




# Featured Relias Trainings



## Basic Communication and Conflict Management Skills

This course takes a behind-the-scenes look at how communication works and identifies the key ingredients of effective communication. It builds on this foundation and introduces guidelines on how to communicate better with coworkers, community members, supervisors, and the people we support, and discusses assistive and alternative means of communication. The final section of the course provides instruction on how to manage conflict situations at work.



Credit Hours: 1.75



## Employee Wellness - Safe Use of Prescription Medications: Part 1

Medical conditions and illnesses often are treated with prescription medications. For successful treatment and your safety it is imperative that you learn key factors about your prescribed drugs. This course will help you locate and interpret the instructions given to you with a prescription medication, including how much and how long you should take it and any potential side effects or complications.


Credit Hours: .25



## Employee Wellness - Safe Use of Prescription Medications: Part 2

Proper use of medications includes a lot of personal responsibility on your part. This course is designed to educate you in the proper use of prescription medications including how to identify interactions and the difference between misuse and abuse of medications.

Credit Hours : .25



**For more information about Relias Learning, please contact Subrina Bolden at 601-359-6266 or [Subrina.Bolden@dmh.ms.gov](mailto:Subrina.Bolden@dmh.ms.gov)**



RELIAS LEARNING  
[www.dmh.training.reliaslearning.com](http://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:

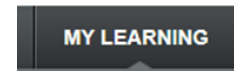
- ◇ **Continuing Education Hours** - almost all of the 500+ courses available for you to take have continuing education credits; you can print your own CEU certificates for license/certificate renewal
- ◇ **Web-based learning** – courses can be taken anywhere with an internet connection
- ◇ **Self-paced learning** – you can take a course in one sitting or in small segments
- ◇ **Email notifications** – reminders sent to you when required trainings are due, when you register for live class events or if you are waitlisted for a class and get that spot
- ◇ **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 view the detailed course properties.

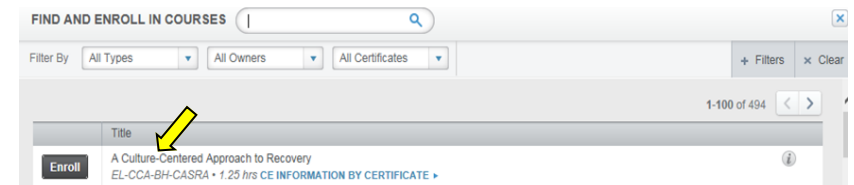
1. Select your **MY LEARNING** Tab.



2. Select "Add a Course".



3. When your course list appears, select the course Title that you are wanting to view.



4. The detailed course properties, including description, objectives, target audience, etc. should now be shown on your screen. Scroll through the box to view all of the information.

