

All sessions below have received approvals for LCSW/LCPC/ LPC/LSW, and IAODAPCA Continuing Education Units.

***The Experience of Mental Illness and Recovery  
(A Thresholds New Staff Orientation Session)***

3.5 hours

Trainer: Shirley Helm

Location: 4423 N. Ravenswood Ave., Chicago, IL 60640

This training focuses on the experiences of people with mental illnesses: their experiences of illness (symptoms, treatments) and its consequences (stigma, disempowerment), as well as their experiences of recovery (what helped, what hindered). Stories of individuals, both in person and through various media, are highlighted.

*Shirley Helm, M.M., is a veteran consumer of mental health services. She has worked in the Thresholds Dartmouth Research Center since 2000, first as a software instructor and then in her current position as Training Associate.*

**This seminar will be offered at the following dates/times:**

Tuesday, February 11, 2014	1:00 pm – 4:30 pm
Tuesday, February 25, 2014	1:00 pm – 4:30 pm
Tuesday, March 11, 2014	1:00 pm – 4:30 pm
Tuesday, March 25, 2014	1:00 pm – 4:30 pm
Tuesday, April 8, 2014	1:00 pm – 4:30 pm
Tuesday, April 22, 2014	1:00 pm – 4:30 pm

***Cultural Diversity and Anti-Discrimination Policies  
(A Thresholds New Staff Orientation Session)***

3.0 hours

Trainer: Nesha Breashears or Nancy Little

Location: 4423 N. Ravenswood Ave., Chicago, IL 60640

Members experience their illness and their recovery in a cultural context. In addition, cultural differences affect the helping process as each culture finds certain behaviors, interaction and values more important than others. This training is designed to help staff examine their own values and biases, and to create plans for making any needed changes in their attitudes toward other cultures. Policies surrounding diversity and workplace harassment will also be reviewed.

*Nesha Breashears is the Assistant Director of Training for the Thresholds-Dartmouth Research Center. She has been with Thresholds since 1996, and previously was a case manager on the Bridge West ACT Team. She graduated from the University of Iowa with Bachelor's Degree in Sociology and has a Certificate in Drug and Alcohol Counseling.*

*Nancy Little is Director of Training for the Thresholds Dartmouth Research Center and has been with the agency for over 30 years. She has a Master's Degree in Counseling Psychology from the Adler Institute and is a licensed counselor. She has trained on various topics such as Wellness Management and Recovery, psychopharmacology, "Train the Trainer," clinical supervision, and diagnosis and assessment.*

**This seminar will be offered at the following dates/times:**

Wednesday, February 12, 2014	8:30 am – 12:00 pm
Wednesday, February 26, 2014	8:30 am – 12:00 pm
Wednesday, March 12, 2014	8:30 am – 12:00 pm
Wednesday, March 26, 2014	8:30 am – 12:00 pm
Wednesday, April 9, 2014	8:30 am – 12:00 pm
Wednesday, April 23, 2014	8:30 am – 12:00 pm

***Everyday Ethics***  
***(A Thresholds New Staff Orientation Session)***

3.5 hours

Trainer: Melanie Kinley

Location: 4423 N. Ravenswood Ave., Chicago, IL 60640

This classroom session invites attendees to expand on the rudiments of ethical decision making learned in the on-line ethics class, by immersing them in real-life, challenging situations and asking them to discuss, in small groups, what they would do and by what process they would arrive at their decision(s). Lively conversation typically ensues, making this a hands-on, animated training experience.

*Melanie Kinley is an Associate with the Thresholds-Dartmouth Research Center. She has been with Thresholds for over 25 years in both clinical and management positions. She has trained extensively both within and outside of the agency on topics which include team building, motivational interviewing, ethics, psychopharmacology, dual disorder treatment, psychosocial rehabilitation, and professional wellness.*

**This seminar will be offered at the following dates/times:**

Friday, February 14, 2014	8:30 am – 12:00 pm
Friday, February 28, 2014	8:30 am – 12:00 pm
Friday, March 14, 2014	8:30 am – 12:00 pm
Friday, March 28, 2014	8:30 am – 12:00 pm
Friday, April 11, 2014	8:30 am – 12:00 pm
Friday, April 25, 2014	8:30 am – 12:00 pm

***Introduction to Motivational Interviewing and Clinical Best Practices  
(A Thresholds New Staff Orientation Session)***

3.5 hours

Trainer: Melanie Kinley

Location: 4423 N. Ravenswood Ave., Chicago, IL 60640

Motivational Interviewing can be used to guide people with mental illness and other cognitive/behavioral issues into a path of recovery. Staff will have the opportunity to practice the principles presented his seminar.

*Melanie Kinley is an Associate with the Thresholds-Dartmouth Research Center. She has been with Thresholds for over 25 years in both clinical and management positions. She has trained extensively both within and outside of the agency on topics which include team building, motivational interviewing, ethics, psychopharmacology, dual disorder treatment, psychosocial rehabilitation, and professional wellness.*

**This seminar will be offered at the following dates/times:**

Friday, February 14, 2014	12:30 pm – 4:00 pm
Friday, February 28, 2014	12:30 pm – 4:00 pm
Friday, March 14, 2014	12:30 pm – 4:00 pm
Friday, March 28, 2014	12:30 pm – 4:00 pm
Friday, April 11, 2014	12:30 pm – 4:00 pm
Friday, April 25, 2014	12:30 pm – 4:00 pm

### ***Suicide Risk Assessment***

Wednesday, February 26, 2014

9:00 am – 11:00am 2.0 hours

Trainer: Melanie Kinley

Location: Thresholds Austin Apartments, 334 N Menard, Chicago, IL 60644

This training will examine the prevalence and causes of suicide, the difference between suicide and self-injury and warning signs and symptoms that could suggest the imminence of suicide.

*Melanie Kinley is an Associate with the Thresholds-Dartmouth Research Center. She has been with Thresholds for over 25 years in both clinical and management positions. She has trained extensively both within and outside of the agency on topics which include team building, motivational interviewing, ethics, psychopharmacology, dual disorder treatment, psychosocial rehabilitation, and professional wellness.*

### ***The Disease Model of Addiction***

Monday March 17, 2014

2:30 pm – 4:30pm 2.0 hours

Trainer: Melanie Kinley

Location: Association House, 1116 N Kedzie, Chicago, IL 60651

This session examines the phenomenon of addiction as a discrete disease focusing on genetic predisposition, initial exposure, patterns of use and progression to abuse, neuro-adaptation and strategies for interrupting the cycle.

*Melanie Kinley is an Associate with the Thresholds-Dartmouth Research Center. She has been with Thresholds for over 25 years in both clinical and management positions. She has trained extensively both within and outside of the agency on topics which include team building, motivational interviewing, ethics, psychopharmacology, dual disorder treatment, psychosocial rehabilitation, and professional wellness.*

## *Overview of Dialectical Behavioral Therapy*

Friday, March 28, 2014

9:00 am – 12:00 pm 3.0 hours

Trainer: Melanie Kinley and Gary Rukin

Location: Thresholds Administrative Office, 4101 N Ravenswood, Chicago, IL 60613

This session will review basic theories and practice of DBT. Skills in all four categories of Mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness will be described and demonstrated in small groups. We will also review beginning implementation of DBT for practitioners. Engaging members and incorporating DBT in day to day activities will be discussed.

*Melanie Kinley is an Associate with the Thresholds-Dartmouth Research Center. She has been with Thresholds for over 25 years in both clinical and management positions. She has trained extensively both within and outside of the agency on topics which include team building, motivational interviewing, ethics, psychopharmacology, dual disorder treatment, psychosocial rehabilitation, and professional wellness.*

*Gary Rukin graduated from Argosy University (Illinois School of Professional Counseling) with a Master's Degree in Community Counseling. He has been working at Thresholds since 2010. Beginning his career there as a Community Support Specialist, and working as the Intake Coordinator of Thresholds McHenry Count programs since 2012.*