



# **Community Access Library**

**April 2010**

## Community Access Library

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 128 courses, 256.5 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.

## TABLE OF CONTENTS

<b>COMMUNITY ACCESS LIBRARY .....</b>	<b>1</b>
<b>Developmental Disabilities .....</b>	<b>1</b>
<b>Mental Health Difficulties.....</b>	<b>2</b>
<b>Substance Abuse .....</b>	<b>3</b>
<b>Health and Wellness .....</b>	<b>4</b>
<b>Children and Teens .....</b>	<b>5</b>
<b>Older Adults .....</b>	<b>5</b>
<b>Mental Health Recovery.....</b>	<b>6</b>
<b>Medication Information .....</b>	<b>7</b>
<b>Lifeskills .....</b>	<b>8</b>
<b>Veterans and Families .....</b>	<b>8</b>
<b>Working with Families .....</b>	<b>9</b>
<b>Peer Professionals .....</b>	<b>9</b>
<b>General Mental Health.....</b>	<b>9</b>
<b>Workforce Skills and Management.....</b>	<b>10</b>
<b>Miscellaneous .....</b>	<b>10</b>

## COMMUNITY ACCESS LIBRARY

### Developmental Disabilities

Course Name	Hours
Environmental Safety for Individuals with Developmental Disabilities: Community Education	3
Intellectual Disabilities: Community Education	3
Making Choices: Supporting Individuals with Developmental Disabilities: Community Education	2
Mourning the Death of a Spouse for the Community	1
People with Disabilities Building Relationship and Community Membership: Community Education	1.5
Recreation for Individuals with Developmental Disabilities: Community Education	1.5
Supporting Everyday Lives for People with Developmental Disabilities: Community Education	3
Supporting Quality of Life for a Person with Developmental Disabilities Part I - Birth through Adolescence: Community Education	2
Supporting Quality of Life for a Person with Developmental Disabilities Part II - Adult and Senior Years: Community Education	2

## Mental Health Difficulties

Course Name	Hours
About Anxiety Disorders	2
About Depression for the Community	1.5
About Mood Problems in Adults for the Community	1
About Panic Disorder for the Community	2
About Serious Mental Health Problems for the Community	1.5
Brain Basics for the Community	0.5
Common Reactions after Trauma for the Community	0.75
Coping with Attention Deficit Problems for the Community	3
Coping with Panic Disorder for the Community	0.75
Coping with Stress for the Community	2
Dealing with the Effects of Trauma for the Community	1.5
Eating Disorders: Overview for the Community	3
Facts About Social Phobia for the Community	0.5
Family Assessment and Intervention for the Community	1.5
Helping a Family Member Who Has PTSD for the Community	0.5
In Harm's Way: Suicide in America for the Community	1
OCD for the Community	0.75
Practical Facts about Bipolar Disorder for the Community	1.5
Practical Facts about Depression for the Community	1.5
Practical Facts about Schizophrenia for the Community	1.5
PTSD and Relationships for the Community	0.25
PTSD and Your Family for the Community	0.25
PTSD: Work and Your Community for the Community	0.25

Course Name	Hours
Recognizing EPS and Tardive Dyskinesia for the Community	1.5
Stress and Mental Health Problems for the Community	1.5
Women and Depression for the Community	2

## Substance Abuse

Course Name	Hours
Addiction: A Biopsychosocial Model for the Community	3
Alcohol and the Family for the Community	2.5
Gambling Addiction for the Community	2
Relapse Prevention - Developing a Relapse Prevention and Recovery Plan: Community Education	1.5
Substance Abuse and Violence Against Women for the Community	3.5
The Twelve Steps for the Community	1

**Health and Wellness**

Course Name	Hours
Basic Introduction to HIV/AIDS for the Community	1.5
Community Education: Dental and Oral Health for Individuals with Mental Health Difficulties	1
Community Education: Medical Conditions Associated with Mental Health Problems	2.5
Nutrition and Exercise for Clients with MI for the Community	2
Pandemic Influenza Preparedness for the Community	1
Smoking Cessation for the Community	2.5
Steps to a Healthier Weight for the Community	3.5
Wellness: Maintaining a Healthy Lifestyle for People with MH Difficulties for the Community	1.5

## Children and Teens

Course Name	Hours
Depression in Kids for the Community	2
Help Your Child with Weight Control for the Community	1
Helping Children and Adolescents Cope with Violence and Disasters for the Community	1
Talk to Your Teen About Alcohol for the Community	2
The ABC's of Bullying for the Community	4
Underage Drinking for the Community	1

## Older Adults

Course Name	Hours
Alzheimer's Disease for the Community	4
Caring for those with Alzheimer's for the Community	1.5
Recognizing Substance Abuse in Older Adults for the Community	4
Understanding Elder Abuse for the Community	3
Young at Heart for the Community	1

**Mental Health Recovery**

Course Name	Hours
Building Resilience for the Community	2
Recovery Strategies for the Community	1.5
Reducing Relapses for the Community	2
Resilience and Mental Health Difficulties for the Community	1
WRAP One on One for the Community	3
WRAP: Advance Directive/Crisis Mgt Plan for the Community	3
WRAP: Creating a Wellness Toolbox for the Community	2.5
WRAP: Developing a Daily Maintenance Plan for the Community	1.5
WRAP: Early Warning Signs for the Community	3.5
WRAP: Triggers and Triggers Action Plan for the Community	2
WRAP: When Things are Breaking Down Action Plan for the Community	2

## Medication Information

Course Name	Hours
Getting the Most Out of Your Medication for the Community	2
Medication Fact Sheet - Serzone	0.5
Medication Fact Sheet-Abilify: Community Education	0.5
Medication Fact Sheet-Celexa: Community Education	0.5
Medication Fact Sheet-Clozaril: Community Education	0.5
Medication Fact Sheet-Cymbalta: Community Education	0.5
Medication Fact Sheet-Effexor: Community Education	0.5
Medication Fact Sheet-Geodon: Community Education	0.5
Medication Fact Sheet-Lexapro: Community Education	0.5
Medication Fact Sheet-Luvox: Community Education	0.5
Medication Fact Sheet-Paxil: Community Education	0.5
Medication Fact Sheet-Prozac: Community Education	0.5
Medication Fact Sheet-Remeron: Community Education	0.5
Medication Fact Sheet-Risperdal: Community Education	0.5
Medication Fact Sheet-Seroquel: Community Education	0.5
Medication Fact Sheet-Serzone: Community Education	0.5
Medication Fact Sheet-Symbyax: Community Education	0.5
Medication Fact Sheet-Wellbutrin: Community Education	0.5
Medication Fact Sheet-Zoloft	0.5
Medication Fact Sheet-Zyprexa	0.5

## Lifeskills

Course Name	Hours
Building Social Support for the Community	1.5
Coping with Problems for the Community	2
Self Advocacy - Communication Skills for the Community	2
Self Advocacy - Skill Building for the Community	2.5
Self Advocacy - The Right Attitude for the Community	1.5
What Mental Health Parity Means to Consumers for the Community	1

## Veterans and Families

Course Name	Hours
Anger and Trauma for Veterans for the Community	1
Children of Veterans and Adults with PTSD for the Community	1
Domestic Violence for the Community	1
Epidemiology of PTSD in Military Personnel and Veterans for the Community	1
Meeting the Behavioral Health Needs of Returning Veterans for the Community	3
Military Cultural Competence for the Community	3
Partners of Veterans with PTSD for the Community	0.5
Returning From the War Zone: A Guide for Dealing with PTSD for Families: Community Education	2
Returning from the War Zone: A Guide for Dealing with PTSD for Veterans: Community Education	2
Sleep Problems for Veterans for the Community	0.5

**Working with Families**

Course Name	Hours
Adolescent Suicide for the Community	2.5
Bipolar Disorder in Children and Adolescents for the Community	1
Calming Children in Crisis for the Community	1.5
Developmental Stages: Infancy through Adolescence for the Community	3
Overview of Mental Health Issues in Older Adults for the Community	3

**Peer Professionals**

Course Name	Hours
Intentional Peer Support: About Peer Support for the Community	2
Intentional Peer Support: First Contact and Language for the Community	1.5
Promoting Recovery in Mental Health Treatment for the Community	1.5

**General Mental Health**

Course Name	Hours
Getting Your Needs Met for the Community	1.5
Grief and Loss for the Community	2
Overview of Mood Disorders in Adults for the Community	1

## Workforce Skills and Management

Course Name	Hours
Microsoft Office Excel 2003 Level 1 for the Community	5
Microsoft Office Excel 2007 Level 1 for the Community	7
Microsoft Office Outlook 2003 Level 1 for the Community	7
Microsoft Office Outlook 2007 Level 1 for the Community	7
Microsoft Office PowerPoint 2003 Level 1 for the Community	6
Microsoft Office PowerPoint 2007 Level 1 for the Community	6
Microsoft Office Word 2003 Level 1 for the Community	6
Microsoft Office Word 2007 Level 1 for the Community	6
Microsoft Windows Vista Level 1 for the Community	6
Microsoft Windows XP Level 1 for the Community	6
Time Management for the Community	2.5
Understanding Substance Abuse Problems in the Workplace for the Community	2.5
Valuing Diversity in the Workplace for the Community	2.5
Working with Difficult People for the Community	2.5

## Miscellaneous

Course Name	Hours
Board Members: Roles and Responsibilities for the Community	1.5
DSP Communication Skills and Conflict Management Skills: Community Education	3
Principles of Positive Behavior Support: Community Education	3