

Professional Development Institute

EARN YOUR CONTINUING EDUCATION UNITS

first call
2022 Class Schedule

February 25th – Virtual Class

Ethics

Facilitator: Ken Vick

Ethical issues with substance use and mental health counseling.

March 18th – Virtual Class

ACEs, the Impact on Youth and Future Substance Use

Facilitator: Margaux Guignon

An introduction to Adverse Childhood Experiences and how they impact a child's development and their response to stress. The impact that childhood adversity can have on a person's life and how trauma and ACEs can influence whether a person engages in risky behaviors or develop a mental health problem. Participants will also learn about protective factors and different ways to build resilience to lessen the impact of ACEs.

April 8th – In-Person Class

Motivational Interviewing

Facilitator: Keith Faison

Motivational Interviewing (MI) is an evidence-based treatment that addresses willingness to change.

April 22nd – Virtual Class

Suicide Assessment, Treatment & Management

Facilitator: Kathryn Brewer

Suicide affects all ages, gender, race, religion, ethnicity, and socio-economic status. Populations at higher risk for suicide include LGBT, teenagers, specific mental disorders, substance use and more. Learn the clinical ethical responsibilities, liabilities, and consequences of a client's ideations, intent,

attempt, or completion. Improve your ability to assess individuals for suicide risk and then know how to manage, treat, and/or refer for services.

May 7th – In-Person Class (8 Hours)

Youth Mental Health First Aid

Facilitator: Sarah Emanuels/Megan Keller

Identify, understand & respond to signs of mental illnesses & substance use disorders in youth and teens. Free, non- CEU class.

Learn more and register at FirstCallKC.org/mhfa.

May 20th – In-Person Class

Advanced Motivational Interviewing Training (MIT)

Facilitator: Keith Faison

An in-depth look at the unique and essential aspects of MIT and start refining and guiding the communication style. Practice these skills with actual case studies (role play) in this training as well as obtaining clinical feedback in these practice exercises. We will talk through each rational use of MIT, barriers in these case studies, and what type of questions work in these exercises.

June 10th – Virtual Class

Steroid Misuse in the Fitness and Athletic Community

Facilitator: Bryce Bradford

Addressing issues revolving steroid/anabolic misuse among individuals involved in fitness and sports. Will discuss positive and negative mental, emotional, and physical side-effects on the use of anabolic drugs for fitness and athletic community.

June 24th – Virtual Class

How to Cope for Professionals

Facilitator: Nhi Tuggle

How to Cope is an evidence-based, seven-session course for adult family members and friends impacted by a loved one's substance use. How to Cope for Professionals can help those in behavioral health understand the program and the effects of family substance use disorders on clients. This course will also address the cycle of enabling, how to help clients regain balance of life and strengthen their resiliency, as well as increase knowledge of the family disease.

July 15th – In-Person Class

Recovery Advocacy and The Biology of Recovery

Facilitators: Megan Fowler / Andy Sivils

The psychological and social impacts of commonly used substances and the identification of problematic substance use, as well as increased awareness of destigmatizing language and attitudes that minimize barriers to long-term recovery. With a focus on effective intervention and care coordination, this training will equip participants with knowledge about how their loved ones and community members are supported by Recovery Advocacy. Participants will learn about individual neurotransmitters and their associated functions, the mesolimbic and striatonigrostriatal pathways, and synaptic rewiring mechanisms that facilitate changes in the brain. This information will serve as a foundation for better understanding addiction, ultimately providing better care to those who are suffering.

July 29th – Virtual Class

Dialectical Behavioral Therapy – Using the 4 models of DBT for Help

Facilitator: Latanya Dumas

Understand the theory of DBT and get the confidence to put it into practice. Begin to implement DBT in group and individual therapy with a solid framework. With Practical and unbiased approaches.

August (TBA) – In-Person (8 Hours)

Mental Health First Aid

Facilitator: TBA

Identify, understand & respond to signs of mental illnesses & substance use disorders in youth and teens. Free, non- CEU class.

August 26th – Virtual Class

Substance Use Disorder Treatment for LGBTQ Individuals

Facilitator: Demarco Vaughn

An introduction to key terms and concepts (such as gender identity and sexual orientation), treatment considerations for clinical work, and addressing the specific needs of lesbian, gay, bisexual, and transgender individuals.

September 23rd – In-Person Class

Positive Ethics

Facilitator: Scott Breedlove, MCB

The exploration of ethics as a positive motivator for quality treatment.

October 7th – Virtual Class

Ethics of Technology in Therapy

Facilitator: Kathryn Brewer

Effective clinical and ethical practices are discussed to assist in providing counseling through modern technology. Best practices for a variety of online delivery methods will be discussed in addition to considerations for the use of technology in face-to-face sessions.

October 21st – In-Person Class

Ethical Work With Traumatized Youth

Facilitator: Summer Oehlke

Dealing with youth who have been traumatized in school or community situations involving violence and loss.

CLASS DETAILS AND REGISTRATION INFORMATION

Earn your continuing education units with First Call's leading experts in the field. This year we are excited to offer both virtual and in-person options. All classes will be held on Fridays and start at 9:00 am. Our virtual options are \$39 - 3 hours long and earn you 3 CEUs. Our in-person options are \$49 - 6 hours long and earn you 6 CEUs.

Full Class Details & Registration Information at [FirstCallKC.org/pdi](https://www.firstcallkc.org/pdi)

- Virtual classes are from 9 a.m. to noon.
- In-Person classes are from 9 a.m. to 4 p.m.
- All classes are approved by the Missouri Substance Abuse Professionals Credentialing Board for three contact hours.
- In the event that in-person classes need to go to a virtual setting, those classes will move to 3 hours with 3CEUs.
- All covid safety guidelines will be followed.