



Behavioral Health Aide Training Center

Alaska Native Tribal Health Consortium
4115 Ambassador Drive, Suite 210
Anchorage AK, 99508
(907)729-3943 // bhaprogram@anthc.org

4th Quarter 2021 BHA COURSE DESCRIPTIONS

Course schedule is subject to change based on enrollment policy.

The following courses are available during the October 15 – December 31, 2021 quarter. Read the course description paying close attention to the course delivery method and dates for any required live class sessions.

General Orientation (Sec. 8.20.050) This 28 contact hour course describes the Alaska Tribal Health System and the origins and services provided by Community Health Aides, Dental Health Aide Therapists and Behavioral Health Aides. It covers the process of BHA certification, introduces the electronic Behavioral Health Aide Manual, and reviews the topic of documentation.

Course type: Self-paced online.

Orientation to Behavioral Health Services (Sec. 8.20.100) This 8 contact hour course provides an introduction to providing behavioral health services in a village based setting. It covers the importance of providing prevention, early intervention, and case management in rural communities. Emergency behavioral health response protocols and the use of clinical supervision to support quality of services will be evaluated. Students will create a strength-based professional development plan that identifies their strengths, areas for development, and their training and supervision needs. Students will present the plans to their supervisor and instructor to gather feedback.

Course type: Self-paced online.

Introduction to Behavioral Health Concerns (Sec. 8.20.125) This 24 contact hour course will provide students with an understanding of what behavioral health is. It will provide instruction, information, and critical skill development for BHA students to work effectively with individuals experiencing mental health, substance abuse, and other common behavioral health concerns.

Course type: Self-paced online.

Introduction to Addictive Behavior (*This is not a BHA Certification course. It meets the CDC course requirements.*) This 8 contact hour course provides foundational information about a wide range of substances and how they work in the brain, including: depressants, stimulants, hallucinogens, inhalants and opioids. Students will learn about medications used to help treat addictions and opioid overdoses and how treatment options fall on a continuum of care. Students will learn about risk and protective factors for addiction, common addictive behaviors, and how substance use disorders often co-occur with a mental health disorder. Learning will be supplemented using case studies application and interactive assignments.

Course type: Self-paced online.

Introduction to Counseling (Sec. 8.20.135) This 12 contact hour course will provide a basic orientation to the counseling profession. The course will cover effective counseling skills, client and counselor roles, and interviewing and listening skills. Students will learn about problem identification, goal development, and action planning, while demonstrating the use of the client centered approach.

Course type: (Blended) Instructor-led (online) and self-paced. This course has an instructor-led, live class sessions; held via teleconference from 1:30pm-3pm on October 27, November 17, and 1:00-3:00 on December 15.

Enrollment details: This course must have at least 3 students enrolled or it will be rescheduled. A waitlist will begin when 20 students have enrolled.

Introduction to Case Management (Sec. 8.20.145) This 8 contact hour course provides information about the identification and use of available community resources related to coordinating client services and case management. Students will practice evaluating the appropriateness of potential agency-based and other community resources and recognizing their role when delivering case management services. Applied exercises in identification of resources, and case management skills will be provided including providing medication management and education.

Course type: Self-paced online.

Introduction to Group Counseling (Sec. 8.20.155) This 8 contact hour course will cover types and uses of groups, and how to encourage and support self-help groups. Students will learn how to assess the potential for establishing groups, and evaluating group counseling dynamics. Privacy and documentation of group counseling will be discussed. Applied exercises in which students may practice group counseling skills will be provided.

Course type: Instructor-led, online intensive scheduled for October 20-21 from 9am-1pm each day.

Enrollment details: This course requires a minimum of 3 students or it will be rescheduled. A waitlist will begin when 20 students have enrolled.

Crisis Intervention (Sec. 8.20.160) This 16 contact hour course will explore common causes of stress and crises and the differences between the two. Students will learn how to assess for levels of risk and how to determine potential interventions for each level of risk. Students will learn ways to support their clients and communities during and after a crisis, including finding opportunities for positive change following a crisis.

Course type: Self-paced online.

HIV/AIDS and Infectious Diseases (Sec. 8.20.165) This 8 contact hour course will provide information on universal precautions, health status, risk reduction, and counseling support regarding hepatitis, sexually transmitted diseases, tuberculosis, HIV, and other infectious diseases that pose common risks for individuals with substance use disorders. Testing, counseling, treatment, and referral options will be discussed, in addition to how to approach lifestyle and risk issues.

Course type: Self-paced online.

Family Systems I (Sec. 8.20.175) This 16 contact hour course, with an emphasis on Alaska Native family systems, provides foundational information regarding family systems, norms, and roles, and the effects of behavioral health disorders on family systems. This course identifies common barriers to communication and effective communication skills to use within the family. Students will learn about common responses to stress and separation, and the roles of extended family members. Focus will be on providing students with strategies to help develop healthy families by assessing family function, improving family communication, and responding to risks and harm within the family.

Course type: Self-paced online

Traditional Health Based Practices (Sec. 8.20.250) This course is 8 contact hour delivered over 6 weeks and will use both self-paced and instructor-led teaching methods. Traditional Health Based Practices teaches through the use of Alaska Native written resources and the oral tradition of storytelling. An introduction to these practices will teach you about the history of traditional lifestyles and health practices among Alaska Native cultural groups prior to Western contact while also focusing on holistic wellness through traditional values of Alaska Native peoples.

Course type: (Blended) Instructor-led (online) and self-paced. This course will have two instructor-led, live class sessions; held via Zoom from 2-4pm on October 22 and from 9am-11am on December 20.

Enrollment details: This course must have at least 3 students enrolled or it will be rescheduled. A waitlist will begin when 20 students have enrolled.

Community Needs and Action (Sec. 8.20.270) This 12 contact hour course will present students with practical information, discussion, and applied activities to prepare them to develop and implement behavioral health prevention efforts within a village-based context. Students will explore the foundational philosophies of community development and will then engage in the processes of identifying key issues, choosing appropriate prevention strategies based on community readiness, and writing a development strategy plan.

Course type: Self-paced online

Competencies for Village-Based Supervision (Sec. 8.20.485) This 6 contact hour course will prepare students to provide effective training, mentoring, and supervision to Behavioral Health Aides. Through applied exercises, students will learn to use the BHA Knowledge and Skills Checklist to assess supervisee competence, foster and track supervisee professional development, and integrate supervisee learning acquired through training and work experience. Through the lens of the unique context of the Behavioral Health Aide Program, students will explore supervisory roles and responsibilities, the ethics of supervision, and the impact of culture on supervision.

Course type: Instructor-led, online intensive scheduled for October 18 and 19 from 9am-12pm each day.

Enrollment details: This course must have at least 3 students enrolled or it will be rescheduled. A waitlist will begin when 20 students have enrolled.

Child Centered Interventions (Sec. 8.20.495) This 20 contact hour course will increase the student's ability of to recognize and respond to the needs of children utilizing child-focused approaches in the field of psychotherapy. Students will explore accessible and relevant clinical resources to the work in their unique environment. This course will promote the understanding, early intervention and treatment of psychological disorders.

Course type: Instructor-led, online intensive scheduled for October 5-8 from 9am-1pm each day.

Enrollment details: This course must have at least 3 students enrolled or it will be rescheduled. A waitlist will begin when 15 students have enrolled.