

TRAINING INSTITUTE 2019 TRAINING CALENDAR



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Helio Health

The Helio Health Training Institute offers quality continuing education to individuals interested in furthering their career in Substance Use Counseling and other human services disciplines. The Training Institute is a certified training provider through both OASAS, for CASAC initial certification and recertification courses and the New York State Education Department for LMSW/LCSW and LMHCs recertification courses (approval statements are at the bottom of this page).

All trainings posted in this brochure are open to the public and are offered, unless otherwise stated, at our Learbury Training Institute located at 329 North Salina Street, Syracuse, NY 13203. Should you have any questions feel free to contact us either via email at: Training@helio.health or via Telephone at: 315.471.1564 Ext. 392

Our training calendar is shown on the following pages and Information on our CASAC initial certification training follows. Thank you and we look forward to helping you meet your training needs in 2019.

Approval Statements:

Helio Health is recognized by New York State Office of Alcoholism and Substance Abuse Services to provide initial certification and continuing education training to Certified Addiction and Substance Abuse Counselors #0444.

Helio Health is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #00007

Helio Health is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0057.

Helio Health

Training Institute

Training Institute Director

Jason Page, MA, CTRS, CASAC
B.A., Canterbury Christchurch UK.
B.A. SUNY Cortland
M.A., SUNY Cortland
Ph.D. (c), Clemson University

Training Institute Specialist

David Babb, BA, CASAC, CRPA
B.A., Binghamton University

Training Institute Specialist

Steven Comer, MA, CASAC, CRPA
B.S., SUNY Empire State College
M.A., Amberton University

Training Institute Specialist

Jessica Krohn, LMSW
B.S., Binghamton University
MSW, Syracuse University



Helio Health is pleased to be hosting the 2019 Northeast Behavioral Healthcare Conference. This growing conference gives professionals the opportunity to develop interdisciplinary approaches to treatment. We invite professionals to join us as we focus on “Emerging Faces: Exploring changing populations and perspectives in behavioral health”.

We invite you to submit a presentation for one of the conference tracks:

1. Executive/leadership track to cover leadership and policy in the Northeast
2. Clinical track to offer ideas and practice innovations in multiple disciplines including social work, mental health counseling, and recreation therapy
3. Recovery track to incorporate presentations of peer work, the recovery movement, and recovery-oriented systems of care
4. Research track to share new ideas and practices in the field.

Our goal is that each track includes presentations gathered for a diverse set of practitioners at various levels of the behavioral healthcare field.

Thank you for your consideration and we look forward to receiving your proposals.

Registration Prices Speaker Registration	Early Registration 12/1/18 - 2/1/19	Regular Registration 2/2/19 - 4/18/19	Late/Day-of Registration 4/19/19 - 4/30/19	Social Event
Single Day Free	Single Day \$189	Single Day \$189	Single Day \$219	Networking Event \$20
Full Conference \$149	Full Conference \$249	Full Conference \$274	Full Conference \$299	Networking Event + Meet and Greet with Darryl Strawberry \$35

Get the App

We look forward to introducing you to our 2019 Conference App. This tool will help us stay connected before and during the conference for important updates and announcement



We are pleased to welcome Darryl Strawberry as this year's Keynote Speaker.

As the first overall draft pick by the NY Mets in 1980, Darryl Strawberry was an impressive figure in the Major League Baseball scene for almost 20 years. Beginning his Major League career in 1983 as the National League Rookie of the Year, Strawberry consistently demonstrated his talent on the field playing in eight consecutive All-Star Games, becoming one of 39 players to join the exclusive 30-30 club – hitting 39 home runs and stealing 36 bases during the 1987 season, winning two Silver Slugger Awards in 1988 and 1990, as the National League Home Run Leader in 1988, and with four World Series championship wins in 1986, 1996, 1998 and 1999.

Strawberry's addiction to drugs is well chronicled and dates back to the 1980's during his time with the Mets. He was suspended a total of three times for cocaine use during his career. Now living in recovery, Strawberry has embraced his sobriety and speaks across the country sharing his story of triumph, tragedy and healing in his journey to recovery.

Register today at: <https://go.regform.com/#!/registration/reYM6e1/info>

Northeast Behavioral Healthcare Conference Hotel Reservation

Start date: 4/29/19

End date: 5/1/19

Last day to book: 4/9/19

Marriott hotel(s) offering your special group rate:

- Marriott **Syracuse Downtown** for 149.00 USD per night

Training Calendar 2019

Event	Date	Time/Location	CEU

March			
Mental Health First Aid	3/15/19	8:00am-4:00pm	\$80 6 CEU CASAC SW MHC
Mental Health First Aid	3/19/19	9:00am-4:00pm Rochester, NY	\$80 6 CEU CASAC SW MHC
CASAC Section 2	3/20/19-5/15/19	Live Online Mon & Weds 5-8pm	\$1350
CPR	3/25/19	9:00am -12:noon	\$60
Defensive Driving	3/28/19	9:00am - 4:00pm Binghamton, NY	\$60



April			
Clinical Supervision Foundation II Required 14 hour pre-requisite online portion and it must be completed (with certificated sent to training) before the start of the course.	4/3/19-4/5/19	8:00am-4:30pm (Registration from 8-8:30) Registration information will be emailed out to people on the Training Institute mailing list.	16 CEU CASAC SW MHC \$80
Narcan Administration Training	4/10/19	12:00pm and 5:00PM	Free Limited Space
CASAC Review	4/11/19	9:00am-4:00pm	\$150
Advocacy & Outreach 101	4/12/19	9:00am-11:00am	\$25 2 CEU CASAC
Defensive Driving	4/25/19	9:00am-4:00pm Rochester, NY	\$60
2019 Northeast Behavioral Healthcare Conference	4/30-5/1/19	See page 5 & 6	12 CEU CASAC SW MHC

May			
CASAC Section 1	5/3/19-11/22/19	Live In-Person Fri 9-12pm	\$1105
Narcan Administration Training	5/8/2019	12:00pm and 5:00PM	Free Limited Space
CPR	5/23/19	9:00am-12:noon Rochester, NY	\$60
Effectively Sharing Your Recovery Story	5/24/19	9:00am-12:15pm	\$50 3 CEU CASAC
CASAC Section 2	5/7/19-11/14/19	Tues and Thurs 4-7pm Binghamton	\$1500



June			
Mental Health First Aid	6/7/19	8:00am-4:00pm	\$80 6 CEU CASAC SW MHC
Narcan Administration Training	6/12/19	12:00pm and 5:00PM	Free Limited Space
Defensive Driving	6/20/19	9:00-4:00pm	\$60
Adolescent Symposium <ul style="list-style-type: none"> Leisure Education for Youths DBT for children Peer Relationships, Friendship and Family Dynamics 	6/14/19	9:00am-4:30pm	6 CEU CASAC SW MHC \$100
No More Silence <ul style="list-style-type: none"> The ABC's of LGBTQ+ Interpersonal Violence, the Basics 	6/25/19	9:00am-4:30pm Binghamton, NY	6 CEU CASAC SW MHC \$100

July			
Narcan Administration Training	7/10/19	9:00-12noon	Free Limited Space
CASAC Section 4	7/15/19 – 7/20/19	9:00-4:00pm M- Binghamton, NY	\$450
CPR	7/18/19	9:00-12:00pm	\$60
CASAC REVIEW	7/4/19	9:00-4:00pm	\$150

August			
Clinical Supervision Foundation II Required 14 hour pre-requisite online portion and it must be completed (with certificated sent to training) before the start of the course.	8/7/19-8/9/19	8:00am-4:30pm (Registration from 8-8:30) Registration information will be emailed out to people on the Training Institute mailing list.	16 CEU CASAC SW MHC \$80
Narcan Administration Training	8/14/19	12:00pm and 5:00PM	Free Limited Space
Defensive Driving	8/22/19	Binghamton 9:00-4:00pm	\$60

September			
CASAC Section 3	9/3/19	Live in Person Tue and Thurs 5-8pm	\$910
Narcan Administration Training	9/11/19	12:00pm and 5:00PM	Free Limited Space
Integrated Substance Use, Mental Health in Our Communities Symposium	9/12/19	9:00-4:30pm	\$100 6 CEU CASAC SW MHC

October			
Narcan Administration Training	10/9/19	12:00pm and 5:00PM	Free Limited Space
CASAC REVIEW	10/10/19	9:00-4:00pm	\$150
No More Silence <ul style="list-style-type: none"> • The ABC's of LGBTQ+ • Interpersonal Violence, the Basics 	10/10/19	9:00am-4:30pm	6 CEU CASAC SW MHC \$100
Mental Health First Aid	10/11/19	8:00am-4:00pm	\$80 6 CEU CASAC SW MHC
Defensive Driving	10/24/19	9:00-4:00pm	\$60
CASAC Section 3	10/28/19	Live Online Mon and Wed 5-8pm	\$910
Recovery & Treatment 101	10/11	9-11:00am	\$25 2 CEU CASAC

November			
Narcan Administration Training	11/13//19	9:00-12noon	Free Limited Space
Mental Health First Aid	11/20/19	8:00am-4:00pm	\$80 6 CEU CASAC SW MHC
CPR	11/21/19 Rochester	9:00-12:00pm	\$60

December			
CASAC Section 3	12/3/19-3/3/19	Tues and Thurs 4-7pm Binghamton	\$1500
Clinical Supervision Foundation II Required 14 hour pre-requisite online portion and it must be completed (with certificated sent to training) before the start of the course.	12/4/19-12/6/19	8:00am-4:30pm (Registration from 8-8:30) Registration information will be emailed out to people on the Training Institute mailing list.	16 CEU CASAC SW MHC \$80
Non-Clinical work in a clinical setting	12/6/19	9:00am-11:am	\$25 2 CEU CASAC
Narcan Administration Training	12/11/19	12:00pm and 5:00PM	Free Limited Space

If not noted all training will take place at 329 North Salina Street, Syracuse, New York 132



COURSE DESCRIPTION

Course title	Description
Advocacy & Outreach 101 Presented by: Jordan Eubanks, CASAC-T, CRPA, NYCPS, NCPRSS Jacob Roland, CRPA, NYCPS	Participants will be able to: 1. Understand the historical importance of advocacy to the Peer role 2. Familiarize participants with the different kinds of advocacy 3. Familiarize participants with effective messaging techniques 4. Familiarize participants with outreach techniques
Assessing and Maintaining Wellness Presented by: Jason Page, MS, CTRS, CASAC Jacqueline Dyke, MS CTRS-BH	This class explores the multiple dimensions of wellness that shape the lives of patients and therapists. Drawing on research evidence and WHO data this class will open with a definition of wellness and moving through how these elements shape patient experience before during and after treatment. The class will then consider how therapists can assess an individual's wellness, and how changes might impact recovery efforts.
Burnout, Compassion Fatigue, and Vicarious Trauma: What You Should Know Presented by: Andrea Mojica, MS, LMHC, CASAC II, CCPT Jordan Eubanks, CASAC-T, NCPRSS, CRPA, NYCPS	Participants will be able to define burnout, compassion fatigue, and vicarious trauma including their signs and symptoms Participants will be able to understand how these three phenomena are related Learn how to cope with each of these three phenomena
CASAC Review Presented by: Steven Comer, MA, CASAC II, CRPA	This 12 hour course is designed to help candidates review and prepare for the CASAC Certification exam. The class covers material from all four CASAC Sections and covers information on how to prepare for and take a test given in an electronic testing format. As a prerequisite students will need to take an approved CASAC prep exam and meet for a one on one with the course instructor. The fee for the exam is extra to the course fee and charged at the standard rate set by the examiner.
CASAC Section 1 Knowledge of Alcoholism and Substance Abuse	This course covers the 85 hours of required education for Section 1 of the 350 hour training for CASAC Certification.
CASAC Section 2 Alcohol and Substance Abuse Counseling	This course covers the 150 hours of required education for Section 2 of the 350 hour training for CASAC Certification.
CASAC Section 3 Assessment; Treatment Planning; Case Management; and Patient, Family and Community Education	This course covers the 70 hours of required education for Section 3 of the 350 hour training for CASAC Certification.
CASAC Section 4 Professional and Ethical Responsibilities	This course covers the 45 hours of required education for Section 4 of the 350 hour training for CASAC Certification.
Certified Recovery Peer Advocate Presented by: Jason Page, MS, CTRS, CASAC Jessica Krohn, LMSW	This 46hr course offers the four required modules and meet the training/certification requirements of the NYCB for the CRPA certification. This intensive course will cover 10hrs of advocacy, 10hrs of mentoring and education, 10hrs of recovery and wellness supports, and 16hrs of ethics. At the end of this course, participants will be eligible to apply for provisional CRPA status (CRPA-P) and sit for the NYCB/IC&RC Peer Recovery Exam.
Certified Recovery Peer Advocate Review Presented by:	This 8 hour course is designed to help candidates review and prepare for the CRPA Certification exam. The class covers material from all four CRPA Sections and covers information on how to prepare for and take a test

Jason Page, MS, CTRS, CASAC	given in an electronic testing format.
Clinical Supervision Foundations II Presented by: Nathan Rauscher, LMSW, Master CASAC Dorothy Radcliff, CASAC	This training is developed to meet the state requirement that people who are CASAC's or otherwise a QHP working in our field of care, to become OASAS certified clinical supervisors. <u>Pre-requisite</u> Clinical Supervision Foundations I Online Course • This 14-hour, self-paced course is designed to introduce the terms, topics, and resources essential to clinical supervision. This course is a pre-requisite to the 16-hour Clinical Supervision Foundations II classroom training. To access the course: http://www.healthknowledge.org This course is approved for OASAS credentialing hours. There is no need to pay for the course unless Social Work Continuing Education hours are desired.
Compassionate Communication Presented by: Jessica Krohn, LMSW	This training will provide a brief overview of communication as a tool for learning and connectedness. The training will promote increased comfort in addressing conflict and communicating effectively with others (colleagues, family, patients, etc). There will be a short exercise, an opportunity for discussion and information about how to practice nonviolent communication and avoid compassion killers during interactions with others.
CPR (BLS) Presented by: Jessica Krohn, LMSW Ashley Oliver, RN Steven Comer, MA, CASAC II, CRPA	American Heart Association trained Instructors The BLS Course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. In the Instructor-led course, students participate in simulated clinical scenarios and learning stations. Students work with an AHA BLS Instructor to complete BLS skills practice and skills testing. Students also complete a written exam.
Defensive Driving Presented by: Steven Comer, MA, CASAC II, CRPA	Our instructors are certified through the National Safety Council for Defensive Driving. You can save up to 10% on your auto insurance and reduce up to 4 points on your driving record after completion of the class. This class is 6 hours in length plus a 30 minute lunch break. This defensive driving course will refresh your driving knowledge with a review of time-tested driving tips and an overview of today's vehicle and traffic laws. Each participant in this course may be eligible to reduce as many as four points on his/her driving record. The DMV computer will automatically note your eligibility to receive the reduction. If you are the primary operator of a motor vehicle, you may also receive a minimum of 10% reduction in the base rate of your automobile or motorcycle liability insurance premiums each year for a period of 3 years.
DBT Principles Presented by: Tracy Torelli LMSW	This course provides an overview of Dialectical Behavioral Therapy: DBT. Before introducing approaches, theories and skills that can be used in a behavioral health setting to address problems when treating individuals with personality disorders. These approaches can be used individually or in group settings to reduce discord and increase treatment retention.

<p>Effectively Sharing Your Recovery Story</p> <p>Presented by: Jordan Eubanks, CASAC-T, CRPA, NYCPS, NCPRSS Jacob Roland, CRPA, NYCPS</p>	<p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. Gain knowledge on the importance of self-disclosure 2. Identify how to effectively frame a recovery story 3. Define potential risks in ineffectively sharing a recovery story 4. Distinguish effective times to share key components of recovery story 5. Identify the difference between sharing a ‘war’ story and sharing a recovery story 6. Define stigma-reducing terms to incorporate in recovery story
<p>Interpersonal Violence, the Basics</p> <p>Presented by: Jessica Krohn, LMSW</p>	<p>This course will provide an introductory overview to the different forms of interpersonal violence. Participants will engage in activities that will promote internal understanding of interpersonal violence. Participants will learn about warning signs and coping strategies of those who have encountered interpersonal violence. An overview of warnings signs and abusive strategies will be included. Closing with tips and tools on supporting those who have encountered interpersonal violence.</p>
<p>Mental Health First Aid</p> <p>Presented by: Sarah Vienne LMSW Steven Comer, MA, CASAC II, CRPA</p>	<p>The course trains participants to help people who may be experiencing a mental health problem or crisis. You learn:</p> <ol style="list-style-type: none"> 1. Risk factors and warning signs of mental health problems. 2. Information on depression, anxiety, trauma, psychosis, and addiction disorders. 3. A 5-step action plan to help someone developing a mental health problem or in crisis. 4. Where to turn for help — professional, peer, and self-help resources.
<p>Narcan Administration Training</p> <p>Presented by: Helio Health Staff</p>	<p>Free trainings cover overdose recognition tips, Narcan injections, and access to Narcan kits (medicine and carrying kit).</p> <p>Narcan is a brand name for naloxone, a medication designed to rapidly reverse opioid overdose. It is an opioid antagonist meaning that it binds to opioid receptors and can reverse and block the effects of other opioids. It can very quickly restore normal respiration to a person whose breathing has slowed or stopped as a result of overdosing with heroin or prescription opioid pain medications</p>
<p>Recovery & Treatment</p> <p>Presented by: Jordan Eubanks, CASAC-T, CRPA, NYCPS, NCPRSS Jacob Roland, CRPA, NYCPS</p>	<p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. Familiarize participants with the different Levels of Care as defined by LOCADTR 3.0 2. Define the diagnosis of Substance Use Disorder 3. Familiarize participants with the process of warm handoff 4. Familiarize participants with Multiple Pathways of Recovery as defined by SAMHSA
<p>The ABC’s of LGBTQ+</p> <p>Presented by: Jennifer Crider, LMSW, CASAC II</p>	<p>This workshop has been developed to provide professionals in all areas of substance use and mental health disorder treatment with the basic knowledge and tools to work with LGBTQ+ clients. The purpose of this training is to give an opportunity to identify biases, strengths and areas for improvement around working with those who identify as part of the LGBTQ+ community. Offered will be ideas for implementation of LGBTQ+ sensitive treatment and community resources as well as an opportunity to discuss self-identification and expression.</p>

Helio Health Training Institute

Attendee Application Form

This application is for individuals seeking to complete training with Helio Health Training Institute.
Please complete all parts of this application.

Part 1: Contact information

Last Name: First Name:

Address:

City: State: Zip:

Email:

Contact Phone Number:

Part 2: Payment

Payment Type (please check):

	Credit Card/Check or MO #	Exp Date/CID Code
Credit Card <input type="checkbox"/>	<input type="text"/>	<input type="text"/>
Check or Money Order <input type="checkbox"/>	<input type="text"/>	<input type="text"/>

Do you currently hold any professional certification or license? Yes: No:

If yes, which: #

Part 3: Training Attending

Training Title:

Training Cost: \$

I certify that the information contained in this application is correct to the best of my knowledge. Refund/Cancellation Policy: Registrations can be cancelled within 30 days, before the event are eligible for a 100% refund of the registration fees paid. PAYMENT TERMS AND CONDITIONS. Seller will invoice Buyer for the Products on or about the date. Helio Health and/or the Payment Service Providers shall not be liable for any inaccuracy, error or delay in, or omission of (a) any data, information or message, or (b) the transmission or delivery of any such data, information or message; or (c) any loss or damage arising from or occasioned by any such inaccuracy, error, delay or omission, non-performance or interruption in any such data, information or message. Under no circumstances shall the Helio Health and/or the Payment Service Providers, its employees, directors, and its third party agents involved in processing, delivering or managing the Services, be liable for any direct, indirect, incidental, special or consequential damages, or any damages whatsoever, including punitive or exemplary arising out of or in any way connected with the provision of or any inadequacy or deficiency in the provision of the Services or resulting from unauthorized access or alteration of transmissions of data or arising from suspension or termination of the Service.

Please email all application to: scomer@helio.health or Fax to 315.474.1554

If paying by check or money order please mail to 510 East Fayette Street, Syracuse, New York 13202 Attn: Training Institute

Please do not use this register form to attend our 2019 Northeast Behavioral Healthcare Conference.

To register go to:

2019 Northeast Behavioral Healthcare Conference: <https://go.regform.com/#!/registration/reYM6e1/info>

Signed: Date:

Official Use Only

Received : _____

Reviewed by: _____

Forward to finance

Payment Process

Attendee Approved

Attendee not accepted

Applicant informed on: _____ by: _____

Training Institute Signature

Date

