



Full Course List

Center of Excellence for Integrated Health Solutions

Below is a list of the free online Relias Learning courses provided through the Center of Excellence. For more detailed descriptions of each course, please sign into [Relias](#) through the [Center of Excellence website](#).

Principles of Effective eLearning	Welcome to Principles of Effective eLearning. eLearning is constantly evolving, so whether you are brand new to it or a seasoned pro, there is always more to learn. This course will walk you through the basics of Adult Learning Theory and eLearning principles. You'll receive practical advice on how to create eLearning courses by taking advantage of the features of the RLMS.
WEBINAR: Exploring Best Practices in Integrated Care	This webinar discusses the importance of integrating behavioral health and primary care, how to enact organizational and system change, and how to support health behavior change. You will learn about the prevalence of various illnesses, why integrated care is necessary, and the commitment required to reach a level of integrated care, and how behavioral health has transformed since its inception.
A First Look at Integrating Care: Policy	This course provides an overview of how current healthcare and social policy relates to the integration of primary care and behavioral health services for people with persistent mental illness and/or substance use disorders. You will learn about the intersection of social policy and legislation, including the Affordable Care Act, in the context of a need for and execution of integrated approaches to care.
A First Look at Integrating Care: Practice	This course provides social workers with an overview of core clinical practices and competencies required to work effectively within an integrated healthcare system. After learning the fundamentals of what constitutes an integrated healthcare system, you will gain key insights regarding how social workers can serve as part of a holistically oriented integrated healthcare team.

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A First Look Into Integrated Care for Primary Care Staff	This course provides primary care providers with an overview of core clinical practices and competencies required to work effectively within an integrated healthcare system. After learning the fundamentals of what constitutes an integrated healthcare system, you will gain key insights regarding how primary care providers can serve as part of a holistically-oriented integrated healthcare team.
Assessing Integration Readiness	A common question for organizations working in integration is what's next? Whether you're just starting out or well on your way, valuable tools are available to help you assess your organization's readiness, capacity, and resources for integrated healthcare. Come learn about the tools and decide which one you'll implement when you get back home!
Integrated Care Treatment Planning	To ensure optimal treatment outcomes for the individuals you serve, it is imperative that you incorporate a whole-person approach to treatment planning. Designed for any behavioral healthcare professional, this course highlights the crucial elements of a treatment plan that you must include, as well the fundamentals of forming a treatment team.
Integrated Treatment for Co-Occurring Disorders Part 1--EBP	This course will examine how clinicians can work most effectively with clients with co-occurring disorders. Clinicians must understand how and why to perform a comprehensive assessment to make an accurate diagnosis, and to use evidence-based, integrated approaches to treatment.
Integrated Treatment for Co-Occurring Disorders Part 2--EBP	In this second course of a two-part series, you will be introduced to evidence-based practices as frameworks for the effective treatment of co-occurring disorders. After completing this course, you will have a better understanding of how you can work with these models to enhance client involvement and facilitate successful treatment outcomes.
Integrating Primary Care with Behavioral Healthcare	In this course, you will become familiar with various models and configurations of integrated care. You will learn about the costs, benefits, and goals of integrated care systems. As there are numerous challenges to integrating care, you will become aware of some of these key challenges, and familiar with characteristics of well-functioning integrated care systems.
Behavioral Health Services and the LGBTQ+ Community	This course will help you to improve your ability to understand the unique needs of the LGBTQ+ population and provide affirming care that addresses those needs. We will review some foundational terms and issues pertaining to inclusive language, discuss the barriers that individuals frequently encounter



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	when attempting to access healthcare, and strategies you can implement to help individuals overcome such barriers.
Cultural Competence	As workplaces become more diverse, effective and successful employees must become more knowledgeable of other cultural norms, be respectful of the wide range of cultural behaviors, and effectively communicate with people of various backgrounds. This course provides important information about becoming more respectful and culturally competent.
Cultural Dimensions of Relapse Prevention	Based on guidelines from the Center for Substance Abuse Treatment, this course focuses on how to understand relapse prevention as it relates to specific population groups including women, minorities, adolescents, the elderly, and individuals who identify as lesbian/gay/bisexual/transgender.
Best Practices for Delivering Telehealth	Telehealth, using information technology to enable healthcare when distance separates 2 or more people, is designed to enable everyone to have access to healthcare. This course aims to teach you about different modalities of treatment using telehealth in the behavioral health sciences, including a description of the most effective approaches.
Enhancing Communication with Medical Providers and Medical Terminology	This course is designed for behavioral health professionals who work with individuals with severe mental illness (SMI). You will learn why communication with primary care providers is essential and what your role is in improving communication.
Adolescent Substance Use Disorder Clinical Pathways	According to De Blesser et al. (2006), & Idquo, the aim of a clinical pathway is to improve the quality of care, reduce risks, increase patient satisfaction, and increase the efficiency in the use of resources. This course will prepare you to achieve those goals when treating adolescents with substance use disorders. This course is intended for licensed and licensed-eligible clinicians who work with adolescents and their families to address substance use disorders and co-occurring mental health issues.
From Prescription Opioid Abuse to Heroin Use in Youth and Young Adults	Opioid abuse in the United States has been declared an epidemic by the Centers for Disease Control and Prevention. An area of great concern is early use of oral opiates that may lead to subsequent heroin use in teens and young adults. There may also be some correlation to the rise in depression and anxiety in teens. This webinar will enable the listener to understand some of



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	the issues that surround the misuse of medications and addiction in the teen and young adult populations.
Medication-Assisted Treatment for Opioid Addiction	By clearly defining the scope of the problem and giving the definitions of opiates and the processes involved in opiate addiction, this training discusses the principles of effective medication-assisted addiction treatment, with special emphasis on assessing the opioid-addicted individual who seeks care.
Substance Use and Risk of HIV, Hepatitis, and Other Infectious Diseases	Untreated substance misuse can delay identification and treatment of STIs including HIV and hepatitis and increases the risk of transmission to others. Substance misuse can reduce the efficacy of HIV and other STI treatments and can increase progression of HIV disease. This course will show you the scope of the problem and present you with evidence-based tools to identify and address substance misuse in the populations you serve.
Substance Use in Women Across the Lifespan	In this course, you will learn about the effects of age and life transitions on alcohol and drug use in women and how these are reflected in treatment methodologies. Through a blend of didactic information and interactive exercises, you will learn ways that you can provide gender-sensitive treatment to women struggling with substance use or at risk of developing a substance use disorder.

If you have any questions, please email integration@thenationalcouncil.org

About Relias

For more than 10,000 healthcare organizations and 4.5 million caregivers, Relias continues to help its clients deliver better clinical and financial outcomes by reducing variation in care. Our platform employs performance metrics and assessments to reveal specific gaps in clinical knowledge and addresses them with personalized, engaging learning.

We help healthcare organizations, their staff and those under their care, get better: get better at identifying issues, get better at addressing them, get better outcomes for all. Let us help you get better.

For more information, visit relias.com

