

## CCBHC-E National Training and Technical Assistance Center

Funded by Substance Use and Mental Health Services Administration and operated by the National Council for Mental Wellbeing



### Full Course List

The Certified Community Behavioral Health Clinic-Expansion Grantee National Training and Technical Assistance Center (CCBHC-E NTTAC) has partnered with Relias to provide CCBHC-E grantees with free access to a suite of online learning modules on topics critical to CCBHC implementation.

Below is a list of the free online Relias Learning courses provided through the CCBHC-E NTTAC. For more detailed descriptions of each course, please sign in through the [CCBHC-E NTTAC Relias website](#).

CCBHC Program Requirement Area(s)	Module Name	Training Hours	Description
	About Infection Control and Prevention	1	People in your care depend on you for their health, safety and wellbeing. But their health, safety and wellbeing also can be affected by health care-associated infections, which are all too common. The good news is they are preventable, as long as you are familiar with infection control and prevention. This course will teach you about health care-associated infections and how to prevent them.
EBP/CCBHC 101	Understanding Trauma-informed Care	1.25	All clients should receive trauma-informed care, which recognizes and responds to the effects of trauma. This course provides an overview of different types of trauma and their effects. It explains the core principles of trauma-informed care and how they apply in behavioral health settings. Lastly, it identifies strategies to support resilience and address barriers to delivering trauma-informed care.
EBP/CCBHC 101	Dialectical Behavioral Therapy: An Introduction	1.5	This course introduces the origins and theoretical underpinnings of dialectical behavior therapy (DBT). It discusses the structure and processes involved in conducting DBT, the evidence supporting this approach and the strategies DBT facilitators use to engage people. You will be guided through the key elements of the DBT skills-based treatment modules.  This course is designed to help you avoid common pitfalls in dealing with individuals who have difficulty regulating emotions. Using a blend of theory and research-based information with detailed case studies, this course will help you use the basic principles and treatment components of DBT. The course concludes with a discussion of the primary therapeutic strategies used in DBT and the core qualifications of DBT providers.  This training is appropriate for licensed behavioral health clinicians who are interested in learning more about what DBT is and its primary applications. It is important to note that, while this course provides an overview of DBT, it does not constitute sufficient training to begin using DBT with clients. You should attend a live training to supplement this course before beginning DBT work with clients.
EBP/CCBHC 101	Overview of Medications for Opioid Use Disorder	1.25	The current opioid use epidemic has had devastating consequences for individuals, families and communities. Medication for opioid use disorder (MOUD) is an effective yet underused approach to the treatment of opioid use disorder (OUD). By taking this course, you will have information to share with



## CCBHC-E National Training and Technical Assistance Center

Funded by Substance Use and Mental Health Services Administration and operated by the National Council for Mental Wellbeing

			<p>your clients and their family members about what MOUD is, its risks and benefits, and the types of MOUD. The goal of this course is to give professionals in addictions, behavioral health counseling, marriage and family therapy, nursing, psychology and social work in health and human services settings an overview of what MOUD is, how it can help individuals with OUD and the medications used by providers who treat OUD.</p>
	Role of Peer Support in Behavioral Health	0.13	<p>This microlearning provides an overview of peer support services in behavioral health settings.</p>
EBP/CCBHC 101	The Use of Telehealth in Clinical Practice	1	<p>Telehealth offers numerous benefits when used to treat behavioral health conditions, but it also poses several challenges. Many challenges can be addressed through specific problem-solving and communication strategies. This course provides an overview of telehealth and a discussion of its benefits and challenges. It also covers the regulatory issues to consider when preparing and implementing a telehealth practice. Lastly, this course highlights important strategies to develop rapport and promote engagement when treating clients via telehealth. The goal of this course is to teach professionals in addictions, behavioral health counseling, marriage and family therapy, nursing, psychology and social work in health and human service settings how to effectively use telehealth in clinical practice.</p>
Integrated Care	Integrated Approach to Primary and Behavioral Health Care	1	<p>Rates of depression and anxiety have doubled since the pandemic, yet mental health care remains inaccessible for more than half of those who need it, according to data from the World Health Organization. Integrated care improves access to behavioral health services by offering a whole-person approach in one setting. This course discusses the goals of integrating behavioral health in primary and specialty care settings and overcoming challenges to this type of service delivery. It also demonstrates how behavioral health care professionals can effectively participate in a collaborative care team approach.</p>
Person- and family-centered care	Family Assessment and Intervention	1.5	<p>Family assessments and interventions often require skills different from individual therapy. This course provides behavioral health professionals with best practices and suggestions for assessing and intervening with families while considering nuances related to ethics, customs and beliefs.</p>
Person- and family-centered care	Approaches to Person-centered Planning in Behavioral Health	1	<p>Person-centered planning was developed in response to working with older adults and people with learning and developmental disabilities. The approach has seen such a positive response that it is now recommended when working with all groups, including children and behavioral health clients. To competently implement person-centered care, providers need more training and support. Long-standing medical model treatment plans for those with behavioral health challenges have focused on symptom reduction, behavior management, decreased hospitalization and treatment adherence.</p> <p>In this course, you will learn about what makes the person-centered planning approach different from traditional treatment planning. You will also learn how to implement the person-centered approach to significantly improve the chances of successful recovery for individuals diagnosed with behavioral health challenges.</p>
Risk assessment, suicide prevention and suicide response	Overview of Evidence-based, Suicide-specific Interventions	1.5	<p>It was once assumed that addressing underlying conditions was the best way to treat suicidality. We now know that suicidal people need interventions that directly target suicidal thoughts and behaviors. Suicide-specific interventions will give you the tools to help clients manage suicide risk. In this course, you will learn about specific evidence-based and research-informed interventions that directly target suicidal thoughts and behaviors. Through case examples, you will gain a better understanding of ways to implement these strategies. The goal of this course is to teach professionals in addictions, behavioral health counseling, marriage and family therapy, nursing, psychology and social work professionals about evidence-based, suicide-specific interventions.</p> <p>Note: This course covers suicide-specific interventions for adults. Please review the other available courses on suicide prevention in the Relias library for</p>



## CCBHC-E National Training and Technical Assistance Center

Funded by Substance Use and Mental Health Services Administration and operated by the National Council for Mental Wellbeing

			content on risk factors, screening, assessment, postvention and working with specific groups.
Risk assessment, suicide prevention and suicide response	Reducing Suicide Risk in Adolescents and Transition Age Youth	1.5	In 2020, suicide was the third leading cause of death for young people ages 15 to 24, according to the National Center for Injury Prevention and Control. Rates of suicide among youth continue to increase, making it essential for behavioral health clinicians and other professionals working with adolescents and transition age youth to understand the dynamics of suicide among young people. After providing a foundation on how widespread the problem is and the prevailing theories about the drivers of suicidal behaviors, this course will teach you how to effectively screen potentially suicidal youth and intervene to lower their risk. The goal of this course is to give professionals in addictions, behavioral health counseling, case management/care management, marriage and family therapy, nursing, psychology and social work professionals in health and human services settings the skills to reduce suicide risk in adolescents and transition age youth.
Risk assessment, suicide prevention and suicide response	Recognizing and Effectively Responding to a Person in Crisis	1	When professionals help people in crisis, they witness challenges like sudden mood changes, dangerous behaviors and despair from those they are helping. If they do not have a strong understanding of how crises work and what makes crisis management effective, they might not address critical issues. This can make the crisis worse, putting stress and risk on both the person in need and the professional.
Risk assessment, suicide prevention and suicide response	Preventing Suicide Among Veteran Populations	1.5	Veterans are 1.5 times more likely to die by suicide than non-veterans, according to data from the Department of Veterans Affairs. This course will explain the specific factors that increase suicide risk in veterans. You will also learn about assessment and intervention approaches used to manage suicide risk in this population. The goal of this course is to teach physicians and professionals in addictions, behavioral health counseling, case management/care management, marriage and family therapy, nursing, psychology and social work in health and human services settings about suicide prevention strategies for veterans.
Risk assessment, suicide prevention and suicide response	Assessing and Treating Anxiety in Children and Adolescents	1	Anxiety disorders are among the most prevalent mental health conditions experienced during childhood and adolescence. However, these disorders are often undetected, misdiagnosed or untreated. The long-term impact of untreated anxiety can negatively affect a child's academic functioning, family relationships, career pursuits and ability to connect with their peer group. It increases the child's susceptibility to maladaptive coping strategies such as substance use. If the child's anxiety persists into adulthood, it increases their risk for a host of significant health complications, including impaired sleep patterns, digestive problems and damage to the kidneys, blood vessels and heart. This course provides behavioral health care professionals with an overview of symptoms of anxiety in children and adolescents, as well as assessment strategies and evidence-based interventions to identify and treat these disorders in children and adolescents.
Screening Tools and Assessments	Behavioral Health and Chronic Medical Conditions: A Guide to Screening	1.25	Medical and behavioral health conditions often co-occur. This course identifies ways that behavioral health issues impact chronic health conditions. It also explains factors clinicians should consider when incorporating screening tools into integrated health care settings. Lastly, the course discusses screening tools for various behavioral health disorders that impact overall wellness and chronic health conditions.
Screening Tools and Assessments	Assessing and Treating Depressive Disorders in Children and Adolescents	1.25	Depressive disorders can be difficult to detect in children and adolescents. In this course, you will learn to identify different depressive disorders, as well as the unique ways depression manifests in children and adolescents. Additionally, you will learn to recognize risk factors for both depression and suicidality in youth. Treatment providers will also learn how to screen for depression and suicidality to coordinate care. Lastly, you will be able to describe the best practices available to help children and adolescents manage depression.



## CCBHC-E National Training and Technical Assistance Center

Funded by Substance Use and Mental Health Services Administration and operated by the National Council for Mental Wellbeing

Screening Tools and Assessments	Assessing and Treating Opioid Use Disorder	1.25	Opioid use disorder is a chronic but treatable disease. Deaths from opioid overdoses are a growing public health crisis. The problematic use of illicit and prescribed opioids contributes to rising numbers of opioid overdose deaths. The goal of this course is to inform professionals in addictions, behavioral health counseling, marriage and family therapy, psychology and social work in health and human services about how to assess and treat individuals with opioid use disorder.
Screening Tools and Assessments	Assessment and Treating Methamphetamine Use Disorder	1	This course provides an overview of stimulant use disorders with a specific focus on methamphetamine use disorder. According to the 2017 National Survey on Drug Use and Health, 1.6 million people in the U.S. used methamphetamine in the past year, and nearly half of them used it in the past month. The chemical makeup of methamphetamine makes it relatively easy yet extremely dangerous to manufacture and simple to acquire illicitly, and it makes the addiction especially difficult to treat. In this course, you will learn how methamphetamines affect the body and about the components of assessment of methamphetamine use. Effective treatment approaches will be discussed with a focus on secondary prevention strategies, motivational interviewing and cognitive behavioral therapy.
Screening Tools and Assessments	Assessing and Treating Alcohol Use Disorders	1	Dangerous alcohol use is often overlooked in medical and mental health treatment settings for various reasons: a lack of knowledge of what makes for dangerous alcohol use, a lack of knowledge about how to motivate individuals to seek and continue with treatment, or unfamiliarity with effective interventions. It is also possible that symptoms emerging due to an alcohol use challenge may be mistaken for an underlying physical or mental disorder. This course provides information to effectively assess and treat alcohol use disorders.
Veterans and Armed Forces	Improving Clinical Competency Through an Understanding of Military Culture	1.5	Military context awareness is essential to effectively engage, understand and support active-duty service members, reservists and veterans in behavioral health treatment. Those in the military embody specific customs and traditions. This course will provide you with an introduction to military culture. You will learn about the overall structure of the military, the core values of the primary branches and the unique experiences of specific subpopulations within the military. This information will help you more effectively engage with, understand, respect and support the military service members who seek your services. The goal of this course is to inform professionals in addiction, behavioral health counseling, case management/care management, marriage and family therapy, nursing, psychology and social work in health and human services settings about military culture in general, the effects of military culture on subpopulations and how behavioral health concerns affect military service members and veterans.
Context Awareness	Overview of Behavioral Health Issues in Older Adults for Paraprofessionals	1	As nonclinical health and human services professionals assisting older adults, it is important for you to recognize the behavioral health challenges that arise most often in older adulthood. This course is designed to increase your ability to distinguish between normal aging and behavioral health challenges, and to further your understanding of how you, as part of the care team, can provide support and promote recovery. The goal of this course is to give case managers, care managers, and unlicensed direct care staff in health and human services settings an overview of behavioral health issues in older adults.
Context Awareness	Overview of Social and Environmental Factors That Affect Health	1	In this course, you will learn about the five pillars of social and environmental factors that affect health and how they impact the daily delivery, accessibility and engagement of health improvement efforts. You will review the conceptual framework behind these social and environmental factors, current imbalances in health care and other challenges that are present when attempting to address social and environmental factors to improve the health of individuals and communities. Finally, you will explore how to increase awareness and interest in these factors, as well as ways to engage patients, stakeholders and other providers in addressing them.

