Health Net®

Training and Education Course Catalog

*Coverage for
every stage of life™*

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Course Information

About this catalog

The Training and Education Course Catalog has information about our clinical training program. The training sessions are designed to enhance your ability to help patients make better health behavior changes.

Many of the courses offer continuing education (CE) credits related to certain licensing requirements. You can also receive certificates of completion.

Courses designed for you

Build on your skills and find new inspiration for your work in these classes, if you are a:

- Behavioral health care provider.
- Long-term services and support provider.
- Primary care physician.
- Provider/stakeholder involved in the child welfare system.
- Specialty therapy and rehabilitative service provider.

You can use it daily

Multiple training topics explore ways you can learn how to:

- Apply positive psychology.
- Coordinate services, such as integrated care.
- Expand the use of best practices.
- Improve cultural competency.
- Motivate during the interview process.
- Tailor strengths-based treatment models to your practice.
- Understand the use of common psychotropic medications for behavioral health and substance use disorders.

From the experts to you

Feel confident you are learning from experience. Course trainers have expertise in a variety of health topics, such as:

- Behavioral health
- Care coordination
- Case and utilization management
- Child welfare
- Data systems
- Diabetes

- Exercise physiology
- Nursing
- Nutrition
- Organizational development
- Smoking cessation
- Speech, respiratory, occupational, and physical therapy

Choose a method

There are different ways you can attend the training sessions, such as in-person, online, recorded webinars, and self-paced e-learning modules. Choose one that works best for you.

If you need...	Go to...
Program information, to register for existing programs or to request added training sessions	www.envolveu.com/clinical-provider-training.html
Help with questions	www.envolveu.com/contact-us/training-request.html

Learn online – 24/7

Access free online training through Relias Learning. Save time and money when you learn at your convenience using a laptop or telephone, 24 hours a day, seven days a week.

- Many courses offer CE units.
- No limit to how many courses you take.
- Caregivers can use Relias Learning.

Sign up!

For information and a complete course catalog, log in or sign up for Relias Learning using the steps below.

1. Visit **http://centenetraining.training.reliaslearning.com.**
2. Click *Need a user account? Register now.*
3. Complete the required information.

Continuing Education Information

*Our clinical trainings offer FREE continuing education (CE) hours for certain behavioral health and nursing licenses. Actual course offerings will list CE hours available. Credentialing board requirements vary and are subject to change. *Please defer to your licensing board to ensure courses taken meet your licensure requirements.*

Attention-Deficit/Hyperactivity Disorder (ADHD)

PREREQUISITES:
None

DESCRIPTION:
Attendees learn the symptoms, probable causes and treatments for ADHD, the similarities of ADHD symptoms to post-traumatic stress disorder (PTSD) and the risks of misdiagnosis.

DURATION:
1.5 hours
Up to 1.5 hours of continuing education available*

COURSE OBJECTIVES:
- Describe two symptoms of inattentiveness.
- Describe two symptoms of hyperactivity.
- Name three probable causes for ADHD.

Behavior Management Strategies – Assessing Behavioral Health Needs

PREREQUISITES:
None

DESCRIPTION:
Behavior management is a process that guides people to change their actions within a specific context. This course reviews behavior management theory, analysis and strategies typically used to change negative behavior.

DURATION:
1 hour
Up to 1 hour of continuing education available*

COURSE OBJECTIVES:
- Identify benefits of behavior management and three categories of behaviors.
- List the ABCs and steps of behavior management.
- List techniques to manage behaviors.
- Identify effective communication tips.

Behavioral Health 101 – PCP Tool Kits

PREREQUISITES:
None

DESCRIPTION:
This training was designed for PH clinicians and other health/mental health professionals without a behavioral health (BH) license. It is also appropriate for non-licensed staff who interact with members.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Recognize symptoms of mental illnesses.
- Identify screening options recommended.
- List at least two treatment options.
- Utilize screening options and identifying treatment options.

Case Management Services –Integrated Case Management

PREREQUISITES:
None

DESCRIPTION:
This training provides an understanding of the Case Management process.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Define the Case Management process.
- Map how to refer a member to the care management department.

Co-Occurring: Substance Use and Mental Health Disorders

PREREQUISITES:
None

DESCRIPTION:
Behavioral health providers learn the relationship between substance use and co-occurring mental health disorders and methods to screen and assess co-occurring disorders. The course also offers guidance on treatment options.

DURATION:

1 hour

No continuing education available*

COURSE OBJECTIVES:

- Define key terms and examine the relationship between substance use disorders and mental health disorders.
- Review ways to screen and assess co-occurring disorders.
- Identify evidence-based practices for co-occurring disorders.

Cultural Competency

PREREQUISITES:

None

DESCRIPTION:

This course explains the importance of cultural competency among behavioral health providers to improve patient treatment. Training includes components of culture, communication variations, cultural impact on services, treatment and potential barriers.

DURATION:

2 hours

Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- Discuss levels of cultural competency and cultural considerations.
- Identify four communication variations within/across cultures.
- List two ways that providing culturally competent health care improves the patient's treatment.

De-escalation Techniques

PREREQUISITES:

None

DESCRIPTION:

Providers learn the psychosocial facts and triggers typically associated with aggressive or violent behavior, ways to assess for agitation and aggression, and techniques to de-escalate emotionally agitated individuals.

DURATION:

1 hour

No continuing education available*

COURSE OBJECTIVES:

- Describe de-escalation and how to assess or agitation and aggression.
- Identify three risk factors for aggression.
- Give examples of best practices for de-escalating an individual.

Eating Disorders

PREREQUISITES:

None

DESCRIPTION:

Behavioral health providers learn about eating disorders and its causes, symptoms and some methods of treatment. The course emphasizes three eating disorders: anorexia nervosa, bulimia nervosa and binge eating.

DURATION:

1 hour

No continuing education available*

COURSE OBJECTIVES:

- Identify the symptoms and types of eating disorders.
- Review changes in diagnostic criteria between editions of the "Diagnostic and Statistical Manual."
- Identify treatment methods.

Effective Communication for Providers: Module 1 - Communication Basics

PREREQUISITES:

None

DESCRIPTION:

This brief workshop helps providers learn the difference between effective and ineffective communication. The training also offers some techniques and language styles to help providers improve communication with patients.

DURATION:

1 hour

No continuing education available*

COURSE OBJECTIVES:
- Define effective communication.
- Identify at least three types of language styles.
- Complete two exercises that demonstrate effective communication.

Health Insurance Portability and Accountability Act (HIPAA)

PREREQUISITES:
None

DESCRIPTION:
Providers learn the methods by which we ensure compliance with HIPAA regulations regarding the use, storage, maintenance or transmission of patient health information, including requirements involving some behavioral health records.

DURATION:
2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:
- Verbalize an understanding of HIPAA security and privacy rules.
- List the covered entities and types of information that may be shared.
- Describe the process for disclosure of specific types of protected information.

Intimate Partner Violence

PREREQUISITES:
None

DESCRIPTION:
Providers learn about intimate partner violence, cycles of abuse, resources and practical tips for working with members currently in situations of violence from intimate partners.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Name at least three components of the power and control wheel.
- Identify at least three barriers to leaving an abusive situation.

- Identify at least three factors to consider when working with an individual in an abusive relationship.

Mental Health First Aid – Youth

PREREQUISITES:
None

DESCRIPTION:
Providers and staff learn about mental health and substance abuse disorders common among individuals ages 12 to 25 as well as intervention methods and crisis action plans. Also explained is ALGEE, a mnemonic device that refers to a five-step action plan.

DURATION:
8 hours
Check with your licensing board for continuing education information.

COURSE OBJECTIVES:
- Review symptoms of behavioral health problems in individuals ages 12 to 25.
- Learn ALGEE, a mnemonic device that refers to a five-step action plan to help those with a mental health crisis.
- Gain information on resources and treatment options.

Mental Health Severity Guide – Referral and Screening Mild versus Acute Health Needs

PREREQUISITES:
None

DESCRIPTION:
Identify services covered under County MHP and the health plan. Describe the health plan's approach to care management.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Explain difference between mild, moderate and severe indicators.
- Apply the Severity Guide to case studies as a referral instrument.

Motivational Interviewing (MI): Level 1

PREREQUISITES:
None

DESCRIPTION:
The purpose of the training is an introduction to the basics of Motivational Interviewing (MI). Attendees will be exposed to and begin to learn key concepts and skills. This training is considered a Level 1 MI training.

DURATION:
4 to 8 hours
Up to 8 hours of continuing education available*

COURSE OBJECTIVES:
- List the four processes of MI.
- Name the benefits of engagement.
- Describe a purpose of focusing.
- Discuss differences between change and sustain talk.
- List components of planning.

Non-Suicidal Self Injury (NSSI)

PREREQUISITES:
None

DESCRIPTION:
Providers and staff learn how to respond to individuals who engage in non-suicidal self-injury. This course also covers myths and facts about self-injury and culturally sanctioned forms of selfharming among gender groups, special populations and others.

DURATION:
1.5 hours
Up to 1.5 hours of continuing education available*

COURSE OBJECTIVES:
- Identify at least three non-suicidal self-injury diagnostic criteria.
- List at least four risk factors.
- Compare criteria between non-suicidal self-injury behavior and suicidal behavior.
- Identify stages of change for non-suicidal self-injury.

Positive Psychology

PREREQUISITES:
None

DESCRIPTION:
Providers receive a strong understanding of positive psychology, which focuses on personal growth rather than pathology such as mental illness. Providers also learn useful clinical tools and how to find positive psychology resources for patients.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- State at least two definitions of positive psychology.
- Identify at least three clinical tools to use with members.
- Locate positive psychology resources.
- Discuss how to guide patients to focus on areas of their lives within their control.

Poverty Competency

PREREQUISITES:
None

DESCRIPTION:
Providers learn how patients' economic status affects their mental and physical health, with emphasis on the adverse effects of poverty on health and wellness. Providers also learn where to find resources to help patients experiencing poverty.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Define poverty.
- Become familiar with statistics about poverty.
- Increase awareness of how poverty affects patients.
- Discuss the correlation between mental illness and poverty.

Psychotropic Medications

PREREQUISITES:
None

DESCRIPTION:
Behavioral health providers learn about the role psychotropic medications play in the treatment of mental health and substance use disorders. The course explains the drugs' classifications and side effects.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Verbalize the definition of psychotropic medications and what they treat.
- Understand the classifications and common side effects.
- Review special considerations for older adults.

Screening for Clinical Depression and Follow-Up Plan

PREREQUISITES:
None

DESCRIPTION:
Practice seven evidence-based behavioral health-screening tools: PHQ-2, PHQ-9, Edinburgh, GAD, OASIS, Vanderbilt, CAGE-AID.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Demonstrate how screening tool results determine the behavioral health referral process.
- Identify at least two benefits of Disease Management and Intensive Case Management programs.

SMART Goals

PREREQUISITES:
None

DESCRIPTION:
Providers learn ways to assist members by using SMART goals – which are specific, measurable, achievable, realistic and timely – as part of members' efforts to change their behaviors. Goals are tracked to assess members' progress and compliance.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Define SMART goals and apply them to case examples.
- Practice using SMART goals format in developing care plans and progress notes.
- Review pitfalls to avoid when developing care plans.

Stages of Change

PREREQUISITES:
None

DESCRIPTION:
Those who work with individuals who need to change their behaviors learn about the five stages of readiness for change advanced by James O. Prochaska and Carlo Di Clemente, who believe change is a process involving progress through a series of stages.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Recognize client stages of change.
- Understand help steps for change.

Stamp Out Stigma

PREREQUISITES:
None

DESCRIPTION:
This course explains the treatable nature of mental illnesses and addictions and reviews those stigmas most often attached to persons with these diagnoses. It explains the importance of removing these stigmas to encourage individuals to seek treatment.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Promote conversation with staff, peers and community to reduce stigmas.
- Increase awareness of people living with mental illness or addiction.
- Promote understanding that mental illness and addictions are treatable illnesses.

Strengths-Based Treatment

PREREQUISITES:
None

DESCRIPTION:
Traditionally, helping professions focused on deficits and not on interventions that promote positive aspects of self. In this strengths-based treatment course, providers learn about SBT approaches, tools and interventions to promote a path to recovery.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Increase knowledge and define core concepts of strengths-based approaches.
- Describe the importance of encouragement.
- Practice strengths-based tools and interventions.

Stress Management for Caregivers

PREREQUISITES:
None

DESCRIPTION:
Caregivers learn to recognize warning signs of frustration and stress in long-term care environments. Attendees review self-calming techniques, identifying assisting with negative thought patterns, communicating assertively, and self-care tips.

DURATION:
1 hour
No continuing education available*

COURSE OBJECTIVES:
- Identify stress management, thought modification, and self-calming techniques.
- Develop assertive communication skills.
- Review caregiver self-care tips.

Substance-Related and Addictive Disorders Module 1

PREREQUISITES:
None

DESCRIPTION:
Attendees receive an overview of DSM-5 criteria and diagnostic information specific to substance use disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

DURATION:
2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:
- State effects of substance use on the brain reward pathway.
- Discuss severity levels of substance use disorders.
- List examples of a substance-induced disorder.
- Identify location of the 10 separate classes of substances chart in the DSM-5.

Substance-Related and Addictive Disorders Module 2: Alcohol-Related Disorders

PREREQUISITES:
Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

DESCRIPTION:
Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Alcohol-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

DURATION:
2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:
- State differences between moderate drinking, binge drinking and heavy alcohol use.
- List the alcohol related disorders in the DSM-5.
- Identify four evidence-based treatments for alcohol use disorders.

Substance-Related and Addictive Disorders Module 3: Caffeine-Related Disorders

PREREQUISITES:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

DESCRIPTION:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Caffeine-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

DURATION:

2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- Identify symptoms of caffeine intoxication as identified in the DSM-5.
- Recognize how caffeine consumption can interact with other medical and behavioral health issues.
- Articulate methods of intervening with problematic caffeine consumption.

Substance-Related and Addictive Disorders Module 4: Cannabis-Related Disorders

PREREQUISITES:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

DESCRIPTION:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Cannabis-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

DURATION:

2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- Differentiate between signs of cannabis intoxication and withdrawal.
- Identify three risk factors for developing a cannabis use disorder.
- Name two treatment modalities effective for treating cannabis related disorders.

Substance-Related and Addictive Disorders Module 5: Hallucinogen-Related Disorders

PREREQUISITES:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

DESCRIPTION:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Hallucinogen-Related Disorders. The course also teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

DURATION:

2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- Name three types of hallucinogens.
- List two physical and mental effects of hallucinogen use.
- Identify the Hallucinogen-Related Disorders listed in the DSM5 and state five possible symptoms of a hallucinogen overdose.

Substance-Related and Addictive Disorders Module 6: Inhalant-Related Disorders

PREREQUISITES:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

DESCRIPTION:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Inhalant-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

DURATION:

2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- Identify the four types of inhalants.
- Identify how a client will be diagnosed with one of the three severity levels of inhalant abuse.
- Recognize medical consequences of inhalant abuse.
- Discuss treatment options for inhalant abuse.

Substance-Related and Addictive Disorders Module 7: Opioid-Related Disorders

PREREQUISITES:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

DESCRIPTION:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Opioid-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

DURATION:

2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- Map how various forms of opioids work in the brain.
- Locate evidence-based screening tools.
- Identify diagnosis in one of the three severity levels SUD.
- Identify two efficacious medications for those with opioid use disorders.

Substance-Related and Addictive Disorders Module 8: Sedative, Hypnotic, or Anxiolytic-Related Disorders

PREREQUISITES:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

DESCRIPTION:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Sedative-Use Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

DURATION:

2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- Describe how sedatives, hypnotics, and anxiolytics affect the central nervous system.
- List the DSM-5 criteria and effective prevention methods.
- Verbalize treatment methods.

Substance-Related and Addictive Disorders Module 9: Stimulant-Related Disorders

PREREQUISITES:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

DESCRIPTION:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Stimulant-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

DURATION:

2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- Name two illicit and two prescription stimulants.
- Identify three physical/mental effects of stimulant use.
- List the stimulant-related disorders in the DSM-5.
- Identify three evidence-based treatments.

Substance-Related and Addictive Disorders Module 10: Tobacco-Related Disorders

PREREQUISITES:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

DESCRIPTION:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Tobacco-Related Disorders. In addition, the course teaches the alterations that substance use may make to important brain areas needed for life-sustaining functions.

DURATION:

2 hours
Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- Discuss development/course of when individuals begin smoking.
- List the physical/mental health effects of tobacco and nicotine.
- Understand how nicotine interacts with the brain.
- Verbalize criteria and treatment options.

Substance-Related and Addictive Disorders Module 11: Non-Substance-Related Disorders

PREREQUISITES:

Participants should attend Substance-Related and Addictive Disorders Module 1: DSM-5 Criteria and Diagnostic Information Overview prior to this training.

DESCRIPTION:

Attendees receive an overview of DSM-5 criteria and diagnostic information specific to Non-Substance-Related Disorders. The course also reviews alterations that addictions may make to important brain areas needed for life-sustaining functions.

DURATION:

2 hours

Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- State the 11 criteria of gambling use disorder.
- Recognize the current difficulties with treatment of gambling use disorder.
- Verbalize treatment options for gambling use disorder.

Teen Violence: Recognizing Signs and Trends

PREREQUISITES:

None

DESCRIPTION:

Teen violence often builds on itself and may escalate from isolated incidents into more pervasive patterns of behavior. Providers learn that recognizing connections between causes and forms of violence is central to prevention and reduction of violence.

DURATION:

1.5 hours

Up to 1.5 hours of continuing education available*

COURSE OBJECTIVES:

- Define teen violence.
- List seven major types of violence.
- State ways that violence is perpetuated.
- Identify options to reduce violence.
- Access available resources.

Treatment and Documentation Guidelines for Providers – Tips on Excelling in a Clinical Audit

PREREQUISITES:

None

DESCRIPTION:

Identify evidence-based practices used when treatment planning. Explain best practices for treatment planning and documentation.

DURATION:

2 hours

Up to 2 hours of continuing education available*

COURSE OBJECTIVES:

- Name three important strategies from a clinical auditing perspective.
- Describe how S.M.A.R.T. goals method can improve treatment planning and progress notes.

Understanding Dementia and Mental Illness

PREREQUISITES:

None

DESCRIPTION:

Often medical disorders can mimic symptoms of mental illness. A general knowledge of the symptoms of mental illness will assist providers and caregivers to deliver services to their individuals in a more effective manner.

DURATION:

1 hour

Up to 1 hour of continuing education available*

COURSE OBJECTIVES:

- Describe the differences between mental illness and dementia.
- Identify mental illness treatment.
- Define dementia as a progressive disease.
- Explain the importance of ruling out medical causes of a behavior first.

Notes