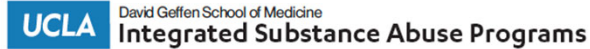


3-Day Hybrid *Pacific Mental Health Awareness Training (P-MHAT)* for Hawaii Providers

Sponsored by: UCLA Integrated Substance Abuse Programs, Pacific Southwest Addiction Technology Transfer Center, and the Pacific Mental Health Awareness Training Project

In partnership with: Hawaii State Department of Health Alcohol and Drug Abuse Division




Pre-Registration is Required!

Providers will be able to participate in this 3-day training series in-person on Oahu OR virtually via Zoom.

As mental health and substance issues continue to impact individuals at increasing rates, there is ongoing need for strategies to mobilize providers and community members. This three-day Pacific Mental Health Awareness Training (P-MHAT) is designed to provide attendees with skills, practice, strategies, and support for enhancing community support related to mental health and substance use issues. Participants will have opportunities to collaborate with colleagues and the trainers in identifying ways to enhance referrals to formal behavioral and mental health services, as well as accessing community-based supports specific to the islands of Hawaii. Skill development will incorporate aspects of evidence-supported approaches to care and referral such as Motivational Interviewing, Mental Health First Aid, and Trauma-Informed Care. This training would benefit any individuals who may encounter someone in their community needing mental health support.

<p>Trainers:</p>	<p>Andrew Kurtz, LMFT, UCLA Integrated Substance Abuse Programs Thomas E. Freese, PhD, UCLA Integrated Substance Abuse Programs</p>
<p>Dates and Times:</p>	<p style="text-align: center;"><u>Participation in all 3-trainings in this series is required</u></p> <ul style="list-style-type: none"> • Day 1: Monday, June 6, 2022; 9:00am-3:00pm HST <i>Pacific Mental Health Awareness Training Overview Strategies for Identifying Mental Health Needs and Connecting Individuals to Supports</i> • Day 2: Tuesday, June 7, 2022; 9:00am-3:00pm HST <i>Effecting Change and Enhancing Connection: Skill Development of Evidence-Supported Strategies</i> • Day 3: Wednesday, June 8, 2022; 9:00am-3:00pm HST <i>Trauma-Informed Care Approaches for Working with Individuals with Substance Use Disorders Next Steps and Ongoing Support</i>
<p>Oahu In-Person Registration Information:</p>	<p>Address: ADAD - 601 Kamokila Blvd # 360, Kapolei, HI 96707 Parking: Parking will be available on-site Registration Link: https://uclahs.az1.qualtrics.com/jfe/form/SV_6rrwFWMCE6Pb0NM *Participants will need to first check-in at the front desk. Sign-in begins at 8:30am each day. There will be a 1-hour lunch and 2-15 minute breaks. *Space is limited to 20 participants. You will be notified via email if space has been reserved for you.</p>
<p>Virtual Zoom Registration Information:</p>	<p>Zoom Registration Link: https://uclahs.zoom.us/meeting/register/tJrcemgrDopHdlwAxwx-N5igv2aczeNm6SH * you will receive 3-separate Zoom log-in links, one for each session. * Please log-in at least 15 minute before the start of the training to test out your video and audio connections. There will be a 1-hour lunch and 2-15 minute breaks. *Space is limited to 20 participants. You will be notified via email if space has been reserved for you.</p>

<p>Day #1: Pacific Mental Health Awareness Training Overview Training Description:</p>	<p>During the training, participants will have opportunities to review current community supports, develop understandings of mental health conditions, substance use disorders, risk identification, and strategies for engagement in communities. Participants will engage in interactive activities with trainer(s) and peers to practice the use of the ALGEE method in Mental Health First Aid, expanding skills in assessing/approaching individuals with mental health/substance use needs, listening nonjudgmentally, giving information for the purpose of connection and referral, and encouraging recipients of Mental Health First Aid to access formal behavioral health services and informal supports for recovery.</p>
<p>Day #1: Pacific Mental Health Awareness Training Overview Learning Objectives:</p>	<ol style="list-style-type: none"> 1. Explain two benefits of early intervention on mental health challenges. 2. Identify the five steps of the MHFA Action Plan (ALGEE). 3. Distinguish two ways a person might show early signs of a mental health challenge. 4. Recognize three ways a person shows worsening signs of a mental health challenge or crisis. 5. Apply two strategies for enhancing referrals to mental health supports in the community.
<p>Day #2: Effecting Change and Enhancing Connection: Skill Development of Evidence-Supported Strategies Training Description:</p>	<p>Helping people constructively talk about reducing health risks and changing behavior is an essential engagement and connection skill. Motivational Interviewing (MI) is one strategy designed to enhance the patient’s own motivation to change using strategies that are empathic and non-confrontational. In combination with strategies from Mental Health First Aid, participants will find effective ways to promote behavior change in individuals using a guiding helping style to draw out an individual’s own strengths and desires to help them make changes to improve their health. Ample time will be devoted to real play and group practice sessions to enable training participants to gain the skills necessary to engage their clients/patients and work to enhance their motivation for change.</p>
<p>Day #2: Effecting Change and Enhancing Connection: Skill Development of Evidence-Supported Strategies Learning Objectives:</p>	<ol style="list-style-type: none"> 1. Identify at least three (3) components of the Spirit of Motivational Interviewing. 2. Distinguish at least two (2) ways that Motivational Interviewing is different from traditional medical approaches to counseling clients with substance use problems. 3. Propose at least two (2) principles of Motivational Interviewing. 4. Explain at least two (2) reasons why active listening is important before problem-solving solutions for the client. 5. Analyze at least three (3) of the MI micro-skills and explain how they can enhance a conversation about behavior change.
<p>Day #3: Trauma-Informed Care and Other Organizational Approaches for Working with Individuals with Substance Use Disorders Training Description:</p>	<p>The purpose of the training is to introduce participants to the presentation of trauma among clients and the relation between traumatic experience and the development of substance use disorders, as well as ways in which trauma experience can prevent individuals from feeling safe in disclosing mental health and substance use needs. Key topics include: an overview of trauma presentations across the lifespan; socioecological conceptualizations of early childhood trauma leading to later life judicial and medical impairments; and skills and strategies to intervene with clients who have co-occurring trauma and substance use disorders.</p>
<p>Day #3: Trauma-Informed Care and Other Organizational Approaches for Working with Individuals with Substance Use Disorders Learning Objectives:</p>	<ol style="list-style-type: none"> 1. Compare two (2) differences between “Big T” and “little t” stressors. 2. Explain two (2) of the major findings from the ACE study relating to childhood experience to substance use and adult health impairment. 3. Integrated two (2) components into practice of trauma-informed engagement of clients. 4. Specify three (3) cognitive or physiological impacts of trauma on functioning. 5. Propose at least one (1) Trauma-Informed organizational enhancement to increase success in connecting individuals to mental health supports.

<p>Who Should Attend:</p>	<p>This 3-day hybrid training series is free and is open to providers including: Anyone interested in learning more about mental health, LMFTs and LCSWs, Psychologists, Registered Nurses, Certified Substance Use Disorder Treatment Counselors, Other Behavioral Health Specialists/Clinicians, First responders, Teachers</p>
<p>Continuing Education:</p>	<p>The training series meets the qualifications for the provision of thirteen and one-half (13.5) continuing education credits/contact hours (CEs/CEHs).</p>  <p>UCLA Integrated Substance Abuse Programs (ISAP) is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA ISAP maintains responsibility for this program and its content.</p> <p>UCLA ISAP is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider #64812). UCLA ISAP maintains responsibility for this program/course and its content. Course meets the qualifications for thirteen and one-half (13.5) hours of continuing education credit for LMFTs, LCSWs, LPCCS, and LEPs as required by the California Board of Behavioral Sciences. UCLA ISAP is also an approved provider of continuing education for RADTs I/II, CADCs-CASs, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N- 00-445-1123), CATCs (ACCBC/CAADE, #CP40 872 C 0822), and CAODCs (CADTP, #151). Provider approved by the California Board of Registered Nursing, Provider #15455, for 13.5 contact hours. UNR CASAT is an approved provider of continuing education credit for NCACs I/II and MACs through the National Association of Alcoholism and Drug Abuse Counselors (NAADAC, #98165). The training is approved by the Hawaii State Department of Health’s Alcohol and Drug Abuse Division for thirteen and one-half (13.5) education content hours (CSAC, CCJP, CCS, CPS, CCDP-D, and CSAPA). This program is approved by the National Association of Social Workers-Hawaii Chapter NASWHI-CEP-005 for up to thirteen and one-half (13.5) Social Work continuing education contact hour(s), zero (0) specifically in Ethics. Partial credit will not be available for those participants who arrive late or leave early.</p> <p style="text-align: center;">Continuing education credit will be awarded within 6-8 weeks following completion of the last training session.</p>
<p>Space is limited. Registration will be accepted on a first come, first-serve basis. You will be notified via email if space has been reserved for you upon receipt of your online registration. ****Please be sure you received a confirmation email before attending the training****</p>	

Please contact Victoria Norith by phone (310) 267-5408 or e-mail at vnorith@mednet.ucla.edu if you have questions, concerns, special needs, or require additional information before registering for the training.



If you need a disability-related reasonable accommodation/alternative format for this event, please contact Victoria Norith by phone (310) 267-5408 or e-mail at vnorith@mednet.ucla.edu at least 1 week before each training.

Refund/Cancellation Policy: Notice of cancellation must be made at least 72 hours in advance of the training by contacting Victoria Norith by phone (310) 267-5408 or email at vnorith@mednet.ucla.edu. You can also cancel directly via zoom.

Instructions for Filing a Grievance Concerning UCLA ISAP’s Continuing Education Program:

Please contact Dr. Thomas E. Freese, CE Program Administrator, in writing (UCLA ISAP, 10911 Weyburn Ave, Suite 200, Los Angeles, CA 90024) or by phone (310-267-5397). Alternately, you may contact Dr. Gloria Miele or Dr. James Peck, ISAP-affiliated doctoral-level psychologists responsible for program planning for the ISAP CE Program. Drs. Miele and Peck can be reached in writing at: 10911 Weyburn Ave, Suite 200, Los Angeles, CA 90024 or by phone at: 310-267-5888 (Miele) or 310-267-5346 (Peck).

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