

CCBHC-E National Training and Technical Assistance Center

Funded by Substance Use and Mental Health Services Administration and operated by the National Council for Mental Wellbeing



Full Course List

The CCBHC-Expansion Grantee National Training and Technical Assistance Center (CCBHC-E NTTAC) has partnered with Relias to provide CCBHC-Expansion grantees with free access to a suite of online learning modules on topics critical to CCBHC implementation.

Below is a list of the free online Relias Learning courses provided through the CCBHC-E NTTA Center. For more detailed descriptions of each course, please sign into Relias through the [CCBHC-E National TTA Center website](#).

CCBHC Program Requirement Area(s)	Module Name	Training Hours	Description
Cultural Competence	Behavioral Health Services and the LGBTQ+ Community	1	This course will help you improve your ability to understand the unique needs of the LGBTQ+ population and provide affirming care that addresses those needs. We will review some foundational terms and issues pertaining to inclusive language, discuss the barriers that individuals frequently encounter when attempting to access healthcare, and strategies you can implement to help individuals overcome such barriers.
Cultural Competence	Individual and Organizational Approaches to Multicultural Care	1.25	This course presents an overview of multicultural care and service delivery. You will be guided through the national standards in the United States for working with individuals from diverse backgrounds and cultures, along with key concepts that relate to your role in the alleviation of health disparities. Examples of individual and organizational applications of multicultural care will help you to apply these concepts in your own setting. You will learn about ways that you and your organization can improve quality of care by considering health literacy, cultural responsiveness, and structural disparities.
Evidence Based Practice/Intro 101's	Introduction to Trauma- Informed Care	1.75	Through interactive practice scenarios and detailed examples, you will learn the scope of your role and responsibilities when you are serving individuals with histories of trauma. You will examine best practices to implement, as well as how to avoid harmful ones that can further perpetuate the suffering and silence of trauma. As you complete this course, you will gain a deeper understanding of how your personal history can impact your work with trauma survivors. Importantly, you will learn what it means to provide trauma-informed care, and why this approach is a multi-faceted one that you should consider for the individuals you serve. This training is designed for behavioral healthcare professionals who interact with individuals in a variety of behavioral healthcare settings, including those with basic to intermediate levels of experience with trauma. DSM-5 is a registered trademark of the American Psychiatric Association. The American Psychiatric Association is not affiliated with nor endorses this course.
EBP/Intro 101's	Dialectical Behavioral Therapy: An Introduction	1.5	This course introduces the origins and theoretical underpinnings of Dialectical Behavior Therapy (DBT). You will learn about the structure and processes involved in conducting DBT as well as the evidence supporting this approach. You will also learn the strategies DBT facilitators use to

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			engage people, and you will be guided through the key elements of the DBT skill-based treatment modules. This course is designed to help you avoid common pitfalls in dealing with individuals who have difficulties regulating emotions. Using a blend of theory and research-based information with detailed case studies, this course will help you utilize the basic principles and treatment components of DBT. The course concludes with a discussion of the primary therapeutic strategies used in DBT and the core qualifications of DBT providers. This training is appropriate for licensed behavioral health clinicians who are interested in learning more about what DBT is and its primary applications. It is important to note that while this course provides an overview of DBT, it does not constitute sufficient training to begin using it with clients. You should attend a live training to supplement this course before beginning DBT work with clients.
EBP/Intro 101's	An Overview of Cognitive Behavioral Therapy	1.5	In this interactive course, you will learn introductory concepts of CBT, including how it can help resolve your clients problems concerning dysfunctional cognitions and behaviors, using an integration of cognitive and behavioral approaches. This course lays a foundation for the CBT approach for individuals with no prior exposure to this model, upon which you can later build greater familiarity through more advanced training.
EBP/Intro 101's	Motivational Interviewing	1.75	In this interactive course, you will learn introductory concepts of CBT, including how it can help resolve your clients' problems concerning dysfunctional cognitions and behaviors, using an integration of cognitive and behavioral approaches. This course lays a foundation for the CBT approach for individuals with no prior exposure to this model, upon which you can later build greater familiarity through more advanced training
EBP/Intro 101's	Medication-Assisted Treatment for Opioid Use Disorder	1.75	By taking this course, you will have information that you can share with your clients and their family members about what MAT is, how it helps, its major components, and the medications used in MAT. Note: If you are a prescriber, this course does not meet the federal requirements to qualify for a waiver to prescribe and dispense buprenorphine. You will need to pursue additional training to meet those requirements. The goal of this educational program is to provide alcohol and drug counseling, nursing, professional counseling, social work, and psychology professionals in health and human services settings with an overview of what MAT is, how it helps individuals with opioid use disorder, and the medications used in MAT programs.
EBP/Intro 101's	Co-Occurring Disorders for Early Practitioners	1.25	The information included in this training includes prevalence data, strategies for identifying co-occurring disorders, and an introduction for effective engagement and treatment strategies for individuals with co-occurring disorders.
EBP/Intro 101's	Using Telehealth in Clinical Practice	1	This course provides an overview of telehealth practices including a brief history of telehealth, current trends and research, and associated technologies. You will learn how to provide telehealth services, including potential advantages and challenges. Case scenarios are included to offer examples for practical application. The goal of this course is to provide psychologists, professional counselors, social workers, addictions professionals, marriage and family therapists, and nurses in health and human services settings with current, research-based information on telehealth and guidelines for practice.
Integrated Care	Integrating Primary and Behavioral Healthcare	1	In this course, you will become familiar with various models and configurations of integrated care. You will learn about the costs, benefits, and goals of integrated care systems. As there are numerous challenges to integrating care, you will become aware of some of these key challenges, and familiar with characteristics of well-functioning integrated care systems. Finally, you will learn a variety of ways that behavioral healthcare professionals, including you, can function effectively in an integrated care environment.
Person-centered and family centered care	Family Assessment and Intervention	1.75	After taking this course, you will be better prepared to identify a specific approach to take when working with a family experiencing distress. You should be able to improve treatment outcomes for adolescents and teens



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			with whole family assessment and treatment strategies. You will learn assessment and intervention skills that are conducive to understanding and making changes in families that may be in significant conflict or resistant to change. You will also learn key concepts about family communication, and family boundaries that will allow you to make a specific intervention plan for each session. Proven intervention and assessment techniques will be discussed and applied during interactive exercises and case examples.
Person-centered and family centered care	Person-Centered Planning in Behavioral Health	1	In this course, you will learn about what makes the person-centered planning approach different from traditional treatment planning. You will learn the significance of distinguishing between what is important to the person receiving services and what is important for the person, as well as the importance of promoting the active involvement of the persons receiving services in identifying their strengths, desires, and needs. Through interactive lessons, personalized planning strategies, and descriptive examples, you will learn how to implement the person-centered approach to significantly enhance the chances for individuals diagnosed with behavioral health challenges to succeed in the road to recovery. The content in this course is applicable to all professional staff working in health and human services and integrated care settings.
Risk assessment, suicide prevention, and suicide response	Suicide-Specific Interventions and Best Practices	1.5	The goal of this course is to provide alcohol and drug counseling, nursing, counseling, psychology, and social work professionals in health and human services with knowledge about evidence-based, suicide-specific interventions. Note: This course covers suicide-specific interventions with adults. Please review the other available courses on suicide prevention in the Relias library for content on risk factors, screening, assessment, postvention, and working with suicidal adolescents
Risk assessment, suicide prevention, and suicide response	Addressing Suicide in Adolescents and Transition Age Youth	1.5	After providing a foundation on how widespread the problem is and the prevailing theories about the drivers of suicidal behaviors, this course will teach you about how to effectively screen potentially suicidal youth and ways you can intervene to lower their risk. The goal of this course is to provide alcohol and drug counseling, behavioral counseling, marriage and family therapy, nursing, psychology, and social work professionals in health and human services settings with skills for reducing suicide risk in adolescents and transition-age youth.
Risk assessment, suicide prevention, and suicide response	Recognizing and Responding to a Person in Crisis	1.5	This course provides key training for licensed behavioral health professionals on how to recognize when a person is in crisis. You will learn how to effectively help people return to their pre-crisis level of functioning through the use of a task-based model of crisis management. Specific interventions will be described that you can use to stabilize clients who may be impacted by an isolated crisis, as well as those challenged with multiple crises. You will learn how to create a crisis response plan, along with how to use it with clients in a variety of settings. Further, you will explore how to handle situations with individuals who experience recurring crises, those who are hostile and aggressive, and people experiencing a crisis in the context of active substance use. The goal of this course is to provide addictions, behavioral health counseling, marriage and family therapy, psychology, and social work professionals in health and human services settings with skills for recognizing and effectively responding to a crisis.
Risk assessment, suicide prevention, and suicide response	Preventing Suicide Among Veterans	1.5	The goal of this course is to provide alcohol and drug counselors, professional counselors, marriage and family therapists, psychologists, nurses, social workers, and physicians in health and human services settings with skills for preventing suicide among veterans. As a behavioral health professional who supports veterans in their readjustment to civilian life, it is critical to have an understanding the unique challenges and needs of this population.
Risk assessment, suicide prevention, and suicide response	Assessing and Treating Anxiety in Children and Adolescents	1.75	This course provides an overview of how anxiety impacts children and adolescents. You will learn about the specific types of anxiety disorders and the multiple pathways by which anxiety can develop. As you progress through this course, you will learn assessment strategies and evidence-



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			based interventions that you can implement to identify and treat these disorders in children and adolescents.
Screening Tools and Assessments	Behavioral Health Screening Tools	1	To provide effective and comprehensive interventions that include high quality behavioral healthcare, a critical first step is recognizing that a problem exists. Behavioral health screening can improve the identification of disorders that may have otherwise gone unnoticed and untreated, facilitate referrals to needed services, and reduce adverse outcomes. It can be implemented relatively rapidly and in a variety of healthcare settings. Most tools require minimal time and effort on the provider's part, yet the benefits are significant in helping to avoid complications, achieving treatment goals more rapidly, and reducing the overall cost of care. This course will provide a review of some of the most widely used behavioral health screening tools currently available for use in integrated care settings. In addition, we will explore important factors for consideration when implementing behavioral health screening tools into the workflow of the practice.
Screening Tools and Assessments	Assessment and Treatment of Depressive Disorders in Children & Adolescents	1.25	In this course, you will learn to identify different depressive disorders, as well as the unique ways depression manifests in children and adolescents. Additionally, you will learn to recognize risk factors for both depression and suicidality in youth. An integrated care model treats the whole child by combining primary care and mental healthcare in one setting. Within this model, treatment providers understand how to screen for depression and suicidality in order to coordinate care. You will learn about specific instruments useful for detecting depression and suicidality among youth. An understanding of the root causes of depression will highlight the rationale for various treatment approaches. Lastly, you will be able to describe the best practices available to help children and adolescents manage depression. The goal of this course is to provide behavioral health, marriage and family therapy, nursing, psychology, social work, and addiction professionals with information to identify depressive disorders among youth and methods to support them.
Screening Tools and Assessments	Assessment and Treatment of Opioid Use Disorder	1.25	This course will provide you with an overview of opioid use disorder, detailed information to gather during a comprehensive assessment, and treatment options to implement with clients diagnosed with opioid use disorder.
Screening Tools and Assessments	Assessment and Treatment of Stimulant Use Disorders	1.25	This course provides an overview of stimulant use disorders with a specific focus on methamphetamine use disorders. In this course, you will learn about the components of assessment of methamphetamine use and abuse, as well as best practices for treatment interventions with a focus on cognitive behavioral therapy (CBT), motivational interviewing (MI), and the Matrix Model of intensive outpatient treatment for people with stimulant use disorders.
Screening Tools and Assessments	Best Practices in Alcohol Use Disorder Assessment and Treatment	1.25	The goal of this course is to help you to gain knowledge in recognizing, diagnosing, and treating alcohol use disorders (AUD) in your clients. DSM™ and DSM-5™ are registered trademarks of the American Psychiatric Association. The American Psychiatric Association is not affiliated with nor endorses this course.
Veterans and Armed Forces	Enhancing Clinical Competency through An Understanding of Military Culture	1.25	This course will provide you with an introduction to military culture. You will learn about the overall structure of the military, the core values of the primary branches, and the unique experiences of specific sub-populations within the military. This information will help more effectively engage with, understand, respect, and support the military service members who seek your services. The goal of this course is to provide alcohol and drug counselors, professional counselors, psychologists, social workers, and marriage and family therapists in health and human services settings with information about military culture in general, the effects of military culture on sub-populations, and how behavioral health concerns affect military service members and veterans.



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Cultural Competence	Behavioral Health Issues in Older Adults for Paraprofessionals	1.5	As health and human service paraprofessionals assisting older adults, it is important for you to recognize the behavioral health problems that arise most often in older adulthood. Your role as a paraprofessional is becoming even more central to meeting the needs of older adults. This course is designed to increase your ability to distinguish between normal aging and behavioral health problems, and to further your understanding of what you can do as part of the care team to provide support and promote recovery.
Cultural Competence	Social Determinants of Health Overview	1	In this course, you will learn about the five pillars of social determinants of health and how they impact the daily delivery, accessibility, and engagement of health improvement efforts. You will review the conceptual framework behind social determinants of health, current inequalities and inequities in healthcare, and other challenges that are present when attempting to address determinants to improve the health of individuals and communities. Finally, you will explore how to increase awareness and interest in the determinants, as well as ways to engage patients, stakeholders, and other providers in addressing social determinants of health.

