

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

***Mental Illness and Recovery in History***  
***(A Thresholds New Staff Orientation Session)***

4.0 hours

Trainer: Shirley Helm

Location: Thresholds Administrative Offices

Recent changes in US health care policy and practices present tremendous opportunities and challenges for both organizations and individuals who work in the mental health field. But this is not the first time mental health workers have had to be adaptable to changing concepts of care! In this session we will examine social and medical views of mental illness through Western history, and see how Thresholds – and Thresholds staff and members – are a part of a particularly important historical moment.

*Shirley Helm, M.M., is a veteran consumer of mental health services. She has worked in the Thresholds Workforce Development Department 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 10, 2015	1:00 pm – 5:00 pm
Tuesday February 24, 2015	1:00 pm – 5:00 pm
Tuesday March 10, 2015	1:00 pm – 5:00 pm
Tuesday March 24, 2015	1:00 pm – 5:00 pm
Tuesday April 14, 2015	1:00 pm – 5:00 pm
Tuesday April 28, 2015	1:00 pm – 5:00 pm

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

4.0 hours

Trainer: Nesha Breashears

Location: Thresholds Administrative Offices

Creating an inclusive workplace where staff and members alike can engage with one another successfully, no matter the differences between us can be challenging. 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. Key concepts that will be explored include the idea of micro-aggressions and what it means to be an “ally”. Agency policy surrounding diversity and workplace harassment will also be reviewed.

*Nesha Breashears is the Assistant Director of Training for the Thresholds Workforce Development Department. She has been with Thresholds since 1996, and previously was an outreach worker on the Bridge West ACT Team. She has trained on topics surrounding mental illness and substance abuse issues, as well as cultural diversity. She is a Certified in Drug and Alcohol Counselor.*

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

Wednesday February 11, 2015	8:30 am – 12:30 pm
Wednesday February 25, 2015	8:30 am – 12:30 pm
Wednesday March 11, 2015	8:30 am – 12:30 pm
Wednesday March 25, 2015	8:30 am – 12:30 pm
Wednesday April 15, 2015	8:30 am – 12:30 pm
Wednesday April 29, 2015	8:30 am – 12:30 pm

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

4.0 hours

Trainer: Melanie Kinley

Location: Thresholds Administrative Offices

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 Workforce Development Department. 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 13, 2015	8:30 am – 12:30 pm
Friday February 27, 2015	8:30 am – 12:30 pm
Friday March 13, 2015	8:30 am – 12:30 pm
Friday March 27, 2015	8:30 am – 12:30 pm
Friday April 17, 2015	8:30 am – 12:30 pm
Friday May 1, 2015	8:30 am – 12:30 pm

***Motivational Interventions: Building the Framework for Recovery and Change  
(A Thresholds New Staff Orientation Session)***

4.0 hours

Trainer: Melanie Kinley

Location: Thresholds Administrative Offices

This interactive session will introduce participants to Motivational Interviewing as a best practice highlighting the philosophy and spirit behind it and the importance of using key skills to engage consumers in relationships with helpers and to build trust and rapport in that relationship. This session will also examine other critical elements of motivational interviewing such as eliciting change talk and building towards commitment to change. Experiential activities and practice will be highlighted.

*Melanie Kinley is an Associate with the Thresholds Workforce Development Department. 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 13, 2015	1:00 pm – 5:00 pm
Friday February 27, 2015	1:00 pm – 5:00 pm
Friday March 13, 2015	1:00 pm – 5:00 pm
Friday March 27, 2015	1:00 pm – 5:00 pm
Friday April 17, 2015	1:00 pm – 5:00 pm
Friday May 1, 2015	1:00 pm – 5:00 pm