
16	1123	Creating Spreadsheets	CTC	46
16	1182	Gestalt Therapy	Springer	31
18	1153	Sexuality	Springer	39
18	787	CPR	LSTR	44
18	1156	Project Management	Springer	50
19	1159	CARES	Springer	15
19	978	12 Step Recovery Model	K/S Detox	14
20	965	Verbal Interventions	LSTR	20
20	1144	Physiology of Fear	Springer	40
23	1156	Project Management	K/S Detox	50
23	1124	Internet and E Mailing	CTC	49
23	1125	Creating Flyers, Invitations	CTC	45
24	311	Introduction to Excel	WPB	47
24	965	Verbal Interventions	LSTR	20
25	1149	Essential Counseling Skills	Springer	28
25	787	CPR	LSTR	44

CALENDAR OF WORKSHOPS

June (cont.)

25	1155	Schizophrenia	K/S Detox	38
26	965	Verbal Interventions	LSTR	20
26	1174	Crossing the Line	CSB	24
27	1174	Crossing the Line	Hampton Inn	24
30	310	Introduction to Word	CTC	52

July

1	965	Verbal Interventions	LSTR	20
2	787	CPR	LSTR	44
7	787	CPR	LSTR	44
8	1107	The Power of Recovery	Springer	41
9	787	CPR	LSTR	44
10	965	Verbal Interventions	LSTR	20
14	311	Introduction to Excel	CTC	47
14	956	CPI	LSTR	20
16	787	CPR	LSTR	44
21	1152	Group Counseling Skills	Springer	31
23	787	CPR	LSTR	44
28		Summer Institute	U of DE	13
29		Summer Institute	U of DE	13
30		Summer Institute	U of DE	13
31		Summer Institute	U of DE	13

August

1		Summer Institute	U of DE	13
5	1107	The Power of Recovery	Springer	41
6	787	CPR	LSTR	44
7	965	Verbal Interventions	LSTR	20
8	1135	Grief and Loss	ASSC	32
8	1159	CARES	Springer	15
11	1121	Using Windows	CTC	52
11	956	CPI	LSTR	20
11	1120	Basic Computer Skills	CTC	48
13	787	CPR	LSTR	44
14	299	Clinical Supervision	Smyrna Rest	17
15	965	Verbal Interventions	LSTR	20
18	965	Verbal Interventions	WSSC	20
18	1152	Group Counseling Skills	Springer	31
18	1122	Creating Documents	CTC	46
18	1123	Creating Spreadsheets	CTC	46
19	1107	The Power of Recovery	K/S Detox	41
19	1110	HIV/STD/Hepatitis C 201	HSSC	33
20	787	CPR	K/S Detox	44
21	1161	Medication Assisted Therapy	Springer	33
21	965	Verbal Interventions	LSTR	20
22	968	Communication	LSTR	19
25	956	CPI	K/S Detox	20
25	1124	Internet and E Mailing	CTC	49
25	1125	Creating Flyers, Invitations	CTC	45
27	312	Advanced Word	WPB	53
27	787	CPR	LSTR	44
27	1136	Theories of Counseling	Springer	40

September

1	1120	Basic Computer Skills	CTC	48
1	1121	Using Windows	CTC	52
3	1107	The Power of Recovery	Springer	41
3	787	CPR	LSTR	44
4	965	Verbal Interventions	K/S Detox	20
8	1122	Creating Documents	CTC	46
8	1123	Creating Spreadsheets	CTC	46
9	956	CPI	LSTR	20

CALENDAR OF WORKSHOPS

September (cont.)

10	1159	CARES	Springer	15
11	1025	Problem Gambling	CSB	37
12	1025	Problem Gambling	Hampton Inn	37
12	1154	Succession Planning	Springer	52
15	1172	Detoxification	K/S Detox	25
15	1124	Internet and E Mailing	CTC	49
15	1125	Creating Flyers, Invitations	CTC	45
16	1019	The Other Safety Issue	K/S Detox	40
16	1152	Group Counseling Skills	Springer	31
17	1167	MBSR	Springer	34
17	787	CPR	LSTR	44
18	965	Verbal Interventions	LSTR	20
19	1141	Schizophrenia & Recovery	Springer	38
22	312	Advanced Word	CTC	52
22	1179	Veterans Administration	Springer	51
22	956	CPI	LSTR	20
24	787	CPR	LSTR	44
24	1155	Schizophrenia	Springer	38
25	1111	Street Drug Update	Springer	39
25	1176	Motivational Therapy	CSB	35
26	1178	Psychopharmacology	DPH Tng Ctr	38
26	1176	Motivational Therapy	Hampton Inn	35
30	1107	The Power of Recovery	Springer	41

October

1	787	CPR	LSTR	44
1	306	Advanced Excel	WPB	48
2	965	Verbal Interventions	LSTR	20
6	956	CPI	LSTR	20
8	1111	Street Drug Update	WSSC	49
8	110	HIV Update	Springer	39
8	787	CPR	LSTR	32
8	1159	CARES	Prickett	44
9	1109	Help Others Quit	Tom Collins	15
9	965	Verbal Interventions	LSTR	15
9	1096	Ethical Challenges	K/S Detox	20
10	965	Verbal Interventions	LSTR	29
13	1120	Basic Computer Skills	CTC	20
13	1121	Using Windows	CTC	48
14	965	Verbal Interventions	LSTR	52
14	1152	Group Counseling Skills	Springer	20
15	1020	Safety	Springer	31
15	787	CPR	LSTR	51
16	965	Verbal Interventions	WSSC	44
16	894	Ethics and Confidentiality	CSB	20
17	894	Ethics and Confidentiality	Hampton Inn	29
17	1103	CPI: Verbal Intervention	LSTR	29
20	848	Leading Social Skills Grps	K/S Detox	23
20	1178	Psychopharmacology	Springer	26
20	1122	Creating Documents	CTC	38
20	1123	Creating Spreadsheets	CTC	46
21	965	Verbal Interventions	LSTR	46
22	1101	Women in Criminal Jstc	Springer	21
22	787	CPR	LSTR	43
23	1160	Cultural Competence	K/S Detox	44
23	965	Verbal Interventions	LSTR	25
24	1098	WRAP	K/S Detox	21
24	1130	DBT	Springer	53
27	965	Verbal Interventions	LSTR	27
27	1124	Internet and E Mailing	CTC	21
27	1125	Creating Flyers, Invitations	CTC	49
28	1107	The Power of Recovery	Springer	45

CALENDAR OF WORKSHOPS

October (cont.)

29	1141	Schizophrenia & Recovery	K/S Detox	38
29	787	CPR	LSTR	44
30	GO707	Ethical & Legal Standards	Springer	47
30	965	Verbal Interventions	LSTR	21

November

3	956	CPI	LSTR	20
5	1159	CARES	K/S Detox	15
6	1118	DBT	Springer	26
7	965	Verbal Interventions	LSTR	21
10	1179	Veterans Administration	Carrolls Plaza	51
10	1120	Basic Computer Skills	CTC	48
10	1121	Using Windows	CTC	52
12	787	CPR	LSTR	44
12	1119	Consumer Reporting Frms	Springer	45
12	1152	Group Counseling Skills	Springer	31
13	1096	Ethical Challenges	Gateway	29
13	1119	Consumer Reporting Frms	K/S Detox	45
13	965	Verbal Interventions	LSTR	21
13	1175	Cultural Competence	CSB	24
14	306	Advanced Excel	CTC	48
14	1175	Cultural Competence	Hampton Inn	24
17	965	Verbal Interventions	LSTR	21
17	1180	IMR	K/S Detox	33
17	1122	Creating Documents	CTC	46
17	1123	Creating Spreadsheets	CTC	46
18	965	Verbal Interventions	LSTR	21
19	789	HIV/STD/Hepatitis C 101	K/S Detox	32
19	787	CPR	LSTR	44
20	965	Verbal Interventions	LSTR	21
20	1109	Help Others Quit	K/S Detox	15
21	1103	CPI: Verbal Intervention	LSTR	23
24	1124	Internet and E Mailing	CTC	49
24	1125	Creating Flyers, Invitations	CTC	45
25	965	Verbal Interventions	LSTR	21
26	787	CPR	LSTR	44

December

1	1178	Psychopharmacology	K/S Detox	38
1	1120	Basic Computer Skills	CTC	48
1	1121	Using Windows	CTC	52
3	1102	Professional Ethics	Springer	37
3	787	CPR	LSTR	44
4	965	Verbal Interventions	WSSC	21
5	965	Verbal Interventions	LSTR	21
8	965	Verbal Interventions	LSTR	21
8	1122	Creating Documents	CTC	46
8	1123	Creating Spreadsheets	CTC	46
9	1107	The Power of Recovery	Springer	41
9	965	Verbal Interventions	LSTR	21
9	1109	Help Others Quit	Springer	15
10	787	CPR	LSTR	44
11	965	Verbal Interventions	LSTR	21
11	GO707	Ethical & Legal Standards	Springer	48
12	965	Verbal Interventions	LSTR	21
12	1159	CARES	Springer	15
15	GO707	Ethical & Legal Standards	K/S Detox	47
15	956	CPI	LSTR	20
15	1124	Internet and E Mailing	CTC	49
15	1125	Creating Flyers, Invitations	CTC	45
16	1107	The Power of Recovery	K/S Detox	41

CALENDAR OF WORKSHOPS

December (cont.)

17	956	CPI	K/S Detox	20
17	787	CPR	LSTR	44
22	965	Verbal Interventions	LSTR	21
22	1152	Group Counseling Skills	Springer	31
24	787	CPR	LSTR	44
31	787	CPR	LSTR	44

January 2009

6	1107	The Power of Recovery	Springer	41
7	787	CPR	LSTR	44
8	1104	CPI: Power of Listening	LSTR	22
12	956	CPI	LSTR	20
12	1120	Basic Computer Skills	CTC	48
12	1121	Using Windows	CTC	52
14	1160	Cultural Competence	Springer	24
14	787	CPR	K/S Detox	44
15	1157	From Memos to Resumes	CTC	48
16	992	Clinical Supervision	Springer	16
19	1117	Multi Generational Wkforc	K/S Detox	28
19	1122	Creating Documents	CTC	46
19	1123	Creating Spreadsheets	CTC	46
20	1152	Group Counseling Skills	Springer	31
21	1159	CARES	Springer	15
21	787	CPR	LSTR	44
22	1104	CPI: The Power of Listening	LSTR	22
22	1165	CBT	Springer	30
26	1180	IMR	Springer	33
26	1124	Internet and E Mailing	CTC	49
26	1125	Creating Flyers, Invitations	CTC	45
27	1104	CPI: The Power of Listening	LSTR	22
28	787	CPR	LSTR	44
29	1096	Ethical Challenges	BHCC	29
30	1104	CPI: The Power of Listening	LSTR	22

February 2009

2	1157	Memos to Resumes	WPB	48
3	1107	The Power of Recovery	Springer	41
4	787	CPR	LSTR	44
4	1171	Mindfulness Meditation	Springer	34
5	1104	CPI: The Power of Listening	LSTR	22
9	956	CPI	LSTR	20
9	1102	Professional Ethics	K/S Detox	37
9	1120	Basic Computer Skills	CTC	48
9	1121	Windows and Desktop	CTC	52
10	1019	The Other Safety Issue	Springer	40
11	787	CPR	LSTR	44
12	1136	Theories of Counseling	K/S Detox	40
12	1117	Multi Generational Wrkforce	Springer	28
13	1162	CBT for Anger Mgmnt.	Springer	17
16	1122	Creating Documents	CTC	46
16	1123	Creating Spreadsheets	CTC	46
17	1104	CPI: The Power of Listening	LSTR	22
17	1152	Group Counseling Skills	Springer	31
18	1159	CARES	Springer	15
18	787	CPR	LSTR	44
19	1104	CPI: The Power of Listening	K/S Detox	22
20	1022	Clinical Supervision	Springer	16
23	1104	CPI: The Power of Listening	LSTR	22
23	1124	Internet and E Mailing	CTC	49
23	1125	Creating Flyers, Invitations	CTC	45
23	960	Crisis Intervention for Suicide	K/S Detox	23
24	1112	Opportunities for Change	Springer	23

CALENDAR OF WORKSHOPS

February 2009 (cont.)

25	1163	CBT for Depression/Anxiety	Springer	18
25	787	CPR	LSTR	44
27	1173	Shake Your Soul®	K/S Detox	30

March 2009

2	1158	Medical Information	CTC	52
3	1107	The Power of Recovery	Springer	41
4	1112	Opportunities for Change	WSSC 1st Flr.	23
4	1170	Mindfulness Meditation	Springer	34
4	787	CPR	LSTR	44
5	1104	CPI: The Power of Listening	LSTR	22
9	956	CPI	LSTR	20
9	1181	Exploring the IMR Toolkit	Springer	30
9	1121	Windows/Desktop Essentials	CTC	52
9	1120	Basic Computer Skills	CTC	48
11	1159	CARES	Springer	15
11	787	CPR	K/S Detox	44
11	1070	CBT: Personality Disorders	Springer	18
12	1101	Women in Criminal Justice	BHCC	43
12	1166	CBT with the Elderly Client	Springer	18
16	1098	WRAP	Springer	53
16	1122	Creating Documents	CTC	46
16	1123	Creating Spreadsheets	CTC	46
16	1152	Group Counseling Skills	Springer	31
17	759	Addiction Severity Index	K/S Detox	14
18	787	CPR	LSTR	44
19	1104	CPI: The Power of Listening	LSTR	22
19	1158	Medical Information	WPB	52
20	1105	CPI: Setting Limits/Listening	LSTR	22
23	1104	CPI: The Power of Listening	LSTR	22
23	1124	Internet and E Mailing	CTC	49
23	1125	Creating Flyers, Invitations	CTC	45
25	787	CPR	LSTR	44
25	960	Crisis Intervention for Suicide	BHCC	23
26	1164	CBT for Co Occurring Disrds	Springer	17
27	1104	CPI: The Power of Listening	LSTR	22
27	1023	Clinical Supervision	Springer	16

April 2009

2	1104	CPI: The Power of Listening	LSTR	22
6	956	CPI	LSTR	22
23	1104	CPI: The Power of Listening	LSTR	22
27	1105	CPI: Setting Limits/Listening	LSTR	22
27	1181	Exploring the IMR Toolkit	K/S Detox	22
28	1104	CPI: The Power of Listening	LSTR	22

SAVE THE DATES:

JULY 28 - AUGUST 1, 2008

DSAMH'S

37TH SUMMER INSTITUTE

“BEYOND THE DIAGNOSES”

**37th Summer Institute:
Beyond the Diagnoses
July 28 - August 1**

The 37th Summer Institute, Beyond the Diagnoses, will feature keynote speakers David Mee-Lee, M.D. and Stephanie Covington, Ph.D., LCSW. David Mee-Lee will speak on new strategies for providing comprehensive, person-centered services for individuals with co-occurring disorders. Stephanie Covington will address gender informed and trauma informed care and how these approaches can be utilized to promote positive treatment outcomes. Examples of workshops include Beyond Trauma: A Healing Journey for Women; Helping Women Recover; and Suicide Prevention: After an Attempt. Other workshops will cover topics such as diagnosis and treatment, ethics, and cognitive behavioral therapy. These are just a few of the workshops and topics under development for the 37th Annual Summer Institute.

For further information about the 2008 Summer Institute, contact the Training Office: (302) 255-9480, e-mail us at dsamh.training@state.de.us, or visit www.dhss.delaware.gov/dhss/dsamh

CEU Workshops

#978 12 Step Recovery Model

Half Day: 3 Contact Hours

Faculty: Baker

LEARNING OBJECTIVES

- Describe the 12-Step process and how each step applies to the individual
- Explain the importance of developing a support system in recovery
- Describe at least two types of 12-Step fellowship groups

SCHEDULE & LOCATION

9:00 am to 12:00 pm

KC May 22 WSSC, 1st Flr Conf Rm

SC June 19 K/S Detox

#759 The Addiction Severity Index

2 Days: 12 Contact Hours

Faculty: Baker and Gontang

LEARNING OBJECTIVES

- Identify the specific intentions of each question on the ASI
- Verify the information through cross checking
- Explain the value of utilizing probes to augment assessment information

SCHEDULE & LOCATION

9:00am to 4:00pm

SC March 17 & 18 '09 K/S Detox

#885 Brief Treatment for Problem Gambling

1 Day: 6 Contact Hours

Faculty: Baier

LEARNING OBJECTIVES

- Define the theoretical components of solution oriented counseling
- Elaborate the difference between solution oriented treatment and traditional treatment
- Verbally define three techniques for brief therapy
- Understand the application of these methods in the treatment of problem gamblers

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC June 12 CSB, Rm 105

SC June 13 Hampton Inn, Rehoboth

CEU Workshops

#1159 CARES: A Dementia Caregiving Approach™

2 Day: 12 Contact Hours

Faculty: Lovett & DSAMH Facilitators

LEARNING OBJECTIVES

- Describe the steps in the positive physical approach with individuals with dementia or traumatic brain injury
- Understand how behavior is a form of communication
- Describe the effects of dementia on the capacity to eat
- Use effective CARES interventions with individuals who have traumatic brain injury and other co-occurring issues
- Observe techniques to assist individuals to “bathe without a battle”

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	June 19 & 26	Springer 3
NCC	August 8 & 15	Springer 3
NCC	September 10 & 17	Springer 3
KC	October 8 & 15	DHCI
SC	November 5 & 12	K/S Detox
NCC	December 12 & 19	Springer 3
NCC	January 21 & 28 '09	Springer 3
NCC	February 18 & 25 '09	Springer 3
NCC	March 11 & 18 '09	Springer 3

#1109 Clear the Air: How to Help Others Quit

Half Day: 3 Contact Hours

Faculty: Bell

LEARNING OBJECTIVES

- Identify three key events in the history of tobacco
- Become proficient in instructing smokers how to utilize the Delaware Quitline
- Learn three techniques to help a smoker quit
- Understand the use of medications for smoking cessation

SCHEDULE & LOCATION

NCC	May 6	1:00 pm to 4:00 pm	Springer 1& 2
KC	October 9	9:00 am to 12:00 pm	Thomas Collins 2nd Flr Conf Rm
SC	November 20	9:00 am to 12:00 pm	K/S Detox
NCC	December 9	1:00 pm to 4:00 pm	Springer 3

CEU Workshops

#992 Clinical Supervision as an Evolving Skill I 1 Day: 6 Contact Hours

Faculty: Jontry

Note: The Clinical Supervision as an Evolving Skill series consists of three 1-day workshops. These workshops can be taken individually or as a series.

Prerequisite: #299 Clinical Supervision

LEARNING OBJECTIVES

- Describe skills and knowledge of clinical supervision
- Identify three ways to assist supervisees in working with individuals diagnosed with co-occurring disorders
- Describe three ways in which clinical supervision documentation supports the individual's recovery

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC January 16 '09

Springer 3

#1022 Clinical Supervision as an Evolving Skill II 1 Day: 6 Contact Hours

Faculty: Jontry

Note: The Clinical Supervision as an Evolving Skill series consists of three 1-day workshops. These workshops can be taken individually or as a series.

Prerequisite: #299 Clinical Supervision

LEARNING OBJECTIVES

- Identify three strategies for working with employees who present challenging issues
- Describe the differences between performance management and clinical supervision
- Identify three effective ways to increase employee morale

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC February 20 '09

Springer 3

#1023 Clinical Supervision as an Evolving Skill III 1 Day: 6 Contact Hours

Faculty: Jontry

Note: The Clinical Supervision as an Evolving Skill series consists of three 1-day workshops. These workshops can be taken individually or as a series.

Prerequisite: #299 Clinical Supervision

LEARNING OBJECTIVES

- Describe three methods for enhancing the effectiveness of case consultation
- Explain the application of clinical decision-making supports
- Utilize clinical supervision to promote self awareness and professional growth

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC March 27 '09

Springer 3

CEU Workshops

#299 Clinical Supervision Intensive Lab

5 Days: 30 Contact Hours

Faculty: Jontry

Note: This workshop is the prerequisite for #992, #1022, and #1023

LEARNING OBJECTIVES

- Describe the skills that encompass clinical supervision and documentation
- Explain the role of education, training, mentoring, and coaching in clinical supervision
- Discuss the ethical guidelines for the provision of clinical supervision
- Develop an intervention strategy for application with each supervisee

SCHEDULE & LOCATION

9:00 am to 4:00 pm

KC August 14, 28 & September 11, 25 & October 2

Smyrna Rest Area

All five dates of workshop must be attended in order to receive a certificate.

#1162 Cognitive Behavioral Therapy for Anger Management

1 Day: 6 Contact Hours

Faculty: Fusco and Rotgers

Pre-requisite: #1165 or a minimum of 2 years clinical experience in the application of CBT

LEARNING OBJECTIVES

- Describe the role of cognition distortions in individual responses to frustration and anger
- Identify three strategies for increasing frustration tolerance
- Identify three strategies for coping constructively with the internal experience of anger

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC February 13 '09

Springer 1 & 2

#1164 Cognitive Behavioral Therapy for Co-occurring Disorders

1 Day: 6 Contact Hours

Faculty: Rotgers

Pre-requisite: #1165 of a minimum of 2 years clinical experience in the application of CBT

LEARNING OBJECTIVES

- Discuss the applications of CBT in co-occurring disorders
- Describe the cognitive distortions of individuals with substance use conditions
- Explain the application of CBT treatment strategies used to treat co-occurring issues such as mental and physical health, legal, and others

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC March 26 '09

Springer 1 & 2

302-255-9480

www.dhss.delaware.gov/dhss/dsamh/train.html

CEU Workshops

#1163 Cognitive Behavioral Therapy for Depression and Anxiety

1 Day: 6 Contact Hours

Faculty: Fusco and Rotgers

Pre-requisite: #1165 or a minimum of 2 years clinical experience in the application of CBT

LEARNING OBJECTIVES

- List the three components of Beck's cognitive triad
- Describe three techniques for reducing symptoms of depression
- Describe three techniques for reducing anxiety symptoms

SCHEDULE & LOCATION

Schedule: 9:00 am to 4:00 pm

NCC February 25 '09

Springer 1 & 2

#1070 Cognitive Behavioral Therapy for Personality Disorders

1 Day: 6 Contact Hours

Faculty: Fusco

Pre-requisite: #1165 or a minimum of 2 years clinical experience in the application of CBT

LEARNING OBJECTIVES

- Describe Millon's case conceptualization strategies
- Explain the cluster system of the DSM-IV-TR classification
- Describe the cognitive distortions, schema, and overall conceptualization of borderline personality disorder(BPD)
- Identify key crisis management and intervention strategies to utilize with high-risk, crisis prone individuals with BPD

SCHEDULE & LOCATION

Schedule: 9:00 am to 4:00 pm

NCC March 11 '09

Springer 1 & 2

#1166 Cognitive Behavioral Therapy with the Elderly Client

1 Day: 6 Contact Hours

Faculty: Zahn

Pre-requisite: #1165 or a minimum of 2 years clinical experience in the application of CBT

LEARNING OBJECTIVES

- Discuss the applications of cognitive behavioral therapy with the elderly client
- Understand the relationships between distorted thinking, quality of life, and depressive themes
- Understand the relationship between anxiety, depressive symptoms, and physical health in the elderly population

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC March 12 '09

Springer 1 & 2

CEU WORKSHOPS

#1131 Conflict Resolution

1 Day: 5 Contact Hours

Faculty: Watts

LEARNING OBJECTIVES

- Understand the advantages and disadvantages of conflict
- Identify conflict management styles
- Describe active and effective listening skills
- Use collaborative problem solving tools

SCHEDULE & LOCATION

Schedule: 9:30 am to 3:30 pm

KC April 4 Thomas Collins Building, 1st Flr Conf Rm

#977 CPI: Crisis Development Model

First of three yearly 2008 mini-refreshers for DSAMH Employees

1 Contact Hour

Faculty: DSAMH Staff

Pre-requisite: #956 CPI: Nonviolent Crisis Prevention
and Intervention

LEARNING OBJECTIVES

- List the four behavior levels of crisis development
- Understand the purpose of the behavior levels
- Identify appropriate staff responses to each crisis behavior level

SCHEDULE & LOCATION

These workshops are scheduled on most units of the division.
Please check the unit schedule for date and times.

General Session: Open to anyone who missed their unit-based
training or where one was not scheduled at your site.

9:00 am to 10:00 am

NCC April 18 LSTR

968 CPI: Non-Verbal and Para-Verbal Communication

Second of three yearly 2008 mini-refreshers for DSAMH
Employees

1 Contact Hour

Faculty: DSAMH Staff

Pre-requisite: #956 CPI: Nonviolent Crisis Prevention and
Intervention

LEARNING OBJECTIVES

- Demonstrate the supportive stance
- Explain how personal space affects individuals
- Identify components of para-verbal communication

SCHEDULE & LOCATION

These workshops are scheduled on most units of the division.
Please check the unit schedule for dates and times.

General Sessions: Open to anyone who missed their unit-based
training or where one was not scheduled at their site.

9:00 am to 10:00 am

NCC June 13 LSTR

NCC Aug 22 LSTR

302-255-9480

www.dhss.delaware.gov/dhss/dsamh/train.html

CEU WORKSHOPS

#956 CPI: Non-Violent Crisis Prevention and Intervention

For DSAMH Employees

2-Day: 12 Contact Hours

Faculty: DSAMH Staff

Note: This workshop is mandatory for all DSAMH direct care staff and recommended for all other Division employees. It is the prerequisite for # 965, #1104, #968, #977, and #1105.

LEARNING OBJECTIVES

- Identify and explain the four levels of behavior and the appropriate staff responses
- Assess verbal intervention levels
- Demonstrate personal safety techniques

SCHEDULE & LOCATION

NCC	April 7 & 8	9:30am – 4:30pm	LSTR
NCC	April 21 & 22	3:00pm – 9:00pm	LSTR
NCC	May 5 & 6	9:30am – 4:30pm	LSTR
SC	May 19 & 20	9:30am – 4:30pm	K/S Detox
NCC	June 3 & 4	9:30am – 4:30pm	LSTR
NCC	June 16 & 17	9:00am – 4:00pm	LSTR
NCC	July 14 & 15	9:30am – 4:30pm	LSTR
NCC	August 11 & 12	9:30am – 4:30pm	LSTR
SC	August 25 & 26	9:30am – 4:30pm	K/S Detox
NCC	September 9 & 10	9:30am – 4:30pm	LSTR
NCC	September 22 & 23	3:00pm – 9:00pm	LSTR
NCC	October 6 & 7	9:30am – 4:30pm	LSTR
NCC	November 3 & 5	9:30am – 4:30pm	LSTR
NCC	December 15 & 16	9:30am – 4:30pm	LSTR
SC	December 17 & 18	9:30am – 4:30pm	K/S Detox
NCC	January 12 & 13 '09	9:30am – 4:30pm	LSTR
NCC	February 9 & 10 '09	9:30am – 4:30pm	LSTR
NCC	March 9 & 10 '09	9:30am – 4:30pm	LSTR
NCC	April 6 & 7 '09	9:30am – 4:30pm	LSTR

#965 CPI: How to Excel at Verbal Interventions

2008 Annual Refresher for DSAMH Employees

Half Day: 3 Contact Hours

Faculty: DSAMH Staff

Prerequisite: #956 CPI: Nonviolent Crisis Prevention and Intervention.

LEARNING OBJECTIVES

- List three questions to ask during any verbal intervention
- Describe the three types of limits that could be used
- Apply verbal intervention tools and techniques
- Demonstrate personal safety and control techniques

SCHEDULE & LOCATION

SEE NEXT PAGE

CEU WORKSHOPS

Schedule: 9:00 am to 12:00 pm

NCC	March 20	LSTR
KC	April 3	WSSC, 1st Flr Conf
NCC	April 28	LSTR
SC	May 1	K/S Detox
NCC	May 12	LSTR
NCC	May 15	LSTR
SC	June 12	K/S Detox
NCC	June 20	LSTR
NCC	June 24	LSTR
NCC	June 26	LSTR
NCC	July 10	LSTR
NCC	August 7	LSTR
NCC	August 15	LSTR
KC	August 18	WSSC, 1st Flr Conf
NCC	August 21	LSTR
SC	September 4	K/S Detox
NCC	September 18	LSTR
NCC	October 2	LSTR
NCC	October 9	LSTR
NCC	October 10	LSTR
NCC	October 14	LSTR
KC	October 16	WSSC, 1st Flr Conf
NCC	October 21	LSTR
NCC	October 23	LSTR
NCC	October 27	LSTR
NCC	November 7	LSTR
NCC	November 13	LSTR
NCC	November 17	LSTR
NCC	November 18	LSTR
NCC	November 20	LSTR
NCC	November 25	LSTR
KC	December 4	WSSC, 1st Flr Conf
NCC	December 5	LSTR
NCC	December 8	LSTR
NCC	December 11	LSTR
NCC	December 12	LSTR
NCC	December 22	LSTR

Schedule: 7:00 am to 10:00 am

NCC	April 11	LSTR
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Schedule: 3:00 pm to 6:00 pm

NCC	April 17	LSTR
NCC	May 29	LSTR
NCC	July 1	LSTR
NCC	October 30	LSTR
NCC	December 9	LSTR

CEU WORKSHOPS

#1105 CPI: Setting Limits and Empathic Listening

First of three 2009 mini-refreshers for DSAMH Employees

1 Contact Hour

Faculty: DSAMH Staff

Prerequisite: #956 CPI: Nonviolent Crisis Prevention and Intervention

LEARNING OBJECTIVES

- Describe how limits should be stated
- Apply empathic listening tools
- Demonstrate how both of these interventions can be applied

SCHEDULE & LOCATION

These workshops are scheduled on most units of the Division. Please check with your supervisor for the dates and times.

General Sessions: Open to anyone who missed their unit-based training or where one was not scheduled at your site.

9:00 am to 10:00 am

NCC	March 20 '09	LSTR
NCC	April 27 '09	LSTR

#1104 CPI: The Power of Listening

2009 Annual Refresher for DSAMH Employees

Half Day: 3 Contact Hours

Faculty: DSAMH Staff

Prerequisite: #956 CPI: Nonviolent Crisis Prevention and Intervention

LEARNING OBJECTIVES

- List the five steps to empathic listening
- Identify the dangers of giving advice
- State the roadblocks to listening
- Demonstrate personal safety and control techniques

SCHEDULE & LOCATION

NCC	January 8 '09	9:00 am to 12:00 pm	LSTR
NCC	January 22 '09	9:00 am to 12:00 pm	LSTR
NCC	January 27 '09	9:00 am to 12:00 pm	LSTR
NCC	January 30 '09	9:00 am to 12:00 pm	LSTR
NCC	February 5 '09	9:00 am to 12:00 pm	LSTR
NCC	February 17 '09	9:00 am to 12:00 pm	LSTR
SC	February 19 '09	9:00 am to 12:00 pm	K/S Detox
NCC	February 23 '09	3:00 pm to 6:00 pm	LSTR
NCC	March 5 '09	9:00 am to 12:00 pm	LSTR
NCC	March 19 '09	9:00 am to 12:00 pm	LSTR
NCC	March 23 '09	9:00 am to 12:00 pm	LSTR
NCC	March 27 '09	9:00 am to 12:00 pm	LSTR
NCC	April 2 '09	7:00 am to 10:00 am	LSTR
NCC	April 23 '09	9:00 am to 12:00 pm	LSTR
NCC	April 28 '09	9:00 am to 12:00 pm	LSTR

CEU WORKSHOPS

#1103 CPI: Verbal Escalation Continuum and Intervention Techniques

Third of three 2008 mini-refreshers for DSAMH Employees

1 Contact Hour

Faculty: DSAMH Staff

Prerequisite: #956 CPI: Nonviolent Crisis Prevention and Intervention

LEARNING OBJECTIVES

- List the five levels of the verbal escalation continuum
- Identify the levels of behavior in crisis development model and appropriate responses

SCHEDULE & LOCATION

9:00 am to 10:00 am

NCC October 17 LSTR

NCC November 21 LSTR

#1112 Creating Opportunities for Change: Strategies for Motivating

1 Day: 6 Contact Hours

Faculty: Chatterton

LEARNING OBJECTIVES

- Identify and understand the stages of change
- Identify common treatment impasses and methods of getting beyond these points
- Integrate stages of change into treatment/intervention strategies
- Utilize the therapeutic relationship as a catalyst for change

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC February 24 '09 Springer 4

KC March 4 '09 WSSC 1st Flr Conf Rm

#960 Crisis Interventions and Assessment for Suicidal Behavior

1 Day: 6 Contact Hours

Faculty: Scott-Jones

LEARNING OBJECTIVES

- Describe crisis intervention services for a mental health or substance use crisis
- Conduct comprehensive assessments for a mental health or substance use crisis
- Identify effective interventions for individuals in crisis

SCHEDULE & LOCATION

9:00 am to 4:00 pm

SC February 23 '09 K/S Detox

KC March 25 '09 BHCC, Suite 4F

CEU WORKSHOPS

#1174 Crossing the Line

1 Day: 6 Contact Hours

Faculty: Humphrey-Jones, Slawik and Deely

LEARNING OBJECTIVES

- Describe Axis I and II disorders pertinent to gambling-related crimes
- List gambling related crimes and warning signs of gambling desperation
- List resources for those facing legal issues
- Describe the treatment methodologies for incarcerated and individuals on probation for gambling related crimes

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC June 26

CSB, Rm 105

SC June 27

Hampton Inn, Rehoboth

#1175 Cultural Competence: Deepening Our Understanding and Going Beyond Political Correctness

1 Day: 6 Contact Hours

Faculty: Wuelfing

LEARNING OBJECTIVES

- Discuss elements of privilege and power, and how they impact service delivery
- Self-assess individual cultural competence
- Assess agency preparedness for cultural competence
- Create an action plan for individual and agency improvements

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC November 13

CSB, Rm 105

SC November 14

Hampton Inn, Rehoboth

#1160 Cultural Competence in a Therapeutic Environment

1 Day: 6 Contact Hours

Faculty: Wolskee

LEARNING OBJECTIVES

- Describe three biases that may interfere with service provision
- Examine ideas about unity, diversity, and pluralism that could impact services
- Understand the Tripartite Model for competency
- Discuss how culturally appropriate intervention strategies can be incorporated into treatment planning

SCHEDULE & LOCATION

9:00 am to 4:00 pm

SC October 23

K/S Detox

NCC January 14 '09

Springer 1& 2

CEU WORKSHOPS

#1140 Cultural Competency & Team Building

1 Day: 6 Contact Hours

Faculty: Robinson

LEARNING OBJECTIVES

- Gain understanding and respect for different cultures and their nuances
- Explain the worldviews of different cultural groups
- Understand the culture groups that you work with
- Describe how personal biases or attitudes can interfere in providing effective services

SCHEDULE & LOCATION

9:00 am to 4:00 pm

KC

June 6

DTTC, 407 A

#1099 Deaf Culture 101

Half Day: 3 Contact Hours

Faculty: Sarro, Tucker

LEARNING OBJECTIVES

- Explain ways to communicate with an individual who is deaf or hard of hearing
- Describe technology used by individuals who are deaf or hard of hearing
- Understand the availability of telecommunication relay services
- Understand the role of sign language interpreters
- Describe the Registry of Interpreters for the Deaf Code of Professional Conduct

SCHEDULE & LOCATION

9:00 am to 12:00 pm

CC

April 16

Springer 3

SC

April 24

K/S Detox

#1172 Detoxification from Alcohol and Other Drugs

Half Day: 3 Contact Hours

Faculty: Centers

LEARNING OBJECTIVES

- Name the substances of abuse that require medical detoxification
- List the modalities available to detoxify from each substance
- Describe the concerns for co-morbidity in the physically dependent individual

SCHEDULE & LOCATION

1:00 pm to 4:00 pm

SC

September 15

K/S Detox

CEU WORKSHOPS

#848 Developing and Leading Social Skills Groups

1 Day: 6 Contact Hours

Faculty: Siebold

LEARNING OBJECTIVES

- Describe the principles of social learning theory as they apply to social skills
- Reduce complex social skills into more simplistic components for instruction
- Describe a 14-step group process for introducing a new social skill

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	May 15	Springer 1 & 2
SC	October 20	K/S Detox

#1007 Dialectical Behavior Therapy:

**An Evidence-Based Treatment for
Borderline Personality Disorder**

2 Days: 12 Contact Hours

Faculty: Mannion

LEARNING OBJECTIVES

- Describe the goals, modes, and behavioral targets of each mode of Dialectical Behavior Therapy (DBT)
- Identify three distinguishing assumptions made in DBT about individuals with borderline personality disorder
- Describe two acceptance strategies and two change strategies used in DBT
- Summarize a strategy for implementing DBT

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	April 9 & 23	Springer 1 & 2
SC	June 13 & 27	K/S Detox

#1118 Dialectical Behavior Therapy: Overcoming Challenges of In-patient Providers

1 Day: 6 Contact Hours

Faculty: Mannion

Pre-requisite: #1007 Introduction to DBT

LEARNING OBJECTIVES

- Describe how dialectical behavior therapy (DBT) is implemented for in-patient providers
- Define participant challenges in two areas of implementing DBT in an in-patient setting
- Summarize an action plan for addressing two of these challenges

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	November 6	Springer 1 & 2
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CEU WORKSHOPS

#1130 Dialectical Behavior Therapy: Overcoming Challenges of Outpatient Providers

1 Day: 6 Contact Hours

Faculty: Mannion

Pre-requisite: #1007 Introduction to DBT

LEARNING OBJECTIVES

- Describe how dialectical behavior therapy (DBT) is being used in outpatient settings
- Define the challenges participants are having in two areas of implementing DBT in an outpatient setting
- Summarize an action plan for addressing these challenges

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC

October 24

Springer 1 & 2

#1150 Disaster Mental Health: Basic Counseling Skills

1 Day: 6 Contact Hours

Faculty: Crimando

LEARNING OBJECTIVES

- Demonstrate rapid assessment and triage of disaster-affected individuals
- Explain methods of gathering critical information and defining immediate needs
- Facilitate arousal reduction techniques

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC

April 8

Springer 3

SC

April 7

K/S Detox

#1143 Disaster Mental Health: Advanced Counseling Skills

1 Day: 6 Contact Hours

Faculty: Crimando

Prerequisite: #1150 Disaster Mental Health Basic Skills or disaster mental health response experience

LEARNING OBJECTIVES

- Demonstrate assisted coping techniques
- Explain methods of seeking and giving support for survivors
- Describe strategies to promote 'helpful thinking'
- Describe key concepts of self-care in disaster mental health response

SCHEDULE & LOCATION

9:00 am to 4:00 pm

KC

May 1

WSSC 2nd Flr Conf Rm

NCC

May 2

ASSC

302-255-9480

www.dhss.delaware.gov/dhss/dsamh/train.html

CEU WORKSHOPS

#1117 Diversity in the Multi-Generational Workforce

1.5 Contact Hours

Faculty: Ingle

LEARNING OBJECTIVES

- Discuss how traits, core values, and beliefs of generations are molded
- Identify the generations in the workforce and name the general characteristics of each
- Identify the core values and belief systems for each generation
- Explain how generational differences occur in the workplace

SCHEDULE & LOCATION

9:00 am to 10:30 am

SC	Jan 19 '09	K/S Detox
NCC	Feb 12 '09	Springer 1 & 2

#1145-1149 Essential Counseling Skills: I-V 1 Day/workshop: 6 Contact Hours/workshop Faculty: Jontry

WORKSHOPS AND SCHEDULES

#1145 Essential Counseling Skills I

Date: 05/07/08 9:00 am to 4:00 pm Location: Springer 3

- Use attentive empathic listening
- Learn how to increase client self-disclosure
- Utilize the Johari window to help reduce defensiveness
- Identify defense mechanisms

#1146 Essential Counseling Skills II

Date: 05/14/08 9:00 am to 4:00 pm Location: Springer 1 & 2

- Practice skills to improve individual self perception
- Learn strategies to identify client strengths and resources
- Explore how perceptions, language, and non-verbal messages effect communication
- Learn twelve guidelines for straight, clear, uncluttered, helpful ways of verbal exchange

#1147 Essential Counseling Skills III

Date: 05/28/08 9:00 am to 4:00 pm Location: Springer 3

- Explore alternative ways of looking at problematic situations
- Identify ways to incorporate spirituality in the counseling process
- Recognize transference and counter-transference

#1148 Essential Counseling Skills IV

Date: 06/11/08 9:00 am to 4:00 pm Location: Springer 1 & 2

- Use engagement strategies for the court-mandated individual
- Identify discrepancies: How individuals sabotage themselves and what to do about it
- Assist clients to build a vision of how they wish to be

#1149 Essential Counseling Skills V

Date: 06/25/08 9:00 am to 4:00 pm Location: Springer 1 & 2

- Identify strategies to gain strength and hope from relapse
- Describe strategies used to enlist individual creative processes in person-centered treatment planning
- Negotiate recovery goals

CEU WORKSHOPS

#1096 Ethical Challenges in the Treatment of HIV, Mental Health, and Substance Use Conditions

Half Day: 3 Contact Hours

Faculty: Parcher

LEARNING OBJECTIVES

- Describe the Code of Federal Regulations (CFR) 42 Part II and compare it to other confidentiality regulations and statutes
- Describe common ethical dilemmas and transgressions
- Understand 'power', its impact, and ethical responsibility
- Understand the negative impact of unclear boundaries
- Use two strategies for handling ethical dilemmas

SCHEDULE & LOCATION

9:00 am to 12:00 pm

SC	October 9	K/S Detox
NCC	November 13	Gateway
KC	January 29 '09	BHCC, Suite 4F

#894 Ethics and Confidentiality

1 Day: 6 Contact Hours

Faculty: Edgar

LEARNING OBJECTIVES

- List exceptions to needing client consent prior to releasing information
- Describe issues regarding duty to warn
- Identify situations and behaviors that may lead to ethical violations
- Provide examples of client identifying information

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	October 16	CSB, Rm 105
SC	October 17	Hampton Inn, Rehoboth

#1134 Ethics in Crisis and Disaster Situations

1 Day: 6 Contact Hours

Faculty: Crimando

LEARNING OBJECTIVES

- Describe key concepts in ethical decision-making
- Discuss transference/countertransference issues in crisis work
- Explain the steps in ethical decision-making
- Identify the unique ethical challenges associated with crisis response
- Describe ethical pitfalls and countermeasures for disaster mental health responders

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	June 6	Springer 3
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CEU WORKSHOPS

#1181 Exploring the Illness Management and Recovery Toolkit

1 Day: 6 Contact Hours

Faculty: Berky-Beck, Escovitz

LEARNING OBJECTIVES

- Describe the concepts and strategies for implementing Illness Management and Recovery (IMR)
- Understand application of the IMR Toolkit with individuals and groups
- Identify and utilize the teaching principles of IMR

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC March 9 '09

Springer 1 & 2

SC April 27 '09

K/S Detox

#1173 Express Yourself! A Shake Your Soul® and Process-Based Art Experience

2 Contact Hours

Faculty: Barwick

LEARNING OBJECTIVES

- Identify therapeutic value of incorporating non-verbal modes of expression
- Explore cognitive concepts through non-verbal means
- Identify personal style of expression through movement/image
- Increase appreciation for cultural and individual diversity
- Use new techniques for working with trauma survivors

SCHEDULE & LOCATION

10:00 am to 12:00 pm

SC February 27 '09

K/S Detox

#1165 Foundations of Cognitive Behavioral Therapy

2 Days: 12 Contact Hours

Faculty: Fusco and Rotgers

Note: This workshop fulfills the pre-requisite for the Advanced CBT workshops: #1163, #1162, #1070, #1164, and #1166

LEARNING OBJECTIVES

- State the components of a structured cognitive/behavioral therapy session
- Describe the role of cognitive distortions in the development and/or maintenance of a selection of DSM-IV-TR diagnoses
- Describe three methods for restructuring cognitive distortions and maladaptive schema

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC January 22 & 23 '09

Springer 1 & 2

CEU WORKSHOPS

#1182 Gestalt Therapy: An Overview

Half Day: 3 Contact Hours

Faculty: Walker

LEARNING OBJECTIVES

- Describe the core concepts of Gestalt theory
- Understand the therapeutic goals inherent in Gestalt therapy
- Identify interventions specific to Gestalt therapy
- Practice role-playing and empty chair work
- Recognize the importance of the mind-body relationship when providing therapy

SCHEDULE & LOCATION

9:00 am to 12:00 pm

NCC

June 16

Springer 1 & 2

#1152 Group Counseling Skills

1 Day: 7.5 Contact Hours

Faculty: DSAMH staff

LEARNING OBJECTIVES

- Review the characteristics of effective group leaders
- Demonstrate the person-centered principles of active listening and validation, paraphrasing, summarizing, and clarifying
- Describe the group leaders tasks, including maintaining boundaries, helping members bond, encouraging participation, keeping discussion focused
- Review Albert Bandura's Social Learning model and explain how it applies to social skills groups
- Compare strategies to employ principles of adult learning and multicultural counseling
- Demonstrate how to use role playing and problem solving models in the group process

SCHEDULE & LOCATION

8:00 am to 4:30 pm

NCC

April 14

Springer 3

NCC

May 12

Springer 3

NCC

June 10

LSTR

NCC

July 21

Springer 3

NCC

August 18

Springer 3

NCC

September 16

Springer Medical Library

NCC

October 14

Springer Medical Library

NCC

November 12

Springer 1 & 2

NCC

December 22

Springer 3

NCC

January 20 '09

Springer Medical Library

NCC

February 17 '09

Springer Medical Library

NCC

March 16 '09

Springer 1 & 2

CEU WORKSHOPS

#1135 Grief and Loss 1 Day: 6 Contact Hours Faculty: Crimando

LEARNING OBJECTIVES

- Describe the grief process
- Define “traumatic grief”
- Discuss resilience and making meaning of loss
- Describe general interventions in grief and loss situations

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC

August 8

ASSC

#110 HIV Update: The Whole Spectrum Half Day: 3 Contact Hours Faculty: Bennett, Lincoln, Moora, and Vella

LEARNING OBJECTIVES

- Describe the epidemiological trends of HIV/AIDS in Delaware and the Nation
- Explain current treatment and research in HIV/AIDS
- Identify HIV/AIDS services, existing networks, and funding distribution in Delaware

SCHEDULE & LOCATION

9:00 am to 12:00 pm

SC

April 9

GSSC Public Health Conf Rm

NCC

October 8

Springer 1& 2

#789 HIV, STDs, and Hepatitis C 101 Half Day: 3 Contact Hours Faculty: Siers

LEARNING OBJECTIVES

- Define HIV, STDs, and Hepatitis C and how they are transmitted
- Explain prevention and risk reduction methods
- Identify Delaware counseling and testing providers

SCHEDULE & LOCATION

9:00 am to 12:00 pm

KC

May 14

Thomas Collins Bldg, 2nd Flr Conf Rm

SC

November 19

K/S Detox

CEU WORKSHOPS

#1110 HIV, STDs, and Hepatitis C 201

2 Days: 12 Contact Hours

Faculty: Williams

Prerequisite: #789 HIV, STD and Hepatitis C 101

LEARNING OBJECTIVES

- Define HIV, STD's and Hepatitis C and the associated effects with each infection/virus
- Differentiate transmission modes and transmission mode examples associated with each infection/virus
- Explain prevention and risk reduction methods associated with each infection/virus
- List counseling and testing services related to HIV, STD, and Hepatitis C

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	April 22 & 23	HSSC
NCC	August 19 & 20	HSSC

#1180 Illness Management and Recovery

Half Day: 3 Contact Hours

Faculty: Berky-Beck & Escovitz

LEARNING OBJECTIVES

- Introduce recovery concepts and skills to individuals in a way that is positive, empowering, and fun
- Learn how to develop peer cohorts
- Identify and address barriers to Illness Management and Recovery (IMR) implementation
- Use at least one IMR evidenced-based recovery skill

SCHEDULE & LOCATION

9:00 am to 12:00 pm

SC	November 17	K/S Detox
NCC	January 26 '09	Springer 1 & 2

#1161 Medication Assisted Therapy

1 Day: 6 Contact Hours

Faculty: Kampman

LEARNING OBJECTIVES

- Understand the usefulness of methadone and buprenorphine for the treatment of opiate dependence
- Describe the usefulness of naltrexone and acamprosate for the treatment of alcohol dependence
- Explain the usefulness of varenicline for the treatment of nicotine dependence

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	August 21	Springer 1 & 2
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CEU WORKSHOPS

#1167 Mindfulness Based Stress Reduction & Psychotherapy

7 Half Days & 1 Full Day: 27 Contact Hours

Must attend all workshops to receive certificate & CEU's

Faculty: Walsh

LEARNING OBJECTIVES

- Apply basic mindfulness skills and a regular meditation practice
- Understand the relationship between mindfulness and stress reduction
- Incorporate mindfulness principles into counseling practices

SCHEDULE & LOCATION

NCC	September 17	9:00 am to 12:00 pm	Springer 1 & 2
NCC	September 24	9:00 am to 12:00 pm	Springer 1 & 2
NCC	October 1	9:00 am to 12:00 pm	Springer 3
NCC	October 8	9:00 am to 12:00 pm	Springer 3
NCC	October 15	9:00 am to 12:00 pm	Springer 1 & 2
NCC	October 23	9:00 am to 4:00 pm	Buena Vista
NCC	October 29	9:00 am to 12:00 pm	Springer 3
NCC	November 5	9:00 am to 12:00 pm	Springer 1 & 2

#1170 Mindfulness Meditation as a Treatment Strategy for Borderline Personality Disorder

1 Day: 6 Contact Hours

Faculty: Walsh

Pre-requisite: #1167 or MBSR in another venue with current meditation practice

LEARNING OBJECTIVES

- Understand the relation between mindful acceptance and the affective instability found in BPD
- State skills and tools to facilitate recovery from BPD
- Review essential information about maintaining appropriate and healthy relationship boundaries when teaching mindfulness skills to clients suffering from BPD

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC March 4 '09 Springer 3

#1171 Mindfulness Meditation as a Treatment Strategy in Mood Disorders

1 Day: 6 Contact Hours

Faculty: Walsh

Pre-requisite: #1167 or MBSR in another venue with current meditation practice

LEARNING OBJECTIVES

- Understand the theoretical background to mindfulness based cognitive therapy and its efficacy in treatment of depression
- State skills and tools to facilitate recovery from depression and euthymic mood states
- Facilitate mindfulness in management of bipolar disorder

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC February 4 '09 Springer 3

CEU WORKSHOPS

#1137 Motivational Interviewing Techniques: Advanced

1 Day: 6 Contact Hours

Faculty: Chenkin

LEARNING OBJECTIVES

- Describe the three components of the “spirit” of Motivational Interviewing (MI) and the four general principles of MI
- Demonstrate the “microskills” of MI
- Explain “change talk” and two methods to increase the quantity and frequency of “change talk”
- Identify three strategies for managing resistance
- Describe the rationale of Motivational Interviewing Assessment: Supervisory Training for Enhancing Proficiency

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC April 2 Springer 3

SC April 9 K/S Detox

#1176 Motivational Therapy: Helping People to Choose Change

1 Day: 6 Contact Hours

Faculty: Walsh

LEARNING OBJECTIVES

- Apply knowledge in methods for addressing client ambivalence, resistance, and defensiveness
- Practice exercises to enhance empathy and rapport-building skills
- Address the role that values can play in helping people commit to change

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC September 25 CSB, Rm 105

SC September 26 Hampton Inn, Rehoboth

#1151 Neuroscience Treatment Team Partner and Complete Wellness National Training and Consultation Program

Participation in this workshop is by invitation only;
for information email Lynda.lord@state.de.us

2 Days: 12.25 Contact Hours

Faculty: Vreeland, Toto, Haytas, and Verna

LEARNING OBJECTIVES

- Describe the ‘Complete Wellness’ (mind/body/spirit) approach to mental health treatment
- Explain how using the Team Solutions and Solutions for Wellness can empower people to achieve their recovery and wellness goals
- Create an organizational implementation plan to help foster a ‘Complete Wellness’ organizational culture

SCHEDULE & LOCATION

8:30 am to 4:30 pm

NCC May 13 & 14 Hilton Wilmington/Christiana

302-255-9480

www.dhss.delaware.gov/dhss/dsamh/train.html

CEU WORKSHOPS

The Office of Prevention and Early Intervention is responsible for providing training, public education and consultation services aimed at preventing child abuse, dependency, neglect, juvenile delinquency, mental health disorders and drug and alcohol abuse among children and youth. The two workshops below will focus on the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Prevention (CSAP), Strategic Prevention Framework. The Strategic Prevention Framework is a five step evidence-based process designed to guide the planning, implementation, and evaluation of substance abuse prevention, treatment and mental health services at both the state and community levels. You are encouraged to attend both workshops.

#1115 Prevention: Capacity Building Workshop **2 Days: 12 Contact Hours** **Faculty: Hall**

LEARNING OBJECTIVES

- Describe why capacity building is important in the Strategic Prevention Framework
- Assess the key elements of capacity building including developing leadership
- Identify which aspects of capacity need to be addressed
- Develop strategies to address a specific element
- Create plans for the coalition to build capacity

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC

June 4 & 5

Buena Vista

#1114 Prevention: Core Essentials of an Effective and Sustainable Coalition **2 Days: 12 Contact Hours** **Faculty: Hall**

LEARNING OBJECTIVES

- Identify community needs and resources by naming and framing identified issues
- Analyze problems and goals and identify root causes
- Discuss Logic models – “The picture on top of the puzzle box”
- Understand evaluation basics and create an evaluation plan
- Create and select appropriate interventions
- Discuss sustainability

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC

April 23 & 24

Buena Vista

CEU WORKSHOPS

#1024 Problem Gambling for Beginners I: History, Theory, and Identification

1 Day: 6 Contact Hours

Faculty: Edgar and Pertzoff

LEARNING OBJECTIVES

- Explain the history of legalized gambling in the United States
- Describe the history and development of the field of pathological gambling
- Identify types of individuals with a gambling addiction
- Describe the stages, signs and symptoms, and progression of problem gambling

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	April 10	CSB, 9th Flr, Red Cross
SC	April 11	Hampton Inn, Rehoboth

#1025 Problem Gambling for Beginners II: Screening, Assessment, and Clinical Applications

1 Day: 6 Contact Hours

Faculty: Edgar and Pertzoff

Pre-requisite: #1024 Problem Gambling for Beginners I

LEARNING OBJECTIVES

- Explain gambling-specific diagnostic criteria
- Describe the critical process of financial stabilization in treating problem gambling
- Apply appropriate gambling-specific clinical tools in a case study of an individual with gambling problems

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	September 11	CSB, Rm 109
SC	September 12	Hampton Inn, Rehoboth

#1102 Professional Ethics

Half Day: 3 Contact Hours

Faculty: Donovan

LEARNING OBJECTIVES

- Understand the ethics of competent human service practice
- Develop an appreciation of everyday mechanisms that can be utilized to resolve ethical considerations
- Discuss client rights, confidentiality, dual relationships, and duty to warn

SCHEDULE & LOCATION

9:00 am to 12:00 pm

NCC	December 3	Springer 1 & 2
SC	February 9 '09	K/S Detox

CEU WORKSHOPS

#1178 Psychopharmacology of Antipsychotic Medication and Drug Interactions

Half Day: 3 Contact Hours

Faculty: Curtis

LEARNING OBJECTIVES

- Identify current typical and atypical antipsychotic agents
- Understand specific drug interactions with those agents
- Describe the adverse events and side effects of antipsychotic medications

SCHEDULE & LOCATION

9:00 am to 12:00 pm

KC	September 26	BHCC
NCC	October 20	Springer 1 & 2
SC	December 1	K/S Detox

#1155 Schizophrenia: An Overview of Symptoms

Half Day: 3 Contact Hours

Faculty: Taylor

LEARNING OBJECTIVES

- Identify and describe characteristic symptoms of schizophrenia
- Describe four factors that can produce symptoms of psychosis which are not related to schizophrenia
- Describe recovery outcomes for individuals with schizophrenia
- Differentiate subtypes of schizophrenia based on clinical presentation

SCHEDULE & LOCATION

9:00 am to 12:00 pm

SC	June 25	K/S Detox
NCC	September 24	Springer 3

#1141 Schizophrenia & Recovery

1 Day: 6 Contact Hours

Faculty: Taylor

Pre-requisite: #1155 or experience working with persons who have schizophrenia

LEARNING OBJECTIVES

- Learn practical strategies for coping with auditory hallucinations
- Identify effective ways of communicating with persons who are experiencing delusions
- Identify three aspects of insight

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	September 19	Springer 1& 2
SC	October 29	K/S Detox

CEU WORKSHOPS

#1116 Strategic Response to Crisis

2 Day: 12 Contact Hours

Faculty: Lating

LEARNING OBJECTIVES

- Define strategic planning as it applies to crisis intervention
- Outline the elements of the National Incident Management System and relate those elements to crisis intervention
- Describe a comprehensive, integrated, systematic and multi-component crisis intervention program

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC May 20 & 21

Springer 1 & 2

#1111 Street Drug Update

Half Day: 3 Contact Hours

Faculty: Chatterton

LEARNING OBJECTIVES

- Identify current street drugs, intended effects, and side effects
- Incorporate street drug information into treatment planning
- Differentiate between psychiatric and post acute withdrawal symptoms
- Understand how street drug usage complicates assessment and treatment

SCHEDULE & LOCATION

9:00 am to 12:00 pm

NCC September 25

Springer 3

KC October 8

WSSC 1st Flr Conf Rm

#1153 Taking the Sex Out of Sexuality

Half Day: 3 Contact Hours

Faculty: Opresso

LEARNING OBJECTIVES

- Define sexuality as more than genital activity
- Increase comfort with discussing and asking questions about sexuality
- Learn what human sexuality is and how it affects our behavior
- Learn the distinctions between sexual orientation, behavior, and identity

SCHEDULE & LOCATION

9:00 am to 12:00 pm

NCC April 17

Springer 3

NCC June 18

Springer 3

CEU WORKSHOPS

#1019 The Other Safety Issue: Our Role in Screening, Assessing and Responding to Domestic Violence

Half Day: 3 Contact Hours

Faculty: Duckworth and Durbano

LEARNING OBJECTIVES

- Identify effective screening techniques for domestic violence
- Describe how risks influence the choices and options available to victims of domestic violence
- Identify ways to provide effective services and strategies contributing to victim safety and batterer accountability

SCHEDULE & LOCATION

9:00 am to 12:00 pm

SC September 16

K/S Detox

NCC February 10 '09

Springer 1 & 2

#1144 The Physiology of Fear

1 Day: 6 Contact Hours

Faculty: Crimando

LEARNING OBJECTIVES

- Describe the primary neurocircuitry of fear
- Explain the role of the neurochemicals associated with fear
- Identify three common fear reactions
- Provide examples of perceptual distortions in fear response
- Describe strategies for fear management

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC June 20

Springer 1 & 2

#1136 Theories of Counseling

1 Day: 6 Contact Hours

Faculty: Siebold

LEARNING OBJECTIVES

- Describe the major theories of counseling and interventions based on those theories
- Compare and contrast the key concepts, goals and techniques for each model
- Describe how the models impact, and are impacted by, multiculturalism and feminism

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC August 27

Springer 1 & 2

SC February 12 '09

K/S Detox

CEU WORKSHOPS

#1107 The Power of Recovery For Consumers and Providers

1 Day: 7 Contact Hours

Faculty: DSAMH Staff

LEARNING OBJECTIVES

- Define recovery
- Recognize the principles of recovery
- Use consistent recovery-based language in the workplace
- Describe motivation as a key concept in the support of recovery
- Demonstrate verbal responses to support hope and promote recovery

SCHEDULE & LOCATION

8:00 am to 4:00 pm

NC	April 1	Springer 1 & 2
NC	April 29	Springer 1 & 2
SC	May 13	K/S Detox
NC	May 28	Springer 1 & 2
NC	July 8	Springer 1 & 2
NC	August 5	Springer 1 & 2
SC	August 19	K/S Detox
NC	September 3	Springer 1 & 2
NC	September 30	Springer 1 & 2
NC	October 28	Springer 1 & 2
NC	December 9	Springer 1 & 2
SC	December 16	K/S Detox
NC	January 6 '09	Springer 1 & 2
NC	February 3 '09	Springer 1 & 2
NC	March 3 '09	Springer 1 & 2

#1139 Treatment Planning M.A.T.R.S.: Utilizing the ASI to Make Required Data Collection Useful

2 Day: 12 Contact Hours

Faculty: Poole

LEARNING OBJECTIVES

- Compare characteristics of a program driven with an individualized treatment plan
- Understand how individualized treatment plans improve client retention and lead to better outcomes
- Practice writing notes that reflect how treatment is progressing
- Use measurable, attainable, time-limited, realistic, and specific treatment planning tools (M.A.T.R.S.)

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC	April 15 & 16	Springer 1 & 2
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302-255-9480

www.dhss.delaware.gov/dhss/dsamh/train.html

CEU WORKSHOPS

#1177 What's Grief Got To Do With Compulsive Gambling?

1 Day: 6 Contact Hours

Faculty: Murphy

LEARNING OBJECTIVES

- Discuss the theoretical foundation for the treatment of grief with gambling addiction clients
- Identify predisposing events which many contribute to gambling addiction
- Access resources to integrate grief counseling in practice
- Identify negative consequences of using gambling to cope with grief

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC May 15 CSB, Rm 109

SC May 16 Hampton Inn, Rehoboth

1108 White Bears, Craving, Depression, and Addiction: Working WITH the Preoccupied Mind PART I

1 Day: 6 Contact Hours

Faculty: Walsh

LEARNING OBJECTIVES

- Be familiar with Wegner's research on thought suppression
- Conceptualize the etiology of depression and addiction so the role of thought suppression in the client's illness can be better understood and treated
- Describe the effects of thought suppression on one-self

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC June 12 Springer 1 & 2

#1113 White Bears, Craving, Depression, and Addiction: Working WITH the Preoccupied Mind PART II

1 Day: 6 Contact Hours

Faculty: Walsh

LEARNING OBJECTIVES

- Understand the integration of mindfulness approaches to thought suppression with cognitive forms of therapy
- Experience mindfulness methods as practiced in dialectical behavior therapy and acceptance and commitment therapy
- Discuss resources to integrate these approaches to depression and addiction counseling

SCHEDULE & LOCATION

9:00 am to 4:00 pm

NCC June 13 Springer 1 & 2

CEU WORKSHOPS

#1101 Women in the Criminal Justice System

Half Day: 3 Contact Hours

Faculty: Empson

LEARNING OBJECTIVES

- Explore barriers female offenders encounter in the community
- Identify resources to assist in case management
- Appreciate challenges and rewards of working with female offenders

SCHEDULE & LOCATION

9:00 am to 12:00 pm

NCC

October 22

Springer 1 & 2

KC

March 12 '09

BHCC, Suite 4F

SAVE THE DATES:

JULY 28 - AUGUST 1, 2008

DSAMH'S

37TH SUMMER INSTITUTE

“BEYOND THE DIAGNOSES”

IN-SERVICE SESSIONS

#787 Cardiopulmonary Resuscitation and Automated External Defibrillator

Offered ONLY to Division of Substance Abuse & Mental Health

3.5 Hours: In-Service

Faculty: DSAMH Staff

LEARNING OBJECTIVES

- Demonstrate effective administration of CPR to an adult, child, and infant
- Demonstrate the use of an AED for victims over 1 year of age
- Describe how to help a choking victim

SCHEDULE & LOCATION

8:00 am to 11:30 am

NCC	April 2, 9, 23, 30	LSTR
	May 7, 21, 28	LSTR
	June 11, 18, 25	LSTR
	July 2, 9, 16, 23	LSTR
	August 6, 13, 27	LSTR
	September 3, 17, 24	LSTR
	October 1, 8, 15, 22, 29	LSTR
	November 12, 19, 26	LSTR
	December 3, 10, 17, 24, 31	LSTR
	January 7, 21, 28 '09	LSTR
	February 4, 11, 18, 25 '09	LSTR
	March 4, 18, 25 '09	LSTR

8:30 am to 12:00 pm

SC	April 16	K/S Detox
	August 20	K/S Detox
	January 14 '09	K/S Detox
	March 11 '09	K/S Detox

#1132 Communicating Effectively

5.5 Hours: In-service

Faculty: Watts

LEARNING OBJECTIVES

- Use effective verbal and non-verbal communication can enhance productivity
- Practice good listening skills to develop positive work relationships
- Compose meaningful e-mail messages

SCHEDULE & LOCATION

9:00 am to 3:30 pm

KC	June 6	BHCC
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IN-SERVICE SESSIONS

#1119 Consumer Reporting Form

3 Hours: In-Service

Faculty: Tippett, Collins, McKoy

LEARNING OBJECTIVES

- Complete the Program Monthly Report (PMR) cover sheet accurately
- Complete the Consumer Reporting Form (CRF) admission and discharge forms accurately
- Understand the CRF and PMR reporting requirements and background

SCHEDULE & LOCATION

9:00 am to 12:00 pm

NCC	June 10	Springer 1 & 2
SC	June 11	K/S Detox
NCC	November 12	Springer 3
SC	November 13	K/S Detox

#1125 Creating Flyers, Invitations and Brochures on the Computer

2 Hours: In-Service

Faculty: Dunn

LEARNING OBJECTIVES

- Use Microsoft Word and Microsoft Publisher for creating desktop publishing documents
- Create flyers, brochures and invitations for personal and business applications

SCHEDULE & LOCATION

1:30 pm to 3:30 pm

NCC	April 21	CTC
NCC	May 19	CTC
NCC	June 23	CTC
NCC	August 25	CTC
NCC	September 15	CTC
NCC	October 27	CTC
NCC	November 24	CTC
NCC	December 15	CTC
NCC	January 26 '09	CTC
NCC	February 23 '09	CTC
NCC	March 23 '09	CTC

IN-SERVICE SESSIONS

#1122 Creating Meaningful Documents on the Computer

2 Hours: In-Service

Faculty: Dunn

LEARNING OBJECTIVES

- Use the features and functions of Microsoft Word (MS)
- Create and modify a document in MS Word
- Manage documents by saving into files and folders

SCHEDULE & LOCATION

10:00 am to 12:00 pm

NCC	April 14	CTC
NCC	May 12	CTC
NCC	June 16	CTC
NCC	August 18	CTC
NCC	September 8	CTC
NCC	October 20	CTC
NCC	November 17	CTC
NCC	December 8	CTC
NCC	January 19 '09	CTC
NCC	February 16 '09	CTC
NCC	March 16 '09	CTC

#1123 Creating Meaningful Spreadsheets on the Computer

2 Hours: In-Service

Faculty: Dunn

LEARNING OBJECTIVES

- Use the basic features and functions of Microsoft Excel
- Create and modify a spreadsheet
- Manage a spreadsheet into files and folders

SCHEDULE & LOCATION

1:30 pm to 3:30 pm

NCC	April 14	CTC
NCC	May 12	CTC
NCC	June 16	CTC
NCC	August 18	CTC
NCC	September 8	CTC
NCC	October 20	CTC
NCC	November 17	CTC
NCC	December 8	CTC
NCC	January 19 '09	CTC
NCC	February 16 '09	CTC
NCC	March 16 '09	CTC

IN-SERVICE SESSIONS

#1133 Delegation

5.5 Hours: In-Service

Faculty: Watts

LEARNING OBJECTIVES

- Define delegation
- Describe the benefits of delegating
- Understand the barriers to delegation
- Understand the systematic 6-step delegation process
- Apply the techniques learned to a classroom assignment
- Know how to avoid delegation pitfalls

SCHEDULE & LOCATION

9:00 am to 3:30 pm

NCC April 25

DDDS Fox Run

#GO707 Ethical and Legal Standards in Consumer Care

1.5 Hours: In-Service

Faculty: DSAMH staff

LEARNING OBJECTIVES

- Describe the rules and regulations under this policy
- Describe updated changes to this policy

SCHEDULE & LOCATION

3:00 pm to 4:30 pm

NCC April 3

Springer 1 & 2

NCC May 1

Springer 1 & 2

NCC May 30

Springer 1 & 2

#311 Excel for Windows Introduction: The Basics

3 Hours: In-Service

Faculty: Glazier

LEARNING OBJECTIVES

- Enter and edit text, numbers, formulas, and use SUM function
- Format text and copy and move data
- Use the auto fill option to create lists

SCHEDULE & LOCATION

9:00 am to 12:00 pm

KC June 24

WPB

NCC July 14

CTC

IN-SERVICE SESSIONS

#306 Excel for Windows Advanced: Lists, Charts, and More!

3 Hours: In-Service

Faculty: Glazier

LEARNING OBJECTIVES

- Create custom lists and graphs
- Link files and use cell notes

SCHEDULE & LOCATION

9:00 am to 12 pm

KC	October 1	WPB
NCC	November 14	CTC

#1157 From Memos to Resumes

3 Hours: In-Service

Faculty: Ingle

LEARNING OBJECTIVES

- Write effective business communications
- Discuss best practices for business communications
- Discuss options for contemporary resume, cover letter, and other business formatting

SCHEDULE & LOCATION

9:00 am to 12 pm

NCC	January 15 '09	CTC
KC	February 2 '09	WPB

#1120 Getting the Most out of Your Computer: Basic Computer Skills

2 Hours: In-Service

Faculty: Dunn

LEARNING OBJECTIVES

- Log on, create, and save documents
- Log off and shut down a computer
- Use key board, mouse, and short cuts to navigate through a computer

SCHEDULE & LOCATION

10:00 am to 12:00 pm

NCC	April 7	CTC
NCC	May 5	CTC
NCC	June 9	CTC
NCC	August 11	CTC
NCC	September 1	CTC
NCC	October 13	CTC
NCC	November 10	CTC
NCC	December 1	CTC
NCC	January 12 '09	CTC
NCC	February 9 '09	CTC
NCC	March 9 '09	CTC

IN-SERVICE SESSIONS

#1124 A Guide to the Internet and E-mailing

2 Hours: In-Service

Faculty: Dunn

LEARNING OBJECTIVES

- Use search engines to search for specific information on the internet
- Send and receive e-mail
- Include attachments to e-mail message

SCHEDULE & LOCATION

10:00 am to 12:00 pm

NCC	April 21	CTC
NCC	May 19	CTC
NCC	June 23	CTC
NCC	August 25	CTC
NCC	September 15	CTC
NCC	October 27	CTC
NCC	November 24	CTC
NCC	December 15	CTC
NCC	January 26 '09	CTC
NCC	February 23 '09	CTC
NCC	March 23 '09	CTC

#GO705 Health Insurance Portability and Accountability Act Security Awareness

1 Hour: In-Service

Faculty: DSAMH Staff

LEARNING OBJECTIVES

- Understand the intent of the Health Insurance Portability and Accountability Act Security Rule
- Define electronic patient information
- Identify methods to ensure data security

SCHEDULE & LOCATION

8:00am to 9:00am

NCC	April 7	LSTR
NCC	May 5	LSTR
SC	May 19	K/S Detox
NCC	June 3	LSTR

#1142 Hiring Process

Open to DSAMH Management Employees ONLY

5.5 Hours: In-Service

Faculty: Watts

LEARNING OBJECTIVES

- Understand the DHSS recruitment process
- Identify the steps of the DHSS interviewing and selection process
- Use acceptable interview questions, panel selection, scheduling, and feedback throughout the hiring process

SCHEDULE & LOCATION

9:00 am to 3:30 pm

NCC	May 7	Springer 1 & 2
KC	June 4	Carroll's Plaza, D&E

IN-SERVICE SESSIONS

#1126 How to Hold Effective Meetings

3 Hours: In-Service

Faculty: Watts

LEARNING OBJECTIVES

- Discuss the purpose of meetings
- Construct a useful agenda
- Understand how to plan, conduct and follow-up after a meeting
- Understand the role of group members
- Understand the impact that interpersonal skills have on a meeting
- Know how to handle difficult behavior

SCHEDULE & LOCATION

9:00 am to 12:00 pm

KC May 12

DHCI, Rec. Room

#1128 Human Resources/Supervisor Partnership Open to DSAMH Management Employees ONLY

1 Day: In-Service

Faculty: Marshall

LEARNING OBJECTIVES

- Identify tools that will assist you in being a successful supervisor
- Understand supervisory responsibilities
- Know how to prepare for surprises and learn when and who to call for help
- Know how to network with your colleagues
- Learn how not to be afraid to ask questions

SCHEDULE & LOCATION

9:00 am to 3:30 pm

NCC June 6

Springer 1 & 2

KC June 9

Paradee Center, Rm 107

#1156 Introduction to Project Management

3 Hour: In-Service

Faculty: Spica

LEARNING OBJECTIVES

- Understand the basics of project management
- Plan and implement a project
- Understand how to monitor performance effectively

SCHEDULE & LOCATION

NCC June 18 9:00 am to 12:00 pm

Springer 1 & 2

SC June 23 1:00 pm to 4:00 pm

K/S Detox

IN-SERVICE SESSIONS

#1179 Navigating the Veterans Administration

3 Hours: In-Service

Faculty: Johnson

LEARNING OBJECTIVES

- Identify which veterans are eligible for VA benefits
- Learn about specific benefits and health services offered by the VA for Veterans
- Obtain resources to assist veterans in accessing services

SCHEDULE & LOCATION

9:00 am to 12:00 pm

NCC

September 22

Springer 1 & 2

KC

November 10

Carroll's Plaza D & E

#497 Power Point, An Introduction: The Basics

3 Hours: In-Service

Faculty: Glazier

LEARNING OBJECTIVES

- Describe three uses of PowerPoint
- Create and modify a slide presentation
- Develop organizational charts
- Develop handouts

SCHEDULE & LOCATION

9:00 am to 12 pm

KC

May 7

WPB

NCC

May 23

CTC

#1020 Safety: It's All About You!

3 Hour: In-Service

Faculty: Ingle & Washer

LEARNING OBJECTIVES

- Identify and reduce threats to personal safety in the office
- Identify and reduce threats to personal safety when working in the field

SCHEDULE & LOCATION

9:00 am to 12:00 pm

SC

June 6

K/S Detox

NCC

October 15

Springer 3

IN-SERVICE SESSIONS

#1158 Searching for Medical Information

1 Hour: In-Service

Faculty: Ingle

LEARNING OBJECTIVES

- Discuss motivations for searching for medical information online
- Search for quality informational sources for medical information
- Determine what are “good” and “bad” information sources

SCHEDULE & LOCATION

9:00 am to 10:00 am

NCC	March 2 '09	CTC
KC	March 19 '09	WPB

#1154 Succession Planning: The Next Generation of Leaders

3 Hours: In-Service

Faculty: Knox

LEARNING OBJECTIVES

- Understand the alignment of business plan and human resources
- Identify and prepare employees for executive positions
- Prepare employees for future leadership positions
- Strategize for seamless transitioning of retiring executives and their successors

SCHEDULE & LOCATION

9:00 am to 12:00 pm

NCC	September 12	Springer 3
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#1121 Using Windows and Desktop Essentials on the Computer

2 Hours: In-Service

Faculty: Dunn

LEARNING OBJECTIVES

- Use desktop and windows features on the computer
- Change and arrange icons and toolbars on the computer
- Navigate through the computer using Windows features

SCHEDULE & LOCATION

1:30 pm to 3:30 pm

NCC	April 7	CTC
NCC	May 5	CTC
NCC	June 9	CTC
NCC	August 11	CTC
NCC	September 1	CTC
NCC	October 13	CTC
NCC	November 10	CTC
NCC	December 1	CTC
NCC	January 12 '09	CTC
NCC	February 9 '09	CTC
NCC	March 9 '09	CTC

IN-SERVICE SESSIONS

#310 Introduction to Word for Windows: The Basics

3 Hours: In-Service

Faculty: Glazier

LEARNING OBJECTIVES

- Create, edit, and spell check a simple Word document
- Format text
- Utilize the auto text command

SCHEDULE & LOCATION

9:00 am to 12pm

KC	June 10	WPB
NCC	June 30	CTC

#312 Advanced Word for Windows: Graphics, Forms and More!

3 Hours: In-Service

Faculty: Glazier

LEARNING OBJECTIVES

- Use mail merge
- Create and use forms and tables
- Customize a tool bar
- Use graphics in documents

SCHEDULE & LOCATION

9:00 am to 12 pm

KC	August 27	WPB
NCC	September 22	CTC

#1098 WRAP: A Dynamic Recovery Tool for Staff and Consumers

3 Hours: In-Service

Faculty: Dunn

LEARNING OBJECTIVES

- Decrease and prevent troubling feelings and behaviors
- Increase personal empowerment
- Improve personal quality of life
- Assist the individual in achieving life goals and dreams

SCHEDULE & LOCATION

9:00 am to 12 pm

NCC	April 16	LSTR
NCC	May 14	LSTR
NCC	June 11	Springer 3
SC	October 24	K/S Detox
NCC	March 16 '09	Springer 3

LEGAL DISCLAIMER:

The views and opinions contained in the educational offerings described in this publication do not necessarily reflect those of The Division of Mental Health and Substance Abuse or the Department of Health and Social Services, and should not be construed as such.

THE LEARNING CONTRACT

The Learning Contract is the registration document for workshops and for in-services. It is located in the center of this catalog. A printable version can be found at:

www.dhss.delaware.gov/dhss/dsamh/train.html

REGISTRATION

When completing the Learning Contract, be sure to PRINT all of the requested information and obtain your supervisor's signature. Please double check your workshop names, numbers, dates, and locations, and whether any PRE-REQUISITES are indicated. In instances where pre-requisites are required, please provide supporting documentation as requested on the Learning Contract. Use your business or agency address. Please remember to make a copy of your completed Learning Contract for future reference, and mail or fax it to the DSAMH Training Office.

ADMISSION CONFIRMATION

BE SURE YOU HAVE RECEIVED CONFIRMATION OF ADMISSION TO A PARTICULAR WORKSHOP OR IN-SERVICE BEFORE YOU ATTEND.

You will be notified by postcard, e-mail, or phone call regarding your admittance or wait list status. Please read your notification carefully. In some cases the information will indicate that you have NOT been admitted to a particular class, that you are on a wait list, or, if admitted, the notification will indicate room assignment. Whenever possible, confirmations are sent at least three weeks prior to the scheduled workshop.

If you do not receive notification of confirmation or denial within 2 weeks prior to the start of the requested workshop, please call the Training Office at (302) 255-9480. The Training office maintains a waiting list that is tracked on a database and makes admission adjustments accordingly. Do not make any substitutions. Please notify the Training Office of cancellations prior to the date of the scheduled workshop.

CANCELLATION PROCEDURES

If you cannot attend a workshop for which you are registered, the Training Office **MUST** be contacted before the scheduled start date. Substituting other staff is not permitted. All notifications of cancellations should be phoned (302) 255-9480, faxed (302) 255-4450, or e-mailed to DSAMH.training@state.de.us

The Training Office will issue monthly reports to program directors and supervisors alerting them to program staff who were no-shows for the previous month. A no-show is defined as someone who is accepted into a workshop, did not attend, and did not alert the Training Office to this fact ahead of time.

ELIGIBILITY

DSAMH sponsored workshops are open to all interested persons, however, seats are limited and the Training Office may give priority to DSAMH funded programs. Particular workshop admissions may include a representative sampling of additional service providers in keeping with DSAMH's commitment toward integration of services. Additional seats, if available, are confirmed on a first requested, first-served basis. The DSAMH Training Office maintains a wait list for each workshop.

Some workshops may require prerequisites and/or a specific knowledge base. Please discuss with your supervisor whether the content is applicable.

Supervisors: Please exercise good judgment in sending the MOST appropriate staff to a particular workshop.

CERTIFICATIONS

In compliance with certification requirements, CEU workshop certificates will only be issued to those who register for and complete the entire duration of the workshop. The Training Office is a provider of continuing education for the following professional organizations:

- **DBN (Delaware Board of Nursing)** The DSAMH Training Office is an approved provider under the rules and regulations for mandatory education set forth by the DBN.
- **DCB (Delaware Certification Board)** Applications for continuing education units have been submitted to DCB. Approval is pending.
- **DSBSWE (Delaware State Board of Social Work Examiners)** The Board will no longer "pre-approve" continuing education workshops. Workshops will be evaluated for acceptability at the time they are submitted by individuals applying for license renewal.
- **NAADAC (National Association of Alcoholism and Drug Abuse Counselors)** The DSAMH Training Office is an approved provider of continuing education for the NAADAC. Our provider number is 112.
- **NBCC (The National Board of Certified Counselors)** The DSAMH Training Office is approved by the NBCC to offer continuing education. NBCC approval is limited to the sponsoring organization/individual and does not necessarily imply endorsement or approval of individual offerings.

Please Note:

Every attempt was made to ensure complete and accurate information. Given the volume of detailed information, omissions or errors are possible. Thank you for your consideration.

DIRECTIONS TO TRAINING SITES

(ASSC) Appoquinimink State Service Center

120 Silver Lake Road, Middletown, DE 19709
(302) 378-5770

From the North: Take Route 1 South. After going through the toll booth, take exit for Middletown/Odessa/Rt. 299. Take 299W for about a mile. Go up to the red light make a left. Take the 2nd left for the Middletown High School. The service center is on the far end connected to the school.

From the South: Take Rt. 1 North. Get off at the exit for Middletown/Odessa/ Rt. 299. Follow same directions as North.

(BHCC) Blue Hen Corporate Center

655 South Bay Road, Dover, DE 19901
(302) 744-5450

(see below for specific suite information)

From the North: Take Route 1 South past the Dover toll plaza to Exit 95 (S. Dover exit). Turn right at light at bottom of exit onto Routes 10/113 Northbound. At the first traffic light, turn right into the Blue Hen Corporate Center parking lot.

From the South: Go North on 113 past Dover Air Force Base. Take Rt. 10 exit. Proceed North on Rt. 10. Go under Rt. 1 and at the next traffic light, turn right into the Blue Hen Corporate Center parking lot.

For Suite 4G/4F: Park in the front of the center and enter through the main door. You will see a café in front of you, make a right and Suite 4G is on your left, 4F is nearby.

For Suite 218: Park in the back of the building and enter through Door 4.

Take the elevator up to the 2nd floor and Suite 218 is directly in front of you.

Buena Vista Conference Center

661 S. DuPont Highway, New Castle, DE 19720
(302) 323-4430

From the North: Proceed South on I-95 to the Christiana Mall Road exit and get on Route 1 south. Proceed on Route 1 South, get in the left lane to exit at Exit 156B, which says Wilmington/Rt. 13 North. You will be at the intersection of Rt. 1 and Rt. 13. (There is a traffic light, a WAWA on the right, and a Valero service station on the left). Proceed North at the light and get in the left lane. About 1 mile North of the light, make a left into the Buena Vista Conference Center.

From the South: Take Rt. 1 North, across C & D Canal Bridge. Stay left and take Exit 156 (Rt. 13N). At the intersection of Rt. 1 and Rt. 13, there is a traffic light, a WAWA on the right, and a Valero service station on the left. Proceed North at the light and get in the left lane. About 1 mile North of the light, make a left into the Buena Vista Conference Center.

DIRECTIONS TO TRAINING SITES

Carroll's Plaza

1114 South DuPont Highway, Dover, DE 19901
(302) 739-4578

From the North: Take Route 13 South into Dover. Bear to the right and proceed on Route 13 South (at Route 13/113 split) in Dover. Proceed past Roosevelt Avenue (at light). Turn right into the Carroll's Plaza parking lot (just past Roosevelt Avenue). Carroll's Plaza is set back from the highway and faces Route 13.

From the South: Take Route 13 North (towards Dover). Turn left onto Roosevelt Avenue and proceed on Roosevelt Avenue half a block. Turn left into the Carroll's Plaza parking lot. Carroll's Plaza is set back from the highway and faces Route 13.

(CSB) Community Services Building

100 West 10th Street, Wilmington, DE 19801
(302) 777-0922

From the North: Take I-95 South to the Delaware Ave. (Route 52) exit. Make a left at the first traffic light onto Delaware Avenue. Delaware Avenue ends at a Y in the road. Bear to the right and turn right onto 10th Street. The Community Services Building is at the corner of 10th and Orange Streets.

From the South: Take I-95 North to the Delaware Avenue (Route 52) exit. You will be on Adams Street. Follow Adams Street for 4 traffic lights. Make a right at the fourth traffic light onto Delaware Avenue. Delaware Avenue ends at a Y in the road. Bear to the right and turn right onto 10th Street. The Community Services Building is at the corner of 10th and Orange Streets.
* Parking garages are located on 11th and Orange Streets and at 8th and Orange Streets.

(DDDS) Division of Developmental Disabilities Services

Fox Run Office
2540 Wrangle Hill Road, Suite 200, Bear, DE 19701
(302) 836-2100

From the North: Take I-95 to Route 1 south and take Exit 160 (Rt. 40 West) stay to the right as you exit. Proceed on Route 40 for about 3 miles. Get in the left lane. Immediately past the Fox Run Shopping Center turn left on to Wrangle Hill Road (Rt. 72). Make the first left at the traffic light and then make the first right into the Fox Run Office Complex. The DDDS Fox Run Office is the third (last) building on the right (#2540).

From the South: Take Route 1 North to Exit 160 (Rt. 40 West) stay to the right as you exit. Proceed on Route 40 for about 3 miles. Get in the left lane. Immediately past the Fox Run Shopping Center turn left on to Wrangle Hill Road (Rt. 72). Make the first left at the traffic light and then make the first right into the Fox Run Office Complex. The DDDS Fox Run Office is the third (last) building on the right (#2540).

DIRECTIONS TO TRAINING SITES

(DHCI) Delaware Hospital for the Chronically Ill

100 Sunnyside Road, Smyrna, DE 19977
(302) 223-1000

From the North: Take Rt. 1 South to Rt. 13 South (at North Smyrna). Proceed through Smyrna and turn right onto Sunnyside Road. Turn right at stop sign and enter the Delaware Hospital for the Chronically Ill grounds.

From the South: Take Rt. 13 North. Turn left onto Smyrna Liepsic Road and proceed across Sunnyside Road. Enter the Delaware Hospital for the Chronically Ill grounds.

(Dover DTCC) Delaware Technical and Community College, Terry Campus

100 Campus Drive, Dover, DE 19904
(302) 857-1400

From the North: Take Route 1 South to Exit 104 (N. Dover). After the toll booth, go straight through the light onto Scarborough Road. Make a right on to the campus. The workshops are held in the Conference and Training Center.

From the South: Take Route 1 north to Exit 104 (N. Dover). After the toll booth, go straight through the light onto Scarborough Road. Make a right on to the campus. The workshops are held in the Conference and Training Center.

Gateway Foundation

171 New Castle Avenue, Delaware City, DE 19701
(302) 836-2000

From the North: Take I-95 South to Route 1 South to the Rt. 72/Delaware City exit. Turn left onto Rt. 72 at the light at the top of the exit ramp (toward Delaware City). Proceed on Rt. 72 past both the Route 72/Route 9 merge and Delaware City. After crossing small bridge, turn left at the first turn into the Governor Bacon Health Center and Gateway Foundation is on your left.

From the South: Take Rt. 1 or Rt. 13 North to the Route 72/Delaware City exit. Turn right onto Rt. 72 (toward Delaware City). Proceed on Rt. 72 past both the Route 72/Route 9 merge and Delaware City. After crossing small bridge, turn left at the first turn into the Governor Bacon Health Center and Gateway Foundation is on your left.

(GSSC) Georgetown State Service Center

546 South Bedford Street, Georgetown, DE 19946
(302) 856-5574

From the North: Take Rt. 13 South to the Milford exit. Proceed south on Rt. 113 for approximately 16 miles to Georgetown. Continue on Rt. 113 through approximately 3 traffic lights and turn left onto South Bedford Street. The Georgetown State Service Center is on the left.

From the South: Take Rt. 113 North. Proceed on Route 113 North through Selbyville, Frankford and Millsboro to Georgetown. Turn right on South Bedford Street. The Georgetown State Service Center is on the left.

DIRECTIONS TO TRAINING SITES

Hampton Inn – Rehoboth

4529 Highway One, Rehoboth Beach, DE, 19971
(302) 645-8003

From the North: Take Rt. 1 South to Rehoboth. The hotel is located approximately three miles on the right beyond the Rt. 404 intersection.

From the South: Follow DE-24 E. Turn left onto Coastal Hwy N/Rt.1 North. Make a u-turn onto Coastal Hwy S/Rt.1 south.

Herman Holloway Campus

1901 North DuPont Highway, New Castle, DE 19720
(302) 255-9480

From the North: Take Rt. 13 South. Turn right into DHSS Herman M. Holloway, Sr. Campus at light just before I-95 and I-295 junction. Once you are on the circle use the map to find specific locations of buildings.

From the South: Take Rt. 1 North to Rt. 13 North. Make a u-turn at the second available u-turn lane (on the left) after crossing under the I-295 overpass. Turn right into DHSS Herman M. Holloway, Sr. Campus at the first light. Once you are on the circle use the map to find specific locations of buildings.

Hilton Christiana

100 Continental Drive, Newark, DE 19713
(302) 454-1500

From the North: Follow I-95 South to Exit 4B (Churchman's Road/Rt. 58). Bear right at the top of the exit ramp and proceed on Churchman's Road to the fourth traffic light. Make a left onto Continental Drive. The Hilton Wilmington/Christiana will be the first driveway on the left.

From the South: Take Rt. 1 North. Rt. 1 becomes Stanton-Christiana Rd./Rt. 7. Stay in the right lane and take Exit #166 (Churchman's Road/Churchman's Crossing/Rt. 58). Turn right at the bottom of the exit ramp, yielding onto Churchman's Road. Go to the second traffic light, and make a left onto Continental Drive. The Hilton Wilmington/Christiana is the first driveway on the left.

(HSSC) Hudson State Service Center

501 Ogletown Road
Newark, DE 19711
(302) 368-6700

From the North: Take I-95 South to Rt. 273 West (toward Newark). Proceed on 273 West (past Avon) and Rt. 273 becomes Ogletown Road. Turn left onto Marrows Road (there is a Bennigan's Restaurant on the corner). Take the first right, then take the second left into the back parking lot of the Hudson State Service Center.

From the South: Take Rt. 13 or Rt. 1 North (from Dover) to Rt. 72 North (to Newark). Continue on Rt.72 until the intersection of East Main Street and Ogletown Road. At the light turn right onto Ogletown Road. The Hudson State Service Center is the second building on the right.

DIRECTIONS TO TRAINING SITES

K/S Detox (Ellendale Detox)

700 Main Street, Ellendale, DE 19941
(302) 422-8338

From the North: Take Rt. 1 South to the Milford exit. Proceed on Rt. 113 south through Milford. Turn left on Rt. 16 East (Traffic light and Exxon Station will be on left). Go one mile, building is red brick on the left side. Parking is behind building.

From the South: Take Rt. 113 North. Turn right on Rt. 16 East. Go one mile, building is red brick on the left side. Parking is behind building.

(LSTR) Lower Sussex Training Room

(302) 255-9480

Please refer to the Herman Holloway Campus directions. Once on campus make the first right (North Loop) and follow signs to Kent/Sussex Building.

Paradee Center (University of Delaware)

69 Transportation Circle, Dover, DE 19901
(302)730-4000

From the North: Travel South on Rt. 1, past Dover Toll Plaza to Exit 95. Make a right turn at light at bottom of exit onto Rts. 10/113 North. Make 2nd left onto Transportation Circle (across from American Legion Airplane). U of D Paradee Center is 1st building on left.

From the South: Travel North on 113 past Dover Air Force Base. Take Rt. 10 exit and proceed north on Rt. 10 (Not West); go under Rt. 1 and through first traffic light under bridge. Make 2nd left on Transportation Circle (across from American Legion Airplane). U of D Paradee Center is 1st building on left.

Smyrna Rest Area

5500 DuPont Highway, Smyrna, DE 19977
(302) 653-8910

From the North: Take Rt. 1 South to Exit 119A for Rt.13 toward Smyrna. Get in the left lane and turn left at the light into the Smyrna Rest Area.

From the South: Take Rt. 1 North to Exit 114 toward S. Smyrna/Rt. 6/Rt. 300/Rt. 13 N. Take Rt. 13 North through Smyrna. The Smyrna Rest Area is on your right.

- No food or drinks are permitted in the conference room.

Springer 1 & 2, 3, 4, CTC, Medical Library

(302) 255-9480

Please refer to the Herman Holloway Campus directions. Once on campus, make the first right (North Loop) and follow signs to Springer Building.

DIRECTIONS TO TRAINING SITES

Thomas Collins Building

540 S. DuPont Highway, Dover, DE 19901
(302) 744-1000

From the North: Take Rt. 1 South to Exit 95 (S. Dover). Make a right at the light at the bottom of the exit ramp onto Bay Rd. Make a left at Rt. 13 intersection and get in the right lane. The Tom Collins Building is ¼ mile ahead on the right.

From the South: Take Rt. 13 North and turn left onto Court Street in Dover (at traffic light). Then turn left onto Rt. 13 south. The Thomas Collins Building is ¼ mile ahead on the right.

(WPB) William Penn Building, Silver Lake Plaza

801 Silver Lake Boulevard, Dover, DE 19904
(302) 739-9816

From the North: Take Rt. 13 to State Street (Alt. 13). This is the State Street intersection that is approximately ¼ mile South of the Agricultural Museum and a right turn across from the Farmers Market. Make a right on Walker (at the light just past the bridge over Silver Lake). The complex is a right turn at the first light on Walker Rd. The William Penn Building is the 1st building on the right.

From the South: Take Rt. 13 to the Kirby and Holloway Family Restaurant (with the big FAMILY sign) on the left. Make a left just before the restaurant. Make another left at the light onto State Street. Go over the bridge and make a right turn at Walker Road. The complex is a right turn at the first light on Walker Road. The William Penn Building is the 1st building on the right.

(WSSC) Williams State Service Center

805 River Road, Dover, DE 19901
(302) 739-5301

From the North: Take Rt. 1 South to Exit 95 (S. Dover). Make a right at the light at the bottom of the exit ramp onto Bay Rd. Make a left at Rt. 13 intersection and get in the right lane. The Williams State Service Center is ¼ mile ahead on the right.

From the South: Take Rt. 13 north. Turn left onto Court Street in Dover (at traffic light). Turn left onto Rt. 13 south. The Williams State Service Center is ¼ mile ahead on the right.

Herman Holloway Campus Map



1. Main Building
2. Annex
3. Old Gate house / Telephone Building
4. T Building
5. Triplex
6. Power House
7. Charles H. Debnam Building
8. Holloway's Hideaway Cafe
9. Lewis Building
10. Hospitality House
11. Terry Children's Psychiatric Center
12. New Castle Community Mental Health Facility (Fernhook)
13. Biggs Building
14. Biggs Gym
15. Carvel Building
16. Springer Building
17. Pool
18. Kent Building
19. Sussex Building
20. Mitchell Building
21. Water Tower
22. Carpenter Shop
23. Maintenance Shop & Garage

Delaware Health and Social Services

DE Psychiatric Center

Administration

General Campus

Client Services

Non-DHSS Facility

Classroom Locations

Herman Holloway Campus Map



- 24. Botler House
- 25. Greenhouse Storage
- 26. Greenhouse
- 27. Kitchen
- 28. Chapel
- 29. Clothing
- 30. Wilmington Building
- 31. Laundry
- 32. Warehouse
- 33. Electrical Distribution
- 34. Fire Pump House
- 35. DPC's Graveyard
- 36. Exercise Area
- 37. Picnic Grove
- 38. Recycle Center

- 1 Main Building First & Third Floor Conf. Rooms
- 2 Lower Sussex Training Room (Old Cons. Library)
- 3 Springer Classrooms 1&2, 3 and Computer Lab

FACULTY BIOS

DSAMH Staff are individuals from various units of the Division of Substance Abuse and Mental Health. These employees have diverse backgrounds and experiences to create a well-rounded Training Catalog with comprehensive and relevant workshops and in-services. Some of the instructors are certified instructors in CPR and/or the Nonviolent Crisis Prevention Program as well as other state-promoted training programs.

THOMAS BAIER, MHS, LPC, CAC is the Executive Director of Addiction Services for the Jewish Education & Vocational Service, and a Behavioral Health Program consultant and trainer. He serves as adjunct faculty for the Villanova University Certificate Program in Alcohol and Drug Counseling. Mr. Baier is the President of the Board of Directors for the Pennsylvania Certification Board.

KAY BAKER, ADS is a Non-Violent Crisis Intervention Instructor, as well as an acupuncture detoxification specialist. She has more than 11 years experience working in the addictions field. She has been working on becoming an educator and finds it rewarding to teach for the state of Delaware.

KAREN L. BARWICK, MS, NCC is a counselor with SOAR, Inc., specializing in trauma treatment with adult, adolescent and child survivors of sexual abuse. Karen has completed over 500 hours training in Body-Centered Expressive Therapy, a 1-year internship in Process Painting, 200 hour level yoga teacher training, and is a certified 'Shake Your Soul' and 'Kripalu Yoga Dance' instructor.

DENESE RUST BELL, MSCC, LPN, NCC is a trainer for the Division of Public Health's Tobacco Program. Denese has twenty-nine years of experience working in hospital, long-term care, home health, public health and educational settings. She and her husband have a private practice, the Arbor Counseling Center, in Georgetown.

NINA BENNETT, MS is the HIV education coordinator with the Pennsylvania/MidAtlantic AIDS Education and Training Center located at Christiana Care Health Services in Wilmington. She is the lead educator for Minority Community Based Organizations and a consultant to Delaware HIV Consortium.

JOELLYN BERKY-BECK, PhD, CPRP is the Director of Adjunct Services at Horizon House with over thirty years of experience in the mental health field as a clinician. She has been using the Illness Management and Recovery Toolkit to assist mental health participants learn to take charge of their lives.

NATHAN L. CENTERS, MD is board certified in Psychiatry and Adolescent Psychiatry. He is Medical Director of the Kent Sussex Detoxification Unit at Ellendale and of the methadone and suboxone maintenance programs of Kent and Sussex Counseling Services in Georgetown and Dover. He serves as a psychiatric consultant to Thresholds, Inc.

FACULTY BIOS

JOAN CHATTERTON RN, LCSW, CADC is the author and founder of the Aquila Treatment Model. She has over twenty-seven years of experience working in substance abuse treatment, adolescent and adult mental health, and in health policy arenas. She has served as a consultant to the President of the United States on drug control strategy, the National Office of Juvenile Justice and Delinquency Prevention, and the National Institute of Drug Abuse.

MICHAEL CHENKIN, LCSW, CADC has a private practice in Somerville, NJ, specializing in the use of evidence-based practices in the treatment of persons affected by substance abuse and co-occurring disorders. He is an adjunct professor at Rutgers University Graduate School of Social Work, and a faculty member at Rutgers University's Center of Alcohol and Drug Studies.

REBECCA COLLINS, MBA is a management analyst for the Division of Substance Abuse and Mental Health's Management Information Unit. She has worked for the State of Delaware for over seventeen years. She previously worked for the Department of Labor conducting various surveys and in her current position she manages the Consumer/Client Satisfaction Survey.

STEVEN M. CRIMANDO, MA, BCETS, CTS is an internationally known consultant and trainer specializing in crisis management, disaster mental health, and traumatic stress response. He has worked with government agencies, healthcare facilities, educational institutions, and private businesses on the 'human factor' in emergency management. He is a frequent expert to the media and the courts, and has numerous publications in the United States and abroad.

JUDY L. CURTIS, PharmD, BCPP, FASHP, is a senior scientific affairs liaison for Ortho-McNeil Janssen Scientific Affairs. She provides scientific exchange and information upon request regarding appropriate use of Janssen products to health care professionals in various settings including community mental health centers, state and federal facilities, and private facilities and practitioners.

KEN DONOVAN, MS has served the behavioral health field in a variety of capacities over the past seventeen years and joined DSAMH in September 2005 as the Director of the Eligibility and Enrollment Unit. He also serves as an adjunct professor and lecturer for the Undergraduate and Graduate programs at Springfield College School of Human Services.

NOEL DUCKWORTH is a training and prevention coordinator for the Delaware Coalition Against Domestic Violence. She has over fifteen years experience in training and non-profit management, including serving as the Program Administrator for the Delaware Health & Social Services' Adopt-a-Family Program and as program manager for the United Service Organizations in Hanau, Germany.

FACULTY BIOS

BART DUNN, MBA is a trainer with the DSAMH Training Office. He is a Wellness Recovery Action Plan facilitator and a Consumer Advocate on the Board of Trustees for Connections, CSP, Inc. In addition, he serves on the planning committee for the 2008 Direct Support Professional (DSP) Conference, and is a member of the Consumer Coalition of Delaware. He holds an MS Office Project Management Support Certificate from Delaware Technical and Community College.

TONI DURBANO, MS is a training and prevention specialist for the Delaware Coalition Against Domestic Violence. Her experience includes working as a victim advocate for military families at McGuire Air Force Base, a volunteer advocate at the Victim Advocacy Center in New Castle County Family Court, and a victim assistant at the National Center for Victims of Crime.

SUSAN T. EDGAR, PhD, RN, CADC is the deputy director of the Delaware Council on Gambling Problems. She has been a trainer for the Pennsylvania Department of Health, Bureau of Community Health, Department of Probation and Parole, Department of Corrections, and Department of Welfare. Previously she taught at Lincoln University, Pennsylvania State University, and Wilmington University.

GWEN EMPSON, MSW, CADC, LCDP is the program director for Key Village, a drug and alcohol treatment program for female offenders at the Baylor Women's Correctional Institution. She recently co-opened Building Bridges Inc., a non-profit intervention, treatment and referral program working with previously incarcerated women.

KAREN ESCOVITZ, MSS has worked in mental health services and research for twenty years. She has spent the past ten years with Matrix Research Institute/The Matrix Center providing training and technical assistance to service providers in implementation of evidence-based psychiatric rehabilitation practices and recovery-oriented services.

GINA M. FUSCO, PsyD is Executive Clinical Director for the Northeastern Region for Alternative Behavioral Services, where she designs, develops, and implements programs for a residential unit for adolescent male juveniles and high risk adolescents. She has published two books on borderline personality disorder.

BRADFORD GLAZIER is a certified software license manager. He is the manager of computer training and software licensing for the Department of Health and Social Services and is an adjunct instructor at Delaware Technical and Community College.

FELICITAS "TITA" GONTANG, LCSW, CADC, ADS has worked as a psychiatric social worker for Kent/Sussex Detoxification Center in Milford, Delaware for over 10 years. She trained in acupuncture detoxification procedures at Lincoln Recovery Center in New York.

FACULTY BIOS

CARLTON HALL, MHS is senior manager of training and technical assistance for the Community Anti-Drug Coalitions of America National Coalition Institute. He is pursuing a doctorate in education from the Fielding Graduate Institute. He was appointed as the project director for the Communities That Care® process in Philadelphia as well as the crime and public safety manager for the Philadelphia Empowerment Zone.

FRED J. HANNA, PhD is the director of the School of Applied Psychology and Counselor Education at the University of Northern Colorado, and is a Faculty Associate at Johns Hopkins University. He serves as a consultant to community agencies, school systems, and various organizations across America. He is the author of the book *Therapy with Difficult Clients: Using the Precursors Model to Awaken Change*.

LORIANN HAYTAS, MSW is a training and consultation specialist at UMDNJ-UBHC's Center for Excellence in Psychiatry. She has worked intimately with non-profit organizations, assisting and empowering them to integrate their mission and organizational goals with their core values and asset base, utilizing a systems-based theory and model.

HALE HUMPHREY-JONES, PhD, LPCMH, NCGC provides counseling for individuals and couples who are coping with gambling issues. She teaches psychology and communication in Delaware, trains for the Delaware Council on Gambling Problems, and has written several books, including: *This Must Be Hell: A Look at Pathological Gambling*, and *One More Time: The Gambler's Mantra*.

SUSANNE INGLE, MSIS, MLIS is the administrative librarian for the DSAMH Medical Library. She has been in the library and information fields for five years and is also an adjunct computer information systems faculty member of Strayer University specializing in information systems design classes.

KENT JOHNSON, MSW has been active in various Delaware social service agencies since 1989. He has served as a behavioral health services social worker since 2000 for the Department of Veteran Affairs. In 2007, he was named the employee of the year at the Wilmington Veterans Affairs Medical Center.

RICHARD JONTRY, PhD, MAC, CCS has been a psychotherapist, trainer, and consultant for over thirty-five years. He has consulted and offered training throughout the United States to numerous regional, state, and federal agencies.

DYLE M. KAMPMAN, MD is Medical Director of the Charles O'Brien Center for the Treatment of Addictions, Associate Professor of Psychiatry, and Medical Director of the Treatment Research Center at the University of Pennsylvania in Philadelphia. He serves on the editorial board of the Journal of Addiction Medicine and is an active member of the American Society of Addiction Medicine.

FACULTY BIOS

CHRISTOPHER KNOX, MA is a training administrator with DSAMH, and holds a graduate degree in Industrial/Organizational Psychology. He has worked for PECO Energy and has written on the subjects of management development, succession planning, and performance appraisal.

CAROL L. KUPREVICH, EdD is Director of Community Planning, Program Development, and Training for DSAMH, and is also Director of Education, Evaluation, Planning, and Research in the Division's Psychiatry Residency Program. Prior to her work in Delaware, she directed emergency services, children's services, adult out-patient services, an intake unit, and acute alternatives for a large community mental health center in Rhode Island.

JEFFREY M. LATING, PhD is a professor at Loyola College in Maryland. He has also served as a clinical consultant and crisis management trainer with the Federal Emergency Management Agency, the Federal Bureau of Alcohol, Tobacco and Firearms, the Association of Professional Flight Attendants, the Maryland State Police, the United States Senate Employee Assistant Program and the Department of State.

NINA LICHT, MS, CCR is a trainer with the DSAMH Training Office. She is also a therapist in private practice and an admissions counselor at a private psychiatric hospital. She has 10 years of experience as a volunteer for the American Red Cross in disaster services as a general responder, mental health responder, and trainer.

PAT LINCOLN, RN, BSN is the education coordinator for the Pennsylvania/Mid-Atlantic AIDS Education and Training Center. She was instrumental in the development of the infectious disease clinic and has given many lectures and workshops on AIDS and AIDS-related topics both locally and nationally.

CAROL LOVETT, LCSW, CADC worked for 30 years at Delaware Psychiatric Center as a social work supervisor. During her tenure she developed psycho-educational programs for people with co-occurring disorders of substance abuse and mental illness. In 1997, She received the Patrick Kelly Memorial Scholarship award. Since retirement she has been a volunteer at the Alzheimer's Association and was a caregiver for her husband.

EDIE MANNION, MFT has published on family education and professional-family collaboration in the treatment of mental illness. She co-founded a training program to promote recovery in individuals with mental illness which received the 2004 National Mental Health Association's award. She co-developed a Dialectical Behavioral Therapy Psycho-Educational Program for family members of people with borderline personality disorder.

VARINA MARSHALL, MSM, PHR is a training administrator for the Division of Management Services. Certified as a Professional in Human Resources, she is a member of the Society for Human Resource Management, the Statewide Training Advisory Network of Delaware, and an adjunct faculty member at Wilmington University.

FACULTY BIOS

VICTORIA McKOY is an administrative officer for Division of Substance Abuse and Mental Health's Management Information Unit. She manages the collection of a variety of data for reporting and performance measures. She has worked in finance as a senior analyst for over twenty years with the Securities Information Automation Corporation, a division of the New York Stock Exchange.

WAYNE MORRA, BSN, RN is a primary care and research nurse with the Christiana Care HIV Program in Georgetown. He also has extensive nursing experience in nursing home settings, intensive care, as a clinical sales consultant, and with the Army National Guard.

PRISCILLA J. MURPHY, LPCMH, MED, BSN, NCGC-1 is founder and CEO of Nylex Educational Counseling Services Inc. She has a private practice in Newark and is an adjunct faculty member at Wilmington University. She has given numerous presentations on various topics related to women's mental health, gambling and motivational presentation.

MATTHEW R. OPESSO, MA is a graduate of John Jay College of Criminal Justice. He is now a doctoral candidate at Widener University's Institute for Graduate Clinical Psychology. He is earning a Master's degree in Human Sexuality Education while at Widener. His clinical and research experience includes working with sexually compulsive men and sexually abusive clergy.

DAVID PARCHER, MA, MFA, LPCMH, LCPC is the executive director of Kent and Sussex County Counseling Services and has more than twenty-four years experience serving persons with mental health and substance use conditions. He is President of the Delaware Certification Board and an adjunct instructor at the Delaware Technical and Community College. In 2005 he received the Kelley/Pazzaglini Award from the Division of Substance Abuse and Mental Health.

LISA PERTZOFF, NCAC, CADC, NCGC has been the executive director of the Delaware Council on Gambling Problems since 1984. Previous to that she was the executive director of the Delaware Council on Alcoholism and was instrumental in bringing the Uniform Alcohol and Intoxication Act to the state of Delaware. She is on the board of directors of the National Gambling Counseling Certification Board, and serves on the Governor's Advisory Council on Substance Abuse and Mental Health.

SABRINA POOLE is the Project Director for the Clinical Trials Network-NIDA with the Starting Treatment with Agonist Replacement Therapies Project. As a trainer/consultant she provides in-depth classroom training for the Addiction Severity Index, including the training of trainers and the Treatment Services Review, ASAM Placement Criteria, and Treatment Planning - M.A.T.R.S.

FACULTY BIOS

VALARIE ROBINSON, MS, LPC trains internationally in substance abuse treatment and prevention strategies and managing and assessing opiate addiction treatment programs. Her areas of expertise include confidentiality and ethical practices, cultural competency, obesity in African Americans, and health care delivery systems.

FREDERICK ROTGERS, PsyD is an associate professor in the Department of Psychology at the Philadelphia College of Osteopathic Medicine. His specialties include forensic psychology and treatment of substance dependence. He is published widely in addictions, harm reduction and differential diagnosis.

LORETTA SARRO is the public information officer of the Delaware Office for the Deaf and Hard of Hearing. A long-time member of the National Association of the Deaf, she also serves on the Council on Deaf and Hard of Hearing Equality.

GWENDOLLYN SCOTT-JONES, MSW, MS is a doctoral candidate in clinical psychology at the Philadelphia College of Osteopathic Medicine. She has extensive experience and training in crisis intervention, forensic psychology, and adult mental health services and is a psychiatric social worker with the DSAMH mobile crisis unit.

MARILYN SIEBOLD, MS, NCC is a training administrator with DSAMH. She has 12 years experience developing and providing clinical training for DSAMH employees and the community at large, including law enforcement. She is the state trainer for NAMI-DE's "Family to Family" Program and has trained volunteers in many different non-profit service agencies.

BARBARA SIERS has been the HIV/STD/Hepatitis C training coordinator for the Delaware Division of Public Health since 1993. She is responsible for bringing the Fundamentals of HIV Prevention Counseling training to Delaware.

JOSEPH D. SPICA, MBA is the project manager for DSAMH's Clinical Care Information Systems implementation. He has done extensive work at a global consulting firm as an agent of change, an implementer of strategic vision, and a mentor of technology. He helps to develop and implement technology solutions to support technology infrastructure, mission, vision and values.

LAURA TAYLOR, MA is a training administrator with the Division of Substance Abuse and Mental Health and has fifteen years of experience working in the field of mental health. She has extensive experience working in out-patient, in-patient, residential, and crisis services. She has served as adjunct faculty at William Patterson University, Department of Psychology.

MAURICE L. TIPPETT is the director of the Management Information System unit of the Division of Substance Abuse and Mental Health. In this position he collects and manages relevant data for reporting and performance measurement, oversees the development and procurement of software systems, and manages first response for computer and technology support issues.

FACULTY BIOS

ANNA MARIE TOTO, EdM is a program coordinator at the Center for Excellence in Psychiatry and has played an integral part in the Partners for Excellence in Psychiatry: Neuroscience Treatment Team Partner program. She has over fifteen years of experience in training, program development, curriculum design and leadership development models serving both private and public sectors.

BETSY TUCKER is a certified sign language interpreter with the Registry of Interpreters for the Deaf. She has been working as a freelance interpreter for thirteen years and as the Interpreter Coordinator for the Delaware Division of Vocational Rehabilitation for the last eight years.

ROBERT F. VELLA, MS is a health program coordinator in the HIV/AIDS Surveillance unit of the State Public Health Office of Delaware. As a leadership and management educator in Alabama he delivered over 240 hours of curriculum annually, and managed a staff of 300 educators with the Air Mobility Warfare Center in New Jersey.

MARIE D. VERNA joined the Center for Excellence in Psychiatry as a senior training and consultation specialist after ten years experience in mental health consumer advocacy on the national and state levels. In partnership with UMDNJ's Robert Wood Johnson Medical School, she serves as co-founder of New Jersey CHOICES, a consumer-led tobacco cessation program developed by and for consumers.

BETTY VREELAND, APRN has dual national board certification in psychiatric/mental health and primary care nursing. Ms. Vreeland is a nationally-known expert on the physical health and well-being of persons with mental illness who has pioneered a "complete wellness" approach to behavioral health treatment. She is a program manager at the University of Medicine and Dentistry of New Jersey (UMDNJ), where she is also a clinical assistant professor of nursing, psychiatry, and family medicine.

KATE WALKER, MSN, APRN is a nurse educator with the Division of Substance Abuse and Mental Health with extensive training and experience in the field of psychiatric and mental health nursing. She is certified as a Gestalt therapist. She has a subspecialty in developing and facilitating groups for individuals with persistent mental health conditions.

JAMES WALSH, PhD is a pastoral counselor in private practice and an assistant professor in the Community Counseling program at Wilmington University where he teaches and provides clinical supervision for intern students. In his private practice he provides a broad array of counseling services.

JESSICA WASHER is a trainer educator with the Division of Substance Abuse and Mental Health Training Office as well as a Non-Violent Crisis Intervention Instructor. She earned her teaching degree while studying at Pensacola Christian College and has taught a variety of topics to all age levels.

FACULTY BIOS

LORI WATTS, MSM is a training administrator for the Division of Management Services. She has over 25 years of training experience and is a member of the Statewide Training Advisory Network of Delaware and the American Red Cross.

GREG WILLIAMS has been a trainer for the Division of Public Health for the past 17 years. He has been employed in this position for seventeen years. He earned a Bachelor of Science Degree from Central State University with a major in Physical & Health Education. He has over thirty years of applied educational experience in teaching, coaching and training.

DANA V. WISE is an Administrative Specialist II with the Division of Substance Abuse and Mental Health Training Office. She provides office and technical assistance for the Training Office staff and assists with the CARES training workshops.

MARIANN FOX WOLSKEE, MSW is a registered somatic movement therapist in private practice in Wilmington, and lectures for Springfield College's graduate program. She is a corporate diversity trainer and community educator with an extensive background in personal safety prevention. She conducts workshops applying expressive therapies in multi cultural settings for trauma, depression, and women's health and healing.

JIM WUELFING, CPP-R is owner of the New England Center, a company dedicated to quality training and technical assistance services. His specialties include problem gambling prevention, cultural competency, spiritual growth, curriculum development, strategic planning, peer education, and stress management. He has also co-written and co-trained the highly praised workshop, Racism of the Well Intended.

BRUCE ZAHN, PHD, ABPP, is the director of clinical training at Philadelphia College of Osteopathic Medicine. In addition to his responsibilities at PCOM, he has a part-time private practice in Spring House, Pennsylvania. He is a board member of the Inter-faith Housing Alliance of Ambler, serving families in Montgomery County to overcome homelessness.

JOHN ZUGGER is an Administrative Specialist II with the Division of Substance Abuse and Mental Health Training Office. He provides office and technical assistance for the Training Office staff. Training Office Graphics Artist.

UPCOMING EVENTS

37th Summer Institute July 28-August 1, 2008 “Beyond the Diagnoses” Clayton Hall, University of Delaware, Newark

The 37th Summer Institute, Beyond the Diagnoses, will feature keynote speakers David Mee-Lee, M.D. and Stephanie Covington, Ph.D., LCSW. David Mee-Lee will speak on new strategies for providing comprehensive, person-centered services for individuals with co-occurring disorders. Stephanie Covington will address gender informed and trauma informed care and how these approaches can be utilized to promote positive treatment outcomes. Examples of workshops include Beyond Trauma: A Healing Journey for Women; Helping Women Recover; and Suicide Prevention: After an Attempt. Other workshops will cover topics such as diagnosis and treatment, ethics, and cognitive behavioral therapy. These are just a few of the workshops and topics under development for the 37th Annual Summer Institute.

For further information about the 2008 Summer Institute, contact the Training Office: (302) 255-9480, e-mail us at dsamh.training@state.de.us, or visit www.dhss.delaware.gov/dhss/dsamh

Psychiatry Grand Rounds

Psychiatry Grand Rounds are held in the Springer Building classrooms on the Herman Holloway DHSS campus from Noon to 1:30 pm on pre-scheduled Tuesdays throughout the year. Psychiatrists, nurses, psychologists, social workers, pharmacists, and other interested professionals from the community are invited to attend. Pre-registration is not required. Call (302) 255-9480 or e-mail us at DSAMH.training@state.de.us for an updated listing of Grand Rounds dates and topics.

March 25th – Dr. Peter Zandi: Psychiatric Genetics

April 8th – Dr. Robert McFadden Title: TBD

April 22nd – Dr. Dimitri Markov: Parasomnias: Things That Go Bump in The Night

May 13th – Dr. Catherine Bradshaw: Bullying & School Violence

June 17th – Dr. Stephen Weinstein Title: TBD

2008 Suicide Prevention Conference: The Golden Link

The third statewide Suicide Prevention Conference sponsored by the Department of Health and Social Services' Division of Substance Abuse and Mental Health and the Mental Health Association of Delaware will take place this Fall.

For information about the conference or to obtain a registration form, contact vkim@mhainde.org

Delaware Celebrates Recovery Month!!

Treatment Works! September 2008

The Recovery Month effort aims to promote the societal benefits of the treatment for persons with substance use conditions. During this month we laud the contributions of those in recovery and promote the message that recovery from substance use conditions is possible. The observance also encourages citizens to take action to help expand and improve the availability of effective treatment for those in need. Check the recovery month website for further details.
<http://www.recoverymonth.gov/>

Online Courses from CSAP's Northeast CAPT

The Center for Substance Abuse Prevention (CSAP) Northeast Center for the Application of Prevention Technologies (CAPT) is one of five regional centers dedicated to providing training and technical assistance to support the application of evidence-based substance abuse prevention programs and strategies at the regional, state and local levels. The Northeast CAPT offers a menu of computer-based, interactive, distance learning courses to bring the best of prevention knowledge and skills to state- and community-level practitioners.

These facilitated courses, lasting between one and two weeks, allow practitioners to explore current research, obtain practical tools, participate in structured learning activities, and share their knowledge, experiences and perspectives with one another. Course topics include: environmental prevention strategies; social marketing; data collection and presentation; locating, hiring, and managing an evaluator; youth involvement; the relationship between substance abuse prevention and academic success; and program selection. Courses are offered monthly.

To register for these courses, go to www.northeastcapt.org/course_registration/register_mailing_list.asp and add your name to the mailing list. The Northeast CAPT will notify you when registration for individual courses begins. For more information, contact Melanie Adler at madler@edc.org or call (617)-618-2309.

Courses Offered Via Satellite/Taped Lecture

The DSAMH Training Office offers satellite training sessions through several different education providers. These trainings are broadcast from the Springer Building classrooms and scheduled for specific dates. Also, select taped lectures on varying topics are available for viewing in the Medical Library. Contact the Training Office at (302) 255-9480 or e-mail at DSAMH.training@state.de.us for more information.

DSAMH Medical Library

Springer Building
Herman Holloway Campus
1901 N. DuPont Highway, New Castle, DE 19720
(302) 255-2789

A key component of the Division's Training Office is the Medical Library. This information resource houses extensive collections of books, multimedia, journals, and electronic resources for education and research. The library is available to service providers, students, clients and family members and assists patrons in a confidential and sensitive manner. If you would like assistance in finding resources on a specific topic stop by the library, contact the librarian, Susanne Ingle at (302) 255-2789, or susanne.ingle@state.de.us.

The Library's resources can be viewed, in the very near future at http://www.dhss.delaware.gov/dhss/dsamh/medical_library.html.

SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) and National Mental Health Information Center

is an excellent resources of information about substance abuse prevention, addiction treatment, and mental health. NCADI and the National Mental Health Information Center distribute a wide range of free or low-cost materials, including fact sheets, brochures, pamphlets and treatment improvement protocols.

Visit their web site to order or download materials.

<http://Ncadistore.samhsa.gov/catalog>

<http://nmhicstore.samhsa.gov/publications/ordering.aspx>

The Office of Prevention Resource Center (OPRC)

4417 Lancaster Pike
Barley Mill Plaza, Building 18
Wilmington, DE 19805
(302) 892-4505

The Office of Prevention Resource Center (OPRC) provides resource material to the public through the distribution of pamphlets and information at health fairs and community events; dissemination to the public at the on-site center; and direct shipment of booklets to community agencies. The OPRC ships to medical and psychiatric hospitals, schools, preschools, counseling centers, churches, resource centers, non-profit agencies, schools and police departments.

The Cyber Café, a component of the Office of Prevention and Early Intervention Resource Center, applies state of the art technology to the dissemination of resource materials to individuals throughout Delaware. The Cyber Café is a relaxing setting where anyone can explore prevention topics such as substance abuse, violence, and tobacco use. From online internet exploration to a video previewing area, patrons can look at videos, curricula, and booklets to find the resource to meet their needs. For more information, contact Marybeth Johns at (302)-892-5827.

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Recovery Concepts to Consider

The Washington Post published this thought-provoking article written by Charles Barber, a caseworker with the chronically mentally ill who has gone on to teach at Yale. The article addresses the need for comprehensive, holistic treatment approaches and questions the prevailing focus on medications alone.

Notable quotes from the article *Message (Not) In a Bottle: Healing a Troubled Mind Takes More Than a Pill*:

“Our fervent and simple-minded belief is that the experts, and the pills, will take care of things for us. The simultaneously inspiring and terrifying reality is that getting better -- the winding, agonizing road to stability – is a little messier (and a lot more interesting) than we would like it to be.”

“Treatment is most effective when the patient is in charge and the ultimate expert in his or her own recovery.”

“You take a person with a mental illness, you then reduce the discrimination and stigma against them, increase their social roles and participation, which provides them a reason to get better in the first place, and then you provide treatment and support. The issue is not so much making them normal but helping them get their lives back.”

“Many of these reasons to live -- the reasons to seek treatment in the first place -- are highly personal and idiosyncratic”

“Other proven and practical approaches to managing milder forms of depression, such as diet changes, exercise or cognitive behavioral therapy, haven't gotten the attention they deserve in our high-tech zeal for the drugs.”

“...it was therapeutic for me to ‘get out of my own head’ and serve others.”

MESSAGE (NOT) IN A BOTTLE

Healing a Troubled Mind Takes More Than a Pill

By Charles Barber

Sunday, February 10, 2008; Page B01

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#759 The Addiction Severity Index

2 Day: 12 Contact Hours

Faculty: Baker and Gontang

This workshop provides an introduction to the use of the Addiction Severity Index (ASI). The ASI is one of the most widely used assessment instruments in the substance abuse field. This workshop is designed to instruct participants on the key elements required to conduct the ASI structured clinical interview.

Learning Objectives:

- Identify the specific intentions of each question on the ASI
- Verify the information through cross checking
- Explain the value of utilizing probes to augment assessment information

9:00 am to 4:00 pm

SC

March 17 & 18 '09

K/S Detox

#110 HIV Update: The Whole Spectrum

Half Day: 3 Contact Hours

Faculty: Bennett, Lincoln, Moora, and Vella

Pre-requisite: A basic knowledge of HIV/AIDS transmission and prevention

Multiple agencies have joined with the Center for Disease Control to initiate an intensive intervention for working with individuals diagnosed with Human Immunodeficiency Virus (HIV). The goals of this intervention are to promote the health of the HIV+ patient and decrease the spread of HIV. This intermediate level workshop will provide the most recent information about HIV disease, including current clinical management approaches such as therapeutic drug monitoring, replication, capacity, and intense adherence programs.

Learning Objectives:

- Describe the epidemiological trends of HIV/AIDS in Delaware and the Nation
- Explain current treatment and research in HIV/AIDS
- Identify HIV/AIDS services, existing networks, and funding distribution in Delaware

Schedule: 9:00 am to 12:00 pm

SC	April 9	GSSC Public Health Conf Rm
NCC	October 8	Springer 1& 2

#299 Clinical Supervision Intensive Lab

5 Days: 30 Contact Hours

Faculty: Jontry

Note: This workshop is the prerequisite for #992, #1022, and #1023.

This workshop on clinical supervision is designed for individuals who carry supervisory responsibilities for counselors in the behavioral healthcare field. This workshop will identify and describe the skills and processes, including documentation, that encompass clinical supervision. The three stages of this workshop are designed to offer participants an opportunity to integrate and balance understanding and knowledge about the supervisory process with understanding and knowledge about themselves, their staff, their agency, and the requirements and mandates of regulatory agencies. Participants will identify their own styles of supervision; their personal roadblocks to effective supervision; and develop strategies for overcoming personal roadblocks.

This intensive workshop is divided into three stages:

Stage I: Provides an overview of supervisory processes. Supervisory models are described and their individual benefits and shortcomings are discussed. Specific emphasis will be placed upon tailoring supervisory method and style to agency requirements.

Stage II: review of back home experiences utilizing newly learned information and intervention strategies. Participants will be required to bring an example of a real supervisory situation in their agency for role-play and peer-review.

Stage III: Evaluation. This stage follows successful completion of stages 1 and 2. It is designed specifically to teach clinical supervisors how to conduct effective competency-based counselor evaluations.

Additional workshops to support new knowledge, skills, and abilities will be available to those who complete this lab.

Learning Objectives:

- Describe the skills that encompass clinical supervision and documentation
- Explain the role of education, training, mentoring, and coaching in clinical supervision
- Discuss the ethical guidelines for the provision of clinical supervision
- Develop an intervention strategy for application with each supervisee

9:00 am to 4:00 pm

KC August 14, 28 & September 11, 25 & October 2 Smyrna Rest Area

All five dates of class must be attended in order to receive a certificate.

#789 HIV, STDs, and Hepatitis C 101

Half Day: 3 Contact Hours

Faculty: Siers

As the number of infectious disease cases increase, it becomes vital that clinicians learn how these diseases impact clients and treatment planning. This workshop will introduce information about Human Immunodeficiency Virus (HIV), Sexually Transmitted Diseases (STDs), and Hepatitis C infection processes. Transmission, prevention, and risk reduction methods will be discussed, along with information about counseling and testing.

Learning Objectives:

- Define HIV, STDs, and Hepatitis C and how they are transmitted
- Explain prevention and risk reduction methods
- Identify Delaware counseling and testing providers

Schedule: 9:00 am to 12:00 pm

KC	May 14	Thomas Collins Bldg, 2 nd Flr Conf Rm
SC	November 19	K/S Detox

#848 Developing and Leading Social Skills Groups

1 Day: 6 Contact Hours

Faculty: Siebold

Social and interpersonal skills are essential for establishing and maintaining satisfying relationships at home and at work. The experience of mental health and substance use conditions can interfere with the individual's ability to develop and practice these skills. This workshop will provide theory and knowledge for developing and leading structured social skills groups and is particularly applicable for those individuals working with clients who have significant cognitive symptoms related to mental health or substance use conditions.

Learning Objectives:

- Describe the principles of social learning theory as they apply to social skills
- Reduce complex social skills into more simplistic components for instruction
- Describe a 14-step group process for introducing a new social skill

Schedule: 9:00 am to 4:00 pm

NCC	May 15	Springer 1 & 2
SC	October 20	K/S Detox

#885 Brief Treatment for Problem Gambling

1 Day: 6 Contact Hours

Faculty: Baier

This workshop introduces participants to clinical concepts associated with brief, solution-oriented therapeutic techniques and their utilization with problem gambling. As a theoretical model, brief therapy approaches continue to evolve and make headway into an integrated method for dealing with a variety of compulsive disorders. As a clinical model, it often requires a shift in the way we traditionally thought about individual's presenting problems toward a method that demands immediacy in problem-identification and immediacy in developing readily accomplishable tasks. This workshop will provide practical, usable tools for immediate use with problem gamblers.

Learning Objectives:

- Define the theoretical components of solution-oriented counseling
- Elaborate the significant difference between solution-oriented treatment and traditional treatment methods
- Verbally define three techniques associated with brief therapy
- Understand the application of these methods in the treatment of problem gamblers

9:00 am to 4:00 pm

NCC	June 12	CSB, Rm 105
SC	June 13	Hampton Inn, Rehoboth

#894 Confidentiality and Ethics

1 Day: 6 Contact Hours

Faculty: Edgar

For many treatment providers, the 42 Code of Federal Regulations (CFR) Part II confidentiality regulations that apply to addiction treatment are assumed to have the same restrictions and guidelines as those applicable to mental health. The fact is, 42 CFR may be more restrictive and is very specific about record keeping, disclosure, consent, and release of information. In this workshop some of the dilemmas that arise when interpreting law and ethical philosophy with regard to dual relationships, therapeutic boundaries, gender, and cultural issues will be discussed. The National Council on Problem Gambling's ethical standards, Delaware certification/licensure regulations, and other professional organizational standards will be presented.

Learning Objectives:

- List five exceptions to needing client consent prior to releasing information
- Describe issues regarding duty to warn
- Identify situations and behaviors that may lead to ethical violations
- Provide five examples of client identifying information

9:00 am to 4:00 pm

NCC	October 16	CSB, Rm 105
SC	October 17	Hampton Inn, Rehoboth

#956 CPI: Non-Violent Crisis Prevention and Intervention

For DSAMH Employees Only

2 Day: 12 Contact Hours

Faculty: DSAMH Staff

This Crisis Prevention Institute (CPI) workshop offers a solid foundation in crisis prevention and intervention approaches. CPI is based on the philosophy of providing the best possible care, welfare, safety and security for staff and the individuals in their care. The focus is on preventing disruptive behavior by recognizing levels of behavior and the appropriate response by staff. Physical interventions are utilized as a last resort. Participants should wear comfortable clothing and closed-toe shoes or sneakers, and bring water with them.

Note: This workshop is mandatory for all DSAMH direct care staff and recommended for all other Division employees. It is the prerequisite for # 965, #1104, #968, #977, and #1105.

Learning Objectives:

- Identify and explain the four levels of behavior and the appropriate staff responses
- Assess verbal intervention levels
- Demonstrate personal safety techniques

NCC	April 7 & 8	9:30am – 4:30pm	LSTR
NCC	April 21 & 22	3:00pm – 9:00pm	LSTR
NCC	May 5 & 6	9:30am – 4:30pm	LSTR
SC	May 19 & 20	9:30am – 4:30pm	K/S Detox
NCC	June 3 & 4	9:30am – 4:30pm	LSTR
NCC	June 16 & 17	9:00am – 4:00pm	LSTR
NCC	July 14 & 15	9:30am – 4:30pm	LSTR
NCC	August 11 & 12	9:30am – 4:30pm	LSTR
SC	August 25 & 26	9:30am – 4:30pm	K/S Detox
NCC	September 9 & 10	9:30am – 4:30pm	LSTR
NCC	September 22 & 23	3:00pm – 9:00pm	LSTR
NCC	October 6 & 7	9:30am – 4:30pm	LSTR
NCC	November 3 & 5	9:30am – 4:30pm	LSTR
NCC	December 15 & 16	9:30am – 4:30pm	LSTR
SC	December 17 & 18	9:30am – 4:30pm	K/S Detox
NCC	January 12 & 13 '09	9:30am – 4:30pm	LSTR
NCC	February 9 & 10 '09	9:30am – 4:30pm	LSTR
NCC	March 9 & 10 '09	9:30am – 4:30pm	LSTR
NCC	April 6 & 7 '09	9:30am – 4:30pm	LSTR

#960 Crisis Intervention and Assessment for Suicidal Behavior

1 Day: 6 Contact Hours

Faculty: Scott-Jones

Crisis intervention services are an integral component of an effective emergency mental health and substance use system of care. This workshop will introduce common aspects of crisis intervention, address the assessment of potential violent and suicidal behaviors, and explain how to intervene when an individual is experiencing a mental health or substance use crisis. We will discuss comprehensive suicide and mental health assessments, as well as the most appropriate interventions for individuals with suicidal behavior.

Learning Objectives:

- Describe crisis intervention services for a mental health or substance use crisis
- Explain how to conduct comprehensive assessments for a mental health or substance use crisis
- Identify effective interventions for individuals experiencing a crisis

9:00 am to 4:00 pm

SC	February 23 '09	K/S Detox
KC	March 25 '09	BHCC, Suite 4F

#965 CPI: How to Excel at Verbal Interventions

2008 Annual Refresher for DSAMH Employees

Half Day: 3 Contact Hours

Faculty: DSAMH Staff

Prerequisite: #956 CPI: Nonviolent Crisis Prevention and Intervention.

In this annual follow-up refresher to the CPI workshop, participants will further examine effective verbal intervention skills, which provide the foundation for safely managing challenging verbal behavior. Knowing how to quickly tailor techniques to the situation at hand can directly affect whether the situation escalates or remits. Participants will review an array of verbal techniques that can contribute to a safe and more respectful environment. Physical intervention techniques will be reviewed as well.

Note: This workshop is mandatory for all DSAMH direct care staff and recommended for all other Division staff.

Learning Objectives

- List three questions to ask during any verbal intervention
- Describe the three types of limits that could be used when necessary
- Apply the tools and techniques discussed to intervene verbally
- Demonstrate personal safety and control techniques

9:00 am to 12:00 pm

NCC	March 20	LSTR
KC	April 3	WSSC, 1 st Flr Conf Rm
NCC	April 28	LSTR
SC	May 1	K/S Detox
NCC	May 12	LSTR
NCC	May 15	LSTR
SC	June 12	K/S Detox
NCC	June 20	LSTR
NCC	June 24	LSTR
NCC	June 26	LSTR
NCC	July 10	LSTR
NCC	August 7	LSTR
NCC	August 15	LSTR
KC	August 18	WSSC, 1 st Flr Conf Rm
NCC	August 21	LSTR
SC	September 4	K/S Detox
NCC	September 18	LSTR
NCC	October 2	LSTR

NCC	October 9	LSTR
NCC	October 10	LSTR
NCC	October 14	LSTR
KC	October 16	WSSC, 1 st Flr Conf Rm
NCC	October 21	LSTR
NCC	October 23	LSTR
NCC	October 27	LSTR
NCC	November 7	LSTR
NCC	November 13	LSTR
NCC	November 17	LSTR
NCC	November 18	LSTR
NCC	November 20	LSTR
NCC	November 25	LSTR
KC	December 4	WSSC, 1 st Flr Conf Rm
NCC	December 5	LSTR
NCC	December 8	LSTR
NCC	December 11	LSTR
NCC	December 12	LSTR
NCC	December 19	LSTR
NCC	December 22	LSTR

7:00 am to 10:00 am

NCC	April 11	LSTR
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3:00 pm to 6:00 pm

NCC	April 17	LSTR
NCC	May 29	LSTR
NCC	July 1	LSTR
NCC	October 30	LSTR
NCC	December 9	LSTR

968 CPI: Non-Verbal and Para-Verbal Communication

Second of three yearly 2008 mini-refreshers for DSAMH Employees

1 Contact Hour

Faculty: DSAMH Staff

Pre-requisite: #956 CPI: Nonviolent Crisis Prevention and Intervention

This workshop will review the concepts of personal space and body language presented in the CPI workshop. The components of non-verbal behavior and para-verbal communication will be discussed and applied to various scenarios to determine their effectiveness.

Note: This workshop is mandatory for all DSAMH direct care staff and recommended for all other staff.

Learning Objectives:

- Demonstrate the supportive stance
- Explain how personal space affects individuals
- Identify components of para-verbal communication

* Pre-registration is **NOT** necessary.

These workshops are scheduled on most units of the division. Please check the unit schedule for dates and times.

General Sessions: Open to anyone who missed their unit-based training or where one was not scheduled at their site.

9:00 am to 10:00 am

NCC	June 13	LSTR
NCC	Aug 22	LSTR

#977 CPI: Crisis Development Model

First of three yearly 2008 mini-refreshers for DSAMH Employees
1 Contact Hour

Faculty: DSAMH Staff

Pre-requisite: #956 CPI: Nonviolent Crisis Prevention and Intervention

This interactive workshop will provide a review of the Crisis Development Model introduced in the CPI workshop. Participants will review levels of behavior and crisis development and discuss appropriate staff attitudes and responses.

Note: This workshop is mandatory for all DSAMH direct care staff and recommended for all other division staff.

Learning Objectives:

- List the four behavior levels of crisis development
- Understand the purpose of knowing the behavior levels
- Identify appropriate staff responses to each crisis behavior level

*Pre-registration is NOT necessary.

These workshops are scheduled on most units of the division. Please check the unit schedule for date and times.

General Session: Open to anyone who missed their unit-based training or where one was not scheduled at your site.

9:00 am to 10:00 am

NCC	March 14	LSTR
NCC	April 18	LSTR

#978 12-Step Recovery Model

Half Day: 3 Contact Hours

Faculty: Baker

Alcoholism is the second leading cause of death in the United States just behind cancer. When deaths from alcoholism and substance use are combined, these substance use conditions account for more deaths than any other disease in this country. In this workshop we will explore the 12-Step Recovery Model, the most recognized method of recovery from addiction. This workshop will also describe the types of 12-step support groups; encourage participants to personally implement each the twelve steps; and discuss the importance of a support system in recovery from substance use conditions.

Learning Objectives:

- Describe the 12-Step process and how each step applies to the individual
- Explain the importance of developing a support system in recovery
- Describe at least two types of 12-Step fellowship groups

9:00 am to 12:00 pm

KC	May 22	WSSC, 1 st Flr Conf Rm
SC	June 19	K/S Detox

#992 Clinical Supervision as an Evolving Skill I

1 Day: 6 Contact Hours

Faculty: Jontry

Note: The Clinical Supervision as an Evolving Skill series consists of three 1 day workshops. These workshops can be taken individually or as a series.

Prerequisite: #299 Clinical Supervision

This workshop is provided to build upon and sustain the learning process for participants who have completed the workshop #299 Clinical Supervision. This workshop will evolve in response to the needs of the participants and will address current areas of supervision relevant to those in attendance. These areas may include, but are not limited to, maintaining supervisory enthusiasm, staff morale, dealing with difficult employees, and issues in documentation. This is a highly interactive experiential class. Participation in small groups, role-plays, and group discussion is an integral component of the learning process.

Learning Objectives:

- Describe the application of the skills and knowledge of clinical supervision
- Identify at least three ways to assist supervisees in working with individuals diagnosed with co-occurring disorders
- Describe at least three ways in which clinical supervision documentation supports the individual's recovery

9:00 am to 4:00 pm

NCC

January 16 '09

Springer 3

#1007 Dialectical Behavior Therapy:

An Evidence-Based Treatment for Borderline Personality Disorder

2 Day: 12 Contact Hours

Faculty: Mannion

Providing effective treatment for people with severe, long-term Axis I disorders, combined with Axis II disorders especially borderline personality disorder, can be a seemingly impossible challenge. This workshop will help clinicians utilize the assumptions, principles, and skills of dialectical behavior therapy so that they can reduce negative counter-transference and burn-out experiences, while enhancing their enthusiasm and effectiveness in working with persons with these diagnoses.

Learning Objectives:

- Describe the goals, modes, and behavioral targets of each mode of Dialectical Behavior Therapy (DBT)
- Identify at least three distinguishing assumptions made in DBT about individuals with borderline personality disorder
- Describe at least two acceptance strategies and two change strategies used in DBT
- Summarize a strategy for implementing DBT in the workplace

Schedule: 9:00 am to 4:00 pm

NCC	April 9 & 23	Springer 1 & 2
SC	June 13 & 27	K/S Detox

#1019 The Other Safety Issue: Our Role in Screening, Assessing and Responding to Domestic Violence

Half Day: 3 Contact Hours

Faculty: Duckworth, Durbano

This workshop will examine methods for screening, identifying, referring, and responding to individual victims of domestic violence. Participants will learn to approach safety considerations from a victim's perspective, and will examine the influence of the broad range of risks that domestic violence victims face. Participants will explore the connections between domestic violence victimization and success in behavioral healthcare treatment and will identify ways to increase service provision effectiveness. At the conclusion of this workshop, participants will be better equipped to collaborate effectively with individuals affected by violence, while enhancing their chances for achieving safety and emphasizing batterer accountability.

Learning Objectives:

- Identify effective screening techniques for domestic violence
- Describe how risks influence the choices and options available to victims of domestic violence, especially as connected to behavioral healthcare treatment
- Identify ways to provide effective services and strategies that contribute to victim safety and batterer accountability

9:00 am to 1:00 pm

SC	September 16	K/S Detox
NCC	February 10 '09	Springer 1& 2

#1022 Clinical Supervision as an Evolving Skill II

1 Day: 6 Contact Hours

Faculty: Jontry

Note: The Clinical Supervision as an Evolving Skill series consists of three 1-day workshops. These workshops can be taken individually or as a series.

Prerequisite: #299 Clinical Supervision

This workshop is provided as to build upon and sustain the learning process for participants who have completed workshop #299 Clinical Supervision. This workshop will evolve in response to the needs of the participants and will address current areas of supervision relevant to those in attendance. These areas may include, but are not limited to, maintaining supervisory enthusiasm, staff morale, dealing with difficult employees, and issues in documentation. This is a highly interactive experiential class. Participation in small groups, role-plays, and group discussion is an integral component of the learning process.

Learning Objectives:

- Identify three strategies for working with employees who present challenging issues
- Describe the differences between performance management and clinical supervision
- Identify at least three effective and realistic ways to increase employee morale

9:00 am to 4:00 pm

NCC

February 20 '09

Springer 3

#1023 Clinical Supervision as an Evolving Skill III

1 Day: 6 Contact Hours

Faculty: Jontry

Note: The Clinical Supervision as an Evolving Skill series consists of three 1-day workshops. These workshops can be taken individually or as a series.

Prerequisite: #299 Clinical Supervision

This workshop is provided to build upon and sustain the learning process for participants who have completed workshop #299 Clinical Supervision. This workshop will evolve in response to the needs of the participants and will address current areas of supervision relevant to those in attendance. These areas may include, but are not limited to, maintaining supervisory enthusiasm, staff morale, dealing with difficult employees, and issues in documentation. This is a highly interactive experiential class. Participation in small groups, role-plays, and group discussion is an integral component of the learning process.

Learning Objectives:

- Describe three methods for enhancing the effectiveness of case consultation
- Explain the application of clinical decision-making supports
- Utilize clinical supervision to promote self awareness and professional growth

9:00 am to 4:00 pm

NCC

March 27 '09

Springer 3

**#1024 Problem Gambling Treatment for Beginners I:
History, Theory, and Identification**

1 Day: 6 Contact Hours

Faculty: Edgar and Pertzoff

This workshop will present the fundamentals of problem gambling as well as the history, development, and current status of the problem-gambling field. Participants will learn signs, symptoms, and stages of the progression of problem gambling. The focus of this workshop will be on the identification, assessment, and initial stabilization of the problem gambler. Dual diagnosis in problem gambling will also be discussed.

Learning Objectives:

- Explain the history of legalized gambling in the United States
- Describe the history and development of the field of pathological gambling
- Identify types of individuals with a gambling addiction
- Describe the stages, signs and symptoms, and progression of problem gambling

9:00 am to 4:00 pm

NCC	April 10	CSB, 9 th Flr, Red Cross Conf Rm
SC	April 11	Hampton Inn, Rehoboth

**#1025 Problem Gambling Treatment for Beginners II:
Screening, Assessment, and Clinical Applications**

1 Day: 6 Contact Hours

Faculty: Edgar and Pertzoff

Pre-requisite: #1024 Problem Gambling for Beginners I

This workshop will introduce screening, assessment and treatment, and clinical applications unique to treating problem gambling. Standardized, gambling-specific screening instruments and their utilization will be included.

Learning Objectives:

- Explain gambling-specific diagnostic criteria
- Describe the critical process of financial stabilization in treating problem gambling
- Apply appropriate gambling-specific clinical tools in a case study of an individual with gambling problems

9:00 am to 4:00 pm

NCC	September 11	CSB, Rm 109
SC	September 12	Hampton Inn, Rehoboth

#1070 Cognitive Behavioral Therapy for Personality Disorders

1 Day: 6 Contact Hours

Faculty: Fusco

Pre-requisite: #1165 or a minimum of 2 years clinical experience in the application of (CBT)

Individuals who have a personality disorder can present a challenge to therapists in case conceptualization, goal setting, rapport building, and positive treatment outcomes. This advanced workshop will introduce Millon's diagnostic system for personality disorders and present case conceptualization strategies. Each of the personality disorders will be described, with primary focus on borderline personality disorders (BPD). Key traits and cognitive distortions will be identified and discussed with an emphasis on treatment strategies. As individuals with BPD are often prone to crisis, specific crisis management and intervention strategies will be reviewed. Counter transference issues and impediments to treatment will also be discussed.

Learning Objectives:

- Describe Millon's case conceptualization strategies
- Explain the cluster system of the DSM-IV-TR classification
- Identify the main traits consistent with each personality disorder
- Describe the cognitive distortions, schema, and overall conceptualization of borderline personality disorder (BPD)
- Identify key crisis management and intervention strategies to utilize with high-risk, crisis prone individuals with BPD

Schedule: 9:00 am to 4:00 pm

NCC March 11 '09 Springer 1 & 2

#1096 Ethical Challenges in the Treatment of HIV, Mental Health and Substance Use Conditions

Half Day: 3 Contact Hours

Faculty: Parcher

This workshop focuses on ethical considerations when providing treatment to persons with mental health and substance use conditions. Participants will gain familiarity with general confidentiality statutes and applicable regulations under the Code of Federal Regulations (CFR) 42 Part II as well as statutory limits to confidentiality and how to handle subpoenas and court orders. Participants will learn to recognize common situations where there is high risk of ethical transgression or breach of confidentiality and will explore practical strategies for avoiding or addressing ethical conflicts. This is an interactive workshop where participants will be encouraged to ask questions and discuss ethical dilemmas that they are aware of through experience, news articles, television, etc. They will be asked to review cases from the perspective of an ethics committee.

Learning Objectives:

- Describe the Code of Federal Regulations (CFR) 42 Part II and compare it to other confidentiality regulations and statutes
- Explain the exceptions to confidentiality under 42 CFR
- Describe the most common ethical dilemmas and transgressions relative to substance use and mental health treatment
- Understand 'power' and how it impacts participants in therapy and ethical responsibility
- Understand the negative impact of having unclear boundaries
- Use at least two strategies for recognizing and handling ethical dilemmas

9:00 am to 12:00 pm

SC	October 9	K/S Detox
NCC	November 13	Gateway
KC	January 29 '09	BHCC

#1099 Deaf Culture 101

Half Day: 3 Contact Hours

Faculty: Sarro, Tucker

This workshop will increase the participants' understanding of basic Deaf Culture, including social and family environments, and varied educational backgrounds residential school, mainstream program, or regular school. We will explain different methods of communication, which may depend on situational factors; the difference between a signer and an interpreter; how to work with sign language interpreters; technology that individuals prefer to use; and telecommunication relay service options.

Learning Objectives:

- Explain multiple ways to communicate with an individual who is deaf or hard of hearing
- Describe technology used by individuals who are deaf or hard of hearing
- Understand the availability of telecommunication relay services
- Understand the role of sign language interpreters
- Describe the Registry of Interpreters for the Deaf Code of Professional Conduct

*An American Sign Language Interpreter will be provided.

9:00 am to 12:00 pm

NCC	April 16	Springer 3
SC	April 24	K/S Detox

#1101 Women in the Criminal Justice System

Half Day: 3 Contact Hours

Faculty: Empson

Women continue to enter the criminal justice system at alarming rates. As more women are sentenced or released to the community corrections system and community programs we have an obligation to develop appropriate interventions and strategies for promoting successful outcomes. Data on women offenders show that specific issues significantly affect their pathways into the system and the strategies that will lead to their successful release. This workshop will increase understanding of the needs, strengths, and weakness that female offenders bring to the Criminal Justice System.

Learning Objectives:

- Explore barriers that female offenders encounter in the community
- Identify resources to assist in case management
- Appreciate challenges and rewards of working with female offenders

Schedule: 9:00 am to 12:00 pm

NCC	October 22	Springer 1 & 2
KC	March 12 '09	BHCC, Suite 4F

#1102 Professional Ethics

Half Day: 3 Contact Hours

Faculty: Donovan

The focus of this workshop is on ethical decision-making through an understanding of legal and ethical standards of practice and self-examination. Issues such as client rights, confidentiality, dual relationships, duty to warn and ethical consideration of special populations are studied.

Learning Objectives:

- Understand the ethics of competent human service practice
- Develop an appreciation of everyday mechanisms that can be utilized to resolve ethical considerations
- Explore contemporary ethical scholarship within the global community
- Discuss client rights, confidentiality, dual relationships, and duty to warn

9:00 am to 12:00 pm

NCC	December 3	Springer 1& 2
SC	February 9 '09	K/S Detox

#1103 CPI: Verbal Escalation Continuum and Intervention Techniques

Third of three 2008 mini-refreshers for DSAMH Employees

1 Contact Hour

Faculty: DSAMH Staff

Prerequisite: #956 CPI: Nonviolent Crisis Prevention and Intervention

The five levels of verbal escalation will be reviewed as a part of the crisis development model. Participants will have the opportunity to apply principles taught in the CPI workshop to a variety of situations in context in the daily work environment.

Note: This is mandatory workshop for all DSAMH direct care staff and recommended for all other Division staff.

Learning Objectives

- List the five levels of the verbal escalation continuum
- Identify the levels of behavior in crisis development model and appropriate responses

9:00 am to 10:00 am

NCC	October 17	LSTR
NCC	November 21	LSTR

*Pre-registration is not necessary.

These workshops are also scheduled on most Division units. Please check with your supervisor for the date and time.

#1104 CPI: The Power of Listening
2009 Annual Refresher for DSAMH Employees

Half Day: 3 Contact Hours

Faculty: DSAMH Staff

Prerequisite: #956 CPI: Nonviolent Crisis Prevention and Intervention

Listening is a powerful tool that allows behavioral healthcare providers to have greater insight into a person's behavior and allows them to build greater rapport with those in their care. In this second annual refresher to CPI, the five steps to Empathic Listening, including its benefits, will be reviewed. Common roadblocks that hinder this active process as well as the dangers of giving advice and questioning will be discussed. Physical intervention techniques will also be reviewed.

Note: This workshop is mandatory for all DSAMH direct care staff and recommended for all other Division staff.

Learning Objectives

- List the five steps to empathic listening
- Identify the dangers of giving advice
- State the roadblocks to listening
- Demonstrate personal safety and control techniques

NCC	January 8 '09	9:00 am – 12:00 pm	LSTR
NCC	January 22 '09	9:00 am – 12:00 pm	LSTR
NCC	January 27 '09	9:00 am – 12:00 pm	LSTR
NCC	January 30 '09	9:00 am – 12:00 pm	LSTR
NCC	February 5 '09	9:00 am – 12:00 pm	LSTR
NCC	February 17 '09	9:00 am – 12:00 pm	LSTR
SC	February 19 '09	9:00 am – 12:00 pm	K/S Detox
NCC	February 23 '09	3:00 pm – 6:00 pm	LSTR
NCC	March 5 '09	9:00 am – 12:00 pm	LSTR
NCC	March 19 '09	9:00 am – 12:00 pm	LSTR
NCC	March 23 '09	9:00 am – 12:00 pm	LSTR
NCC	March 27 '09	9:00 am – 12:00 pm	LSTR
NCC	April 2 '09	7:00 am – 10:00 am	LSTR
NCC	April 23 '09	9:00 am – 12:00 pm	LSTR
NCC	April 28 '09	9:00 am – 12:00 pm	LSTR

#1105 CPI: Setting Limits and Empathic Listening

First of three 2009 mini-refreshers for DSAMH Employees

1 Contact Hour

Faculty: DSAMH Staff

Prerequisite: #956 CPI: Nonviolent Crisis Prevention and Intervention

Limit Setting is a recommended intervention at many levels in verbal de-escalation situations. Participants will have the opportunity to review the components of setting limits and the most effective ways of stating them. The key elements of Empathic Listening will be analyzed as a tool for building relationships with those in your care and applied to a variety of scenarios.

Note: This is mandatory for all DSAMH direct care staff and recommended for all other staff.

Learning Objectives:

- Describe how limits should be stated
- Learn how to apply empathic listening tools with those in your care
- Demonstrate how both of these interventions can be applied

9:00am to 10:00 am

NCC	March 20 '09	9am	LSTR
NCC	April 27 '09	9am	LSTR

*Pre-registration is not necessary.

These workshops are also scheduled on most units of the Division. Please check with your supervisor for the dates and times.

General Sessions: Open to anyone who missed their unit-based training or where one was not scheduled at your site.

#1107 The Power of Recovery For Consumers and Providers

1 Day: 7 Contact Hours

Faculty: DSAMH Staff

This workshop is for consumers and providers who are new to the field of recovery. It provides an introduction through video, small group discussions, and activities. It is mandatory for all new DSAMH employees and is available to others who register through the Division of Substance Abuse and Mental Health (DSAMH) Training Catalog. The goals of this workshop are to present the idea of recovery from the consumers' perspective, using learning materials created by consumers and including the involvement of consumer trainers in the workshop, as well as to learn new ways of thinking about providing services.

Learning Objectives:

- Define recovery by recognizing and remembering the principles of recovery
- Use consistent recovery-based language in the workplace
- Describe the importance of using motivation as a key concept in the support of recovery
- Demonstrate verbal responses which support hope and promote recovery

Schedule: 8:00 am to 4:00 pm

NC	April 1	Springer 1& 2
NC	April 29	Springer 1& 2
SC	May 13	K/S Detox
NC	May 28	Springer 1& 2
NC	July 8	Springer 1& 2
NC	August 5	Springer 1& 2
SC	August 19	K/S Detox
NC	September 3	Springer 1& 2
NC	September 30	Springer 1& 2
NC	October 28	Springer 1& 2
NC	December 9	Springer 1& 2
SC	December 16	K/S Detox
NC	January 6 '09	Springer 1& 2
NC	February 3 '09	Springer 1& 2
NC	March 3 '09	Springer 1& 2

#1108 White Bears, Craving, Depression, and Addiction:

Working WITH the Preoccupied Mind

PART I

1 Day: 6 Contact Hours

Faculty: Walsh

At the core of an individual's addiction, one finds a mind that cannot stop thinking about the substance or process that is the source of its pleasure. Alongside of mental preoccupation is arousal, the body's craving for satiation. The research literature and, perhaps, our own experiences, demonstrate that as one works harder to suppress unwanted thoughts and feelings these same thoughts and feelings seem to take on greater authority in determining affective states and behavioral responses. Indeed, thought suppression seems inevitably to lead to thought obsession, rumination, and behavioral degradation.

Based on the work of Daniel M. Wegner, this first module of two workshops presents research concerning the 'white bear' phenomenon and how thought suppression contributes to depression and addiction disorders. The cognitive consequences of secrecy and concealed stigma, and the effects of thought suppression on memory, are examined.

Learning Objectives:

- Become familiar with Wegner's research into thought suppression
- Conceptualize the etiology of depression and addiction so the role of thought suppression in the client's illness can be better understood and treated
- Describe the effects of thought suppression on memory

Schedule: 9:00 am to 4:00 pm

NCC June 12 Springer 1 & 2

#1109 Clear the Air: How to Help Others Quit

Half Day: 3 Contact Hours

Faculty: Bell

This workshop is directed toward service providers that want to assist smokers with an easier cessation transition. It will begin with learning important historical events that occurred from the past to present day in the rise and fall of tobacco popularity. The physical and emotional impact of smoking will be discussed. Attendees will come away with the knowledge of how to proficiently use and instruct others in the use of the Delaware Quitline counseling program. Several techniques on how to move a smoker towards quitting for good will be learned. Attendees will be also instructed about the use of the many different medications that are available to assist smokers to cessation.

Learning Objectives:

- Identify three key events in the history of tobacco
- Become proficient in instructing smokers how to utilize the Delaware Quitline
- Learn three techniques to move a smoker towards quitting
- Understand the use of medications for smoking cessation

Schedule:

NCC	May 6	1:00 pm to 4:00 pm	Springer 1& 2
KC	October 9	9:00 am to 12:00 pm	Thomas Collins 2 nd Flr Conf Rm
SC	November 20	9:00 am to 12:00 pm	K/S Detox
NCC	December 9	1:00 pm to 4:00 pm	Springer 3

#1110 HIV, STDs, and Hepatitis C 201

2 Day: 12 Contact Hours

Faculty: Williams

Prerequisite: #789 HIV, STD and Hepatitis C 101

This workshop focuses on the definition, stages, symptoms, transmission modes, prevention, risk reduction methods, statistics, community impact, counseling and testing of the Human Immunodeficiency virus (HIV), sexually transmitted diseases (STD's) and Hepatitis C. This workshop is a part of the HIV/STD/Hepatitis C Modular Series provided by the Delaware Division of Public Health.

Learning Objectives:

- Define HIV, STD's and Hepatitis C and the associated effects with each infection/virus
- Differentiate transmission modes and transmission mode examples associated with each infection/virus
- Explain prevention and risk reduction methods associated with each infection/virus
- Articulate HIV, STD and Hepatitis C related statistics
- List counseling and testing services related to HIV, STD, and Hepatitis C

Schedule: 9:00 am to 4:00 pm

NCC	April 22 & 23	HSSC
NCC	August 19 & 20	HSSC

#1111 Street Drug Update

Half Day: 3 Contact Hours

Faculty: Chatterton

Participants will gain an understanding of street drug availability and use patterns in the local area. Drugs' main and side effects will be explored. The impact street drugs have on physiology will be discussed along with the common cognitive and behavioral presentations of persons with substance use conditions. How to differentiate between psychiatric and post acute withdrawal symptoms will be stressed. The clinical challenges in treating the dual diagnosed will be included.

Learning Objectives:

- Identify and understand the currently available street drugs, intended effects, as well as side effects
- Incorporate street drug information into treatment planning for dual diagnosed clients
- Differentiate between psychiatric and post acute withdrawal symptoms
- Understand how street drug usage complicates psychiatric assessment and treatment

Schedule: 9:00 am to 12:00 pm

NCC
KC

September 25
October 8

Springer 3
WSSC 1st Flr Conf Rm

#1112 Creating Opportunities for Change: Strategies for Motivating

1 Day: 6 Contact Hours

Faculty: Chatterton

This workshop will teach the specific stages of change and how professionals can assess where their clients are in the change process. It will cover how to design intervention and treatment strategies for specific populations in behavioral health treatment incorporating the client's current stage of change. The workshop will also explain how to assess a client's "stuckness" and how to avoid common treatment impasses. The therapeutic relationship will be discussed as the nexus of facilitating client's transformational process.

Learning Objectives:

- Identify and understand the stages of change
- Identify common treatment impasses and methods of getting beyond these points
- Integrate stages of change into treatment/intervention strategies for behavioral health clients
- Utilize the therapeutic relationship as a catalyst for creating change

9:00 am to 4:00 pm

NCC	February 24 '09	Springer 4
KC	March 4 '09	WSSC 1 st Flr Conf Rm

#1113 White Bears, Craving, Depression, and Addiction:

Working WITH the Preoccupied Mind

PART II

1 Day: 6 Contact Hours

Faculty: Walsh

Drawing from the work of Daniel M. Wegner, this is the second of two workshops on an individual's addiction, and how the individual finds that their mind cannot stop thinking about a substance or process that is the source of its pleasure. Along with this mental preoccupation is arousal, the body's craving for satiation of its desires. This workshop will focus on an experiential approach to depression and addiction, examining radical acceptance and "urge surfing" as alternatives to cognitive and affective suppression. Mindfulness-based treatments will be presented and experiential exercises intended to facilitate mindful awareness will be conducted. References to appropriate scientific literature and textbooks will be provided.

Learning Objectives:

- Understand the integration of mindfulness approaches to thought suppression with cognitive forms of therapy
- Experience mindfulness methods as practiced in various forms of therapy, including dialectical behavior therapy and acceptance and commitment therapy
- Discuss resources to integrate these approaches to depression and addiction counseling

Schedule: 9:00 am to 4:00 pm

NCC

June 13

Springer 1 & 2

#1114 Prevention: Core Essentials of an Effective and Sustainable Coalition

2 Day: 12 Contact Hours

Faculty: Hall

Do you want your coalition to get smarter, faster? How about learning about ‘evidenced based’ thinking? Then, this is the class for your coalition. This core-competency-based workshop focuses on building participant skills required to manage an effective coalition. During the workshop, participants will assess their own competencies to determine their strengths and opportunities for future learning. They will learn about the core competencies and essential process critical to coalition success. The fifteen core competencies are explained along with their basis in science and current coalition research. Practical tools for each competence are provided and participants are afforded time to practice applying the skills and tools in smaller breakout sessions.

Learning Objectives:

- Identify community needs and resources by naming and framing identified issues
- Analyze problems and goals and identify root causes
- Discuss Logic models – “The picture on top of the puzzle box”
- Understand evaluation basics and create an evaluation plan
- Create and select appropriate interventions
- Discuss sustainability

9:00 am to 4:00 pm

NCC

April 23 & 24

Buena Vista

#1115 Prevention: Capacity Building Workshop

2 Day: 12 Contact Hours

Faculty: Hall

This workshop offers a comprehensive curriculum covering another dimension of the seven elements of the Strategic Prevention Framework (SPF). The curriculum, based upon a series of primers, is aimed at providing guidelines for coalitions navigating the SPF. The curriculum includes worksheets, tools and reference materials, and trainer resources that include presentation materials, a trainer's guide and related tools.

Learning Objectives:

- Describe why capacity building is important in the Strategic Prevention Framework
- Assess the key elements of capacity building including developing leadership
- Identify which aspects of capacity need to be addressed
- Develop strategies to address a specific element
- Create plans for the coalition to build capacity

9:00 am to 4:00 pm

NCC

June 4 & 5

Buena Vista

#1116 Strategic Response to Crisis

2 Day: 12 Contact Hours

Faculty: Lating

This workshop will present essential information for the assessment of both crisis situations and the effects of critical incidents on people involved in those situations. Participants will learn to create an effective plan of action to assist individuals in crisis. Strategic planning and tactical decision-making are emphasized, as are rationales for choosing one set of crisis intervention processes over another. Participants will complete a series of exercises designed to enhance their assessment and crisis-planning skills. This workshop attempts to build confidence that the crisis responder to make the appropriate choices of interventions for the populations they are assisting under specific circumstances.

Learning Objectives:

- Define strategic planning as it applies to crisis intervention
- Outline the elements of the National Incident Management System and relate those elements to crisis intervention
- Describe a comprehensive, integrated, systematic and multi-component crisis intervention program

9:00 am to 4:00 pm

NCC

May 20 & 21

Springer 1 & 2

#1117 Diversity in the Multi-Generational Workforce

1.5 Contact Hours

Faculty: Ingle

Today's workforce in the United States is comprised of people from age 16 to age 79. The characteristics of the inclusive generations vary; each generation has its own strengths, weaknesses, and job-related needs. During this workshop, some of these differences will be examined and there will be discussion on how multiple generations can work together.

Learning Objectives:

- Discuss how traits, core values, and beliefs of generations are molded
- Identify the generations in the workforce and name the general characteristics of each
- Identify the core values and belief systems for each generation
- Explain how generational differences occur in the workplace

9:00 am to 10:30 am

SC	Jan 19 '09	K/S Detox
NCC	Feb 12 '09	Springer 1 & 2

**#1118 Dialectical Behavior Therapy:
Overcoming Challenges of Inpatient Providers**

1 Day: 6 Contact Hours

Faculty: Mannion

Pre-requisite: #1007 Introduction to Dialectical Behavior Therapy

This interactive workshop is a follow-up for inpatient providers who have completed workshop #1007, Introduction to Dialectical Behavior Therapy (DBT). It will give inpatient providers an opportunity for brief review and continued support, feedback, and troubleshooting as they implement the assumptions, principles, and skills of DBT in their work with patients and in their own lives.

Learning Objectives:

- Describe how dialectical behavior therapy (DBT) is being implemented for inpatient providers
- Define the challenges participants are having in at least two areas of implementing DBT in an in-patient setting
- Summarize an action plan for addressing at least two of these challenges

Schedule: 9:00 am to 4:00 pm

NCC

November 6

Springer 1 & 2

**#1130 Dialectical Behavior Therapy:
Overcoming Challenges of Outpatient Providers**

1 Day: 6 Contact Hours

Faculty: Mannion

Pre-requisite: #1007 Introduction to Dialectical Behavior Therapy

This interactive workshop is a follow-up for outpatient providers who have completed workshop #1007, Introduction to Dialectical Behavior Therapy (DBT). It will give service providers an opportunity for brief review and continued support, feedback, and troubleshooting on their efforts to implement the assumptions, principles, and skills of DBT in their work with clients and in their own lives.

Learning Objectives:

- Describe how dialectical behavior therapy (DBT) is being used in outpatient settings
- Define the challenges participants are having in at least two areas of implementing DBT in an outpatient setting
- Summarize an action plan for addressing at least two of these challenges

Schedule: 9:00 am to 4:00 pm

NCC

October 24

Springer 1 & 2

#1131 Conflict Resolution

1 Day: 5.5 Contact Hours

Faculty: Watts

This workshop addresses the different conflict management styles and approaches to working with individuals who practice those management styles. Discussion will include practice methods to resolve conflict through the use of communication and facilitation. Topics to be covered include conflict management styles; an overview of communications and active listening skills; techniques for mediating and negotiating; and drafting agreements among individuals and organizations.

Learning Objectives:

- Understand the advantages and disadvantages of conflict
- Identify the conflict management styles
- Describe active and effective listening skills
- Understand the collaborative problem solving tools

9:00 am to 3:30 pm

KC

April 4

Thomas Collins Building, 1st Flr Conf Rm

#1134 Ethics in Crisis and Disaster Situations

1 Day: 6 Contact Hours

Faculty: Crimando

The crisis environment is often chaotic and ambiguous, raising many potential ethical and boundary issues for counselors and others providing psychosocial support. This workshop addresses ethical issues in the delivery of disaster mental health services, including: moral principles in ethical decision-making; person-role conflict in disaster responders; transference/counter transference in disaster assistance; and ethical guidelines for on-scene disaster work. Special attention is given to ethical concerns related to culture, sexual orientation, dangerousness and duty-to-warn, as well as, accepting gifts and dealing with dual or multiple relationships. There will be an opportunity for both theoretical as well as experiential learning.

Learning Objectives:

- Describe key concepts in ethical decision-making
- Discuss transference/counter transference issues in crisis work
- Explain the steps in ethical decision-making
- Identify the unique ethical challenges associated with crisis response
- Describe ethical pitfalls and countermeasures for disaster mental health responders

9:00 am to 4:00 pm

NCC

June 6

Springer 3

#1135 Grief and Loss

1 Day: 6 Contact Hours

Faculty: Crimando

The experience of loss and grief can evoke a complex range of emotional and behavioral reactions in children and adults. This workshop is designed for mental health and human service workers, as well as those in related professions, to better understand grief and bereavement and the benefits of intervention. These benefits include enabling bereaved people to explore their grief in creative and supportive ways. Participants will explore a range of effective support strategies and the importance of self-care when assisting others in grief. There will be an opportunity for both theoretical as well as experiential learning.

Learning Objectives:

- Describe the grief process
- Define “traumatic grief”
- Discuss resilience and making meaning of loss
- Describe general interventions in grief and loss situations

9:00 am to 4:00 pm

NCC

August 8

ASSC

#1136 Theories of Counseling

1 Day: 6 Contact Hours

Faculty: Siebold

Knowledge of counseling theories help service providers organize their thoughts about human behavior and apply these ideas into practice. Understanding the fundamental ideas behind theories of counseling clarifies the reasoning behind many approaches we use today (e.g., Motivational Interviewing, Dialectical Behavior Therapy) and helps the counselor conceptualize cases in a way that is both more focused and more eclectic.

This workshop will present a historical view of theories, and through discussion will challenge participants to explore their personal views of theoretical models. Participants will think critically about the multiple explanations for human behavior as proposed by theoretical models, including: Psychoanalytic, Rogerian, Cognitive, Behavioral, Existential, Gestalt, and Family Systems.

Learning Objectives:

- Describe the major theories of counseling and interventions based on those theories
- Provide examples of how the approaches we use are based on these theoretical models
- Compare and contrast the key concepts, goals and techniques for each model
- Describe how the models impact, and are impacted by, multiculturalism and feminism
- Think critically about the multiple explanations for human behavior

Schedule: 9:00 am to 4:00 pm

NCC	August 27	Springer 1& 2
SC	February 12 '09	K/S Detox

#1137 Advanced Motivational Interviewing Techniques

1 Day: 6 Contact Hours

Faculty: Chenkin

This workshop will focus on the development of Motivational Interviewing (MI) skills and techniques, with an emphasis on adherence to the style and spirit of MI. The workshop will provide an overview of the research and efficacy of MI as an evidence-based practice, as well as the benefits of implementing MI into clinical practice. Additionally, the workshop will explore the need for on-going support and clinical supervision of staff using MI. Participants will be briefly introduced to the NIDA Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency blending Initiative package and other related resources.

Learning Objectives:

- Describe the three components of the “spirit” of Motivational Interviewing (MI) and the four general principles of MI
- Explain the “microskills” of MI and demonstrate an example of each
- Explain “change talk” and two methods to increase the quantity and frequency of “change talk”
- Identify three strategies for managing resistance
- Describe the rationale of Motivational Interviewing Assessment: Supervisory Training for Enhancing Proficiency

9:00 am to 4:00 pm

NCC
SC

April 2
April 9

Springer 3
K/S Detox

#1139 Treatment Planning M.A.T.R.S.: Utilizing the ASI to Make Required Data Collection Useful

2 Day: 12 Contact Hours

Faculty: Poole

The Addiction Severity Index is one of the most universally applied instruments for the assessment of substance use and related addictions. The Blending Team has developed products that include a continuing education curriculum package addressing how to transform required 'paperwork' into clinically useful information. The training package contents were developed by blending the resources and talent of researchers and community treatment providers from National Institute on Drug Abuse's Clinical Trials Network and staff from the Center for Substance Abuse Treatment's Addiction Technology Transfer Center Network. These products promote the understanding and adoption of evidence based treatment interventions by professionals in the treatment field. These products also address the key tenets of treatment objectives and interventions: Measurable, Attainable, Time-limited, Realistic and Specific referred to in this training tool as Treatment Planning M.A.T.R.S.

Learning Objectives:

- Compare characteristics of a program-driven and an individualized treatment plan
- Understand how individualized treatment plans improve client retention and ultimately lead to better outcomes
- Practice writing notes that reflect how treatment is progressing
- Use measurable, attainable, time-limited, realistic, and specific treatment planning tools (M.A.T.R.S.)

9:00 am to 4:00 pm

NCC

April 15 & 16

Springer 1 & 2

#1140 Cultural Competency & Team Building

1 Day: 6 Contact Hours

Faculty: Robinson

This workshop will provide participants with an overview of culture. A brief description of how to provide culturally competent care as an organization, agency, or an individual will be presented and demonstrated through role playing and group activities. A brief presentation of the most common issues as they relate to culture in a healthcare or substance use prevention/treatment setting will be described. These common issues include: race and ethnicity, gender, sexual identity such as lesbian, gay, bisexual, transgender, questioning and intersex (LGBTI), age, youth, family, social, economic, and world views, religion, death, healthcare, weddings, funerals, and other celebrations.

Learning Objectives:

- Gain understanding and respect for different cultures and their nuances
- Explain the worldviews of different cultural groups
- Understand the culture groups that you work with
- Describe how personal biases or attitudes can interfere in providing effective services

9:00 am to 4:00 pm

KC June 6 WSSC, 1st Flr Conf Rm

#1141 Schizophrenia & Recovery

1 Day: 6 Contact Hours

Faculty: Taylor

Prerequisite: #1155 or experience working with people who have schizophrenia

What's new in the treatment of schizophrenia? Quite a lot! This workshop will provide an overview of new practices in treating schizophrenia. An audio documentary will be used to gain insight into the experience of auditory hallucinations. Helpful coping strategies for dealing with hallucinations and delusions will be discussed. Learn how to optimize treatment outcomes by implementing recovery concepts. Gain understanding in relapse prevention strategies for people with schizophrenia.

Learning Objectives:

- Learn practical strategies for coping with auditory hallucinations
- Identify effective & helpful ways of communicating with persons who are experiencing delusions
- Increase opportunities to be in touch with reality
- Identify three aspects of insight

9:00 am to 4:00 pm

NCC	September 19	Springer 1& 2
SC	October 29	K/S Detox Conf Rm

#1143 Disaster Mental Health: Advanced Counseling Skills

1 Day: 6 Contact Hours

Faculty: Crimando

Prerequisite: #1150 Disaster Mental Health Basic Skills or disaster mental health response experience

Disaster mental health responders can be challenged when assisting individuals, families and communities who have suffered extreme losses and catastrophic damage. Even seasoned mental health and crisis intervention workers can be at a loss for the 'right thing' to say or do. This workshop is intended to further develop the basic skills that responders may have, and further fill their 'toolbox' with appropriate and effective strategies and techniques for assisting those that are in distress. This workshop incorporates such skills as: assisted coping; seeking and giving support; helpful thinking and reframing; and self-care during the provision of disaster mental health services. This workshop involves both theoretical and experiential components, and allows participants to test and practice their existing skills, as well as acquire new skills. Role play, case studies, small and large group exercises add to this fast paced learning experience.

Learning Objectives:

- Demonstrate assisted coping techniques
- Explain methods of seeking and giving support for survivors
- Describe strategies to promote 'helpful thinking'
- Describe the key concepts of self-care in disaster mental health response

9:00 am to 4:00 pm

KC	May 1	WSSC 2 nd Flr Conf Rm
NCC	May 2	ASSC

#1144 The Physiology of Fear

1 Day: 6 Contact Hours

Faculty: Crimando

Fear and stress experienced during traumatic or violent events can have a critical impact on both short- and long-term functioning and mental health. As researchers gain more insight into the physiological and psychological mechanisms of fear and stress, more effective countermeasures can be employed in post-crisis response. This workshop provides a comprehensive overview of the physiological response to fear and is intended for both clinical and non-clinical audiences. The workshop will address common fear behaviors, the neurochemical response to fear, anatomical structures associated with fear response, the role of temperament in fear, common perceptual distortions under extreme stress, and interventions and countermeasures useful in managing fear reactions. This workshop allows for both theoretical and experiential learning.

Learning Objectives:

- Describe the primary neurocircuitry of fear
- Explain the role of the neurochemicals associated with fear
- Identify three common fear reactions
- Provide examples of perceptual distortions in fear response
- Describe strategies for fear management

9:00 am to 4:00 pm

NCC

June 20

Springer 1 & 2

#1145-1149 Essential Counseling Skills: I-V

1 Day per workshop: 6 Contact Hours per workshop

Faculty: Jontry

These workshops will provide the basic building blocks for developing and enhancing therapeutic skills. The workshop series will provide practical strategies to acquire and develop skills necessary to the counseling process. Topics presented and activities will focus on the following: establishing rapport, active and attentive listening, observation, changing thinking, feeling and communication patterns, managing conflicts, spirituality, barriers to change, facilitating change, and creating an effective treatment plan. Each workshop is designed as a stand alone. However, each workshop builds upon material from previous workshops and the series is designed to be highly interactive and experiential. Participants are encouraged to register for the entire series.

Schedule: 9:00 am to 4:00 pm

#1145 Essential Counseling Skills I Date: 05/07/08 Location: Springer 3

- Use attentive empathic listening
- Learn how to increase client self-disclosure
- Utilize the Johari window to increase self-knowledge and help clients reduce defensiveness/resistance.
- Identify defense mechanisms

#1146 Essential Counseling Skills II Date: 05/14/08 Location: Springer 1 & 2

- Practice skills to improve individual self perception
- Learn strategies to identify client strengths and resources
- Explore how perceptions, language , and non-verbal messages effect communication
- Identify common roadblocks to effective communication
- Learn twelve guidelines for straight, clear, uncluttered, helpful ways of verbal exchange

#1147 Essential Counseling Skills III Date: 05/28/08 Location: Springer 3

- Explore alternative ways of looking at problematic situations
- Identify ways to incorporate spirituality in the counseling process
- Recognize transference and counter-transference

#1148 Essential Counseling Skills IV Date: 06/11/08 Location: Springer 1 & 2

- Use engagement strategies for the court-mandated individuals
- Identify discrepancies: How individuals sabotage themselves and what to do about it
- Assist clients to build a vision of how they wish to be

#1149 Essential Counseling Skills V Date: 06/25/08 Location: Springer 1 & 2

- Identify strategies to gain strength and hope from relapse

- Describe strategies used to enlist individual creative processes in person-centered treatment planning
- Negotiate recovery goals

#1150 Disaster Mental Health: Basic Counseling Skills

1 Day: 6 Contact Hours

Faculty: Crimando

It is recommended that mental health, human service, and other potential providers of disaster mental health services have a 'tool box' of skills for field intervention. This workshop introduces the basic skills that all disaster mental health responders should possess, including rapid assessment and triage; gathering information and prioritizing immediate needs, arousal reduction techniques, psycho-educational approaches, and assisting problem-solving. This workshop allows for theoretical and experiential learning, including role play and large group exercises.

Learning Objectives:

- Demonstrate rapid assessment and triage of disaster-affected individuals
- Explain methods of gathering critical information and defining immediate needs
- Facilitate arousal reduction techniques

9:00 am to 4:00 pm

SC	April 7	K/S Detox
NCC	April 8	Springer 3

#1151 Neuroscience Treatment Team Partner and Complete Wellness National Training and Consultation Program

Participation in this workshop is by invitation only; for information email lynda.lord@state.de.us

2 Day: 12.25 Contact Hours

Faculty: Vreeland, Toto, Haytas, and Verna

Attendees will learn about the “Complete Wellness” (mind/body/spirit) treatment approach which attempts to raise the standard of care and enhance mental and physical health outcomes for people with serious mental illnesses. The training will focus on the following components: the Neuroscience Treatment Team Partner (NTTP) Program, Team Solutions & Solutions for Wellness, the Small Steps Approach, the Collaborative Care Process, a Toolbox of Clinical and Educational Strategies, and Organizational Change/Implementation Planning.

Learning Objectives:

- Describe the ‘Complete Wellness’ (mind/body/spirit) approach to mental health treatment
- Describe the physical health problems and needs of people with serious mental illness
- Explain how using the *Team Solutions* and *Solutions for Wellness* psycho-educational materials can help empower people to achieve their recovery and wellness goals
- Create an organizational implementation plan to help foster a ‘Complete Wellness’ organizational culture

Schedule: 8:30 am to 4:30 pm

NCC May 13 & 14 Hilton Wilmington/Christiana

Sponsored by Eli Lilly and Company
Created and Presented by: University of Medicine and Dentistry of New Jersey-University Behavioral HealthCare

#1152 Basic Group Counseling Skills

1 Day: 7.5 Contact Hours

Faculty: DSAMH staff

Effective group leaders understand that the interpersonal qualities of a counselor are as important as the content and design of the group itself. This workshop will identify the skills necessary to be an effective group leader and will give examples of how these skills can be applied. Certain skills will be examined as to how they support or hinder learning. Participants will be asked to demonstrate and/or give examples of their own understanding and/or skills. The participants will work individually and in pairs to demonstrate understanding of the concept and can apply it to their work.

Learning Objectives:

- Review the characteristics of effective group leaders
- Demonstrate the person-centered principles of active listening and validation, paraphrasing, summarizing, and clarifying
- Describe the group leaders tasks, including maintaining boundaries, helping members bond, encouraging participation, keeping discussion focused
- Review Albert Bandura's Social Learning model and explain how it applies to social skills groups
- Compare strategies to employ principles of adult learning and multicultural counseling
- Demonstrate how to use role playing and problem solving models in the group process

Schedule: 8:00 am to 4:30 pm

NCC	April 14	Springer 3
NCC	May 12	Springer 3
NCC	June 10	LSTR
NCC	July 21	Springer 3
NCC	August 18	Springer 3
NCC	September 16	Springer Medical Library
NCC	October 14	Springer Medical Library
NCC	November 12	Springer 1&2
NCC	December 22	Springer 3
NCC	January 20 '09	Springer Medical Library
NCC	February 17 '09	Springer Medical Library
NCC	March 16 '09	Springer 1&2

#1153 Taking the Sex Out of Sexuality

Half Day: 3 Contact Hours

Faculty: Opresso

Many people, including professionals, mistakenly assume that sex is a physical act between two individuals which must involve the genitals. Using the *Circles of Sexuality*, this workshop is designed to teach professionals in the mental health and medical fields that the term *sexuality* is a more inclusive term to describe the wide array of sexual behaviors, feelings, values, and thoughts within everyone. By broadening the definitions of sex, professionals can design clinical and educational interventions better suited to meet the needs of individuals.

Learning Objectives:

- Define sexuality as more than genital activity
- Increase comfort with discussing and asking questions about sexuality
- Learn what human sexuality is and how it affects our behavior
- Learn the distinctions between sexual orientation, behavior, and identity

Schedule: 9:00 am to 12:00pm

NCC	April 17	Springer 3
NCC	June 18	Springer 3

#1155 Schizophrenia: An Overview of Symptoms

Half Day: 3 Contact Hours

Faculty: Taylor

This introductory workshop will provide participants with a basic understanding of the symptoms experienced by individuals who have schizophrenia. Discussion will include the course of the illness, alterations of the senses, and positive, negative, and cognitive symptoms. Participants will use case examples for group discussion and symptom identification.

Learning Objectives:

- Identify and describe five characteristic symptoms of schizophrenia
- Describe at least four factors that can produce symptoms of psychosis which are not related to schizophrenia
- Describe recovery outcomes for individuals with schizophrenia
- Differentiate subtypes of schizophrenia based on clinical presentation

9:00 am to 12:00 pm

SC	June 25	K/S Detox
NCC	September 24	Springer 3

#1159 CARES: A Dementia Caregiving Approach™

2 Day: 12 Contact Hours

Faculty: Lovett & DSAMH Facilitators

CARES: A Dementia Caregiving Approach™ is a learning program developed by the Alzheimer's Association in conjunction with HealthCare Interactive, Inc. This workshop provides an innovative learning experience for direct care workers and other staff who care for those with Alzheimer's or other forms of dementia. Topics of discussion will include the stages of dementia, related changes in the individual's ability to function, and various non-verbal behaviors and signs suggestive of pain. Strategies for experiencing reciprocally meaningful interactions with individuals with dementia or traumatic brain injury will also be discussed.

Learning Objectives:

- Describe the steps in the positive physical approach with individuals with dementia or traumatic brain injury
- Understand how behavior is a form of communication
- Describe the effects of dementia on the capacity to eat
- Use effective CARES interventions with individuals who have traumatic brain injury and other co-occurring issues
- Observe techniques to assist individuals to 'bathe without a battle'

9:00 am to 4:00 pm

NCC	June 19 & 26	Springer 3
NCC	August 8 & 15	Springer 3
NCC	September 10 & 17	Springer 3
KC	October 8 & 15	DHCI
SC	November 5 & 12	K/S Detox
NCC	December 12 & 19	Springer 3
NCC	January 21 & 28 '09	Springer 3
NCC	February 18 & 25 '09	Springer 3
NCC	March 11 & 18 '09	Springer 3

This workshop is also available on-line. Individuals who wish to take the CARES interactive, on-line version shall submit a learning contract to the training office. Enter the words "on-line course" in the location field of the learning contract. The on-line workshop requires access to a computer with internet and speakers. Once the learning contract is processed the DSAMH training office will contact you with the web address and personal log-on information. A certificate of completion of the online CARES program may be obtained ONLY through the HealthCare Interactive Website. Please visit the website for the continuing education policy, process, and fees.

#1160 Cultural Competence in a Therapeutic Environment

1 Day: 6 Contact Hours

Faculty: Wolskee

This workshop will discuss contemporary issues and practice dimensions of multicultural counseling therapy and the impact of differences in the cross cultural exchange of human service delivery. Opportunities for personal growth and development will be encountered during this workshop.

Learning Objectives:

- Describe three biases or attitudes that may interfere with providing services
- Examine ideas about unity, diversity, pluralism and their personal effects that could impact providing services
- Understand the Tripartite Model for competency and skill building
- Discuss how culturally appropriate intervention strategies can be incorporated into treatment planning
- Understand how to obtain information regarding world views of different cultures

9:00 am to 4:00 pm

SC	October 23	K/S Detox
NCC	January 14 '09	Springer 1& 2

#1161 Medication Assisted Therapy

1 Day: 6 Contact Hours

Faculty: Kampman

Addiction treatment has undergone exciting and dramatic changes in the past decade; specialized medications to treat substance use and addiction have been added to the tools and strategies used to promote recovery. While there is no magic pill or cure for addiction, new medications have been found effective in reducing substance use and the likelihood of relapse. Workshop participants will learn about the integration of medications and psychosocial treatment for alcohol, opiate, and nicotine addiction.

Learning Objectives:

- Understand the usefulness of methadone and buprenorphine for the treatment of opiate dependence
- Describe the usefulness of naltrexone and acamprosate for the treatment of alcohol dependence
- Explain the usefulness of varenicline for the treatment of nicotine dependence

9:00 am to 4:00 pm

NCC

August 21

Springer 1 & 2

#1162 Cognitive Behavioral Therapy for Anger Management

1 Day: 6 Contact Hours

Faculty: Fusco and Rotgers

Pre-requisite: #1165 The Foundations of Cognitive Behavioral Therapy or a minimum of 2 years clinical experience in the application of CBT

This advanced workshop will focus on the fundamental applications of Cognitive Behavior Therapy for anger management. Participants will be introduced to the cognitive conceptualization of anger and anger responses, as well as strategies and techniques to increase frustration tolerance and constructive responses to the internal experience of anger.

Learning Objectives:

- Describe the role of cognition distortions in individual responses to frustration and anger
- Identify at least three strategies for increasing frustration tolerance
- Identify at least three strategies for coping constructively with the internal experience of anger

Schedule: 9:00 am to 4:00 pm

NCC

February 13 '09

Springer 1 & 2

#1163 Cognitive Behavioral Therapy for Depression and Anxiety

1 Day: 6 Contact Hours

Faculty: Fusco and Rotgers

Pre-requisite: #1165 The Foundations of Cognitive Behavioral Therapy or a minimum of 2 years clinical experience in the application of CBT

This advanced workshop will focus on the fundamental applications of CBT for depression and anxiety. Participants will be introduced to the cognitive conceptualization of both depression and anxiety disorders, as well as specific strategies and techniques for improving mood and reducing symptoms of anxiety.

Learning Objectives:

- List the three components of Beck's cognitive triad
- Describe at least three techniques for reducing symptoms of depression
- Describe at least three techniques for reducing anxiety symptoms

Schedule: 9:00 am to 4:00 pm

NCC

February 25 '09

Springer 1 & 2

#1164 Cognitive Behavioral Therapy for Co-occurring Disorders

1 Day: 6 Contact Hours

Faculty: Rotgers

Pre-requisite: #1165 The Foundations of Cognitive Behavioral Therapy (CBT) or a minimum of 2 years clinical experience in the application of CBT

This advanced workshop will focus on the fundamental applications of CBT for substance abuse and co-occurring disorders.

Learning Objectives:

- Discuss the applications of CBT in co-occurring and substance use conditions
- Describe the cognitive distortions of individuals who have substance use conditions
- Explain the application of CBT treatment strategies used to treat substance use conditions with co-occurring issues such as mental and physical health, legal, and others

9:00 am to 4:00 pm

NCC

March 26 '09

Springer 1 & 2

#1165 Foundations of Cognitive Behavioral Therapy

2 Day: 12 Contact Hours

Faculty: Fusco and Rotgers

Note: This workshop fulfills the prerequisite for the Advanced Cognitive Behavioral Therapy workshops: #1163, #1162, #1070, #1164 and, #1166.

This introductory workshop is designed to provide an introduction to the principles and techniques of Cognitive Behavioral Therapy (CBT). Clinical intervention approaches and short term counseling will be addressed.

Learning Objectives:

- Describe the basic cognitive model
- State the components of a structured cognitive/behavioral therapy session
- Describe the role of cognitive distortions in the development and/or maintenance of a selection of DSM-IV-TR diagnoses
- Describe at least three methods for restructuring cognitive distortions and maladaptive schema

Schedule: 9:00 am to 4:00 pm

NCC

January 22 & 23 '09

Springer 1 & 2

#1166 Cognitive Behavioral Therapy with the Elderly Client

1 Day: 6 Contact Hours

Faculty: Zahn

Pre-requisite: #1165 The Foundations of Cognitive Behavioral Therapy (CBT) or a minimum of 2 years clinical experience in the application of CBT

This advanced workshop will focus on the fundamental applications of CBT for working with the elderly client.

Learning Objectives:

- Discuss the applications of cognitive behavioral therapy with the elderly client
- Understand the relationships between distorted thinking, quality of life, and depressive themes
- Understand the relationship between anxiety, depressive symptoms, and physical health in the elderly population

Schedule: 9:00 am to 4:00 pm

NCC

March 12 '09

Springer 1 & 2

#1167 Mindfulness Based Stress Reduction & Psychotherapy

7 Half Days & 1 Full Day: 27 Contact Hours

Must attend all to receive credit

Faculty: Walsh

The Mindfulness Based Stress Reduction (MBSR) program, developed at the University of Massachusetts Medical School's Center for Mindfulness, teaches life-enriching skills that enhance one's capacity for stress management and skillful living. Mindfulness, a deceptively simple way of relating to experience, has long been used to lessen the sting of life's difficulties, especially those that are seemingly self-imposed. The purpose of this workshop is to explore the potential of mindfulness to enhance psychotherapy so that participants will be able to integrate mindfulness principles and practices into their therapeutic practices. The foundation for mindfulness based psychotherapy is the assumption that the reduction and cessation of suffering can occur when clients are able to change their relationship to their suffering. This workshop will consist of an eight week period during which participants will experience the full Mindfulness Based Stress Reduction program, with an emphasis on the coherence between the lessons learned of the MBSR program and their applicability to psychotherapeutic practices.

Following the eight week program, the instructor will offer a series of one-day workshops addressing the incorporation of mindfulness-based practices in the treatment of mood disorders, anxiety disorders, addiction, and borderline personality disorder.

Learning Objectives:

- Apply basic mindfulness skills and a regular meditation practice
- Understand the relationship between mindfulness and stress reduction
- Begin the process of incorporating mindfulness principles into counseling practices

Schedule: 9:00 am to 12:00 pm

NCC	September 17	Springer 1 & 2
NCC	September 24	Springer 1 & 2
NCC	October 1	Springer 3
NCC	October 8	Springer 3
NCC	October 15	Springer 1 & 2
NCC	October 29	Springer 3
NCC	November 5	Springer 1 & 2

9:00 am to 4:00 pm

NCC	October 23	Buena Vista
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#1170 Mindfulness Meditation as a Treatment Strategy for Borderline Personality Disorder

1 Day: 6 Contact Hours

Faculty: Walsh

Pre-requisite: #1167 or MBSR in another venue with current meditation practice

Since 1987, when the first article concerning Dialectical Behavior Therapy (DBT) was published by Marsha Linehan, Ph.D., there have been hundreds of empirically-based studies validating the efficacy of this radical blend of Cognitive Behavior Therapy, Existential Philosophy, and Zen dialectics in the treatment of Borderline Personality Disorder (BPD). A key functional component of DBT is the incorporation of the principles and practices of mindfulness as a way to help people suffering from BPD learn to respond to the experiences of labile emotions, impulsiveness, and extreme interpersonal sensitivity, with greater skill. An overview of DBT is beyond the scope of a one-day workshop; this workshop will instead focus on methods for the therapist to include the principles and practices of mindfulness when working with BPD clients in both individual and group settings.

Learning Objectives:

- Understand of the relation between mindful acceptance and the affective instability found in borderline personality disorder (BPD)
- State practical skills and tools that can be used in vivo to facilitate recovery from BPD
- Review essential information concerning maintaining appropriate and healthy relationship boundaries when teaching mindfulness skills to clients suffering from BPD

Schedule: 9:00 am to 4:00 pm

NCC

March 4 '09

Springer 3

#1171 Mindfulness Meditation as a Treatment Strategy in Mood Disorders

1 Day: 6 Contact Hours

Faculty: Walsh

Pre-requisite: #1167 or MBSR in another venue with current meditation practice

Segal, Teasdale, and Williams began publishing their NIH-funded work on the integration of the Mindfulness Based Stress Reduction program with Cognitive Therapy in 1995. They have named this approach to treating depression: Mindfulness Based Cognitive Therapy for Depression (MBCT). Since that first publication there have been hundreds of articles published, examining the relationship between the development of mindfulness skills and the management of depression and other mood disorders. The purpose of this workshop will be to build upon the foundation of the therapist's mindfulness practice so that the principles and skills of mindfulness can be integrated into his/her treatment of mood disorders. The theoretical foundation for this workshop will be based upon MBCT but will also include recent work examining the usefulness of mindfulness principles and practices in the treatment of mood swing disorders.

Learning Objectives:

- Understand the theoretical background to mindfulness based cognitive therapy and its efficacy in treatment of depression
- State practical skills and tools that can be used *in vivo* to facilitate recovery from depression and maintenance of euthymic mood states
- Facilitate the use of mindfulness in management of bipolar disorder

Schedule: 9:00 am to 4:00 pm

NCC

February 4 '09

Springer 3

#1172 Detoxification from Alcohol and Other Drugs

Half Day: 3 Contact Hours

Faculty: Centers

This workshop will discuss medical detoxification of individuals with a physical dependence on alcohol or other drugs of abuse. A description of the drugs of abuse including alcohol that require medical detoxification and the various pharmacologic modalities available for treating such dependence will be detailed and discussed. Also included will be a discussion of approaches to individuals with dependence on more than one substance and the constraints such co-morbidity places on medical detoxification.

Learning Objectives:

- Name the substances of abuse that require medical detoxification
- List the modalities available to detoxify each substance
- Describe the concerns for co-morbidity in the physically dependent patient

1:00 pm to 4:00 pm

SC

September 15

K/S Detox

#1173 Express Yourself! A Shake Your Soul® and Process-Based Art Experience

2 Contact Hours

Faculty: Barwick

Discover the benefits of authentic movement/creative process as a means of accessing and developing inner resources. Participants will be guided through a series of movements designed to free the “dancer within”, inviting a sense of joy and increased aliveness. Embodying cognitive concepts, such as “letting go”, “grounding”, “freedom”, “personal power” and “inner strength”, participants will move into deeper connection with self and others. Shake Your Soul® embraces cultural diversity through its use of invigorating world music. No experience or fitness level is required. Participants will have an opportunity to give color and form to their experience through a reflective art-making activity, geared towards engaging spontaneity. Process-based art can help participants come into deeper relationship with their intuitive nature, often times creating a pathway for increased self-awareness. Participants will then engage in small group discussion, exploring how this experience relates to therapeutic process and our role as mental health practitioners. These techniques are often effective when used with survivors of trauma.

Learning Objectives:

- Identify therapeutic value of incorporating non-verbal modes of expression
- Identify multiple intelligences as a means of processing information
- Explore cognitive concepts through non-verbal means
- Identify personal style of expression through movement/image
- Increase appreciation for cultural and individual diversity
- Use new techniques for working with trauma survivors

Schedule: 10:00 am to 12:00 pm

SC

February 27 '09

K/S Detox

#1174 Crossing the Line

1 Day: 6 Contact Hours

Faculty: Humphrey-Jones and Meldrum

During the desperation phase of gambling, many pathological individuals with a gambling addiction cross the line into illegal activities. Certain Axis I disorders, including those with an addictive predisposition, may aggravate the ability to monitor reality and self-control, which can lead to crossing this fine line of legality. In addition, individuals with some personality disorders are more prone to disregarding social norms, including legal boundaries. Once involved in the justice system, these individuals develop specialized treatment needs. This workshop will address certain Axis I and II disorders most likely to engage in illegal activities, and identify specific gambling related crimes. The training will then focus on individuals who are facing charges related to their gambling problems or are on probation. In addition, we will examine treatment options for those serving sentences that are gambling related.

Learning Objectives:

- Describe Axis I and II disorders pertinent to gambling-related crimes
- List gambling related crimes and warning signs of gambling desperation
- List resources for those facing legal issues
- Describe the treatment methodologies for incarcerated and individuals on probation for gambling related crimes

9:00 am to 4:00 pm

NCC	June 26	CSB, Rm 105
SC	June 27	Hampton Inn, Rehoboth

#1175 Cultural Competence: Deepening Our Understanding and Going Beyond Political Correctness

1 Day: 6 Contact Hours

Faculty: Wuelfing

One of the major initiatives in schools, workplaces, and programs of all kinds is cultural diversity. While most of us believe in the concept of diversity as strength, many find it difficult to assess personal cultural competence. This workshop will begin by looking at issues of race and then broaden out to other aspects of culture including gender, ethnicity, class, orientation, and ability. We will focus on what helps us become more effective with cultural competence, as we move to become allies in increasing culturally competency as well as becoming better at helping others do the same.

Learning Objectives:

- Define culture and cultural competence
- Discuss elements of privilege and power, and how they impact service delivery
- Self-assess cultural competence
- Assess agency preparedness for cultural competence
- Create an action plan for personal and agency improvements

9:00 am to 4:00 pm

NCC	November 13	CSB, Rm 105
SC	November 14	Hampton Inn, Rehoboth

**#1176 Motivational Therapy:
Helping People to Choose Change**

1 Day: 6 Contact Hours

Faculty: Walsh

Motivational Interviewing was introduced in 1991 as a model for treating addiction disorders. Since its introduction, the scope and use of this model has broadened to address a wide range of mental health and diagnostic issues. Motivational Interviewing is a brief intervention that may be easily integrated into longer term counseling approaches. Values, a topic ordinarily avoided in counseling, are explicitly addressed and utilized in Motivational Interviewing.

Learning Objectives:

- Apply knowledge in methods for addressing client ambivalence, resistance, and defensiveness
- Practice exercises intended to enhance empathy and rapport-building skills
- Address the role that values can play in helping people commit to change

9:00 am to 4:00 pm

NCC	September 25	CSB, Rm 105
SC	September 26	Hampton Inn, Rehoboth

#1177 What's Grief Got To Do With Compulsive Gambling?

1 Day: 6 Contact Hours

Faculty: Murphy

This workshop will present an overview of grief/loss and how it contributes to compulsive gambling. The cognitive-behavioral model of grief and addiction disorders, with affect management as they pertain to recurrence prevention in depression/grief and relapse prevention in addiction and proposed treatment modalities will be discussed. It will combine an instructional component and an experiential component that can be used for those who have experienced a loss.

Learning Objectives:

- Discuss the theoretical foundation for best practices for the treatment of grief with gambling addiction clients
- Identify predisposing events which many contribute to gambling addiction
- Access resources to integrate grief counseling in practice
- Identify negative consequences of using gambling to cope with grief

Schedule: 9:00 am to 4:00 pm

NCC	May 15	CSB, Rm 109
SC	May 16	Hampton Inn, Rehoboth

#1178 Psychopharmacology of Antipsychotic Medication and Drug Interactions

Half Day: 3 Contact Hours

Faculty: Curtis

This workshop will provide information of the typical and atypical antipsychotic agents that are currently being used. Basic pharmacology of how the agents work in the body will be discussed, along with the expected action and possible side effects. Factors which govern the choice of using these medications will also be discussed.

Learning Objectives:

- Identify current typical and atypical antipsychotic agents
- Understand specific drug interactions with those agents
- Describe the adverse events and side effects of antipsychotic medications

9:00 am to 12:00 pm

KC	September 26	BHCC
NCC	October 20	Springer 1 & 2
SC	December 1	K/S Detox

#1180 Illness Management and Recovery

Half Day: 3 Contact Hours

Faculty: Berky-Beck & Escovitz

This workshop will provide a brief overview of the Illness Management and Recovery (IMR) curriculum, and will focus on the implementation of IMR. Participant outcomes include: decreased need for hospitalization and crisis-oriented services, improved coping skills, better self management, and increased achievement of recovery goals. Recovery goals will be discussed including social participation, community integration, vocational and educational goals, the development of leadership skills and roles, and participation in the provision of peer support. This curriculum can support the transformation process among program participants and staff.

Learning Objectives:

- Introduce recovery concepts and skills to individuals in a way that is positive, empowering, and fun
- Learn how to develop peer cohorts
- Identify and address barriers to Illness Management and Recovery (IMR) implementation
- Use at least one IMR evidenced-based recovery skill

Schedule: 9:00 am to 12:00 pm

SC	November 17	K/S Detox
NCC	January 26 '09	Springer 1 & 2

#1181 Exploring the Illness Management and Recovery Toolkit

1 Day: 6 Contact Hours

Faculty: Berky-Beck, Escovitz

This workshop will offer an in-depth exploration of the Illness Management and Recovery (IMR) Toolkit. Discussion will be focused on the application of the toolkit and strategies for use with both individuals and in group settings. Educational, cognitive-behavioral and motivational principles will be applied to each topic to prepare practitioners to implement IMR principles in their service settings.

Learning Objectives:

- Describe the concepts and strategies for implementing Illness Management and Recovery (IMR)
- Understand application of the IMR Toolkit with individuals and groups
- Identify and utilize the teaching principles of IMR

Schedule: 9:00 am to 4:00 pm

NCC

March 9 '09

Springer 1 & 2

SC

April 27 '09

K/S Detox

#1182 Gestalt Therapy: An Overview

Half Day: 3 Contact Hours

Faculty: Walker

This workshop will provide an overview of Gestalt theory and how it is used in working with persons with mental health and substance use conditions. This holistic theory is based upon the concept of the whole being greater than the sum of its parts. Gestalt teaches awareness and “in the moment” thinking to create paths for personal change. This interactive workshop will provide opportunity to experience counseling techniques specific to Gestalt Therapy.

Learning Objectives:

- Describe the core concepts of Gestalt theory
- Understand the therapeutic goals inherent in Gestalt therapy
- Identify interventions specific to Gestalt therapy
- Practice role-playing and empty chair work
- Recognize the importance of the mind-body relationship when providing therapy

9:00 am to 12:00 pm

NCC

June 16

Springer 1 & 2

#G0707 Ethical and Legal Standards in Consumer Care

1.5 Hour: In-Service

Faculty: DSAMH staff

Delaware Policy Memorandum 46 (PM 46) is designed to protect residents in facilities from abuse, neglect, mistreatment, significant injury, and misappropriation of property or funds. All residential facilities are required to comply with state and federal statutes, rules, and regulations pertaining to this policy. This in-service will give participants an overview of this policy and an opportunity to explore DSAMH's process.

Learning Objectives

- Describe the rules and regulations under this policy
- Describe updated changes to this policy

3:00pm to 4:30 pm

NCC	April 3	DPC, Springer 1 & 2
NCC	May 1	DPC, Springer 1 & 2
NCC	May 30	DPC, Springer 1 & 2

#GO705 HIPAA Security Awareness

1 Hour: In-Service

Faculty: DSAMH Staff

The Health Insurance Portability and Accountability Act (HIPAA) Security takes the HIPAA Privacy Rule a step further and ensures protection of electronic patient information. This workshop will focus on defining patient health information, password management, physical security, protecting data from outside threats, unauthorized software/hardware, and protection of data when using mobile media.

Learning Objectives

- Understand the intent of the Health Insurance Portability and Accountability Act (HIPAA) Security Rule
- Define electronic patient information
- Identify methods to comply with the HIPAA Security Rule
- Identify methods to ensure data security

8:00am to 9:00am

NCC	April 7	LSTR
NCC	May 5	LSTR
SC	May 19	K/S Detox
NCC	June 3	LSTR

#306 Advanced Excel for Windows: Lists, Charts, and More!

3 Hour: In-Service

Faculty: Glazier

Pre-requisite: #311 Introduction to Excel or Equivalent Experience

This in-service is designed for individuals who are familiar and comfortable with the basics of Excel. Topics will include use of functions such as the 'if' function, linking files, using Excel as a database, creating simple charts/graphs, freezing titles, adding and using cell notes, creating custom lists, and conditional values. This is a hands-on training with participants working on the computer while learning the software program.

Learning Objectives:

- Create custom lists and graphs
- Link files and use cell notes

9:00 am to 12:00 pm

KC	October 1	WPB
NCC	November 14	CTC

#310 Introduction to Word for Windows: The Basics

3 Hour: In-Service

Faculty: Glazier

Prerequisite: Familiarity with personal computers

This in-service will introduce the basics of Word for Windows. Topics will include the parts of the Word document screen, how to use the menu, toolbars, help screen, and other functions to create memos, letters, tables, and other documents. This is a hands-on training with participants working on the computer while learning the software program.

Learning Objectives

- Create, edit, and spell check a simple Word document
- Format text
- Utilize the auto text command

9:00 am to 12:00pm

KC	June 10	WPB
NCC	June 30	CTC

#311 Introduction to Excel for Windows: The Basics

3 Hour: In-Service

Faculty: Glazier

Prerequisite: Familiarity with personal computers

This in-service will introduce the basics of creating a Microsoft Excel spreadsheet. Topics will include: elements of the Excel spreadsheet, the use of the menu, toolbars, help screen, and other tools to create a simple spreadsheet. This is a hands-on training with participants working on the computer while learning the software program.

Learning Objectives:

- Enter and edit text, numbers, formulas, and use SUM function
- Format text and copy and move data
- Use the auto fill option to create lists

9:00 am to 12:00 pm

KC	June 24	WPB
NCC	July 14	CTC

#312 Advanced Word for Windows: Graphics, Forms and More!

3 Hour: In-Service

Faculty: Glazier

Prerequisite: #310 Introduction to Word for Windows or Equivalent Experience

This in-service is designed for individuals who are familiar and comfortable with the basics of Word for Windows. Topics will include: headers and footers, creating tables, borders, pictures, mail merge, and creating on-line forms. This is a hands-on training with participants working on the computer while learning the software program.

Learning Objectives:

- Use mail merge
- Create and use forms and tables
- Customize a tool bar
- Use graphics in documents

9:00 am to 12:00 pm

KC
NCC

August 27
September 22

WPB
CTC

#497 Introduction to PowerPoint: The Basics

3 Hour: In-Service

Faculty: Glazier

Prerequisite: Knowledge of personal computers and Word for Windows

This in-service will introduce the skills for creating a professional PowerPoint presentation, including instruction on producing handouts, overheads, and slide shows. Participants will also learn how to develop organization charts. This is a hands-on training with participants working on the computer while learning the software program.

Learning Objectives:

- Describe three uses of PowerPoint
- Create and modify a slide presentation
- Develop organizational charts
- Develop handouts

9:00 am to 12:00 pm

KC	May 7	WPB
NCC	May 23	CTC

#787 Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Training

Course offered ONLY to Division of Substance Abuse & Mental Health Staff

3.5 Hour: In-Service

Faculty: DSAMH Staff

Successful completion of this in-service will result in American Heart Association certification in HeartSaver AED. Administration of CPR allows oxygenated blood to circulate to vital organs and can keep a person alive until more advanced procedures can treat the cardiac arrest. An AED analyzes the heart's rhythm and, if necessary, directs the rescuer to deliver an electrical shock to the victim to reestablish an effective rhythm of its own. Training in CPR and AED skills will enable the rescuer to use all the steps in the cardiac chain of survival.

Learning Objectives:

- Demonstrate effective administration of CPR to an adult, child, and infant
- Demonstrate the use of an AED for victims over 1 year of age
- Describe how to help a choking victim

8:00 am to 11:30 am

NCC	April 2, 9, 23	LSTR
	May 7, 21, 28	LSTR
	June 11, 18, 25	LSTR
	July 2, 9, 16, 23	LSTR
	August 6, 13, 27	LSTR
	September 3, 17, 24	LSTR
	October 1, 8, 15, 22, 29	LSTR
	November 12, 19, 26	LSTR
	December 3, 10, 17, 24, 31	LSTR
	January 7, 21, 28 '09	LSTR
	February 4, 11, 18, 25 '09	LSTR
	March 4, 18, 25 '09	LSTR

8:30 am to 12:00 pm

SC	April 16	K/S Detox
	August 20	K/S Detox
	January 14 '09	K/S Detox
	March 11 '09	K/S Detox

#1020 Safety: It's All About You!

3 Hour: In-Service

Faculty: Ingle & Washer

Whether you work in an individual office or in the field your safety is of the utmost importance. Have you identified and ensured a safe route out of your office in the event of a dangerous or escalating situation? Are you sufficiently conscious of your surroundings and the potential for dangerous situations to arise when your work takes you out into the field? This in-service will help participants to assess their surroundings and discuss ways for ensuring safety while on the job.

Learning Objectives:

- Identify and reduce threats to personal safety in the office
- Identify and reduce threats to personal safety when working in the field

9:00 am to 12:00 pm

SC	June 6	K/S Detox
NCC	October 15	Springer 3

#1098 WRAP: A Dynamic Recovery Tool for Staff and Consumers

3 Hour: In-Service

Faculty: Dunn

Wellness Recovery Action Plan (WRAP) is a self-management and recovery system developed by a group of people, with symptoms of mental illness, who were struggling to incorporate wellness tools and strategies into their lives. The six key concepts of WRAP: hope, personal responsibility, self-advocacy, support, education, and medical management are discussed. WRAP is a customized plan developed by the individual wanting to make positive life changes. WRAP is comprised of seven sections to help the individual manage symptoms and take responsibility for his or her recovery. The seven sections include: the wellness toolbox, daily maintenance plan, triggers, early warning signs, when things are breaking down, the crisis Plan, and the post-crisis plan.

Learning Objectives:

- Decrease and prevent troubling feelings and behaviors
- Increase personal empowerment
- Improve personal quality of life
- Assist the individual in achieving life goals and dreams

9:00 am to 12:00 pm

NCC	April 16	LSTR
NCC	May 14	LSTR
NCC	June 11	Springer 3
SC	October 24	K/S Detox
NCC	March 16 '09	Springer 3

1119 Consumer Reporting Form (CRF)

3 Hour: In-Service

Faculty: Tippett, Collins, McKoy

The Consumer Reporting Form (CRF) is the central form used to record client episodes of care for each admission and discharge sequence. This form contains the client's record of treatment including dates of service, demographics, and performance data. The CRF form data is used for block grant reporting, grant applications, national outcome measures, preparation of Requests for Proposals, annual reports, program evaluation, research, etc. The accurate, timely collection and submission of this information is essential to the planning, budgeting, and evaluation activities of the Division of Substance Abuse and Mental Health (DSAMH) and its constituents. This in-service will provide an overview of the CRF reporting system and specific instructions for completing the information accurately.

Learning Objectives:

- Complete the Program Monthly Report (PMR) cover sheet accurately
- Complete the CRF admission and discharge forms accurately
- Understand the CRF and PMR reporting requirements and background

9:00 am to 12:00 pm

NCC	June 10	Springer 1 & 2
SC	June 11	K/S Detox
NCC	November 12	Springer 3
SC	November 13	K/S Detox

#1120 Getting the Most out of Your Computer: Basic Computer Skills

2 Hour: In-Service

Faculty: Dunn

This in-service is designed for individuals who have little or no experience using computers. Practice exercises will reinforce the comprehension of each topic. This workshop will consist of the following topics: basic computer components; operating system; memory; hardware and software; storage devices; printers; and how to boot up, log off, shut down, and restart the computer. Participants will also learn keyboarding and mouse skills, as well as useful keyboard and mouse shortcuts.

Learning Objectives:

- Log on, create, and save documents
- Log off and shut down a computer
- Use key board, mouse, and short cuts to navigate through a computer

10:00 am to 12:00 pm

NCC	April 7	CTC
NCC	May 5	CTC
NCC	June 9	CTC
NCC	August 11	CTC
NCC	September 1	CTC
NCC	October 13	CTC
NCC	November 10	CTC
NCC	December 1	CTC
NCC	January 12 '09	CTC
NCC	February 9 '09	CTC
NCC	March 9 '09	CTC

#1121 Using Windows and Desktop Essentials on the Computer

2 Hour: In-Service

Faculty: Dunn

This in-service is designed for participants to learn Windows and desktop concepts and how to navigate through windows and their desktop to maximize the use of a personal computer (PC). Practice exercises will reinforce the comprehension of each topic. This in-service will discuss desktop and Windows features; how to arrange and change icons on the desktop; how to use desktop shortcuts; how to move between windows; how to arrange windows; and how to use the scroll bar, toolbars, menu bars and the task bar.

Learning Objectives:

- Use desktop and windows features on the computer
- Change and arrange icons and toolbars on the computer
- Navigate through the computer using Windows features

1:30 pm to 3:30 pm

NCC	April 7	CTC
NCC	May 5	CTC
NCC	June 9	CTC
NCC	August 11	CTC
NCC	September 1	CTC
NCC	October 13	CTC
NCC	November 10	CTC
NCC	December 1	CTC
NCC	January 12 '09	CTC
NCC	February 9 '09	CTC
NCC	March 9 '09	CTC

#1122 Creating Meaningful Documents on the Computer

2 Hour: In-Service

Faculty: Dunn

This in-service is designed for participants to learn how to create a Microsoft Word document, save the document, move the document into files and folders and print the document.

Practice exercises will reinforce the comprehension of each topic. Participants will create their own cover letter using an existing template as a learning tool. Participants will learn basic techniques in Word including: formatting text, tabs, pages and paragraphs; inserting tables, pictures, and text boxes; copy, move, paste and delete; save and save as; moving the document to files and folders; and using the print option.

Learning Objectives

- Use the features and functions of Microsoft Word (MS)
- Create and modify a document in MS Word
- Manage documents by saving into files and folders

10:00 am to 12:00 pm

NCC	April 14	CTC
NCC	May 12	CTC
NCC	June 16	CTC
NCC	August 18	CTC
NCC	September 8	CTC
NCC	October 20	CTC
NCC	November 17	CTC
NCC	December 8	CTC
NCC	January 19 '09	CTC
NCC	February 16 '09	CTC
NCC	March 16 '09	CTC

#1123 Creating Meaningful Spreadsheets on the Computer

2 Hour: In-Service

Faculty: Dunn

This workshop is designed for participants to learn how to create an Microsoft (MS) Excel spreadsheet, and then move that sheet into files and folders and print. Practice exercises will reinforce comprehension of each topic. Participants will create a spreadsheet to perform a 12-month budget. Participants will learn basic techniques in MS Excel including creating and manipulating worksheets; navigating around worksheets; entering text and numeric data; creating tables and charts; number formats; creating formulas; and performing auto sum, auto fill and sort.

Learning Objectives:

- Use the basic features and functions of Microsoft Excel
- Create and modify a spreadsheet
- Manage a spreadsheet into files and folders

1:30 pm to 3:30 pm

NCC	April 14	CTC
NCC	May 12	CTC
NCC	June 16	CTC
NCC	August 18	CTC
NCC	September 8	CTC
NCC	October 20	CTC
NCC	November 17	CTC
NCC	December 8	CTC
NCC	January 19 '09	CTC
NCC	February 16 '09	CTC
NCC	March 16 '09	CTC

#1124 A Guide to the Internet and E-mailing

2 Hour: In-Service

Faculty: Dunn

This workshop is designed for participants to gain understanding of the features of the Internet and learn how to browse and search the World Wide Web effectively. Participants will learn about the features and creation of email accounts and how to send and receive messages with attachments. Internet basics, Internet Service Providers (ISP's), how to browse the Internet using Google search options, how to use other search sites, how to use the toolbar, how to create shortcuts for web browsing will be discussed.

Learning Objectives:

- Browse the internet for information
- Use search engines to search for specific information on the internet
- Send and receive e-mail
- Include attachments to e-mail message

10:00 am to 12:00 pm

NCC	April 21	CTC
NCC	May 19	CTC
NCC	June 23	CTC
NCC	August 25	CTC
NCC	September 15	CTC
NCC	October 27	CTC
NCC	November 24	CTC
NCC	December 15	CTC
NCC	January 26 '09	CTC
NCC	February 23 '09	CTC
NCC	March 23 '09	CTC

#1125 Creating Flyers, Invitations and Brochures on the Computer

2 Hour: In-Service

Faculty: Dunn

During this in-service, participants will have an opportunity to create flyers, invitations and brochures using the popular software Microsoft Word and Microsoft Publisher.

Learning Objectives:

- Use Microsoft Word and Microsoft Publisher for creating desktop publishing documents
- Create flyers, brochures and invitations for personal and business applications

1:30 pm to 3:30 pm

NCC	April 21	CTC
NCC	May 19	CTC
NCC	June 23	CTC
NCC	August 25	CTC
NCC	September 15	CTC
NCC	October 27	CTC
NCC	November 24	CTC
NCC	December 15	CTC
NCC	January 26 '09	CTC
NCC	February 23 '09	CTC
NCC	March 23 '09	CTC

#1126 How to Hold Effective Meetings

3 Hour: In-Service

Faculty: Watts

This in-service will examine the purposes and functions of meetings and understanding group dynamics in action. The roles of the leader, participants, and observers will be defined. Strategies for handling difficult behaviors during a meeting will be examined to help facilitate successful meetings including the do's and don'ts of effective meetings.

Learning Objectives:

- Discuss the purpose of meetings
- Construct a useful agenda
- Understand how to plan, conduct and follow-up after a meeting
- Understand the role of group members
- Understand the impact that interpersonal skills have on a meeting
- Know how to handle difficult behavior

9:00 am to 12:00 pm

KC May 12 DHCI, Rec. Room

#1128 Human Resources/Supervisor Partnership

Open to DSAMH Management Staff ONLY

1 Day: In-Service

Faculty: Marshall

The Human Resources (HR) folks are our friends. This informative program will show participants just how friendly our HR folks can be. The program includes all the topics in which supervisors are involved and HR can be found: hiring, orientation, probation, performance evaluation, discipline, employee recognition, training and tuition reimbursement, leave administration, retirements, resignations, and transfers.

Learning Objectives:

- Identify tools that will assist you in being a successful supervisor
- Understand supervisory responsibilities
- Know how to prepare for surprises and learn when and who to call for help
- Know how to network with your colleagues
- Learn how not to be afraid to ask questions

9:00 am to 3:30 pm

NCC	June 6	Springer 1& 2
KC	June 9	Paradee Center, Rm 107

#1132 Communicating Effectively

5.5 Hour: In-service

Faculty: Watts

Topics of this in-service include a discussion of the communication process, barriers to effective communication, one-way/two-way communication, and the impact of communication in the workplace and on cooperative efforts. We will also discuss the listening process and will give each participant ten surefire ways that are guaranteed to improve listening skills in just five days or your money back! Finally, you will learn the proper way to compose e-mail – take this class and find out the rest of the story.

Learning Objectives:

- Use effective verbal and non-verbal communication can enhance productivity
- Practice good listening skills to develop positive work relationships
- Compose meaningful e-mail messages

9:00 am to 3:30 pm

KC

June 6

BHCC

#1133 Delegation

5.5 Hour: In-service

Faculty: Watts

This program addresses the age-old, up-hill battle called delegation. However, this program comes with a few twists and turns. Not only does it cover the basics, but also participants will actually use the information presented to come up with a plan to begin the delegation process the very next day on the job.

Learning Objectives:

- Define delegation
- Describe the benefits of delegating
- Understand the barriers to delegation
- Understand the systematic 6-step delegation process
- Apply the techniques learned to a classroom assignment
- Know how to avoid delegation pitfalls

9:00 am to 3:30 pm

NCC

April 25

DDDS Fox Run

#1142 Hiring Process

Open to DSAMH Management Staff ONLY

5.5 Hour: In-Service

Faculty: Watts

This workshop reviews details of the Delaware Department of Health and Social Services Office of Management and Budget hiring process from the time applicant services receives an application to the employee and supervisory responsibilities in the resignation process including scheduling the interviews, selection of an interview panel, the interview process, and filling/re-filling of positions. Topics also include other aspects of applicant services procedures including timelines, coordination of advertising and posting, and description of postings.

Learning Objectives:

- Understand the DHSS recruitment process
- Identify the steps of the DHSS interviewing and selection process
- Use acceptable interview questions, panel selection, scheduling, and feedback throughout the hiring process

9:00 am to 3:30 pm

NCC	May 7	Springer 1 & 2
KC	June 4	Carroll's Plaza, D&E

#1154 Succession Planning: The Next Generation of Leaders

3 Hour: In-service

Faculty: Knox

Approximately 40% of today's workforce will be eligible to retire within 2 years. What is your organization doing to prepare for the imminent departure of its most senior and valuable employees? While many agencies do strategic planning for their business, they often overlook their most vital resource, their human capital. This workshop will focus on the integration and alignment of long-term strategic planning and leadership development within the context of the business environment in the next five and ten years. Leadership Development, the core-focus, will look at the assessment and identification of future leaders, methods of performance appraisal from a leadership potential perspective, and management development practices.

Learning Objectives:

- Understand the alignment of business plan and human resources
- Describe methods for identifying and preparing employees for executive positions
- Develop strategies to prepare employees for future leadership positions
- Discuss preparation strategies for seamless transitioning of retiring executives and their successors

9:00 am to 12:00 pm

NCC

September 12

Springer 3

#1156 Introduction to Project Management

3 Hour: In-Service

Faculty: Spica

To be successful in today's competitive environment, managers must fully utilize their resources. Project Management processes, tools, and techniques give you a framework to help you do the following: understand and set each project's goals and objectives, including what is in scope & what is out of scope, effectively set users' and sponsors' expectations of what the project will deliver, leverage limited resources such as time and staff, and demonstrate each project's status as it relates to the project's plan.

Learning Objectives:

- Understand the basics of project management
- Plan and implement a project
- Understand how to monitor performance effectively

NCC	June 18	9:00 am to 12:00 pm	Springer 1& 2
SC	June 23	1:00 pm to 4:00 pm	K/S Detox

#1157 From Memos to Resumes

3 Hour: In-Service

Faculty: Ingle

Technology is changing fast and there's nothing we can do but adapt. Workers today need to be knowledgeable about different formats of business writing, from memos to resumes, but who has the time to slow down and take a class? Resumes look a lot different now than they did years ago – do you know how long they should be? What type font? Is an email cover letter as effective as a mailed cover letter? Your boss needs that report by five; do you know how to add headers/footers and pagination? This class will cover the basics and answer any questions you may see in an average day!

Learning Objectives:

- Write effective business communications
- Discuss best practices for business communications
- Discuss options for contemporary resume, cover letter, and other business formatting

9:00 am to 12:00 pm

NCC	January 15 '09	CTC
KC	February 2 '09	WPB

#1158 Searching for Medical Information

1 Hour: In-Service

Faculty: Ingle

This in-service will take a practical approach to conducting searches for medical information, primarily focusing on Internet searching. There are thousands and thousands of websites that claim to have accurate medical information, but how can you determine which is the most accurate? What are good motivations for searching for medical information online?

Learning Objectives:

- Discuss motivations for searching for medical information online
- Search for quality informational sources for medical information
- Determine what is a 'good' source and a 'bad' source for information

9:00 am to 10:00 am

NCC	March 2 '09	CTC
KC	March 19 '09	WPB

#1179 Navigating the Veterans Administration

3 Hour: In-Service

Faculty: Johnson

This in-service will provide the basic eligibility criteria for veterans to receive services offered through the Department of Veterans Affairs (VA). Application procedures, information needed to process the application and specific documentation and forms that are needed will be presented. An overview of the services offered to veterans by the VA will be discussed and participants are encouraged to bring questions and/or issues encountered for problem-solving discussion. Eligibility requirements and the many acronyms used in the VA system will be covered, e.g. GWOT: Global War on Terror, OEF: Operation Enduring Freedom (Afghanistan), and OIF: Operation Iraqi Freedom (Iraq).

Learning Objectives:

- Identify which veterans are eligible for VA benefits
- Learn about specific benefits and health services offered by the VA for Veterans
- Obtain resources to assist veterans in accessing services

9:00 am to 12:00 pm

NCC	September 22	Springer 1 & 2
KC	November 10	Carroll's Plaza D & E