



# Training and Education Course Catalog

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# Welcome

*Welcome to Nebraska Total Care, and thank you for being part of our network of physicians, hospitals and other healthcare professionals. We look forward to working with you to improve the health of our state, one person at a time.*

## About Nebraska Total Care

Established to deliver quality healthcare in the state of Nebraska through local, regional and community-based resources, Nebraska Total Care is a Managed Care Organization and subsidiary of Centene Corporation (Centene). Nebraska Total Care exists to improve the health of its beneficiaries through focused, compassionate and coordinated care. Our approach is based on the core belief that quality healthcare is best delivered locally.

## About this catalog

The Training and Education Course Catalog contains information about our comprehensive clinical training program, designed to enhance the knowledge, skills and performance of healthcare professionals who empower our members to make positive health behavior changes.

We offer many courses to support continuing education for providers, enhance integrated care, and expand use of best practices. Participants can receive continuing education, for some classes, and receive certificates of attendance related to certain licensing requirements.

## Who can attend our courses?

Course participants come from all aspects of healthcare. They include behavioral healthcare providers, primary care physicians, long-term services and supports providers, specialty therapy and rehabilitative service providers, and providers/stakeholders involved in the child welfare system. Their reasons for attending our workshops are as varied as the topics and range from the practical — such as “authorizations” — to the profound — such as “culture of poverty” or “childhood traumatic grief.”

## What are the course topics?

Multiple training topics explore ways for physical and behavioral health providers to coordinate services, such as integrated care, cultural competency, common psychotropic medications, positive psychology, strengths-based treatment model and motivational interviewing. In addition, we offer a workshop to explain the use of psychotropic medications in treating mental health and substance use disorders.

Our trainers have extensive knowledge in a variety of health topics, including behavioral health; speech, respiratory, occupational and physical therapy; nursing; exercise physiology; nutrition; diabetes; smoking cessation; case and utilization management; care coordination; data systems; organizational development; long-term services and supports; and child welfare.

We are here to help you with information regarding our education and training workshops, all designed to support the treatment you provide our members and improve member outcomes.

## How to access our programs

While we believe the best training is conducted face to face using experiential-oriented approaches, we know this isn't always possible. That's why the training team is equipped to deliver training sessions in a variety of modalities, including in-person, online, interactive sessions; recorded webinars; and self-paced e-learning modules. We offer several convenient ways to register for existing programs and to request additional training sessions.

Please visit our website where you can view program information and register for available sessions.

<https://www.nebraskatotalcare.com/providers/resources/provider-training.html>

If you have further questions, please contact us at **NEProviderRelations@NebraskaTotalCare.com**.



# Continuing Education Information

Our clinical trainings offer FREE continuing education (CE) hours for certain behavioral health and nursing licenses. Actual course offerings will list CE hrs. available. Credentialing board requirements vary and are subject to change. \*Please defer to your licensing board to ensure courses taken meet your licensure requirements.



## Behavioral Health 101

**Prerequisites:**

None

**Description:**

To provide guidance in referring patients with undiagnosed behavioral health disorders, providers learn descriptions, symptoms and treatments for anxiety, bipolar disorder, depression, PTSD, schizophrenia and substance abuse.

**Duration:**

Up to 7 hours  
Up to 7 hours of continuing education for certain health care disciplines may be available\*

**Course Objectives:**

- Recognize symptoms of these six conditions
- Identify screening options for each condition
- List two treatment options for these six conditions

### Behavioral Health 101: Anxiety

**Prerequisites:**

None

**Description:**

Attendees review common symptoms, challenges, and evidence based treatment options for anxiety. This training is one of six modules in the Behavioral Health 101 series. This module can be offered with or without screening tools.

**Duration:**

1 hour  
Up to 1 hour of continuing education available\*

**Course Objectives:**

- Recognize symptoms of common mental illnesses
- List at least two treatment options for individuals who could have a mental illness
- Identify two medications recommended for each specific diagnosis

### Behavioral Health 101: Bipolar Disorder

**Prerequisites:**

None

**Description:**

Attendees review common symptoms, challenges, and evidence based treatment options for bipolar disorder. This training is one of six modules in the Behavioral Health 101 series. This module can be offered with or without screening tools.

**Duration:**

1 hour  
Up to 1 hour of continuing education available\*

**Course Objectives:**

- Recognize symptoms of bipolar disorder
- List at least two treatment options for individuals who could have bipolar disorder
- Identify two medications recommended for bipolar disorder

### Behavioral Health 101: Depression

**Prerequisites:**

None

**Description:**

Attendees review common symptoms, challenges, and evidence based treatment options for depression. This training is one of six modules in the Behavioral Health 101 series. This module can be offered with or without screening tools.

**Duration:**

1 hour  
Up to 1 hour of continuing education available\*

**Course Objectives:**

- Recognize symptoms of depression
- List at least two treatment options for individuals who could have depression
- Identify two medications recommended for depression

### Behavioral Health 101: Posttraumatic Stress Disorder (PTSD)

**Prerequisites:**

None

**Description:**

Attendees review common symptoms, challenges, and evidence based treatment options for PTSD. This training is one of six modules in the Behavioral Health 101 series and can be offered with or without screening tools.

**Duration:**

1 hour  
Up to 1 hour of continuing education available\*

**Course Objectives:**

- Recognize symptoms of PTSD
- List at least two treatment options for individuals who could have PTSD
- Identify two medications recommended for PTSD

Behavioral Health 101: Schizophrenia

Prerequisites:

None

Description:

Attendees review common symptoms, challenges, and evidence based treatment options for schizophrenia. This training is one of six modules in the Behavioral Health 101 series. This module can be offered with or without screening tools.

Duration:

1 hour  
Up to 1 hour of continuing education available\*

Course Objectives:

- Recognize symptoms of schizophrenia
- List at least two treatment options for individuals who could have schizophrenia
- Identify two medications recommended for schizophrenia

Behavioral Health 101: Substance Use Disorder

Prerequisites:

None

Description:

Attendees review common symptoms, challenges, and evidence based treatment options for substance use disorder (SUD). This training is one of six modules in the Behavioral Health 101 series. This module can be offered with or without screening tools.

Duration:

1 hour  
Up to 1 hour of continuing education available\*

Course Objectives:

- Recognize symptoms of SUD
- List at least two treatment options for individuals who could have SUD
- Identify two medications recommended for SUD

De-escalation Techniques

Prerequisites:

None

Description:

Behavioral health providers learn the triggers typically associated with violent behavior, ways to assess for agitation and aggression, and de-escalation strategies. Self-protection techniques also are discussed.

Duration:

1 hour  
Up to 1 hour of continuing education available\*

Course Objectives:

- Define de-escalation
- Define agitation and aggression
- Identify at least three risk factors for aggression
- Identify at least five interventions for agitation and aggression

Ethics for Mental Health Providers

Prerequisites:

None

Description:

Using the American Counseling Association’s ethical decision-making model, mental health providers explore situations that might challenge ethical guidelines. The course also reviews topics in mental health care in six areas of professional functioning.

Duration:

2 hours  
Up to 2 hours of continuing education available\*

Course Objectives:

- List the seven ethical areas behavioral health providers must know about
- Define the “ethics and law” dilemma
- Complete one scenario using the American Counseling Association’s ethical decision-making model

ICD-10 Overview for Mental Health Providers: Module 1

Prerequisites:

None

Description:

Behavioral health providers are introduced to ICD-10 and its relationship to DSM-5. They also learn to use ICD-10 to bridge the communications gap with physical health providers.

Duration:

1 hour  
Up to 1 hour of continuing education available\*

Course Objectives:

- List at least three important terms and definitions related to ICD
- Explain ways in which the ICD-10 and DSM-5 are related
- Locate the ICD-10 online and navigate to the specific section on behavioral health

Integrated Healthcare

Prerequisites:

None

Description:

Behavioral health, substance abuse and physical health providers are introduced to the concept of integrated care, which is designed to increase positive treatment outcomes through a holistic model of care and comprehensive and collaborative supports.

Duration:

1.5 hours  
Up to 1.5 hours of continuing education available\*

Course Objectives:

- List types of health care providers and models of care involved in integrated health
- Review efforts toward integration and location of resources
- Identify physical symptoms that may have behavioral or substance use origins

Motivational Interviewing (MI): Level 1

Prerequisites:

None

Description:

The purpose of the training is an introduction to the basics of Motivational Interviewing (MI). Attendees will be exposed to and begin to learn key concepts and skills. This training is considered a Level 1 MI training.

Duration:

4 hours  
Up to 4 hours of continuing education available\*

Course Objectives:

- List the 4 processes of MI
- Name the benefits of engagement
- Describe a purpose of focusing
- Discuss differences between change and sustain talk
- List components of planning

Outpatient Treatment Request (OTR) Authorization

Prerequisites:

None

Description:

To ensure consumers receive the most appropriate level of care, providers should utilize MNC when seeking payment authorization for outpatient treatment services. Attendees receive an explanation of the OTR process and application of MNC.

Duration:

1.5 hours  
no CEs available

Objectives:

- Enhance communication, the working relationship, and partnership between the provider and the MCO
- Articulate four MNC criteria of each code/service included in the training
- Complete an OTR

Overview of Changes to the Diagnostic and Statistical Manual of Mental Disorders

Prerequisites:

None

Description:

Providers receive an overview of changes in the diagnostic standards and coding from the DSM-IV-TR to the DSM-5 (ICD9/ICD10). The presentation includes examples of diagnostic organization, specifiers and cultural context.

Duration:

1 hour  
Up to 1 hour of continuing education available\*

Course Objectives:

- Describe the role subtypes, specifiers and severities have made in making diagnoses more comprehensive
- List examples of cultural considerations in the new edition
- Complete scenarios to practice using DSM-5 diagnostic-specific rules



Positive Psychology: Clinical Tools for Behavioral Health Providers

Prerequisites:

None

Description:

Providers receive a strong understanding of positive psychology, which focuses on personal growth rather than pathology such as mental illness. Providers also learn useful clinical tools and how to find positive psychology resources for patients.

Duration:

1.5 hours  
Up to 1.5 hours of continuing education available\*

Course Objectives:

- State at least two definitions of positive psychology
- Identify at least three clinical tools to use with members
- Locate positive psychology resources
- Discuss how to guide patients to focus on areas of their lives within their control

Poverty Competency

Prerequisites:

None

Description:

Providers learn how patients’ economic status affects their mental and physical health, with emphasis on the adverse effects of poverty on health and wellness. Providers also learn where to find resources to help patients experiencing poverty.

Duration:

1.5 hours  
Up to 1.5 hours of continuing education available\*

Course Objectives:

- Define poverty
- Become familiar with statistics about poverty
- Increase awareness of how poverty affects patients
- Discuss the correlation between mental illness and poverty

Providing Independence for Clients: A Provider’s Guide to Successful Client Outcomes and Titrating Services

Prerequisites:

None

Description:

Providers gain a better understanding of the benefits and best practices of titrating services. The training also reviews skills helpful in graduating clients such as focusing on recovery, integrated care, and being aware of potential barriers.

Duration:

1 hour  
Up to 1 hour of continuing education available\*

Course Objectives:

- Explain the barriers and benefits of titrating services
- Define best practices for treatment and graduating clients
- Identify resources for providers and clients

Psychotropic Medications

Prerequisites:

None

Description:

Behavioral health providers learn about the role psychotropic medications play in the treatment of mental health and substance use disorders. The course explains the drugs’ classifications and side effects.

Duration:

1 hour  
Up to 1 hour of continuing education available\*

Course Objectives:

- Verbalize the definition of psychotropic medications and what they treat
- Understand the classifications and common side effects
- Review special considerations for seniors

Recovery Principles

Prerequisites:

None

Description:

Providers learn how to help members in recovery from substance use and also to identify characteristics in members that may be barriers or supports to recovery. Also covered is the new working definition of recovery.

Duration:

1 hour  
Up to 1 hour of continuing education available\*

Course Objectives:

- Understand differences between people “in recovery” and “not in recovery”
- Understand risk and protective factors, resiliency and the guiding principles of recovery
- Discuss ways providers can help a patient in recovery

Screening Brief Intervention and Referral to Treatment (SBIRT)

Prerequisites:

None

Description:

Providers discuss the conceptual framework of SBIRT as a public health model and its impact as a system change initiative. Practice for applying concepts to provide screenings, brief interventions, and referrals to treatment will be included.

Duration:

3 hours  
Up to 3 hours of continuing education available\*

Course Objectives:

- Identify the main components of SBIRT
- Practice using substance use screening tools and brief intervention skills
- Apply motivational interviewing skills to brief interventions
- Discuss referrals to treatment

SMART Goals

Prerequisites:

None

Description:

Providers learn ways to assist members by using SMART goals – which are specific, measurable, achievable, realistic and timely – as part of members’ efforts to change their behaviors. Goals are tracked to assess members’ progress and compliance.

Duration:

1.5 hour  
Up to 1.5 hour of continuing education available\*

Course Objectives:

- Define SMART goals and apply them to case examples
- Practice using SMART goals format in developing care plans and progress notes
- Review pitfalls to avoid when developing care plans

Social Determinants of Health and Mental Health

Prerequisites:

None

Description:

Attendees will gain clinical knowledge on social determinants of health and the impact these determinants have on health disparities and inequity.

Duration:

1 hour  
1 continuing education credits available\*

Course Objectives:

- Identify 3 reasons why awareness of social determinants of health is important.
- Be able to identify 4 examples of social determinants of health
- Define risk and protective factors
- Discuss 3 ways social determinants of health impact our members

Stages of Change

Prerequisites:

None

Description:

Those who work with individuals who need to change their behaviors learn about the five stages of readiness for change advanced by James O. Prochaska and Carlo Di Clemente, who believe change is a process involving progress through a series of stages.

Duration:

1 hour

Up to 1 hour of continuing education available\*

Course Objectives:

- Recognize client stages of change
- Understand help steps for change

Strengths-Based Treatment

Prerequisites:

None

Description:

Traditionally, helping professions focused on deficits and not on interventions that promote positive aspects of self. In this strengths-based treatment course, providers learn about SBT approaches, tools and interventions to promote a path to recovery.

Duration:

1 hour

Up to 1 hour of continuing education available\*

Course Objectives:

- Increase knowledge and define core concepts of strengths-based approaches
- Describe the importance of encouragement
- Practice strengths-based tools and interventions

Stress Alleviation for Caregivers

Prerequisites:

None

Description:

Caregivers learn to recognize warning signs of frustration and stress in long-term care environments. Attendees review self-calming techniques, identifying assisting with negative thought patterns, communicating assertively, and self-care tips.

Duration:

1 hour

Course Objectives:

- Identify stress management, thought modification, and self-calming techniques
- Develop assertive communication skills
- Review caregiver self-care tips

Substance-Related and Addictive Disorders  
Module 1: DSM-5 Criteria and Diagnostic  
Information Overview

Prerequisites:

None

Description:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to substance use disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

Duration:

1 hour

Up to 1 hour of continuing education available\*

Objectives:

- State effects of substance use on the brain reward pathway
- Discuss severity levels of substance use disorders
- List examples of a substance-induced disorder
- Identify location of the 10 separate classes of substances chart in the DSM-5

Substance-Related and Addictive Disorders  
Module 11: Non-Substance-Related Disorders

Prerequisites:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

Description:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Non-Substance-Related Disorders. The course also reviews alterations that addictions may make to important brain areas needed for life-sustaining functions.

Duration:

1 hour

Up to 1 hour of continuing education available\*

Course Objectives:

- State the 11 criteria of gambling use disorder
- Recognize the current difficulties with treatment of gambling use disorder
- Verbalize treatment options for gambling use disorder

Suicide Risk - A Clinical Perspective Module 1:  
Suicide Risk Overview

Prerequisites:

None

Description:

Clinicians learn to identify warning signs and risks of suicide. They also learn about protective factors, which ensure vulnerable people are supported and connected with others during difficult times, thus making suicidal behaviors less likely.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available\*

Course Objectives:

- Identify risk and protective factors related to suicide attempts and suicidal behavior
- Understand the difference between risk factors and warning signs
- List three ways to increase integrated and continuous care to help in suicide prevention

Trauma Informed Care: The Impact of Trauma

Prerequisites:

None

Description:

Theories and practices within the health system used to design and implement trauma responsive services that promote health and reduce re-traumatization through service delivery.

Duration:

1.5 hours

Up to 1.5 hours of continuing education available\*

Course Objectives:

- Define trauma and identify types
- Understand the impact of trauma on individuals and services
- Identify characteristics of trauma informed systems
- Understand the impact of trauma on care providers

## Notes

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## Notes

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