

## INSTRUCTIONS FOR COMPLETING YOUR REGISTRATION

**Step 1.** Review the schedule for the week and select the trainings you want to attend. Please note, that there are some trainings that are more than one day. Recommend that you print the schedule.

**Step 2.** With your schedule prepared, use the links below to select the day for the training you wish to attend.

**Step 3.** Complete your registration for that day. You may select multiple trainings in one day but be sure you are not overlapping your time.

**Step 4.** After registration is complete and you have selected and completed your payment option you will return to your "Registration Complete" page where you will see the links to the other registration days to continue the process. (Scroll down to view links for additional days.) If you chose "Pay with Agency Contact or Invoice" you will need to select "Return to Training Details" in order to see the other links.

**Step 5.** You will receive a confirmation email that will allow you to return to your registration and will include links to additional days. Please read all information provided in your confirmation email.

**Please Note:**

You must register and pay separately for each day you will be attending one or more trainings.

Registration is only \$20 per day no matter how many trainings you select!

There is limited seating available so don't delay!

You will also find these links on each registration page, in the emailed flyer, and in your registration confirmation email.

**Monday:** [aktclms.org/Training/Class/103385](https://aktclms.org/Training/Class/103385)

**Tuesday:** [aktclms.org/Training/Class/103387](https://aktclms.org/Training/Class/103387)

**Wednesday:** [aktclms.org/Training/Class/103388](https://aktclms.org/Training/Class/103388)

**Thursday:** [aktclms.org/Training/Class/103467](https://aktclms.org/Training/Class/103467)

**Friday:** [aktclms.org/Training/Class/103468](https://aktclms.org/Training/Class/103468)

**Need help? Please contact AKTC Support, 907-264-6244, [support@aktclms.org](mailto:support@aktclms.org)**

# AKTC GOES TO KETCHIKAN!



**This schedule presents the available trainings organized by location**



Track & Location	Monday, 3/16	Tuesday, 3/17	Wednesday, 3/18	Thursday, 3/19	Friday, 3/20
<b>Community Connections</b> Conference Room	<b>Conflict Resolution Skills</b>			<b>Alaska Core Competencies</b>	
<i>Start &amp; End Time</i>	9am - 4pm	9am - 4pm	9am - 4pm	8:30am - 5pm	8:30am - 3pm
<b>Cape Fox Lodge</b> Shaa Hit A Room	<b>QPR Suicide Prevention</b>	<b>Compassion Fatigue, Self-Care, and Resilience</b>	<b>Adult MHFA</b>	<b>Youth MHFA</b>	none
<i>Start &amp; End Time</i>	8am - 10am	8am - 10am			
	<b>Trauma Informed Care</b>	<b>Mental Health Support for Older Adults</b>			
<i>Start &amp; End Time</i>	10am - noon	10am - noon			
	<b>Supported Decision Making</b>	<b>QPR Suicide Prevention</b>			
<i>Start &amp; End Time</i>	1pm - 3pm	1pm - 3pm			
	<b>Person Centered Planning &amp; Thinking</b>	<b>Grief and Loss, A Life's Journey</b>			
<i>Start &amp; End Time</i>	3pm - 5pm	3pm - 5pm	8:30am - 5pm	8:30am - 5pm	
<b>Cape Fox Lodge</b> Shaa Hit B Room	<b>CPI Training</b>		<b>Hearing Voices</b>	none	<b>Hearing Voices</b>
<i>Start &amp; End Time</i>	9am - 4pm	9am - 4pm	8:00am - 12 noon		8:00am - 12 noon

➡ This schedule presents the available trainings organized by day ⬅

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# AKTC Goes to Ketchikan!

March 16 – 20, 2020

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## Three-day training (1)

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### CONFLICT RESOLUTION SKILLS / ALTERNATIVES TO VIOLENCE BASIC (AVP) WORKSHOP

**DAY & TIME:** Monday – Wednesday, 9:00am – 4:00pm each day

**REQUIREMENT:** MUST register for and attend all three days

**CONTACT HOURS & CEs:** There are 18 Contact Hours and 16 NASW-AK CEs associated with this training. (pending)

**LOCATION:** Community Connections Conference Room - 721 Stedman Street

This beginning basic training will present conflict resolution skills through non-lecture, experiential learning exercises and practice in an 18-hour workshop format with the goal of helping Direct Service providers and community members to think about and make choices to reduce conflicts in work and everyday settings. This training model is part of an international movement called Alternatives to Violence Project (AVP) teaching creative conflict resolution built on affirmation, respect for all, community-building, cooperation and trust. To find out more about the AVP model being taught in Alaska, click [www.alaskahandsofpeace.com](http://www.alaskahandsofpeace.com).

AKTC/Hands of Peace Conflict Resolution Skills/AVP workshops are not affiliated with LEAP Alternatives to Violence program.

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## Two-day trainings (2)

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### ALASKA CORE COMPETENCIES

**DAY & TIME:** Thursday 8:30am – 5:00pm and Friday 8:30am – 3:00pm

- Core Competencies 1 – 5 Thursday
- Core Competencies 6 – 10 Friday

**REQUIREMENT:** Two-day registration is not required. You may select and register for both days or select only Thursday or only Friday.

**CONTACT HOURS:** 16 contact hours for both days

**LOCATION:** Community Connections Conference Room - 721 Stedman Street

This will be a fast-moving, discussion-packed training covering all ten identified Alaska Core Competencies. This training has been updated incorporating Adverse Childhood Experiences, Trauma Informed Care, Resiliency, Supported Decision Making and the Developmental Disability Share Vision. Participants are encouraged to sign up for both days of training.

The Alaska Core Competencies are a set of essential skills for DSPs (direct support providers or direct support professionals) who deliver services to persons with mental health and substance use conditions, intellectual and physical disabilities, and older adults who need long-term services and support.

There are 10 broad competency categories which are broken down into 42 individual skills, and then each skill is defined by behavioral descriptors. This is a unique feature which allows employees to understand performance standards and allows supervisors to provide performance evaluations which directly align with specific skills and competencies.

## **CPI NON-VIOLENT CRISIS INTERVENTION**

**DAY & TIME:** Monday 9:00am – 4:00pm & Tuesday 9:00am – 4:00pm

**CONTACT HOURS:** 12 contact hours

**REQUIREMENT:** MUST register for and attend both days

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit B Room

This is a two-day training (12 hours total of staff training) for a one-year certification for staff in crisis prevention techniques and de-escalation to assist with increasing the care, welfare, safety and security.

Please dress comfortably and wear closed toed shoes, as some training activities will be physical. Please let the instructor know of any movement limitations you may have prior to the start of class so that accommodations (or modifications to some training exercises) can be made.

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## **Full-day trainings (2)**

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### **ADULT MENTAL HEALTH FIRST AID (MHFA)**

**DAY & TIME:** Wednesday 8:30am – 5:00pm

**CONTACT HOURS:** 8 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue Shaa Hit A Room

Mental Health First Aid is an education program for adults 18 and older that helps the participant identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid is offered in the form of an interactive course that presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds an understanding of their impact, and overviews common treatments. Those who take the course learn a 5-step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

*C.E. Credit for Nursing - Contact Hours: 8.00*

This training offers 8 nursing contact hours and is jointly provided by the Alaska Nurses Association and Alaska Training Cooperative. The Alaska Nurses Association is an approved provider of continuing nursing education by the Montana Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

### **YOUTH MENTAL HEALTH FIRST AID (YMHFA)**

**DAY & TIME:** Thursday 8:30am – 5:00pm

**CONTACT HOURS:** 8 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit A Room

Youth Mental Health First Aid (YMHFA) is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

*This course has a cost/value of \$85 each and has been fully funded for all participants by the State of Alaska Department of Education & Early Development through Title IV funding.*

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## 2 & 4 hour trainings (10)

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### QUESTION PERSUADE AND REFER SUICIDE PREVENTION (QPR)

**DAY & TIME:** Monday 8:00am – 10:00am

**CONTACT HOURS:** 2 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit A Room

Question, Persuade and Refer (QPR) Gatekeeper training is an emergency mental health intervention for suicidal persons. QPR is a basic education program that teaches everyday community members how to recognize a suicide risk and how to get a person at risk the help they need. It is also an action plan that can result in lives saved.

A Gatekeeper is anyone within a community who is in a position to recognize the warning signs that someone may be thinking about suicide. Gatekeepers include parents, friends, relatives, neighbors, teachers, clergy, health providers, co-workers, job site administrators, store clerks, law enforcement, advisors, case managers, firefighters and many others who are well positioned to recognize and refer someone at risk of suicide. A Gatekeeper is not expected to do treatment or long-term counseling.

### TRAUMA INFORMED CARE

**DAY & TIME:** Monday 10:00am – 12 noon

**CONTACT HOURS:** 2 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit A Room

In this interactive training participants will learn concepts associated with Trauma Informed Care, reflect on how to see their work through the lens of Trauma Informed Care, then discuss strategies to improve their practice with clients. Complex and historical trauma will be discussed. An in-depth look at the Adverse Childhood Experiences Studies will help participants understand the impact of traumatic events on brain development. Examples of trauma informed interventions for behavioral health consumers will be introduced. Through discussion and activities participants will brainstorm strategies to improve their practice using trauma informed behavioral health interventions.

### SUPPORTED DECISION MAKING

**DAY & TIME:** Monday 1:00pm – 3:00pm

**CONTACT HOURS:** 2 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit A Room

This training will provide a fundamental understanding and ability to explain, assist, and guide individuals and families on a journey of inclusive, supported decision making. A historical background of traditional guardianship and conservatorship will be discussed, as well as the groundbreaking changes Alaska has made in this area.

### PERSON CENTERED PLANNING & THINKING

**DAY & TIME:** Monday 3:00pm – 5:00pm

**CONTACT HOURS:** 2 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit A Room

This training is an interactive discussion on how to encourage being person centered for those providing support, individuals, family and friends. Participants will be encouraged to broaden their vision and devise ways to incorporate and implement the Alaska Developmental Disability Shared Vision into the way in which they live and work.

## COMPASSION FATIGUE, SELF-CARE, AND RESILIENCE

**DAY & TIME:** Tuesday 8:00am – 10:00am

**CONTACT HOURS:** 2 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit A Room

This lively training uses discussion and activities to explore the science of gratitude, positive psychology, self-care, and resilience. Participants will reflect on symptoms of compassion fatigue and secondary trauma in their own lives and develop a self-care plan. Key concepts from Trauma Stewardship by Dr. Laura van Dernoot Lipsky will provide a framework for organizing discussion and developing a personalized self-care plan.

## MENTAL HEALTH SUPPORT FOR OLDER ADULTS

**DAY & TIME:** Tuesday 10:00am – 12 noon

**CONTACT HOURS:** 2 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit A Room

This training will introduce terms, symptoms and risk factors for mental illness among older adults. We will discuss the stigma and biases that can interfere with how older adults with mental health challenges are supported. Recovery strategies will be explored. Challenging mental health disorders like psychosis and Dementia will be reviewed in depth, with an emphasis on how direct support professionals can respond effectively to a mental health crisis. This training will be interactive with time dedicated for participants to ask questions and discuss challenges in their practice with older adults.

## QUESTION PERSUADE AND REFER SUICIDE PREVENTION (QPR)

**DAY & TIME:** Tuesday 1:00pm – 3:00pm

**CONTACT HOURS:** 2 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit A Room

Question, Persuade and Refer (QPR) Gatekeeper training is an emergency mental health intervention for suicidal persons. QPR is a basic education program that teaches everyday community members how to recognize a suicide risk and how to get a person at risk the help they need. It is also an action plan that can result in lives saved.

A Gatekeeper is anyone within a community who is in a position to recognize the warning signs that someone may be thinking about suicide. Gatekeepers include parents, friends, relatives, neighbors, teachers, clergy, health providers, co-workers, job site administrators, store clerks, law enforcement, advisors, case managers, firefighters and many others who are well positioned to recognize and refer someone at risk of suicide. A Gatekeeper is not expected to do treatment or long-term counseling.

## GRIEF AND LOSS, A LIFE'S JOURNEY

**DAY & TIME:** Tuesday 3:00pm – 5:00pm

**CONTACT HOURS:** 2 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit A Room

In our role as Direct Support there are times when we face the loss of someone we support and/or someone close to us. This training will offer a frank discussion in the identification of coping strategies to assist with the grieving process for ourselves and others. Developing a safety plan and the identification of key supports and appropriate agency response will be emphasized.

## HEARING VOICES THAT ARE DISTRESSING

**DAY & TIME:** Wednesday 8:00am – 12 noon

**CONTACT HOURS:** 4 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit B Room

This training provides a simulated experience of what it may be like to "hear voices." Designed to assist people with understanding the challenges of those who experience a mental illness and hear voices through a four-hour experiential training that includes a one-hour video, one-hour simulated "hearing voices" experience through use of an MP3 player and earphones with simulated scenarios or environments, and a one-hour group discussion. This training is for all people interested in the Hearing Voices experience. The public is invited, along with medical personnel, behavioral health professionals, and educators.

## HEARING VOICES THAT ARE DISTRESSING

**DAY & TIME:** Friday 8:00am – 12 noon

**CONTACT HOURS:** 4 contact hours

**LOCATION:** Cape Fox Lodge, 800 Venetia Avenue, Shaa Hit B Room

This training provides a simulated experience of what it may be like to "hear voices." Designed to assist people with understanding the challenges of those who experience a mental illness and hear voices through a four-hour experiential training that includes a one-hour video, one-hour simulated "hearing voices" experience through use of an MP3 player and earphones with simulated scenarios or environments, and a one-hour group discussion. This training is for all people interested in the Hearing Voices experience. The public is invited, along with medical personnel, behavioral health professionals, and educators.