Relias Learning provides online courses and e-learning resources specifically designed to meet the training needs of human services organizations in areas such as mental health, child welfare, community based children’s programs and a wide array of other social service organizations. Relias Learning partners with industry leaders to help assure the delivery of online course content that reflects best practices in the industry and helps organizations meet the ever changing demands of compliance, continuing education and workforce development.

**Behavioral Health Introductory**

The courses in this library are entry level introductions to the major behavioral health disorders. The trainings provided are appropriate for staff in a variety of settings that serve health care consumers—along with those who support them—who have behavioral health concerns. The courses include a general overview of the theory, practice, and assessment strategies for many of the most common behavioral health issues including co-occurring disorders, personality disorders, mood and anxiety disorders, schizophrenia, and psychopharmacology interventions. Staff who complete these trainings will deepen their understanding of the causes and intervention strategies related to the most commonly-found behavioral health issues.

- ADHD: Diagnosis and Treatment
- Anxiety Disorders: Diagnosis and Treatment
- Autism Overview

**Canadian-Specific Content**

The courses in this category address regulatory requirements and topics specific to customers with facilities in Canada, particularly customers operating organizations specializing in residential care and community and social services.

- An Ethics Primer for Work in a Community or Social Service Organization
- Child Abuse
- Client Rights
- Confidentiality in Community and Social Services

**Behavioral Health Introductory Courses**

- Bipolar Disorder
- Co-Occurring Disorders
- NAB Approved - Overview of Personality Disorders
- Overview of Mood Disorders in Adults
- Overview of Personality Disorders
- Overview of Psychopharmacology
- Panic Disorder: Diagnosis and Treatment
- Schizophrenia and Medications
- Understanding Schizophrenia
Children, Youth and Families

This library provides trainings for entry level and intermediate behavioral health staff who work in a variety of settings that serve children, youth, and families. Courses in this library are designed to enhance the understanding and assessment of children and youth with a wide range of presenting problems including substance abuse in the family, family therapy, fetal alcohol spectrum disorders, trauma, and abuse/neglect. Many courses also provide evidence-based best practices related to working with families toward key goals including engaging fathers in their children’s lives, addressing how parenting styles relate to child development, psychopharmacological options, and safety crisis planning. Staff who take these trainings will develop key skills by increasing their awareness of, and sensitivity to the critical issues facing children, youth, and families.

Adolescent Suicide
Advanced Family Psychoeducation: Evidence-Based Practices
Attachment Disorders and Treatment Approaches
Attachment Disorders: Theoretical and Treatment Issues
Best Practices: Behavior Support and Intervention
Beyond EBPs: Using Science, Culture Change and Collaboration to Improve Outcomes for Children
Bipolar Disorder in Children and Adolescents
Brief Strategic Family Therapy Part 1: Theory and Principles
Bullying and Emotional Intelligence
Calming Children in Crisis
Child and Adolescent Psychopharmacology

Depressive Disorders in Children and Adolescents
Developmental Stages: Infancy through Adolescence
Early Childhood Mental Health Consultation
Engaging Fathers in Children’s Lives Part 1: An Overview
Engaging Fathers in Children’s Lives Part 2: Communication and Principles of Practice
Engaging Fathers in Children’s Lives Part 3: Advanced Techniques
Evaluation and Treatment of Mental Health Concerns Common in Childhood and Adolescence
Externalizing Disorders: Disruptive Youth
Fundamentals of Fetal Alcohol Spectrum Disorders
Helping Children and Adolescents Cope with Violence and Disasters
Identifying And Preventing Child Abuse And Neglect
Inner Bullies
Internalizing Disorders
Making Parenting Matter Part 1
Making Parenting Matter Part 2
Practical Strategies for Engaging Families and Children
PRIDE Module 11: Understanding & Promoting Infant & Child Development: Infant Development
PRIDE Module 11: Understanding and Promoting Infant and Child Development
PRIDE Module 12: Understanding and Promoting Preteen and Teen Development 1: Transition to Adulthood
PRIDE Module 12: Understanding Preteen and Teen Development 2: Trauma, Loss and Developmental Tasks
Research-Informed Practices to Treat Children and Strengthen Families
Safety Crisis Planning For At-Risk Adolescents and Their Families
Shaken Baby Syndrome
Strategies for Supervisors: Reducing Restraint and Seclusion
Strength Based Perspectives for Foster Parents
Sudden Infant Death Syndrome
Supportive Strategies for Promoting Positive Behavior in Youth: Module 1
Supportive Strategies for Promoting Positive Behavior in Youth: Module 2
Supportive Strategies for Promoting Positive Behavior in Youth: Module 3
The ABC’s of Bullying
Trauma Informed Treatment for Children with Challenging Behaviors
Working with Children in Families Affected by Substance Use
Working with Youth: A Strength-Based Perspective
Compliance/OSHA

The courses in this section address regulatory requirements and OSHA standards for all organizations. Courses are designed to meet regulatory and company requirements on topics such as confidentiality and HIPAA, sexual harassment and emergency preparedness. Courses are appropriate for all staff working in a variety of settings who must meet state and federal training mandates.

- Bioterrorism
- Blood-borne Pathogens
- Client/Patient Rights
- Client/Patient Transfers
- Confidentiality and HIPAA
- Corporate Compliance and Ethics
- CPR Refresher
- Cultural Diversity
- Customer Relations
- Defensive Driving Training
- Drugs in the Workplace
- Emergency Preparedness
- Environmental Safety in the Workplace
- Fire Safety
- Fire Safety Refresher
- First Aid Refresher
- Handling Food Safely
- Hazardous Chemicals
- HiPAA for Healthcare Professionals: How To Avoid Disciplinary and Malpractice Actions
- Infection Prevention - Full Series
- Infection Prevention Part 1
- Infection Prevention Part 2
- Influenza Preparedness
- Influenza Prevention and Preparedness
- Latex Allergy
- Quality Improvement
- Rules of the Road: Driving Safety
- Sexual Harassment/Discrimination – Prevention for Employees
- Workplace Harassment
- Workplace Violence

Early Childhood Education

This library includes trainings which target entry level as well as intermediate teachers and assistants in early childhood settings such as Headstart and preschools. Courses focusing on topics such as cultural diversity in the classroom, classroom safety, social and emotional development, and approaches to learning will ensure that staff develops skills in best practices in early childhood education. Courses also focus on building skills through a variety of mediums appropriate to the young child, including physical play and creative arts. By incorporating these key competencies into the educational setting, staff will be more prepared to serve the diverse needs of today's early learners.

- Age-Appropriate Activities for Infants and Toddlers
- Application of Classroom Screening, Assessment and Evaluation
- Approaches to Learning
- Classroom Strategies for Promoting Positive Behavior in Youth
- Cultural Diversity in the Classroom
- Developing and Enriching Language
- Developmental Stages: Birth to Five Years Old
- Early Childhood Oral Health
- Health and Safety in the Classroom
- IDEA in the Early Childhood Classroom
- Inclusion: Children with Disabilities
- Infant and Toddler Safety
- Introduction to Screening, Assessment, and Evaluation in the Classroom
- Introduction to the Developmentally Appropriate Classroom
- Learning through Physical Play
- Learning Through the Creative Arts
- Nutrition
- Promoting Literacy
- Recognizing and Managing Communicable Diseases in Children
- Science and Early Learning
- Social and Emotional Development in Children
- Strategies for Learning Mathematics
- The Developmentally Appropriate Classroom: Best Practices
- Understanding and Preventing Communicable Diseases in Children
- Understanding and Preventing Communicable Diseases in Children- New York
- Understanding and Supporting Families
- Understanding Parenting Styles
Executive and Board Leadership

Training and refining an organization’s “human capital” is an ongoing educational need that should start at the top. By taking the courses in this library, well-seasoned leaders and newly-elected board members alike will gain key insights into effective stewardship of a variety of key executive functions including marketing, fund development, healthcare reform, and “brass tacks” of developing an effective board. The knowledge and practices included in these trainings will give executives in a broad variety of settings the tools they need to optimize their contribution to the organizations they serve.

Affirmative Business
Essentials of an Effective Board
Healthcare Reform
Keynote: Leading at the Speed of Change
Marketing and Fund Development
Marketing/Fund Development Focus Group Pt 1
Marketing/Fund Development Focus Group Pt 2
Marketing/Fund Development Focus Group Pt 3
MH & Addiction Services: Evolution Not Revolution
Moving Beyond Survival: Using Tech to Thrive
New Perspectives for Online Fundraising and Marketing
New Trends in Healthcare: From EHR to PHR and In-Between
On-line Marketing and Fundraising Workshop Part 1
On-line Marketing and Fundraising Workshop Part 2
Succession Planning
Taking the Vision to Reality: Harnessing the Power of the I/DD Community
Team Approach to Fund Development

Human Services Workforce Development

The courses in this section are entry level introductions to a variety of topics within the human services industry. Courses are appropriate for staff working towards personal and professional growth within their organization or in the field in general. The courses include a general overview of the topic and concrete objectives that will enhance overall knowledge and understanding of individuals who may be served within any human service agency.

Abuse
Achieving Recovery For Those You Serve Through the Effective Use of WRAP
Addressing Organizational Challenges & Opportunities in Implementing Person-Centered Planning
Age-Specific Care
Alcohol and the Family
Basic Introduction to HIV/AIDS
Beck Depression Inventory-II® In Health & Human Service Settings
Case Management Basics
Child Abuse
Client/Patient Safety: Reducing Medical Errors
Clinical Supervision
Crisis Management
Dental and Oral Health
Dialectical Behavioral Therapy: An Introduction
Documenting the Treatment Planning Process
Does Your Organization Measure Up: Are You Really Trauma-informed?
Domestic and Intimate Partner Violence
DSM-5 Overview
Ethical Considerations of Dual Relationships
Evidence-Based Practices
Family Assessment and Intervention
Grief and Loss
Guidelines for Documentation
HIV/AIDS
Identifying and Preventing Dependent Adult Abuse and Neglect
Motivational Interviewing
NAB Approved - HIV/AIDS
NAB Approved - Overview of Suicide Prevention
NAB Approved - Toolkit for Modifying Evidence-Based Practices to Increase Cultural Competence
Overview of Family Psychoeducation: Evidence-Based Practices
Overview of Suicide Assessment
Overview of Suicide Prevention
Overview of Suicide Screening
Pain
Person-Centered Medication: Choice Not Control
Person-Centered Planning
Personal Safety in the Community
Physical Safety in the Workplace
Positive Psychology
Predicting Violence and Threat Assessment
Psychoeducation with Individuals Who Have Significant and Persistent Psychiatric Disorders
Recovery Promoting Relationships
Solution-Focused Therapy
Structured Group Therapy Part 2
Suicide Prevention Gatekeeper Trainings: From Process to Outcomes
Therapeutic Boundaries
Therapeutic Communications
Toolkit for Modifying Evidence-Based Practices to Increase Cultural Competence
Working with the Homeless Part 1: An Overview
Working with the Homeless Part 2: Tools and Techniques for Treatment

Management and Leadership Fundamentals
This library focuses on four important areas of management and leadership. They are: Management, Communication, High Performing Teams and Leadership. The courses provide skill based learning to assist supervisors and managers to manage effectively, communicate clearly, develop their teams and lead with vision, alignment and execution. Many of the courses, such as the communication suite, are suitable for skill building for all employees.

Communication Essentials: Communication Style Effectiveness
Communication Essentials: Navigating Conversations
Communication Essentials: The Effective Listener
High Performing Teams 1: Aligning The Team
High Performing Teams 2: Developing Your Team
Leadership Fundamentals: Leading as a Coach
Leadership Fundamentals: Management vs. Leadership
Leadership Fundamentals: Relationship-centric Leadership
Management Fundamentals for the Emerging Leader
Management Fundamentals: Setting the Stage for Success
Management Fundamentals: Winning at Work

Mental Health General
This category targets entry level as well as intermediate behavioral health staff and provides a wide array of courses aimed at enhancing their assessment and treatment skills. These trainings allows clinicians in a variety of practice settings to broaden their knowledge and skills across numerous practice areas including evidence-based treatment approaches, legal/ethical information, suicide prevention, personality disorders, and mood or anxiety disorders. These courses focus on a variety of techniques, modalities and theoretical orientations that allow staff to build the skills they need in order to address unique clinical concerns facing our communities today.

Adopting A Primary Short Term Care Treatment Model
Advanced Co-Occurring Disorders
Brief Strategic Family Therapy Part 2: Clinical Techniques
Chronic Pain and Prescription Drug Abuse: Intertwined Epidemics
Clinical Supervision: Population Specific
Cognitive Behavioral Therapy
Cultural Issues in Mental Health Treatment
Dental and Oral Health for Individuals with MI
Dialectical Behavioral Therapy: Advanced Techniques
Disaster Mental Health Intervention: Project P-FLASH
Disaster Response: Five Key Strategies
Disaster Trauma: Promoting Resilient Individuals, Organizations, and Communities
DSM-5 Brief Overview
Eating Disorders: Diagnosis and Treatment
Eating Disorders: Overview
Emerging Models of Health: The State of the Art
Ending Suicide: How Many Deaths Are Acceptable?
Ethical Decision-Making
Ethics and Indigent Care in Behavioral Health
Evidence-Based Psychotherapy Treatment Planning
Evidence-Based Treatment Planning for Anger Control Problems
Evidence-Based Treatment Planning for Bipolar Disorder
Evidence-Based Treatment Planning for Depression
Evidence-Based Treatment Planning for Disruptive Child and Adolescent Behavior
Evidence-Based Treatment Planning for Eating Disorders and Obesity
Evidence-Based Treatment Planning for Generalized Anxiety Disorder
Evidence-Based Treatment Planning for Obsessive-Compulsive Disorder
Evidence-Based Treatment Planning for Panic Disorder
Evidence-Based Treatment Planning for Posttraumatic Stress Disorder
Evidence-Based Treatment Planning for Social Anxiety
Evidence-Based Treatment Planning for Substance Use Disorders
Fundamentals of Clinical Supervision
General Rules for Mental Health Documentation and Coding
Identification, Prevention, and Treatment of Suicidal Behavior for Service Members and Veterans
Illness Management and Recovery: Evidence-Based Practices
Integrated Treatment for Co-Occurring Disorders Part 1--EBP
Integrated Treatment for Co-Occurring Disorders Part 2--EBP
Integrated Treatment for Persons with Dual Diagnosis
Integrating Primary Care with Behavioral Healthcare
Introduction to Trauma-Informed Care
Learn About It: International Initiative for Mental Health Leadership
Legal Procedures and Client Rights for Behavioral Health Interpreters
Mental Health Issues for Gays and Lesbians
MRSA in Behavioral Health Settings
Overview of the Behavioral Health System for Behavioral Health Interpreters
Post Traumatic Stress Disorder
Professional Ethics for Marriage and Family Therapists
Professional Ethics for Professional Counselors
Professional Ethics for Psychologists
Professional Ethics for Social Workers
Professional Ethics for Substance Abuse Practitioners
Promoting Integrated Health and Mental Health Services
PTSD Then and Now, There and Here
Self-Mutilation: Assessment and Treatment
Sleep & Mental Health: Disorders Not Recognized & Not Treated
Stress Management for Mental Health Professionals
Structured Group Therapy
The Role of Communication for Behavioral Heath Interpreters
The Role of the Cultural for the Behavioral Health Interpreter
The Role of the Behavioral Health Interpreter
Treatment of Male Batterers
Understanding Borderline Personality Disorder
Understanding Client Rights in North Carolina
Writing Progress Notes 101

**Paraprofessionals Working with Children**

This library includes trainings for entry level and intermediate behavioral health paraprofessionals working with children in a variety of settings. Course offerings include key information regarding positive behavior support, mood disorders, nutrition and exercise, medication management, ADHD, and suicide. By taking these trainings, paraprofessional staff working with children will deepen their understanding of the best practices they need in order to provide the best possible care for those they serve.

Communication Skills and Conflict Management for Children's Services Paraprofessionals
Environmental Safety for Children's Services Paraprofessionals
Medication Management for Children's Services Paraprofessionals Part 1
Medication Management for Children's Services Paraprofessionals Part 2
Nutrition and Exercise for Children's Services Paraprofessionals
Overview of Bipolar Disorder in Youth for Children’s Services Paraprofessionals
Overview of Depressive Disorder in Youth for Paraprofessionals
Principles of Positive Behavior Support for Children’s Services Paraprofessionals
Residential Childcare Nutrition Training
Residential Childcare Worker Training Part 1
Residential Childcare Worker Training Part 2
Strength Based Perspectives for Children’s Services Paraprofessionals
Understanding ADHD For the Paraprofessional
Understanding Adolescent Suicide for the Paraprofessional

Workforce Skills and Development

The courses in this category address the knowledge and skills necessary for every employee to be successful in the workplace. Courses include a variety of topics such as computer skills, time management, problem solving and communication in the workplace.

Attitudes at Work
Child Abuse for Mandatory Reporters - Iowa
Conflict Management
Dependent Adult Abuse for Mandatory Reporters - Iowa
Effective Communication in the Workplace
Microsoft Office Access 2010
Microsoft Office Excel 2003 Level 1
Microsoft Office Excel 2007 Level 1
Microsoft Office Excel 2010
Microsoft Office Outlook 2003 Level 1
Microsoft Office Outlook 2007 Level 1
Microsoft Office Outlook 2010
Microsoft Office PowerPoint 2003 Level 1
Microsoft Office PowerPoint 2007 Level 1
Microsoft Office PowerPoint 2010
Microsoft Office Publisher 2010
Microsoft Office Word 2003 Level 1
Microsoft Office Word 2007 Level 1
Microsoft Office Word 2010
Microsoft Windows Vista Level 1
Microsoft Windows XP Level 1
Problem Solving: Solutions in the Workplace
Stress Management in the Workplace
Time Management
Valuing Diversity in the Workplace
Work-Life Balance
Working with Difficult People

Workforce Skills, Supervision and Management

The courses in this section address the knowledge and skills necessary for new supervisors and human resource managers to be successful in the workplace, as well as current and emerging leaders of an organization. Courses include a variety of topics such as team building, effective interviewing, evaluating performance, and risk management. Effective e-learning topics are also included in this category.

Analyzing Performance and Corrective Action Plans
Application of the Personal Outcome Measures for Behavioral Health
Application of the Personal Outcome Measures for Children, Youth, and Families with Young Children
Clinical Supervision: Core Elements
Clinical Supervision: Special Topics Part 1
Clinical Supervision: Special Topics Part 2
Coaching and Mentoring in the Workplace
Deficit Reduction Act Compliance
Discrimination in the Workplace: What Supervisors Need to Know
Effective Interviewing Techniques
Effective Teams
Evidence-Based Practices in Supported Employment Part 2: Supporting Employed Consumers
Financial Management for Non-Financial Staff
FLSA: What Supervisors Need to Know
FMLA: What Supervisors Need to Know
Hiring and Developing Your Staff
How to Make Your Online Courses Interactive and Engaging
Impaired Healthcare Professionals: Identification and Management
Learning about People - Interviewing Techniques
Legal and Effective Interviewing
Looking at the Data - Decision-Making around Personal Outcome Measures
NAB Approved - Sexual Harassment Prevention Training for Supervisors
Overview of the Personal Outcome Measures
Performance Improvement
Preventing Sexual Misconduct in the Workplace
Project Management Basics
Sexual Harassment Prevention Training for CA Supervisors
Sexual Harassment Prevention Training for Supervisors

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COURSE LIBRARY
Smart Strategies for Survey Success
Staying Safe in Any Situation: SMART Principles
Supervision and Leadership
Supervisor’s Guide to Safety in Orientation
Supported Employment for Social Service Agencies
Teamwork: The Fundamentals
The Power of Personal Outcome Measures
The Risk Management Process – From Identification to Monitoring Results
Understanding Substance Abuse Problems in the Workplace
Using Personal Outcome Measures in Evaluation and Planning for Organizations
Using Personal Outcome Measures in Planning for People
Variance/Error Reporting and Disclosure
Writing Effective E-Learning