

TRAINING INSTITUTE 2020 TRAINING CALENDAR



Helio Health

Where hope meets healing

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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, LMFT 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

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 2020.

Effective January 1, 2020, registration for courses other than CASAC or CRPA will need to be done online. The goal is for this new system to help us streamline registrations and eventually offer a comprehensive online learning platform that provides access to self-study courses. Many of our in-person 2020 courses are already in the system and we will be adding more online courses as the year progresses. To access this resource please follow the link below and set up an account.

<https://heliohealth.digitalchalk.com/auth/login>

Please note we will only be accepting payment via this platform

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 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 marriage and family therapy. #MFT-0079.

The Helio Health Training Institute is recognized by the Pennsylvania State Board to offer initial and recertification contact hours for Social Workers, Marriage and Family Therapists, and Counselors. (#SWPR004361)

Helio Health

Training Institute Staff

	<p>Training Institute Director <i>Jason Page, Ph.D(c). CTRS, Master CASAC</i> B.A., Canterbury Christchurch University B.A. SUNY Cortland M.A., SUNY Cortland Ph.D. (c), Clemson University</p>
	<p>Training Institute Specialist <i>Melissa Seymour, LMHC, RYT</i> B.A., University at Albany M.S., University at Albany MHC, University at Albany</p>

Training Calendar 2020

Description of Training on page 7-10

June

Course	Start	End	Day	Time	Location	Price
CASAC Exam review course	18-June	19-June	Thurs-Fri	9am – 4pm	Virtual Delivery	\$120.00
Clinical Supervision Foundations II	8-Jun	12-Jun	Wed-Fri	9am -12pm	Virtual Delivery	\$200.00
Practicing Mindfulness in the Era of Covid-19	17-June	17-June	Wed	12pm-1:30pm	Virtual Delivery	\$25.00
The ABC's of LGBTQ+	24-Jun	24-Jun	Wed	12-3pm	Virtual Delivery	\$50.00

July

Course	Start	End	Day	Time	Location	Price
CASAC Section 2: Alcohol and Substance Abuse Counseling (150 hours)*	14-Jul	19-Jan-21	Tues & Thurs	4-7pm	Syracuse	\$2250
CRPA	22-Jul	31 - Jul	Wed - Fri	8:30-4:30pm	Syracuse	\$450.00

* Course may initially be delivered virtually due to COVID-19 restrictions

August

Course	Start	End	Day	Time	Location	Price
Opioid & Suicide Loss	4-Aug	5-Aug	Tues & Wed	9am-4pm	Virtual Delivery	Free
Mental Health First Aid	12-Aug	12-Aug	Wed	8-4:30pm	Binghamton	\$100.00

September

Course	Start	End	Day	Time	Location	Price
CASAC Section 2: Alcohol and Substance Abuse Counseling (150 hours)	7-Sep	3-Mar-21	Mon & Wed	4-7pm	Online	\$2250
Clinical Supervision Foundations II	9-Sep	11-Sep	Wed - Fri	8:00-4:30pm	Syracuse	\$200.00
CPR: BLS	9-Sep	9-Sep	Wed	9-12pm	Binghamton	\$65.00
CPR: BLS	23-Sep	23-Sep	Wed	9-12pm	Syracuse	\$65.00
Principles of DBT	21-Sep	21-Sep	Mon	9-4pm	Syracuse	\$100.00

October

Course	Start	End	Day	Time	Location	Price
Defensive Driving	7-Oct	7-Oct	Tues	8-4pm	Binghamton	\$65.00
CRPA	12-Oct	28-Oct	Mon, Tues, & Wed.	8:30-3:30pm	Syracuse	\$450.00
New Ethical Dilemmas for the New Digital Age	15-Oct	15-Oct	Thurs	8:30-4:30pm	Syracuse	\$100.00
Mental Health First Aid	21-Oct	21-Oct	Wed	8-4:30pm	Rochester	\$100.00

November

Course	Start	End	Day	Time	Location	Price
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CPR: BLS	10-Nov	10-Nov	Tues	9-12pm	Rochester	\$65.00
The ABC's of LGBTQ+	18-Nov	18-Nov	Wed	1-4pm	Syracuse	\$50.00

December

Course	Start	End	Day	Time	Location	Price
CPR: BLS	2-Dec	2-Dec	Wed	9-12pm	Binghamton	\$65.00
Clinical Supervision Foundations II	9-Dec	12-Dec	Wed-Fri	8:00-4:30pm	Syracuse	\$200.00

Training Location Addresses

Binghamton, NY
249 Glenwood Road, Building One, Binghamton, NY 13905

Rochester, NY
1350 University Ave, Rochester, NY 14607

Syracuse, NY
329 North Salina Street, Syracuse, NY 13203

All virtual courses are delivered via Zoom, participants must have a webcam and mic so that they can participate in live classes. Without these features, no continuing education credit can be granted.

Please note: Effective January 1, 2020, registration for courses other than CASAC or CRPA will need to be done online. The goal is for this new system to help us streamline registrations and eventually offer a comprehensive online learning platform that provides access to self-study courses. Many of our in-person 2020 courses are already in the system and we will be adding more online courses as the year progresses. To access this resource please follow the link below and set up an account.

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COURSE DESCRIPTION

Course title	Description
<p>CASAC Review</p> <p>Presented by: Jason Page, Ph.D(c). CTRS, Master CASAC</p>	<p>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.</p> <p style="color: orange;">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.</p>
<p>Certified Recovery Peer Advocate</p> <p>Presented by: Jason Page, Ph.D(c). CTRS, Master CASAC</p>	<p>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.</p>
<p>Certified Recovery Peer Advocate Review</p> <p>Presented by: Jason Page, Ph.D(c). CTRS, Master CASAC</p>	<p>This 6-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 given in an electronic testing format.</p>
<p>Clinical Supervision Foundations II</p> <p>Presented by: Nathan Rauscher, LMSW, Master CASAC Dorothy Radcliff, CASAC</p> <p style="color: orange;">16 CEU/CE SW, MHC, MFT, CASAC</p>	<p>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.</p> <p style="color: orange;"><u>Pre-requisite</u> Clinical Supervision Foundations I Online Course</p> <ul style="list-style-type: none"> 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 <p>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.</p>

<p>CPR (BLS)</p> <p>Presented by: Melissa Seymour LMHC, RYT</p>	<p>American Heart Association trained Instructors</p> <p>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.</p> <p>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.</p>
<p>Cultural Competence: A Journey to Improved Outcomes</p> <p>Presented by: TBD 24 CEU/CE CASAC</p>	<p>This training was designed to prepare the participants to commence their cultural competence journey of exploration into who they are; what motivates them and the individuals they serve; how do they and the families they serve function in the world; and where to best place and use their own curious nature in growing an appreciation for the clients/families as cultural beings.</p> <p>The training will initiate the processes needed to create an environment that supports a positive experience for the families receiving services, by increasing family engagement, tools for the staff/practitioner, and providing a framework that supports the family to collaborate with the staff/practitioner with setting goals that meets them where they are and expresses their own best interest.</p>
<p>DBT Principles</p> <p>Presented by: Tracy Torelli, LCSWR, CASAC 6 CEU/CE SW, MHC, MFT, CASAC</p>	<p>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>
<p>Defensive Driving</p> <p>Presented by: TBD</p>	<p>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.</p> <p>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.</p>
<p>Mental Health First Aid</p> <p>Presented by: Sarah Vienne LMSW Melissa Seymour LMHC RYT 6 CEU/CE CASAC</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>Motivational Interviewing: Intermediate Training</p> <p>18 CEU/CE SW, MHC, MFT, CASAC</p>	<p>Details Pending</p>
<p>New Ethical Dilemmas in the Digital Age</p> <p>Presented by: Nathan Rauscher, LMSW, Master CASAC Steven Comer, MHC-P, Master CASAC, CRPA</p> <p>6 CEU/CE SW, MHC, MFT, CASAC</p>	<p>This training is intended for professionals/counselors facing ethical dilemmas in a high technology and social media world. The training outlines and provides an overview of technology and ethics, use of social networking websites by clinical supervisors, counselors, and clients, emailing clients, conducting internet searches on clients and/or supervisors, and performing client consultations online. This training will also address counselor self-disclosure and self-disclosures in the age of the internet, privacy and security, clinical supervision and technology, and ethical reasoning.</p>
<p>Opioid & Suicide Loss in the Behavioral Health Workplace</p> <p>Presented by: Jason Page, Ph.D(c). CTRS, Master CASAC</p> <p>12 CEU/CE CASAC</p>	<p>Provide an overview of traumatic death rates and specific considerations for behavioral health workers, with emphasis on suicide and overdose.</p> <ol style="list-style-type: none"> 1. Identify suicide and overdose risk factors 2. Identify risk management strategies in the behavioral health population 3. Identify, define, and clarify the steps in the Zero Suicide (ZS) Initiative 4. Define traumatic loss, identify types of traumatic loss and traumatic reactions 5. Identify the psychological and behavioral symptoms of grief in behavioral health workers, including vicarious traumatization and burnout 6. Identify the specific considerations of multiple client losses in a short span of time (e.g., suicide contagion or mass overdose fatalities), with respect to impact on staff members 7. Identify self-care and coping strategies for behavioral health workers 8. Identify steps and strategies to a successful staff debriefing 9. Identify comprehensive postvention strategies for agencies experiencing high rates of traumatic loss
<p>The ABC's of LGBTQ+</p> <p>Presented by: Jennifer Crider, LMSW, CASAC II</p> <p>3 CEU/CE SW, MHC, MFT, CASAC</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>

CASAC TRAINING

<p>CASAC Section 1 Knowledge of Alcoholism and Substance Abuse</p> <p>This course covers the 85 hours of required education for Section 1 of the 350 hour training for CASAC Certification.</p>	<p>Section one includes content and material related to understanding substances, their effects on the mind and body of the individual user, and their sociological importance both historically and in contemporary America. This content will be delivered either live in person or via synchronous online classes that are designed to foster interaction and discussion around critical content. Classes ask students to engage with the material and to demonstrate understanding through essays, personal reflections, and quizzes.</p>
<p>CASAC Section 2 Alcohol and Substance Abuse Counseling</p> <p>This course covers the 150 hours of required education for Section 2 of the 350 hour training for CASAC Certification.</p>	<p>Section two covers information related to clinical practices and practice. Information covered in this section relates directly to patient care and interventions. As such, whether this course is delivered in person or online students are expected to actively participate by modelling skills, giving presentations, participating in group counseling scenarios, and through production of patient centered resources. Further, classes ask students to engage with the material and to demonstrate understanding through essays, personal reflections, and quizzes.</p>
<p>CASAC Section 3 Assessment; Treatment Planning; Case Management; and Patient, Family and Community Education</p> <p>This course covers the 70 hours of required education for Section 3 of the 350 hour training for CASAC Certification.</p>	<p>Section three is centered on the treatment process and sees student work with partners to guide a fictional patient through “treatment”. To this end, students will work with an assigned partner to complete screenings and an assessment, before collaboratively writing a patient centered treatment plan. Once the plan is developed, students will complete a mock individual session and review their performance. This mock session will include collaborative documentation. Finally, students will complete a treatment plan review and a discharge plan for their “patient”. This content will be delivered either live in person or via synchronous online classes that are designed to foster interaction and discussion around critical content. Classes ask students to engage with the material and to demonstrate understanding through essays, personal reflections, and quizzes.</p>
<p>CASAC Section 4 Professional and Ethical Responsibilities</p> <p>This course covers the 45 hours of required education for Section 4 of the 350 hour training for CASAC Certification.</p>	<p>Section four asks students to consider ethics as they relate to professional practice as a CASAC. This course is designed to educate them on the rules and regulations related to CASAC practice, but to also ask them to consider their own ethical standards. Although numerically last, this section provides a good introduction to the work of a CASAC and the regulatory world in which they operate. This content will be delivered either live in person or via synchronous online classes that are designed to foster interaction and discussion around critical content. Classes ask students to engage with the material and to demonstrate understanding through essays, personal reflections, and quizzes.</p>

