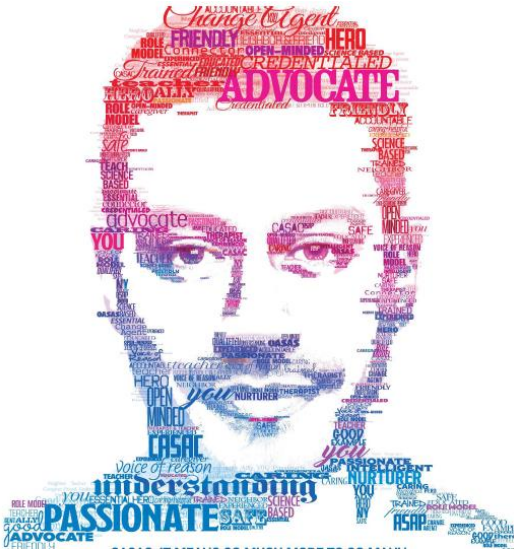


# Helio Health Training Institute



- 2021 -

# Training Calendar



# Table of Contents

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Introduction	3
Meet the Training Institute Staff	4
Course Descriptions and Offerings	5
Exam Preparation Courses	16
Initial Credential Offerings: CASAC	17
CRPA	18
2021 Training Calendar	19
Training Locations	25

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## Helio Health

The Helio Health Training Institute offers quality continuing education to individuals interested in furthering their career in Behavioral Healthcare and other human services disciplines.

The Training Institute is a certified training provider by the following:

- The Office of Addiction Services and Supports (OASAS) for CASAC initial certification and recertification courses.
- The New York State Education Department for LMSW/LCSW, LMFT and LMHCs recertification courses (approval statements are at the bottom of this page).

The Training Institute also employs trainers approved to provide the initial credentialing for the New York State Certification Board IC&RC Certified Recovery Peer Advocate (CRPA).

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 2021!

**Effective January 1, 2020, registration for courses will occur through Digital Chalk (see link below)  
(with the exception of CASAC or CRPA)**

The goal is for this system to help 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 Addiction Services and Supports 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



**Training Institute Director**  
*Nathan Rauscher, LMSW, Master CASAC*  
B.A., LeMoyne College, Syracuse  
M.S.W. Syracuse University, Syracuse



**Training Institute Specialist**  
*Melissa Seymour, LMHC, RYT*  
B.A., University at Albany  
M.S., University at Albany  
MHC, University at Albany



**Training Institute Generalist**  
*Daniel Griffin-Nolan, CRPA, NYCPS, NCPRSS*  
B.S., St. Peter's University, Jersey City





## INDIVIDUAL COURSE OFFERINGS

### Basic Knowledge: Physical, Psychological, and Pharmacological Effects

Cost – Employee Price: \$90    Public Price: \$135

APPROVED FOR: 9 CEU/CE (Please review each offered session for specific approved CEUs)

This nine-hour training is designed to provide professionals an understanding of the following:

- Historic cultural uses of stimulants, sedatives, depressants, and psychedelic substances.
- Identify common signs of stimulants, sedatives, depressants, and psychedelic substance use.
- Changes in smoking patterns over the last 75 years.
- Be able to identify different nicotine cessation approaches.

Upcoming Schedule	Location	CEU/CE Offered
June 17, June 22, June 24, 2021 (9-12pm each day)	Binghamton	SW, LMFT, LMHC, CASAC
July 15, July 20, July 22, 2021 (4-7pm each day)	Syracuse	SW, LMFT, LMHC, CASAC
September 13, September 15, September 20, 2021 (5-8pm each day)	Live Online	SW, LMFT, LMHC, CASAC

# Case Management, Referral, and Service Coordination

Cost – Employee Price: \$120 Public Price: \$180

APPROVED FOR: 12 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following:

- The definition of case management.
- Service coordination and practicing within policy limits.
- Patient needs assessments.
- Community and non-treatment resources.

## Upcoming Schedule

	Location	CEU/CE Offered
March 30, April 8, April 13, April 15, 2021 (4-7pm each day)	Syracuse	SW, LMFT, LMHC, CASAC
May 26, June 2, June 7, June 9, 2021 (5-8pm each day)	Live Online	SW, LMFT, LMHC, CASAC

# Clinical Supervision Foundations II

Cost – Employee Price: \$160 Public Price: \$240

APPROVED FOR: 16 CEU/CE for Social Work, Mental Health Counselor, Marriage and Family Therapy, CASAC

This training, developed and approved by ATTC in conjunction with NYS OASAS, is designed to provide the training needed to meet the New York State OASAS requirement for CASAC's or other QHPs working in substance use treatment, to provide clinical supervision to staff.

Pre-requisite: 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>
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## Upcoming Schedule

	Location	CEU/CE Offered
March 17 (9-4pm), March 18 (9-4pm), March 19, 2021 (9-1pm)	Live Online	SW, LMFT, LMHC, CASAC
June 9 (9-4pm), June 10 (9-4pm), June 11, 2021 (9-1pm)	Live Online	SW, LMFT, LMHC, CASAC
September 22 (9-4pm), September 23 (9-4pm), September 24, 2021 (9-1pm)	Live Online	SW, LMFT, LMHC, CASAC
December 15 (9-4pm), December 16 (9-4pm), December 17, 2021 (9-1pm)	Live Online	SW, LMFT, LMHC, CASAC

# Confidentiality and Legal Issues

APPROVED FOR: **9 CEU/CE** (Please review each offered session for specific approved CEUs)

**Cost – Employee Price: \$90    Public Price: \$135**

This training is designed to provide professionals an understanding of the following:

- HIPAA, 42 C.F.R. Part 2, and state laws on confidentiality.
- Decision making and confidentiality – policies in practice.
- HIV/AIDS and confidentiality – Consequences of breaking confidentiality.

## Upcoming Schedule

June 10, June 15, June 17, 2021 – 4:00pm-7:00pm

August 4, August 9, August 11, 2021 – 5:00pm-8:00pm

## Location

Syracuse

Live Online

## CEU/CE Offered

SW, LMFT, LMHC, CASAC

SW, LMFT, LMHC, CASAC

# Counselor – Client Relationships

**Cost – Employee Price: \$150    Public Price: \$225**

APPROVED FOR: **15 CEU/CE** (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following:

- The counseling relationship and conflicted agendas, including
  - Bias
  - Self-disclosure
  - Self-awareness
- Confused roles – groups, individuals, and counseling responsibilities, including
  - Boundaries
  - Transference
  - Recovery
  - Sexual harassment
- Ethics in clinical practice.
- Patient rights and conflicts of interest.
- Consistency in practice.

## Upcoming Schedule

May 20, May 25, May 27, June 3, June 8, 2021 (4:00pm-7:00pm)

July 19, July 21, July 26, July 28, August 2, 2021 (5:00pm-8:00pm)

## Location

Syracuse

Live Online

## CEU/CE Offered

SW, LMFT, LMHC, CASAC

SW, LMFT, LMHC, CASAC

# Counselor Wellness

Cost – Employee Price: \$50    Public Price: \$75

APPROVED FOR: 5 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following:

- Burnout, compassion fatigue, social obligations.
- The risks of “cutting corners”.
- Competency, wellness, and self-care.

Upcoming Schedule	Location	CEU/CE Offered
June 29, July 1, 2021 – 4:00pm-7:00pm	Syracuse	SW, LMFT, LMHC, CASAC
August 23, August 25, 2021 – 5:00pm-8:00pm	Live Online	SW, LMFT, LMHC, CASAC

# Crisis Management

Cost – Employee Price: \$90    Public Price: \$135

APPROVED FOR: 9 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following subtopics:

- Crisis interventions and incident reporting
- Methods for crisis response Signs of symptom recurrence
- Using crises to facilitate recovery

Upcoming Schedule	Location	CEU/CE Offered
January 19, January 21, January 26 – 4:00pm-7:00pm	Syracuse	SW, LMFT, LMHC, CASAC
February 22, February 24, March 1 – 5:00pm-8:00pm	Live Online	SW, LMFT, LMHC, CASAC



# CPR

**Cost – Employee Price: \$35    Public Price: \$50**

Each course is offered by an approved 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.

<b>Upcoming Schedule</b>	<b>Location</b>	<b>CEU/CE Offered</b>
January 8, 2021 (9:00am-12:00pm)	Rochester	None
January 22, 2021 (9:00am-12:00pm)	Syracuse	None
February 5, 2021 (9:00am-12:00pm)	Binghamton	None
February 19, 2021 (9:00am-12:00pm)	Syracuse	None
March 5, 2021 (9:00am-12:00pm)	Utica	None
March 19, 2021 (9:00am-12:00pm)	Syracuse	None
April 9, 2021 (9:00am-12:00pm)	Rochester	None
April 23, 2021 (9:00am-12:00pm)	Syracuse	None
May 7, 2021 (9:00am-12:00pm)	Binghamton	None
May 21, 2021 (9:00am-12:00pm)	Syracuse	None
June 4, 2021 (9:00am-12:00pm)	Syracuse	None
June 18, 2021 (9:00am-12:00pm)	Utica	None
July 9, 2021 (9:00am-12:00pm)	Syracuse	None
July 23, 2021 (9:00am-12:00pm)	Rochester	None
August 6, 2021 (9:00am-12:00pm)	Syracuse	None
August 20, 2021 (9:00am-12:00pm)	Binghamton	None
September 3, 2021 (9:00am-12:00pm)	Syracuse	None
September 17, 2021 (9:00am-12:00pm)	Syracuse	None
October 1, 2021 (9:00am-12:00pm)	Utica	None
October 15, 2021 (9:00am-12:00pm)	Syracuse	None
October 29, 2021 (9:00am-12:00pm)	Rochester	None
November 12, 2021 (9:00am-12:00pm)	Syracuse	None
December 3, 2021 (9:00am-12:00pm)	Syracuse	None
December 17, 2021 (9:00am-12:00pm)	Binghamton	None

# DSM-5 in Substance Related and Addictive Disorders

Cost – Employee Price: \$30    Public Price: \$45

APPROVED FOR: 3 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following:

- The body's reaction to ingestion of substances
- Tolerance development to substances
- Symptoms of intoxication and withdrawal

## Upcoming Schedule

## Location    CEU/CE Offered

July 1, 2021 – 9:00am-12:00pm	Binghamton	SW, LMFT, LMHC, CASAC
July 29, 2021 – 4:00pm-7:00pm	Syracuse	SW, LMFT, LMHC, CASAC
September 27, 2021 – 5:00pm-8:00pm	Live Online	SW, LMFT, LMHC, CASAC

# Ethical Decision Making and Conduct

Cost – Employee Price: \$90    Public Price: \$135

APPROVED FOR: 9 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following:

- Ethical thinking and decision making in contemporary treatment.
- Clinical supervision (please note that this course is not a substitute for the “Clinical Supervision Foundations II” course.
- Recognizing personal strengths, biases, and working within the ethical codes of practice.

## Upcoming Schedule

## Location    CEU/CE Offered

May 11, May 13, May 18 – 4:00pm-7:00pm	Syracuse	SW, LMFT, LMHC, CASAC
July 7, July 12, July 14 – 5:00pm-8:00pm	Live Online	SW, LMFT, LMHC, CASAC

# Evidence Based Practice and Trends in Treatment, including MAT

Cost – Employee Price: \$30    Public Price: \$45

APPROVED FOR: 3 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following:

- Definition of EBP and an understanding on where to find information on EBPs
- Why MAT is an EBP.
- Changes in treatment methods overtime
- The value in adjunctive interventions and therapies

## Upcoming Schedule

	Location	CEU/CE Offered
August 24, 2021 – 9:00am-12:00pm	Binghamton	SW, LMFT, LMHC, CASAC
September 23, 2021 – 4:00pm-7:00pm	Syracuse	SW, LMFT, LMHC, CASAC
November 17, 2021 – 5:00pm-8:00pm	Live Online	SW, LMFT, LMHC, CASAC

# Foundational Counseling Skills of Individuals and Group Counseling

Cost – Employee Price: \$200    Public Price: \$300

APPROVED FOR: 20 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following subtopics:

- The basics of human behavior.
- Barriers to recovery.
- Stages of change.
- Counseling approaches
- Positive reinforcement and a strengths based approach
- Learning styles and teaching approaches
- Patient rights

## Upcoming Schedule

	Location	CEU/CE Offered
October 12, October 14, October 19, October 21, October 26, October 28, November 2, 2021 – 9:00am-12:00pm	Binghamton	SW, LMFT, LMHC, CASAC
November 2, November 4, November 9, November 11, November 16, November 18, November 30, 2021 – 4:00pm-7:00pm	Syracuse	SW, LMFT, LMHC, CASAC

# Individual Counseling

Cost – Employee Price: \$200 Public Price: \$300

APPROVED FOR: 20 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following subtopics:

- Individual counseling theories.
- Individual counseling competencies
- Counselor engagement skills
- Setting up an individual session for patients with SUDs putting theory into practice
- Counseling individuals on Medication Assisted Therapies
- MET and MI
- Addressing life skills and vocational rehab

## Upcoming Schedule

November 16, November 18, November 30, December 2,  
December 7, December 9, December 14, 2021 – 9:00am-12:00pm

## Location

Binghamton

## CEU/CE Offered

SW, LMFT, LMHC, CASAC

# Integrated Care

Cost – Employee Price: \$90 Public Price: \$135

APPROVED FOR: 9 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following subtopics:

- Health, wellness, and communicable diseases.
- Co-occurring disorders.
- Integrated Service Delivery.

## Upcoming Schedule

November 4, November 9, November 11, 2021 9:00am-12:00pm  
December 2, December 7, December 9, 2021 4:00pm-7:00pm

## Location

Binghamton  
Syracuse

## CEU/CE Offered

SW, LMFT, LMHC, CASAC  
SW, LMFT, LMHC, CASAC

# Medication Self-Administration with Staff Oversight: Medical Professional Train-the-Trainer

Cost – Employee Price: \$80    Public Price: \$120

**REQUIRED** TRAINING FOR ALL MEDICAL PROFESSIONALS WHO WILL BE TEACHING AUTHORIZED STAFF IN **OASAS-CERTIFIED PROGRAMS** TO OVERSEE THE SELF-ADMINISTRATION OF MEDICATION

Please refer to the following OASAS Local Service Bulletin for additional information:

<https://oasas.ny.gov/policies-self-administration-medication-oasas-programs>

The following prerequisites are required to attend this course:

1. RN, NP, PA, MD required
2. Computer with internet access and web camera (required for all virtual trainings)
3. Completion of Part 1 required:
  - a. Click here to [complete an online, self-paced course](#).
  - b. Complete a brief exam.
  - c. Submit a copy of the completion certificate to [training@helio.health](mailto:training@helio.health).

<u>Upcoming Schedule</u>	<u>Location</u>	<u>CEU/CE Offered</u>
January 25, 2021 – 9:00am-4:00pm	Live Online	None
April 12, 2021 – 9:00am-4:00pm	Live Online	None
August 16, 2021 – 9:00am-4:00pm	Live Online	None
December 6, 2021 – 9:00am-4:00pm	Live Online	None

## Mental Health First Aid

Cost – Employee Price: \$80    Public Price: \$110

APPROVED FOR: 8 CEU/CE CASAC

The course trains participants to help people who may be experiencing a mental health problem or crisis.

You will learn:

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.

<u>Upcoming Schedule</u>	<u>Location</u>	<u>CEU/CE Offered</u>
June 21, 2021 9:00am-4:00pm	Syracuse	CASAC
August 23, 2021 9:00am-4:00pm	Binghamton	CASAC
October 18, 2021 9:00am-4:00pm	Syracuse	CASAC

# Recurrence of Symptoms/Relapse Prevention

Cost – Employee Price: \$150 Public Price: \$225

APPROVED FOR: 15 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following subtopics:

- Dynamics of symptom recurrence and retuning to use
- Understanding Post-acute withdrawal
- Signs of symptom recurrence
- Symptom recurrence and risk management
- Developing patient self-help strategies for remission maintenance

## Upcoming Schedule

## Location

## CEU/CE Offered

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February 3, February 8, February 10, February 15, February 17, 2021 Live Online SW, LMFT, LMHC, CASAC  
– 5:00pm-8:00pm

# Screening, Assessment, and Evaluation

Cost – Employee Price: \$240 Public Price: \$360

APPROVED FOR: 24 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following:

- Entering treatment and LOCADTR
- Assessment and evaluation tools, including the following:
  - DAST, SMAST, MAST, CIWA, AUDIT, CAGE, MINI, ASI
  - ASAM assessment
  - Biopsychosocial assessment
- Interviewing skills/styles

## Upcoming Schedule

## Location

## CEU/CE Offered

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February 2, February 4, February 9, February 11, February 16, Syracuse SW, LMFT, LMHC, CASAC  
February 18, February 23, February 25, 2021 – 4:00pm-7:00pm  
March 29, March 31, April 7, April 12, April 14, April 19, April 21, Live Online SW, LMFT, LMHC, CASAC  
April 26, 2021 – 5:00pm-8:00pm

# Treatment Planning, Client Record Keeping, and Discharge Planning

Cost – Employee Price: \$240 Public Price: \$360

APPROVED FOR: 24 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following:

- Collaborative documentation.
- Treatment planning and the interdisciplinary team.
- Treatment plan development – a cooperative process.
- Counseling using a treatment plan.
- Progress notes and routine documentation.
- Treatment plan reviews.
- Discharge planning and aftercare.
- Managing client documentation and charting using technology.

Upcoming Schedule	Location	CEU/CE Offered
March 2, March 4, March 9, March 11, March 16, March 18, March 23, March 25, 2021 – 4:00pm-7:00pm	Syracuse	SW, LMFT, LMHC, CASAC
April 28, May 3, May 5, May 10, May 12, May 17, May 19, May 24, 2021 – 5:00pm-8:00pm	Live Online	SW, LMFT, LMHC, CASAC

# Treatment Process and Paperwork (Biopsychosocial Assessments)

Cost – Employee Price: \$30 Public Price: \$45

APPROVED FOR: 3 CEU/CE (Please review each offered session for specific approved CEUs)

This training is designed to provide professionals an understanding of the following:

- Reasons behind the development of the biopsychosocial model.
- How the biopsychosocial model differs from the medical model.
- How the biopsychosocial model helps deliver person centered care.

Upcoming Schedule	Location	CEU/CE Offered
July 13, 2021 – 9:00am-12:00pm	Binghamton	SW, LMFT, LMHC, CASAC
August 10, 2021 – 4:00pm-7:00pm	Syracuse	SW, LMFT, LMHC, CASAC
October 6, 2021 – 5:00pm-8:00pm	Live Online	SW, LMFT, LMHC, CASAC



## EXAM PREPARATION COURSES

### CASAC – Exam Prep

**Cost – Employee Price: \$100 Public Price: \$150**

**(NOTE – If you have completed CASAC coursework at Helio Health within one calendar year of the training, there is no cost to participate – proof of completion required)**

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.

<u>Upcoming Schedule</u>	<u>Location</u>	<u>CEU/CE Offered</u>
May 19, May 20, 2021 9:00am-4:00pm each day	Live Online	None
November 22, November 23, 2021 9:00am-4:00pm each day	Live Online	None

### Certified Recovery Peer Advocate – Exam Prep

**Cost – Employee Price: \$50 Public Price: \$75**

**(NOTE – If you have completed CRPA coursework at Helio Health within one calendar year of the training, there is no cost to participate – proof of completion required)**

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.

<u>Upcoming Schedule</u>	<u>Location</u>	<u>CEU/CE Offered</u>
March 10, 2021 9:00am-4:00pm	Live Online	None
September 14, 2021 9:00am-4:00pm	Live Online	None





# INITIAL CREDENTIALING OFFERINGS

## Credentialed Alcoholism and Substance Abuse Counselor (CASAC)

Helio Health Training Institute is recognized by New York State Addiction Services and Supports to provide the 350-hour initial certification and training for Credentialed Alcoholism and Substance Abuse Counselors.

The full 350-hour course is divided into four sections consistent with the OASAS initial credentialing requirements. Each section can be taken individually or consecutively, based on the student's individual needs:

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CASAC Section 1 - Knowledge of Alcoholism and Substance Abuse	<b>85 hours</b> of required education for Section 1 of the 350 hour training for CASAC Certification.	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.
CASAC Section 2 - Alcohol and Substance Abuse Counseling	<b>150 hours</b> of required education for Section 2 of the 350 hour training for CASAC Certification.	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.

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<b>CASAC Section 3 -</b> Assessment; Treatment Planning; Case Management; and Patient, Family and Community Education	<b>70 hours</b> of required education for Section 3 of the 350 hour training for CASAC Certification.	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.
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<b>CASAC Section 4 -</b> Professional and Ethical Responsibilities	<b>45 hours</b> of required education for Section 4 of the 350 hour training for CASAC Certification.	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.
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## Certified Peer Recovery Advocate (CRPA)

This **46-hour** course offers the four required modules and meets 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
- **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.

**PLEASE NOTE:** If you are interested in registering for either the CASAC or CRPA initial certification courses, please visit our website for a detailed explanation of the programs, upcoming course offerings, and for the course application:  
<https://www.helio.health/training/public-training/>

# 2021 Training Calendar

- KEY -

Binghamton	Syracuse	Rochester	Utica	Live Online
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## January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
					CPR 9-12pm	
10	11	12	13	14	15	16
17	18	19	20	21	22	23
		Crisis Management 4-7pm		Crisis Management 4-7pm	CPR 9-12pm	
24	25	26	27	28	29	30
	Medication Self-Admin. Train the Trainer 9-4pm	Crisis Management 4-7pm				

## February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 31	1	2	3	4	5	6
		Screening, Assess, & Eval. 4-7pm	Relapse Prevention 5-8pm	Screening, Assess, & Eval. 4-7pm	CPR 9-12pm	
7	8	9	10	11	12	13
	Relapse Prevention 5-8pm	Screening, Assess, & Eval. 4-7pm	Relapse Prevention 5-8pm	Screening, Assess, & Eval. 4-7pm		
14	15	16	17	18	19	20
	Relapse Prevention 5-8pm	Screening, Assess, & Eval. 4-7pm	Relapse Prevention 5-8pm	Screening, Assess, & Eval. 4-7pm	CPR 9-12pm	
21	22	23	24	25	26	27
	Crisis Management 5-8pm	Screening, Assess, & Eval. 4-7pm	Crisis Management 5-8pm	Screening, Assess, & Eval. 4-7pm		

# March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 28	1	2	3	4	5	6
	Crisis Management 5-8pm	Ther. Plan, Record Keeping, Disc. 4-7pm		Ther. Plan, Record Keeping, Disc. 4-7pm	CPR 9-12pm	
7	8	9	10	11	12	13
		Ther. Plan, Record Keeping, Disc. 4-7pm	CRPA Exam Prep 9-4pm	Ther. Plan, Record Keeping, Disc. 4-7pm		
14	15	16	17	18	19	20
		Ther. Plan, Record Keeping, Disc. 4-7pm	Clinical Supervision Found. II 9-4pm	Ther. Plan, Record Keeping, Disc. 4-7pm	CPR 9-12pm	
				Clinical Supervision Found. II 9-4pm	Clinical Supervision Found. II 9-1pm	
21	22	23	24	25	26	27
		Ther. Plan, Record Keeping, Disc. 4-7pm		Ther. Plan, Record Keeping, Disc. 4-7pm		
28	29	30	31			
	Screening, Assess, & Eval. 5-8pm	Case Mgmt / Ref / Ser. Coord 4-7pm	Screening, Assess, & Eval. 5-8pm			

# April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
			Screening, Assess, & Eval. 5-8pm	Case Mgmt / Ref / Ser. Coord 4-7pm	CPR 9-12pm	
11	12	13	14	15	16	17
	Medication Self- Admin. Train the Trainer 9-4pm Screening, Assess, & Eval. 5-8pm	Case Mgmt / Ref / Ser. Coord 4-7pm	Screening, Assess, & Eval. 5-8pm	Case Mgmt / Ref / Ser. Coord 4-7pm		
18	19	20	21	22	23	24
	Screening, Assess, & Eval. 5-8pm		Screening, Assess, & Eval. 5-8pm		CPR 9-12pm	
25	26	27	28	29	30	May 1
	Screening, Assess, & Eval. 5-8pm		Ther. Plan, Record Keeping, Disc. 5-8pm			

# May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	Ther. Plan, Record Keeping, Disc. 5-8pm		Ther. Plan, Record Keeping, Disc. 5-8pm		CPR 9-12pm	
9	10	11	12	13	14	15
	Ther. Plan, Record Keeping, Disc. 5-8pm	Ethical Decision Making 4-7pm	Ther. Plan, Record Keeping, Disc. 5-8pm	Ethical Decision Making 4-7pm		
16	17	18	19	20	21	22
	Ther. Plan, Record Keeping, Disc. 5-8pm	Ethical Decision Making 4-7pm	CASAC Exam Prep 9-4pm Ther. Plan, Record Keeping, Disc. 5-8pm	Counselor/Patient Relationship 4-7pm CASAC Exam Prep 9-4pm	CPR 9-12pm	
23	24	25	26	27	28	29
	Ther. Plan, Record Keeping, Disc. 5-8pm	Counselor/Patient Relationship 4-7pm	Case Mgmt / Ref / Ser. Coord 5-8pm	Counselor/Patient Relationship 4-7pm		
30	31					

# June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Case Mgmt / Ref / Ser. Coord 5-8pm	Counselor/Patient Relationship 4-7pm	CPR 9-12pm	
6	7	8	9	10	11	12
	Case Mgmt / Ref / Ser. Coord 5-8pm	Counselor/Patient Relationship 4-7pm	Case Mgmt / Ref / Ser. Coord 5-8pm Clinical Supervision Found. II 9-4pm	Conf. and Legal Issues 4-7pm Clinical Supervision Found. II 9-4pm	Clinical Supervision Found. II 9-1pm	
13	14	15	16	17	18	19
		Conf. and Legal Issues 4-7pm		Basic Know. PPP Effects 9-12pm Conf. and Legal Issues 4-7pm	CPR 9-12pm	
20	21	22	23	24	25	26
	Mental Health First Aid 9-4pm	Basic Know. PPP Effects 9-12pm		Basic Know. PPP Effects 9-12pm		
27	28	29	30			
		Counselor Wellness 4-7pm				

# July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 DSM 5 9-12pm Counselor Wellness 4-7pm	2	3
4	5	6	7 Ethical Decision Making 4-7pm	8	9 CPR 9-12pm	10
11	12 Ethical Decision Making 4-7pm	13 Treat. Process & Paper 9-12pm	14 Ethical Decision Making 4-7pm	15 Basic Know. PPP Effects 4-7pm	16	17
18	19 Counselor/Patient Relationship 5-8pm	20 Basic Know. PPP Effects 4-7pm	21 Counselor/Patient Relationship 5-8pm	22 Basic Know. PPP Effects 4-7pm	23 CPR 9-12pm	24
25	26 Counselor/Patient Relationship 5-8pm	27	28 Counselor/Patient Relationship 5-8pm	29 DSM 5 4-7pm	30	31

# August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Counselor/Patient Relationship 5-8pm	3	4 Conf. and Legal Issues 5-8pm	5	6 CPR 9-12pm	7
8	9 Conf. and Legal Issues 5-8pm	10 Treat. Process & Paper 4-7pm	11 Conf. and Legal Issues 5-8pm	12	13	14
15	16 Medication Self- Admin. Train the Trainer 9-4pm	17	18	19	20 CPR 9-12pm	21
22	23 Mental Health First Aid 9-4pm Counselor Wellness 5-8pm	24 EVP and Trends w/MAT 9-12pm	25 Counselor Wellness 5-8pm	26	27	28
29	30	31				

# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					CPR 9-12pm	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	Basic Know. PPP Effects 5-8pm	CRPA Exam Prep 9-4pm	Basic Know. PPP Effects 5-8pm		CPR 9-12pm	
19	20	21	22	23	24	25
	Basic Know. PPP Effects 5-8pm		Clinical Supervision Found. II 9-4pm	EVP and Trends w/MAT 4-7pm Clinical Supervision Found. II 9-4pm	Clinical Supervision Found. II 9-1pm	
26	27	28	29	30		
	DSM 5 5-8pm					

# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					CPR 9-12pm	
3	4	5	6	7	8	9
			Treat. Process & Paper 5-8pm			
10	11	12	13	14	15	16
		Foundational Coun. Skills 9-12pm		Foundational Coun. Skills 9-12pm	CPR 9-12pm	
17	18	19	20	21	22	23
	Mental Health First Aid 9-4pm	Foundational Coun. Skills 9-12pm		Foundational Coun. Skills 9-12pm		
24	25	26	27	28	29	30
		Foundational Coun. Skills 9-12pm		Foundational Coun. Skills 9-12pm	CPR 9-12pm	

# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 31	1	2	3	4	5	6
		Foundational Coun. Skills 9-12pm		Integrated Care 9-12pm		
		Foundational Coun. Skills 4-7pm		Foundational Coun. Skills 4-7pm		
7	8	9	10	11	12	13
		Integrated Care 9-12pm		Integrated Care 9-12pm	CPR 9-12pm	
		Foundational Coun. Skills 4-7pm		Foundational Coun. Skills 4-7pm		
14	15	16	17	18	19	20
		Individual Coun. 9-12pm	EVP and Trends w/MAT 4-7pm	Individual Coun. 9-12pm		
		Foundational Coun. Skills 4-7pm		Foundational Coun. Skills 4-7pm		
21	22	23	24	25	26	27
	CASAC Exam Prep 9-4pm	CASAC Exam Prep 9-4pm				
28	29	30				
		Individual Coun. 9-12pm				
		Foundational Coun. Skills 4-7pm				

# December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				Individual Coun. 9-12pm	CPR 9-12pm	
				Integrated Care 4-7pm		
5	6	7	8	9	10	11
	Medication Self- Admin. Train the Trainer 9-4pm	Individual Coun. 9-12pm		Individual Coun. 9-12pm		
		Integrated Care 4-7pm		Integrated Care 4-7pm		
12	13	14	15	16	17	18
		Individual Coun. 9-12pm	Clinical Supervision Found. II 9-4pm	Clinical Supervision Found. II 9-4pm	CPR 9-12pm	
					Clinical Supervision Found. II 9-1pm	
19	20	21	22	23	24	25
26	27	28	29	30	31	



# Training Location Addresses

Binghamton, NY  
249 Glenwood Road, Building One, Binghamton, NY 13905  
Phone: 607-296-3072

Utica, NY  
500 Whitesboro Street, Utica, NY 13502  
Phone: 315-724-5168

Rochester, NY  
1350 University Ave, Rochester, NY 14607  
Phone: 585-287-5622

Syracuse, NY  
329 North Salina Street, Syracuse, NY 13203  
Phone: 315-471-1564



