CENTER FOR PRACTICE INNOVATIONS
ONLINE MODULE CATALOGUE
Updated January 21\textsuperscript{st}, 2020

Center for Practice Innovations\textsuperscript{SM}
at Columbia Psychiatry
New York State Psychiatric Institute
Building best practices with you.
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**KNOWLEDGE-BUILDER MODULES** - These videos, ranging from 10-30 minutes, provide basic information in specific topic areas.

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- Transition Age Youth
- Understanding Intellectual Developmental Disorder

CENTER FOR PRACTICE INNOVATIONS ONLINE TRAINING MODULES - These interactive online modules include information, video clips, and opportunities for learners to interact with topics. They are designed to provide more detailed information and tools in specific areas.

ASSERTIVE COMMUNITY TREATMENT
- ACT: Promoting Recovery through a Mobile, Team-Based Approach
- ACT: Engaging Consumers in Assertive Community Treatment
- ACT: Person-Centered Treatment Planning in Assertive Community Treatment
- ACT: Peer Specialists: ACT and Beyond
- ACT: Transition Curriculum

CLOZAPINE
- Motivating Clozapine Use: An Aid for Prescribers
- Considering Clozapine

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- FIT Module 02: Implementing Co-Occurring Disorders (COD) Treatment
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CENTER FOR PRACTICE INNOVATIONS Certificate Programs- These certificate programs are designed to provide up-to-date knowledge about important cross-cutting topics of interest for the behavioral health practitioner. Each curriculum has been carefully designed to allow easy and efficient access within our learning management system. Certificates are issued for completion of each curriculum.

Leadership Academy
Engagement and Person-centered Planning
Working with Families
Psychopharmacology
Violence Risk Management
Foundational Concepts: Recovery, Cultural Competence, and Trauma-Informed Care
Integrated Care
Motivational Interviewing
Screening, Assessment and Diagnosis of Mental Health and Substance Use Disorders
KNOWLEDGE-BUILDER MODULES
(These videos, ranging from 10-30 minutes, provide basic information in specific topic areas.)

Addiction and Substance Abuse
This module defines DSM-5 criteria for substance use disorders. You will also learn in this module how to describe the scope and consequences associated with substance use disorders as well as the service components and therapeutic models of substance use disorders treatment.

Americans with Disabilities ACT (ADA)
The objectives of this module are to appreciate the goals of the ADA as applied to individuals with mental illnesses, to understand what is meant by a “mental impairment” under the ADA and have a working knowledge of “reasonable accommodations” that may help employees with psychiatric and/or substance abuse disabilities, and to be aware of what employers may and may not ask about regarding disabilities.

Approach to Individuals with Substance Use and Co-Morbid Psychiatric Conditions
This module focuses on individuals with substance use and co-morbid psychiatric conditions. It uses a case study format to highlight things to consider including assessment, symptoms, and treatment.

Assertive Community Treatment (ACT): An Evidence-Based Model of Community Intervention
This module describes Assertive Community Treatment (ACT) and its designation as an Evidence-Based Practice. During this module, you will review the “nuts and bolts” of implementing ACT in New York State. After viewing this module, you will be able to describe what is coming next: ACT as a time-limited service.

Behavioral Activation
This module focuses on the cognitive-behavioral intervention known as behavioral activation. Its objectives are to describe the theoretical framework and rationale for behavioral activation, to describe the primary components necessary to deliver behavioral activation, and to review tools that can be used with individuals when implementing behavioral activation.

Child and Elder Abuse and Neglect
After taking this module, you will be able to recognize common signs of child or elder abuse or neglect. You will also be able to identify both legally mandated and non-mandated reporting procedures in NYS. This module’s goal is to help you appreciate what takes place once a report is made concerning a child or adult in NYS.

Commonly Seen Behavioral Health Conditions in Primary Care
This module describes the commonly seen conditions: mood, anxiety, and somatoform disorders. You will learn in this module how to identify behavioral health conditions described with screening tools while keeping cultural factors in consideration. You will also learn how to review approaches to treatment.

Cultural Competence
This module defines culture and outlines the meaning of cultural competence. After taking this module, you will be able to identify key benefits of cultural competence as well as assess the tools used to support culturally competent care.

Domestic Violence and Mental Health
The objectives of this module are to understand the definition and scope of domestic violence in the U.S., to appreciate the impact of interpersonal violence on physical and emotional health across the lifespan, to learn the major barriers to seeking help and strategies to screen for violence, and to understand the range of evidence-based treatments available to treat trauma.

Essential Psychopharmacology
In this module, you will review major classes of psychotropic medications. This module provides the key principles of medication treatment for psychiatric conditions and outlines key indications for these drugs as a component of treatment.
**Ethics**
This module outlines the major principles underlying medical ethics as applied to psychiatric care and identifies common ethical issues that arise in clinical practice. After viewing this module, you will understand how to approach an ethical dilemma when one arises in the course of one’s work.

**First Episode Psychosis**
This module describes what is meant by first episode psychosis (FEP), the rationale for providing specialized FEP services and the components of evidence-based FEP services and expected outcomes.

**Health Conditions in Behavioral Care**
This module outlines health conditions common in behavioral health and provides an overview of etiologies, diagnoses and treatments as well as cultural considerations that behavioral health and primary care providers must recognize. The focus is on hypertension, diabetes, and hyperlipidemia.

**HEDIS and How Measurement Can Improve Quality of Care**
This module describes key HEDIS measures for behavioral health. You will learn how these measures are used and what they tell us about care. This module examines HEDIS measures in clinical action using two case vignettes.

**Integrated Care: (Two Mini-Modules)**

**Collaborative Care: Integrating Mental Health into Primary Medical Care**
This module demonstrates the common problem associated with co-occurring physical and mental disorders, emphasizes that unless physical and mental disorders are both detected and effectively treated that a person cannot recover from either and illustrates an effective method; in primary care settings, for treating co-occurring depression and physical disorders.

**Integrated Care: Providing Medical Care to Individuals with Serious Mental Disorders**
This module identifies the complex health needs of individuals diagnosed with serious mental disorders. You will learn how integrated care addresses the needs of these individuals and how Health Homes can be helpful.

**Intervention and Prevention of Suicidal Behavior**
This module describes different types of suicidal behavior and the extent of the problem. You will learn different approaches to understanding suicide, the risk factors for suicide, and different levels of intervention for preventing suicide.

**Introduction to Assisted Outpatient Treatment (AOT)**
This module provides the context and history of goals of Assisted Outpatient Treatment (AOT) in New York State, the rules governing AOT in New York State, and the critical challenges and opportunities of AOT in New York State.

**Introduction to Care Coordination**
This module defines care coordination, explains why care coordination is important and describes both general and specific approaches to care coordination that can be put into action.

**Introduction to Care Transitions: The Importance of Discharge Planning and Early Aftercare**
This module identifies components of successful discharge planning and early aftercare in the engagement of recently hospitalized individuals. After viewing this module, you will better understand the role of hospitalization and continuity of care post-discharge.

**Introduction to Wellness Self-Management (WSM)**
This module introduces a conceptual framework for self-management approaches. This module provides a review of self-management behavioral health programs in use today and identifies the key dimensions of effective self-management approaches. By the end of this module, you will be able to describe CPI’s Wellness Self-Management (WSM) and Wellness Self-Management Plus (WSM+) programs.
**Major Psychiatric Diagnoses**
This module describes the major psychiatric diagnostic systems in the US, lists the dimensions of psychiatric diagnoses and identifies the symptoms and criteria of major psychotic, affective and anxiety disorders.

**Medication Assisted Treatment of Substance Use Disorders in NYS - Part 1**
Part 1 of this module presents NYS’ Medication-Assisted Treatment agenda, which supports adoption of pharmacological interventions in treating substance use disorders. This module discusses the Chronic Disease Model in relation to Medication-Assisted Treatment. By the end of this module, you will be able to inform participants on the use of Medication-Assisted Treatment (MAT) as an effective option in the treatment of some individuals with substance use disorders (SUD).

**Medication Assisted Treatment of Substance Use Disorders in NYS - Part 2**
Part 2 of this module presents the three types of opioid drug-receptor interactions in relation to addiction medications. You will be able to familiarize participants with the three addiction medications for treating opioid dependency and other addiction medications that are available for SUD patients and the advantages of their use. Further, you will be able to educate regarding the myths and benefits associated with the use of MAT and importance in adopting MAT in addressing the chronicity of SUD treatment.

**Peer Services in NYS: Introduction to Peer Services – Part 1**
The learning objectives of this module are: understanding what peer specialists do; recognizing the benefits of involving peer specialists; summarizing how behavioral health organizations utilize peer specialists; and recognizing the importance of providing supervision to peer specialists.

**Peer Services in NYS – Part 2**
The learning objectives of this module are: recognize the supports for peer services found in NYS; understand the peer certification process in NYS; understand the settings in which peer services are provided; and identify resources about peer services.

**Privacy and Security of Health Information: HIPAA**
The objectives of this module are to identify key elements of the Federal Health Insurance Portability and Accountability Act (HIPAA), to understand what to do to comply with the following components of the Act - Privacy Rule, Security Rule, Breach Notification Rule, and to know where to go to get additional information.

**Principles for Building Program Capacity in Co-occurring Disorders Treatment**
The objectives of this module are to describe the scope and consequences associated with co-occurring disorders, to define and understand the core practice principles for building an integrated treatment co-occurring disorders program, to identify the outcomes associated with integrated treatment, and to understand that dual recovery is possible.

**Providing Palliative Care to Individuals with Mental Illness**
This module focuses on palliative care generally and specifically its use with individuals with mental illness. It objectives are: what is palliative care?; what is the role of palliative care in improving the care of individuals with mental illness?; and in what settings are palliative care services provided?

**Recovery-oriented Cognitive Therapy (CT-R)**
This series of nine videos focusing on Recovery-oriented Cognitive Therapy (CT-R) will help participants become familiar with the CT-R approach, understand the empirical support for CT-R and describe the activities associated with CT-R. Participants will also be able to understand how to use CT-R to address important issues such as negative symptoms, trauma, delusions and hallucinations and become familiar with the implementation of CT-R in treatment settings.
Recovery and Person-centered Care
This module explores the different definitions of recovery. After viewing this module, you will be able to describe the core features of recovery oriented care and how it may differ from traditional care. A person-centered practice, this module identifies symptoms and addresses how hope, self-efficacy, and empowerment coalesce as components of recovery oriented care. This module also outlines the role of peers and shared decision making.

Rehabilitation and Recovery including HCBS
This module introduces recovery as a concept and provides descriptions of key evidence-based practices that promote rehabilitation and recovery. After viewing this module, you will also be able to describe HCBS core principles and services.

Responding to Patients' Questions and Concerns about Medication
This module focuses on patients' questions and concerns about their use of medication and ways to respond to these questions and concerns. Non-prescriber clinicians will learn about their important role as facilitators for the patient and his or her prescriber for a more integrated approach to treatment.

Shared Decision Making for Prescribers
This module focuses on the use of shared decision-making (SDM) by prescribers. Its objectives are: what is SDM?; why use SDM?; and what does SDM look like in practice? A case example is reviewed and helpful tool described.

The Basics of Antipsychotic Medication
By the end of this module, you will understand key principles of antipsychotic use; know key indications for these drugs, their major side effects, monitoring, and management.

The Importance of Families
This module explores the importance of engaging and involving family members and significant others of people with mental illness by outlining common experiences and the integral role loved ones play during treatment.

Tobacco Dependence Treatment
This module provides a review of the health effects of smoking. You will learn how to describe the rates of tobacco dependence in the general population and among those with mental disorders. This module also describes pharmacologic and psychosocial treatment approaches.

Team-based Care: Establishing a Team-oriented Culture in Your Organization
This training provides an overview of team-based care, a core competency for integrated care. Principles of team-based care are discussed, which include shared goals, clear roles, mutual trust, effective communication and measurable processes and outcome. Examples of team-based care are provided across varying levels of integration, including telephone follow-up, team huddle and warm hand-offs.

Treatment of Trauma
This module aims to familiarize you with the concept of traumatic stress. You will learn to identify the different mental health disorders related to trauma as well as evidence-based treatments, including Post Traumatic Stress Disorder (PTSD).

Using Motivational Interviewing to Engage and Work with Members
After taking this module, you will be able to provide an overview of Motivational Interviewing and understand the importance of engagement. You will learn how to describe the core skills and the four processes in Motivational Interviewing. This module provides a description of the Brief Negotiation Interview (BNI), an adaptation of Motivational Interviewing. You will better understand how to use the four steps of the BNI in a telephone contact to improve member engagement and retention.
Working with Special Groups (Three Mini-Modules)

Mental Health in Pregnancy and the Postpartum
This module outlines the epidemiology of mental illness around pregnancy and postpartum. In this module, you will review the morbidity associated with mental illness in the perinatal period, incorporating an understanding of biological, psychological and social factors affecting women, their offspring and the family system. After viewing this module, you will be able to describe the basic principles of risk/benefit analysis around prescribing psychotropic medications in the perinatal period. This module also assesses the effective psychotherapy and psychosocial treatments for perinatal depression.

Transition Age Youth
This module defines Transition Age Youth (TAY), describes the common challenges of Transition Age Youth with a mental health diagnosis and identifies key overarching strategies that support successful transition to adulthood. This module also outlines specific service delivery challenges during the transition period.

Understanding Intellectual Developmental Disorder
After viewing this module, you will be able to describe Intellectual Developmental Disorder (IDD) and identify its levels of “severity” (mild, moderate, severe, and profound). You will also be able to describe the intersection between intellectual disability and other behavioral health disorders in regards to diagnosis and treatment.

CENTER FOR PRACTICE INNOVATIONS ONLINE TRAINING MODULES
(These interactive online modules ranging from 20-60 minutes include information, video clips, and opportunities for learners to interact with topics. They are designed to provide more detailed information and tools in specific areas.)

Assertive Community Treatment

ACT: Promoting Recovery through a Mobile, Team-based Approach
This hour-long module is designed for ACT team members - newly hired or experienced- as well as administrators, managers and practitioners from mental health programs who interact with ACT teams. It focuses on three key themes of ACT in NYS: recovery oriented, community focused, and team based.

ACT: Engaging Consumers in Assertive Community Treatment
This hour-long module is designed for ACT team members - newly hired or experienced. It describes a variety strategies used by team members during the phases of early and later engagement of consumers newly referred to the ACT team. The goal of this process to engage consumers in a collaborative partnership with the team, aimed toward promoting their long-term recovery.

ACT: Person-Centered Treatment Planning in Assertive Community Treatment
This 45 minute-long module is designed for ACT team members - newly hired or experienced. It addresses the consumer’s recovery journey, the important role of assessment in treatment planning, person-centered treatment planning, the treatment planning process, and challenges and opportunities of treatment planning in ACT.

ACT: Peer Specialists: ACT and Beyond
This module focuses on the role of peer specialists on treatment teams. This module is designed to be used by ACT team peer specialists, other ACT team members, program and agency leaders, and peer specialists and other team members belonging to other types of treatment teams. Topics covered are: what peer specialists do, benefits of involving a peer specialist, national support and endorsement of the role, and adding peer specialists to the team.
**ACT: Transition Curriculum**
ACT Transition is a curriculum consisting of two units. Unit 1 is an hour-long module offering an overview of the ACT Transition Model, a three-dimensional approach designed to give structure to the transition process. The module discusses clinical strategies to support transitioning consumers and their families, as well as tools for ACT teams as they help consumers transition to less intensive services and assist them with integration into their communities. Unit 2 features video guides on how to use transition tools that are helpful at different points in the transition process. All transition tools and manuals in Unit 2 are downloadable, including the interactive ACTion Planner.

**Clozapine**

**Motivating Clozapine Use: An Aid for Prescribers**
This training module for prescribers reviews the evidence for clozapine’s effectiveness, as well as its potential side effects and serious medical risks. Participants will learn how to assess whether clozapine is appropriate for a particular consumer. Participants will also learn different ways, including motivational approaches, to engage consumers in deciding whether clozapine is right for them. This module will take 45 minutes to complete.

**Considering Clozapine**
This module is designed for people who are considering taking clozapine. The goal is to help the individual prepare to talk to her/his prescriber about whether clozapine is the right medicine for her/his situation.

**Integrated Treatment for Mental Health and Substance Use Disorders**

**FIT Module 01: Introduction to Integrated Co-Occurring Disorders Treatment: Principles**
This training module provides an introduction to and an overview of integrated treatment for people with co-occurring psychiatric and substance use disorders. Participants will learn about the prevalence of co-occurring disorders, the impact of co-occurring disorders on the lives of people when they go untreated, the failure of non-integrated treatment approaches, the importance of treating both disorders concurrently by the same clinician or treatment team (integration), and the improved client outcomes in integrated treatment programs.

**FIT Module 02: Implementing Co-Occurring Disorders (COD) Treatment**
Administrators and those who lead the agency’s implementation process will learn seven important steps that lead to successful implementation: making a decision, forming consensus, organizing the change, developing a plan, putting the plan in action, monitoring the plan, and sustaining the program change.

**FIT Module 03: Screening for Substance Use**
Although anyone can benefit from this module, it is designed to help practitioners in mental health treatment settings. The first step in helping people with co-occurring disorders is to find out if they are simultaneously experiencing symptoms of a substance use disorder. You will learn about barriers to effecting screening and methods for overcoming these barriers. You will also learn about effective screening techniques and three substance use disorder screening forms recommended by the OASAS/OMH Joint Task Force on Co-Occurring Disorders.

**FIT Module 04: Screening for Psychiatric Disorders**
Although anyone can benefit from this module, it is designed to help practitioners in addiction treatment settings. The first step in helping people with co-occurring disorders in addiction settings is to find out if they are simultaneously experiencing symptoms of a mental health disorder. You will learn about barriers to effective screening and methods for overcoming these barriers. You will also learn about effective
screening techniques and three mental health disorder screening forms recommended by the OASAS/OMH Joint Task Force on Co-Occurring Disorders.

**FIT Module 05: Assessment of Substance Use Disorder**
Although anyone can benefit from this module, it is designed to help practitioners integrate the assessment of substance use disorders into the mental health assessment process. You will learn about barriers to integrated assessment and methods for overcoming these barriers as well as the key concepts of integrated assessment. You will also learn about the 12 domains of assessment for co-occurring disorders identified by OMH and OASAS, with an extended discussion of the mental status examination and the substance use domains.

**FIT Module 06: Assessment of Psychiatric Disorders**
Although anyone can benefit from this module, it is designed to help practitioners integrate the assessment of mental health problems into the assessment of substance use disorders. You will learn about the 12 domains of assessment for co-occurring disorders recommended by OMH and OASAS with an in-depth discussion of the mental health domain. The module will help you integrate a client’s mental health issues into your overall assessment process, leading to better treatment and improved outcomes. You will also learn about the five components of the mental health domain as well as how to conduct a thorough mental status exam. The module will help you distinguish between feelings, symptoms and disorders, and will provide you with specific guidelines for assessing common psychiatric disorders.

**FIT Module 07: Differentiating Substance Use and Psychiatric Symptoms**
This training module provides an overview of various substances and symptoms of intoxication and withdrawal that might mimic psychotic symptoms. Participants will learn how to use a timeline to determine whether the observed symptoms are substance induced or related to an independent psychiatric disorder. After viewing this module, participants will be able to: use a timeline with clients to determine whether observed symptoms are substance induced or related to an independent psychiatric disorder; and describe symptoms that may be related either to a psychiatric disorder or substance use.

**FIT Module 08: Motivational Interviewing**
This training module provides an introduction to motivational interviewing, a client-centered, directive method for enhancing a client's own desire to change. This is the first of three training modules that focus on the development of motivational interviewing skills. Participants will learn about the spirit and the four principles of motivational interviewing including expressing empathy, developing discrepancy, rolling with resistance and supporting self-efficacy. Participants will also learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client’s change talk.

**FIT Module 09: Motivational Interviewing II**
This second of three training modules on motivational interviewing builds upon the introduction provided in the first. Participants will learn how and when to use four essential skills of motivational interviewing: open-ended questions, affirmations, reflective listening and summaries.

**FIT Module 10: Motivational Interviewing III**
This third of three training modules on motivational interviewing provides additional skills that focus on working with clients who are ambivalent about change. Participants will learn three techniques to help people deal with their ambivalence including: amplified reflection, double-sided reflection, and co-reflection, and coming alongside to roll with a client's resistance.

**FIT Module 11: Motivational Interviewing and Harm Reduction**
This module examines crisis management and harm reduction. You will learn when it's appropriate to use Motivational Interviewing for harm reduction, how to use it and the ethical issues around using Motivational Interviewing.
FIT Module 12: Stage-Wise Treatment
This training module provides an introduction to the Stages of Change and the Stages of Treatment models including what they are, how they interact and the importance of providing interventions that work best for each stage. Participants will learn the four stages of treatment, the goal of each stage, the interventions that match the stage and how best to recognize clients’ stages of treatment.

FIT Module 13: Early Stages of Change
This is the second of four modules that discuss the stages of change, stages of treatment and stage-specific treatment interventions. This module concentrates on early change and stages of treatment. It begins with an overview of the Stages of Change and Stages of Treatment and how they are related. You will learn how to assess a client’s stage of change accurately and how to use Motivational Interviewing as a primary tool in the early stages of treatment. The module then explores treatment interventions for each of the three early stages of change: pre-contemplation, contemplation and preparation. Real-life case studies illustrate interventions that are helpful during early stages of change.

FIT Module 14: Later Stages of Change
This is the third of four modules that discuss the stages of change, stages of treatment and stage-specific treatment interventions. This module concentrates on later stages of change. It begins with a short review of the Stages of Change, lists the criteria for accurately assessing clients in these later stages and examines treatment interventions for each of two later stages (action and maintenance). Real-life case studies illustrate interventions that are helpful during later stages of change. You will also learn about treatment approaches for clients in multiple stages for different disorders; for example, contemplation of substance use and action for mental health issues.

FIT Module 15: Stage-Wise Treatment Groups
What are stage-wise treatment groups? How are they related to the stages of treatment? What are the goals of these groups, how do they differ, and how are they structured? These are some of the questions this module will help you answer. You will also learn about the positive client outcomes associated with stage-wise groups and how to integrate other types of groups, such as coping skills and peer recovery groups, into your treatment program. You will see a hands-on demonstration of an active treatment group and hear other practitioners in your field describe their experiences providing stage-based treatment groups.

FIT Module 16: Persuasion Groups
This module takes a closer look at one specific type of stage-wise group: the persuasion group. In this module, you will learn the goals, clinical techniques and characteristics of persuasion groups. This module also includes some sample group curricula you can download and use.

FIT Module 17: Active Treatment/Relapse Prevention Groups
This module takes a closer look at active treatment and relapse prevention groups. You will learn common interventions in active treatment and relapse prevention groups to help people learn new coping skills. You will also learn how groups help clients work on real-life issues such as managing negative emotions, work, relationships and their housing environment. This module also includes some sample group curricula you can download and use.

FIT Module 18: Peer Recovery Supports in the Community
This training module provides an overview of peer recovery community support groups. Participants will learn about the 12-Step Model (including AA and other 12-Step programs), the benefits of 12-Step programs and the different meeting types. Participants will also learn recommended strategies for promoting access to self-help programs, connecting clients to peer support groups, and overcoming potential problems clients might encounter.
FIT Module 19: Cognitive Behavioral Therapy (CBT) for Coping Skills and Problem-Solving
This module is an overview of Cognitive Behavioral Therapy (CBT) and its application in treating both addiction and mental health symptoms. You will learn the basics of CBT for co-occurring disorders, the learning theories behind CBT, principles for implementing CBT and strategies for using CBT in addiction counseling. The two fundamental components of CBT are conducting a functional analysis and teaching coping skills. You will learn how to use the functional analysis and the steps to teaching coping skills as well as how to apply CBT for problem solving and goal setting.

FIT Module 20: CBT for Treating Anxiety, Depression, and Trauma-Related Problems
This module focuses on more advanced CBT techniques and builds on Module #19: CBT for Coping and Problem Solving. You will learn a model for using CBT, how to create a Crisis Plan, how to teach breathing retraining and the five Steps of Cognitive Restructuring. Real-life sessions demonstrate techniques for applying CBT.

FIT Module 21: Social Skills Training
Clients with co-occurring disorders often need help learning social skills. In this module, you will learn how you can teach clients by breaking skills into smaller steps and helping them practice new behaviors. You will also understand how social skills training can help people refuse drugs, avoid social isolation and develop healthier relationships. You will be able to download and use sample group curricula and printable lists of steps.

FIT Module 22: Individual Interventions
This training module describes the use of individual interventions in the treatment of people with co-occurring disorders. Participants will learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate; and strategies for developing the therapeutic relationship, especially use of motivational interviewing skills. Participants will also learn how to use a stage-based approach in designing treatment plans for individual interventions, including criteria for assessing a client’s stage of change and matching interventions appropriate for each stage.

FIT Module 23: Work with Families and Other Close Supporters
In this module, you will learn how working with families or friends can be very helpful to a client's recovery. Families play an important role in your clients' lives and can help them reach their goals and buffer the effects of stress. This module provides some general guidelines about forming collaborative relationships and working with families and friends. You will learn some specific models for working with single-family and multiple-family groups, and you'll be able to download sample curricula to use in single- and multiple-family groups.

FIT Module 24: Philosophy and Perspectives of Recovery
Recovery can be defined in different ways and can be viewed as both a process and an outcome. This module describes some of the different views of recovery in addiction and mental health treatment, and how connections to peers and to the community are important for people in recovery.

FIT Module 25: Taking Responsibility for Your Recovery
This module covers the disease model of substance use and mental illness disorders. It then examines the concept of recovery as a process and the importance of clients taking charge of their own recovery process. It explores different options for managing both psychiatric and substance use disorders.

FIT Module 26: Achieving Recovery in the Real World
People with co-occurring disorders usually want the same things as everyone else; typically, a job and a home are near the top of the list. In this module, you will learn about supported employment and supported housing, two models for helping clients with co-occurring disorders achieve recovery in the real
world. Knowing what these programs have to offer will help you help your clients achieve these real-world goals. In the module, you will be linked to resources to help you get started.

**FIT Module 27: Understanding the Use of Medications for Clients with COD**

This training module provides an overview of how medication can be part of an effective treatment plan for people with co-occurring disorders. Participants will learn about some of the common medications for clients with co-occurring disorders, how to work with clients to overcome barriers to using medications and how to collaborate with clients to help them get the most out of their medications. Participants may also download information about medications used to treat mental health symptoms and substance use.

**FIT Module 28: Generating the Collaborative Treatment Plan**

This module focuses on how best to develop a person centered, shared decision making treatment plan that reflects the client’s goals and preferences. The module describes two approaches to identifying client goals—the Stages of Treatment and the functional analysis—and how they can be used together to build the treatment plan. You will also learn about the format of a good treatment plan: identifying measurable goals; identifying interventions; identifying roles and responsibilities; and identifying follow-up plans. The module also explores the use of a shared decision making approach in the development of the treatment plan, in monitoring the recovery process, in setting and implementing long term goals, and in resolving disagreements between the practitioner and the client in the development of the treatment plan.

**FIT Module 29: Integrating Medical, Psychiatric and Addiction Treatment Services**

This training module provides an overview of the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care. Participants will learn how to help clients work with medical professionals and to build healthier lifestyles. Participants are also provided with links to resources to help clients start this process.

**FIT Module 30: Clinical Supervision**

Supervision is a crucial element in implementing integrated treatment for people with co-occurring disorders. This module highlights the importance of good supervision and describes two specific supervision models: case presentations, using a group model for supervision, and skills training. Each model is delineated in a step-by-step fashion and demonstrated by a real-life supervisor. Often there are many barriers to providing good supervision. This module identifies some of the most frequently cited barriers and gives you solutions so that you can provide supervision in a timely fashion. Throughout, you will find helpful tools you can use in your agency setting.

**FIT Module 31: Clinical Supervision II**

In this module, you will learn about techniques you can use when supervising individuals: field mentoring, modeling, coaching, feedback and data-based supervision. This module includes a number of tools you can download and use with the people you supervise.

**FIT Module 32: Clinical Leadership**

Are you in a leadership role at your agency and wondering what it takes to make a significant change such as adopting integrated treatment for co-occurring disorders? If your answer is yes, then this module is for you. You will learn about important components of successful change such as including all involved stakeholders (administrators, direct care workers, peers and families), developing a committee that will spearhead the change process, and selecting a clinical leader or “champion.” Also, you will learn the seven key steps and tasks that you, as a clinical leader, will need to perform throughout your agency’s change process. The module will help you understand the benefits of providing integrated treatment for your agency and the consumers of the services you provide.
FIT Module 33: Program-Level Measures of COD Capacity
Measuring your program’s capability to deliver integrated treatment to people with co-occurring disorders is critical to your planning process. This module describes two practice indexes: the Dual Diagnosis Capability in Addiction Treatment (DDCAT) and the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT).

FIT Module 34: Fidelity Assessment in IDDT
Although anyone can benefit from this module, it is designed to help programs that have a specialized co-occurring disorders team treating clients with serious mental illness. The module describes in detail the Integrated Dual Disorders Treatment Fidelity Scale (IDDT), a fidelity scale designed to evaluate your program and make improvements in a continuous process. The module examines how the fidelity scale works, the domains of the fidelity scale, the program item rating scale, the structure of a fidelity scale site survey and the selection of an assessment team. The module also explores how to best use the results of your fidelity scale survey to identify areas for program improvement, how to draft an IDDT fidelity scale implementation plan and the benefits of including this plan in your agency’s continuous quality improvement program.

FIT Module 35: Tracking Outcomes and Process Improvements
In this module, you will learn how the data you collect can provide information for data-based supervision, for licensing and certification reviews, and, most importantly, to see whether clients are getting better. You will learn how to collect information to set goals and how to strengthen your programs through a process called Continuous Quality Improvement. In this module, you will be able to download tools to help you track outcomes and process improvements.

FIT Module 36: Practitioner Tools for Treating Tobacco Dependence
This training module will help practitioners learn how to screen and assess tobacco use and dependency among individuals with serious mental illness. Practitioners will learn intensive counseling strategies to help the tobacco dependent client quit and appropriate documentation for assessment and treatment planning.

FIT Module 37: Understanding the Use of Medications to Treat Tobacco Dependence
This training module educates both prescribers and non-prescribers on how smoking affects the metabolism of psychiatric medications. Prescribers and non-prescribers will learn about the three categories of first-line medications that are safe and effective treatment for tobacco dependence.

FIT Module 38: Implementing Tobacco Dependence Treatment
This training module provides an overview of the epidemiology of tobacco use among individuals with serious mental illness; effective methods for tobacco dependence treatment, and information to help program leaders create, implement and maintain a tobacco free culture in mental health settings.

FIT Module 39: Co-Occurring Disorders in Adolescents
This training module provides an overview of working with adolescents with co-occurring disorders (COD). It covers screening, assessment, and treatment including evidence-based approaches. It also provides background on working with adolescents and families. Clinician, policy maker, parent and youth perspectives are included.

Suicide Prevention
Assessment of Suicidal Risk Using C-SSRS
The Columbia Suicide Severity Rating Scale (C-SSRS) was developed to assist practitioners and others to better identify people at suicide risk. This module introduces the C-SSRS, discusses its importance, and
provides information about its structure. In addition, the learner is provided with detailed instructions concerning the administration of the scale.

**Safety Planning Intervention for Suicide Prevention**

This module teaches the learner about the Safety Planning intervention developed by Dr. Barbara Stanley and Dr. Gregory Brown. This intervention is designed to help individuals who struggle with suicidal urges and thoughts to manage them so that safety is maintained.

**Structured Follow-up and Monitoring**

This training module demonstrates how to provide structured follow-up and monitoring for individuals after a crisis and it will describe how to maintain telephone contact with suicidal individuals during the time of transition from an emergency visit, increased suicide ideation, or for a suicide attempt. After completing this module, you will have the information you need to describe what follow-up and monitoring is and how it can help suicidal individuals, determine when to use this intervention, describe the typical procedure, identify barriers to getting treatment and select appropriate solutions, and identify additional resources.

**Comprehensive Suicide Risk Assessment**

In this module, mental health providers are given guidance and a framework for conducting a comprehensive assessment of suicidal risk that informs triage decisions and recommendations for effective prevention and intervention. It consists of didactics, video interviews, interactive knowledge checks, and a case illustration. This training includes a framework for recognizing and prioritizing chronic and acute risk factors and individual warning signs, and weighing risk factors and protective factors to assign a level of risk that can be used to determine the most appropriate level of care.

**Suicide Prevention for Healthcare Workers**

Suicide is reaching epidemic proportions in the U.S., and everyone can play a role in preventing suicide. This brief training module illustrates how you or anyone, even with no formal mental health care training, can learn how to recognize and engage effectively with individuals at risk for suicide, and to help connect them with professional help or additional support. After viewing this class, participants will know how to notice the warning signs and recognize when to ask someone about suicidal thoughts ask directly about suicidal thoughts and engage in a conversation, listen and demonstrate understanding about how the person is feeling and become knowledgeable about resources and how to refer someone for suicide prevention help.

**Means Reduction Counseling for Suicidal Individuals**

This module demonstrates the importance of and shows clinicians techniques for collaborating with their suicidal client to reduce their access to the methods they are likely to use in a suicide attempt. The aim of this course is to provide clinicians with strategies for implementing means reduction counseling and to understand its importance as part of overall safety planning for suicidal individuals.

**Optimizing Clinical Care of Suicidal Individuals**

A one-hour interactive course, this self-instructional video presents guidelines on assessment, intervention and monitoring of suicidal patients through demonstration of a therapy session with a suicidal patient and didactic commentary on the clinical strategies illustrated. The module begins by addressing the anxiety that often surrounds managing suicidal patients; emphasizing, through a clinician’s testimonial, that the anxiety often emanates from uncertainty about what to do once a patient’s suicide risk emerges. The module suggests a mindset and approach with which to prevent this anxiety from intruding on the work, the 3Cs: calm, concern and collaboration. Through the case example, the module highlights a clinician’s use of the 3Cs and didactic narration offers tips for using them. Harkening back to the case example, the module goes on to introduce the Assess, Intervene and Monitor model for suicide prevention. Case
demonstration and narrative commentary alternate to explain the use of each evidence based technique the model encompasses. Throughout the module, prompts, knowledge checks, auditory and visual communication styles are used to make the ideas presented clear, learnable and engaging.

**Supported Employment – Individual Placement and Support (IPS) approach**

**IPS: Introduction to the Individual Placement and Support (IPS) Model of Supported Employment**
This hour-long module is designed for practitioners, supervisors and program leaders who are involved in providing IPS services. It focuses on the importance of employment to persons diagnosed with a serious mental illness, the rationale for IPS, IPS fundamentals, core practitioner skills, and implementing IPS in NYS. It offers video clips of consumer and practitioners, interactive exercises, and links to resources and web sites.

**IPS: Job Development**
This module discusses the importance of job development and the employment specialist role. It is intended for employment specialists, all other members of the treatment team, program supervisors, and managers. Topics covered are: meeting with employers, building networks, considering disclosure, and supporting job development across the entire treatment team.

**CPI’s Employment Resource Book**
This module, “Using the Employment Resource Book”, is intended for consumers, family members and practitioners. It provides an introduction to CPI’s Employment Resource Book and explains how this important resource can best be used. Sections include “See the Contents”, “Understand the Structure”, “Suggestions for Consumers” and “Suggestions for Practitioners/Supports”.

**Wellness Self-Management**

**Wellness Self-Management**
This web based course is a resource for behavioral health services providers and organizations committed to providing Wellness Self-Management (WSM) services to adults with mental health problems and/or Wellness Self-Management Plus (WSM+) services to adults who are simultaneously dealing with mental health and substance use problems. This course will provide learners with important information and strategies to conduct an effective WSM and/or WSM+ program. Specifically, learners will be able to:
1) Describe the key principles, philosophy and practices of WSM/WSM+, 2) Identify the benefits of the WSM/WSM+ programs for consumers, practitioners and organizations and 3) Competently conduct a WSM/WSM+ group. The entire course should take no more than 45 minutes to complete.

**Cultural Competence**

**Using the Cultural Formulation Interview (CFI)**
This module will provide an overview of Cultural Assessment in Psychiatric Diagnosis and Treatment using the DSM-5 Cultural Formulation Interview (CFI). After taking this module, you will be able to define culture and cultural assessment, understand the importance of cultural assessments in ensuring consumer engagement and providing quality care, provide examples about the type of information the Cultural Formulation Interview can help obtain, conduct a Cultural Formulation Interview and know how to start implementing the Cultural Formulation in services/programs.
Violence Risk Management

Violence Risk Management Series, Part 1: Violence risk screening
The objectives of this module are to identify the purpose of violence risk screening, list key topics to be covered with a violence risk screening, and recognize when violence risk screening should lead to an assessment.

Violence Risk Management Series, Part 2: Violence risk assessment
The objectives of this module are to define static and dynamic risk factors, describe types of risk assessments and recognize components of risk formulation.

Violence Risk Management Series, Part 3: Treatment Interventions
The objectives of this module are to identify risk management interventions, describe treatment plans and recognize junctures for reassessment.

Core Competencies

Person-Centered Planning
This course provides an overview of person-centered planning and the steps involved in the person-centered planning process. Role-plays are provided to demonstrate strengths-based assessment in planning for recovery. Participants will learn techniques to work with individuals to elicit goals, objectives and identify interventions to foster recovery.

Motivational Interviewing- Core Competency
This course provides an overview of motivational interviewing, a type of counseling that can be used to enhance engagement and behavior change in individuals. Participants will learn about five core motivational interviewing skills including using open-ended questions, affirmations, reflective listening, summarizing, and giving advice with permission. Participants will also learn about the benefits of each of these core motivational interviewing techniques. Role-plays, examples and interactive practice scenarios are provided to demonstrate the skills.

First Episode Psychosis

Introduction to First Episode Psychosis: Pat Deegan’s Story
In these 5 videos, Dr. Patricia Deegan details her experience with psychosis, what kind of help actually hurt her, and how she came to recover. The learner can expect to gain a deeper insight into both the experience of psychosis, what kind of treatments work and don’t work, and finally, how people recover. Participants will learn to understand the experience of a first episode of psychosis, about treatment that is ineffective, and can actually hurt a client and about how one person experienced her recovery.

Early Intervention for First Episode Psychosis
This module introduces the Coordinated Specialty Care (CSC) program, which provides evidence-based care to young people experiencing non-affective early psychosis. It uses video clips and interactive exercises to provide a comprehensive understanding of this innovative approach. Participants will learn about the team framework, key care processes including person-centered care, shared decision making and cultural competence and important service components including case management, psychotherapy, supported employment and education, family psychoeducation, pharmacotherapy, and primary care coordination.

Spirit of OnTrack
Today we know that people with psychosis can live in the community and work, love and worship just like other citizens. It takes time and support, but recovery is real. This video series is called The Spirit of OnTrack. We made this video series because we wanted to pass on, to each new generation of OnTrack
teams, the unique spirit of the work. We are doing something new with OnTrack. This is not practice as usual. As OnTrack teams are replicated across the country, we want to be sure to pass on the culture, the vision, and the spirit of how dedicated, recovery oriented clinicians reach out, engage and support the recovery of young people with early psychosis. There are six videos or chapters. Each video builds on the previous ones, so it’s important to view them consecutively.

**Shared Decision Making**
These videos, ranging in length from 8-12 minutes, feature mental health recovery movement advocate Pat Deegan, PhD who discusses how Shared Decision Making (SDM) can support the voices of individuals and families for more person-centered care.

**LGBT Module 1: LGBT 101**
This module provides definitions of LGBT terminology and defines sexual orientation and gender identity. It also gives providers strategies for asking about sexual orientation and gender identity as well as creating an LGBT inclusive environment.

**LGBT Module 2: Identity Development**
This module explains models of identity development for gay, lesbian, bisexual and transgender individuals. It also describes practice implications for each of these that providers might consider when delivering care.

**LGBT Module 3: Affirmative Health for LGBT Individuals Experiencing Psychosis**
This module describes best practices for working with LGBT individuals experiencing psychosis across various stages of treatment and through the use of clinical vignettes.

**Engaging Clients around Substance Use**
A video demonstration for clinicians on on how to engage clients around their substance use. Exploration of pros and cons of substance use with the client in order to assess for stage of stage and matching it with stage of treatment is demonstrated. Shared decision making and meeting the client where she/he is at, are also illustrated.

**Initial Engagement in OnTrack Services**
This video illustrates how to use engagement strategies prior to client’s enrollment into an early intervention program, noting that while information about eligibility may be gathered at this time, it is not the goal of this session. Clinician’s objective here is to provide information about OTNY services and to engage with the young person and her family

**Substance Use Evaluation**
This video illustrates how the ORC conducts an eligibility evaluation for a client with psychosis in the context of substance use by ruling out substance-induced psychosis and looking at temporal relationship between psychosis and substance use by creating a timeline. A completed timeline is shown at the end of video.

**Team Meeting**
This video demonstrates an OnTrack team discussing one of their clients during a weekly team meeting. Each team member discusses his or her work with the client and any challenges the client is facing, and the team develops a plan for next steps with the client and family.

**Skills Building in Session**
In this video, an OnTrack clinician engages a client in a skill-building exercise in support of the client’s recovery goal of making new friends. After helping the client identify a scenario – starting a conversation with the barista at a local coffee shop – the clinician uses role play to work with the client on enhancing her social skills.
Family Engagement
This video demonstrates an OnTrack clinician discussing with a client how family support might be helpful to him as he considers returning to school. After talking through some of the client’s reservations about involving his family in this decision, the client and clinician agree on a plan to invite the client’s parents to their next session.

Psychopharmacology Training for Prescribing Clinicians
Treatment Resistant and Late Life Depression: An Update for Prescribing Clinicians
In this online learning module, Drs. Jeffrey Miller and Bret Rutherford of Columbia Psychiatry and New York State Psychiatric Institute present an update on treatment-resistant and later life depression. Principles of appropriate assessment and management of depressive disorders are reviewed as part of the inquiry into the presence and degree of true treatment resistance. Specific psychopharmacologic interventions are reviewed, including augmentation and switching strategies and the role of several more recently approved medications. Differences in the phenomenology and neurobiology of depression in older adults are presented, as well as interventions for depressive disorders which may differentially have a positive therapeutic effect in later life depression.

Leadership Academy
Supervision
Participants will learn five helpful tools for providing effective supervision: case presentation, skills training, group supervision, field mentoring, and data-based supervision.
Continuous Quality Improvement
Participants will learn an effective method to achieve quality improvement, called the Plan-Do-Study-Act cycle. An example is provided detailing how to implement a Plan-Do-Study-Act cycle.
Communicating with Managed Care: the SBAR Method
Participants will learn about the importance of coordinated care and how the SBAR (Situation, Background, Assessment, Recommendation) technique can help to simplify communication and improve care. An example is provided detailing how to use the SBAR technique as part of care coordination.

LGBTQ Topics
LGBT Module 1: LGBT 101
This module provides definitions of LGBT terminology and defines sexual orientation and gender identity. It also gives providers strategies for asking about sexual orientation and gender identity as well as creating an LGBT inclusive environment.
LGBT Module 2: Identity Development
This module explains models of identity development for gay, lesbian, bisexual and transgender individuals. It also describes practice implications for each of these that providers might consider when delivering care.
LGBT Module 3: Affirmative Health for LGBT Individuals Experiencing Psychosis
This module describes best practices for working with LGBT individuals experiencing psychosis across various stages of treatment and through the use of clinical vignettes.
LGBT Aging, Discrimination, and Cultural Competence
Learners completing this module will be able to list the unique features facing LGBT older adults, recognize factors that make LGBT older adults less likely to access health and social services, and identify core cultural competencies necessary as a provider.

**Suicide Prevention for LGBTQ Individuals**
LGBTQ individuals are at greater risk for suicidal behaviors and suicide than the general population. Learners completing this module will be able to describe suicide risk factors for LGBTQ individuals, describe protective factors for LGBTQ individuals, and know about best practices when working with LGBTQ individuals at risk for suicide.

**Additional Topics**

**Working with Families**
The goals of this module are to provide practitioners with awareness of the importance of engaging families into their relatives’ mental health treatment, provide practical strategies for engaging with consumers about family involvement, and to provide practical strategies for engaging with family members.

**Screening, Intervention and Referral to Treatment (SBIRT)**
This (four hour) training curriculum will review Screening, Brief Intervention, and Referral to Treatment (SBIRT). SBIRT is an evidenced-based practice to identify people who use substances in ways that increase their risk of health, work, family, and social problems, and motivation to help them reduce their use. Topics include: the need for implementing SBIRT to identify people who use substances in a risky way; the continuum of substance use and where SBIRT fits in; the health effects of substances; details of each component of the SBIRT process, including Screening, Brief Intervention and Referral to Treatment best practices; implementation of SBIRT; and motivational Interviewing.

**Trauma-Informed Approach**
The majority of mental health consumers have been affected by trauma. Trauma events can lead to increased physical and mental health risks. As a practitioner, you can support consumers by developing a universal awareness of the impact of trauma on adult experiences.

This module includes four sections. Each section will take approximately 7 ½ minute to complete. Please complete the sections in sequential order. As a result of completing this module, you will be able to: define trauma; recognize the prevalence of trauma in the U.S.; recognize the health impacts of trauma; define the trauma-informed approach; identify the four general characteristics of a program that is trauma informed; describe the six core principles that support a trauma-informed culture; identify the six core competencies that contribute to effective trauma informed awareness and counseling skills; use a self-assessment to identify your competencies; describe the ten domains of trauma-informed approach to care and refer to the ten domains to assess your readiness for developing a trauma-informed approach to care.

**Cognitive Behavioral Therapy: Overview, Tools, and Interventions**
In this module, you will learn the background, theory, concepts and principles of Cognitive Behavioral Therapy (CBT). You will also learn about CBT tools including the functional analysis of behavior and examples of interventions such as cognitive restructuring and behavioral activation. Additional resources for learning about CBT are also provided.

**Recovery-oriented Cognitive Therapy (CT-R)**
This series of nine videos focusing on Recovery-oriented Cognitive Therapy (CT-R) will help participants become familiar with the CT-R approach, understand the empirical support for CT-R and describe the activities associated with CT-R. Participants will also be able to understand how to use CT-R to address
important issues such as negative symptoms, trauma, delusions and hallucinations and become familiar with the implementation of CT-R in treatment settings.

**Psychosocial Rehabilitation**

This module uses video, interactive exercises and a case vignette to introduce the practice of psychosocial rehabilitation and its utility within NYS. Topics include: overview, values and principles, interpersonal skills, assessing readiness, developing readiness, setting rehabilitation goals, direct skills teaching and use, supports, and achieving success with psychosocial rehabilitation, including considerations within NYS.

**Sensitizing Providers to the Effects of Correctional Incarceration on Treatment & Risk Managements (SPECTRM)**

This course will enable state and community providers to identify and address the needs of individuals with serious mental illness and justice involvement. This course has a particular focus on finding ways to engage and work collaboratively with these clients when they return to the community. After completing this course, participants will be able to describe how the culture of incarceration can impact a client’s ability to adjust to a community behavioral health setting. Participants will be able to identify learned behavior that incarcerated individuals may adopt to stay safe in a prison or jail setting. Lastly, participants will be able to describe strategies providers can use to engage new clients who are coming from a prison or a jail setting.

**Working with Persons Under Criminal Justice Mandates: Collaboration, Connection and Communication**

This course is designed specifically for providers working with justice-involved individuals with mental illness. Using videos, case studies and interactive exercises, this module helps providers to explain what criminal justice system mandates are and how they work. Participants will be able to identify and describe the difference between community supervision agencies (i.e., probation, parole, alternative to incarceration and mental health court). Participants will also be able to describe ways to support clients in navigating criminal justice system mandates. Lastly, participants will be able to identify best practices for effective communication between behavioral health and criminal justice systems.

**Reducing Re-Arrest and Promoting Recovery: Understanding and Addressing the Factors that Contribute to Re-Arrest**

This module was designed specifically for providers working with justice-involved individuals with mental illness. It presents the Risk/Needs/Responsivity model, which identifies three factors needing attention when helping individuals to reduce re-arrest. Each factor is explained with illustrations. Using videos, case studies and interactive exercises, this module helps providers to identify factors that contribute both directly and indirectly to an individual's risk of recidivism. Participants will also learn how to recommend interventions that are responsive to an individual's recidivism risk factors and make determinations on the intensity of treatment planning in the context of an individual's risk of recidivism and clinical need.

**Easy to Learn Supportive Psychotherapy**

Supportive psychotherapy is easy to learn and extremely well suited to most, including acute care, clinical care settings. However, of the major types of psychotherapy, it receives the least time for didactics and supervision in residency training programs. Thus, it is likely that many physicians are not well trained in this important treatment modality. This instructional video is intended for clinicians working with patients in any clinical setting, including trainees and more senior clinicians. Following this training, learners will be able to conduct basic supportive psychotherapy with their patients in all clinical settings.

**Social Skills Training**

This module will help participants understand what is meant by the term social skills. Participants will be able to explain why social skills are important and define social skills training. Participants will also be able to understand the approach and steps used to teach social skills training.
CENTER FOR PRACTICE INNOVATIONS Certificate Programs

These certificate programs are designed to provide up-to-date knowledge about important cross-cutting topics of interest for the behavioral health practitioner. Each curriculum has been carefully designed to allow easy and efficient access within our learning management system. Certificates are issued for completion of each curriculum.

**Leadership Academy**

This certificate program will provide supervisors and leadership in behavioral health organizations with knowledge and tools to support the delivery of quality behavioral health care at their organization. Participants will learn techniques that can be used when supervising individuals and understand solutions to frequently cited barriers:

- Supervision
- FIT Module 31: Clinical Supervision II

Participants will understand the importance of team-based care and some examples on how to establish a team-oriented culture in an organization will be reviewed:

- Team-based Care: Establishing a Team-oriented Culture in Your Organization

Participants will learn how the data collected can provide information for data-based supervision, licensing and certification reviews, and whether clients are improving:

- FIT Module 35: Tracking Outcomes and Process Improvements

Key HEDIS measures for behavioral health will be described and participants will understand how these measures are used in behavioral health care:

- Healthcare Effectiveness Data and Information Set (HEDIS) and How Measurement Can Improve Quality of Care

Participants will learn an effective method that can be used to achieve quality improvement, called the Plan-Do-Study-Act cycle:

- Continuous Quality Improvement

Participants will learn about the importance of coordinated care and how SBAR can help to simplify communication:

- Communicating with Managed Care: the SBAR Method

Lastly, participants will have the opportunity to learn how to better identify and understand the important components of making a successful change. You will also better understand the seven key steps and tasks to be performed by the clinical leader throughout the agency’s change process:

- Optional: FIT Module 32: Clinical Leadership

**Engagement and Person-centered Planning**

This certificate program will increase clinicians’ knowledge of engagement skills and person-centered planning to support the delivery of quality behavioral health care at their organization. Participants will learn the basics of recovery and person-centered planning including its values and principles:

- Recovery and Person-Centered Care
Participants will understand an overview of person-centered planning and the steps involved in the person-centered planning process:
- FIT Module 28: Generating the Collaborative Treatment Plan

Participants will learn about person-centered assessment and goal-setting technique:
- Person-Centered Planning Core Comp

Participants will also learn about a variety of engagement strategies that emphasize collaborative partnership and long-term recovery:
- Optional: ACT: Engaging Consumers in Assertive Community Treatment
- Optional: ACT: Person-Centered Treatment Planning in Assertive Community Treatment

**Working with Families**

This certificate program will increase clinicians’ knowledge of how to work with families when providing clinical care.
Participants will be able to recognize the importance of working with families to help individuals meet their recovery goals and the benefits of family involvement:
- Working with Families

Participants will be able to describe the common challenges of Transition Age Youth with a mental health diagnosis and to identify key strategies that support successful transition to adulthood:
- Transition Age Youth

Participants will learn about the common experiences of families of individuals living with mental illness:
- Optional: The Importance of Families

Participants will also learn about how to form collaborative relationships when working with families and friends
- Optional: FIT Module 23: Work with Families and Other Close Supporters

**Psychopharmacology**

This certificate program will provide prescribers, clinicians, and managers knowledge and tools to support evidenced based prescribing practices and recovery-oriented interactions with their patients.
Participants will learn the key principles of medication treatment for psychiatric conditions, particularly antipsychotic medications and clozapine:
- Essential Psychopharmacology
- The Basics of Antipsychotic Medications

Participants will learn the basics of medication-assisted treatment for individuals with substance use disorders, including opioid abuse:
- Medication-Assisted Treatment of Substance Use Disorders in New York State, Part 1
- Medication-Assisted Treatment of Substance Use Disorders in New York State Part 2

Guidance will be provided on how to speak with individuals on the use of medications for psychiatric conditions and substance use disorders:
• Motivating Clozapine Use: An Aid for Prescribers

Information for individuals considering taking Clozapine will be provided. Prescribers may share this module with individuals that are deciding whether clozapine is the right medicine for them:
  • Considering Clozapine

Participants will also understand the role of medications, including nicotine replacement therapy, in treating tobacco dependence:
  • FIT Module 37: Understanding the Use of Medications to Treat Tobacco Dependence

**Violence Risk Management**

This certificate program will provide clinicians at behavioral health organizations with knowledge and tools to manage violence risk.

Participants will learn the purpose of violence risk screening and when they should lead to assessment:
  • Violence Risk Management Series, Part 1: Violence Risk Screening

Participants will be able to describe types of risk assessments and risk factors for violence:
  • Violence Risk Management Series, Part 2

Participants will be able to identify risk management interventions:
  • Violence Risk Management Series, Part 3: Treatment Interventions

Participants will learn how to recognize common signs of abuse or neglect and related legally mandated and non-mandated reporting procedures in New York State:
  • Child and Elder Abuse and Neglect

Lastly, participants will learn about barriers for help seeking in domestic violence, strategies to screen for domestic violence and trauma focused evidence-based treatments:
  • Domestic Violence and Mental Health

**Foundational Concepts: Recovery, Cultural Competence, and Trauma-Informed Care**

In this certificate, participants will learn the different definitions of recovery and the core features of recovery-oriented care through the following modules:
  • Recovery and Person-Centered Care
  • Rehabilitation and Recovery including HCBS
  • Achieving Recovery in the Real Word

They will also learn about cultural competence and how to conduct the Cultural Formulation Interview:
  • Cultural Competence
  • Cultural Formulation Interview

Participants will learn about evidence-based practices for trauma and the trauma-informed approach to service delivery:
  • Treatment of Trauma
  • Trauma-Informed Approach to Behavioral Health Service Delivery
Finally, different views of recovery in addiction and mental health treatment will be reviewed as well as the concept of recovery as a process and the importance of individuals taking charge of their own recovery:

- Optional: FIT Module 24: Philosophy and Perspectives of Recovery
- Optional: FIT Module 25: Taking Responsibility for your Recovery

**Integrated Care**

The focus of this certificate is on the integration of behavioral health and primary care services. Participants will learn to identify commonly seen conditions including mood, anxiety, and somatoform disorders using screening tools and learn evidence-based treatment approaches for these conditions in the following module:

- Commonly Seen Behavioral Health Conditions in Primary Care

Participants will learn about co-occurring physical and mental health disorders and how integrated care addresses the needs of these individuals:

- Collaborative Care: Integrating Mental Health into Primary Medical Care
- Integrated Care: Providing Medical Care to Individuals with Serious Mental Disorders

Participants will learn about the relationship between mental health and chronic disease as well as how to manage three common health conditions: hypertension, diabetes, and hyperlipidemia:

- Health Conditions in Behavioral Care

Participants will learn about care coordination and understand both why it is important and approaches to put it into action:

- Introduction to Care Coordination

Participants will identify components of successful discharge planning and early aftercare in the engagement of recently hospitalized individuals:

- Introduction to Care Transitions: The Importance of Discharge Planning and Early Aftercare

Finally, participants will learn about the prevalence and impact of co-occurring disorders and how to integrate treatment:

- FIT Module 29: Integrating Medical, Psychiatric, and Addiction Treatment Services
- FIT Module 01: Introduction to Integrated Co-Occurring Disorders Treatment: Principles
- FIT Module 02: Implementing Co-Occurring Disorders Treatment

**Motivational Interviewing**

The focus of this certificate is on Motivational Interviewing skills and techniques, which are especially useful for engaging individuals in care. Participants will learn about the values underlying the spirit of Motivational Interviewing as well as the core skills of Motivational Interviewing through the following modules:

- Motivational Interviewing- Core Competency
- Motivational Interviewing: Working with Ambivalence
Participants will learn specific techniques of motivational interviewing and will be able to access additional tools and handouts for implementing motivational interviewing:

- Optional: FIT Module 08: Motivational Interviewing I
- Optional: FIT Module 09: Motivational Interviewing II
- Tools and Handouts

**Screening, Assessment and Diagnosis of Mental Health and Substance Use Disorders**

The focus of this certificate is on the screening, assessment, and diagnosis of mental health and substance use disorders. In this certificate, participants will learn to describe the major psychiatric diagnostic systems in the U.S. and to identify the symptoms and criteria of major psychotic, affective, and anxiety disorders through the following module:

- Major Psychiatric Diagnoses

Participants will also learn about effective screening techniques for mental health disorders and methods for overcoming common barriers:

- FIT Module 04: Screening for Psychiatric Disorders

Participants will learn about the DSM-5 criteria for substance use disorders and therapeutic models for treatment:

- Addiction and Substance Abuse

They will also learn effective screening techniques for substance use disorders and methods for overcoming common barriers:

- FIT Module 03: Screening for Substance Use

Finally, participants will be able to describe the benefits of implementing Screening, Brief Intervention, and Referral to Treatment (SBIRT), identify screening tools and choose components of a brief intervention:

- Screening, Brief Intervention, and Referral to Treatment (SBIRT)