

## Training Calendar January & February 2018

To Register For These Trainings, Please Email:  
[trainingregistration@riversideecc.org](mailto:trainingregistration@riversideecc.org)

### JANUARY

#### IN-DEPTH INTRODUCTION TO DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS

Trudy Good, Ph.D., Consulting Psychologist, Riverside CBFS & Director, Good Havens

<b>Date/Time</b>	Fridays, January 5, 12, 19 & 26, 10:00am-12:00pm
<b>Location</b>	Riverside Main Office, Dedham
<b>Audience</b>	Bachelor and Masters Level Clinicians who have no or limited exposure to the skills of DBT. <b>Must commit to attend all 4 sessions.</b> Limit 30
<b>CEUs/CEs Pending</b>	Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

This four session training will cover many of the skills from each of the four modules in DBT. Participants will practice skill use in the training sessions and have some limited homework assignments between training sessions. Staff who work with persons with problems with emotional dysregulation and behavioral difficulties will find this training useful in their daily work. An important part of DBT is learning how to teach the skills to others. It is designed for clinicians who want to learn and **use** the skills in their work with persons served and their families.

#### YOUR VOICE CAN BE HEARD: EFFECTIVE ADVOCACY WITH LOCAL AND STATE GOVERNMENT

Scott M. Bock, Founder/President/CEO, Riverside Community Care

<b>Date/Time</b>	Thursday, January 18, 1:00pm-3:00pm
<b>Location</b>	Riverside Community Care, 456 Providence Highway, 2 <sup>nd</sup> Floor Conference Room, Dedham
<b>Audience</b>	Riverside Employees and People We Serve. Limit 20
<b>CEUs</b>	Social Work/Licensed Mental Health Counseling/ Licensed Marriage & Family Therapy

You **can** have an effective voice with government leaders on issues that matter to you. An experienced advocate shares concrete strategies for ensuring that your views are heard by the right people and for exploring individual and collective action. Participants are encouraged to think creatively and share their own experiences.

## EMPLOYMENT LAW FOR MANAGERS

Janet Maund, Director of Employee Relations and Allie Atwood, Employee Relations Specialist-Riverside Community Care

**Date/Time:** Tuesday, January 30, 10:00am-12:30pm  
**Location:** Riverside Main Office, Dedham  
**Audience:** Riverside Managers  
**CEUs Pending:** Social Work

This session will provide a general overview of federal and state employment laws. Key topics include the Fair Labor Standards Act, Anti-discrimination Laws, Sexual Harassment, Family Medical Leave Act, American with Disabilities Act, and Worker's Compensation. Managers will gain basic knowledge of the employment laws that they may encounter in the day-to-day management of staff.

## FEBRUARY

### PEACEMAKING CIRCLES FOR DIVERSITY AWARENESS

*Sponsored by Riverside's Diversity & Inclusion Committee*

Beth Everts, LICSW, Assistant Vice President Child and Family Services, Riverside Community Care  
Ilana Amrani-Cohen, LICSW, PhD, Program Director Child and Family Services, Riverside Community Care

**Date/Time:** Thursday, February 1, 9:00am-3:00pm  
**Location:** Riverside Main Office, Dedham  
**Audience:** Riverside Employees. Limit 30  
**CEUs/CEs Pending:** Social Work/Licensed Mental Health Counseling  
Licensed Marriage & Family Therapy/Psychology

This training is an experiential, self-reflective process. We will use a Peacemaking Circle as a structure and tool to discuss diversity/inclusion at Riverside. The Peacemaking Circle is a way of communication that levels the field, as each person has the opportunity to speak without interruption. The conversation moves around the circle, honoring each participant regardless of 'organizational' or 'personal' power. Through the circle process, each member is listened to and valued and has the opportunity to listen to and value others. Self-examination and growth happen at a personal pace. The conversation moves around the circle, with each member having an opportunity to share. In the 'Circle,' participants discover each other as human beings who might also have been misunderstood or judged. Riverside is offering this opportunity to managers as one of many tools to assist our colleagues in interacting in an honest, gentle and 'real' way. Our hope is that participants will discover commonalities in unexpected places and move toward a new level of understanding and acceptance where respect abounds.

### OPIOID OVERDOSE PREVENTION

Praxis Trainer

**Date/Time:** Thursday, February 1, 10:00am-1:00pm  
**Location:** Riverside Outpatient Center  
6 Kimball Lane, Suite 310, Lynnfield, MA 01940  
**Audience:** Riverside Employees. Limit 25  
**CEUs/CEs Pending:** Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

This training includes instruction, discussion, and interactive activities. At the end of this training, participants will be able to:

- Name 10 risk factors for opioid overdoses
- Describe physiological effects of opioids in the brain and body
- Demonstrate how to assess for opioid overdose
- Describe 5 harm reduction strategies for decreasing the risk of opioid overdoses
- Explain how Naloxone works to reverse opioid overdoses
- Discriminate between rescue breathing and CPR
- Generate key discussion points for teaching clients about opioid overdose prevention

## YOUTH PSYCHOLOGICAL FIRST AID

Nanci Ginty-Butler, LICSW, Riverside Trauma Center

**Date/Time:** Wednesday, February 14, 9:00am-5:00pm  
**Location:** Riverside Main Office, Dedham  
**Audience:** Riverside Employees. Limit 30  
**CEUs/CEs Pending:** Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

This training, managed by the National Council for Behavioral Health, is primarily designed for adults who regularly interact with young people. It teaches adults how to identify and help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. This training is ideal for non-clinical employees who work with youth and families. Program participants will receive certification for two years and a useful manual to take home. Join the group of over one million people across the country who have been trained.

## GUARDIANSHIPS: EVERYTHING YOU WANTED TO KNOW

Gary Zalkin, Zalkin Law Firm, PC

**Date/Time** Thursday, February 15, 10:00am-11:30am  
**Location** Riverside Main Office, Dedham  
**Audience** Riverside Employees  
**CEUs/CEs Pending** Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

Bring all your questions regarding guardianships and conservatorships, Information will be provided on how to avoid them, when to consider pursuing them, and how health care proxies fit into the mix.

## LEADERSHIP STYLES

Paulo Fulton, LICSW, MBA, Vice President Human Resources & Professional Development, Riverside Community Care

<b>Date/Time</b>	Wednesday, February 28, 9:30am-12:00pm
<b>Location</b>	Riverside Main Office, Dedham
<b>Audience</b>	Riverside Managers. Limit 20
<b>CEUs/CEs Pending</b>	Social Work/Licensed Mental Health Counseling/Licensed Marriage & Family Therapy/Nursing/Psychology

What do Steve Jobs, Richard Branson, Kris Jenner, and Kermit the Frog have in common? They each have a unique leadership style. Everyone has their own unique leadership style. As a Riverside manager we all need to understand what the strengths and weaknesses are in our own style. The first half of the training will examine several leadership models and how they can be applied in your day to day role as a manager. The second half of the training will focus on identifying your own unique leadership style by using the DISC assessment tool. We'll use the tool to identify areas where your style has strengths and areas where it could be improved. The training will culminate in establishing a personal action plan for your own leadership development.

## E-LEARNING



### ARPCT: EditU Online Learning System

**(Free Trainings Available for Riverside Employees & the People We Serve!)**

Do you want to learn new skills? Would you benefit from a Time Management, Leadership or Microsoft Office training? EditU's Online Learning System will allow you to train at your convenience.

**To gain access to EditU, please contact:**

**Helen Boyle, Director of Training & Professional Development**

**[hboyle@riversidecc.org](mailto:hboyle@riversidecc.org)**

## INTRODUCTION TO MOTIVATIONAL INTERVIEWING

**Presenter: Lori Hillard, Ph.D.,** Addiction Services Lead Clinician and Supervisor, Riverside Community Care

**Description:** This training will introduce participants to Motivational Interviewing, which is a collaborative, non-confrontational way of engaging with people we serve who struggle with addiction or any other behavior change. Participants will learn about the process of change and how to evoke individual motivations for change and change talk, as well as planning for change once a person is ready.

**Duration:** Part 1: 50 Minutes  
Part 2: 50 Minutes

**CEU's:** Social Work CEU's have been applied for. In order to be eligible to receive these CEU's, you must view parts 1 & 2 of the training and then complete both the evaluation and post-test. Once you have completed both successfully, the system will notify us automatically. If/when our CEU application is approved, we will be able to begin sending CEU certificates to those who are eligible. CEU certificates will be sent to your Riverside e-mail from our Human Resources and Professional Development team. Please note that the CEU approval process often takes several months, so we appreciate your patience as we await the approval of this new offering. Please refer any questions to: [trainingregistration@riversidecc.org](mailto:trainingregistration@riversidecc.org)

**To View Part 1:**

[https://player.vimeo.com/external/212284768.hd.mp4?s=d5d1c6a3df5e11101805c6749ffa62083e54102b&profile\\_id=169](https://player.vimeo.com/external/212284768.hd.mp4?s=d5d1c6a3df5e11101805c6749ffa62083e54102b&profile_id=169)

**To View Part 2:**

[https://player.vimeo.com/external/212278847.hd.mp4?s=d5bc4d80a4eda69bbba96f869bf4260ecf9789ea&profile\\_id=119](https://player.vimeo.com/external/212278847.hd.mp4?s=d5bc4d80a4eda69bbba96f869bf4260ecf9789ea&profile_id=119)

**To Access the PowerPoint Presentation:**

<https://connect.riversidecc.org/polforms/Resources/Training%20and%20E-Learning/Motivational%20Interviewing/Introduction%20to%20Motivational%20Interviewing-Lori%20Hillard%20PhD.pptx>

**To Access the Survey & Post-Test:** [https://www.surveymonkey.com/r/MI\\_E-Learning\\_2017](https://www.surveymonkey.com/r/MI_E-Learning_2017)

## **SELF-DETERMINATION, RECOVERY, RESILIENCY AND WELLNESS OVERVIEW**

**Introduction:** Marsha Medalie, Executive Vice President/Chief Operating Officer

**Presenters:** Donald Hughes, Vice President of Community Living Services Division & Shannon Sorensen, Vice President of Child and Family Services.

**Description:** Self-determination, Recovery, Resiliency and Wellness are important concepts for Riverside and the people we serve. They are the foundation of our organization. In this training, you will learn about the history and movement behind Self-determination, Recovery, Resiliency and Wellness, and have a chance to hear directly from persons served why these concepts are so important to them and their families.

**Duration:** Part 1: 30 Minutes  
Part 2: 5 Minutes

**To View Part 1:**

[https://player.vimeo.com/external/210410207.hd.mp4?s=3986be5ee386d407d2bc352885887d1b535d1926&profile\\_id=119](https://player.vimeo.com/external/210410207.hd.mp4?s=3986be5ee386d407d2bc352885887d1b535d1926&profile_id=119)

**To View Part 2:**

[https://player.vimeo.com/external/208132324.hd.mp4?s=461d81e6baf3bebe20d18919341c0aca116a6ae0&profile\\_id=119](https://player.vimeo.com/external/208132324.hd.mp4?s=461d81e6baf3bebe20d18919341c0aca116a6ae0&profile_id=119)

**To Access the Self-Determination, Recovery, Resiliency and Wellness Statement:**

<https://connect.riversidecc.org/polforms/General%20Forms/Miscellaneous/Self%20Determination%20-%20Recovery%20-%20Resiliency%20-%20Wellness%20Statement.docx>

**To Access the Language Matters Document:**

<https://connect.riversidecc.org/polforms/General%20Forms/Miscellaneous/Language%20Matters%20Anti-Stigma%20Flyer.pdf>

**To Access the PowerPoint:**

<https://connect.riversidecc.org/polforms/Resources/Training%20and%20E-Learning/Self-Determination%20Recovery%20Resiliency%20and%20Wellness%20Training/Self-Determination%20Powerpoint%20for%20Video.pptx>

**DSM-5 TRAINING**

**Presenter:** Trudy L. Good, Ph.D., Psychologist for Community Based Flexible Support Teams, Riverside Community Care.

**Description:** This training is designed to give an introduction to the structural and diagnostic content changes from DSM-IV to DSM-5. The training assumes that participants are knowledgeable and comfortable with DSM-IV, and is designed to describe the changes so that the participants can identify further areas for self-study or training.

**Duration:** Part 1: 1 Hour & 22 Minutes  
Part 2: 59 Minutes

**CEU's:** Social Work

**To View Part 1:**

[https://player.vimeo.com/external/204990004.hd.mp4?s=14dea7fd5d48fb4976df7c41c35b707ac7225b3f&profile\\_id=119](https://player.vimeo.com/external/204990004.hd.mp4?s=14dea7fd5d48fb4976df7c41c35b707ac7225b3f&profile_id=119)

**To View Part 2:**

[https://player.vimeo.com/external/205036441.hd.mp4?s=b058d5d6dfafd3ddbe207cc9cbd8d88c047c6eab&profile\\_id=119](https://player.vimeo.com/external/205036441.hd.mp4?s=b058d5d6dfafd3ddbe207cc9cbd8d88c047c6eab&profile_id=119)

**OUTCOME MEASURES: RIVERSIDE EHR/OUTCOMES TRAINING**

**Presenter:** David R. Kraus, Ph.D., President and Chief Scientific Officer, Outcome Referrals, Framingham, MA

**Description:** This presentation will help clinicians use the measurement tool's results to engage the person being served, to build a clinical alliance, and to establish mutual goals/objectives in the initial treatment planning process. The training will demonstrate how the measures can be used to assess the progress that the individual is making, to determine when it is time to change to a different goal and when to decide with the individual that the person has achieved their goals and termination is warranted.

**Duration:** Part 1: 57 Minutes  
Part 2: 51 Minutes

**To View Part 1:**

[https://player.vimeo.com/external/205042008.hd.mp4?s=16f3b3769628cb373d27ea1b183026cf94d4b146&profile\\_id=119](https://player.vimeo.com/external/205042008.hd.mp4?s=16f3b3769628cb373d27ea1b183026cf94d4b146&profile_id=119)

**To View Part 2:**

[https://player.vimeo.com/external/205086248.hd.mp4?s=9ed2d8b3ca90116c7d8787a1b4123a6e62a31bdb&profile\\_id=169](https://player.vimeo.com/external/205086248.hd.mp4?s=9ed2d8b3ca90116c7d8787a1b4123a6e62a31bdb&profile_id=169)

## DEFENSIVE DRIVER TRAINING

Riverside has access to a free online defensive driver training through the Philadelphia Insurance website. [www.phly.com](http://www.phly.com).

### Instructions to access Training:

- Log onto: [www.phly.com](http://www.phly.com)
- On top of page, click: Log-in
- User name: **LossControl**
- Password: **Riskservices1**
- Click: Training (on left)
- Click: Online Interactive Defensive Driver Training
- Click: OK
- Complete the course
- Take the 20 question multiple choice exam & receive score
- Print out the staff Certification of Completion

## MASSACHUSETTS DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS) LEARNING WEBSITE

Check out this website filled with lots of free online training opportunities. Here's a sampling of what you'll find: **Intro to Positive Behavior Supports, Person Centered Practices, Self-Determination**, and even some **Computer Trainings** from very basic to more advanced. [www.ddslearning.com](http://www.ddslearning.com) Click on Training and Development Opportunities, then click on Learning Calendars.

## Additional Information

### ▪ HOW TO REGISTER FOR A TRAINING

Trainings are free to Riverside Employees. Pre-registration is necessary. To register for these trainings please email [trainingregistration@riversidecc.org](mailto:trainingregistration@riversidecc.org).

- **WEATHER CANCELLATIONS:** Call 781.329.0909 and **press 8** for a recorded message.

Unless otherwise stated, there is no commercial support, or conflict of interests known for programs or instructors listed in this training announcement. For further information on learning objectives or other questions, please email [trainingregistration@riversidecc.org](mailto:trainingregistration@riversidecc.org) or call 781-320-5346.

“Riverside Community Care is approved by the American Psychological Association to sponsor continuing education for psychologists. Riverside Community Care maintains responsibility for this program and its content.”

