

# FEATURED RELIAS TRAINING

## May 2020

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### **Helping Children and Adolescents Cope with Violence and Disasters (REL-HHS-0-HCACVD)**

In this course, you will learn how trauma impacts children and adolescents, along with the risk factors that place children in greater jeopardy for maladaptive responses to the event. You will learn to recognize typical responses by age and when to seek professional help. This course provides you with clear information about how to apply best practices outlined by the National Institutes of Mental Health and the American Red Cross when working with children exposed to violence and disasters. Also, the focus of this course is on responses to natural disaster, violence, and acts of terrorism. This course is not focused on child trauma from child abuse, neglect, or maltreatment. The National Child Traumatic Stress Network regularly provides information regarding treatments and best practices for victims of child abuse and neglect.

**Credit Hours: 1.5**

### **Supporting Individuals in Early Recovery (REL-HHS-0-SIER)**

This course introduces you to best practices in supporting individuals in early recovery from substance use disorders. You will learn about the needs of individuals in early recovery, with a focus on co-occurring mental health and medical symptoms. You will also learn about managing cravings and withdrawal symptoms. Finally, you will learn about peer support strategies that can help the individual maintain their recovery.

**Credit Hours 1.5**

### **Trauma and Substance Use (REL-BH-0-ADD2)**

This course teaches you about its pervasive effects for people served, their families and caregivers, as well as others involved with the system. You will recognize the extensive impact that trauma leaves, along with avenues for recovery among individuals who have developed substance use disorders (SUD) due to experiencing traumatic events. The information in this training also discusses the problematic issue of substance misuse as a pathway to re-traumatization through risky behaviors, victimization, and substance use disorder. From Seeking Safety and the Sanctuary Model to the Addiction and Trauma Recovery Integration Model (ATRIUM), you will gain knowledge about trauma-informed evidence-based interventions, along with best practices used to treat individuals with trauma-related substance use disorders. After taking this course, you will have the skills you need to apply trauma-informed principles in clinical practice. **Credit Hours 1.5 hours**

**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)**



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