

**Community Health Connections**

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**Fall 2010**

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**Training Syllabus**



**A Health Care Quality Unit**

**Serving:**

**Armstrong, Beaver, Butler, Clarion,  
Crawford, Indiana, Lawrence, Mercer, and  
Venango Counties**



**Website: [www.hcqu.org](http://www.hcqu.org)**

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**CONFERENCE ETTIQUETTE**

It is difficult to maintain a room temperature that is comfortable for all participants. Conference attendees should be aware that room temperatures will vary throughout the conference center. A light sweater or jacket is helpful when room temperatures become too cool.

Participants are asked to silence cell phones and refrain from texting when attending a workshop. Please step outside the room if you need to respond to a page or a call.



All Community Health Connections' trainings are **FREE** of charge.



All trainings are appropriate for Direct Care, Supervisory Staff, Lifesharing/Family Living Providers, Family Members, Supports Coordinators, Behavior Specialists, Nurses, Day Program/Workshop Staff.



**PLEASE CONFIRM BEFORE YOU TRAVEL!** Trainings may be cancelled due to inclement weather or lack of enrollment. For up-to-date information on scheduled training cancellations, call our office at (724) 283-0990, ext 115.



Community Health Connections can bring a training to your residential, day program, or workshop facility for a minimum of 5 attendees. Call for details!



***Our trainings are approved for Personal Care Home administrators' annual 24 training hours as long as the subject matter relates to their work.*** However, current funding and regulatory restrictions prohibit us from bringing training to your facility unless it is part of an Intensive Technical Assistance process, which is requested and coordinated by a person's Supports Coordinator.



Our trainers supply blank pages for attendee note taking at all our trainings. However, if you would like a copy of the PowerPoint prior to the training, please make your request by email at [info@hcqu.org](mailto:info@hcqu.org) or call our office at (724) 283-0990. We will gladly send you a copy.

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## **SYLLABUS COURSE DESCRIPTIONS**

*Please refer to the monthly calendars on pages 14 through 17 for dates and times.*

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### **Anger Management—3 hours (November)**

Angry feelings start with an experience of pain. This hurt can be physical or emotional; it can be a stomachache or fatigue, feelings of rejection or loss. The pain causes a biological arousal, a strong desire for release. We can learn to manage our response to anger in an effective and healthy way using an integrative approach. Join us to learn more about understanding and managing anger.

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### **Depression and Person with an Intellectual and/or Developmental Disability—2 hours (September)**

Have you ever supported someone whom you experienced as “unmotivated,” crying, sleeping a lot or challenging in other ways? Sometimes people look this way when coping with Depression. During this two hour basic level training, participants will consider the ways that depression impacts those we serve and learn how to recognize possible symptoms. We will also discuss how this contributes to behavior we find challenging. At the conclusion of this training, participants will be able to formulate a method of support based on Positive Approaches.

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### **Dysphagia and Associated Concerns—2 hours (October)**

This two hour presentation will assist participants in recognizing and understanding dysphagia. Included in the information presented will be signs and symptoms of swallowing disorders, proper positioning during and after eating, early identification of respiratory infections, correct food preparation and importance of contacting the health care professional when changes are noted.

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### **Falls Risk Reduction for Individuals with ID/DD—2 hours (August)**

Participants will learn to recognize the fall risk factors in people with ID/DD. They will gain knowledge on fall risk assessments and the importance of pre and post-fall assessments in providing care for individuals with physical and/or intellectual disabilities.

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### **Fetal Alcohol Spectrum Disorders—2 hours (November)**

Through this presentation, participants will explore Fetal Alcohol Spectrum Disorders. Participants will gain a greater understanding of the characteristics of this disorder through lecture, activities and video. Participants will also explore different means of support for someone who may have received a diagnosis that falls within the Fetal Alcohol Spectrum.

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### **Impulse Control Disorders—2 hours (October)**

Participants will be introduced to Impulse Control Disorders as outlined in the DSM-IV. We will examine how people with ID/DD may be impacted by ICD, and evaluate symptoms which may be indicative of a variety of diagnoses. Finally, we will discuss how to best support someone who experiences ICD, from communicating with the psychiatrist to developing the most helpful approaches.

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### **Nutrition Workshop—2 hours (September)**

This two hour **hands on** workshop will help direct care staff develop a better understanding of the importance of nutrition and learn how simple preparation can make a big change in the health and well being of those they support.

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### **Relationships Are All There Is—2 hours (August)**

Margaret Wheatley wrote, “Relationships are all there is. Everything in the universe only exists because it is in relationship to everything else. Nothing exists in isolation. We have to stop pretending we are individuals who can go it alone.”

How many people receiving services in the ID/DD system have quality meaningful relationships, and how many are isolated and alone? During this dialogue, we will consider how isolation impacts those we serve and what we can do to help people build supportive meaningful relationships.

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## **MONTHLY CLASSES**

*The following classes will be held in the Butler office on the first Wednesday of each month through November 2010. Please refer to the calendars on pages 14 through 17 to see which classes will be held each month.*

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### **Autism and Anxiety—2 hours (August)**

Autism and Anxiety is a basic level training designed to offer participants an overview of autism spectrum disorders and an understanding of the impact of anxiety on people with autism spectrum disorders. Participants will evaluate a variety of supportive approaches in assisting a person with autism to address anxiety in an individualized way.

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### **CHC Presents Temple Grandin's "My Life with Autism" - 3 hours (September)**

During this three hour, basic level training, participants will view Temple Grandin's presentation "My Experience with Autism." Following the video, the audience will have the opportunity to discuss what they have learned and ask questions.

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### **Diagnostic Tests—1 hour (September)**

In this one hour training, participants will become informed about why certain diagnostic tests are performed, how they are performed, the preparation involved, and what risks may be involved with each test.

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### **Eating Disorders - 2 hours (September)**

During this two hour training, participants will be exposed to the different types of eating disorders, risk factors, causes, treatment and support through the use of video, activity and lecture.

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### **Looking Beyond the Behavior—2 hours (August)**

Participants will explore the importance of ruling out medical issues when a new or change in behavior has been noted. Participants will discuss several common medical issues that may be manifested behaviorally.

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**Understanding Pain—2 hours (October)**

This training will help participants better understand pain and improve support to people with intellectual and developmental disabilities who are experiencing pain.

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**Video Self Modeling—2 hours (October)**

This highly interactive workshop will focus on an evidenced based alternative training technique called Video Self Modeling. This workshop can be used to help you effectively support people who have difficulty attending to a task or who may have set up a range of defenses to avoid learning in traditional ways. During this workshop, you will actually identify a target process, create a storyboard, and create your own self-modeling video.

This class is limited to 10 participants.

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**What the Heck Happened?: Root Cause Analysis - 2 hours (October)**

The goal of this highly interactive program is to provide the learner with modified cause charting skills to objectively understand why an adverse event occurred and how that can lead to effective solutions.

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**Why Do You Do That? - 2 hours (August)**

Repetitive questions, difficulty with transitions, and quick frustration are just some of the behaviors that we often find difficult to understand and support. Throughout this two hour basic level training, we will consider the ways in which executive functioning impact those we serve, and discuss how this contributes to the behavior we find challenging. We will share our experiences and discuss helpful strategies for assisting the people we support in relation to these issues.

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**NURSE CONTACT HOUR DAY - FOR NURSES ONLY**  
**November 3, 2010**

*This day will give Registered Nurses the opportunity to earn six hours of approved nursing CEUs. These classes will be held at Community Health Connections - Butler, P.A. Please refer to November's calendar on page 17 to see what times the classes will be held.*

*These continuing nursing education activities have been approved by the Commonwealth of Pennsylvania, Department of Public Welfare Office of Developmental Programs, an accredited approver of nursing continuing education.*

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**ADHD - 2 hours (2 Nurse CEUs)**

Through this two hour training, participants will explore Attention Deficit Hyperactivity Disorder (ADHD), the symptoms, treatment, and how we might make accommodations for a person diagnosed with an Intellectual/Developmental Disability and ADHD.

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**Bipolar Disorder—2 hours (2 Nurse CEUs)**

This two hour basic level training will provide participants with a better understanding of Bipolar Disorder and how it may affect a person with an Intellectual/Developmental Disability.

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**Personality Disorders—2 hours (2 Nurse CEUs)**

This is a two hour presentation discusses the many different types of Personality Disorders. The DSM IV criteria, treatment, and support will be explored through presentation, videos, and case studies.

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## **SOCIAL EVENT**

**December 2, 2010**

*Join us for an evening of socializing with the people you support. Training credit will not be given for this event as it is a community-building activity.*



### **Movie: Radio - 2 hours (December)**

Set in a small South Carolina town during the '60s, the film starts Ed Harris as Harold Jones, a high school football coach who barely has time to spend with his daughter, Mary Helen (Sarah Drew), or his wife, Linda (Debra Winger). When Coach Jones meets the mentally challenged student who goes by the name of Radio (Cuba Gooding, Jr.), he allows him to help out with his football team. While the townsfolk just aren't sure about Radio hanging around the team, the star player Johnny Clay (Riley Smith) is downright mean about it. Nevertheless, Radio continues to support the team for the next three decades.

This presentation will take place at Whole Life Services - Hermitage, PA.

**\*\*THIS PRESENTATION IS FROM 6PM to 8PM\*\***

## TRAINING FOR PEOPLE WITH ID/DD

*These classes will be held in the Butler office. Please refer to August's calendar on page 14 and October's calendar on page 16 for dates and times.*



### Abuse Prevention - 1.5 hours (August & October)

This fun, energetic and activity-filled training has been adapted from the David Hingsburger training, and has been taught exclusively to our HCQU staff by Mr. Hingsburger. The training includes sections on:

- Feelings
- Respect for ourselves and others
- Public and private body parts
- Boundaries
- Saying no

This training can be brought to any agency that has 10 or more people with disabilities interested in participating.

Because offenders are often known by the victim and hold positions of trust and authority, we request that staff do not attend this training.

Human Service hours are not available.

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## **SPECIAL SPEAKERS SERIES**

*Community Health Connections invites guest speakers to present on a variety of topics. The following are our guest speakers for this syllabus.*

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### **Nancy Thaler**

**Executive Director, National Association of State Directors of Developmental Disabilities Services**

***Strengths & Weaknesses in Our System, and the Importance of Everyone's Role***

**August 5, 2010**

Nancy Thaler is the Executive Director of the National Association of State Directors of Developmental Disabilities Services. She served as Pennsylvania's Deputy Secretary for Mental Retardation from 1993-2003 and also worked for the Federal Center for Medicare and Medicaid Services (CMS) responsible for the quality improvement strategy for the Federal Medicaid Home and Community-Based Waiver Program. She will speak on strengths and weaknesses in our system and the importance of everyone's role. A half hour question and answer period will follow Nancy's presentation.

This presentation will take place at the Succop Theatre, Butler County Community College - Butler, PA.

**\*\*THIS PRESENTATION IS FROM 10AM to 12:30PM\*\***

**Stephanie Wincik, RN; CDDN****Associate Director of Nursing/Health Services,  
EHCA, Inc.*****Understanding Lesch-Nyhan Disease:  
A Personal Perspective - 1.5 hours (1.5  
Nurse CEUs)*****September 28, 2010**

The hallmark feature of Lesch-Nyhan Syndrome (LNS) is an overwhelming, involuntary compulsion to self-injure. Some individuals may have only mild intellectual disability and are fully aware of their situation, but are powerless to control their own self-damaging behavior. This session will review the genetic basis and pathophysiology of LNS and identify its unique behavioral manifestations. Treatment options will be discussed, including practical information on effective behavior management strategies. A short documentary produced by Bill Melius, a 35-year old survivor of LNS, will be shown. As we follow Bill through a typical day, we will develop a greater understanding of what it means to live with this syndrome. This training is approved for 1.5 nursing CEUs.

This presentation will take place at The CDC - Butler, PA.

**\*\*THIS PRESENTATION IS FROM 10:30AM TO 12PM\*\***

**Gregory Cherpes, MD**  
**Medical Director, Community Health Connections**

***Psychotic Disorders: Diagnosis, Symptoms, and Treatment—2 hours***

**November 18, 2010**



Psychotic disorders are a group of serious illness that affect the mind. These illnesses alter a person's ability to think clearly, make good judgments, respond emotionally, communicate effectively, understand reality, and behave appropriately. When symptoms are severe, people with psychotic disorders have difficulty staying in touch with reality and often are unable to meet the ordinary demands of daily life. However, even the most severe psychotic disorders usually are treatable. Join us at this special educational event with psychiatrist and speaker, Gregory Cherpes, M.D., to learn about the different types of psychotic disorders, their symptoms, and how they are diagnosed and treated.

This presentation will take place at The CDC - Butler, PA.

**\*\*THIS PRESENTATION IS FROM 1PM TO 3PM\*\***

**Carl Culig, MD**  
**Veteran's Hospital Pittsburgh**

***CP & Aging - 2 hours***

**November 19, 2010**

Today, improved medical care is extending lives. Older adults with Cerebral Palsy experience the natural aging process in combination with other impairments which have imposed a number of physical, emotional, and financial consequences on their lives. The combination of aging and a disability is an unexplored area of study and practice. There are physicians who specialize in children with CP, but very few specialize in adults with cerebral palsy, let alone the health concerns associated with their advancing age. Please join us as Carl Culig, M.D. ventures into the topic of aging and CP in a one-time, exclusive presentation for Community Health Connections.

The presentation will take place at the Legacy Banquet & Conference Center - Mercer, PA.

**\*\*THIS PRESENTATION IS FROM 1PM TO 3PM\*\***

<b>AUGUST</b>			
<b>Date</b>	<b>Topic</b>	<b>Time</b>	<b>Location</b>
2	Relationships Are All There Is	10am - 12pm	DFS
3	Falls Risk Reduction for Individuals with ID/DD	10am - 12pm	CHC
4	Autism and Anxiety	8am - 10am	CHC
	Why Do You Do That?	10:15am - 12:15pm	
	Looking Beyond the Behavior	1pm - 3pm	
5	Strengths & Weaknesses in Our System, and the Importance of Everyone's Role (w/ Nancy Thaler)	10am - 12:30pm	Succop Theatre
6	Falls Risk Reduction for Individuals with ID/DD	10am - 12pm	BCBH
9	Falls Risk Reduction for Individuals with ID/DD	10am - 12pm	ARC of Crawford Co.
11	Falls Risk Reduction for Individuals with ID/DD	10am - 12pm	DFS
12	Relationships Are All There Is	10am - 12pm	Arm-Ind MH/MR
13	Relationships Are All There Is	10am - 12pm 1pm - 3pm	Diamond Medical Supply
23	Relationships Are All There Is	10am - 12pm	ARC of Crawford Co.
24	Relationships Are All There Is	10am - 12pm	BCBH
25	Relationships Are All There Is	10am - 12pm	CHC
26	Falls Risk Reduction for Individuals with ID/DD	10am - 12pm 1pm - 3pm	Diamond Medical Supply
30	Falls Risk Reduction for Individuals with ID/DD	10am - 12pm	Arm-Ind MH/MR
31	Falls Risk Reduction for Individuals with ID/DD	10am - 12pm	Easter Seals
	Relationships Are All There Is	1pm - 3pm	
		Abuse Prevention (DD)	10:30am - 12pm

<b>SEPTEMBER</b>			
<b>Date</b>	<b>Topic</b>	<b>Time</b>	<b>Location</b>
1	CHC Presents Temple Grandin's "My Life with Autism"	8am - 11am	CHC
	Eating Disorders	12pm - 2pm	
	Diagnostic Tests	2:15pm - 3:15pm	
2	Depression and a Person with an Intellectual and/or DD	10am - 12pm	CHC
	Nutrition Workshop	10am - 12pm	Arm-Ind MH/MR
3	Depression and a Person with an Intellectual and/or DD	10am - 12pm	ARC of Crawford Co.
7	Depression and a Person with an Intellectual and/or DD	10am - 12pm	BCBH
8	Nutrition Workshop	10am - 12pm	DFS
13	Depression and a Person with an Intellectual and/or DD	10am - 12pm	DFS
14	Nutrition Workshop	10am - 12pm	ARC of Crawford Co.
17	Nutrition Workshop	10am - 12pm 1pm - 3pm	Diamond Medical Supply
20	Nutrition Workshop	10am - 12pm	CHC
21	Depression and a Person with an Intellectual and/or DD	10am - 12pm 1pm - 3pm	Diamond Medical Supply
27	Nutrition Workshop	10am - 12pm	Easter Seals
	Depression and a Person with an Intellectual and/or DD	1pm - 3pm	
28	Understanding Lesch-Nyhan Disease: A Personal Perspective (w/ Stephanie Wincik	10:30am - 12pm	The CDC
29	Nutrition Workshop	10am - 12pm	BCBH
30	Depression and a Person with an Intellectual and/or DD	10am - 12pm	Arm-Ind MH/MR

<b>OCTOBER</b>			
<b>Date</b>	<b>Topic</b>	<b>Time</b>	<b>Location</b>
4	Dysphagia and Associated Concerns	10am - 12pm 1pm - 3pm	Diamond Medical Supply
5	Impulse Control Disorders	10am - 12pm	CHC
6	Understanding Pain	8am - 10am	CHC
	Video Self Modeling	10:15am - 12:15pm	
	What the Heck Happened: Root Cause Analysis	1pm - 3pm	
8	Impulse Control Disorders	10am - 12pm	ARC of Crawford Co.
12	Dysphagia and Associated Concerns	10am - 12pm	Easter Seals
	Impulse Control Disorders	1pm - 3pm	
13	Impulse Control Disorders	10am - 12pm	DFS
14	Dysphagia and Associated Concerns	10am - 12pm	BCBH
18	Impulse Control Disorders	10am - 12pm 1pm - 3pm	Diamond Medical Supply
19	Dysphagia and Associated Concerns	10am - 12pm	Arm-Ind MH/MR
22	Dysphagia and Associated Concerns	10am - 12pm	CHC
25	Impulse Control Disorders	10am - 12pm	BCBH
26	Abuse Prevention (for people w/ DD)	5pm - 6:30pm	CHC
28	Dysphagia and Associated Concerns	10am - 12pm	ARC of Crawford Co.
29	Impulse Control Disorders	10am - 12pm	Arm-Ind MH/MR
	Dysphagia and Associated Concerns	10am - 12pm	DFS

<b>NOVEMBER</b>			
<b>Date</b>	<b>Topic</b>	<b>Time</b>	<b>Location</b>
2	Anger Management	9am - 12pm 1pm - 4pm	Diamond Medical Supply
3	Bipolar Disorder (CEU)	8am - 10am	CHC
	ADHD (CEU)	10:15am - 12:15pm	
	Personality Disorders (CEU)	1pm - 3pm	
4	Fetal Alcohol Spectrum Disorders	10am - 12pm	DFS
8	Anger Management	9am - 12pm	BCBH
9	Anger Management	9am - 12pm	Arm-Ind MH/MR
10	Fetal Alcohol Spectrum Disorders	10am - 12pm	CHC
15	Fetal Alcohol Spectrum Disorders	10am - 12pm	Easter Seals
	Anger Management	1pm - 4pm	
16	Fetal Alcohol Spectrum Disorders	10am - 12pm	ARC of Crawford Co.
18	Psychotic Disorders: Diagnosis, Symptoms, and Treatment (w/ Gregory Cherpes, MD)	1pm - 3pm	The CDC
19	CP & Aging (w/ Carl Culig, MD)	1pm - 3pm	Legacy Banquet & Conference Center
22	Anger Management	9am - 12pm	ARC of Crawford Co.
23	Fetal Alcohol Spectrum Disorders	10am - 12pm	Arm-Ind MH/MR
	Anger Management	9am - 12pm	CHC
29	Fetal Alcohol Spectrum Disorders	10am - 12pm 1pm - 3pm	Diamond Medical Supply
30	Fetal Alcohol Spectrum Disorders	10am - 12pm	BCBH
	Anger Management	9am - 12pm	DFS

DECEMBER			
Date	Topic	Time	Location
2	Social Event: Movie: Radio	6pm - 8pm	Whole Life Services

### TRAINING LOCATION ADDRESSES

ARC of Crawford County	222 Chestnut Street	Meadville, PA
Armstrong-Indiana MH/MR	124 Armsdale Rd.	Kittanning PA
Beaver County Behavioral Health (BCBH)	1070 8th Avenue	Beaver Falls, PA
CHC	120 Hollywood Drive, Suite 201	Butler, PA
Diamond Medical Supply	639 Kolter Drive	Indiana, PA
Diversified Family Services (DFS)	5454 E. State Street, PO Box 1027	Hermitage, PA
Easter Seals	200 12th Street	Franklin, PA
Legacy Banquet & Conference Center	1946 Mercer Grove City Road	Mercer, PA
Succop Theatre Butler County Community College (BC3)	107 College Drive	Butler, PA
The CDC	112 Woody Drive	Butler, PA
Whole Life Services	1565 E. State Street	Hermitage, PA

## Training Registration Form

NAME: _____	JOB TITLE: _____
AGENCY: _____	PHONE: _____
ADDRESS: _____	FAX: _____
_____	E-MAIL: _____

	COURSE TITLE	DATE	TIME	LOCATION
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

- Registration is required for all participants!
- Please complete ALL information and return registration form *at least 2 weeks prior to course dates.*



Register on the web!!  
**[www.hcqu.org](http://www.hcqu.org)**  
 Select training, then  
 training schedule.



Fax to: Denise Quinn  
**(724) 283-1012**



Community Health Connections  
 The Bantam Commons  
 120 Hollywood Drive, Suite 201  
 Butler, PA 16001



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## Community Health Connections

The Bantam Commons  
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