



# COMMUNITY TRAINING catalog

Learning & Development for  
our Communities and Members

[cardinalinnovations.org](http://cardinalinnovations.org)

Cardinal  
Innovations  
HEALTH CARE®

Training topics in this catalog are available to members and their communities. Most are offered free-of-charge but some have a small fee to cover class materials. Most topics can be tailored to different audiences, settings and schedules.

To request a training, send an email to [trainingrequest@cardinalinnovations.org](mailto:trainingrequest@cardinalinnovations.org). Include training topic, date, time and preferred location in the email.

Training will be presented by members of Cardinal Innovations Healthcare's Community and Member Engagement teams.

For training needs in Spanish, please contact Cardinal Innovations Healthcare at [trainingrequest@cardinalinnovations.org](mailto:trainingrequest@cardinalinnovations.org) to inquire about availability in your area.

*Para las necesidades de capacitación en español, comuníquese con Cardinal Innovations Healthcare al correo electrónico [trainingrequest@cardinalinnovations.org](mailto:trainingrequest@cardinalinnovations.org) para consultar la disponibilidad en su área.*

**Community Engagement** engages key community partners, such as law enforcement agencies, school systems and non-profit organizations, through outreach, education and training to promote awareness of Cardinal Innovations, the special populations we serve and their unique needs.

**Member Engagement** provides short-term, non-clinical support and referrals for members and their families. Our team strives to empower our members through education, prevention initiatives, support, navigation of health-related systems, and health promotion.

## **To Request a Training:**

email: [trainingrequest@cardinalinnovations.org](mailto:trainingrequest@cardinalinnovations.org).

## Trainings are available in the following categories:

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<b>General</b>	Introduction to Cardinal Innovations Healthcare
	Conflict Resolution
	Integrative Care Management
	Secondary Trauma and Self-Care
	Upward to Financial Stability
<b>Mental Health</b>	Mental Health First Aid
	Psychosis Simulation
	Recovery
	Suicide Prevention Training QPR
<b>Intellectual and Developmental Disabilities</b>	ABLE Act
	Introduction to the NC Innovations Waiver
	Now that I am 18
<b>Substance Use Disorder</b>	Opioid 101
	Prevention
	Prime for Life
	Recovery
<b>Multi-discipline</b>	Crisis Intervention Team Training
	Guardianship
	Peer Support Specialist Training
	Person Centered Thinking Training
	Stigma
	Trauma
	Whole Health Action Management (WHAM)
	Wellness Recovery Action Plan (WRAP)

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## **Achieving a Better Life Experience (ABLE Act)**

Join us for an opportunity to learn more about the ABLE Act, which amends Section 529 of the Internal Revenue Service Code of 1986 to create tax-advantaged savings accounts for individuals with disabilities. These tax-advantaged savings accounts can be used to cover qualified disability expenses including: education, transportation, housing, obtaining and maintaining employment, personal support services, acquisition of assistive technology, and health and wellness.

Cost: Free

Time: 1 hour



## **Conflict Resolution**

Participants will learn Conflict Resolution strategies through discussion of the conflict cycle, positive communication strategies, the crisis cycle and ways to deescalate a conflict.

Cost: Free

Time: 2 hour

## **Crisis Intervention Team Training**

Crisis Intervention Team training (CIT) is designed to keep those who are experiencing a mental health crisis out of jail. CIT teaches law enforcement and other first responders to recognize the signs and symptoms of a mental health crisis and how to get the individual the appropriate help. Through classroom and role-play scenarios, CIT participants learn techniques to safely de-escalate volatile situations.

Cost: Free

Time: 40 hours

## **Guardianship**

Join us for a discussion of guardianship, including alternatives for individuals with intellectual or developmental disabilities.

Participants will learn about guardianship, when it is appropriate, how to start the process, the guardian's rights and responsibilities, available alternatives, and strategies to help individuals who do not meet the criteria of incompetency but need assistance to live safely in their communities.

Cost: Free

Time: 1 hour

## **Integrative Care Management**

Join us to learn about an integrative approach to care that includes the physical, emotional, mental, social, spiritual and environmental influences that affect a person's health. By employing a personalized strategy that considers an individual's unique conditions, integrative medicine and care management uses the most appropriate interventions from an array of scientific disciplines to heal illness and disease, and help people regain and maintain optimum health.

Cost: Free

Time: 2 hours

## **Introduction to Cardinal Innovations Healthcare**

Join us to learn about Cardinal Innovations Healthcare—the services we offer, how we can help and where you can find us in the community. This presentation provides participants information on how to access services, emergency services, our provider network, our wellness centers and how we can assist those in need of resources and services, with or without insurance, and how we partner with our local communities.

Cost: Free

Time: 1 hour

## **Introduction to the NC Innovations Waiver**

Participants will receive an overview of intellectual and developmental disabilities, including information about how to access community resources, types of services and available funding streams. Discussion will cover the myths and realities of individuals with IDD to better equip families and stakeholders who are assisting these individuals.

Cost: Free

Time: 1 hour

## **Mental Health First Aid**

Mental Health First Aid is an 8-hour course that teaches participants how to recognize the risk factors and warning signs of mental health issues, including depression, anxiety, trauma, psychosis, eating disorders, substance use disorders and self-injury. The training teaches the skills and knowledge to help connect individuals experiencing a crisis with professional care. MHFA is an interactive training, which can be offered in one eight-hour or two four-hour sessions.

Requires a minimum of 10 participants.

Cost: Contact us for the cost of this training.

Time: 8 hours

## **Now That I Am 18**

Individuals 17 and older, parents and caregivers are encouraged to take this transitional training. Now That I Am 18 provides an informational foundation for the participating young adult, including: education, available resources, guardianship and recovery.

Cost: Free

Time: 1-2 hours



## Opioid 101

Participants will learn about the nature of addiction and develop a better understanding of the opioid crisis. Training will focus on prevention, intervention, treatment and recovery, reducing the stigma and community resources.

Cost: Free

Time: 1 ½ hours

## Peer Support Specialist Training

Peer Support Specialist Training offers individuals living in recovery with mental illness and/or substance use disorder the chance to begin a professional career supporting others who can benefit from their lived experience.

Cardinal Innovations' 40-hour Peer Support Specialist training satisfies the requirement necessary to apply to become a NC Certified Peer Support Specialist. Delivered by trainers with lived experience, this training is based on the recovery philosophy, teaching peers how to support other peers either as a volunteer or a paid employee.

The training covers: self-care strategies, active listening skills, helping principles, client rights, cultural considerations, stages of recovery, confidentiality, setting appropriate and healthy boundaries and self-advocacy.

Cost: \$250

Time: 40 hours





Cardinal Innovations Healthcare

## Person Centered Thinking

Person Centered Thinking is a two-day training that provides participants with skills and tools used to support individuals with mental health, intellectual/developmental disabilities and substance use disorder needs. The training covers: the three levels of change in the person-centered thinking model; the first five skills (Important To/For, Matching Staff, Communication/Learning Logs, 4 Plus 1 Questions, Working/Not Working) to provide person-centered supports; and applying person-centered thinking practice to make a positive difference in the lives of people supported.

This training is intended for mental health, substance use disorder and intellectual/developmental disability professionals and others interested in the practical application of person-centered practices and tools.

Continuing Education Units are not issued for this training. To receive a certificate of attendance, participants must attend both full days of Person-Centered Thinking Training. This training meets the 12-hour requirement as outlined in the state service definitions.

Cost: Free

Time: 2 days



## **Prevention**

Prevention is a proactive process that empowers both individuals and systems by creating and reinforcing healthy behaviors. Join us for a workshop to learn about the history of prevention and its importance in the areas of mental health, substance use disorders and intellectual/developmental disabilities. Participants will establish a working definition of prevention, learn about the continuum of care, discuss what prevention looks like in the community and home, and identify ways to be an influencer of prevention.

Cost: Free

Time: 1 hour

## **Prime for Life®**

Prime for Life® is a motivational prevention, intervention and pretreatment program designed specifically for people who might be making high-risk choices, including impaired driving offenders, college students, young people charged with alcohol and/or drug offenses. This program is designed to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations and the knowledge of how to reduce the risk of alcohol- and drug-related problems throughout one's life. This class does not fulfill court-ordered requirements.

Cost: Contact us for cost for this training.

Time: Time varies on this class depending on the selected curriculum. It may be as little as 8 hours or as many as 40 hours.

## **Psychosis Simulation**

Join us for an interactive experience that allows participants to better understand a psychosis diagnosis. This training simulates the symptoms of a psychosis, including hearing voices, and discusses the risk factors, incidence and treatment options.

Cost: Free

Time: 1 ½ hours



## Recovery

Join us for a discussion of the journey of recovery. Recovery is the path that moves an individual with a mental health or substance abuse problem toward their full potential. Discussion will include living a meaningful life while traveling the path of recovery, seeking help for mental and/or substance use disorders, and believing that anyone can recover and/or manage their conditions successfully.

Cost: Free

Time: 1 hour



## **Secondary Trauma and Self-Care**

Individuals who work in various helping fields often do not recognize their potential to experience secondhand trauma. This training is designed to help those working in the field recognize the symptoms of secondary trauma and how to take care of themselves during times of stress.

Cost: Free

Time: 1 hour

## **Stigma**

Join us to explore the issue of stigma. Discussion will focus on how the brain, like all organs, is vulnerable to disease; the labels, hostility and discrimination often experienced by individuals with a mental illness, substance use disorder or an intellectual or developmental disability. Often, people experiencing these issues may label and stigmatize themselves. They may put up barriers that prevent proper treatment. This training explores ways to overcome the stigma and the resulting barriers to getting help.

Cost: Free

Time: 1 hour

## **Suicide Prevention Training: Question, Persuade, Refer**

Anyone can save a life. Question, Persuade, Refer (QPR) is an emergency response to someone in crisis. It teaches participants how to ask the right questions about suicide, how to persuade a person to get help and how to refer an individual to the right resource.

Cost: Contact us for cost for this training.

Time: 1 ½ hours

## **Trauma**

Trauma and other adverse life events significantly impact mental health and well-being. This training will help increase participants' understanding of trauma and identify available resources for those experiencing trauma-related difficulties.

Cost: Free

Time: 1 ½ hours



## **Upward to Financial Stability**

Join us to learn basic money principles: why we need money, how we get it and how to create good money habits to achieve our goals. The overall goal of this training is to increase financial security through asset development for individuals with an intellectual or developmental disability. Discussion will include banking services, budgeting and applying for a loan.

Cost: Free

Time: 1-8 hours

## **Whole Health Action Management (WHAM)**

Whole Health Action Management (WHAM) is a two-day, in-person peer support training that guides participants through a person-centered planning process to set a whole health and resiliency goal. The primary goal of WHAM is to teach skills to better self-manage chronic physical health conditions, mental illnesses and substance use disorders to achieve whole health. WHAM uses a person-centered planning process to help participants create a concise whole health goal to begin the self-management process. The whole health goal can be added to a treatment plan. WHAM also focuses on mind-body resiliency to promote self-management skills. This training also includes a follow-up support group.

Cost: Free

Time: 6-8 hours; can be broken up into multiple sessions.

## **Wellness Recovery Action Plan (WRAP)**

Wellness Recovery Action Plan (WRAP) is a program that helps individuals identify what makes them well and creates a culture to encourage them to be active participants in their own wellness. Come join us on a journey of learning how to help keep yourself well through fun activities and sharing in a safe environment.

WRAP training includes plans for responses from others when you cannot make decisions, take care of yourself or keep yourself safe.

Cost: Contact us for cost for this training.

Time: 16-20 hours; can be broken up into multiple sessions.

## Completing your Course Test and Evaluation to Receive your CE Certificate

1. Enter this link into your web browser:

<https://cardinalinnovations-extcommregistration.sabacloud.com>

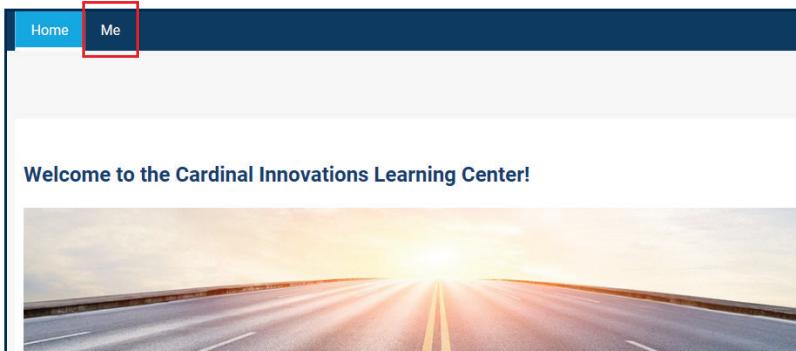
The email address you registered with is your Username in CAPS and your Password is 12345.

**Username:** JON.SNOW@TEST.COM

**Password:** 12345

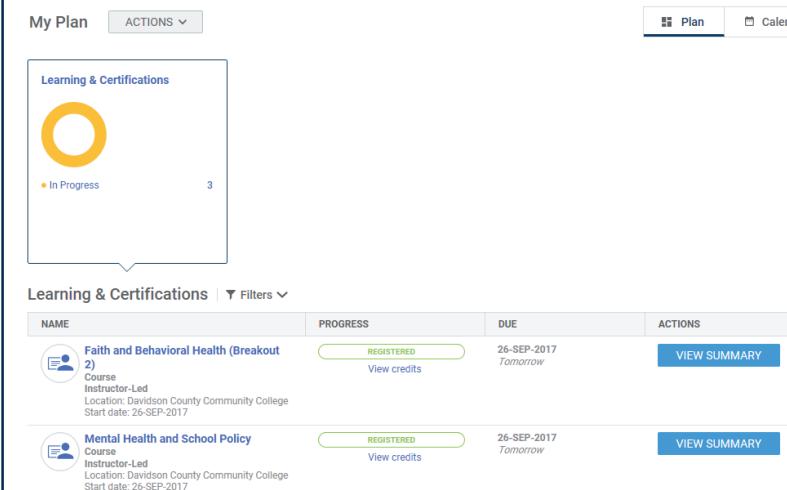
*If someone registered you with their email address, please locate the event sponsor and provide them with your email in order to update your record.*

2. This is the Home Page:



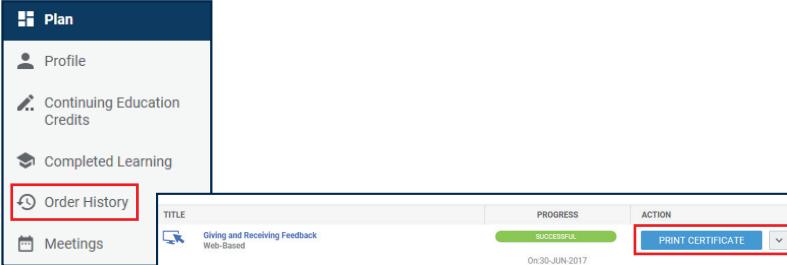
3. Click on the **Me** tab in order to view the courses you have registered for.
4. Under the **Me** tab is the listing items you registered for. Once your record has been updated as with your attendance of the class or classes (this could take up to 4 days) you will then have the ability to complete the Test and the Evaluation in that order. In this example, you can click View Summary because

you cannot do anything with the course until your attendance has been entered. Once your attendance has been marked, the button will turn to Launch in order to launch the test and then the evaluation.



NAME	PROGRESS	DUUE	ACTIONS
Faith and Behavioral Health (Breakout 2) Course Instructor-Led Location: Davidson County Community College Start date: 26-SEP-2017	REGISTERED View credits	26-SEP-2017 Tomorrow	<a href="#">VIEW SUMMARY</a>
Mental Health and School Policy Course Instructor-Led Location: Davidson County Community College Start date: 26-SEP-2017	REGISTERED View credits	26-SEP-2017 Tomorrow	<a href="#">VIEW SUMMARY</a>

- Once the evaluation has been completed, you will be able to access your CE Certificate and Print it. You will find the Certificate under the **Me** tab, then Completed Learning option.



TITLE	PROGRESS	ACTION
Giving and Receiving Feedback Web-Based	SUCCESSFUL	<a href="#">PRINT CERTIFICATE</a>





# TIPS ON requesting education

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- **T**ime is valuable and timing is everything
- **I**nformed decisions bring best results
- **P**lanning and promoting are key
- **S**tart by sending us an e-mail

**TO SCHEDULE, EMAIL US TODAY!**

[trainingrequest@cardinalinnovations.org](mailto:trainingrequest@cardinalinnovations.org)