

December's Featured Relias Trainings.

***Assertive Community Treatment: Evidence-Based Practices**

Research based on the ACT model shows that services are more effective if they fit the individual, rather than the individual fitting the traditional mental health system. This course covers evidence-based practices for symptom management, housing, finances, employment, medical care, substance abuse, family life, and activities of daily living.

***Relapse Prevention Services: Best Practices in Treatment**

In this course, you will learn about the various models that explain relapse, as well as specific models for relapse prevention programs. Drawing upon information from Rawson, Obert, McCann, and Marinelli-Casey's Relapse Prevention Models for Substance Abuse Treatment, this course is the first of a two-part series intended to increase your understanding of relapse prevention strategies so that you can identify the most appropriate strategies to use with the individuals you serve.

*** Adapted Trauma Focused CBT for People with Developmental Disabilities**

As a counselor or therapist, you will undoubtedly encounter clients with developmental disabilities. Unfortunately, many academic programs do not provide specific training for working with this population. This course helps you identify specific vulnerabilities of people who have developmental disabilities. Additionally, you will learn how to adapt your work to make it more accessible to these individuals.

**For more information about
Relias Learning, please contact
Michael Jordan at 601-359-6515
or by email at
Michael.Jordan@dmh.state.ms.us**





RELIAS LEARNING

www.dmh.training.reliaslearning.com



Relias Learning is a customized learning management system and staff development tool. This training website, developed for DMH staff, presents and tracks training requirements in an accessible and easy to use format.

To highlight a few of Relias Learning's convenient features:

- ◇ **Continuing Education Hours** - almost all of the 500+ courses available for you to take have continuing education credits; you can print your own CEU certificates for license/certificate renewal
- ◇ **Web-based learning** – courses can be taken anywhere with an internet connection
- ◇ **Self-paced learning** – you can take a course in one sitting or in small segments
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- ◇ **Username/Password** – forgotten username and/or password emailed to you and you can even create your own password after logging in
- ◇ **Learner Resources** – Self-help tab for users that allows you to view a short introductory video about your RLMS, access the Learner Guide or Learner Manual, review the navigation guide for computer courses offered in the site, view the accreditation guide and a document with links to state board websites, and sign up for the live or recorded Site Overview-Learner webinar.

If you are interested in registering for Relias Learning, or reactivating your account, please contact your program's Human Resource or Staff Development director.

TIP OF THE MONTH:

How to search for courses applicable to your license.

Example: Social Worker

1. Select your **MY LEARNING** Tab.



2. Select "Add a Course".



3. Select the "Certificates" drop down menu. Select your credential. Social Worker is ASWB (RL)- American Social Work Board.



4. Now you have a list of applicable courses to meet your educational requirements! (The number of approved Continuing Education hours is listed below the course title.)

Enroll

Barriers to Recovery

REL-HHS-CASRA-BTR • 1.25 hrs CE INFORMATION BY CERTIFICATE ▶

