



Community Access Library



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Recovery is a relatively new paradigm in the mental health field, so only recently has it become recognized that recovery for people with serious mental health problems is probable and can be facilitated by self-help skills. Key concepts in recovery include education, personal responsibility, and self-advocacy. Consumers need knowledge, skills, and support to achieve their recovery goals. Additionally, a wealth of evidence shows that individuals living with severe mental health difficulties are at increased risk for chronic medical conditions that complicate recovery – and can even cause premature death.

A truly comprehensive perspective on well-being must effectively address consumers' mental *and* physical health needs while also providing them with effective self-help skills and strategies. Consumer engagement in the wellness process is the hallmark of good behavioral health services. Community based agencies are expected to develop systems that provide consumers and their families alike with the tools they need to thrive. Despite ongoing staffing and funding concerns in these agencies, the bottom line is that those people with access to health and wellness information, and self-help tools are best able to take personal responsibility in their lives.

In order to take advantage of the power and accessibility of the Internet, agencies around the country are adopting e-learning strategies to:

- Expand education opportunities for consumers and their families
- Efficiently provide volunteer and peer specialist training
- Increase compliance with state and county consumer education requirements
- Enhance person-centered recovery services.

The Essential Learning Community Access Sites Library is a collection of 125 courses, 252 hours of training, designed to assist a variety of agencies in getting valuable information to their consumers, peer specialists, and staff. Courses target the following specific categories:

- Mental Health Difficulties
- Substance Abuse
- Health & Wellness
- Children & Teens
- Older Adults
- Mental Health Recovery
- Medication Information
- Life Skills
- Veterans and Families
- Working with Families
- Peer Professionals
- Workforce Skills and Management

Essential Learning courses are interactive and designed to accommodate various learning styles. Courses include a course survey to gather student feedback. All courses can easily be customized with additional sections to accommodate your specific community's needs.

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COMMUNITY ACCESS LIBRARY

Mental Health Difficulties	Course Name	Hours
	About Depression	1.5
	About Mood Problems in Adults	1.0
	About Panic Disorder	2.0
	About Serious Mental Health Problems	1.5
	Anxiety Disorders	2.0
	Brain Basics	0.5
	Common Reactions after Trauma	0.75
	Coping with Attention Deficit Disorder	4.0
	Coping with Panic Disorder	0.75
	Coping with Stress	2.0
	Dealing with the Effects of Trauma	1.5
	Eating Disorders: Overview	3.0
	Facts About Social Phobia	0.5
	Family Assessment and Intervention	1.5
	Helping a Family Member Who Has PTSD	0.5
	In Harm's Way: Suicide in America	1.0
	OCD	0.75
	Practical Facts about Bipolar Disorder	1.5
	Practical Facts about Depression	1.5
	Practical Facts about Schizophrenia	1.5
	PTSD and Relationships	0.25
	PTSD and Your Family	0.25
	PTSD: Work and Your Community	0.25
	Recognizing EPS and Tardive Dyskinesia	1.5
	Stress and Mental Health Problems	1.5
	Women and Depression	2.0

Substance Abuse	Course Name	Hours
	Addiction: A Biopsychosocial Model	3.0
	Alcohol and the Family	2.5
	Gambling Addiction	2.0
	Relapse Prevention: Developing a Relapse Prevention and Recovery Plan	1.5
	Substance Abuse and Violence Against Women	3.5
	The Twelve Steps	1.0

Health and Wellness	Course Name	Hours
	Basic Introduction to HIV/AIDS	1.5
	Dental and Oral Health for Individuals with Mental Health Difficulties	1.0
	Medical Conditions Associated with Mental Health Problems	2.5
	Nutrition and Exercise for Clients with Mental Health Difficulties	2.0
	Smoking Cessation	2.5
	Steps to a Healthier Weight	3.5
	Wellness: Maintaining a Healthy Lifestyle for People with MH Difficulties	1.5

Children and Teens	Course Name	Hours
	Depression in Kids	2.0
	Help Your Child with Weight Control	1.0
	Helping Children and Adolescents Cope with Violence-Disasters	1.0
	Talk to Your Teen About Alcohol	2.0
	The ABC's of Bullying	4.0
	Underage Drinking	1.0

Older Adults	Course Name	Hours
	Alzheimer's Disease	4.0
	Caring for those with Alzheimer's	1.5
	Recognizing Substance Abuse in Older Adults	4.0
	Understanding Elder Abuse	3.0
	Young at Heart	1.0

Mental Health Recovery	Course Name	Hours
	Building Resilience	2.0
	Recovery Strategies	1.5
	Reducing Relapses	2.0
	Resilience and Mental Health Difficulties	1.0
	WRAP One on One	3.0
	WRAP: Advance Directive/Crisis Mgt Plan	3.0
	WRAP: Creating a Wellness Toolbox	2.5
	WRAP: Developing a Daily Maintenance Plan	1.5
	WRAP: Early Warning Signs	3.5
	WRAP: Triggers and Triggers Action Plan	2.0
	WRAP: When Things are Breaking Down Action Plan	2.0

Medication Information	Course Name	Hours
	Getting the Most Out of Your Medication	2.0
	Medication Fact Sheet-Abilify	0.5
	Medication Fact Sheet-Celexa	0.5
	Medication Fact Sheet-Clozaril	0.5
	Medication Fact Sheet-Cymbalta	0.5
	Medication Fact Sheet-Effexor	0.5
	Medication Fact Sheet-Geodon	0.5
	Medication Fact Sheet-Lexapro	0.5
	Medication Fact Sheet-Luvox	0.5
	Medication Fact Sheet-Paxil	0.5
	Medication Fact Sheet-Prozac	0.5
	Medication Fact Sheet-Remeron	0.5
	Medication Fact Sheet-Risperdal	0.5
	Medication Fact Sheet-Seroquel	0.5
	Medication Fact Sheet-Serzone	0.5
	Medication Fact Sheet-Symbyax	0.5
	Medication Fact Sheet-Wellbutrin	0.5
	Medication Fact Sheet-Zoloft	0.5
	Medication Fact Sheet-Zyprexa	0.5

Lifeskills	Course Name	Hours
	Building Social Support	1.5
	Coping with Problems	2.0
	Self Advocacy – Communication Skills	3.5
	Self Advocacy – Skill Building	2.5
	Self Advocacy – The Right Attitude	1.5
	What Mental Health Parity Means to Consumers	1.0

Veterans and Families	Course Name	Hours
	Anger and Trauma for Veterans	1.0
	Children of Veterans and Adults with PTSD	1.0
	Domestic Violence	1.0
	Meeting the Behavioral Health Needs of Returning Veterans	3.0
	Military Cultural Competence	3.0
	Partners of Veterans with PTSD	0.5
	Returning from the War Zone: A Guide for Dealing with PTSD for Families	2.0
	Returning from the War Zone: A Guide for Dealing with PTSD for Veterans	2.0
	Sleep Problems for Veterans	0.5
	Veterans and Post Traumatic Stress	1.0

Working with Families	Course Name	Hours
	Adolescent Suicide	2.5
	Bipolar Disorder in Children and Adolescents	1.0
	Calming Children in Crisis	1.5
	Developmental Stages: Infancy through Adolescence	3.0
	Overview of Mental Health Issues in Older Adults	3.0

Peer Professionals	Course Name	Hours
	A Culture-Centered Approach to Recovery	3.0
	Barriers to Recovery	3.0
	Intentional Peer Support: About Peer Support	2.0
	Intentional Peer Support: First Contact and Language	1.5
	Promoting Recovery in Mental Health Treatment	1.5
	Understanding Recovery	3.0

General Mental Health	Course Name	Hours
	Overview of Mood Disorders in Adults	1.0
	Suicide Prevention and Risk Reduction: What Mental Health Practitioners Need to Know	2.0

Workforce Skills and Management	Course Name	Hours
	Microsoft Office Excel 2003 Level 1	5.0
	Microsoft Office Excel 2007 Level 1	7.0
	Microsoft Office Outlook 2003 Level 1	7.0
	Microsoft Office Outlook 2007 Level 1	7.0
	Microsoft Office PowerPoint 2003 Level 1	6.0
	Microsoft Office PowerPoint 2007 Level 1	6.0
	Microsoft Office Word 2003 Level 1	6.0
	Microsoft Office Word 2007 Level 1	6.0
	Microsoft Windows Vista Level 1	6.0
	Microsoft Windows XP Level 1	6.0
	Time Management	2.5
	Understanding Substance Abuse Problems in the Workplace	2.5
	Valuing Diversity in the Workplace	2.5
	Working with Difficult People	2.5

Miscellaneous	Course Name	Hours
	Board Members: Roles and Responsibilities	1.5
	Mourning the Death of a Spouse	1.0