



JOIN OUR UPCOMING VIRTUAL EDUCATION EVENTS

- ACCME & NAB credits will be offered -

February is packed with opportunities for professional growth and learning! These virtual, evidence-based sessions are led by expert instructors and offer actionable strategies to enhance care, along with valuable ACCME and NAB credits. Don't miss this chance to elevate your skills and make a lasting impact in your field.

Secure your spot today - space is limited!

Question, Persuade, Refer (QPR)

Suicide Prevention Training **Registration is limited.**

Thursday, February 6, 2025
2-3:30 p.m. ET

1.5 ACCME & 1.5 NAB credits will be offered.

QPR training will offer strategies to support your work in providing suicide prevention and mental wellness to your residents. This 1.5-hour evidence-based instructor-led training is held virtually and will provide a comprehensive review of a three-step approach anyone can learn to help save a life from suicide. This session will provide a one-year certification to attendees.

Key components covered in the training:

- How to Question, Persuade and Refer someone who may be suicidal.
- How to get help for yourself or learn more about preventing suicide.
- The common causes of suicidal behavior.
- The warning signs of suicide.
- How to get help for someone in crisis.

[Register HERE](#)

Understanding Race-Based, Historical, and Intergenerational Trauma in Nursing Facility Residents

Thursday, February 13, 2025

2-3 p.m. ET

1.0 ACCME & 1.0 NAB credits will be offered.

Nursing facility residents are impacted by historical and intergenerational trauma that goes deep and wide for many racially minoritized groups in the United States. Whether the trauma is recognized openly or tucked deeply into the subconscious, it is often characterized by emotional, physical, and psychological wounds that bleed through generations and across one's lifespan. In this session, nursing facility staff will gain awareness to consider the generations-later mental health effects of African American slavery, the Jewish Holocaust, the Native American Indian experience, and Latinx immigration trauma that residents may have experienced.

Learning objectives:

- Explain the concepts of historical, race-based, and intergenerational trauma.
- Consider the intergenerational and historical trauma experiences of Black, Latinx, and Native Americans.
- Discuss how the biology of trauma can negatively impact trust in caregivers.

[Register HERE](#)

Mental Health 101 and Suicide Prevention

Wednesday, February 19, 2025

2-3 p.m. ET

1.0 ACCME & 1.0 NAB credits will be offered.

This session is an introductory training to help identify, understand, and respond to signs of mental health disorders. Join us as we address some of the common causes contributing to the onset or exacerbation of mental health symptoms among nursing home residents and share common warning signs and practical strategies on how staff can support improving resident mental wellness. Participants will also gain helpful strategies for suicide prevention.

Learning objectives:

- Define and discuss common mental health disorders in nursing facilities.
- Discuss causes contributing to the onset or exacerbation of symptoms.
- Provide awareness of suicide prevention and helpful strategies to assist residents.

[Register HERE](#)

Mental Health First Aid (MHFA)

Registration is limited. Only register if you can attend.

Thursday, February 20, 2025

11 a.m.-4:30 p.m. ET

7.75 NAB credits and 5.5 ACCME credits will be offered after completing the live training.

Mental Health First Aid (MHFA) training provides skills to engage and provide initial help and support to someone developing a mental health or substance use challenge or experiencing a crisis.

This session provides a MHFA certification for three years.

The training covers:

- Common signs and symptoms of mental health and substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

The training is divided into three parts:

Part 1 starts AFTER initial registration has been APPROVED by the instructor. Approved registrants will be emailed instructions on how to create an online profile using MHFA Connect and complete a pre-survey/quiz followed by a two-hour self-paced online course. Registrants MUST complete Part 1 no less than 48 hours (two business days) prior to the scheduled Part 2 session.

Part 2 is a 5.5-hour live instructor-led virtual training. Participants are required to be on camera the entire time.

Part 3 participants will return to MHFA Connect to complete the post-test and evaluation, which is required to receive a certificate of participation.

[Register HERE](#)

Utilizing In-Service Toolkits to Expand Behavioral Health Capacity

Tuesday, February 25 2025

2-3 p.m. ET

1.0 ACCME & 1.0 NAB credits will be offered.

Join the Center of Excellence for Behavioral Health in Nursing Facilities (COE-NF) team as they showcase their new in-service toolkits and demonstrate how to use them effectively to enhance team training in nursing facilities. These toolkits address essential topics such as de-escalation, substance use disorder, and major depressive disorder. Designed to guide facility education leads, the toolkits provide comprehensive support for every step of the training process, from scheduling and promoting to hosting and facilitating behavioral health education sessions.

Learning objectives:

- Discover how a multipronged training approach promotes engagement, increases competency, and reinforces different learning styles.
- Learn the purpose and key features of the COE-NF In-service toolkits.
- Understand how to utilize these innovative toolkits to simplify the behavioral health training process.

[Register HERE](#)

Mental Health First Aid (MHFA)

Registration is limited. Only register if you can attend.

Friday, February 28, 2025

11 a.m.-4:30 p.m. ET

7.75 NAB credits and 5.5 ACCME credits will be offered after completing the live training.

Mental Health First Aid (MHFA) training provides skills to engage and provide initial help and support to someone developing a mental health or substance use challenge or experiencing a crisis.

This session provides a MHFA certification for three years.

The training covers:

- Common signs and symptoms of mental health and substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

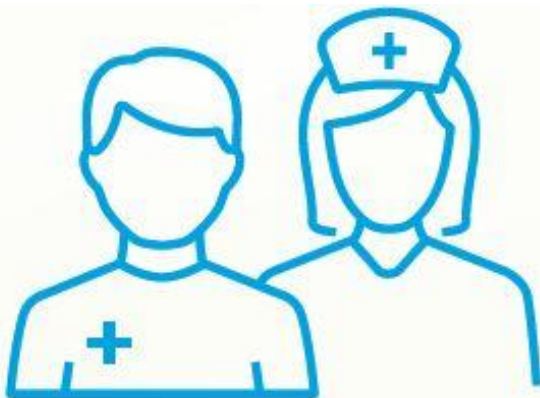
The training is divided into three parts:

Part 1 starts AFTER initial registration has been APPROVED by the instructor. Approved registrants will be emailed instructions on how to create an online profile using MHFA Connect and complete a pre-survey/quiz followed by a two-hour self-paced online course. Registrants MUST complete Part 1 no less than 48 hours (two business days) prior to the scheduled Part 2 session.

Part 2 is a 5.5-hour live instructor-led virtual training. Participants are required to be on camera the entire time.

Part 3 participants will return to MHFA Connect to complete the post-test and evaluation, which is required to receive a certificate of participation.

[Register HERE](#)



AUDIENCE:
All nursing
facility staff.

Contact us:

For more information, please call **1-844-314-1433** or email coeinfo@allianthealth.org.

[Request Support](#) to inquire about substance use and/or mental health training options for your facility.

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Alliant Health Solutions (AHS) was awarded a three-year cooperative agreement from the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), in collaboration with the Centers for Medicare & Medicaid Services (CMS), to create a COE-NF. AHS has over 50 years of experience working with nursing homes and behavioral health in nursing homes.

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