

Relias Curriculum for DBHDD Paraprofessionals

Title	Descriptions: Required On-Line Hours	Estimated Course Length
Corporate Compliance- 1 hour		
Corporate Compliance and Ethics for Paraprofessionals	This course defines and explains Corporate Compliance and the ways it helps organizations. Ethics, healthcare fraud and other activities which may cause problems for organizations are also discussed as well as the seven parts of a Corporate compliance Program.	1
Documentation- 3- hours		
Essential Components of Documentation for Paraprofessionals	The objective of this course is to provide learners with an understanding of the purpose and importance of documentation. This course also presents information related to the setup, maintenance and review of consumer records.	3
Recovery Principles- 2 hours		
Path to Recovery	This video course presented by Lori Ashcraft and Gene Johnson defines pathways to recovery and describes the elements included in the values of hope, choice, empowerment and spirituality. **Audio/Video Required	2

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WRAP®: One on One	<p>This course is an overview of the Wellness Recovery Action Plan (WRAP)® written by Mary Ellen Copeland. It is designed for people who are helping others develop WRAP plans. While WRAP is a simple system, its use and the values and ethics that surround it are far-reaching and highly complex. Upon completion of this course you will be able to guide, facilitate, advise, support and encourage another person (patients, clients, peers, friends, family members) as they develop a Wellness Recovery Action Plan using the values and ethics that have evolved as people have used this mental health recovery innovation.</p>	3
	Suicide Risk Assessment - 2 hours	
In Harm's Way: Suicide in America	<p>This course addresses the tragic and potentially preventable public health problems of suicide and attempted suicide in America. The course discusses prevalence and risk factors by gender and age as well as prevention efforts and pharmacologic and psychosocial treatments.</p>	1
Suicide Prevention	<p>This course was donated to the EL Community Library by Didi Hirsch CMHC of Los Angeles, California. It discusses the prevalence and risk factors associated with suicide. The course also covers signs and symptoms of suicidal behavior and the relationship between depression and Suicide. Effective staff responses and interventions for clients at risk for suicide are described.</p>	2
Suicide The Forever Decision	<p>This course will teach healthcare providers how to use the book by Paul Quinnett, Ph.D. entitled Suicide: The Forever Decision as a bibliotherapy adjunct to the treatment of persons with suicidal behaviors. To receive full credit for this course, this best-selling book Suicide the Forever Decision must be downloaded from the QPR website for free. This course and book discusses the origin of suicide, risk factors for suicide, and helping a person contemplating suicide.</p>	3

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	Cultural Competence- 2 hours	
Cultural Diversity for Paraprofessionals	This course is an introduction to understanding the various components of cultural competence and how they apply to providing mental health and other human services to various groups of people and to individuals from within those groups.	1.5
Cultural Issues in Mental Health Treatment for Paraprofessionals	This course covers the coming together of clinical, cultural, organizational, and financial reasons for minority groups being underserved by the mental health system. This course is intended for beginning and intermediate level clinicians.	3
	Mental Illness- Addictive Disorders- 8 hours	
Alcohol and the Family for Paraprofessionals	It is well known that alcohol use disorder is quite prevalent and can have significant negative impact on the lives of those with this addiction. Past research and treatment have focused primarily on the challenges facing individuals with this addiction and on accessing supports to aid in the individuals' recovery. There is growing evidence, however, that alcohol abuse is much better understood within a family and relationship context. In this training, you will learn about the impact that alcohol abuse has on families, the family dynamics that can contribute to alcohol abuse, and the abundant research that indicates that family interventions can play a significant role in recovery. Employing a combination of comparative research, experiential exercises, and self-study, this course provides a foundation for addressing alcohol abuse in the context of the family rather than focusing on individual therapy or self-help groups. This training is appropriate for paraprofessionals who want to expand their understanding of alcohol abuse in a family context.	2.5

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Bipolar Disorder in Children and Adolescents	This course discusses the signs and symptoms of Bipolar Disorder in children and adolescents, reviews the latest pharmacological and psychotherapeutic treatment for this population.	1
Co-Occurring Disorders: An Overview for Paraprofessionals	This course defines the term co-occurring disorders and describes the common risk factors associated with co-occurring disorders. The approaches to use with people with co-occurring disorders are also reviewed.	1.5
Defining Serious and Persistent Mental Illness and Recovery	The objective of this course is to provide the learner with an understanding of serious and persistent mental illness as well as to define and describe Recovery.	5
Depressive Disorder in Children and Adolescents	This course discusses the prevalence of depressive disorders in children and adolescents, suicide risk factors, causes of the disorders, clinical characteristic and best treatment approaches.	3
Mental Health Issues in Older Adults for Paraprofessionals	This course describes the reasons behind mental health issues in older adults, including depression and schizophrenia. Treatment options are reviewed. Support and services for older adults are reviewed as well as the role of caregivers.	2
Mood Disorders in Adults-A Summary for Paraprofessionals	This course covers the most common mood problems in adults, reviews the different types of depression, explains treatments for mood problems, and shows you a way to help people with these problems; this is called cognitive behavioral therapy.	1

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Overview of Bipolar Disorder for Paraprofessionals	This course discusses Bipolar Disorder - the different types and their symptoms along with treatment options. In addition, you will become familiar with how genetics plays a role in the disorder.	2
Overview of Family Psychoeducation - Evidenced Based Practices	This course offers an overview of the evidenced based approach, Family Psychoeducation, which is a method for working with families, other caregivers and friends who are supportive of persons with mental illness. It reviews the core components of the Family Psychoeducation approach as well as the benefits and goals for consumers and their family members.	1.5
People with Serious Mental Illness for Paraprofessionals	This course provides an overview of serious mental illness including schizophrenia, bipolar disorder, and children and adolescents mental disorders.	3
Understanding Schizophrenia for Paraprofessionals	This course is about schizophrenia. This is a time of hope for people with schizophrenia and their families. Research is gradually leading to newer and better medications.	2

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Understanding the Addictive Process: An Overview for Paraprofessionals	<p>In this course, we will talk about how people become addicts. We'll be looking at the steps that lead up to becoming addicted, and also what are the kinds of things that people become addicted to. We will look at how a person's personality and ways of acting with others change because of addiction. This is called the Addictive Process, and by the end of this course, you will have a better understanding of how addiction starts and ends.</p>	2
Pharmacology and Medication Self-Admin- 2 hours		
Medication Administration & Monitoring for Paraprofessionals	<p>The purpose of this course is to establish guidelines for the administration and monitoring of self administration of medications, to enhance the current medication process to minimize risk, and to help learners better understand medication documentation and how it impacts quality improvement.</p>	4
Overview of Medications for Paraprofessionals	<p>This course reviews different types of medications used to treat psychological disorders. It discusses side effects and important things to be aware of when caring for people who are taking medications to treat psychological disorders.</p>	2
Professional Relationships- 2 hours		
Therapeutic Boundaries for Paraprofessionals	<p>This course explains the concept of a therapeutic boundary and how it differs from a social relationship. You will learn about the ethical role of the clinician and how to recognize danger signals of potential violations.</p>	2

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	Safety/Crisis De-escalation- 4 hours	
Abuse, Neglect, and Incident Reporting for Paraprofessionals	The objective of this course is to provide learners with an understanding of the definition of various forms of abuse, neglect, and exploitation. The course will also assist learners in recognizing indicators of various forms of abuse, neglect, and exploitation and highlight who to contact when concerns arise.	1
Crisis Management for Paraprofessionals	This course is about identifying the elements of crisis management, understanding the steps for crisis intervention and stabilization and assisting patients in developing a crisis prevention plan.	3
	Service Coordination- 3 hours	
Case Management for Paraprofessionals	This course reviews aspects of case management. It discusses the role of a case manager and provides some helpful tools to make you a more successful case manager.	3
Coordinating Primary Care Needs of Clients for Paraprofessionals	This course is designed to help case managers gain the basic knowledge and skills needed to help clients who have developed or at risk for developing common medical problems. it provides a basic understanding of common medical problems and warning signs that indicate a need to help clients obtain medical treatment. Ways to help clients practice habits to improve their health and wellness are also discussed.	7.5

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<p>Supported Employment - Evidenced Based Practices</p>	<p>Over 60% of adults with mental illness desire work and can be successful at working when using supported employment. This 6 hour course provides information and strategies on how to use supported employment to help people with SPMI find and keep competitive jobs. The course discusses the core principles of supported employment and describes strategies for engaging the consumer in the process. It also provides comprehensive information on assessment, developing an employment plan, job search and support techniques.</p>	<p style="text-align: center;">6</p>
	<p>Miscellaneous Courses</p>	
<p>HIPAA for Healthcare Professionals: How To Avoid Disciplinary and Malpractice Actions</p>	<p>Given today’s complex society, how do we, as mental health professionals working in community settings, manage the risks involved in our work in the best possible way? This course addresses some of the legal and ethical issues most relevant to community mental health professionals including those who work in community mental health centers, addiction treatment centers, federally qualified health centers, and rural community health centers. These professionals may be comprised of psychiatrists, psychologists, social workers, as well as other mental health providers such as addictions counselors or primary health care providers. This training serves as a guide to assist you in making ethical decisions in your work, understanding the law, as well as developing risk management and compliance strategies. You will focus your learning on the standards of care, confidentiality, and privacy, which have been “hot button” issues in recent years. Though this course is not intended as legal advice for any individual provider or situation, it provides an overview of topical legal and ethical issues for mental health professionals working in community settings. The goal of this course is to assist you in spotting and complying with legal and ethical issues. A variety of case vignettes and interactive exercises will give you opportunities to apply and deepen your knowledge of this critically important topic. This course was prepared by Essential Learning with assistance from Lisa Clark at the law firm of Duane Morris LLP. Please consult with legal counsel regarding any particular issues and with someone at your workplace, an attorney, the government, or another appropriate party if you need more comprehensive information.</p>	<p style="text-align: center;">1.25</p>

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<p>Older Adults with Psychiatric Illness</p>	<p>This course presents special considerations for working with older adult clients. Specific discussions relate to illness management and treatment adaptations.</p>	<p style="text-align: center;">1</p>
<p>Relapse Prevention Services: Best Practices in Treatment</p>	<p>Relapse is defined as a return to drug or alcohol use after a sustained period of abstinence. Be it a brief return to previous levels of use, or a complete return to addictive behaviors, relapse is a common part of the recovery process. In fact, the majority of individuals relapse within the first year following treatment - most often within the first 90 days - and many relapse multiple times before achieving long-term recovery. Understanding relapse and the strategies that help to prevent it are critical competencies to have when working with individuals in recovery. In this course, interactive lessons and instructive guidelines will teach you about the various models that explain relapse, as well as specific models for relapse prevention programs. Drawing upon information from Rawson, Obert, McCann, and Marinelli-Casey's Relapse Prevention Models for Substance Abuse Treatment, this course is the first of a two-part series intended to increase your understanding of relapse prevention strategies so that you can identify the most appropriate strategies to use with the individuals you serve. Written by Maggie Tapp, LCSW, this training is designed for any health care worker who wishes to learn more about relapse and how to prevent it.</p>	<p style="text-align: center;">1.5</p>