Educational Programs
Health Care Quality Units

Advocacy – (Basic and Web Based)
This training provides an overview of the benefit of Advocacy for individuals with developmental disabilities. This training features:
- Advocacy by definition, forms and applications
- Self-advocacy by definition, movement and position statement
- Lobbying by definition, movement and position statement

Aging and Intellectual/Developmental Disabilities – (Basic and Web Based)
This training provides an overview of normal aging and the special considerations and recommendations for caregivers. This training features:
- Normal aging as a process
- Special needs of aging individuals with developmental disabilities
- Special considerations and recommendations for caregivers

Alzheimer's Disease – (Intermediate and Web Based)
This training provides an overview of Alzheimer's disease. This training features:
- The relationship between Alzheimer's Disease (AD) & Dementia
- The progression of AD, including the characteristics of each stage of the disease
- The impact of AD experienced by individuals with developmental disabilities
- How to meet the nutritional, emotional, and personal care needs of the individual with AD
- Effective strategies for communicating with individuals with AD

American Red Cross Quick Reference Guide for 911 Emergency Situations – (Basic and Web Based)
This training identifies emergency situations as outlined by the American Red Cross that are considered potentially life threatening. This training features:
- The importance of a caregiver taking three emergency action steps such as checking the scene, calling 911, and providing care
- The caregiver role with access to 911
- Performance action steps for caregivers
- Recognition of life threatening illnesses/injuries

Anaphylaxis – (Basic and Web Based)
This training discusses causes, risk factors, symptoms, prevention and treatment strategies of Anaphylaxis. This training features:
- Anaphylaxis by definition and symptoms
- Causes and risk factors
- Diagnostic testing
- Prevention and treatment strategies

Anorexia Nervosa – (Basic and Web Based)
This training provides an overview of an eating disorder. This training features:
- Anorexia Nervosa by definition
- Causes, symptoms, and complications
- Treatment options and support strategies for implementation

Asthma Basics – (Basic and Web Based)
This training provides an overview of a respiratory illness. This training features:
- The physiology of the lungs and how Asthma alters pulmonary function
- Types of Asthma
- Signs and symptoms of Asthma
- Different treatments for Asthma
- Preventative plan for managing Asthma

Augmentative and Alternative Communication (ACC) – (Basic and Web Based)
This training provides participants with an overview of Augmentative and Alternative Communication. Communication disorders will be identified. This training features:
- The need for ACC
- Types of ACC, aided and unaided
- Evaluations for ACC by team members
- ACC resources by Pennsylvania's Initiative on Assistive Technology

Autism Spectrum Disorders – (Dual Diagnosis Series)
This training discusses the three core features of Autism: social interaction, communication and restrictive, repetitive behaviors and how these core features can be observed. This training features:
- A discussion regarding considerations related to mental illness as well as suggestions for supporting an individual with Autism

Autism – (Basic and Web Based)
This training provides participants with an overview of Autism. Symptoms of Autism will be identified and strategies for the caregiver will be explored. This training features:
- An introduction to Autism
- Symptoms and characteristics
- The causes, theories, and treatment options

Bed Bugs (Basic and Web Based)
This training provides participants with an overview of Bed Bugs. This training features:
- Definition and identification of Bed Bugs
- Review of the historical perspective
- Discussion of the life cycle of Bed Bugs
- Identification of hiding spots and signs of infestation
- Prevention and treatment

Behavioral De-Escalation – (Intermediate and Web Based)
This training discusses Behavioral De-escalation and factors contributing to challenging behaviors. This training features:
- Stages of crisis
- The process of assessment in Behavioral De-escalation
- Appropriate interventions for each stage of crisis

Bereavement – (Basic and Web Based)
This training introduces participants to Bereavement and the grief process. This training features:
- The stages of accepting death
- How to "break the bad news"
- Ideas that can be used to assist adults with developmental disabilities experiencing the grief process

Bipolar Disorder – (Basic and Web Based)

This training provides participants with an overview of Bipolar Disorder. This training features:
- Depressive and manic symptoms
- Types of Bipolar Disorders
- Co-morbid conditions of the Bipolar Disorder
- Medication/therapy treatment options
- Manifestation of Bipolar Disorder in women, children/adolescents and older adults
- Bipolar Disorder in an individuals with developmental disabilities

Body Mechanics and Transfer Activities – (Basic and Web Based)

This training emphasizes the importance of understanding lifting techniques and how the body performs functions of lifting. This training features:
- Basic anatomy of the spine and back
- Consequences of poor Body Mechanics
- Risk factors for musculoskeletal injuries
- Principles of good Body Mechanics
- Safe handling (lifts and transfers) of individuals

Borderline Personality Disorder – (Basic and Web Based)

This training provides participants with an overview of Personality Disorders and specifics on Borderline Personality Disorder. This training features:
- A general overview of Personality Disorders
- Facts related to Borderline Personality Disorder
- Causes, symptoms, treatment options
- Best practices features and research

Bulimia – (Basic and Web Based)

This training provides information on an eating disorder known as Bulimia. Other eating disorders are also discussed. This training features:
- Criteria for the diagnosis of Bulimia
- Causes and complications of Bulimia
- Evaluations important in Bulimia
- Treatment of Bulimia

Cardiovascular System: Functions, Diseases and Treatments – (Basic and Web Based)

This training provides an overview of cardiovascular disease (CVD). This training features:
- CVD by definition
- Causes and types of CVD
- Effects of CVD and risk factors
- Warning signs of CVD

Caregiver Sensitivity – (Basic and Web Based)

This training discusses sensitivity as it pertains to caregivers working with individuals with developmental disabilities. This training feature:
- Types of abuse
- Dynamics of an abusive relationship
- Barriers to break free from abuse
- The caregiver's role in detecting and reporting abuse

Celiac Disease – (Basic and Web Based)

    This training provides an overview of Celiac Disease and related complications. This training features:
- Gluten and casein by definition
- Risk factors, especially in people with Down Syndrome or Autism
- Symptoms, complications, screening and diagnostic limitations

Cerebral Palsy – (Basic and Web Based)

    This training provides a general overview of Cerebral Palsy. This training features:
- Cerebral Palsy by definition
- Causes associated with the diagnosis
- Types of Cerebral Palsy
- Health complications of Cerebral Palsy

Cholesterol – (Basic and Web Based)

    This training provides an overview of Cholesterol. This training features:
- Cholesterol by definition and the relationship to Cardiovascular Disease
- Causes of elevated Cholesterol
- Treatment and preventative measures

Common Chronic Health Conditions – (Dual Diagnosis Series)

    This session is included in the pre-requisite courses for the Dual Diagnosis Curriculum. This topic is designed to increase awareness of what chronic conditions are and how they affect people with an intellectual disability. This training features:
- Raising an awareness with the Direct Support Professional of changes in behavior/attitude and lifestyle in the people they help support
- Tools to help support people with intellectual disability

Common Medications and Side Effects – (Dual Diagnosis Series)

    This session is one in a series of pre-requisite courses for the upcoming Dual Diagnosis Curriculum for Direct Support Professionals. People with an intellectual disability are more likely to be prescribed multiple medications. This training features:
- What the Direct Support Professional needs to know as the reason for medications, side effects and what needs to be observed, documented and reported
- The importance for the attendant to realize that the session is not intended to replace medical advice or information received in the Department of Public Welfare's Medication Administration Training

Communicable Diseases and Preventable Immunizations – (Basic and Web Based)

    This training provides a general overview of Communicable Diseases. This training features:
- The role of vaccines in the prevention of diseases
- The recommended adult immunization schedule
- An overview of Communicable Diseases

Communicating with the Nonverbal Individual – (Basic and Web Based)

    This training provides a general overview of Communicating with the Nonverbal Individual. This training features:
- Effective interpersonal communication
- Challenges experienced with nonverbal communication
- Strategies to support individuals who are nonverbal

Communicating with the PCP and other Medical Specialists – (Dual Diagnosis Series)
This training is part of the pre-requisite for the Dual Diagnosis Curriculum. This training provides Direct Support Professionals awareness of valuable information about the individual's health, likes/dislikes, wants/needs and behaviors. This training features:
- The DSP as the first person to be aware of any changes in the individual, whether physical or behavioral
- When an individual has an appointment to see a physician, it is important that caregivers not only effectively report the necessary information to the physician, but also document the outcome of the appointment to ensure that all of the doctor's orders are followed
- All aspects of communicating along with the PCP, specialists, and others through helpful tools

Communicating With the Psychiatrist – (Dual Diagnosis Series)
This training provides a discussion, from the psychiatrist's perspective, on the information that the psychiatrist needs from the team and the person receiving psychiatric care in order to optimize psychiatric outcomes. This training features:
- The role of the psychiatrist as an active team member

Compromised Skin Integrity – (Basic and Web Based)
This training provides a general overview on the importance of Compromised Skin Integrity. This training features:
- The role of the skin as an organ
- Interventions that reduce the threat to Compromised Skin Integrity
- The stages of skin breakdown
- Barriers to healing
- Risk factors for altered skin integrity

Crisis Supports and Debriefing – (Dual Diagnosis Series)
This training provides the Direct Support Professional with the information necessary to recognize what constitutes a crisis situation. This training features:
- Utilize positive crisis prevention techniques
- Identify positive de-escalation techniques
- Having a working knowledge of how to manage a crisis situation including what to do if a person supported has to go to a crisis center and knowing what debriefing is and how it is conducted
- Knowing the benefits of the debriefing procedures

Cultural Diversity – (Intermediate and Web Based)
This training provides an overview of culture, cultural diversity, and cultural competence. This training features:
- The value of cultural competency
- Biases that may be a barrier to increase cultural competence

Deep Vein Thrombosis (DVT) – (Basic and Web Based)
This training offers an overview of Deep Vein Thrombosis. Pulmonary Embolus is also discussed. This training features:
- A definition of DVT
- Risk factors for and symptoms of DVT
- Diagnosis, treatment, and prevention of DVT

Dementia – (Basic and Web Based)
This training offers an overview of Dementia, treatment options, and support strategies. This training features:
- Dementia by definition and common causes
- Observable signs of Dementia

- How to develop a care plan to provide care for individuals with Dementia
- Ways to adapt the environment to assure safety
- Differentiating between Alzheimer's and Dementia

Depression – (Intermediate and Web Based)

This training creates an awareness of Depression and how the disorder may present in individuals with developmental disabilities. This training features:
- Symptoms of Depression
- Treatment options
- Medications used to treat Depression
- Medications interactions and side effects

Developmental Disabilities – (Basic and Web Based)

This training provides a comprehensive overview of Developmental Disabilities. This training features:
- Five types of Developmental Disabilities
- The four levels of developmental disabilities
- Person first and the disability second language
- Prevalence and causes of intellectual and developmental disabilities
- Diagnostic classifications and meanings related to the disabilities
- Physiological and cognitive differences in individuals with intellectual disabilities

Diabetes – (Basic and Web Based)

This training provides an overview of Diabetes, including long-term management strategies. This training features:
- Anatomy and physiology of Diabetes
- Risk factors, signs, and symptoms of Diabetes
- Comparison of hypoglycemia with hyperglycemia
- Treatment and long-term management of Diabetes
- Complications of Diabetes

Down Syndrome – (Basic and Web Based)

This training provides an overview of Down Syndrome and ways to support individuals with Downs Syndrome. This training features:
- Down Syndrome by definition
- Causes, risk factors, and complications
- Management strategies and ways to support individuals with Down Syndrome

Dual Diagnosis in the United States: Past, Present and Future – (Dual Diagnosis Series)

This training provides an overview of the development of intellectual disability and dual diagnosis services from pre-1900 to the present time. This training features:
- An outline of the various movements and trends in Dual Diagnosis services from Eugenics to Everyday Lives and beyond.
- Multi-media information such as the Pennhurst and Willowbrook exposes

Dysphagia – (Intermediate and Web Based)

This training provides an overview of Dysphagia and ways to support individuals with this swallowing disorder. This training features:
- The swallowing process and phases
- Causes of Dysphagia

- Symptoms and complications of Dysphagia
- Diet, environmental dangers, screening tools
- The role of specialists and importance of special examinations Safe swallowing methods

Effective Communication – (Intermediate and Web Based)
This training discusses the elements of Effective Communication. This training features:
- Effective listening by definition
- Comprehensive preparation for health care appointments
- Effective Communication with health care providers

Epilepsy and Seizures – (Basic and Web Based)
This training provides an overview of Seizures and Epilepsy. This training features:
- Epilepsy and Seizures by definition
- The Seizure Disease process
- Characteristics of several different types of Seizures
- First aid protocols for Seizure activity
- Emergency management protocols and procedures

Essential Tremor – (Basic and Web Based)
This training provides an overview of Essential Tremor (ET). This training features:
- Essential tremor by definition
- The diagnosis and types of tremor
- Symptoms and causes of ET
- Available medical treatment for ET

Fall Prevention – (Basic and Web Based)
This training provides an overview on Slips, Trips, and Falls specific to individuals with developmental disabilities and conditions that contribute to their increased risk of falls. This training features:
- Fall risk factors and assessments
- Causes of falls and effective ways to prevent falls
- The potential complications of a fall
- The types of interventions and appropriate documentation if falls occur

Functional Behavior Assessment and Behavioral Support Planning – (Dual Diagnosis Series)
This training provides an overview for providers and other agencies regarding what a functional behavior assessment is, how it is developed and why it is utilized. The training features:
- Information related to best practices in the development and recognition of a detailed behavioral support plan

Gastroesophageal Reflux Disease (GERD) – (Basic and Web Based)
This training offers an overview of GERD and care of an individual with this disorder. This training features:
- The normal structure of the gastrointestinal system
- GERD by definition
- A summary of the different causes of GERD
- Current treatments for GERD

Gastrointestinal Disorders – (Basic and Web Based)
    This training provides an overview of three common Gastrointestinal Disorders. This training features:
- Basic anatomy and physiology of the digestive tract
- Signs, symptoms, causes, diagnosis, treatment, complications and prevention of Gastrointestinal Disorders
- Prevention of traveler's diarrhea

Guidelines For Emergency Room Visits or Hospitalizations – (Basic and Web Based)
    This training describes best practices for individuals who have intellectual disabilities when an emergency room visit and/or hospitalization is necessary. This program also describes the use of two forms, "Emergency Room/Hospital Admittance Form" and "Decision Making Tool for Accepting an Individual When Discharged From An Emergency Room or Hospital". This training features:
- Preparation and admission practices
- Treatment practices
- Discharge preparation and follow up

Head Lice – 1.0 hr. (Basic and Web Based))
    This training provides a general overview of Head Lice. This training features:
- Signs and symptoms of Head Lice
- Treatment measures to prevent the spread of Head Lice

Healthy Nutrition and Weight Management – (Basic and Web Based)
    This training discusses the importance of Healthy Nutrition and Weight Management in disease prevention. This training features:
- Components of Healthy Nutrition
- MyPyramid@, Steps To A Healthy You
- Healthy food choices
- Weight management

Heart Disease – (Basic and Web Based)
    This training provides an overview of Heart Disease for men and women. This training features:
- Heart Disease by definition
- Common forms of heart disease
- Heart facts, risk factors, and signs and symptoms
- Treatment and/or management strategies

High Blood Pressure or Hypertension – (Intermediate and Web Based)
    This training provides an overview of High Blood Pressure or Hypertension. This training features:
- High Blood Pressure or Hypertension by definition
- Risk factors and treatments for High Blood Pressure
- Ways to help individuals reduce their Blood Pressure

Impulse Control Disorders (ICD) – (Intermediate and Web Based)
    This training provides an overview of Impulse Control Disorders. This training features:
- A definition, characteristics, possible causes, and categories of ICD
- ICD characteristics and treatment
- Kleptomania, Pyromania, Pathological Gambling, and Trichotillomania characteristics and treatment
- ICD not otherwise specified

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Intellectual Disability and Psychiatric Disorders – (Dual Diagnosis Series)

This training provides and overview of anxiety, mood, psychotic and personality and substance abuse and dependence disorders from a Dual Diagnosis standpoint. This training features:

- An introduction of DSM and DM-ID assessment
- Suggestions for Direct Support Professionals on how to support an individual with these diagnoses

Intermittent Explosive Disorder – (Basic and Web Based)

This training discusses an overview of the psychiatric diagnosis of Intermittent Explosive Disorder (I.E.D.). This training features:

- Intermittent Explosive Disorder by definition
- Behavioral manifestations of aggression
- Treatment options

Interpretation of Blood Work – (Basic and Web Based)

This training provides an understanding of why certain blood tests are performed and how often an individual should have blood levels drawn. This training features:

- White and red blood cells by definition
- Hemoglobin, hematocrit, and platelets discussion
- Various chemistry screens

Lyme Disease – (Basic and Web Based)

This training provides a basic overview of Lyme Disease. This training features:

- Lyme Disease by definition
- Symptoms, causes, and risk factors
- Diagnostic and screening tests
- Treatment options and prevention strategies

Medical Errors: What You Don't Know – (Basic and Web Based)

This training offers an overview of Medical Errors, one of the Nations's leading causes of death and injury. The training explains how Medical Errors are resulting from problems created by today's complex health care system. This training features:

- Medical errors by definition
- Medication errors, hospitalizations errors and surgical errors
- Best practices to identify, analyze, minimize effects, and sustain interest in medical errors

Medication Errors – (Basic and Web Based)

This training for direct care staff complements ODP's recently revised medication administration program. This training features:

- Medication Error by definition
- Importance of "standardization of medication administration"
- Basic principles of medication administration
- Importance of observation, documentation, and reporting medication side effects and errors
- Common elements that lead to medication errors
- Staff interventions that may help to reduce Medication Errors

Mental Health Therapy and Intellectual Disability – (Dual Diagnosis Series)

This training is designed to explain what mental health therapy is, why it is beneficial, the role of the team in the therapy process and the therapist's responsibility to the person and the team members.   This training also features:

- Resources for locating and accessing mental health therapy from a Dual Diagnosis perspective

Mental Health Wellness – (Dual Diagnosis Series)

This training identifies what mental health wellness is as well as ways in which an individual can achieve and maintain mental health wellness. Mental health wellness tools and supports such as Wellness Recovery Action Plans (W.R.A.P.) This training also features:

- Certified Peer Specialists outline and discussion

MRSA – Methicillin Resistant Staphyloccus Aureus – (Basic and Web Based)

This training provides an overview of MRSA, a strand of bacterium for which common antibiotics are ineffectual. This training features:

- Evolution of MRSA into the community
- Colonisation versus infection
- Universal Precautions
- Preventative measures and screening

Naming It: Mental Illness and People with an Intellectual Disability – (Dual Diagnosis Series)

This training provides the learner with a better understanding of how "Naming It" is important to recovery. This training features:

- How to recognize the need for increased mental health supports for those with an intellectual disability
- The direct support professional ability to understand the role in advocacy and support for those with a Dual Diagnosis

Non-Emergency Situations, Reportable – (Basic and Web Based)

This training provides an overview of Reportable Non-Emergency Situations. This training features:

- Composition and control of the body's systems
- Signs and symptoms of non-emergency situations by body system
- Reporting of non-emergency situations by body system

Obesity – (Basic and Web Based))

This training discusses the causes, health risks, co-morbidities, and current treatment options for Obesity in adults.
The role of prevention is also discussed. This training features:

- Obesity by definition
- Common classifications of Obesity and means of determining Obesity
- Causes of Obesity in adulthood
- Co-morbidities associated with Obesity
- Current treatment/management options for Obesity

Observing, Reporting, and Documentation – (Basic and Web Based)

This training discusses an overview of Observing, Reporting, and Documenting behaviors of individuals with challenging behaviors. This training features:

- How to objectively report an observation
- What physical and mental health issues need to be reported
- How to support and individual through observing, reporting, and documenting challenging behaviors

Obsessive Compulsive Disorder (OCD) – (Intermediate and Web Based)

This training provides an overview of Obsessive Compulsive Disorder (OCD). This training features:

- OCD by definition
- Signs, symptoms, causes, risk factors, and complications
- Treatment and/or management strategies
- Ways to support individuals with OCD

Older Adults and Dual Diagnosis – (Dual Diagnosis Series)
This training provides a discussion on how everyone is getting older, and why it is important for the Direct Support Professional to have an understanding of the health issues associated with the normal aging process. This session features:
- Aging from three perspectives as general information, body systems and mental health
- Support strategies for the aging process

Oral Care For Individuals With A Developmental Disability – (Basic and Web Based)
This training outlines the principles of Oral Hygiene. This training features:
- Strategies for preparing for a successful oral care visit
- Challenges faced by individuals during oral care visits and corresponding strategies for care

Oral Hygiene (Basic and Web Based)
This training provides information on the importance of oral hygiene, challenges, complications, and factors involved in oral hygiene access/ a virtual tour is included. This training features:
- The importance of good oral hygiene
- Types and nature of dental diseases
- The consequences of poor oral health
- How oral health related to overall health

Osteoporosis – (Basic and Web Based)
This training discusses an overview of Osteoporosis and the impact of positive lifestyle changes. This training features:
- Osteoporosis and Osteopenia by definition
- Risk factors related to Osteoporosis
- Interventions and lifestyles changes that may help prevent Osteoporosis
- Treatments for Osteoporosis
- Factors that increase the risk of Osteoporosis in individuals with developmental disabilities

Overview of Syndromes – (Dual Diagnosis Series)
This session is a pre-requisite for the Dual Diagnosis Curriculum. The Direct Support Professional needs to be aware that there are many syndromes which people with intellectual disabilities may have. This training features:
- A general syndromes discussion
- Medical conditions along with Behavioral phenotypes for specific syndromes

Pain Management – (Intermediate and Web Based)
This training provides an overview of Pain Management. This training features:
- Pain Management by definition
- Types of pain
- Pain symptoms assessment especially for individuals with cognitive impairments and/or limited verbal abilities
- General Pain Management options
- Differentiating between pain facts and pain myths

Pancreatitis – (Intermediate and Web Based)
This training provides an overview of acute and chronic Pancreatitis. This training features:
- Anatomy and physiology of the pancreas
- Risk factors, prevention, causes, treatment, and complications
- Ways to support an individual with Pancreatitis

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Pandemic Influenza and Emergency Preparedness – (Basic and Web Based)

This training discusses a history of Pandemic Influenza, characteristics, challenges, and employer operational guidelines during a pandemic. Levels of emergency preparedness are included. This training features:

- A definition of Seasonal, Avian, and Pandemic Influenza
- History of Pandemic Influenza
- Characteristics and challenges of a Pandemic
- How to maintain employer operations during a Pandemic
- How to assess levels of Emergency Preparedness

Parkinson's Disease – (Basic and Web Based)

This training provides an overview of Parkinson's Disease, and explores the means to promote safety. This training features:

- Basic knowledge of the physiological causes of Parkinson's Disease
- Primary and secondary symptoms of Parkinson's disease
- Ways to assist individuals with Parkinson's Disease in activities of daily living
- Ways to promote a safe and healthy environment for individuals with Parkinson's Disease

PICA – (Basic and Web Based))

This training provides an overview of PICA, an eating disorder characterized by eating non-food items. This training features:

- PICA by definition
- The different theories of what causes PICA
- Warning signs of and medical harm from PICA
- What can be done to manage and control PICA

Pneumonia Overview – (Basic and Web Based)

This training provides a general overview of Pneumonia. This training features:

- Development of Pneumonia
- Prevention of an individual from developing Pneumonia
- Signs and symptoms of Pneumonia
- Risk factors for developing Pneumonia
- Treatment of Pneumonia

Pneumonia Types and Treatment – (Basic and Web Based)

This training provides information on the types of Pneumonia and the various treatments and best practices available. This training features:

- Signs and symptoms of the various types of Pneumonia
- Signs and symptoms of Pneumonia in individuals with developmental disabilities
- Strategies for treatment and prevention of Pneumonia

Positive Behaviors Supports and Behavior Intervention Plans – (Basic and Web Based)

This training provides an overview of positive behavior supports and behavior intervention plans. This training features:

- Challenging behaviors by definition
- Essential components of positive behavior supports
- The Functional Behavioral Assessment as a key component of the Behavioral Intervention Support Plan

Professionalism: Beliefs, Attitudes and Behaviors (Basic and Web Based)

This training addresses the importance of Professionalism and how it is (or is not) reflected in one's beliefs, attitudes and observed behaviors.   This training features:

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- Professionalism by definition
- Key elements of Professionalism
- Guidelines for Professional Conduct by the American Association on Intellectual and Developmental Disabilities (AAIDD)

Psychotropic Drugs an Overview – (Basic and Web Based)

This training provides an overview of the medication category of Psychotropic Medications. This training features:
- Frequently prescribed Psychotropic Medications
- The purpose for prescribing Psychotropic Medications
- Common side effects of Psychotropic Medications
- The importance of therapeutic blood level monitoring
- Medications requiring therapeutic blood level monitoring

Psychotropic Medication – (Dual Diagnosis Series)

This training provides an overview and ability to identify different classes of psychotropic medications and related psychiatric disorders. The training features:
- The importance of baseline as it relates to observing and recognizing target symptoms of mental illness

Relationships and Boundaries – (Intermediate and Web Based)

This training focuses on Relationships and Boundaries of relationships. This training features:
- Relationships and Boundaries by definition
- The importance of healthy relationships to a person's quality of life
- Healthy and unhealthy relationships in regard to an individual's boundaries
- Use of assertiveness training to change boundaries in a relationship

Respiratory Complications – (Basic and Web Based)

This training provides an overview of common respiratory illness and diseases. This training features:
- A summary of the anatomy of the respiratory system
- Signs and symptoms of respiratory diseases
- Treatments for common respiratory diseases
- The seriousness of respiratory illnesses and complications
- Preventative measures and their benefits

Retts Syndrome – (Basic and Web Based)

This training provides an overview of Retts Syndrome, a neurological disorder resulting in developmental disabilities and developmental degeneration. This training features:
- Diagnostic and supportive criteria for Retts Syndrome
- Long term care for persons with Retts Syndrome
- Common complications of Retts Syndrome

Sexuality and Sexual Expressions in Persons with Developmental Disabilities – (Basic and Web Based)

This training provides a general overview on the goals and benefits of Sexuality Education. This training features:
- Physical Sex, Emotional Issues, and Sexual Expression
- Rights and Health Benefits of Sexual Expression
- Sexual Pharmacology
- A Sexuality Curriculum for Persons with Developmental Disabilities

Signs and Symptoms of Physical Illness – (Dual Diagnosis Series)

This session is a pre-requisite for the Dual Diagnosis Curriculum. The Direct Support Professional will be able to give examples of why individuals with intellectual disability are more at risk for unrecognized illnesses or injuries. This training features:

- How physical health concerns are communicated behaviorally
- The importance of observation, written and verbal communication
- Interactive components as case studies

Stress Management – (Basic and Web Based)

This training discusses an overview of Stress Management including ways to cope with or manage Stress. This training features:

- Stress Management by definition
- Acute versus chronic Stress
- Psychological effects of Stress
- Physical effects of Stress on major body systems
- Coping strategies

Stress Management for the Direct Support Professional – (Dual Diagnosis Series)

This training provides the learner with an understanding of the causes of stress and its effects on the body systems. The training features:

- Information to help cope with stress and reduce its effects in life
- How to incorporate stress reduction techniques into daily life

Summer Safety – (Basic and Web Based)

This training provides an overview of issues surrounding Summer Safety. This training features:

- Dehydration, heat exhaustion, and heat stroke by definition
- Risk factors for heat related illness
- Medications affecting heat regulation
- Prevention strategies
- Drug-induced photosensitivity
- Skin cancers
- Allergic reactions to stinging insects and anaphylaxis

Target Symptoms of Mental Illness versus Behavior – (Dual Diagnosis Series)

This training provides the learner with an understanding of the complexity of identifying target symptoms of a mental illness versus behaviors. The training features:

- A discussion on both physical and environmental considerations when deducing the etiology of observable behaviors

The Role of Everyday Lives and Recovery – (Dual Diagnosis Series)

This training provides an overview for Direct Support Professionals to discuss the importance of empathy, trust and rapport in the caregiver process. The training features:

- The 14 components of Everyday Lives and how they relate to the role of the Direct Support Professional

Tube Feedings – (Basic and Web Based)

This training provides an overview of Tube Feedings. This training features:

- Purpose of Tube Feedings
- Short term and long term Tube Feedings
- Processes related to conditions requiring Tube Feeding
- Complications of Tube Feedings

Tuberculosis – (Basic and Web Based)
This training provides an overview of Tuberculosis. This training features:
- Ways to prevent contracting Tuberculosis
- Common symptoms of Tuberculosis
- Treatment of Tuberculosis

Understanding Brain Injury – (Basic and Web Based)
This training provides an overview of Understanding Brain injuries. This training features:
- Symptoms of a possible Brain Injury
- Major causes of Brain Injury
- Ways to prevent traumatic Brain Injury

Understanding Trauma-Informed Care and Stressful Life Events – (Dual Diagnosis Series)
This training provides needed information regarding the understanding of trauma and how it relates to people with an intellectual disability.   This training features:
- A discussion on the signs and symptoms of trauma and impact consideration.
- A discussion on the development of a trauma-informed provider system with recommendations specifically designed to develop a trauma sensitive environment

Universal Precautions – (Intermediate and Web Based)
This training provides an overview of Universal Precautions. This training features:
- Routes of transmission by infected agents
- Elements required for the spread of infection
- Protective barriers to prevent transmission of infected agents

The Urinary System and Catheter Care – (Basic and Web Based)
This training provides information on the Urinary System and Catheter Care. This training features:
- How the Urinary System works
- What can go wrong with the urinary tract
- What is urinary incontinence and retention
- How a urinary catheter works

Consumer Educational Programs

Dental Awareness – (Basic)
- This training describes healthy versus unhealthy dental conditions, which includes an interactive game. Consumers will learn about dental abnormalities, prevention and treatment strategies, including proper oral care.

Emergency Preparedness for Consumers – (Basic and Web Based)
- This training provides an overview of Emergency Preparedness for Consumers. The training features personal emergencies, types of disasters common to our area, the importance of emergency preparedness, disaster kits, and what to do before and during disaster situations.

Food Safety – (Basic)
- This training utilizes the story of **Mr. Bac** to teach consumers the importance of handwashing, the four steps in keeping food safe, and how to help from getting sick by taking care of the food you prepare and eat and the area where food is prepared.

Grooming – (Basic)
- This video-based, gender-specific training provides detailed information on basic grooming.

Hand Washing – (Basic)
- This training instructs consumers in effective handwashing technique, explains how handwashing can help prevent the spread of "germs", and teaches when it is most important to wash your hands. The program includes a return demonstration in handwashing by consumers.

Healthy Lifestyles for Consumers – (Basic)
- This training provides an overview of Healthy Lifestyles for Consumers. It discusses My Pyramid, the importance of exercise and movement, and healthy heart and healthy bones.

Hydration – (Basic)
- This training provides consumers with information regarding signs of dehydration, how much fluid intake is normal for healthy adults, beverages to avoid, and the importance/benefits of drinking water.

Hygiene – (Basic)
- This video-based, gender-specific training provides detailed information on basic hygiene.

Identifying Pain – (Basic)
- This training provides basic information regarding where one can feel pain and what to do if one has pain. Prompt communication when one is in pain (either verbally or non-verbally) is emphasized.

Nutrition – (Basic)
- This training discusses basic components to a healthy diet, including a brief explanation of the current food pyramid. It describes healthy choices from the main food groups.

Poison Awareness – (Basic)
- This training teaches what poisons are and the forms that they come in. It includes illustrations showing where poisons are commonly found, how to identify poisons, how consumers can help "poison proof" their home.

Sexuality Curriculum for Persons with Developmental Disabilities – (Basic)
- This training provides individuals a comprehensive sexuality curriculum. This training features
Concepts of Human Development, Relationships, Personal Skills, Sexual Behavior & Health

Smoking Cessation – (Basic)
- This training teaches the systemic, physical change/damage that can occur when one is exposed to tobacco smoke, either directly or second hand.

the Advocacy
Alliance

Workplace Safety – (Basic)

- This training teaches workplace safety rules and ways to improve safety at work through policies and procedures. The training involved hazard identification and control according to ongoing government standards and ongoing safety training and education for employees.