

## **TRAINING TOPICS**

Title: ABCs Counseling with Adolescents: Preventing Teen Pregnancy

Participants: Health Care Workers, School Nurses, Counselors, Social Service Providers

Length: All-day

Description:

*This course addresses the needs of professionals providing health education or health care to adolescents. Focus is on effective assessment, communication skills, and messages to encourage healthier choices. The curriculum provides information on strategies for encouraging youth to postpone sexual involvement as well as strategies to encourage contraceptive use and barrier protection. Any number of curricula of science-based curricula can be presented or included.*

Title: Addictive Disease in Health Care Settings

Participants: Health Care Workers

Length: Half-day to multi day, depending on content

Description:

*This course provides a primer for health care workers not trained or experienced in working with clients who have addictive disease. The emphasis will be on understanding the addictive process, communication skills to gather substance use history, and discussion of 'red flags' in a patient history which indicates probable misuse of substances. The course includes a discussion of treatment options, including a harm-reduction approach to substance use.*

Title: Addressing Sexual Coercion

Participants: Health Care Workers, School Staff, Social Service Providers

Length: Half-day or One-day

Description:

*This course focuses on the counseling aspects of prevention and response to sexual coercion. The content explores dynamics of coercive relationships, counseling skills for providers to address unhealthy relationships, and an opportunity to explore strategies for primary prevention in a variety of settings. This course typically does not cover legal and reporting requirements.*

Title: Adolescent Development and Counseling Strategies

Participants: Health Care Workers, School Staff, Social Service Providers

Length: One-day or multi-day depending on content

Description:

*This course provides deals exclusively with understanding adolescent development from a bio-psycho-social perspective. The course examines the role of family dynamics, the influence of peers, and strategies to form effective helping relationships. The content will include suggestions for effective health education in group and individual settings.*

Title: Counseling and Communication Skills for Health Care

Participants: Health Care Workers

Length: One-day or multi-day depending on content

Description:

*This course provides a primer for health care workers not trained or experienced in psychiatry/mental health. It explores fundamental traits of effective health care relationships, strategies to promote empathy, and tips on effective health education. Predictable patterns of 'difficult' patient behaviors will be addressed with a focus on providing therapeutic responses to these challenging situations.*

Title: Fundamentals of Case Management

Participants: Case Managers

Length: One-day to multi-day depending on content

Description:

*This course provides a primer on effective case management. The class provides information on effective assessment, the process of establishing treatment plan goals, and the need for ongoing re-assessment. This course also addresses the importance of referrals and tracking mechanisms for case managers, as well as a discussion of self-care strategies for health care workers doing this work.*

Title: Health Literacy and Patient Outcomes: New Strategies

Participants: Health Care Workers, Social Service Providers

Length: One-day or multi-day depending on content

Description:

*This course provides information on the important emerging field of health literacy. More than reading ability, this course strives to teach skills to help health care workers assist patients in the comprehension of health information and the ability to turn that comprehension into improved efficacy at preventing or treating disease. The course explores the connection between culture and health literacy, and places special emphasis on building communication skills for health care workers.*

Title: Helping Patients Change Behavior: Using Stages of Change to Help

Participants: Health Care Workers, Social Service Providers

Length: One-day or multi-day depending on content

Description:

*This course provides a primer on integrating behavioral science into health care practice. Emphasis will be on understanding a patient's readiness to changes and assisting them based on where they are in that process. The course draws heavily on the Transtheoretical Model of behavior change, and includes practice in stage-based assessment and stage-based intervention.*

Title: HIV Update: Medical and Psychosocial Impact

Participants: Case Managers, School Staff, Social Service Providers

Length: Half-day to One-Day depending on content

Description:

*This course provides a basic overview of HIV/AIDS prevention, treatment, and care for non-primary care provider or for health care workers not trained or experienced in HIV disease management. The emphasis is on understanding basic transmission facts, prevention strategies, and implications of HIV testing and counseling. In addition, an overview of the medical and psychosocial impact of HIV is discussed and skills for responding to the needs of PLWHA and their families are presented.*

Title: HIV Prevention Update: Focus on Behavior Change

Participants: Addictions Counselors, Health Care Workers, School Staff, Social Service Providers

Length: One-day to multi-day

Description:

*This course focuses on understanding best practices in HIV prevention. It provides a review of effective communication skills and focuses on how to assist consumers with an HIV risk reduction plan. This course draws heavily on the CDC course "Fundamentals of HIV Prevention Counseling."*

Title: Human Sexuality

Participants: Health Care Workers, Social Service Providers, School Personnel

Length: Half-day to Multi-day depending on content

Description:

*This course provides a primer on human sexuality for health care workers. Course content will be specifically developed to address the needs of particular audiences, but can include working with issues of general reproductive health, teen sexual expression, gay and lesbian issues, and strategies for addressing sexual health in primary care settings.*

Title: Male Involvement in Family Planning

Participants: Health Care Workers

Length: One-day

Description:

*This course is designed especially for clinics and providers who primarily provide family planning services to women. Focus of this course is on understanding an adolescent male's needs, making clinic settings more 'male-friendly', and addressing multiple barriers to male involvement in many reproductive health care settings. The course addresses adolescent development, suggestions for providing health education to adolescent males, and an emphasis on components of a comprehensive response to the reproductive health needs of males.*

Title: Marketing Through Hospitality: Customer Service in Health Care

Participants: Health Care Workers, Social Service Providers

Length: Half-day to One-day

Description:

*This course focuses on customer service skills for health care workers. Emphasis is on customer service practices, managing challenging customers, and on the importance of communication in preventing and resolving customer service issues. Note this course can be offered as a two-day course with emphasis of day two on how managers and supervisors promote excellence in customer service (see below).*

**Title:** Medical Case Management

**Participants:** Case Managers, Nurses

**Length:** One-day to multi-day depending on content

**Description:**

*This course provides a focus on medical case management in HIV care settings. The class provides information on effective bio-psycho-social assessment, the process of establishing treatment plan goals linked to HIV care issues, and the need for ongoing re-assessment. This course also addresses the importance of interdisciplinary team functioning and effective referrals and tracking mechanisms.*

**Title:** Mental Health, Addiction, and HIV: Untangling the Web

**Participants:** Health Care Workers, Case Managers, Social Service Providers

**Length:** Half-day to One-day

**Description:**

*This course explores connections between HIV, mental health problems, and addictive disease. The emphasis of this material is on skills to manage dually and triply-diagnosed individuals with an emphasis on accurate diagnosis, appropriate treatment planning, and the use of interdisciplinary team to accomplish maximally beneficial outcomes. The class presents information on behavior change using a harm-reduction approach.*

**Title:** Motivational Interviewing: Changing Addictive Behavior

**Participants:** Addictions Counselors, Health Care Workers, Social Service Providers

**Length:** One-day to Multi-day

**Description:**

*This course attempts to build communication skills for providers working with substance using clients using the counseling skills of motivational interviewing. The course focuses on understanding the method, introduction to the basic skills of MI, and a focus on using effective listening skills to build motivation to change. The examples and clinical practice in this course deal exclusively with clients whose problem is misuse of alcohol and other drugs.*

**Title:** Motivational Interviewing in Health Care: Helping Patients Change Health Behavior

**Participants:** Health Care Workers, Social Service Providers

**Length:** One-day to Multi-day

**Description:**

*This course attempts to build communication skills for providers working with patients in health care settings. The course focuses on using MI skills in health promotion and disease prevention. The goals include understanding the method, introduction to the basic skills of MI, and a focus on using effective listening skills to build motivation to change. The examples and clinical practice in this course deal primarily with health problems such as HIV/STD prevention, prevention of diabetes and hypertension, diet and exercise, and smoking cessation.*

Title: Post-Traumatic Stress Disorder: Implications for Health Care Workers

Participants: Addictions Counselors, Health Care Workers, Social Service Providers

Length: One-day

Description:

*This course develops skills of health care workers in addressing the needs of patients who have PTSD. The content provides definitions of trauma with an emphasis of understanding the clinical presentation of patients with a historical trauma history. The interventions proposed attempt to be sensitive to the needs of patients by sensitive interview skills, identification of possible signs of trauma survival, and recommendations for sensitive health care for these patients.*

Title: Positive Prevention: Secondary Prevention with PLWHA

Participants: Health Care Workers, Social Service Providers

Length: Half-day to One-Day

Description:

*This material attempts to build skills of health care workers providing services to persons living with HIV. The emphasis here is on understanding barriers to prevention, skills for routine assessment of risk, and brief prevention interventions which show effectiveness. Content for this class is custom-tailored to the training audience, often incorporating elements from Partnership for Health and prevention case management.*

Title: Promoting Contraceptive Compliance

Participants: Health Care Workers

Length: Half-day or One-day depending on content

Description:

*This course provides an overview of strategies for contraception with a focus on strategies of successful contraceptors. This course examines the qualities of successful users of contraception with an emphasis on the relationship to the health care worker. Strategies for successful health behavior change are emphasized.*

Title: Promoting Medication Adherence

Participants: Health Care Workers

Length: Half-day or one day

Description:

*This class addresses the needs of patients to support adherence to prescribed medication – particularly HIV medications. The course examines factors related to better*

*adherence and attempts to build skills at health education, patient interview, and strategies for overcoming barriers to adherence.*

Title: Supervisory Skills to Promote Customer Service

Participants: Managers in Health Care and Social Service settings

Length: One-day

Description:

*The material in this course focuses on the role of supervisors in promoting customer service. Emphasis will be on hiring and recruiting effective employees, the importance of conveying expectation, as well as the skills of observation, feedback, and coaching. The class will primarily focus on prevention of employee problems, but will address strategies to manage employee problems as well.*

Title: Talking with Teens about HIV/STDs

Participants: Health Care Workers, Social Service Providers, School Staff

Length: Half-day to One-Day

Description:

*This course attempts to examine best practices in health education aimed at primary prevention of HIV and other sexually transmitted diseases. The emphasis is on accurate assessment of the teen's needs, providing developmentally appropriate messages, and assisting teens to acquire necessary resources or skills to prevent disease. The skills taught focus on needs of providers delivering one-on-one education, but can be modified to focus on strategies for effective group health education.*

Title: Training of Trainers

Participants: Health Educators, Trainers

Length: Half-day to Multi-Day

Description:

*This course offers a chance for beginning or intermediate trainers to learn excellent practices in health training. The workshop focuses on assessment of training needs, creating objectives, and training design practice. Emphasis in the course will be on principles of adult learning and implications for learners-especially creating learning opportunities which are non-didactic. The workshop will also explore traits of effective facilitators, ways to manage group dynamics, and the prevention and addressing of typical participant challenges.*

Title: Teen-Friendly Clinic

Participants: Health Educators, Nurses, Social Workers

Length: Half-day to one-Day

Description:

*This course offers a chance to explore ways in which clinics – and care providers – can alter systems and their practice to address the needs of adolescent patients. The content can be customized to focus on strategic and systemic issues, interpersonal and care*

*protocol issues or a combination of factors. The workshop focus is on a combination of understanding the unique needs of adolescent consumers and pragmatic ways in which clinic programming can address these factors.*