

College of Recovery and Community Inclusion

<http://directcourseonline.com/recoveryandcommunityinclusion/core-curriculum/>

Currently Available Courses:

The following is a list of courses available in the College of Recovery and Community Inclusion. The library will continue to grow and additions and updates to courses will be made to keep them current.

The Effective Use of Documentation

This course focuses on effective documentation for the community mental health practitioner (CMHP). It will cover a number of important topics in this area. It will cover the two important concepts of recovery and community inclusion and how documentation can help to support these. It will cover how to use empowering language when documenting. It will define documentation and its primary purpose. It will address how documentation can help CMHPs to provide consistent support. It also provides a list of additional reasons why documentation is important. The lesson provides information on medical and health related documentation as well as an overview of the individual recovery plan. It provides information on incident and accident documentation and also staff communication logs. It covers mental health crisis documentation, objective and subjective documentation, and basic rules and guidelines for documentation. It also defines confidentiality and rights to privacy and decision makers. Finally, this lesson will address how to secure the Release of Information form.

- Lesson 1: Documentation for the Community Mental Health Practitioner
- Lesson 2: The Language of Empowerment
- Lesson 3: Defining Documentation
- Lesson 4: Documenting Consistency of Support
- Lesson 5: Additional Reasons for Documentation
- Lesson 6: Medical and Health Related Documentation
- Lesson 7: Individual Recovery Plan Documentation
- Lesson 8: Incident and Accident Documentation
- Lesson 9: Staff Communication Logs
- Lesson 10: Mental Health Crisis Documentation
- Lesson 11: Objective and Subjective Documentation
- Lesson 12: Basic Rules and Guidelines for Documentation
- Lesson 13: Defining Confidentiality
- Lesson 14: Rights to Privacy and Decision Makers
- Lesson 15: Securing the Release of Information Form

[Top](#)

Universal Precautions and Infection Control

This course is about Universal Precautions required by the Occupational Safety and Health Administration (OSHA). It will teach direct support professionals about universal precautions and infection control. It will review OSHA blood borne pathogens requirements. It covers information on preventing and responding to exposure incidents. It will review information about communicable diseases and what can and should be done to prevent the spread of these diseases.

- Lesson 1: Aspects of Infectious
- Lesson 2: Understanding the Infectious Disease Cycle
- Lesson 3: Bloodborne Pathogens
- Lesson 4: Infection Control and Prevention
- Lesson 5: Universal Precautions
- Lesson 6: Personal Protective Equipment (PPE)
- Lesson 7: Hand Washing Procedures
- Lesson 8: Cleaning and Disinfecting
- Lesson 9: Environmental Controls
- Lesson 10: Accidental Exposure Procedures
- Lesson 11: Exposure Control Plans

[Top](#)

Seeing the Person First: Understanding Mental Health Conditions

People who experience mental health issues are able to live satisfying and meaningful lives in the community like everyone else. This course will help the learner to gain a basic understanding of mental health conditions, including the fundamental principle that people living with mental health conditions are first and foremost people who want to live full lives. It is founded on a recovery and community inclusion approach in which one's mental health condition is viewed as only one part of an individual's life. It is designed to help you understand that each person with a mental health condition has his or her own individual hopes, dreams, and desires for their lives. It will help you recognize and build upon the strengths and preferences of the people you serve to better support recovery. It introduces a new way to look at health and functioning that will broaden your view of the individuals with whom you work.

- Lesson 1: Seeing the Person First
- Lesson 2: Acknowledging Individual Hopes, Dreams, and Desires
- Lesson 3: Participating in Community Life
- Lesson 4: New Ways of Understanding Health and Functioning
- Lesson 5: Mental Health Conditions: Understanding Symptoms and Diagnoses
- Lesson 6: Understanding the Causes of Mental Health Conditions
- Lesson 7: Supporting Activity for Individuals Living with Mental Health Conditions
- Lesson 8: Promoting Participation for Individuals Living with Mental Health Conditions

[Top](#)

Mental Health Treatments, Services, and Supports

Treatment interventions are aimed at curing, eliminating, or reducing the symptoms and distress associated with the health condition being addressed. In this course we divide mental health treatment interventions into three groups: somatic treatments, crisis stabilization services, and rehabilitation interventions. This course first provides a brief historical overview of mental health treatment in the United States. It highlights the transition from institutional care to the development of the community-based system that we have today. We then introduce the learner to the most widespread somatic treatment in mental health, the use of psychotropic medications. The course reviews commonly used hospital-based crisis stabilization service interventions, while also introducing newly emerging models of community-based and peer delivered crisis intervention and alternatives to hospitalization services. Psychiatric rehabilitation and its associated services and intervention models developed in concert with the transition from institutional based care to community based care. This course provides a brief introduction to psychiatric rehabilitation and the rehabilitation planning process. It then reviews a set of rehabilitation models that continue to be expanded and improved upon. These models offer some of the most promising and evidenced-based practices to support community inclusion and individual recovery goals that are utilized in community mental health programs.

- Lesson 1: A Brief History of Mental Health Treatment in the United States
- Lesson 2: Medications
- Lesson 3: Hospitalization and Psychiatric Emergency Services
- Lesson 4: Rehabilitation Planning
- Lesson 5: Rehabilitation Interventions Part 1
- Lesson 6: Rehabilitation Interventions Part 2
- Lesson 7: Peer Support and Peer Run Service Programs
- Lesson 8: Recovery and Community Inclusion

[Top](#)

Cultural Competence in Mental Health Service Settings

Effective community mental health practitioners who value diversity must continually improve their ability to understand, work with, and accommodate individuals with mental health conditions from many different cultural backgrounds. This course provides an introduction to the concept of cultural competence, discusses the importance of cultural competence in the delivery of mental health services and supports, and helps the learner to develop the attitudes, knowledge, and skills needed to work in a culturally competent manner. The course begins with lessons that highlight the ways in which the delivery of mental health services must take into account the cultural background and preferences of each person receiving supports and services, then defines common terms that are used in discussions of multicultural awareness, and also reviews the ways in which each individual's cultural background shapes their thoughts, preferences, and everyday behaviours, as well as their responsiveness to mental health supports and services. The

course then assists the learner in gaining a more profound understanding of these issues by asking each learner to reflect upon their own cultural background and its impact on their own lives. The next lessons focus on the impact of bias and discrimination of all kinds and their impact on the service participant, as well as the bias and discrimination within service provider organization. The course ends with a discussion of the role of the community mental health practitioner in promoting changes in practices, programs, and policies that help to promote greater cultural competence in the delivery of community mental health care.

- Lesson 1: An Introduction to Cultural Competence for Community Mental Health Practitioners
- Lesson 2: Responsible Practice for the Community Mental Health Practitioner
- Lesson 3: Defining Race, Ethnicity, Heritage, and Ancestry
- Lesson 4: Defining Culture and Its Effects
- Lesson 5: Cultural Differences in Communication
- Lesson 6: Understanding Diversity
- Lesson 7: Understanding Your Own Culture
- Lesson 8: Your Family and Cultural Roots
- Lesson 9: Multiple Cultural Identities and Your Adult Life
- Lesson 10: Bias
- Lesson 11: Organizational Structure and the Service Participant
- Lesson 12: Trauma and Loss
- Lesson 13: Promoting Cultural Competence through Change

[Top](#)

Introduction to Mental Health Recovery and Wellness

Recovery has increasingly become the clarion call in the mental health system both in terms of expected outcomes for individuals living with mental health conditions and in terms of systems transformation. This course reviews three key influences in the field that impacted systems transformation and explores multiple perspectives on recovery found in the literature.

The course reviews the ten Guiding Principles of Recovery as identified by the Substance Abuse and Mental Health Services Administration's (SAMHSA) Recovery Support Strategic Initiative. The course reports critical data that individuals who are served by the public mental health system are dying from preventable chronic health conditions 20 to 25 years earlier than their counterparts without mental health conditions. Incorporating a focus on wellness is gaining increasing momentum in contemporary mental health practice and this course introduces the learner to the eight dimensions of wellness as set out in SAMHSA's Wellness Initiative.

Seeking a balance across the eight dimensions of wellness can promote and support physical health as well as mental health recovery and the course provides a wellness assessment tool that can be utilized to help develop and support wellness goals.

The course introduces a number of shifts in thinking about program planning and service delivery practices that place the person in recovery at the center of the treatment and rehabilitation decision making process. Finally, the course explores the role of the community mental health practitioner in supporting the development of recovery and wellness goals. It offers suggestions for community mental health practitioners to advocate for and help individuals' access necessary and competent medical care, as well as develop self-care skills to prevent or manage health and lifestyle concerns. The course identifies strategies that community mental health practitioners can implement to work collaboratively with individuals served as they pursue their recovery journey and work toward the achievement of identified recovery and wellness goals.

- Lesson 1: Mental Health Recovery: Why Now?
- Lesson 2: Defining Recovery in Mental Health
- Lesson 3: The Guiding Principles of Recovery: Part 1
- Lesson 4: The Guiding Principles of Recovery: Part 2
- Lesson 5: Mental Health Recovery and Physical Health
- Lesson 6: The Eight Dimensions of Wellness: Part 1
- Lesson 7: The Eight Dimensions of Wellness: Part 2
- Lesson 8: Assessing, Developing, and Supporting Wellness Goals
- Lesson 9: Creating a Culture of Recovery

[Top](#)

Understanding Community Inclusion

This course will introduce the learner to the terms community integration, community participation, and community inclusion. It will review their relationship to each other and more importantly, their implications for supporting mental health recovery. Historically, people living with mental health conditions have had limited opportunities to participate fully in community life. In many instances they have been systematically excluded from participation in several domains. This course will review the evidence documenting the exclusion that many individuals living with mental health conditions continue to experience in the community. However, it is clear that people would, could, and should participate more fully in the communities of their choice, and this course also presents the research base in support of the promotion of increased opportunities for community participation across a wide range of domains. This course reviews how the principles of normalization and social role valorization, the Disability Rights Movement, and the Americans with Disabilities Act of 1990 all impact our current understanding of community inclusion and integration. It reviews the conceptual foundations of community inclusion and outlines 8 principles for practice. Finally, it presents a discussion on potential challenges associated with the practice of community inclusion and integration.

- Lesson 1: Defining Community Integration, Participation, and Inclusion
- Lesson 2: The Evidence of Community Exclusion
- Lesson 3: The Evidence for Community Participation
- Lesson 4: The Historic, Legal, and Policy Foundations of Community Inclusion
- Lesson 5: Building a New Understanding of Community Inclusion
- Lesson 6: Principles of Community Inclusion, Part 1
- Lesson 7: Principles of Community Inclusion, Part 2
- Lesson 8: Challenges Associated with Community Inclusion

[Top](#)

Coming in 2014!

- Implementing Community Inclusion Practices in Real Life Settings
- The Professional Responsibilities of the Community Mental Health Practitioner
- HIPAA: Protecting Confidentiality and Privacy
- Communication Skills for Crisis De-escalation
- Trauma Informed Services and Supports
- Safety at Home and In the Community
- Employment is Everybody's Business: Strategies to Support Employment Goals