



# Helio Health Training Institute

## Training Offerings



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Syracuse, NY 13203

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# LIVE TRAININGS

To register for all trainings, please log in to DigitalChalk:

[Register Here](#)

For instructions on how to register, visit our website:

[Learn More](#)

# CLINICAL SUPERVISION FOUNDATIONS II

## Description:

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 CASACs or other QHPs working in substance use treatment, to provide clinical supervision to staff.

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 16 credits for NYS OASAS: CASAC/CPP/CPS<br>NYSED: LMSW/LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/LCSW, LMFT, LPC |
| <b>Length of Training</b> | 16 hours (over 2.5 days)  |
| <b>Delivery Format</b>    | In-Person or virtual  |
| <b>Cost</b>               | \$320.00 per person   |

## 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 prerequisite course, Clinical Supervision Foundations I: <http://www.healthknowledge.org>

# CPR/ BASIC LIFE SUPPORT

## Description:

Each course is offered by an approved American Heart Association Instructor.

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>CEUS</b>               | 0                  |
| <b>Length of Training</b> | 4 hours            |
| <b>Delivery Format</b>    | In-Person          |
| <b>Cost</b>               | \$65.00 per person |

# MEDICATION SELF-ADMINISTRATION WITH STAFF OVERSIGHT: MEDICAL PROFESSIONAL TRAIN-THE-TRAINER

## Description:

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>

|                           |                     |
|---------------------------|---------------------|
| <b>CEUS</b>               | 0                   |
| <b>Length of Training</b> | 8 hours             |
| <b>Delivery Format</b>    | Virtual             |
| <b>Cost</b>               | \$140:00 per person |

## Pre-requisite:

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:
  - Click here to [complete an online, self-paced course](#).
  - Complete a brief exam.
  - Submit a copy of the completion certificate to [training@helio.health](mailto:training@helio.health).

# ADULT MENTAL HEALTH FIRST AID

## Description:

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.

|                           |                                  |
|---------------------------|----------------------------------|
| <b>CEUS</b>               | 7 for NYS OASAS: CASAC/ CPP/ CPS |
| <b>Length of Training</b> | 7 hours                          |
| <b>Delivery Format</b>    | In-Person                        |
| <b>Cost</b>               | \$140.00 per person              |

# YOUTH MENTAL HEALTH FIRST AID

## Description:

The course trains participants to help youth 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.

|                           |                                  |
|---------------------------|----------------------------------|
| <b>CEUS</b>               | 6 for NYS OASAS: CASAC/ CPP/ CPS |
| <b>Length of Training</b> | 6 hours                          |
| <b>Delivery Format</b>    | In-Person                        |
| <b>Cost</b>               | \$140.00 per person              |

# TEEN MENTAL HEALTH FIRST AID

## Description:

Teen Mental Health First Aid (tMHFA) is a training program for teens brought to the United States by the National Council for Mental Wellbeing in partnership with Born This Way Foundation. It teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges in their friends and peers.

- Common signs and symptoms of mental health and substance use challenges.
- Common signs and symptoms of a mental health crisis, particularly suicide.
- The impact of school violence and bullying on mental health.
- How to open the conversation about mental illnesses and substance use with friends.
- How to seek the help of a responsible and trusted adult.

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 0  |
| <b>Length of Training</b> | 3- 90 minute sessions or 6- 45 minute sessions   |
| <b>Delivery Format</b>    | In-Person  |
| <b>Cost</b>               | Email <a href="mailto:training@helio.health">training@helio.health</a> for more information. |

# MOTIVATIONAL INTERVIEWING

## Description:

Motivational Interviewing 4th Edition (MI) is a highly effective, evidence-based practice which guides people towards change and growth. This training will review the core concepts and strategies of MI and highlight important changes in the newly released 4th edition.

## Objectives:

- The participant will be able to identify fundamental concepts of Motivational Interviewing
- The participant will learn techniques and methods to incorporate Motivational Interviewing
- The participant will discover changes and updates in the 4th Edition
- The participant will practice fundamental Motivational Interviewing skills and approaches

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 12 credits for NYS OASAS: CASAC/ CPP/ CPS<br>NYSED: LMSW/ LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 12 hours  |
| <b>Delivery Format</b>    | In-Person   |
| <b>Cost</b>               | \$240.00 per person   |

# TRAUMA 101 FOR TREATMENT AND PREVENTION PROVIDERS

## Description:

This one-day training provides participants with foundational knowledge about how psychological trauma and adversity may impact the health and well-being of individuals within the OASAS system of care. Participants will also learn and identify how they can use trauma-informed approaches in their roles with patients/clients/students and the workforce to reduce the potential of re-traumatization. This training is appropriate for any treatment or prevention professional.

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 6 credits for NYS OASAS: CASAC/ CPP/ CPS<br>NYSED: LMSW/ LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 6 hours  |
| <b>Delivery Format</b>    | In-Person or Virtual   |
| <b>Cost</b>               | \$120 per person   |

# INTRODUCTION TO THE PSYCHOLOGICALLY INFORMED WORKPLACE

## Description:

- Mental Health Statistics & the Impact of COVID
- What is Mental Health?
- Common Mental Health Challenges
- Mental Health in the Workplace
- How to Facilitate Conversations about Mental Health at Work
- Mental Health Support in the Workplace- in 5 Steps

|                           |                      |
|---------------------------|----------------------|
| <b>CEUS</b>               | 0                    |
| <b>Length of Training</b> | 1 hour               |
| <b>Delivery Format</b>    | In-Person or Virtual |
| <b>Cost</b>               | \$20 per person      |

# DE-ESCALATION TRAINING IN THE CLINICAL SETTING

## Description:

Staff will learn how to recognize and respond to crisis, including utilizing decision-making skills to match the level of the response to the risk of the crisis, focusing on providing care and safety.

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | Pending                                      |
| <b>Length of Training</b> | 3 or 6 Hours                                 |
| <b>Delivery Format</b>    | In-Person Recommended, can be done virtually |
| <b>Cost</b>               | \$60/\$120                                   |

# MINDFULNESS FOR WORK & LIFE

## Description:

- Week 1- What is Mindfulness? History, Basics and Benefits
- Week 2- Mindfulness and the Body & Brain
- Week 3- Practicing Mindfulness “What” and “How” Skills
- Week 4- Mindful Meditation & Breathing Exercises
- Week 5- Skills for Mindfulness at Work
- Week 6- Skills for Mindfulness at Home
- Week 7- Mindfulness as Self-Care and Beginner Yoga
- Week 8- Application to Practice & Review

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 8 credits for NYS OASAS: CASAC/ CPP/ CPS<br>NYSED: LMSW/ LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 8 Hours (1 hour/week for 8 Weeks)  |
| <b>Delivery Format</b>    | In-Person Recommended, can be done virtually   |
| <b>Cost</b>               | \$160 per person   |

# THE LEADERSHIP EXPERIENCE

## Description:

Unlock Your Potential as a Visionary Leader:

Join us for an immersive experience that will transform how you lead. Today's leaders encounter challenges beyond mere strategy—such as navigating team dynamics, building a resilient culture, and addressing hidden resistance. System psychodynamics empowers leaders to understand the unconscious influences shaping team behaviors, decisions, and overall organizational dynamics.

In this interactive workshop, guided by Dr. Matthew Dunn, organizational psychologist and experienced facilitator, you'll uncover the unseen forces affecting your leadership style, team relationships, and organizational culture. Through engaging exercises, thought-provoking discussions, and practical tools, you'll deepen your self-awareness and refine your approach to leading with vision, insight, and lasting impact.

### Key Theme and Learning Objectives

1. Introduction to System Psychodynamics
2. Leadership Identity and Self-Awareness
3. Group Dynamic and the Unconscious
4. Organizational Culture and Systemic Thinking
5. Leading Organizational Change:
6. Integration, Application, and Reflection

## THE LEADERSHIP EXPERIENCE (CONT.)

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 0  |
| <b>Length of Training</b> | 18 Hours (3 Hours/Week for 6 Weeks)          |
| <b>Delivery Format</b>    | In-Person Recommended, can be done virtually |
| <b>Cost</b>               | \$120 per person                             |

# NON-VIOLENT CRISIS INTERVENTION

\*HELIO HEALTH STAFF ONLY\*

## Description:

**Recognize & Respond to Crisis:** Your staff learns decision-making skills to match the level of the response to the risk of the crisis, focusing on the least-restrictive response to ensure the Care, Welfare, Safety, and Security<sup>SM</sup> of those in your care. This includes recognizing the stages of an escalating crisis and learning evidence-based techniques to appropriately de-escalate.

**Safe Physical Intervention:** Our evidence-based techniques have been successfully used for over 40 years and are recognized by national and international organizations. NCI training emphasizes physical intervention as a last resort and appropriate to the level of risk.

**Evidence-Based & Fully Accredited:** A rigorous bi-annual research review ensures that our restrictive interventions meet best-practice international standards.

|                           |                             |
|---------------------------|-----------------------------|
| <b>CEUS</b>               | 0                           |
| <b>Length of Training</b> | 8 hours                     |
| <b>Delivery Format</b>    | In-Person                   |
| <b>Cost</b>               | Free for Helio Health Staff |

# DEFENSIVE DRIVING

**\*HELIO HEALTH STAFF ONLY\***

## Description:

The National Safety Council (NSC) Defensive Driving Course, recognized for its leading-edge curriculum, delivers the most compelling and proven defensive driving techniques and collision prevention strategies.

NSC Defensive Driving Courses teach drivers how to recognize and react to immediate and potential hazardous driving situations and conditions. Our instructor-led, classroom courses provide collision prevention strategies and defensive driving techniques that focus on behavior, judgement, decision making and consequences.

These highly interactive courses will help influence drivers to make positive choices to improve driving behaviors and attitudes and encourage respectful and lawful decisions to avoid motor vehicle incidents and decrease traffic violations.

This course has been approved by the New York Department of Motor Vehicles (DMV) under the NY Point and Insurance Reduction Program (PIRP). Under PIRP, drivers completing the DDC through one of our NSC approved delivery agencies are eligible for:

- A motor vehicle liability insurance premium discount of no less than 10% each year, for three years, on the premiums for all vehicles of which the graduate is listed as the principal operator.
- Up to four violation points reduced from the total accumulation on the driver record during the 18-month period prior to DDC completion.

|                           |                  |
|---------------------------|------------------|
| <b>CEUS</b>               | 0                |
| <b>Length of Training</b> | 6 hours          |
| <b>Delivery Format</b>    | In-Person        |
| <b>Cost</b>               | \$120 per person |

# 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.

Find more information and application here: [Helio Health | Training | CASAC](#)

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:

|  |  |
|--|--|
| <b>CASAC Section 1 -</b><br>Knowledge of Alcoholism<br>and Substance Abuse | <b>85 hours</b> of required education for Section 1 of<br>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.

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**CASAC Section 2 - Alcohol and Substance Abuse Counseling**

**150 hours** of required education for Section 2 of the 350 hour training for CASAC Certification.

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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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**CASAC Section 3 - Assessment; Treatment Planning; Case Management; and Patient, Family and Community Education**

**70** hours of required education for Section 3 of the 350 hour training for CASAC Certification.

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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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**CASAC Section 4 -  
Professional and Ethical  
Responsibilities**

**45 hours** of required education for Section 4 of the 350-hour training for CASAC Certification.

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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 Recovery Peer 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.

Find more information and application here: [Helio Health | CRPA](#)



# SELF STUDY ONLINE TRAININGS

# ACCESS TO CARE AND CONFIDENTIALITY FOR MINORS

## Description:

This training provides definitions and understanding of the following: Parent, Minor, Capacity, minor's right to access care and minor's right to confidentiality.

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 0  |
| <b>Length of Training</b> | 30 minutes   |
| <b>Link</b>               | <a href="#"><u>Access to Care &amp; Confidentiality for Minors</u></a> |
| <b>Cost</b>               | \$10   |

# ADHD AWARENESS IN SUD TREATMENT

## Description:

This training will provide a brief overview of Attention deficit/ hyperactivity disorder (ADHD), and how it may present in the treatment setting. We will discuss how culture may impact the presentation of ADHD, and how we can be aware of our own biases when working with clients with diagnosed or potentially undiagnosed ADHD.

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/ CPP/ CPS NYSED: LMSW/ LCSW, LMFT, LMHC Pennsylvania: LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 1 hour  |
| <b>Link</b>               | <a href="#"><u>ADHD Awareness in SUD Treatment</u></a>  |
| <b>Cost</b>               | \$20  |

# CASAC/ADC EXAM PREP

## Description:

This training provides students with information to prepare for the CASAC/ ADC Exam

- Module 1: Introduction
- Module 2: Overview of the Exam
- Module 3: Domain 1- Scientific Principles of Substance Use and Co-Occurring Disorders
- Module 4: Domain 2- Evidence-based Screening and Assessment
- Module 5: Domain 3- Evidence- based Treatment, Counseling and Referral
- Module 6: Domain 4- Professional, Ethical and Legal Responsibilities
- Module 7: Test Taking Tips & Preparation
- This training also includes handouts and practice test questions.

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 0   |
| <b>Length of Training</b> | 2.5 hours                                   |
| <b>Link</b>               | <a href="#"><u>CASAC/ ADC Exam Prep</u></a> |
| <b>Cost</b>               | \$100                                       |

# CONFIDENTIALITY/ LEGAL ISSUES

## Description:

- Understand patient confidentiality and corresponding ethical codes
- Be able to identify the requirements for HIV/AIDS, HIPAA and 42 C.F.R. Part 2 in releases of information
- Understand the changes to 42 C.F.R. and how it applies to your work setting.
- Be able to identify instances when consents are not needed to release protected health information.
- Be able to identify the differences between subpoenas and court orders.

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/ CPP/ CPS NYSED: LMSW/ LCSW, LMFT, LMHC Pennsylvania: LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 1 hour  |
| <b>Link</b>               | <a href="#"><u>Confidentiality/Legal Issues</u></a>   |
| <b>Cost</b>               | \$20  |

# TRANS AFFIRMING CARE IN THE CLINICAL AND MEDICAL SETTING

## Description:

- Gender Roles and the History of the Trans population
- Definitions & Pronouns
- Communication and Etiquette
- Interacting with Trans Clients and understanding barriers
- How Do We Use Gender Inclusive Language?
- Policy and Procedure & Resources

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/CPP/CPS NYSED:<br>LMSW/LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/LCSW, LMFT, LPC |
| <b>Length of Training</b> | 1 hour  |
| <b>Link</b>               | <a href="#"><u>Trans Affirming Care In the Clinical and Medical Setting</u></a>                             |
| <b>Cost</b>               | \$20  |

# CONTINGENCY MANAGEMENT

## Description:

Substance use affects the way we think and behave. This training will provide participants with an understanding of the brain's reward center and how to use behavioral therapy to reinforce positive behaviors. Learners will increase their understanding of the nature of addiction, how to address ambivalence and motivation in treatment as well as the foundations of behavioral therapy. The focus of this session will include a detailed explanation of Contingency Management as a form of behavior therapy and motivation enhancement. Learners will be able to identify and utilize interventions of Contingency Management as an evidence-based practice to treat substance use disorders.

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/CPP/CPS NYSED:<br>LMSW/LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/LCSW, LMFT, LPC |
| <b>Length of Training</b> | 1 hour  |
| <b>Link</b>               | <a href="#"><u>Contingency Management</u></a>   |
| <b>Cost</b>               | \$20  |

# CURRENT TRENDS IN MARIJUANA USE

## Description:

- Understand trends of marijuana use
- Describe the types of ingestion
- Identify the changes of marijuana over time
- Understand side effects
- Increase awareness of how to help

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 0  |
| <b>Length of Training</b> | 30 minutes   |
| <b>Link</b>               | <a href="#"><u>Current Trends in Marijuana Use</u></a> |
| <b>Cost</b>               | \$10   |

# DE-STRESS FOR SUCCESS: MINDFULNESS 101

## Description:

Stress and anxiety can be overwhelming, frustrating and sometimes even debilitating. Mindfulness and meditation are great tools to assist with changing our reactions to stress and anxiety while examining our habits, attitudes, routines and relationships and promoting a positive outlook. There are many benefits to practicing Mindfulness and self-care such as improving reasoning and memory, maintaining balance with work, school, relationships and responsibilities as well as increasing happiness and a sense of purpose while developing a healthier lifestyle. This training is appropriate for anyone who is looking to expand their knowledge of stress, mindfulness and meditation in order to better help their patients as well as increase improved personal well-being.

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/ CPP/ CPS NYSED:<br>LMSW/ LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 1 hour  |
| <b>Link</b>               | <a href="#"><u>De-Stress for Success: Mindfulness 101</u></a>   |
| <b>Cost</b>               | \$20  |

# EVIDENCE BASED PRACTICES: COUNSELING APPROACHES WORKSHOP

## Description:

This introductory workshop demystifies what evidence-based practice (EBP) means in counseling—combining research, clinical expertise, and client values to guide effective care. Participants will explore proven therapeutic approaches and begin to identify their own counseling style through self-reflection. Perfect for those new to EBP or looking to build a solid foundation in research-informed practice.

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | .5 credit for NYS OASAS: CASAC/CPP/CPS NYSED:<br>LMSW/LCSW, LMT, LMHC Pennsylvania:<br>LMSW/LCSW, LMT, LPC |
| <b>Length of Training</b> | 30 minutes   |
| <b>Link</b>               | <a href="#"><u>Evidence Based Practices: Counseling Approaches Workshop</u></a>                            |
| <b>Cost</b>               | \$20   |

# FACILITATING PERSON CENTERED LEARNING

## Description:

Traditional "learning styles" are outdated. This training explains the modern approach to learning that is person-centered. This will help clinicians and staff who are providing psychoeducation to patients in both the individual and group setting.

- Understand and utilize the intrinsic dynamic of the client to provide person-centered information.
- Empower the client to determine how information should best be presented.
- Facilitate activities that allow the client to best engage with, understand, and utilize information.
- Empower the client to evaluate the information provided.

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/ CPP/ CPS NYSED:<br>LMSW/ LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 1 hour  |
| <b>Link</b>               | <a href="#"><u>Facilitating Person-Centered Learning</u></a>  |
| <b>Cost</b>               | \$20  |

# GROUP COUNSELING IN SUD TREATMENT

## Description:

This training will provide an overview of how to structure group counseling in SUD treatment settings.

Topics include:

- type of groups
- engagement
- managing conflict
- tracking progress
- assessing for understanding
- documentation.

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/CPP/CPS NYSED:<br>LMSW/LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/LCSW, LMFT, LPC |
| <b>Length of Training</b> | 1 hour  |
| <b>Link</b>               | <a href="#"><u>Group Counseling in SUD Treatment</u></a>  |
| <b>Cost</b>               | \$20  |

# INTEGRATING SUICIDE PREVENTION INTO SUD TREATMENT

## Description:

This training was recorded at Helio Health's 2022 Integrated Care Conference and presented by Alexi Saldamando, LCSW, from NYS OMH Suicide Prevention Center of NY. This training discusses integrating suicide prevention and the use of suicide screening tools into substance use disorder treatment.

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|---------------------------|--|
| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/CPP/CPS NYSED: LMSW/LCSW, LMFT, LMHC Pennsylvania: LMSW/LCSW, LMFT, LPC                      |
| <b>Length of Training</b> | 1 hour   |
| <b>Link</b>               | <a href="#"><u>Integrating Suicide Prevention into SUD Treatment - (Archived from 2022 Integrated Care Conference)</u></a> |
| <b>Cost</b>               | \$20   |

# INTRODUCTION TO ACCEPTANCE AND COMMITMENT THERAPY (ACT)

## Description:

This training offers a foundational overview of Acceptance and Commitment Therapy (ACT), a modern evidence-based approach rooted in mindfulness and behavioral science. Participants will be introduced to ACT's unique psychological flexibility model and its emphasis on values-based living.

## What You'll Learn:

- Introduction to ACT: Origins, evidence base, and how it differs from traditional CBT
- The Six Core Processes: Acceptance, Defusion, Present Moment Awareness, Self-as-Context, Values, and Committed Action
- Practical Interventions: Learn ACT tools you can apply in clinical settings
- Case Examples: Review short case vignettes to illustrate how ACT is used with clients

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | .5 CEUs  |
| <b>Length of Training</b> | 30 Minutes   |
| <b>Link</b>               | <a href="#"><u>Introduction to Acceptance and Commitment Therapy (ACT)</u></a> |
| <b>Cost</b>               | \$10   |

# INTRODUCTION TO COGNITIVE BEHAVIORAL THERAPY (CBT)

## Description:

In Introduction to Cognitive Behavioral Therapy, learners will learn the following:

- How CBT was developed
- CBT's Cognitive Model and Cognitive Process theory
- CBT's Treatment Goals
- CBT's Key Principles
- CBT's Cognitive Levels
- CBT Techniques and Practical Skills

This introductory course in Cognitive Behavioral Therapy (CBT) provides learners with a comprehensive overview of its goals, foundational models, core processes, essential techniques, and the key principles that distinguish CBT from other therapeutic approaches.

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 1 CEUs   |
| <b>Length of Training</b> | 1 Hour   |
| <b>Link</b>               | <a href="#"><u>Introduction to Cognitive Behavioral Therapy (CBT).</u></a> |
| <b>Cost</b>               | \$20   |

# INTRODUCTION TO EMPATHY

## Description:

- Identify what empathy is
- Differentiate between empathy and sympathy
- Learn tangible ways to practice empathy
- Identify the benefits of practicing empathy
- Understand the benefits of utilizing empathy in patient and client care

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|---------------------------|--|
| <b>CEUS</b>               | .5 credit for NYS OASAS: CASAC/ CPP/ CPS NYSED:<br>LMSW/ LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 30 minutes   |
| <b>Link</b>               | <a href="#"><u>Introduction to Empathy</u></a>   |
| <b>Cost</b>               | \$10   |

# INTRODUCTION TO MOTIVATIONAL INTERVIEWING

## Description:

This one-hour introductory training offers a concise overview of Motivational Interviewing (MI), a collaborative, goal-oriented communication style designed to strengthen a person's own motivation and commitment to change. Participants will learn what MI is and explore its underlying spirit—partnership, acceptance, compassion, and evocation. The session will introduce the four core tasks of MI: engaging, focusing, evoking, and planning. Additional focus will be placed on understanding and navigating ambivalence, as well as identifying and responding to change talk. This training is designed to build awareness of MI concepts and lay the groundwork for future skill development.

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|---------------------------|--|
| <b>CEUS</b>               | Approved for 1 CEU for NYSEd and OASAS                           |
| <b>Length of Training</b> | 1 hour   |
| <b>Link</b>               | <a href="#"><u>Introduction to Motivational Interviewing</u></a> |
| <b>Cost</b>               | \$20   |

# LEGENDARY CUSTOMER SERVICE TRAINING

## Description:

In this training, various types of service providers will learn how to offer superior customer service to clients, patients, stakeholders, and more through this human services rendition of the ICARE Legendary Service model. Based on the greatly praised business consumer service model created by Blanchard Companies and reoriented for application by professionals in the care and services fields. This training will help service providers bridge the gap between quality care and ideal delivery to meet the needs of those they care for in the best way possible.

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| <b>CEUS</b>               | 0.5 CEUs for NYS OASAS: CASAC/ CPP/ CPS<br>NYSED: LMSW/ LCSW, LMFT, LMHC<br>Pennsylvania: LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 30 minutes  |
| <b>Link</b>               | <a href="#">Legendary Customer Service Training</a>   |
| <b>Cost</b>               | \$10  |

# LOCADTR 3.0 AND CONCURRENT LOCADTR

## Description:

Understand the principles and logic behind LOCADTR 3.0 and Concurrent LOCADTR; understand question content and use; and understand LOCADTR application (access and use)

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|---------------------------|---|
| <b>CEUS</b>               | 0   |
| <b>Length of Training</b> | 2.5 hours   |
| <b>Link</b>               | <a href="#"><u>LOCADTR 3.0 and Concurrent LOCADTR</u></a> |
| <b>Cost</b>               | \$25  |

# MEDICATION ADMINISTRATION POLICIES FOR MEDICATION SELF-ADMINISTRATION

## Description:

The purpose of this course is to train qualified staff to oversee patient self-administration of medications in programs operating under NYS OASAS regulations Part 817, 819, and 820.

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|---------------------------|--|
| <b>CEUS</b>               | 0  |
| <b>Length of Training</b> | 30 minutes   |
| <b>Link</b>               | <a href="#"><u>Medication Administration Policies for Medication Self-Administration</u></a> |
| <b>Cost</b>               | \$10   |

# MEDICATION SAFETY 101

## Description:

- Differentiate between the different types and forms of medications.
- Identify their responsibilities regarding medication pass.
- Identify steps if/when a medication error occurs.
- Follow the "Eight (8) Rights of Medication".
- Properly read and understand medication labels and eMar information.

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| <b>CEUS</b>               | 0  |
| <b>Length of Training</b> | 45 minutes                                   |
| <b>Link</b>               | <a href="#"><u>Medication Safety 101</u></a> |
| <b>Cost</b>               | \$15   |

# MENTAL HEALTH AWARENESS: INCREASING KNOWLEDGE TO REDUCE STIGMA

## Description:

- Defining Mental Health and Stigma.
- Recent statistics.
- How to “normalize” mental health conditions and treatment.
- Myth Busting- increasing awareness of mental health facts to debunk common myths.
- How to use non-stigmatizing language. Using empathy and compassion to reduce stigma

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| <b>CEUS</b>               | .5 credit for NYS OASAS: CASAC/ CPP/ CPS NYSED: LMSW/ LCSW, LMFT, LMHC Pennsylvania: LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 30 minutes   |
| <b>Link</b>               | <a href="#"><u>Mental Health Awareness: Increasing Knowledge to Reduce Stigma</u></a>                      |
| <b>Cost</b>               | \$10   |

# METHAMPHETAMINE - RISKS AND RESOURCES

## Description:

- Data on the current use in our communities.
- Overview of withdrawal symptoms and how methamphetamine affects the brain.
- What current best practices are used in treating methamphetamine use.
- What community resources are available to combat this issue.

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| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/CPP/CPS NYSED:<br>LMSW/LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/LCSW, LMFT, LPC |
| <b>Length of Training</b> | 1 hour  |
| <b>Link</b>               | <a href="#"><u>Methamphetamine - Risks and Resources</u></a>  |
| <b>Cost</b>               | \$20  |

# MENTAL HEALTH 101

## Description:

- Increase understanding of mental health in the United States.
- Understand the mental health continuum and identify the differences between a mental health challenge and a mental health disorder.
- Understand and identify common mental health disorders including signs and symptoms.

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| <b>CEUS</b>               | .25 credit for NYS OASAS: CASAC/CPP/CPS NYSED:<br>LMSW/LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/LCSW, LMFT, LPC |
| <b>Length of Training</b> | 15 minutes  |
| <b>Link</b>               | <a href="#"><u>MH 101</u></a>   |
| <b>Cost</b>               | \$5   |

# SUBSTANCE USE DISORDERS 101

## Description:

Be able to define the term "substance use disorders". Be able to identify the eleven criteria for a substance use disorder.

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| <b>CEUS</b>               | .5 credit for NYS OASAS: CASAC/ CPP/ CPS NYSED:<br>LMSW/ LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/ LCSW, LMFT, LPC |
| <b>Length of Training</b> | 30 minutes   |
| <b>Link</b>               | <a href="#"><u>SUD 101</u></a>   |
| <b>Cost</b>               | \$10   |

# MINDFULNESS AND THE CLINICIAN: COMBAT BURNOUT & COMPASSION FATIGUE

## Description:

Develop an understanding of mindfulness. Be able to incorporate mindfulness techniques into self-care practices. Use mindfulness techniques to prevent and/or cope with burnout and compassion fatigue.

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| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/CPP/CPS NYSED:<br>LMSW/LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/LCSW, LMFT, LPC  |
| <b>Length of Training</b> | 1 hour   |
| <b>Link</b>               | <a href="#"><u>Mindfulness &amp; the Clinician: Combat Burnout &amp; Compassion Fatigue (Self Study)</u></a> |
| <b>Cost</b>               | \$20   |

# MOTIVATIONAL ENHANCEMENT THERAPY

## Description:

Increase knowledge of the foundational principles and theoretical basis of MET. Understand the key clinician qualities that are integral to MET. Objective: Gain insight into the phases of MET and strategies utilized in each phase.

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| <b>CEUS</b>               | .75 credit for NYS OASAS: CASAC/CPP/CPS NYSED: LMSW/LCSW, LMFT, LMHC Pennsylvania: LMSW/LCSW, LMFT, LPC |
| <b>Length of Training</b> | 45 min  |
| <b>Link</b>               | <a href="#"><u>Motivational Enhancement Therapy</u></a>   |
| <b>Cost</b>               | \$15  |

# MULTIDISCIPLINARY TEAMS

## Description:

At the end of this training, learners will:

- Be able to define Multidisciplinary Teams
- Identify the 5 categories of professionals included in human service MDTs
- Review the 6 components of effectively participating in MDTs

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| <b>CEUS</b>               | 0.5 CEUs for NYS OASAS: CASAC/CPP/CPS<br>NYSED: LMSW/LCSW, LMFT, LMHC<br>Pennsylvania: LMSW/LCSW, LMFT, LPC |
| <b>Length of Training</b> | 30 min  |
| <b>Link</b>               | <a href="#"><u>Multidisciplinary Teams</u></a>  |
| <b>Cost</b>               | \$10  |

# RESILIENCE: A DEEPER LOOK

## Description:

This brief session is designed to provide further insight into the meaning, scope, and function of resilience during recovery from mental health and/or substance use disorders. This session explores both ecological and psychosocial resilience, their meanings and implications for individuals experiencing adverse events. The presentation concludes with a brief look at how these theories impact the individuals served by behavioral health care providers.

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| <b>CEUS</b>               | 1.5 credit for NYS OASAS: CASAC/CPP/CPS NYSED:<br>LMSW/LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/LCSW, LMFT, LPC |
| <b>Length of Training</b> | 1.5 hours   |
| <b>Link</b>               | <a href="#"><u>Resilience: A Deeper Look</u></a>  |
| <b>Cost</b>               | \$25  |

# STAGES OF CHANGE

## Description:

In this training we will briefly review some background information about the Transtheoretical Model / Stages of Change. We will then discuss each of the stages of change and review how the model can be utilized and applied to clients or patients with a variety of different presenting problem behaviors. The presentation will end with some case studies so we can practice applying this model.

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| <b>CEUS</b>               | .5 credit for NYS OASAS: CASAC/CPP/CPS NYSED:<br>LMSW/LCSW, LMFT, LMHC Pennsylvania:<br>LMSW/LCSW, LMFT, LPC |
| <b>Length of Training</b> | 30 minutes   |
| <b>Link</b>               | <a href="#"><u>Stages of Change</u></a>  |
| <b>Cost</b>               | \$10   |

# SUBSTANCE USE DISORDER TREATMENT IN LONG TERM CARE/ SKILLED NURSING FACILITIES

## Description:

The purpose of this training is to introduce substance use disorders (SUDs) to individuals who work in long term care, skilled nursing facilities or other physical rehabilitation programs. the course covers a range of topics including information on the Opioid epidemic, treatment approaches, the nature of substance sue disorders, and recovery.

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| <b>CEUS</b>               | 0   |
| <b>Length of Training</b> | 3 hours   |
| <b>Link</b>               | <a href="#"><u>Substance Use Disorder Treatment in Long Term Care/ Skilled Nursing Facilities</u></a> |
| <b>Cost</b>               | \$60  |

# THERAPEUTIC TREATMENT PLANNING - PARTS 1, 2 AND 3

## Description:

- Participants will be able to list the five steps in goal setting.
- Participants will be able to explain the importance of collaborative development of the therapeutic plan.
- Participant will recall the regulatory main principles of therapeutic planning.
- Participants will apply the five steps of goal setting into their current treatment practices.
- Participants will use relevant assessment materials to assist in the treatment plan development process.
- Participants will understand the importance of using collaborative documentation in the treatment plan process.
- Participants will understand the importance of reviewing referral information and coordination of care when developing a treatment plan.
- Participants will use relevant assessment materials to assist in the treatment plan development process.
- Participants will understand the importance of using collaborative documentation in the treatment plan process.

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| <b>CEUS</b>               | 1 credit for NYS OASAS: CASAC/CPP/CPS NYSED: LMSW/LCSW, LMFT, LMHC Pennsylvania: LMSW/LCSW, LMFT, LPC (3 CEUs for taking all 3 parts)           |
| <b>Length of Training</b> | 1 hour for each part, 3 hours total   |
| <b>Link</b>               | <a href="#">Therapeutic Planning - Part 1</a><br><a href="#">Therapeutic Planning - Part 2</a><br><a href="#">Therapeutic Planning - Part 3</a> |
| <b>Cost</b>               | \$20 each/ \$60 total for all 3 parts   |

# TOBACCO AND NICOTINE DEPENDENCE

## Description:

The coursework included in this training is approved to satisfy the 4-clock hour credit, one-time training requirement for tobacco and nicotine dependence for the CASAC/ CPP/ CPS credentialing requirements. This training provides an overview of Tobacco and Nicotine Dependence, Diagnostic Criteria, Sign and Symptoms, Treatment Interventions and Nicotine Replacement Therapy.

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|---------------------------|--|
| <b>CEUS</b>               | 4 credits for NYS OASAS: CASAC/ CPP/ CPS NYSED: LMSW/ LCSW, LMFT, LMHC Pennsylvania: LMSW/ LCSW, LMFT, LPC (3 CEUs for taking all 3 parts) |
| <b>Length of Training</b> | 4 hours  |
| <b>Link</b>               | <a href="#"><u>Tobacco and Nicotine Dependence for CASAC/ CPP/ CPS credentialing</u></a>   |
| <b>Cost</b>               | Free   |

# TOLERANCE DEVELOPMENT AND OVERDOSE IN OPIOID ADDICTION (NARCAN TRAINING)

## Description:

The coursework included in this training is approved to satisfy the 4-clock hour credit, one-time training requirement for tobacco and nicotine dependence for the CASAC/ CPP/ CPS credentialing requirements. This training provides an overview of Tobacco and Nicotine Dependence, Diagnostic Criteria, Sign and Symptoms, Treatment Interventions and Nicotine Replacement Therapy.

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 0  |
| <b>Length of Training</b> | 1 hour   |
| <b>Link</b>               | <a href="#"><u>Tolerance Development and Overdose in Opiate/Opioid Addiction (Narcan Training)</u></a> |
| <b>Cost</b>               | Free   |

# TRANSDISCIPLINARY FOUNDATIONS 1-4

## Description:

This training was developed using the Transdisciplinary Foundation levels from the SAMHSA publication “Addiction Counseling Competencies: The Knowledge, Skills, and Attitudes of Professional Practice” Technical Assistance Publication (TAP) Series #21.

- Transdisciplinary Foundation Level 1: Understanding Addiction
- Transdisciplinary Foundation Level 2: Treatment Knowledge
- Transdisciplinary Foundation Level 3: Application to Practice
- Transdisciplinary Foundation Level 4: Understanding Addiction Professional Readiness

To obtain a copy of this publication, please visit: <https://store.samhsa.gov/product/TAP-21-Addiction-Counseling-Competencies/SMA15-4171>

SAMHSA describes this publication as the following: “This guide enhances the competencies of substance use disorder treatment counselors. It discusses patient assessment and screening, treatment planning, referral, service coordination, counseling, family and community education, and cultural competency.”

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 0   |
| <b>Length of Training</b> | Transdisciplinary Foundations #1- 30 minutes, Transdisciplinary Foundations #2- 30 minutes, Transdisciplinary Foundations #3- 30 minutes, Transdisciplinary Foundations #4- 20 minutes  |
| <b>Link</b>               | <a href="#"><u>Transdisciplinary Foundations #1- Understanding Addiction</u></a><br><a href="#"><u>Transdisciplinary Foundations #2- Treatment Knowledge</u></a><br><a href="#"><u>Transdisciplinary Foundations #3- Application to Practice</u></a><br><a href="#"><u>Transdisciplinary Foundations #4- Professional Readiness</u></a> |
| <b>Cost</b>               | \$10 each/ \$40 total   |

# INTRODUCTION TO METHADONE

## Description:

This training provides a brief introduction to Methadone: indications for use, maintenance treatment dosing, side effects and nursing considerations.

|                           |                                  |
|---------------------------|----------------------------------|
| <b>CEUS</b>               | 0                                |
| <b>Length of Training</b> | 10 minutes                       |
| <b>Link</b>               | <a href="#"><u>Methadone</u></a> |
| <b>Cost</b>               | Free                             |

# INTRODUCTION TO BUPRENORPHINE

## Description:

This training provides a brief introduction to Buprenorphine: indications for use, maintenance treatment dosing, side effects and nursing considerations.

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 0  |
| <b>Length of Training</b> | 10 minutes   |
| <b>Link</b>               | <a href="#"><u>Brief Introduction to Buprenorphine</u></a> |
| <b>Cost</b>               | Free   |

# INTRODUCTION TO NALTREXONE

## Description:

This training provides a brief introduction to Naltrexone: indications for use, maintenance treatment dosing, side effects and nursing considerations.

|                           |                                   |
|---------------------------|-----------------------------------|
| <b>CEUS</b>               | 0                                 |
| <b>Length of Training</b> | 5 minutes                         |
| <b>Link</b>               | <a href="#"><u>Naltrexone</u></a> |
| <b>Cost</b>               | Free                              |

# HELIO HEALTH SAFETY SEARCH TRAINING (BELONGINGS)

\*HELIO HEALTH STAFF ONLY\*

## Description:

Helio Health's internal procedure on conducting a safety search for belongings.

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 0  |
| <b>Length of Training</b> | 45 minutes   |
| <b>Link</b>               | <a href="#"><u>Safety Search Training - Belongings</u></a> |
| <b>Cost</b>               | Free   |

# SAFETY SEARCH TRAINING - PERSON SEARCH

\*HELIO HEALTH STAFF ONLY\*

## Description:

Helio Health's internal procedure on conducting a safety search for a person search.

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 0   |
| <b>Length of Training</b> | 10 minutes  |
| <b>Link</b>               | <a href="#"><u>Safety Search Training - Person Search</u></a> |
| <b>Cost</b>               | Free  |

# CULTURAL COMPETENCE - ESSENTIALS FOR ENHANCING DIVERSITY EQUITY AND INCLUSION

\*HELIO HEALTH STAFF ONLY\*

## Description:

- Review scope of health and behavioral health disparities.
- Describe the relevance of cultural competency for advancing diversity, equity , and inclusion (DEI).
- Identify impacts of unconscious bias, stigma, and microaggressions.
- Identify bias reducing strategies for practice.
- DEI efforts lead to culturally responsive services.
- Cultural humility concept and application for practice.
- Person centered and culturally appropriate interaction with OARS (Open-ended questions, Affirmations, Reflective Listening, Summaries)
- Language essentials for communication and engagement.
- Sustaining a culturally conducive environment and workplace culture.
- Skills and approaches: from patient to colleagues.
- Opportunities for enhancements, community assessments, and program outcomes.
- Remaining a vital resource with diverse communities.

|                           |   |
|---------------------------|---|
| <b>CEUS</b>               | 0   |
| <b>Length of Training</b> | 1 hour  |
| <b>Link</b>               | <a href="#"><u>Cultural Competence Training</u></a> |
| <b>Cost</b>               | Free  |

# HELIO HEALTH- DRIVER SAFETY AND EXPECTATIONS

**\*HELIO HEALTH STAFF ONLY\***

## **Description:**

This training will review the laws associated with safe driving and will review applicable Helio Health policies.

|                           |  |
|---------------------------|--|
| <b>CEUS</b>               | 0  |
| <b>Length of Training</b> | 15 minutes   |
| <b>Link</b>               | <a href="#"><u>Helio Health - Driver Safety and Expectations</u></a> |
| <b>Cost</b>               | Free   |