CENTER FOR PRACTICE INNOVATIONS
ONLINE MODULE CATALOGUE
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Center for Practice Innovations℠
at Columbia Psychiatry
New York State Psychiatric Institute
Building best practices with you.

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CENTER FOR PRACTICE INNOVATIONS ONLINE TRAINING MODULES - These interactive online modules include information, video clips, and opportunities for learners to interact with topics. They are designed to provide more detailed information and tools in specific areas.

KNOWLEDGE-BUILDER MODULES

(These videos, ranging from 10-30 minutes, provide basic information in specific topic areas.)

Addiction and substance abuse

This module defines DSM-5 criteria for substance use disorders. You will also learn in this module how to describe the scope and consequences associated with substance use disorders as well as the service components and therapeutic models of substance use disorders treatment

Americans with Disabilities ACT (ADA)

The objectives of this module are to appreciate the goals of the ADA as applied to individuals with mental illnesses, to understand what is meant by a "mental impairment" under the ADA and have a working knowledge of "reasonable accommodations" that may help employees with psychiatric and/or substance abuse disabilities, and to be aware of what employers may and may not ask about regarding disabilities.

Assertive Community Treatment (ACT): An Evidence-Based Model of Community Intervention

This module describes Assertive Community Treatment (ACT) and its designation as an Evidence-Based Practice. During this module, you will review the "nuts and bolts" of implementing ACT in New York State. After viewing this module, you will be able to describe what is coming next: ACT as a time-limited service.

Child and Elder Abuse and Neglect

After taking this module, you will be able to recognize common signs of child or elder abuse or neglect. You will also be able to identify both legally mandated and non-mandated reporting procedures in NYS. This module's goal is to help you appreciate what takes place once a report is made concerning a child or adult in NYS.

Commonly seen behavioral health conditions in primary care

This module describes the commonly seen conditions: mood, anxiety, and somatoform disorders. You will learn in this module how to identify behavioral health conditions described with screening tools while keeping cultural factors in consideration. You will also learn how to review approaches to treatment.

Cultural Competence

This module defines culture and outlines the meaning of cultural competence. After taking this module, you will be able to identify key benefits of cultural competence as well as assess the tools used to support culturally competent care.

Domestic violence and mental health

The objectives of this module are to understand the definition and scope of domestic violence in the U.S., to appreciate the impact of interpersonal violence on physical and emotional health across the lifespan, to learn the major barriers to seeking help and strategies to screen for violence' and to understand the range of evidence-based treatments available to treat trauma.

Essential Psychopharmacology

In this module, you will review major classes of psychotropic medications. This module provides the key principles of medication treatment for psychiatric conditions and outlines key indications for these drugs as a component of treatment.

Ethics

This module outlines the major principles underlying medical ethics as applied to psychiatric care and identifies common ethical issues that arise in clinical practice. After viewing this module, you will understand how to approach an ethical dilemma when one arises in the course of one's work.

First Episode Psychosis

This module describes what is meant by first episode psychosis (FEP), the rationale for providing specialized FEP services and the components of evidence-based FEP services and expected outcomes.

HEDIS and how Measurement can Improve Quality of Care

This module describes key HEDIS measures for behavioral health. You will learn how these measures are used and what they tell us about care. This module examines HEDIS measures in clinical action using two case vignettes.

Integrated Care: (Two Mini-Modules)

Collaborative Care: Integrating Mental Health into Primary Medical Care

This module demonstrates the common problem associated with co-occurring physical and mental disorders, emphasizes that unless physical and mental disorders are both detected and effectively treated that a person cannot recover from either and illustrates an effective method; in primary care settings, for treating co-occurring depression and physical disorders.

Integrated Care: Providing Medical Care to Individuals with Serious Mental Disorders

This module identifies the complex health needs of individuals diagnosed with serious mental disorders. You will learn how integrated care addresses the needs of these individuals and how Health Homes can be helpful.

Intervention and Prevention of Suicidal Behavior

This module describes different types of suicidal behavior and the extent of the problem. You will learn different approaches to understanding suicide, the risk factors for suicide, and different levels of intervention for preventing suicide.

Introduction to Assisted Outpatient Treatment (AOT)

This module provides the context and history of goals of Assisted Outpatient Treatment (AOT) in New York State, the rules governing AOT in New York State, and the critical challenges and opportunities of AOT in New York State.

Introduction To Care Coordination

This module defines care coordination, explains why care coordination is important and describes both general and specific approaches to care coordination that can be put into action.

Introduction To Care Transitions: The Importance Of Discharge Planning And Early Aftercare

This module identifies components of successful discharge planning and early aftercare in the engagement of recently hospitalized individuals. After viewing this module, you will better understand the role of hospitalization and continuity of care post-discharge.

Introduction to Wellness Self-Management (WSM)

This module introduces a conceptual framework for self-management approaches. This module provides a review of self-management behavioral health programs in use today and identifies the key dimensions of effective self-management approaches. By the end of this module, you will be able to describe CPI's Wellness Self-Management (WSM) and Wellness Self-Management Plus (WSM+) programs.

Major Psychiatric Diagnoses

This module describes the major psychiatric diagnostic systems in the US, lists the dimensions of psychiatric diagnoses and identifies the symptoms and criteria of major psychotic, affective and anxiety disorders.

Medication Assisted Treatment Of Substance Use Disorders in NYS - Part 1

In Part 1 of this module, presents NYS' Medication-Assisted Treatment agenda which supports adoption of pharmacological interventions in treating substance use disorders. This module discusses the Chronic Disease Model in relation to Medication-Assisted Treatment. By the end of this module, you will be able to inform participants on the use of Medication-Assisted Treatment (MAT) as an effective option in the treatment of some individuals with substance use disorders (SUD).

Medication Assisted Treatment Of Substance Use Disorders in NYS - Part 2
Part 2 of this module presents the three types of opioid drug-receptor interactions in relation to addiction medications. You will be able to familiarize participants with the three addiction medications for treating opioid dependency and other addiction medications that are available for SUD patients and the advantages of their use. Further, you will be able to educate regarding the myths and benefits associated with the use of MAT and importance in adopting MAT in addressing the chronicity of SUD treatment.

Privacy and security of health information: HIPAA
The objectives of this module are to identify key elements of the Federal Health Insurance Portability and Accountability Act (HIPAA), to understand what to do to comply with the following components of the Act - Privacy Rule, Security Rule, Breach Notification Rule, and to know where to go to get additional information.

Principles for building program capacity in co-occurring disorders treatment
The objectives of this module are to describe the scope and consequences associated with co-occurring disorders, to define and understand the core practice principles for building an integrated treatment co-occurring disorders program, to identify the outcomes associated with integrated treatment, and to understand that dual recovery is possible.

Recovery and Person-centered Care
This module explores the different definitions of recovery. After viewing this module, you will be able to describe the core features of recovery oriented care and how it may differ from traditional care. A person-centered practice, this module identifies symptoms and addresses how hope, self-efficacy, and empowerment coalesce as components of recovery oriented care. This module also outlines the role of peers and shared decision making.

Rehabilitation and Recovery including HCBS
This module introduces recovery as a concept and provides descriptions of key evidence-based practices that promote rehabilitation and recovery. After viewing this module, you will also be able to describe HCBS core principles and services.

The Basics of Antipsychotic Medication
By the end of this module, you will understand key principles of antipsychotic use; know key indications for these drugs, their major side effects, monitoring, and management.

The Importance of Families
This module explores the importance of engaging and involving family members and significant others of people with mental illness by outlining common experiences and the integral role loved ones play during treatment.

Tobacco Dependence Treatment
This module provides a review of the health effects of smoking. You will learn how to describe the rates of tobacco dependence in the general population and among those with mental disorders. This module also describes pharmacologic and psychosocial treatment approaches.

Treatment of Trauma
This module aims to familiarize you with the concept of traumatic stress. You will learn to identify the different mental health disorders related to trauma as well as evidence-based treatments, including Post Traumatic Stress Disorder (PTSD).

Using Motivational Interviewing to Engage and Work with Members
After taking this module, you will be able to provide an overview of Motivational Interviewing and understand the importance of engagement. You will learn how to describe the core skills and the four processes in Motivational Interviewing. This module provides a description of the Brief Negotiation

Interview (BNI), an adaptation of Motivational Interviewing. You will better understand how to use the four steps of the BNI in a telephone contact to improve member engagement and retention.

Working With Special Groups (Three Mini-Modules)

Mental Health in Pregnancy and the Postpartum

This module outlines the epidemiology of mental illness around pregnancy and postpartum. In this module, you will review the morbidity associated with mental illness in the perinatal period, incorporating an understanding of biological, psychological and social factors affecting women, their offspring and the family system. After viewing this module, you will be able to describe the basic principles of risk/benefit analysis around prescribing psychotropic medications in the perinatal period. This module also assesses the effective psychotherapy and psychosocial treatments for perinatal depression.

Transition Age Youth

This module defines Transition Age Youth (TAY), describes the common challenges of Transition Age Youth with a mental health diagnosis and identifies key overarching strategies that support successful transition to adulthood. This module also outlines specific service delivery challenges during the transition period.

Understanding Intellectual Developmental Disorder

After viewing this module, you will be able to describe Intellectual Developmental Disorder (IDD) and identify its levels of "severity" (mild, moderate, severe, and profound). You will also be able to describe the intersection between intellectual disability and other behavioral health disorders in regards to diagnosis and treatment.

CENTER FOR PRACTICE INNOVATIONS ONLINE TRAINING MODULES

(These interactive online modules include information, video clips, and opportunities for learners to interact with topics. They are designed to provide more detailed information and tools in specific areas.)

Assertive Community Treatment

ACT: Promoting Recovery through a Mobile, Team-based Approach

This hour-long module is designed for ACT team members - newly hired or experienced- as well as administrators, managers and practitioners from mental health programs who interact with ACT teams. It focuses on three key themes of ACT in NYS: recovery oriented, community focused, and team based.

ACT: Engaging Consumers in Assertive Community Treatment

This hour-long module is designed for ACT team members - newly hired or experienced. It describes a variety strategies used by team members during the phases of early and later engagement of consumers newly referred to the ACT team. The goal of this process to engage consumers in a collaborative partnership with the team, aimed toward promoting their long-term recovery.

ACT: Person-Centered Treatment Planning in Assertive Community Treatment

This 45 minute-long module is designed for ACT team members - newly hired or experienced. It addresses the consumer's recovery journey, the important role of assessment in treatment planning, person-centered treatment planning, the treatment planning process, and challenges and opportunities of treatment planning in ACT.

ACT: Peer Specialists: ACT and Beyond

This module focuses on the role of peer specialists on treatment teams. This module is designed to be used by ACT team peer specialists, other ACT team members, program and agency leaders, and peer specialists and other team members belonging to other types of treatment teams. Topics covered are: what peer specialists do, benefits of involving a peer specialist, national support and endorsement of the role, and adding peer specialists to the team.

Clozapine

Motivating Clozapine Use: An Aid for Prescribers

This training module for prescribers reviews the evidence for clozapine's effectiveness, as well as its potential side effects and serious medical risks. Participants will learn how to assess whether clozapine is appropriate for a particular consumer. Participants will also learn different ways, including motivational approaches, to engage consumers in deciding whether clozapine is right for them. This module will take 45 minutes to complete.

Considering Clozapine

This module is designed for people who are considering taking clozapine. The goal is to help the individual prepare to talk to her/his prescriber about whether clozapine is the right medicine for her/his situation.

Integrated Treatment for Mental Health and Substance Use Disorders

FIT Module 01: Introduction to Integrated Co-Occurring Disorders Treatment: Principles

This training module provides an introduction to and an overview of integrated treatment for people with co-occurring psychiatric and substance use disorders. Participants will learn about the prevalence of co-occurring disorders, the impact of co-occurring disorders on the lives of people when they go untreated, the failure of non-integrated treatment approaches, the importance of treating both disorders concurrently by the same clinician or treatment team (integration), and the improved client outcomes in integrated treatment programs.

FIT Module 02: Implementing Co-Occurring Disorders (COD) Treatment

Administrators and those who lead the agency's implementation process will learn seven important steps that lead to successful implementation: making a decision, forming consensus, organizing the change, developing a plan, putting the plan in action, monitoring the plan, and sustaining the program change.

FIT Module 03: Screening for Substance Use

Although anyone can benefit from this module, it is designed to help practitioners in mental health treatment settings. The first step in helping people with co-occurring disorders is to find out if they are simultaneously experiencing symptoms of a substance use disorder. You will learn about barriers to effecting screening and methods for overcoming these barriers. You will also learn about effective screening techniques and three substance use disorder screening forms recommended by the OASAS/OMH Joint Task Force on Co-Occurring Disorders.

FIT Module 04: Screening for Psychiatric Disorders

Although anyone can benefit from this module, it is designed to help practitioners in addiction treatment settings. The first step in helping people with co-occurring disorders in addiction settings is to find out if they are simultaneously experiencing symptoms of a mental health disorder. You will learn about barriers to effective screening and methods for overcoming these barriers. You will also learn about effective screening techniques and three mental health disorder screening forms recommended by the OASAS/OMH Joint Task Force on Co-Occurring Disorders.

FIT Module 05: Assessment of Substance Use Disorder

Although anyone can benefit from this module, it is designed to help practitioners integrate the assessment of substance use disorders into the mental health assessment process. You will learn about barriers to integrated assessment and methods for overcoming these barriers as well as the key concepts of integrated assessment. You will also learn about the 12 domains of assessment for co-occurring disorders identified by OMH and OASAS, with an extended discussion of the mental status examination and the substance use domains.

FIT Module 06: Assessment of Psychiatric Disorders

Although anyone can benefit from this module, it is designed to help practitioners integrate the assessment of mental health problems into the assessment of substance use disorders. You will learn about the 12 domains of assessment for co-occurring disorders recommended by OMH and OASAS with an in-depth discussion of the mental health domain. The module will help you integrate a client's mental health issues into your overall assessment process, leading to better treatment and improved outcomes. You will also learn about the five components of the mental health domain as well as how to conduct a thorough mental status exam. The module will help you distinguish between feelings, symptoms and disorders, and will provide you with specific guidelines for assessing common psychiatric disorders.

FIT Module 07: Differentiating Substance Use and Psychiatric Symptoms

This training module provides an overview of various substances and symptoms of intoxication and withdrawal that might mimic psychotic symptoms. Participants will learn how to use a timeline to determine whether the observed symptoms are substance induced or related to an independent psychiatric disorder. After viewing this module, participants will be able to: use a timeline with clients to determine whether observed symptoms are substance induced or related to an independent psychiatric disorder; and describe symptoms that may be related either to a psychiatric disorder or substance use.

FIT Module 08: Motivational Interviewing

This training module provides an introduction to motivational interviewing, a client-centered, directive method for enhancing a client's own desire to change. This is the first of three training modules that focus on the development of motivational interviewing skills. Participants will learn about the spirit and the four principles of motivational interviewing including expressing empathy, developing discrepancy, rolling with resistance and supporting self-efficacy. Participants will also learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client's change talk.

FIT Module 09: Motivational Interviewing II

This second of three training modules on motivational interviewing builds upon the introduction provided in the first. Participants will learn how and when to use four essential skills of motivational interviewing: open-ended questions, affirmations, reflective listening and summaries.

FIT Module 10: Motivational Interviewing III

This third of three training modules on motivational interviewing provides additional skills that focus on working with clients who are ambivalent about change. Participants will learn three techniques to help people deal with their ambivalence including: amplified reflection, double-sided reflection, and co reflection, and coming alongside to roll with a client's resistance.

FIT Module 11: Motivational Interviewing and Harm Reduction

This module examines crisis management and harm reduction. You will learn when it's appropriate to use Motivational Interviewing for harm reduction, how to use it and the ethical issues around using Motivational Interviewing.

FIT Module 12: Stage-Wise Treatment

This training module provides an introduction to the Stages of Change and the Stages of Treatment models including what they are, how they interact and the importance of providing interventions that work best for each stage. Participants will learn the four stages of treatment, the goal of each stage, the interventions that match the stage and how best to recognize clients' stages of treatment.

FIT Module 13: Early Stages of Change

This is the second of four modules that discuss the stages of change, stages of treatment and stage-specific treatment interventions. This module concentrates on early change and stages of treatment. It begins with an overview of the Stages of Change and Stages of Treatment and how they are related. You will learn how

to assess a client's stage of change accurately and how to use Motivational Interviewing as a primary tool in the early stages of treatment. The module then explores treatment interventions for each of the three early stages of change: pre-contemplation, contemplation and preparation. Real-life case studies illustrate interventions that are helpful during early stages of change.

FIT Module 14: Later Stages of Change

This is the third of four modules that discuss the stages of change, stages of treatment and stage-specific treatment interventions. This module concentrates on later stages of change. It begins with a short review of the Stages of Change, lists the criteria for accurately assessing clients in these later stages and examines treatment interventions for each of two later stages (action and maintenance). Real-life case studies illustrate interventions that are helpful during later stages of change. You will also learn about treatment approaches for clients in multiple stages for different disorders; for example, contemplation of substance use and action for mental health issues.

FIT Module 15: Stage-Wise Treatment Groups

What are stage-wise treatment groups? How are they related to the stages of treatment? What are the goals of these groups, how do they differ, and how are they structured? These are some of the questions this module will help you answer. You will also learn about the positive client outcomes associated with stage-wise groups and how to integrate other types of groups, such as coping skills and peer recovery groups, into your treatment program. You will see a hands-on demonstration of an active treatment group and hear other practitioners in your field describe their experiences providing stage-based treatment groups.

FIT Module 16: Persuasion Groups

This module takes a closer look at one specific type of stage-wise group: the persuasion group. In this module, you will learn the goals, clinical techniques and characteristics of persuasion groups. This module also includes some sample group curricula you can download and use.

FIT Module 17: Active Treatment/Relapse Prevention Groups

This module takes a closer look at active treatment and relapse prevention groups. You will learn common interventions in active treatment and relapse prevention groups to help people learn new coping skills. You will also learn how groups help clients work on real-life issues such as managing negative emotions, work, relationships and their housing environment. This module also includes some sample group curricula you can download and use.

FIT Module 18: Peer Recovery Supports in the Community

This training module provides an overview of peer recovery community support groups. Participants will learn about the 12-Step Model (including AA and other 12-Step programs), the benefits of 12-Step programs and the different meeting types. Participants will also learn recommended strategies for promoting access to self-help programs, connecting clients to peer support groups, and overcoming potential problems clients might encounter.

FIT Module 19: Cognitive Behavioral Therapy (CBT) for Coping Skills and Problem-Solving

This module is an overview of Cognitive Behavioral Therapy (CBT) and its application in treating both addiction and mental health symptoms. You will learn the basics of CBT for co-occurring disorders, the learning theories behind CBT, principles for implementing CBT and strategies for using CBT in addiction counseling. The two fundamental components of CBT are conducting a functional analysis and teaching coping skills. You will learn how to use the functional analysis and the steps to teaching coping skills as well as how to apply CBT for problem solving and goal setting.

FIT Module 20: CBT for Treating Anxiety, Depression, and Trauma-Related Problems

This module focuses on more advanced CBT techniques and builds on Module #19: CBT for Coping and Problem Solving. You will learn a model for using CBT, how to create a Crisis Plan, how to teach breathing retraining and the five Steps of Cognitive Restructuring. Real-life sessions demonstrate techniques for applying CBT.

FIT Module 21: Social Skills Training

Clients with co-occurring disorders often need help learning social skills. In this module, you will learn how you can teach clients by breaking skills into smaller steps and helping them practice new behaviors. You will also understand how social skills training can help people refuse drugs, avoid social isolation and develop healthier relationships. You will be able to download and use sample group curricula and printable lists of steps.

FIT Module 22: Individual Interventions

This training module describes the use of individual interventions in the treatment of people with co-occurring disorders. Participants will learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate; and strategies for developing the therapeutic relationship, especially use of motivational interviewing skills. Participants will also learn how to use a stage-based approach in designing treatment plans for individual interventions, including criteria for assessing a client's stage of change and matching interventions appropriate for each stage.

FIT Module 23: Work with Families and Other Close Supporters

In this module, you will learn how working with families or friends can be very helpful to a client's recovery. Families play an important role in your clients' lives and can help them reach their goals and buffer the effects of stress. This module provides some general guidelines about forming collaborative relationships and working with families and friends. You will learn some specific models for working with single-family and multiple-family groups, and you'll be able to download sample curricula to use in single- and multiple-family groups.

FIT Module 24: Philosophy and Perspectives of Recovery

Recovery can be defined in different ways and can be viewed as both a process and an outcome. This module describes some of the different views of recovery in addiction and mental health treatment, and how connections to peers and to the community are important for people in recovery

FIT Module 25: Taking Responsibility for Your Recovery

This module covers the disease model of substance use and mental illness disorders. It then examines the concept of recovery as a process and the importance of clients taking charge of their own recovery process. It explores different options for managing both psychiatric and substance use disorders.

FIT Module 26: Achieving Recovery in the Real World

People with co-occurring disorders usually want the same things as everyone else; typically, a job and a home are near the top of the list. In this module, you will learn about supported employment and supported housing, two models for helping clients with co-occurring disorders achieve recovery in the real world. Knowing what these programs have to offer will help you help your clients achieve these real-world goals. In the module, you will be linked to resources to help you get started.

FIT Module 27: Understanding the Use of Medications for Clients with COD

This training module provides an overview of how medication can be part of an effective treatment plan for people with co-occurring disorders. Participants will learn about some of the common medications for clients with co-occurring disorders, how to work with clients to overcome barriers to using medications and how to collaborate with clients to help them get the most out of their medications. Participants may also download information about medications used to treat mental health symptoms and substance use.

FIT Module 28: Generating the Collaborative Treatment Plan

This module focuses on how best to develop a person centered, shared decision making treatment plan that reflects the client's goals and preferences. The module describes two approaches to identifying client goals—the Stages of Treatment and the functional analysis—and how they can be used together to build the treatment plan. You will also learn about the format of a good treatment plan: identifying measurable goals; identifying interventions; identifying roles and responsibilities; and identifying follow-up plans. The module also explores the use of a shared decision making approach in the development of the treatment plan, in monitoring the recovery process, in setting and implementing long term goals, and in resolving disagreements between the practitioner and the client in the development of the treatment plan.

FIT Module 29: Integrating Medical, Psychiatric and Addiction Treatment Services

This training module provides an overview of the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care. Participants will learn how to help clients work with medical professionals and to build healthier lifestyles. Participants are also provided with links to resources to help clients start this process.

FIT Module 30: Clinical Supervision

Supervision is a crucial element in implementing integrated treatment for people with co-occurring disorders. This module highlights the importance of good supervision and describes two specific supervision models: case presentations, using a group model for supervision, and skills training. Each model is delineated in a step-by-step fashion and demonstrated by a real-life supervisor. Often there are many barriers to providing good supervision. This module identifies some of the most frequently cited barriers and gives you solutions so that you can provide supervision in a timely fashion. Throughout, you will find helpful tools you can use in your agency setting.

FIT Module 31: Clinical Supervision II

In this module, you will learn about techniques you can use when supervising individuals: field mentoring, modeling, coaching, feedback and data-based supervision. This module includes a number of tools you can download and use with the people you supervise.

FIT Module 32: Clinical Leadership

Are you in a leadership role at your agency and wondering what it takes to make a significant change such as adopting integrated treatment for co-occurring disorders? If your answer is yes, then this module is for you. You will learn about important components of successful change such as including all involved stakeholders (administrators, direct care workers, peers and families), developing a committee that will spearhead the change process, and selecting a clinical leader or "champion." Also, you will learn the seven key steps and tasks that you, as a clinical leader, will need to perform throughout your agency's change process. The module will help you understand the benefits of providing integrated treatment for your agency and the consumers of the services you provide.

FIT Module 33: Program-Level Measures of COD Capacity

Measuring your program's capability to deliver integrated treatment to people with co-occurring disorders is critical to your planning process. This module describes two practice indexes: the Dual Diagnosis Capability in Addiction Treatment (DDCAT) and the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT).

FIT Module 34: Fidelity Assessment in IDDT

Although anyone can benefit from this module, it is designed to help programs that have a specialized co-occurring disorders team treating clients with serious mental illness. The module describes in detail the Integrated Dual Disorders Treatment Fidelity Scale (IDDT), a fidelity scale designed to evaluate your program and make improvements in a continuous process. The module examines how the fidelity scale works, the domains of the fidelity scale, the program item rating scale, the structure of a fidelity scale site survey and the selection of an assessment team. The module also explores how to best use the results of your fidelity scale survey to identify areas for program improvement, how to draft an IDDT fidelity scale implementation plan and the benefits of including this plan in your agency's continuous quality improvement program.

FIT Module 35: Tracking Outcomes and Process Improvements

In this module, you will learn how the data you collect can provide information for data-based supervision, for licensing and certification reviews, and, most importantly, to see whether clients are getting better. You will learn how to collect information to set goals and how to strengthen your programs through a process called Continuous Quality Improvement. In this module, you will be able to download tools to help you track outcomes and process improvements.

FIT Module 36: Practitioner Tools for Treating Tobacco Dependence

This training module will help practitioners learn how to screen and assess tobacco use and dependency among individuals with serious mental illness. Practitioners will learn intensive counseling strategies to help the tobacco dependent client quit and appropriate documentation for assessment and treatment planning.

FIT Module 37: Understanding the Use of Medications to Treat Tobacco Dependence

This training module educates both prescribers and non-prescribers on how smoking affects the metabolism of psychiatric medications. Prescribers and non-prescribers will learn about the three categories of first-line medications that are safe and effective treatment for tobacco dependence.

FIT Module 38: Implementing Tobacco Dependence Treatment

This training module provides an overview of the epidemiology of tobacco use among individuals with serious mental illness; effective methods for tobacco dependence treatment, and information to help program leaders create, implement and maintain a tobacco free culture in mental health settings.

FIT Module 39: Co-Occurring Disorders in Adolescents

This training module provides an overview of working with adolescents with co-occurring disorders (COD). It covers screening, assessment, and treatment including evidence-based approaches. It also provides background on working with adolescents and families. Clinician, policy maker, parent and youth perspectives are included.

Suicide Prevention

Assessment of Suicidal Risk Using C-SSRS

The Columbia Suicide Severity Rating Scale (C-SSRS) was developed to assist practitioners and others to better identify people at suicide risk. This module introduces the C-SSRS, discusses its importance, and provides information about its structure. In addition, the learner is provided with detailed instructions concerning the administration of the scale.

Safety Planning Intervention for Suicide Prevention

This module teaches the learner about the Safety Planning intervention developed by Dr. Barbara Stanley and Dr. Gregory Brown. This intervention is designed to help individuals who struggle with suicidal urges and thoughts to manage them so that safety is maintained.

Structured Follow-up and Monitoring

This training module demonstrates how to provide structured follow-up and monitoring for individuals after a crisis and it will describe how to maintain telephone contact with suicidal individuals during the time of transition from an emergency visit, increased suicide ideation, or for a suicide attempt. After completing this module, you will have the information you need to describe what follow-up and monitoring is and how it can help suicidal individuals, determine when to use this intervention, describe the typical procedure, identify barriers to getting treatment and select appropriate solutions, and identify additional resources.

Supported Employment – Individual Placement and Support (IPS) approach

IPS: Introduction to the Individual Placement and Support (IPS) Model of Supported Employment

This hour-long module is designed for practitioners, supervisors and program leaders who are involved in providing IPS services. It focuses on the importance of employment to persons diagnosed with a serious mental illness, the rationale for IPS, IPS fundamentals, core practitioner skills, and implementing IPS in NYS. It offers video clips of consumer and practitioners, interactive exercises, and links to resources and web sites.

IPS: Job Development

This module discusses the importance of job development and the employment specialist role. It is intended for employment specialists, all other members of the treatment team, program supervisors, and managers. Topics covered are: meeting with employers, building networks,   considering disclosure, and supporting job development across the entire treatment team.

CPI's Employment Resource Book

This module, "Using the Employment Resource Book", is intended for consumers, family members and practitioners. It provides an introduction to CPI's Employment Resource Book and explains how this important resource can best be used. Sections include "See the Contents", "Understand the Structure", "Suggestions for Consumers" and "Suggestions for Practitioners/Supports".

Wellness Self-Management

Wellness Self-Management

This web based course is a resource for behavioral health services providers and organizations committed to providing Wellness Self-Management (WSM) services to adults with mental health problems and/or Wellness Self-Management Plus (WSM+) services to adults who are simultaneously dealing with mental health and substance use problems. This course will provide learners with important information and strategies to conduct an effective WSM and/or WSM+ program. Specifically, learners will be able to: 1)Describe the key principles, philosophy and practices of WSM/WSM+, 2) Identify the benefits of the WSM/WSM+ programs for consumers, practitioners and organizations and 3) Competently conduct a WSM/WSM+ group. The entire course should take no more than 45 minutes to complete.

Additional Topics

Working with Families

The goals of this module are to provide practitioners with awareness of the importance of engaging families into their relatives' mental health treatment, provide practical strategies for engaging with consumers about family involvement, and to provide practical strategies for engaging with family members.

Screening, Intervention and Referral to Treatment (SBIRT)

This (four hour) training curriculum will review Screening, Brief Intervention, and Referral to Treatment (SBIRT). SBIRT is an evidenced-based practice to identify people who use substances in ways that increase their risk of health, work, family, and social problems, and motivation to help them reduce their use. Topics include: the need for implementing SBIRT to identify people who use substances in a risky way; the continuum of substance use and where SBIRT fits in; the health effects of substances; details of each component of the SBIRT process, including Screening, Brief Intervention and Referral to Treatment best practices; implementation of SBIRT; and motivational Interviewing.

Violence Risk Management Series, Part 1: Violence risk screening

The objectives of this module are to identify the purpose of violence risk screening, list key topics to be covered with a violence risk screening, and recognize when violence risk screening should lead to an assessment.

Modules Currently Under Development

ACT road to recovery (ACT as a transitional service)
Cultural Formulation Interview
First episode psychosis
Suicide prevention – assessing risk
Trauma informed activities
Violence risk management series, Part 2: Violence risk assessment
Violence risk management series, Part 3: Violence risk management and treatment