



Beyond Basics Training for the Behavioral Health Care Manager (BHCM): Relapse Prevention Planning

About the Training

This two-part Beyond Basics training focuses on patient-centered Relapse Prevention Planning as well as effective communication for this step in the CoCM workflow. The session is delivered by an expert clinical trainer with experience in the BCHM role and using CoCM in primary care.

Format

The two sessions take place over Zoom as live group training. The training includes didactic content with interactive discussion and/or activities. Each course will include 8-12 participants.

Relapse Prevention Planning

- Session 1: 60 minutes
- Session 2: 90 minutes
- CE Credits: 2.5 total

Learning Objectives

- Identify rationale for Relapse Prevention Planning as part of Collaborative Care
- Discuss the key components of an effective Relapse Prevention Plan
- Describe the optimal timing of Relapse Prevention Planning in relation to ending an episode of care

Cost

This Beyond Basics training session costs \$145 per trainee.

Intended Audience

- Anyone in a Behavioral Health Care Manager (BHCM) role
- Licensed mental health providers (LICSW, LPC/LMHC, LMFT, PhD, PsyD)
- License-track mental health providers
- Non-licensed BCHM staff who share a role with licensed or license-track providers
- Bachelor's level training in a related field
- Community Health Workers
- Registered Nurses
- Advanced Practice Nurse Practitioners or Physician Assistants



Instructor Credentials

Instructors vary by cohort

- Annie McGuire, MS, LMHC, MHA: Clinical Trainer & Practice Coach at the AIMS Center
- Anna Hink, MSW, LCSW: Clinical Trainer at the AIMS Center
- Monica Harrison, MSW, LCSW: Clinical Trainer & Practice Coach at the AIMS Center

Trainee Requirements

Participants must have an active caseload of at least 3 patients at the time of the training (except for those in supervisory roles). Participants must also have a working camera allowing them to turn on their video during the entire training.

Continuing Education (CE)

After attending a live Beyond Basics session, eligible providers will have the opportunity to claim CE credits. Credits are earned by attending both training sessions. Participants can earn up to 2.5 CE credit for this training.

The AIMS Center is approved by the American Psychological Association (APA) to sponsor CE. The AIMS Center maintains responsibility for this program and its content. All training activities are eligible for CE at no additional charge. APA credits are accepted by most state licensing boards; however, check with your licensing board to determine whether APA accredited CE is accepted for your state license. Clinical Social Workers: The University of Washington is recognized by the Washington state licensing authority for social workers practicing in the state. Similarly, we are recognized by the New York State Board Office for Social Work.

CE Eligible Providers

Psychologists, Licensed Social Workers, Licensed Mental Health Counselors. Many States accept APA accredited CE for other licensed mental health providers (e.g. MFT, LMHC, etc.).

How to Claim

After session 2 of this Beyond Basics course, participants who attended the entire sessions will be sent an email with instructions on how to claim CE. Participants can download or print a CE certificate for their records.



Conflict of Interest Disclosure Information

There are no relevant financial relationships for anyone who was involved in the planning or who had control of the content of this training.

Additional Information

For more information about the Beyond Basics Training, please contact the AIMS Center at bhskills@uw.edu

UW AIMS Center communications are intended to be inclusive and accessible, and we are working to ensure our services and materials will conform to all ADA standards and WCAG 2.1 Level AA success criteria. To request accommodations connected to a disability or health condition, please contact Aaron Stellarini at (206).685.1824 or bhskills@uw.edu.

Refund Policy

Refunds may be granted at the AIMS Center's discretion. All refund or cancellation requests must be submitted to bhskills@uw.edu. The AIMS Center will review requests and determine the appropriate course of action.

