



**Behavioral Health Aide Training Center**

Alaska Native Tribal Health Consortium  
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## SUMMER 2021 BHA COURSE DESCRIPTIONS

*Course schedule is subject to change based on enrollment policy.*

The following courses are available during the July 15 – September 30, 2021 quarter. Read the course description paying close attention to the course delivery method and dates for any required live class sessions.

**General Orientation** (Sec. 8.20.050) This 28 contact hour course describes the Alaska Tribal Health System and the origins and services provided by Community Health Aides, Dental Health Aide Therapists and Behavioral Health Aides. It covers the process of BHA certification, introduces the electronic Behavioral Health Aide Manual, and reviews the topic of documentation.

Course type: Self-paced online.

**Ethics, Consent, Confidentiality & Privacy** (Sec. 8.20.110 and Sec. 8.20.115) This 16 contact hour course will provide foundational and practice information about confidentiality and privacy requirements, and the importance of professional ethics and the differences among ethics, policies, and laws. This includes the Federal Privacy Act and Health Insurance Portability and Accountability Act (HIPAA), and 42 CFR and their application to behavioral health services. Client rights BHA advocacy, exceptions to confidentiality, client consent, and protecting privacy, including written and electronic records will be reviewed. Dual relationships and the need for boundaries within a village based setting will be discussed. Students will identify and develop responses to common confidentiality, privacy, ethical and consent situations and also practice obtaining appropriate authorizations and consent in various settings.

Course type: Self-paced online.

**Introduction to Documentation** (Sec. 8.20.140) This 12 contact hour course provides instruction and skill development for Behavioral Health Aide (BHA) students in the area of the clinical documentation. BHA students will review the essential components of a behavioral health record, develop their understanding the relationship between assessment, treatment plan and progress notes, and learn and practice writing high quality progress notes according to standard formats. This course also addresses special topics in documentation including the role of third party payors and accrediting bodies, keeping records for family and group treatment, and ethical issues in documentation.

Course type: Instructor-led, online intensive scheduled for September 14, 15, and 16 from 1pm-5pm each day.

Enrollment details: This course must have at least 3 students enrolled or it will be rescheduled. A waitlist will begin when 20 students have enrolled.

**Working with Diverse Populations** (Sec. 8.20.150) This 12 contact hour course provides information for students to gain the ability to work effectively with individuals from diverse backgrounds. This course also provides opportunities for BHA students to build awareness of how personal and historical trauma impacts clients.

Course type: Self-paced online.

**Introduction to Group Counseling** (Sec. 8.20.155) This 8 contact hour course will cover types and uses of groups, and how to encourage and support self-help groups. Students will learn how to assess the potential for establishing groups, and evaluating group counseling dynamics. Privacy and documentation of group counseling will be discussed. Applied exercises in which students may practice group counseling skills will be provided.

Course type: Instructor-led, online intensive scheduled for August 26 and 27 from 9am-1pm each day.

Enrollment details: This course requires a minimum of 3 students or it will be rescheduled. A waitlist will begin when 20 students have enrolled.

**Crisis Intervention** (Sec. 8.20.160) This 16 contact hour course will explore common causes of stress and crises and the differences between the two. Students will learn how to assess for levels of risk and how to determine potential interventions for each level of risk. Students will learn ways to support their clients and communities during and after a crisis, including finding opportunities for positive change following a crisis.

Course type: Self-paced online.

**Community Approach to Prevention** (Sec. 8.20.170) This course was previously titled, *Community Approach to Promoting Behavioral Health*. This 8 contact hour course will present information on community-based prevention activities, including the community needs assessment process, community readiness assessment process, and concepts related to community development. Students will learn the key features of prevention and processes for identifying key stakeholders to partner with when addressing community behavioral health issues. Students will learn the basic steps for developing prevention strategies and for providing brief public presentations.

Course type: Self-paced online

**Psychophysiology and Behavioral Health** (Sec. 8.20.220) This 16 contact hour course provides instruction, information, and skill development about how the mind and body interact. Students will learn in depth about different parts of the body and brain so they can understand how these parts and functions of the body impact their client's functioning, thinking, feelings, and behavior. Additionally, students will learn about personality, sleep, and emotions.

Course type: Self-paced online

**Tobacco Use and Treatment** (Sec. 8.20.228) This 8 contact hour course will present information on the magnitude of tobacco use, including the prevalence of disease and death in Alaska. Students will learn about the biology of tobacco use and pharmacotherapy used to treat tobacco use disorders, including treating tobacco users with medical conditions. Students will learn best practices for tobacco treatment, while considering the implications of Alaska Native tobacco use patterns. Available statewide and regional treatment resources will be discussed.

Course type: Self-paced online

**Advanced Interviewing Skills** (Sec. 8.20.235) This 16 contact hour course will introduce methods of interviewing that can be utilized with clients throughout the counseling process. Students will gain an understanding of fundamental theories of the various counseling methods such as cognitive behavioral therapy, dialectical behavioral therapy, motivational interviewing, and relapse prevention. Students will learn specific skills from each method and demonstrate these skills throughout the course in two, instructor-led, live classes.

Course type: (Blended) Instructor-led (online) and self-paced. This course will have two instructor-led, live class sessions; held via teleconference from 9:30am-11:00am on August 12 and from 9:30am-11am on September 29.

Enrollment details: This course must have at least 3 students enrolled or it will be rescheduled. A waitlist will begin when 20 students have enrolled.

**Case Studies and Applied Case Management** (Sec. 8.20.245) This course was previously titled, *Case Studies and Clinical Case Management*. This 8 contact hour course provides students with the opportunity to discuss and analyze case studies for various behavioral health issues. The evaluation of the availability and usefulness of different services will be discussed within the context of the case studies. Additionally, students will participate in applied exercises to evaluate community resources, gain practice presenting case reviews, and recognize the importance of multidisciplinary teams and making and receiving referrals.

Course type: Self-paced online

**Intermediate Therapeutic Group Counseling** (Sec. 8.20.255) This 16 contact hour course provides an in-depth exploration of the therapeutic group process and its application in village-based practice. Topics include determining the criteria for participation in groups of various types, how to screen for whether candidates are appropriate for participation, the role and function of therapeutic group leaders, and the benefits and limitations of therapeutic group services. Students will participate in role playing group scenarios and will facilitate a group with supervisor observation and evaluation within 6 months of the completion of the course.

Course type: Instructor-led, online intensive scheduled August 18, 19, 25, and 26 from 9am-1pm each day.

Enrollment Details: This course must have at least 5 students enrolled or it will be rescheduled. A waitlist will begin when 20 students have enrolled.

**Family Systems II** (Sec. 8.20.275) This 16 contact hour course will provide foundational and practice information related to family systems and parenting. Students will learn about common issues for couples and the implications for behavioral health treatment. Strategies to teach advanced communication skills, parenting, and anger management to both individuals and groups will be discussed. Special practice issues such as: reporting abuse or neglect, ethics and confidentiality issues, and domestic violence will be discussed in relation to providing couples or family counseling. This course will also focus on responding to and working with families with dysfunctional behavior and teaching healthy family behavior.

Course type: Self-paced online

**Documentation and Quality Assurance** (Sec. 8.20.340) This 16 contact hour course will provide information on completing and evaluating the documentation of clinical counseling records. Students will learn how to complete and review documentation to maintain compliance with payer requirements, grant conditions, and chart audits. Applied exercises in evaluating documentation and potential remediation for record deficits will be provided.

Course type: Instructor-led, online intensive scheduled for July 13-15 from 8:30am-12:30pm each day.

Enrollment details: This course must have at least 3 students enrolled or it will be rescheduled. A waitlist will begin when 20 students have enrolled.

**Child Development** (Sec. 8.20.390) This 20 contact hour course will provide foundational information about child development from utero/birth to age 17. Students will learn about related to typical functioning, needs, milestones, cultural influence, parenting, and adversity and resilience as related to child development.

Course type: Instructor-led, online intensive scheduled for August 17, 19, and 20 from 9am-2:30pm each day.

Enrollment details: This course must have at least 3 students enrolled or it will be rescheduled. A waitlist will begin when 20 students have enrolled.

**Village-Based Behavioral Health Services** (Sec. 8.20.400.) This course was previously titled, *Issues in Village-Based Behavioral Health*. This 20 contact hour course will provide an in-depth exploration of practical, ethical, and clinical issues related to the contemporary practice of behavioral health care in village settings. BHAs will draw on their previous experience and knowledge to analyze these issues and generate ideas for addressing practice challenges in a seminar format.

Course type: Instructor-led, online intensive scheduled for July 20-23 from 9am-1pm each day.

Enrollment details: This course must have at least 3 students enrolled or it will be rescheduled. A waitlist will begin when 20 students have enrolled.