

New Behavioral Health Training Available

The Maryland Behavioral Health Administration and the University of Maryland, School of Medicine provide training modules on the Mdbehavioralhealth.com website for behavioral health providers in Maryland who are interested in supporting the behavioral health of youth and their families. New professional development modules will be added to the existing co-occurring disorders training series.

A new series is being developed to provide basic information for potential Peer Recovery Specialists (PRS) and people who will work with them, as well as recertification training for individuals already working in this field. All of the training modules will include PowerPoint presentations and interviews with key experts in the field, and role-plays that will demonstrate skills being discussed. The modules will be provided free, online and CEUs will be available.

Peer Recovery Specialist Training Modules & Recertification Modules	Description of Training Module
Overview of the Peer Support Specialist Training	This module will cover topics relevant to individuals who are interested in becoming Peer Recovery Specialists. The course will cover frequently asked questions, topics of interest, and thought provoking conversations surrounding peer support.
Presentation for Providers, Administrators, and Community Partners	This is an introduction to the role of peer support for providers, administrators, and community partners. This modules also includes interviews and panel discussion to highlight the benefits of using peers within an organization.
Advocacy, Parts I and II	This course will address how to advocate for recovery-related matters. Little “a” known as service advocacy will be addressed and participants will learn how to connect with an individual, engage them in conversation, and empower them to advocate for their needs.
Ethical Responsibility, Parts I and II	Part I: Code of Ethics. This module reviews the Principles and Guidelines that the Certified Peer Recovery Specialist must abide by, reviews the concept of informed consent, and discusses federal regulations of privacy and exceptions to those regulations. Part II: Ethical Considerations and the Challenges of Dual Relationships. In this module the definition and risks of dual relationships is reviewed. It also covers the importance of boundaries and the common elements of boundary violations.
Wellness & Recovery, Parts I and II	This course describes the stages of change, recovery planning, interviewing skills, and how and when to use the information provided.
Mentoring & Education, Parts I and II	This module describes the role of Recovery Coach/Mentor , key concepts of Recovery Coaches/Mentors, how they assist individuals, and how to increase an individual’s self-esteem and self-confidence through education.

Professional Development Training for Behavioral Health Providers*	Description of Module
Person-Centered Planning (PCP) and Interviewing Skills	This module is designed to teach providers how to begin creating engagement and establishing trust with new individuals who seek assistance with mental health and substance use disorders. Participants will learn how to formulate objectives or short-term goals with interested individuals, and how to use strength-based language to engage clients in developing action plans.
Suicide Prevention	Participants in this training will learn about suicide as a major public health concern that affects people of all ages and backgrounds. Information provided includes Maryland suicide statistics, at-risk populations, and risk factors. Users will learn that suicide is preventable and what steps behavioral health providers and other individuals need to take to address this very important public health issue.
Family Engagement Into Services	This training provides basic information about the multidimensional nature of engagement and the scope of the problem of engagement in children's mental health services. This course also provides the perspectives of youth and families about their experiences in services. A synthesis of the research literature on effective engagement interventions is also provided. This course concludes with an integration of this information to lay out practical engagement strategies for providers.
Transition-Age Youth (TAY)	This course provides an overview of services available to Transition Age Youth (TAY) in Maryland, efforts to bridge gaps between adolescent and adult serving systems, and how TAY-serving practitioners, programs, family/caregivers, community groups, and peers can contribute to more effective services for TAY who have or are at risk for serious behavioral health conditions. Participants will learn about common challenges TAY encounter, strengths and resources that can be cultivated to overcome challenges, common developmental tasks TAY navigate, and considerations for making youth programs or services more TAY friendly and accessible.
Resiliency and Recovery	The course will cover a brief history of the resilience work that has been done in Maryland since 2006, including information about the standing Resilience Committee, and accomplishments like the recently launched website www.mindresilience.org . Participants will learn techniques to advance resilience skills, and gain a greater understanding of how resilience is the cornerstone of positive mental health and well-being not only from a promotion and prevention standpoint, but can become the foundation for (re)establishing health and wellness at the treatment and recovery level.

*These modules will be added to the existing co-occurring disorders training series for behavioral health providers on mdbehavioralhealth.com.