
Empowering the Adult Learner

BLACKBOARD & BEYOND

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Empowering the Adult Learner

Blackboard & eBHAM Basics

Grades & Credentials

Student Self-Care

Beyond Blackboard

Access Blackboard?

SUBJECT LINE:

Blackboard Access - INITIALS

EMAIL:

DATE

FULL NAME,

Welcome to the BHA Training Center! Our training courses are accessed using the distance delivered platform called Blackboard.

Please see below to access Blackboard:



Website: <https://apu.blackboard.com/>

User: **HERE**

Temporary Password: **HERE**

The website works best in Google Chrome web browser. After you log in, please access your profile settings and reset your password to something you can remember but that only you

Blackboard email:

Email Info:

- Sender is Katherine (Katie)

Apatiki

- Subject line reads:

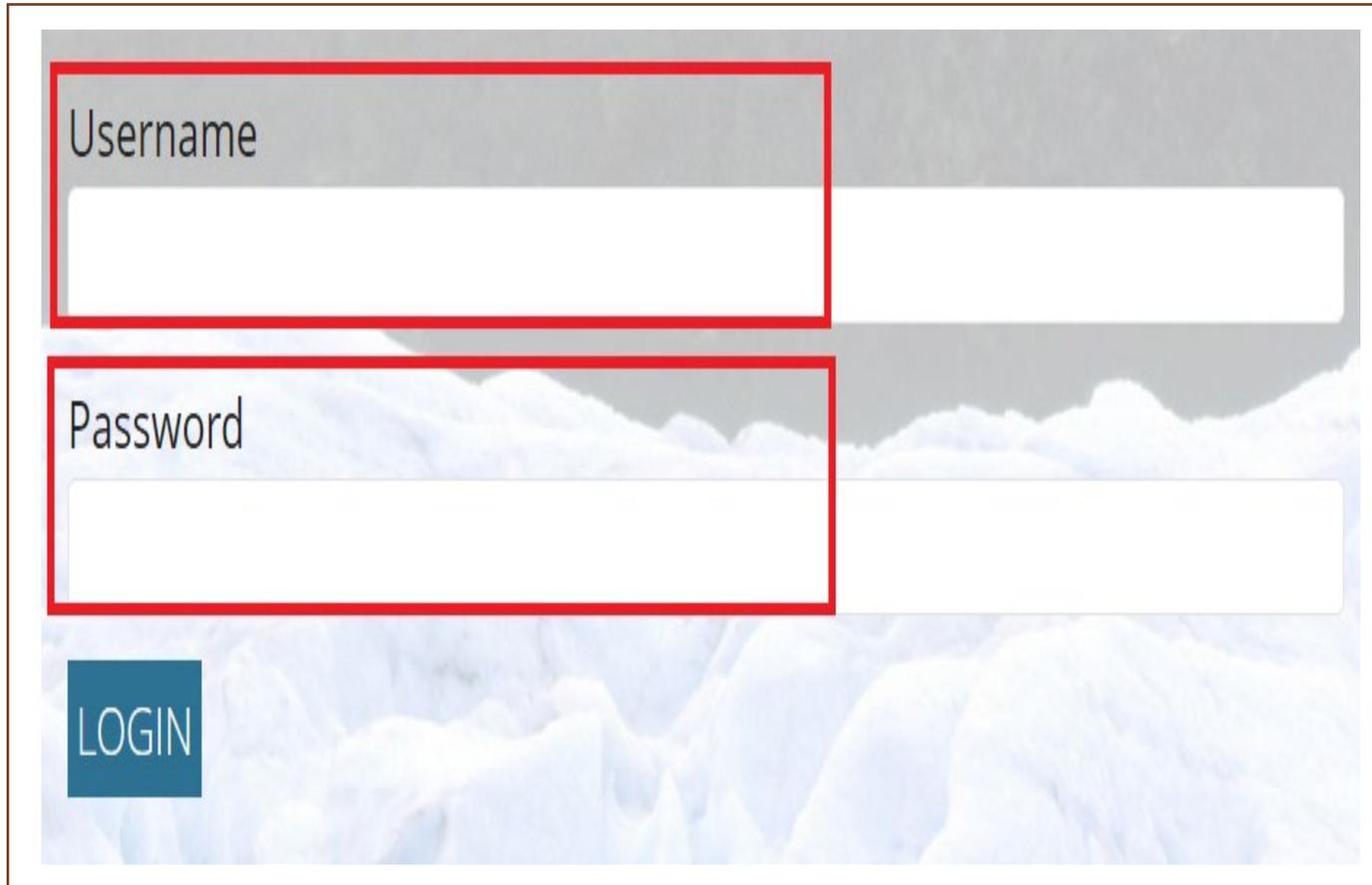
Blackboard Access - INITIALS or
IMPORTANT: Blackboard Login Information

- Includes the Blackboard
website address

- Provides info on best browser
to use

- Includes info about optional
courses you are enrolled in

Log into Blackboard?

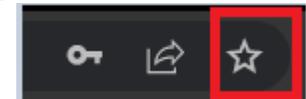


The image shows a screenshot of the Blackboard login interface. It features a background of a snowy mountain range. There are two input fields: one for 'Username' and one for 'Password'. Both fields are highlighted with a red rectangular border. Below the password field is a blue button with the word 'LOGIN' in white capital letters.

Blackboard link:
<https://apu.blackboard.com>

Log-in Tips:

- the first time you log in, your password is the same as your username
- Chrome is the best browser to use with Blackboard
- Bookmark the page by clicking the star in the upper right-hand corner



Reset my Blackboard password? - I've never logged in before!



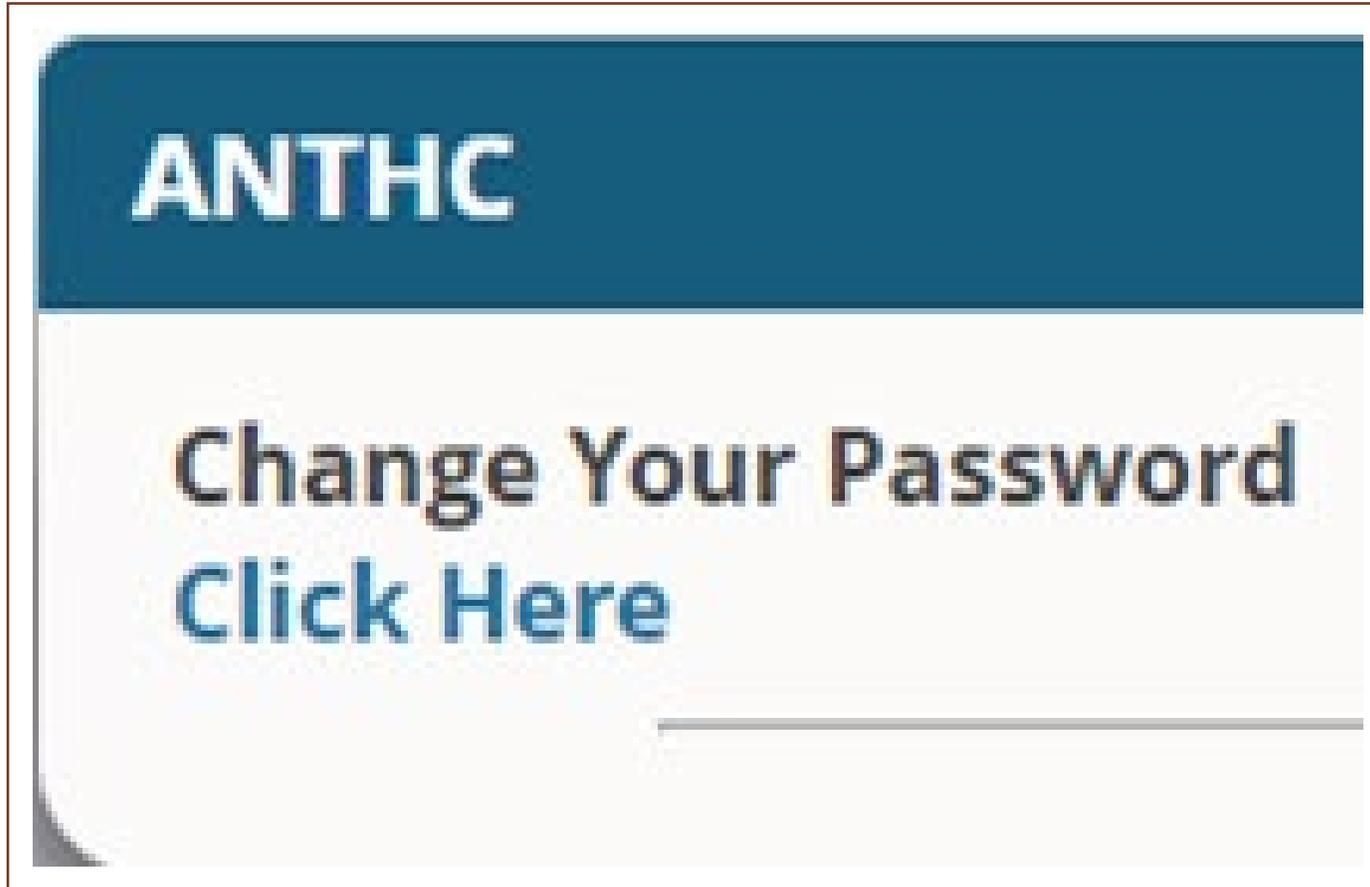
Password Help

New ANTHC students are assigned a Blackboard username & temporary password.

If the temporary password doesn't work:

- Click "password help"
- Call the # on the screen (907) 564-8350
- **Identify yourself as an ANTHC student**

Reset my Blackboard password? – I've logged in before!



If you've successfully logged into Blackboard before, but want (or need) to change your password....

- Click "Click Here"
- Complete the "Change Password" fields
- Click "Submit"
- If this doesn't work, follow the steps on the previous slide

The Blackboard “Table of Contents” (TOC)?



BHA_07_2022_ASAM
(BHA ASAM Practice
Application)

- Announcements
- About This Class
 - About Your Instructor
 - Syllabus
- Learning Activities
 - Lessons
 - Reflections
- Learning Circles
 - Discussion Board
 - Blog
- Student Resources
 - Glossary
 - My Grades
 - Blackboard Help
 - eBHAM
 - End of Course Evaluation

The Blackboard “Announcements” page?



- Start/End Dates & Times
- Instructor OOO
- Deadlines & Due Dates
- Zoom Links
- Reminders
- Information

The Blackboard “About Your Instructor” page?



- Instructor Name & Education
- Credentials
- Contact Information
- Teaching Style
- Interesting Facts
- Picture
- Office Hours

The Blackboard “Syllabus” page?



IT'S IN THE SYLLABUS

This message brought to you by every instructor that ever lived.

WWW.PHDCOMICS.COM
"Piled Higher and Deeper" by Jorge Cham

- Course Title & Description
- Course Objectives
- Grading Overview & Course Schedule
- Instructor Name/Contact Info/Expectations
- Course & K&S Worksheet
- Text & Materials
- Course Activities
- Policies
- Special Needs
- Student Code of Behavior
- Extra Credit Options*

Blackboard – Learning Activities / Learning Circles

Learning Activities

Lessons

Reflections

Learning Circles

Learning
Activities/Circles
include:

- Lessons
- Reflections/Journal Reflections
- Wikis
- Blogs
- Discussion Boards

Blackboard & Lesson Content

Lessons	
	<u>Lesson 1: Barriers and Resistance to Treatment</u>
	<u>Lesson 2: Substance Use Disorder Assessments</u>
	<u>Lesson 3: The American Society of Addiction Medicine (ASAM) Criteria</u>
	<u>Lesson 4: ASAM Dimensions</u>
	<u>Lesson 5: ASAM Practice</u>

- Learning Material
- Interactions



Table of Contents

Page 1 of 33

- Overview
- What is the ASAM?
- Objective
- Lesson 1: Pre-Test
- The Locus of Control
- Locus of Control Statement
- Barriers or Resistance?
- Video #1: Barriers or Resistance
- Video #2: Barriers or Resistance
- Barriers or Resistance - C
- Barriers Can Be Internal
- Internal Barriers: Personal
- Are Internal Barriers That
- Examples of Internal Barriers
- External Influences May
- Reflection: Beliefs, Feelings
- Other Barriers to Treatment
- External Barriers: Treatment

Blackboard & Lesson Content – Deeper Dives



This course offers opportunities for personal or professional interest.

- You may find [this article](#) on the benefits of addiction to clients.
- This document describes [addiction](#).

Each ANTHC course is designed to fit within a set number of hours.

Deeper Dives allow you to go beyond those hours.

- Where does your interest lie?

- Are you looking for additional tools/resources

- for clients?

- your education?

- a work activity?

Blackboard Student Resources

Student Resources

Glossary

My Grades

Blackboard Help

eBHAM

Student Resources

- Glossary: Vocabulary words & definitions
- My Grades*
- Blackboard Tutorial Course (elective)
- eBHAM: Your textbook!
- End of Course Evaluation: You've been graded, now grade us.

Blackboard Student Resources – My Grades*

My Grades

- Lesson Item / Assignment Type

- Last Activity:

- Upcoming

- Submitted

- Grade

- Points Available

- Points Earned

The screenshot shows the 'My Grades' page in Blackboard. At the top, there are tabs for 'All', 'Graded', 'Upcoming', and 'Submitted'. The 'Upcoming' tab is highlighted with a green box. Below the tabs, there is a table of grades. The first row is 'Lesson 1: Pre-Test Test' with a status of 'UPCOMING' and a grade of '-'. The second row is 'Lesson 1: Beliefs, Feelings, Thoughts Journal' with a status of 'UPCOMING' and a grade of '/3'. The third row is 'Lesson 1: Substance Use Programs and Their Characteristics Journal' with a status of 'UPCOMING' and a grade of '/8'. Annotations include a red circle around the 'ITEM' column header, a green circle around the 'LAST ACTIVITY' column header, and a blue circle around the 'GRADE' column header. A green line connects the 'Upcoming' tab to the 'LAST ACTIVITY' header. A blue box highlights the grade '/3' in the second row. A red box highlights the item name 'Lesson 1: Beliefs, Feelings, Thoughts Journal' in the second row.

ITEM	LAST ACTIVITY	GRADE
Lesson 1: Pre-Test Test	UPCOMING	-
Lesson 1: Beliefs, Feelings, Thoughts Journal	UPCOMING	/3
Lesson 1: Substance Use Programs and Their Characteristics Journal	UPCOMING	/8

eBHAM – How do I...



Get access to eBHAM?

EMAIL:

HERE,

The electronic Behavioral Health Aide Manual (eBHAM) is a resource designed by Alaskans for our Behavioral Health Aides (BHAs) and it is available for your use. The eBHAM offers you easy access to a breadth of information related to the services BHAs provide and the presenting problems that clients are working on. The eBHAM is also used as a resource in many of the BHA courses offered by the ANTHC BHA Training Center.

The eBHAM is accessed using your unique user name and password and is equipped with user tools such as bookmarking, highlighting, and commenting that allow you to “mark-up” the document with your own notes.

Please see below to access eBHAM:

Website: <https://www.ebham.org/>

User: **HERE**

Temporary Password: **Bha2022!**

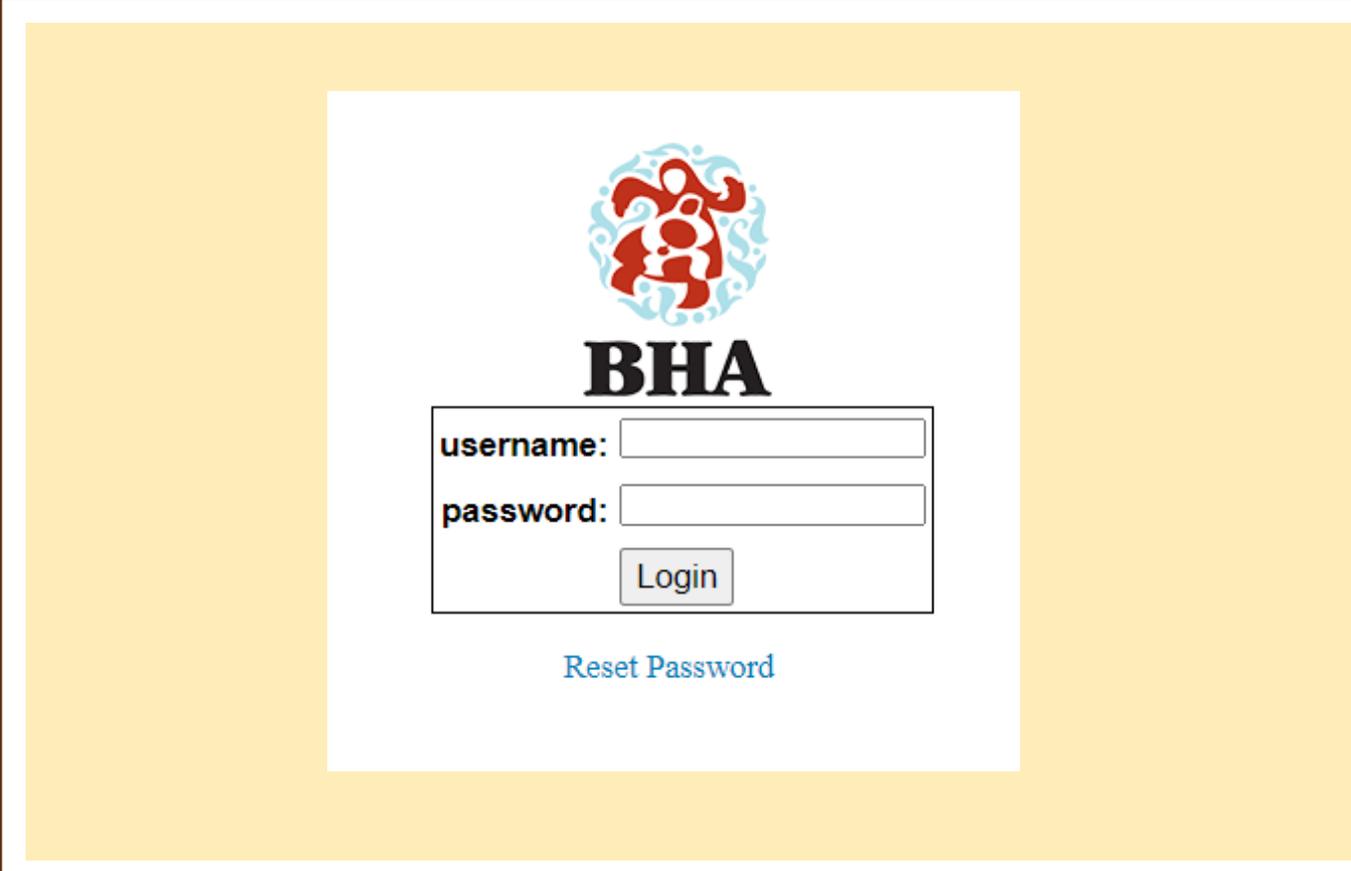
Please change your temporary password upon accessing your account.

Please let me know if you have any questions or concerns.

Thank you,

- Katie Apatiki
kpapatiki@anthc.org
- Sends new students an email with login credentials
- Helps you if you forgot your password
- Helps you if you forgot your username?
- Basically - Email Katie Apatiki for eBHAM access.

Log into the eBHAM?

A screenshot of the BHA login page. At the top center is a circular logo with red and blue stylized figures. Below the logo is the text "BHA" in a bold, black, serif font. Underneath "BHA" is a white rectangular box containing a login form. The form has two input fields: "username:" followed by a text box, and "password:" followed by a text box. Below these fields is a "Login" button. Below the login box is a blue link that says "Reset Password".


BHA

username:

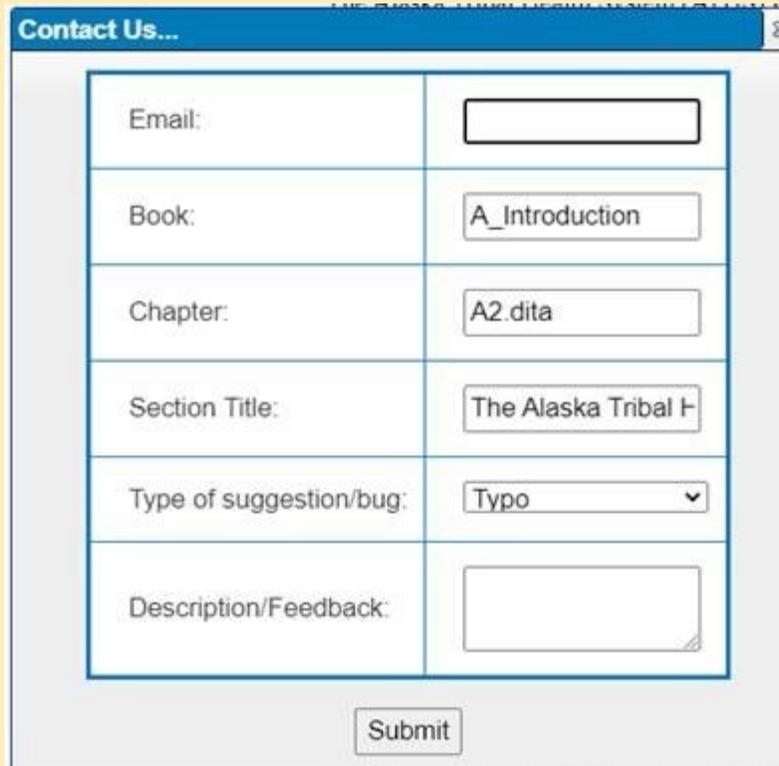
password:

Login

[Reset Password](#)

- Go to the eBHAM site:
<https://www.ebham.org/exist/apps/ebham/index.html>
- Enter in username and password from the email Katie sent you
- If you want to reset your password, hit that reset password button

Report an issue with the eBHAM?



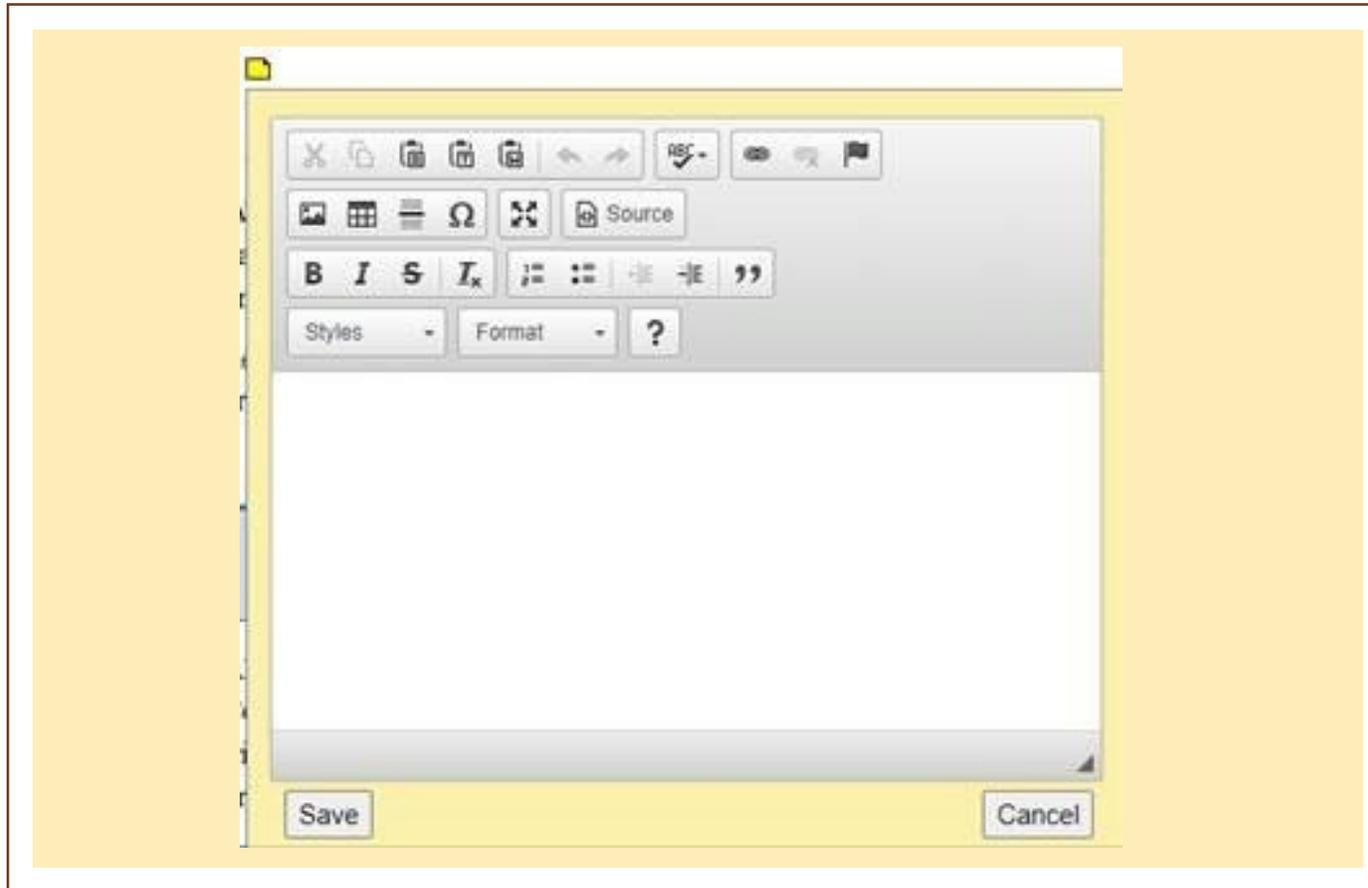
The screenshot shows a 'Contact Us...' dialog box with the following fields:

Email:	<input type="text"/>
Book:	A_Introduction
Chapter:	A2.dita
Section Title:	The Alaska Tribal H
Type of suggestion/bug:	Typo
Description/Feedback:	<input type="text"/>

Submit

- See an error or something outdated?
 - Highlight the text
 - Right click
 - Fill in the 'Contact Us' window that pops up (The Book, Chapter, and Section title will auto-populate based on the text you highlighted)
 - Click "submit"
- The eBHAM editor will be notified & make appropriate edits.

Take notes in the eBHAM?



- Highlight the text where you want to take notes
- Right click & the Notes window will open
- Type your notes into the body of the window
- Click 'Save' (a post-it note icon will show up in the spot you highlighted)
- The next time you log in, you'll be able to see your post-it notes

Grades & Credentials



Grades & Credentials – What makes learning stick?

Learner Preferences

- Auditory
- Visual
- Kinesthetic/Experiential
- Others

Free Recall

- Memory Aids
- Job Aids
- Pacing Yourself

Learner Engagement

- Instructor to Learner
- Learner to Learner
- Learner to Instructor

Learner Preferences

- Auditory
- Kinesthetic
- Reading/Writing
- Visual

How do you see yourself and your abilities?



Free Recall



What do you know?

Before diving into the text, spend a few minutes jotting down the things you know about the subject.

What do you think you know?

Before diving into the text, spend a few minutes jotting down the things you *think* you know about the subject.



Practice retrieving the information.

Before looking up or confirming the answer to a question, try recalling the information without notes.

Strengthen neural pathways.

The more you work the brain, the stronger your neural pathways become & the longer you hold onto that knowledge.

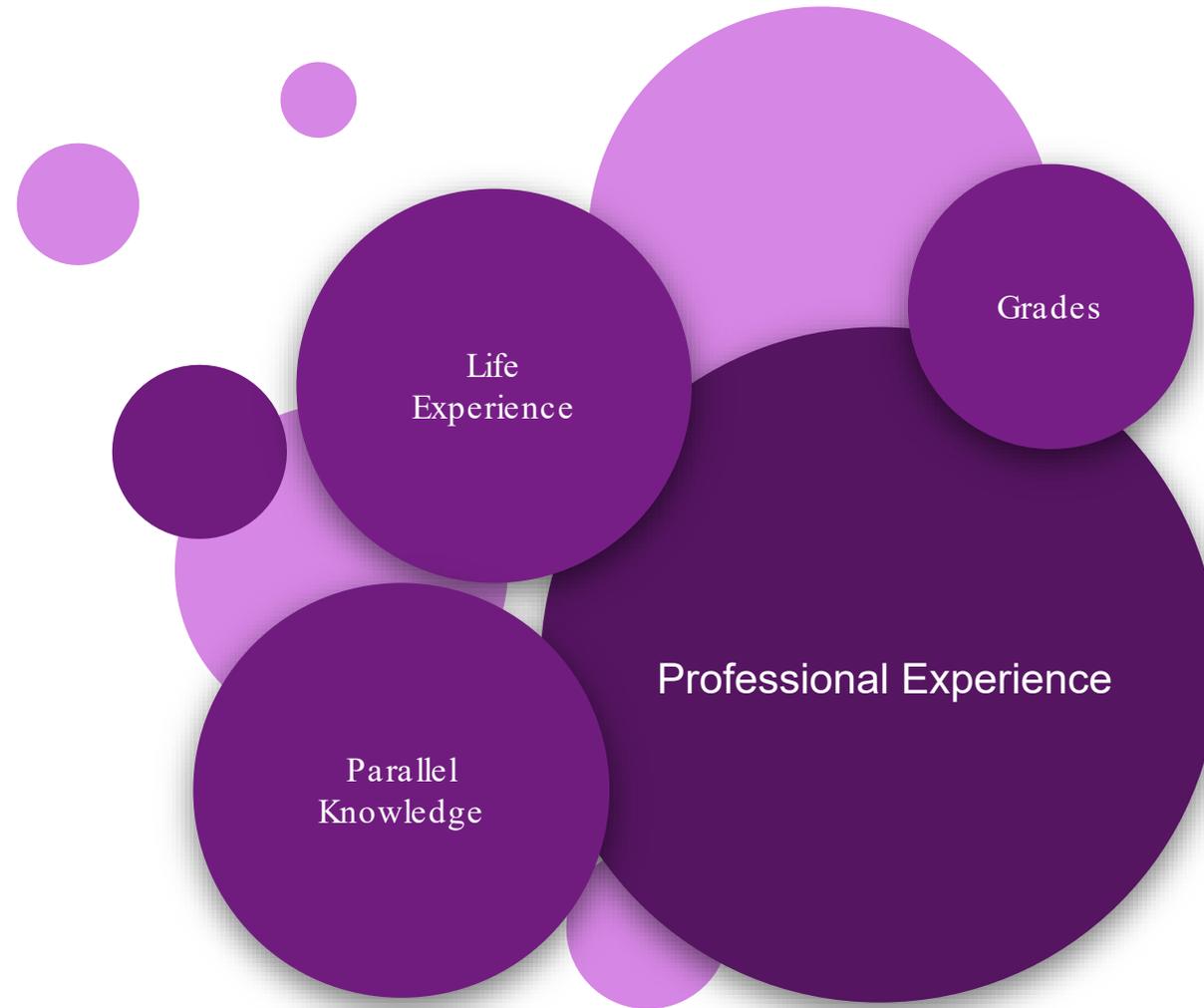


Learner Engagement: Myth & Truth

Myth: learners are empty vessels for teachers/instructors to *pour* into.

Truth: Learners bring knowledge & life experience to the classroom.

Transforming Grades into Credentials



Learning
isn't linear.

Certificates of Completion



Certificates of Completion are:

- 80% or higher
- Necessary for certification application
- Signifies completion of a course; not a completion of learning (deeper dives)

The Knowledge & Skills Checklist



BHA
Behavioral Health Aide/Practitioner
Knowledge & Skills Checklist

BHA Name: **Supervisor Name:**
Date Begun: **Date Completed:**

This is a: BHA Self-Assessment Supervisor Assessment

Current BHA Certification Level: Not Certified BHA-I BHA-II BHA-III BHP

This BHA is applying for level: BHA-I BHA-II BHA-III BHP

CHECKLIST INSTRUCTIONS:
 Checklist must be completed for initial certification and each time a BHA/P wishes to renew certification or advance to a higher certified practice level.

- **Column 1** lists competency areas and the items to be rated.
- Rate the BHA's current skill level (T, I, II, III, or P) for each item in **Column 2** (regardless of a BHA's current certification level, they may be rated below, at, or above that certification level on any item).
- In **Column 3**, score a "1" if BHA meets or exceeds the skills level for which they are applying; score a "0" if BHA does not meet minimum rating for which they are applying.
- Write any notes in **Column 4**. Applicant must score at or above minimum skill level on 80% of items in a subcategory to be considered for next-level certification.

1 Competency	2 BHA Skill Level Rating	3 Meets min. Skill Level	4 Notes
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Knowledge & Skills Checklist is:

- A tool/resource
- Self-Assessment
- Supervisor Assessment

Notes Section:

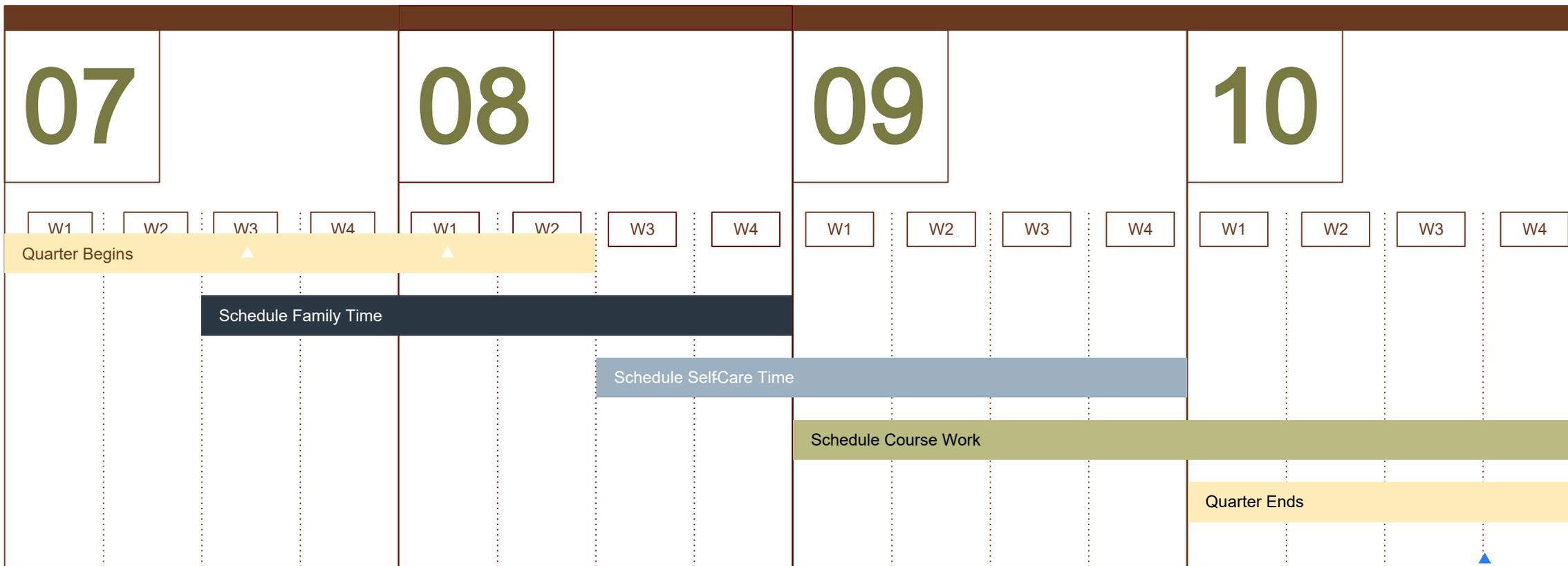
- Can be used as a measuring tool

<https://anthc.org/wp-content/uploads/2018/02/FINAL-Knowledge-and-Skills-Checklist-Secs.-Added2.pdf>

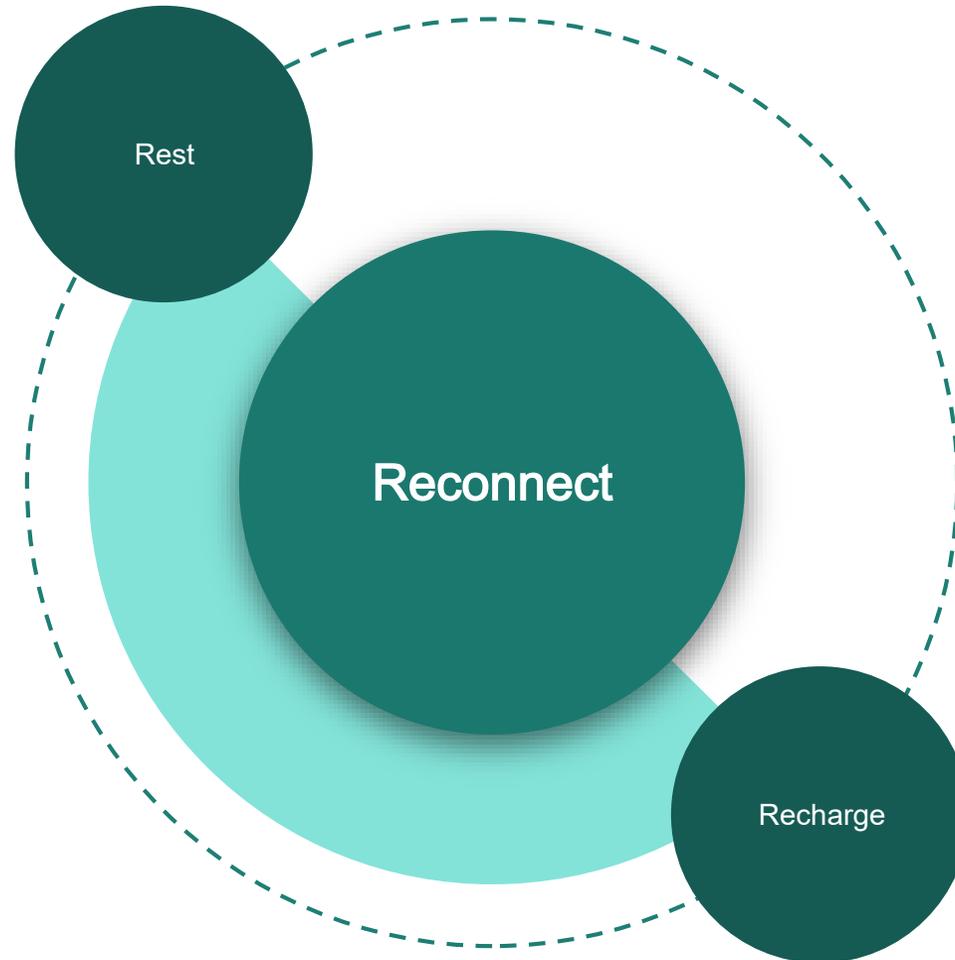
Student Self-Care



Schedules & Calendars



Family/Friend Support Network



Reward Yourself – Celebrate those wins!



Effort

It takes effort...



Time

It requires time...



Reward

How do you reward yourself?



REPEAT!

Reward yourself often!

Beyond Blackboard

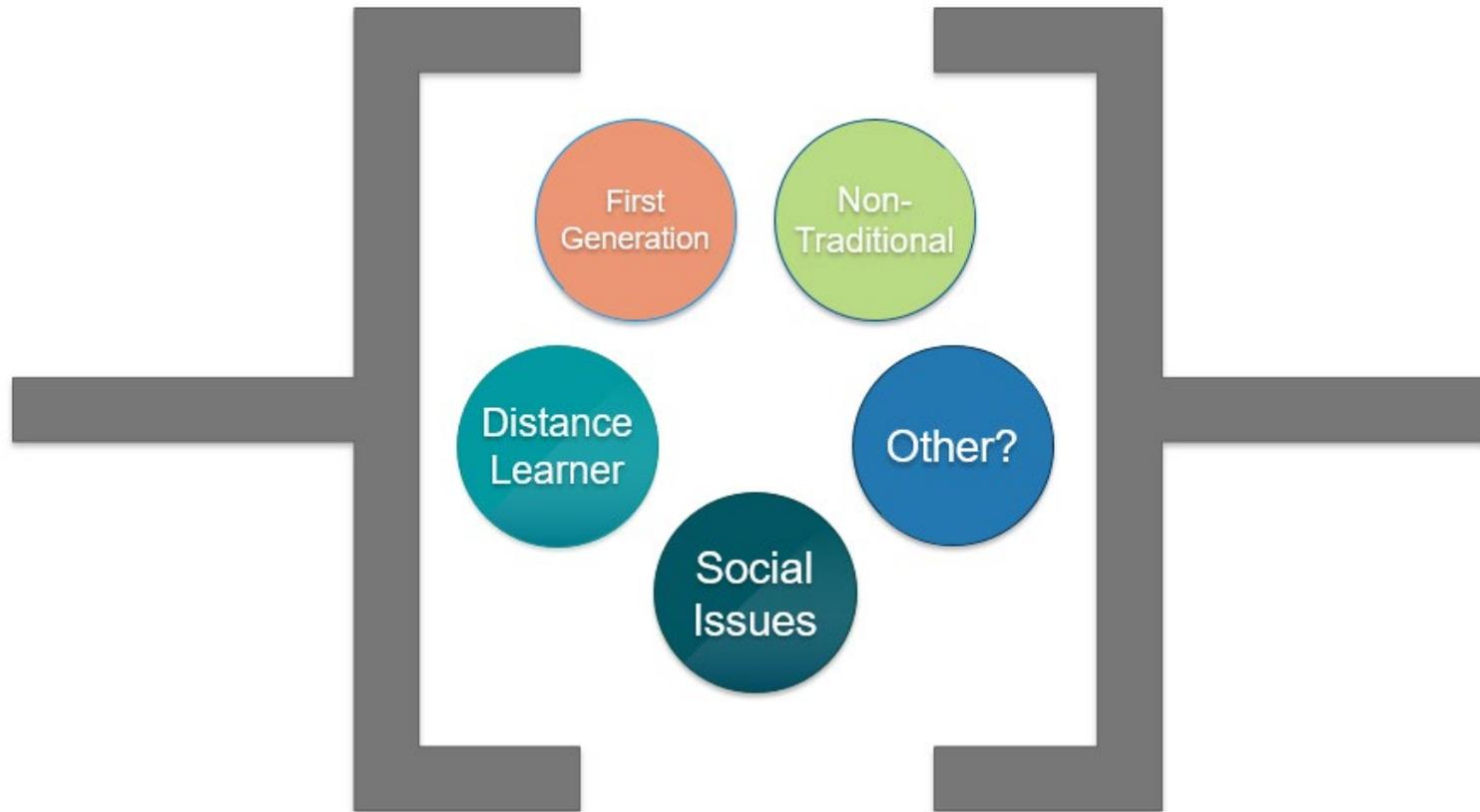
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WHAT DOES YOUR EDUCATIONAL JOURNEY LOOK LIKE?





Common Learner Challenges & Potential Solutions



Common Learner Challenges

First Generation Learner

I don't know what I don't know.
Why didn't anyone tell me about...?

Potential Solutions

First Generation Learner

Ask all the questions.
Share your new knowledge with other
first-gen learners.

Common Learner Challenges

Non-traditional

Nobody gets me.
I'm tired from work.

Potential Solutions

Non-traditional

Express yourself.

Find a non-traditional learner
buddy(ies).

Common Learner Challenges

Distance Learner

My internet dropped.
The plane was canceled.

Common Learner Challenges & Potential Solutions

Distance Learner

Accept the things that are
outside of your control.

Laugh a little...or a lot.

Common Learner Challenges

Social & Geographical Issues

My community needs me.

My family needs me.

Weather conditions prevent me from...

Potential Solutions

Social & Geographical Issues

Ask for help when you need it.

Cancel events if no one can step up.

Be prepared to be weathered in.

Common Learner Challenges

Other Challenges

My pipes froze.

I ran out of internet.

I don't have a babysitter.

Potential Solutions

Other Challenges

Invest in a hair dryer.

Advocate for yourself.

Recognize & accept your limits.

Set boundaries as needed.

How do you define success?



BHA-I

1000 hours of supervised work experience *and*

General Orientation
Orientation to BH Services
Ethics, Consent, Confidentiality & Privacy
Human Development
Intro to BH Concerns
Intro to Counseling
Intro to Documentation
Intro to Case Management
Working with Diverse Populations
Intro to Group Counseling
Crisis Intervention
HIV/AIDS & Infectious Diseases
Community Approach to Prevention
Family Systems I
Maintaining Health, Wellness, & Balance

BHA-II

200 hours of supervised work experience *and* Successful completion of all BHA-I requirements *and*

Psychophysiology & Behavioral Health
Intro to Co-Occurring Disorders
Tobacco Use & Treatment
DSM Practice Application
Advanced Interviewing Skills
ASAM Practice Application
Case Studies & Applied Case Management
Traditional Health Based Practices
Intermediate Therapeutic Group Counseling
Applied Crisis Management
Community Needs & Action
Family Systems II
BH Documentation

BHA-III

4000 hours of supervised work experience *and* successful completion of all BHA-II requirements *and*

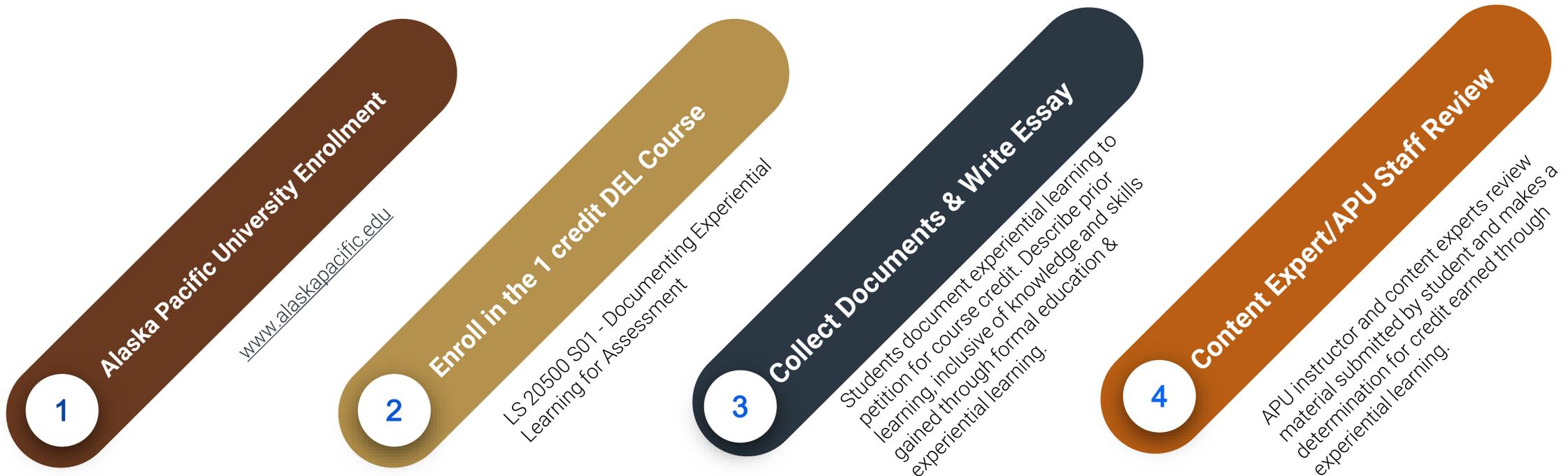
Treatment of Co-Occurring Disorders
Advanced BH Clinical Care
Documentation & Quality Assurance
Applied Case Studies in Alaska Native Culture Based Issues
BH Clinical Team Building
Intro to Supervision
Child Development

BHP

6000 hours of supervised work experience *and* successful completion of all BHA-III requirements *and*

Village-Based BH Services
Challenges in BH Services
Competencies for Village-Based Supervision
Principles & Practice of Clinical Supervision
Child-Centered Interventions

Documenting Experiential Learning (DEL), etc.



You can earn up to 32 credits toward a counseling psychology degree by demonstrating you have completed training or work experience that covers the topics/objectives of APU courses.

The Road to Licensure

Board of Social Work Examiners:

<https://www.commerce.alaska.gov/web/cbpl/ProfessionalLicensing/SocialWorkExaminers.aspx>

Board of Professional Counselors

<https://www.commerce.alaska.gov/web/cbpl/ProfessionalLicensing.aspx>

Board of Marital & Family Therapy

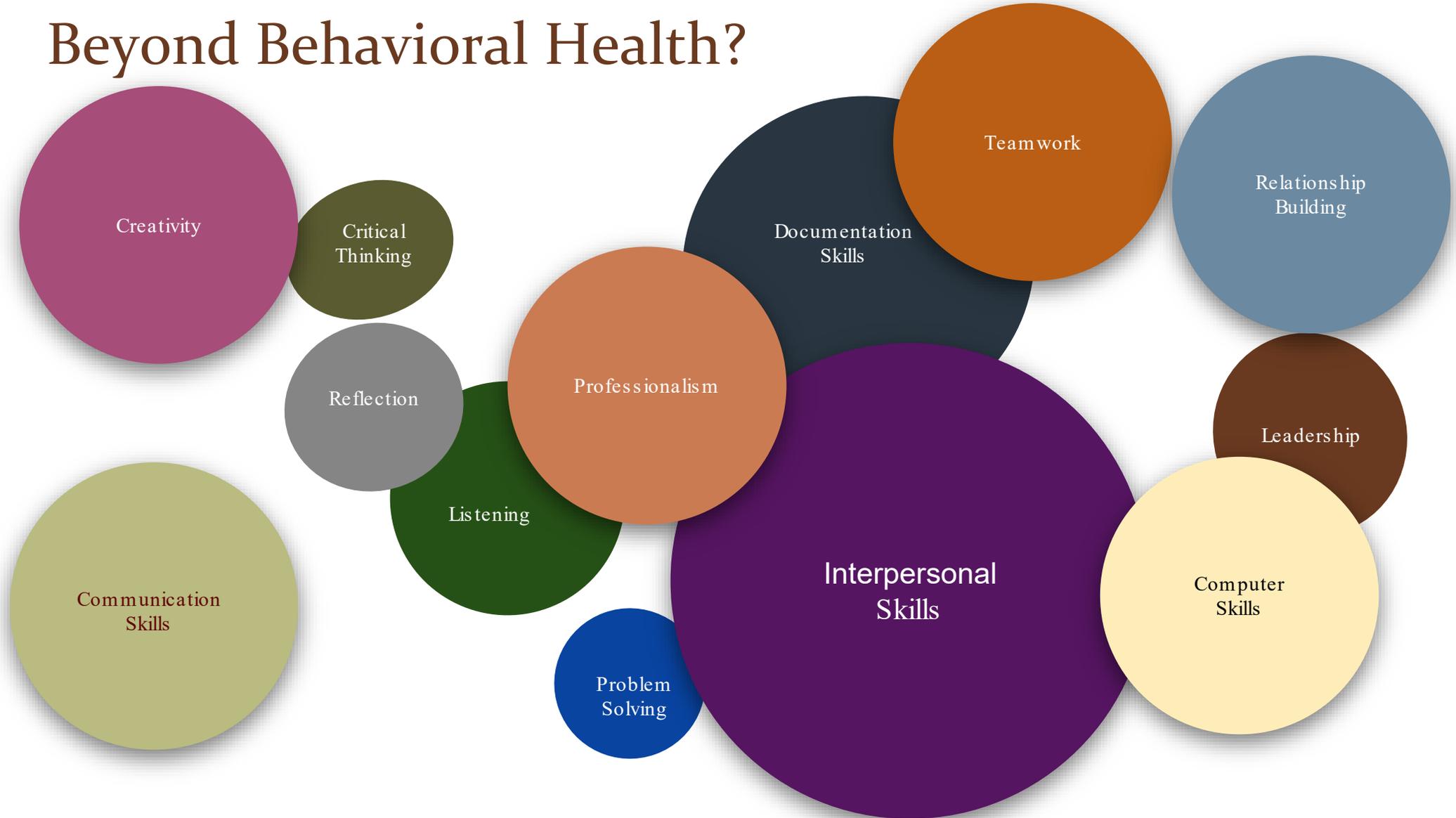
<https://www.commerce.alaska.gov/web/cbpl/ProfessionalLicensing/BoardofMaritalFamilyTherapy.aspx>

Promotions

Master's Level Clinician | Clinical Supervisor | Director

Why not you?

Beyond Behavioral Health?



References

Brown, P. C., Roediger III, H. L., & McDaniel, M. A. (2014). *make it stick: The science of successful learning*. The Belknap Press.