FEATURED RELIAS TRAINING SEPTEMBER 2020

Addressing Overweight and Obesity in Individuals with Mental Illness
REL-HHS-0-AOOIMI-V2 (1.5 Credit Hours)

This course is designed for behavioral health professionals who work with those individuals who are at risk for becoming or are overweight or obese. In this course, you will learn the prevalence of obesity in the general population and the behavioral health population, as well as the contributing factors in persons with behavioral health problems. You will study **evidence-based strategies** and approaches to identify, prevent, minimize, and reverse overweight and obesity. You also will learn how to apply these approaches in the behavioral health setting by engaging and collaborating with clients to develop realistic wellness strategies and goals. The primary aim of this course is to educate you on the need to identify weight problems in people with mental illness and to assist you with knowledge and skill development to address overweight and obesity in individuals with mental illness.

Depressive Disorders in Children and Adolescents REL-HHS-0-DDCA-V2 (1.75 Credit Hours)
In this course, you will learn to identify different depressive disorders by understanding DSM-5 criteria as well as the unique ways depression manifests in children and adolescents. Additionally, you will learn to recognize risk factors for both depression and suicidality in youth. An integrated care model treats the whole child by combining primary care and mental healthcare in one setting. Within this model, treatment providers understand how to screen for depression and suicidality in order to coordinate care. You will be able to identify specific instruments useful for detecting depression and suicidality in children and adolescents. An understanding of the root causes of depression will highlight the rationale for various treatment approaches. Lastly, you will be able to describe the **best practices** available to help children and adolescents manage depression.

Assertive Community Treatment Team: Evidence-Based Practices REL-BHC-0-ACTTEBP (1.5 Credit Hours)
This course describes the key principles of the Assertive Community Treatment (ACT) model developed by SAMHSA and the **evidence-based practices** that were developed to meet the complex needs of individuals with mental illness. Research based on the ACT model shows that services are more effective if they fit the individual and are provided in the community, rather than the individual fitting into the traditional mental health system. This course covers evidence-based practices for symptom management, housing, finances, employment, medical care, substance use, family life, and activities of daily living.

For more information about Relias Learning, please contact Subrina Bolden at 601-359-6266 or Subrina.Bolden@dmh.ms.gov

DMH
Mississippi Department of Mental Health
Supporting a Better Tomorrow...One Person at a Time
https://dmh.training.reliaslearning.com