



Fire Arm Safety • No Instructor, Open Enrollment

In many Alaska communities, guns are part of daily life, both for subsistence hunting and protection from wildlife. Health Aides can educate their clients about firearm related injuries and prevention strategies to help reduce injury rates in their communities. This course will give participants information that they can share with clients to help keep themselves and their loved ones safe.

Date: 10/15/12/31
Format: Blackboard
Cost: \$20
CE hours: 2
Register by: 9/30



Review Ethics, Consent, Confidentiality & Privacy • Vicky Gallegos-Randel



This 8 contact hour course will review confidentiality and privacy requirements, professional ethics differentiating among values, ethics, policies, and laws including the Federal Privacy Act, Health Insurance Portability and Accountability Act (HIPAA), HIPAA HITECH, and 42 CFR Part 2 and their application to behavioral health services. Exceptions to confidentiality, client consent, protecting privacy, including written and electronic records, dual relationships and the need for boundaries within a village based setting will also be discussed.

Date: 10/20 & 10/21
Time: 9a-1p
Format: Online Webinar
Cost: \$50
CE hours: 8
Register by: 9/30



Physical & Emotional Regulation for Providers & Clients • No Instructor, Open Enrollment

In this 2-hour course, participants will learn about the impacts of stress on the mind and body, and be introduced to the window of tolerance. Helping a client recognize where they are at and how to increase their window of tolerance using useful interventions and skills allows for the opportunity for physical and emotional regulation. Students will learn and practice skills for calming the mind and body using experiential activities. These skills are not only useful for clients, but can be used by providers to manage stress, prevent burnout, and increase health and wellness.

Date: 10/15-12/310
Format: Blackboard
Cost: \$20
CE hours: 2
Register by: 9/30



Telehealth Services: Effectiveness & Use • Vicky Gallegos-Randel

Although telehealth services have been used for many years its use has significantly increased since COVID-19. Telehealth is an effective method for behavioral health treatment when guiding principles are followed. When using telehealth services, as is with in-person services, there are certain standards and principles to follow. In this 90-minute training participants will recognize learn tips on telehealth usage, data about its effectiveness, and cultural considerations as well as review ethics, consent, confidentiality and privacy of telehealth use.

Date: 12/17
Time: 9a-12p
Format: Online Webinar
Cost: \$20
CE hours: 2
Register by: 9/30



De-Escalation Skills & Conflict Navigation for Providers • Addy Peters

In this continuing education course, students will learn practical step-by-step skills to best support a person who is experiencing an emotional crisis, and when there is the risk of potential harm or danger. Students will also learn skills and explore strategies to navigate conflict in a healthy and productive way.

Date: 12/14
Time: 9a-12p
Format: Online Webinar
Cost: \$20
CE hours: 2
Register by: 9/30



Confidentiality - 42 CFR Part 2 • No Instructor, Open Enrollment

This 4-contact-hour training covers information on 42 CFR Part 2, the federal regulation which governs the confidentiality of substance use disorder (SUD) patient/client records. The training will help participants determine what constitutes a program that needs to follow 42 CFR Part 2, how to manage substance use disorder patient/client records, how to convey this information to patients/clients, and what is required to release their records.

Date: 10/15-12/31
Format: Blackboard
Cost: \$50
CE hours: 4
Register by: 9/30



Confidentiality



Ethics and
Consent



Cross Cultural Communication and
Working with Diverse Populations



Other Behavioral
Health Topics

Register at: anthcbha.geniussis.com | Contact: bhatraining@anthc.org



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



Closing the Stress Cycle • Addy Peters

In this 2-hour course, students will learn about the relationship between burnout and the stress cycle. They will learn of science-based strategies to efficiently close the stress cycle, and identify the strategies most likely to work for them as individuals. This course is suited to anyone who has ever experienced stress.

Date: 12/18
Format: Online Webinar
Cost: \$20
CE hours: 2
Register by: 9/30



Harm Reduction Model • Sarah Angstman

This 2-hour course explores the philosophy of the harm reduction perspective and the role that harm reduction approaches can play in engaging clients in a recovery process. Students will learn about practical harm reduction strategies and think about how these could help certain clients to engage in treatment. Students will discuss how harm reduction approaches may or may not be a fit for themselves as care providers, their agencies, and their communities.

Date: 10/27
Time: 9a-11a
Format: Online Webinar
Cost: \$20
CE hours: 2
Register by: 9/30



Cognitive Behavioral Therapy (CBT) Introduction & Foundation • No Instructor, Open Enrollment

In this 2 hour, self-paced CE course, students will learn about the origins and theory of cognitive behavioral therapy (CBT) along with basic foundational skills for reframing negative thoughts, cognitive restructuring and challenging cognitive distortions.

Date: 10/15-12/310
Format: Blackboard
Cost: \$20
CE hours: 2
Register by: 9/30



Understanding & Managing Complex Grief • Donna Henry

This 4 hour continuing education course provides an in-depth exploration of Complex Grief, equipping participants with the knowledge and skills necessary to identify and respond to this challenging condition. Learners will gain the ability to screen individuals for Complex Grief by recognizing key risk factors and clinical signs and symptoms. The course also addresses special considerations in treatment, including cultural, developmental, and trauma-related issues as they relate to grief. Emphasis is placed on understanding and applying five major evidence-based treatment models for grief recovery. Through a combination of theoretical instruction and practical application, this course prepares providers to be informed, compassionate when working with those navigating prolonged or complicated bereavement.

Date: 11/10
Time: 9a-1p
Format: Online Webinar
Cost: \$50
CE hours: 4
Register by: 9/30



ASAM 4th Edition: Treatment Planning, Assessment, & Creation • Vicky Gallegos-Randel

In this continuing education course, students will learn practical step-by-step skills to best support a person who is experiencing an emotional crisis, and when there is the risk of potential harm or danger. Students will also learn skills and explore strategies to navigate conflict in a healthy and productive way.

Date: 11/12 & 11/13
Time: 9a-1p
Format: Online Webinar
Cost: \$50
CE hours: 4
Register by: 9/30



Postpartum Mental Health • No Instructor, Open Enrollment

In this session, participants will learn how to recognize, screen for, and educate parents about postpartum mental health concerns. Recognizing a health aide's own role in referring, treating, and following up on those with postpartum mental health concerns is crucial in ensuring quality of life for new parents and babies. Most postpartum parents contact with healthcare is in primary care, village clinics, and at well child visits so having all health aides versed in postpartum mental health can increase support and decrease postpartum mental health impacts on new parents and families.

Date: 10/15-12/31
Format: Blackboard
Cost: \$20
CE hours: 2
Register by: 9/30



Confidentiality



Ethics and
Consent



Cross Cultural Communication and
Working with Diverse Populations



Other Behavioral
Health Topics

Register at: anthcbha.geniussis.com | Contact: bhatraining@anthc.org



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM