FEATURED RELIAS TRAINING NOVEMBER 2020

Illness Management and Recovery: Evidence-Based Practices (REL-HHS-0-IMREBP-V2)

In this course, you will learn about the core values underlying the Illness Management and Recovery (IMR) model, recent adaptations of the IMR model, how IMR can support you in addressing both physical and mental health symptoms, and how the approach's teaching principles can support your clients with serious mental illness manage and recover from their illnesses. This course provides an overview of IMR practices. Using interactive exercises and detailed vignettes, the course will give you the information and techniques you need to make IMR an effective part of your therapeutic toolbox.
Credit Hours: 1

Best Practices: Behavior Support and Intervention (REL-HHS-CWLA-BPBSI)

This course offers practical suggestions for how to reduce the use of seclusion and restraint. It addresses an important issue in the care and treatment of children in residential and/or foster care: the use of restraint and seclusion as behavior management tools. The course defines restraint and seclusion, presents facts and myths regarding their use, and presents data regarding the negative outcomes of the use of restraint and seclusion including child and youth deaths and re-traumatization. Trauma and posttraumatic stress disorder are described and their relationship to experiences of restraint and seclusion are presented. More effective and therapeutic approaches to behavior management are presented including the importance of family involvement, the three-level public health model of prevention is applied to the topic of concern, and non-coercive behavior management strategies are described. **Credit Hours: 1**

Best Practices for Delivering Telehealth (**REL-BH-0-TELE3**)

Telehealth, using information technology to enable healthcare when distance separates 2 or more people, is designed to enable everyone to have access to healthcare. This course aims to teach you about different modalities of treatment using telehealth in the behavioral health sciences, including a description of the most effective approaches. You will gain knowledge about building and maintaining rapport with clients remotely via telehealth. You also will learn about the strengths and weaknesses of telehealth practice, including ways to address those weaknesses. **Credit Hours: 1**

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

https://dmh.training.reliaslearning.com