

## • PROVIDER COURSE CATALOG

This edition of our provider course catalog, targets treatment, prevention and clinical providers in the public health field.

The course portfolio is divided into twelve subject areas. “*CORE*” indicates a course is a foundation course in a subject area. This means that many of the other courses under the same subject area would benefit from having your providers taking this course first. “*NEW*” indicates a course is new to the listing this year.

### **SUBSTANCE ABUSE**

- Overview of Substance Abuse: (6, 12hrs) *CORE*
- Treatment Models and Modalities: (3rs) *CORE*
- Principles of Self-Help in the Treatment of Alcohol and Other Drug Dependence: (6hrs) *NEW*
- Acupuncture Treatment: Opening the Door to Recovery (3hrs)
- Nutrition, Addiction and Health: (3, 6hrs)
- Current Trends in Drug Use from a Street Perspective: (3hrs)
- Drug Dealing: (3hrs)
- Heroin Update: (3hrs)
- Cocaine: Pharmacology, Effects and Treatment: (6hrs)
- Huffing, Sniffing, Bagging: The Invisible threat, Inhalants: (3hrs)
- The ABC’s of Over-the-Counter/Herbal/
- Supplements/Look-A-Like Preparations: (3hrs)
- Roofies, Ritalin, Rush and Raves: (3hrs)

### **MENTAL HEALTH & MICA**

- Overview of Mental Illness: (3, 6hrs) *CORE*
- Mentally Ill Chemical Abuser (MICA): (3, 6hrs) *CORE*
- Mentally Ill Chemical Abuser (MICA) Advanced: (3, 6hrs) *CORE*
- MICA: Double Trouble In Recovery (Self-Help For The Dually-Diagnosed): (3hrs)
- Prescription Medications and Street Drugs: (3hrs)

### **LESBIAN, GAY, BISEXUAL & TRANSGENDER ISSUES**

- Lesbian, Gay, Bisexual & Transgender Issues in Treatment & Recovery: (6, 12hrs) *CORE*
- The Transgender Experience: Substance Use and HIV: (3, 6hrs) *NEW*
- Working with Lesbian, Gay, Bisexual and Transgender Adolescents: (3, 6hrs)

### **INDIVIDUAL COUNSELING & CASE MANAGEMENT**

- Counselor Training: Basic Skills: (12hrs) *CORE*
- Counselor Training: Advanced Skills: (6, 12hrs) *CORE*
- Introduction To Case Management: (6hrs) *CORE*
- Case Management: Establishing Relationships: (6hrs) *CORE*
- Cultural Diversity in Substance Abuse and HIV/AIDS: (3, 6hrs) *CORE*
- Addiction Counselor Ethics: (3, 6, 9, 15hrs) *CORE*
- Confidentiality Around Substance Abuse: (3 hrs) *CORE*
- Using the Stages of Change Model with Substance Abusing Clients: (3hrs)
- Assessment Interviewing: Working with the Addiction Severity Index: (6hrs)

- Assessment Interviewing: Sexual Histories: (6hrs)
- Assessment Interviewing: Substance Abuse Histories: (6hrs)
- Working Effectively with Active Drug Users: (6 hrs) *NEW*
- Documentation for Treatment Planning: (6hrs)
- Entitlements Overview: (3, 6hrs)
- Welfare Reform Changes In Entitlements: (3, 6hrs)
- Techniques for Working with Resistant Behavior: (3, 6hrs)
- Relapse Prevention: (6, 12hrs)
- Relapse Prevention for Women: (3hrs)
- The Harm Reduction Model for Working with Substance Users: (3, 6, 12hrs)
- The Theory and Practice of Motivational Interviewing: (6hrs)
- African-Centered Motivational Interviewing: (6 hrs) *NEW*
- Latino-Centered Motivational Interviewing: (6 hrs) *NEW*
- Clinical Supervision: (18hrs)
- Crisis Trauma & Bereavement Issues (3,6hrs)
- Stress Management Recovery: (3, 6, 12hrs)
- Drug Treatment for Women Offenders: (6hrs)
- Working With Mandated Criminal Justice Clients (12hrs)
- The Internet and World Wide Web for Substance Abuse Service Providers: (3hrs)

### **GROUP COUNSELING**

- Group Facilitation Skills for Counselors: (6hrs, 12hrs) *CORE*
- Advanced Group Facilitation Skills for Counselors: (6, 12hrs)
- Co-Facilitating Skills: (3hrs) *CORE*
- Group Work with Adolescents: (6hrs)
- Abuse Survivors: A Group Model: (3hrs)

### **FAMILY COUNSELING**

- Alcohol & Other Drug Affected Family Systems: (6hrs) *CORE*
- Children from Alcoholic & Other Drug Dependent Families: (3hrs)
- Parenting in Recovery: (6hrs)
- Women, Alcohol and Other Drug Abuse: Issues In Pregnancy, Parenting and Recovery: (6hrs)

### **DOMESTIC VIOLENCE**

- Domestic Violence: (6hrs) *CORE*
- Domestic Violence in Lesbian, Gay, Bisexual and Transgender (LGBT) Communities: (6hrs)
- Domestic Violence and Children: (3hrs)
- Batters Intervention Programs: (3hrs) *NEW*

### **VOCATIONAL COUNSELING**

- Vocational Rehabilitation in the Treatment Setting: (12hrs) *CORE*
- Co-Existing Disabilities: Substance Abuse/Alcoholism and Physical/Emotional or Cognitive Disabilities: (3hrs)
- Returning to Work from Disability: Entitlement Issues: (3hrs)
- Returning to Work in Recovery: (3hrs)
- Substance Abuse In the Workplace Training for Managers: (3hrs)

## **METHADONE TREATMENT ISSUES**

- Medications as Treatment for Addiction: (6hrs) *CORE*
- Methadone Treatment Overview: (3, 6hrs) *CORE*
- Methadone Treatment and Alcohol: (3, 6hrs)
- Methadone Treatment and Cocaine: (3hrs)

## **RESEARCH & EVALUATION**

- Research Abstracts & Terminology: (3hrs) *CORE*
- How to Get a First Rate Program Evaluation: (3hrs)

## **PREVENTION**

- Working With Adolescents: (6hrs) *CORE*
- Violence Prevention: (3, 6hrs) *CORE*
- Outreach Strategies: (6hrs) *CORE*
- Presentation Skills: (3, 6, 12hrs) *CORE*
- Parenting for Prevention: (3hrs)
- Parent and Community Organizing: (3hrs)
- Creating HIV Prevention Programs for High Risk Youth: Building Resiliency: (3, 6hrs)
- Peer Programming: Client Based Education: (6hrs)
- Adolescent Suicide: Issues and Impact: (3, 6hrs)

## **HIV / AIDS**

- AIDS: Overview of HIV/AIDS: (3, 6hrs) *CORE*
- Overview of Sexually Transmitted Infections(STDs): (3hrs) *CORE*
- AIDS: HIV Treatment Update: (3hrs) *CORE*
- AIDS: Counseling Issues: (6, 12hrs) *CORE*
- HIV Confidentiality Issues: (3hrs) *CORE*
- Protease Inhibitor Update: (3hrs)
- Combination Therapy & Adherence Counseling: (3hrs)
- Universal Precautions: (3hrs)
- AIDS: Running An HIV Support Group: (6hrs)
- Community HIV/AIDS Educator Training: (26hrs)
- Advising the HIV Client about Disclosure: (3hrs)
- HIV Testing Procedures: (13hrs)
- Offering Rapid HIV Testing in CBOs Serving High Risk Communities: (19.5hrs)
- Introduction To Case Management: (6.5 hrs)
- Enhancing the Partnership Between Client & Case Manager (6.5hrs)
- Serving Families: From Assessment to Service Plan (10.5hrs)
- Addressing Prevention in HIV Case Management: (6.5hrs) *NEW*
- Addressing Prevention with HIV Positive Clients: (6.5hrs) *NEW*
- Mental Health Services: (13hrs)
- AIDS: Death, Dying, & Bereavement Issues: (6hrs)
- AIDS: Death, Dying, & Bereavement - Issues for Adolescents: (3hrs)
- HIV Issues for African American Women in Drug Treatment: (6hrs)
- HIV Issues for Latinas in Drug Treatment: (6hrs)
- AIDS: Counseling Issues Related to HIV/AIDS and Women: (3hrs)
- Reducing the Risk and Harm of HIV: (18 hrs)

- Skills Practice and Implementation of Stage-Based Behavioral Counseling: (19.5hrs) *NEW*
- HIV Treatment Fraud: (3hrs)
- AIDS: Counseling Issues Related to HIV/AIDS and Adolescents: (3hrs)
- Adolescent Women, Pregnancy and HIV: (3hrs)
- Talking About HIV with Children: (3hrs)
- Safer Sex & HIV: (3hrs) *NEW*
- Living with HIV/AIDS: Issues of Longevity: (3hrs)
- Permanency Planning with the HIV/AIDS Client: (3hrs) *NEW*
- Crack/Cocaine Update: Implications for HIV Work: (3hrs)
- Heroin Update: Implications for HIV Work: (3hrs)
- Harm Reduction: Methadone and HIV: (3hrs)
- Treatment for HIV-Infected Alcohol and Other Drug Abusers: (3hrs)
- The Internet and World Wide Web for HIV/AIDS Service Providers: (3hrs)
- AIDS: HIV Non-Traditional Treatment Update: (3hrs)

- **Course Descriptions:**

## **SUBSTANCE ABUSE**

### **Overview of Substance Abuse: (6, 12hrs)**

This course addresses the Bio-Psycho-Social implications of alcohol, tobacco and other drug (ATOD) use, abuse, and dependence. Key concepts include ATOD use and abuse; basic pharmacology; the effects of psychoactive drugs on neurochemistry; drug specific treatment/prevention issues and strategies. *Class size: unlimited.*

### **Treatment Models and Modalities: (3rs)**

This workshop explores the historical substance abuse treatment philosophies and the modalities that have evolved. A review of the current bio-psycho-social continuum of care will be examined. Interventions reviewed include Harm Reduction, Detoxification, Individual/Group Strategies, Cognitive-Behavioral, Life Skills, Acupuncture, Relapse Prevention and Aftercare. *Class size: unlimited*

### **Principles of Self-Help in the Treatment of Alcohol and Other Drug Dependence: (6hrs)**

The treatment of alcohol and other drug dependence relies heavily on self-help groups such as Alcoholics Anonymous and Narcotics Anonymous. This workshop explores the use of Twelve Step and other types of self-help programs as either the basis of treatment or as an adjunct to treatment. It discusses the problems of resistance to self-help groups and provides strategies for increasing compliance with them. The workshop will also help counselors to find alternative ways to fulfill the purpose of self-help programs in their treatment plans. *Class size: limited to 30.*

### **Acupuncture Treatment: Opening the Door to Recovery (3hrs)**

Auricular acupuncture has been used in substance abuse treatment for over 20 years. Treatment outcomes have shown that it is effective for detoxification and as an adjunct to treatment in outpatient, residential and correctional settings. This workshop introduces the participant to current uses of auricular acupuncture, its theoretical basis and its application in a wide variety of treatment settings. *Class size: unlimited.*

### **Nutrition, Addiction and Health: (3, 6hrs)**

This course will increase the counselors knowledge of the connections between nutrition and addiction/relapse; including the connections between foods and neurochemistry, signs and symptoms of food allergies/addictions, and which foods to remove from a diet and why. *Class size: unlimited.*

### **Current Trends in Drug Use from a Street Perspective: (3hrs)**

This workshop addresses the biological, psychological, and social implications of alcohol and other drug use/abuse. Utilizing lecture and discussion, the course will examine current trends in usage patterns by drug, route of administration, potency, and special populations (adolescents). Treatment and prevention issues and strategies will be discussed. *Class size: unlimited.*

### **Drug Dealing: (3hrs)**

This course will enhance participants' knowledge of the economics of drug dealing from a street perspective. The content includes drug paraphernalia, drug lingo, contaminants and current marketing trends. *Class size: unlimited.*

**Heroin Update: (3hrs)**

The wider availability of high quality heroin has raised a number of treatment issues. This course will focus on opioid use, pharmacology, and toxicology. The unique attributes of opioids, models of opioid addiction and their implications for treatment will be emphasized. *Class size: unlimited.*

**Cocaine: Pharmacology, Effects and Treatment: (6hrs)**

This course addresses the Bio-Psycho-Social ramifications of cocaine use, abuse, and dependence. Neuro-behavioral stages of recovery, treatment strategies, relapse issues, the alcohol connection, and treatment planning skill practices will be covered. *Class size: unlimited.*

**Huffing, Sniffing, Bagging: The Invisible threat, Inhalants: (3hrs)**

The secret: Kids as young as 7 use household products to get high. Twenty percent have tried inhalants – but even once can be fatal! Kids huff because it's cheap, legal, available, and unrecognized by adults. Learn about these inhaled poisons, usage and paraphernalia, signs/symptoms, short and long-term effects, and adverse health consequences. Guidelines and ideas for prevention for both professionals and parents will be included. *Class size: unlimited.*

**The ABC's of Over-the-Counter/Herbal/Supplements/Look-A-Like Preparations: (3hrs)**

OTC's, herbals, supplements and look-a-likes are neither harmless, nor interchangeable! These products are available, cheap, and legal – but consumers of all ages run the risk of serious health consequences, especially in cases of abuse, inappropriate use, or self-dosage. Sports supplements have become very popular, but what do they really do? Regulatory concerns, unintended effects, abuse, interactions and marketing will be discussed. *Class size: unlimited.*

**Roofies, Ritalin, Rush and Raves: (3hrs)**

Today's young people are changing drugs and patterns of abuse. This session will illuminate some of the notable changes and trends. Information about new substances and modalities of abuse, including snorted Ritalin, Rohypnol ("date rape drug"), GHB, Special K, inhaled heroin, the party scene and Rave Clubs will be discussed. *Class size: unlimited.*

**MENTAL HEALTH & MICA****Overview of Mental Illness: (3, 6hrs)**

This course is designed to orient service providers to mental illness in order to be able to make effective referrals to mental health services. Topics to be covered include: overview of common psychiatric disorders, overview of mental health service delivery systems and overcoming barriers to mental health care. *Class size: unlimited.*

**Mentally Ill Chemical Abuser (MICA): (3, 6hrs)**

Statistics show that the correlation between substance abuse and mental illness is high. This course will focus on MICA terminology, prevalence rates, and special issues. It will also include DSM-IV criteria for substance abuse, symptoms of

psychosis, common dual disorder combinations, and assessment. *Class size: unlimited.*

**Mentally Ill Chemical Abuser (MICA) Advanced: (3, 6hrs)**

This course will provide advanced information on mental illness and chemical abuse. It will include criteria for determining differential diagnosis and assessment, the impact and influence of substances on psychopathology, and appropriate treatment planning and interventions. *Class size: unlimited.*

**MICA: Double Trouble In Recovery (Self-Help For The Dually-Diagnosed): (3hrs)**

Traditional self-help, based on the "one disease, one recovery" premise, often falls short of the special recovery needs of those diagnosed with both a chemical addiction and a psychiatric disability. Double Trouble in Recovery (DTR) is an adapted 12-step program specifically designed to meet the needs of the dually diagnosed. *Class size: unlimited.*

**Prescription Medications and Street Drugs: (3hrs)**

For many people with dual disorders, mixing prescription drugs with street drugs is a major problem. This course will focus on prescribed medications including anti-psychotics, anti-depressants, and anti-anxiety drugs. It will also examine potential problems of drug combinations including potentiation, reduced effectiveness, and other possible harmful side effects. *Class size: unlimited.*

**LESBIAN, GAY, BISEXUAL & TRANSGENDER ISSUES**

**Lesbian, Gay, Bisexual & Transgender Issues in Treatment & Recovery: (6, 12hrs)**

This course will cover epidemiology, causal theories, definitions of sexual orientation, sexual behavior, gender role and gender identity, explorations of individual and group counseling interventions along with the treatment goals of early and ongoing recovery. *Class size: limited to 30.*

**The Transgender Experience: Substance Use and HIV: (3, 6hrs)**

The transgender and gender variant communities encompass many different descriptions of gender including: drag queen, drag king, cross-dresser, femme queen, butch, bi-gender, transsexual, FTM, MTF, MTM, FTF, pre-op, post-op, non-op, new woman/man, phallic woman, transgenderist, butch, masculine, feminine and questioning. This course will help counselors to work more effectively with people of transgender experience with regard to the dual epidemics of HIV and substance abuse, by helping workers address both issues of cultural competency and sensitivity, and their knowledge and skills base. *Class size: limited to 30.*

**Working with Lesbian, Gay, Bisexual and Transgender Adolescents: (3, 6hrs)**

This course uses a variety of methods to increase counselor's knowledge of the issues faced by gay and lesbian youth and how these issues may impact on treatment. The content includes sexual identity and gender issues during adolescence, environmental and societal factors that impact on gay, lesbian, bisexual and transgender youth, and issues of homophobia/transphobia. *Class size: limited to 30.*

## **INDIVIDUAL COUNSELING & CASE MANAGEMENT**

### **Counselor Training: Basic Skills: (12hrs)**

This basic course on counseling covers the following subjects: defining the helping relationship, development of active listening skills, development and refinement of empathic responses, dealing with conflict in feelings, and responding to client values and attitudes. This course is recommended for case workers/counselors new to the field and as a refresher course for experienced mental health professionals. *Class size: limited to 30.*

### **Counselor Training: Advanced Skills: (6, 12hrs)**

Building upon the skills learned in the "Basic Skills" course, this course will focus on client resistance, techniques for reframing, strategies for working with client strengths, how to use genograms to map social support, nonjudgmental assessment and contracting/therapeutic goal setting. This course is for experienced counselors and or counselors who have taken the Basic Skills course. *Class size: limited to 30.*

### **Introduction To Case Management: (6hrs)**

This one-day training will provide participants with a basic understanding of the case management process. It will focus on an intensive step-by-step review of the purpose and best practices of case management and will include an examination of the goal planning process. Topics to be covered include: History and evolution of case management; Review and comparison of case management models; Distinction between case management and other forms of client interventions; nature and importance of goal planning; Components and relationship between steps of the case management process; Reasons and process for closure. *Class size: 30*

### **Case Management: Establishing Relationships: (6hrs)**

This follow-up to Introduction to Case Management, one-day training will provide participants with skills to establish effective partnerships with their clients. Topics to be covered include: Engaging and maintaining clients in the case management process; clarifying roles and responsibilities of clients and case managers; recognizing and following through on clients' subtle hints, cues and inconsistencies regarding sensitive issues; using a strength-based approach in dealing with resistance; confronting clients in a respectful and effective manner; developing a variety of strategies to address clients' resistance. *Class size: 30*

### **Cultural Diversity in Substance Abuse and HIV/AIDS: (3, 6hrs)**

This course presents some of the issues, which define culture, and examines cultural norms, which impact on substance abuse and HIV/AIDS counseling for Latino and African-American cultures. This course will sensitize participants to cross-cultural counseling and provide the opportunity to practice skills, which will enable counselors to incorporate cultural norms into substance abuse and HIV/AIDS counseling. *Class size: unlimited.*

### **Addiction Counselor Ethics: (3, 6, 9, 15hrs)**

This OASAS mandated course will cover: definitions and discussions of ethical principles, transference and counter transference - their impact on the counseling relationship, the nature of the counselor-client relationship, ways to prevent unethical behavior and the avenues available to deal with them. *Class size: 30.*

**Confidentiality Around Substance Abuse: (3 hrs)**

This course will look at confidentiality from the substance abuse perspective. It will define the law which determines substance abuse confidentiality, the history of the law, and how to follow the law at agencies. The course will review the forms that are necessary for releases of information of substance abuse. *Class size: unlimited.*

**Using the Stages of Change Model with Substance Abusing Clients: (3hrs)**

This workshop will examine how the Prochaska and DiClemente stages of behavior change model can be utilized by treatment providers. Client assessment of "staging" along with appropriate "stage specific" counselor interventions encouraging behavior change will be reviewed. *Class size: unlimited.*

**Assessment Interviewing: Working with the Addiction Severity Index: (6hrs)**

The Addiction Severity Index (ASI) is one of the most widely used addiction assessment tools in this country. This course will focus on all aspects of how to use the ASI. Participants will practice administering the ASI and learn how to determine severity indexes in each section of the interview including medical status, employment status, drug/alcohol use, legal status, family history, social relationships, and psychiatric status. *Class size: limited to 30.*

**Assessment Interviewing: Sexual Histories: (6hrs)**

Taking a client's sexual history requires that professionals de-sensitize themselves in order to focus on the client and the interview itself. This course will familiarize service providers with various interviewing approaches to taking a comprehensive sexual history. Participants will practice open-ended and survey-interviewing techniques using sexual history assessment instruments developed for medical, mental health, and research settings. *Class size: limited to 30.*

**Assessment Interviewing: Substance Abuse Histories: (6hrs)**

Developing treatment plans for clients today requires the ability to sensitively take accurate and complete substance abuse histories. This course helps develop effective skills for administering assessment interviews covering substance abuse histories. Material covered includes information on the components of the assessment process, developing a case history and treatment planning. *Class size: limited to 30.*

**Working Effectively with Active Drug Users: (6 hrs)**

This course will consider issues such as how to engage and retain clients in services, the core values of the street drug culture and culturally appropriate and sensitive services. It will also include ways to make it easier for clients to access services (including case management), harm reduction based case management services, assisting clients in making incremental changes in their behavior and how drug users measure their success. *Class size: 30*

**Documentation for Treatment Planning: (6hrs)**

This course will enhance participant's understanding of individualized treatment planning and documentation. The function of the client treatment record, considerations in charting, generic elements of a client record, and identifying criteria for formulating appropriate treatment objectives will all be covered. Participants are encouraged to bring a blank treatment plan from their agency for use as a worksheet. *Class size: limited to 30.*

**Entitlements Overview: (3, 6hrs)**

This course offers an introduction to the broad range of entitlements available in New York State, including federal, state, and New York City-specific programs. Aimed at beginning case managers, the emphasis is on understanding the various programs, the forms needed to apply for benefits, benefits levels and means limits. *Class size: unlimited.*

**Welfare Reform Changes In Entitlements: (3, 6hrs)**

The course you have been waiting for - a nuts and bolts clarification of welfare reform on the front lines. Aimed at senior case managers, social workers and administrative staff, this course will help staff understand and plan for each implementation phase of federal and state welfare reform, including strategies for undocumented and legal immigrants. Please Note: This is an advanced course; knowledge of what Medicaid, SSI, etc. provide, will be assumed. *Class size: limited to 30.*

**Techniques for Working with Resistant Behavior: (3, 6hrs)**

The term "resistant" has taken on a pejorative meaning in recent years. At best, clients labeled as such have been done a disservice. At worst, they have not been served at all. This course defines and addresses resistance in treatment more effectively than the more traditional approach. The training will provide a framework for understanding the source of resistance and a model for effectively working with clients who manifest it in the therapeutic process. *Class size: 30.*

**Relapse Prevention: (6, 12hrs)**

This course uses a variety of methods, including skills practice, to increase the counselor's knowledge of relapse prevention/ intervention issues. The content includes stages of recovery, relapse indicators, conditioned cues, risk reduction techniques and planning for relapse prevention. *Class size: 30.*

**Relapse Prevention for Women: (3hrs)**

This course explores special issues for women in recovery, which may impact upon their sobriety. The content includes risk assessment at different stages in recovery, conditioned cues (i.e. PMS), risk reduction techniques, and treatment planning. *Class size: unlimited.*

**The Harm Reduction Model for Working with Substance Users: (3, 6, 12hrs)**

This course presents an effective model for working with substance users in the age of HIV, with particular attention to the user committed to long-term use. Utilizing lecture, discussion, role-plays and video, the course will examine the information necessary to understand drugs, drug use and drug users, the existing models of treatment, as well as Harm Reduction alternatives. *Class size: unlimited.*

**The Theory and Practice of Motivational Interviewing: (6hrs)**

Motivational interviewing is a therapeutic model for evoking and enhancing people's intrinsic motivation to change unhealthful behaviors that are inconsistent with their values and goals. In this workshop, participants will learn the techniques of motivational interviewing and how to apply them in their clinical work, particularly in the context of substance abuse treatment. *Class size: 30.*

**African-Centered Motivational Interviewing: (6 hrs)**

This one-day course is based on two developments in substance abuse treatment: motivational interviewing and African-centered counseling. Motivational interviewing is designed to “go where the client is at” while African-centered counseling starts with the recognition that culture is highly relevant to people’s everyday behavior. This course will include lectures and role-plays. *Class size: limited to 30*

**Latino-Centered Motivational Interviewing: (6 hrs)**

This one-day course is based on two developments in substance abuse treatment: motivational interviewing and Latino-centered counseling. Motivational interviewing is designed to “go where the client is at” while Latino-centered counseling starts with the recognition that culture is highly relevant to people’s everyday behavior. This course will include lectures and role-plays. *Class size: limited to 30.*

**Clinical Supervision: (18hrs)**

This OASAS mandated course will present the clinical aspects of supervision. The learning process will focus on the roles of supervision, effective management, staff development planning, ethical concerns, and the link between clinical supervision and evaluation procedures. *Class size: limited to 30.*

**Crisis Trauma & Bereavement Issues (3,6hrs)**

With the impact of the World Trade Center attacks still being felt by both service providers and the client population at large, this course will focus on the impact of trauma and its’ short and long term bereavement issues. Signs and symptoms, critical incidents and PTSD will also be covered. *Class size: 30*

**Stress Management Recovery: (3, 6, 12hrs)**

Early recovery stages for clients with chemical dependency problems create changes and pressures, which generate stress. Counselors will become familiar with stress prevention and reduction techniques that they can integrate into the treatment planning process for their clients. This course uses a variety of methods, including group activities, self-analysis, and structured exercises. *Class size: limited to 30.*

**Drug Treatment for Women Offenders: (6hrs)**

This course addresses the treatment issues for women offenders who decide to “stop jailing” and start in recovery. The content includes: relapse prevention and stages of change, parenting and child custody, criminality and addiction, domestic violence, modified encounter group techniques, and mandated vs. prison-based treatment options. *Class size: limited to 30.*

**Working With Mandated Criminal Justice Clients (12hrs)**

This OASAS developed course will help participants to understand the impact of alcohol and other drug abuse on the criminal justice system. Participants will also learn about different approaches and skills needed to successfully treat the criminal justice client including relapse and prevention as it applies to alcohol and other drug abuse criminal behavior. *Class size: limited to 30.*

**The Internet and World Wide Web for Substance Abuse Service Providers: (3hrs)**

This course will provide substance abuse service providers with information on the history and current status of both the Internet and the World Wide Web. It will cover

definitions of terms, how sites can be accessed, what kinds of information and services they might be able to provide, and identifying governmental and private websites of use to substance abuse service providers. *Class size: unlimited.*

## **GROUP COUNSELING**

### **Group Facilitation Skills for Counselors: (6hrs, 12hrs)**

This course uses a variety of methods, including skills practice, to present essential elements of effective group facilitation. At the end of this course, counselors will have increased knowledge of group dynamics and their role as a group facilitator. *Class size: limited to 30.*

### **Advanced Group Facilitation Skills for Counselors: (6, 12hrs)**

This advanced training is designed to provide participants with the opportunity to apply their knowledge of group dynamics and theory to simulated group experiences. Feedback will be provided on demonstrated group skills and alternative approaches/interventions will be recommended in a format that combines both experiential and presentation style exercises. *Class size: limited to 30.*

### **Co-Facilitating Skills: (3hrs)**

Today many organizations use two facilitators to run groups instead of one. There are both strengths and challenges unique to the co-facilitating relationship. This course will focus on providing the skills needed to establish an effective working relationship between co-facilitators. Identifying personal styles, communication problems, responsibilities and group format will all be discussed. *Class size: limited to 30.*

### **Group Work with Adolescents: (6hrs)**

This workshop is designed to provide participants with an overview of issues that surface when working with adolescents in a group setting. Participants will learn effective facilitation strategies and will have the opportunity to implement them in a combination of presentation and experiential style activities. Participants will be expected to have some previous background in adolescent development and basic group dynamics. *Class size: limited to 30.*

### **Abuse Survivors: A Group Model: (3hrs)**

This course will provide prevalence data concerning physical/sexual abuse survivors in alcohol and substance abuse treatment programs. Adult behavioral indicators (i.e. PTSD), effects on the family, & treatment considerations will be discussed. A sexual survivor group model will also be examined. *Class size: unlimited.*

## **FAMILY COUNSELING**

### **Alcohol & Other Drug Affected Family Systems: (6hrs)**

This course uses a family systems approach to identify roles, rules, boundaries and other issues of families affected by alcohol and other drug dependence. Differences noted in families affected by different drugs (i.e. alcohol, cocaine, heroin) will also be covered. *Class size: unlimited.*

### **Children from Alcoholic & Other Drug Dependent Families: (3hrs)**

This course addresses the Bio-Psycho-Social legacy of alcohol and other drug abuse. Risk factors, core issues, behavioral indicators and interventions will be covered. Implications for children, as well as, adult children in treatment settings will be included. *Class size: unlimited.*

### **Parenting in Recovery: (6hrs)**

Those in recovery often have a hard time understanding that getting sober is not enough. Unfortunately, having frequently been raised in dysfunctional families themselves; recovering people have had inadequate parenting role models. This course will assist counselors in helping clients to bridge the gap between the different demands of living in recovery and parenting in recovery. *Class size: limited to 30.*

### **Women, Alcohol and Other Drug Abuse: Issues In Pregnancy, Parenting and Recovery: (6hrs)**

This course explores the effects of alcohol and other drug (AOD) abuse on women. The effects of fetal AOD exposure & implications for mother, infant & child will be addressed. Special issues for women in recovery & strategies for intervention will also be reviewed. *Class size: limited to 30.*

## **DOMESTIC VIOLENCE**

### **Domestic Violence: (6hrs)**

This course will help service providers understand domestic violence and its impact on families. Topics to be covered include: history and context of DV work today, definition of terms and terminology, screening issues for victims and perpetrators, resources and safety planning. *Class size: limited to 30.*

### **Domestic Violence in Lesbian, Gay, Bisexual and Transgender (LGBT) Communities: (6hrs)**

This advanced course on domestic violence assumes previous knowledge of basic DV concepts. Topics covered include: definition of sexual and gender identity terminology; LGBT tactics of power and control, screening issues, safety planning and resources. *Class size: limited to 30.*

### **Domestic Violence and Children: (3hrs)**

This course will focus on the effect of domestic violence on children and include: mandated reporting issues, elements of maltreatment, elements of abuse, behavioral and emotional problems associated with witnessing violence, and factors to consider when developing a safety plan. *Class size: unlimited.*

### **Batters Intervention Programs: (3hrs)**

The difficulties in securing services for batterers is strained by the lack of standards to be followed by the courts, society's minimizing of the need for accountability across the board and the continued (and incorrect) belief that anger management courses are domestic violence programs. This course will cover how, within this context, batterers intervention programs are run. *Class size: unlimited.*

## **VOCATIONAL COUNSELING**

### **Vocational Rehabilitation in the Treatment Setting: (12hrs)**

This course is designed to increase the counselor's knowledge of the rehabilitation process. The content includes determination of work readiness, identifying obstacles, and the development and implementation of vocational rehabilitation plans. *Class size: limited to 30.*

### **Co-Existing Disabilities: Substance Abuse/Alcoholism and Physical/Emotional or Cognitive Disabilities: (3hrs)**

This course will examine special risk factors and focus on spinal cord, traumatic brain injury, deafness, and learning disabilities coupled with alcoholism/substance abuse. *Class size: unlimited.*

### **Returning to Work from Disability: Entitlement Issues: (3hrs)**

As clients are considering a return to work, many are concerned about losing their benefits, the effect working will have on their benefits, and how to return to benefits should their health take a turn for the worst. Also there are a number of ways to keep Medicare and Medicaid, even as earnings increase. This course is designed for senior case managers, social workers and vocational counselors who must be able to help clients strategically plan their transition back to work. *Class size: unlimited.*

### **Returning to Work in Recovery: (3hrs)**

More than 77% of persons with substance-abuse disability are employed and will be returning to work after or during treatment. This course will provide substance-abuse counselors and vocational rehabilitation professionals with tools to enable them to help their clients to return to work in a healthy way. Participants will identify triggers specific to work, learn the 12 Steps of Work Recovery, and participate in some return-to-work exercises. *Class size: unlimited.*

### **Substance Abuse In the Workplace Training for Managers: (3hrs)**

This course is designed to heighten supervisor's awareness regarding the effects of the most frequently used substances and the symptoms suggestive of alcohol and other drug use. The Federal Drug-Free Workplace Act of 1988, supervisors' role, resources, and action planning will be covered. *Class size: unlimited.*

## **METHADONE TREATMENT ISSUES**

### **Medications as Treatment for Addiction: (6hrs)**

The history and rationale of using drugs in the treatment of substance abuse will be reviewed. Special emphasis will be given to the medications presently in use for the treatment of alcohol, tobacco, cocaine and opiate dependence. *Class size: unlimited.*

### **Methadone Treatment Overview: (3, 6hrs)**

This course will provide an overview of the theoretical underpinnings, history, and current status of methadone treatment in the USA. Current Federal and recent revisions in State regulations, including opioid replacement therapy (LAAM) and eligibility requirements, will be discussed. The impact of poly-drug use, the HIV epidemic, concerns generated by dosing issues (i.e. impairment and diversion), and

detoxification (supervised withdrawal) issues will also be considered. *Class size: unlimited.*

### **Methadone Treatment and Alcohol: (3, 6hrs)**

This course will provide participants with an understanding of alcoholism and its progression in clients in methadone maintenance treatment. The individual and combined effects of opioids and alcohol will be addressed. Interventions will also be identified. *Class size: unlimited.*

### **Methadone Treatment and Cocaine: (3hrs)**

Cocaine use among methadone-maintained opioid addicts remains a significant clinical issue. This course will review the clinical and administrative dilemmas stemming from epidemic levels of stimulant abuse, current treatment approaches, and potential treatment innovations. *Class size: unlimited.*

## **RESEARCH & EVALUATION**

### **Research Abstracts & Terminology: (3hrs)**

Translating the language of Research can be a difficult task, especially when you want to keep your prevention programs up to date with the newest research findings. This three-hour course will cover definitions of common research terms and terminology; information on how to read an abstract and a case study of an existing completed research project. *Class size: unlimited.*

### **How to Get a First Rate Program Evaluation: (3hrs)**

A first rate program evaluation will: use data you already have, refine your existing intakes and record keeping, fit the style of your program, help you define program success by focusing on outcomes and assist with program improvement and change. This three-hour course designed especially for grant writers and program developers will review evaluation techniques and strategies, discuss how to choose an evaluator and include case studies from existing NYC evaluators. *Class size: unlimited.*

## **PREVENTION**

### **Working With Adolescents: (6hrs)**

This course will cover counseling and substance abuse issues specific to adolescents. Topics will include a model of adolescent development, psychopathology in adolescence - DSM-IV, the dynamics of addiction, family dynamics, COSA issues, prevention and treatment strategies. *Class size: limited to 30.*

### **Violence Prevention: (3, 6hrs)**

This one day experiential workshop will cover a variety of triggers for violent behavior and strategies to counter those triggers. The correlation between socio-economic status, substance abuse and violence will also be discussed. Participants will examine various ways to successfully prevent potentially violent situations from erupting into actual violence and how to enhance those qualities that will help them to do so. The workshop will end with a series of stress reduction exercises designed specifically to assist in anger management. *Class size: limited to 30.*

**Outreach Strategies: (6hrs)**

This one-day course will cover the skills necessary to perform street outreach education on an individual basis, targeting persons at risk for HIV through substance use and or sex work. Participants will learn techniques to do street outreach and education and some of the issues specific to providing education in the street environment. Participants will have the opportunity to practice skills for outreach through role-plays and case studies.

*Class size: limited to 30.*

**Presentation Skills: (3, 6, 12hrs)**

This course is designed to help service-providers become more effective presenters by developing and practicing platform-speaking skills to small and large groups of people. The course will cover areas such as adult learning theory, presentation mechanics, targeting appropriate language level, working with statistics and working with visual aides. In the 12hr version only, a ten-minute, critiqued, presentation will be completed by each participant. *Class size: unlimited for 3hr, 30 for 6hr, and limited to 16 for 12hr.*

**Parenting for Prevention: (3hrs)**

Contrary to contemporary myth, every youngster does not drink or use drugs, nor does every youngster “experiment.” What can parents actually do and say to children? Research demonstrates that parents have a great impact on their children’s attitudes and behaviors regarding alcohol and other drugs. Learn what works, what doesn’t work, and exchange ideas with other service providers and parents. *Class size: unlimited*

**Parent and Community Organizing: (3hrs)**

This course will provide participants with an overview of the possibilities, frustrations and how-to's of organizing parents around substance abuse involvement, and school improvement issues. With facilitation provided by an experienced parent trainer, participants will learn what motivates and hinders parents in getting involved in school or district-wide issues and how to create a sense of ownership of a project by parents. *Class size: unlimited.*

**Creating HIV Prevention Programs for High Risk Youth: Building Resiliency: (3, 6hrs)**

This workshop is designed to examine factors that place youth at high risk for HIV/STD's, substance use, violence and truancy. Through an understanding of adolescent development and a Bio-Psycho-Social approach to risk behaviors, participants will learn about resiliency factors that assist youth in negotiating risks. The Young Girls' Mentoring Program at New Mexico AIDS Services will be used as a model for this kind of prevention program. *Class size: limited to 30.*

**Peer Programming: Client Based Education: (6hrs)**

This course will outline specific techniques for helping your clients to help each other make positive behavior changes in their lives. Based on an empowerment model, individuals trained as peer educators become armed with a great deal of knowledge which not only allows for changes within their own lives but also allows them to act as role models for others within their communities. *Class size: limited to 30.*

### **Adolescent Suicide: Issues and Impact: (3, 6hrs)**

This course addresses suicide prevalence, issues in adolescent development, and the neurochemical basis for adolescent depression and suicide. Assessment of lethality for suicide and strategies for prevention, intervention, and post intervention are included. *Class size: unlimited.*

## **HIV / AIDS**

### **AIDS: Overview of HIV/AIDS: (3, 6hrs)**

This basic course will cover definitions of HIV and AIDS, description of the spectrum of illness, HIV antibody testing, means of transmission, preventive risk reduction practices, and some common barriers to noncompliance around them. *Class size: unlimited.*

### **Overview of Sexually Transmitted Infections(STDs): (3hrs)**

This basic course will cover information about the more common STDs including hepatitis A-B-C, gonorrhea, syphilis, trichomoniasis, chlamydia, and herpes. Signs and symptoms, treatment and epidemiology will also be covered. *Class size: unlimited.*

### **AIDS: HIV Treatment Update: (3hrs)**

This course will cover both major opportunistic infections (PCP, Toxo, CMV, etc.), treatments for them and side effects as well as the current knowledge of antiretroviral treatments for HIV (AZT, protease inhibitors, etc.). The course will also highlight the ways that certain treatments may trigger clients to relapse into substance use. *Class size: unlimited.*

### **AIDS: Counseling Issues: (6, 12hrs)**

This course presents a model for meeting the changing bio-psycho-social demands of counseling around HIV. The course uses a biological model to discuss the emotional issues that arise at various points in disease progression. From the early stage of high-risk behavior to the final stage of death and dying, the information and skills covered in this course provide a framework for identifying clear counseling tasks as well as desired outcomes. *Class size: limited to 30.*

### **HIV Confidentiality Issues: (3hrs)**

This course will cover the New York State HIV/AIDS Confidentiality Law, purpose, procedures, guidelines and penalties governing client identity and record keeping procedures. Appropriate ways of disclosing client HIV status will be covered along with case studies. *Class size: unlimited.*

### **Protease Inhibitor Update: (3hrs)**

Do you struggle to understand, let alone explain to clients the new drugs, HIV related tests and treatments? You are not alone. This workshop will provide skills and resources for case managers, social workers and “non-science speakers” working with clients who have limited English vocabulary and/or little understanding of their bodies or the new technology of the HIV treatment world. *Class size: unlimited.*

### **Combination Therapy & Adherence Counseling: (3hrs)**

The promise of HIV combination therapy will go unfulfilled if clients aren't taking these medications properly. But how do you get clients to tell you what they are really doing,

especially active substance users or those who are overawed by authority figures? This course will address proven techniques to quickly get clients to tell you what's really happening, and skills-based exercises to help you improve client adherence. *Class size: unlimited.*

### **Universal Precautions: (3hrs)**

This hands-on course is designed to introduce public health workers to risk reduction practices in the clinical setting with regard to HIV, Hepatitis, Tuberculosis and other communicable diseases. Actual "how-to's" will be demonstrated and practiced along with issues of agency policy and employee adherence to practice. *Class size: limited to 30.*

### **AIDS: Running An HIV Support Group: (6hrs)**

This course is designed to assist substance abuse and alcohol counselors in designing and implementing HIV support groups. It focuses on the concept of support groups and how such groups differ from traditional group modalities. Different types of groups are examined to address concerns that arise along the spectrum of HIV illness (i.e. "worried well", infected, etc.). *Class size: limited to 30.*

### **Community HIV/AIDS Educator Training: (26hrs)**

This four-day course, designed by the AIDS Institute NYSDOH, prepares participants to conduct a one-hour HIV/AIDS presentation. During the training educators learn the facts about the HIV spectrum of illness, related audience assessment strategies, education tools and presentation skills. Participants learn by doing as they experience a series of trainer-led experiential exercises. The experience helps participants develop a nonjudgmental perspective, cultural sensitivity and become skilled at answering questions. The final days of the training require participants to deliver a fifteen-minute educational presentation that will be critiqued by fellow participants and trainers. This course can have a maximum of fifteen participants. *Class size: limited to 16.*

### **Advising the HIV Client about Disclosure: (3hrs)**

For HIV antibody positive individuals, disclosure may lead to social awkwardness, rejection, and discrimination in work, housing, and other life areas. This workshop will explore disclosure-related issues, including preparations for disclosure, deciding who to tell, and a brief review of a curriculum designed to enhance positive social interaction with persons with HIV. *Class size: unlimited.*

### **HIV Testing Procedures: (13hrs)**

This two-day course, designed by the AIDS Institute NYSDOH, is designed to provide the participant with information about the New York State requirements regarding delivery of HIV testing services. Specific attention is paid to providing HIV testing services in the context of routine patient and client care. Topics to be covered include: required elements of HIV pre and-post-test counseling sessions, informed consent, HIV reporting, domestic violence screening, New York State partner notification programs (PNAP/CNAP) and the New York State Confidentiality Law. This course meets the requirements for training in testing procedures established by the HIV Primary Care Medicaid Provider Agreement. *Class size: limited to 30*

### **Offering Rapid HIV Testing in CBOs Serving High Risk Communities: (19.5hrs)**

This 3-day, AIDS Institute NYSDOH designed course will provide staff in community based organizations without prior experience offering any form of HIV testing (and either designated or seeking designation as a limited testing site for rapid HIV testing) with the knowledge and skills necessary to implement rapid HIV testing in accordance with New York State Laws and regulations. *Class size: limited to 30.*

### **Introduction To Case Management: (6.5 hrs) *Must be COBRA Management***

This one-day training will provide participants from COBRA with a basic understanding of the case management process as defined by the AIDS Institute. It will focus on an intensive step-by-step review of the purpose and best practices of case management and will include an examination of the goal planning process. Topics to be covered include: History and evolution of case management; Review and comparison of case management models; Distinction between case management and other forms of client interventions; nature and importance of goal planning; Components and relationship between steps of the case management process; Reasons and process for closure. *Class size: 30*

### **Enhancing the Partnership Between Client & Case Manager (6.5hrs)**

This one-day training will provide participants with skills to establish effective partnerships with their clients. This session will focus on what both the case manager and client bring to the case management process. The training will also explore how to address sensitive issues with clients, develop positive confrontation skills and strategies to work with clients' resistance. Topics to be covered include: Engaging and maintaining clients in the case management process; clarifying roles and responsibilities of clients and case managers; recognizing and following through on clients' subtle hints, cues and inconsistencies regarding sensitive issues; using a strength-based approach in dealing with resistance; confronting clients in a respectful and effective manner; developing a variety of strategies to address clients' resistance. *Class size: 30*

### **Serving Families: From Assessment to Service Plan (10.5hrs)**

This one and a half day, AIDS Institute NYSDOH designed, training is a follow-up course to Enhancing the Partnership between Client & Case Manager course. It will prepare case management staff to conduct thorough HIV/AIDS comprehensive needs assessments and develop effective service plans. The course uses the COBRA and grant-funded case management assessment form as a model and will cover topics such as interviewing and documentation techniques; the difference between goals, objectives and tasks; and how to use clients' strengths in development of a service plan. *Class size: limited to 30.*

### **Addressing Prevention in HIV Case Management: (6.5hrs)**

This 1-day, AIDS Institute NYSDOH designed course, will prepare case managers to help people living with HIV to avoid sexual and substance use behaviors that can result in 1) transmitting HIV to others and 2) negative health outcomes for themselves. Topics include: identify specific approaches to integrating prevention into case management intake, service planning and goal setting; guidance on how to implement the DOH's technical assistance bulletin addressing prevention services in the case management setting; harm reduction and prevention strategies; psychosocial issues; provider values and beliefs; strategies for working with special populations and referrals for prevention services. *Class size: limited to 30.*

**Addressing Prevention with HIV Positive Clients: (6.5hrs)**

This 1-day, AIDS Institute NYSDOH designed course, is a companion to the above listed course for case managers but is targeted at all providers instead of being case management specific. *Class size: limited to 30.*

**Mental Health Services: (13hrs)**

This two-day training, designed by the AIDS Institute NYSDOH, is designed to orient HIV providers to basic information about mental illness and to prepare providers to make effective referrals to mental health care services. Topics to be covered in this training include: exploration of values, bias and stigma of mental illness within different cultures, overview of mental health and HIV/AIDS in NYS, overview of common psychiatric disorders, overview of the mental health service delivery system resources and referrals, overcoming barriers to mental health care. *Class size: limited to 30.*

**AIDS: Death, Dying, & Bereavement Issues: (6hrs)**

This course explores the nature of our attitudes, values and beliefs towards death, dying and the bereavement process in conjunction with the AIDS epidemic. Personal attitudes will be used as a starting point to discover counseling strategies for working with clients through illness, disclosure and the continual grieving process associated with AIDS. Impact on the counselor will also be addressed. *Class size: limited to 30.*

**AIDS: Death, Dying, & Bereavement - Issues for Adolescents: (3hrs)**

Children and adolescents are facing illness, loss and multiple losses of their family members, friends and lovers at an age when death is supposed to be far away. This course will focus on how adolescents are dealing with the losses inherent in the epidemic as opposed to their adult counterparts. *Class size: limited to 30.*

**HIV Issues for African American Women in Drug Treatment: (6hrs)**

This one-day course examines the link between cultural identity and recovery for African American women in drug treatment. Issues related to cultural identity are explored as both barriers to treatment and strengths for healing. Unique strategies are developed and concrete examples given for engaging this population in HIV prevention and treatment. *Class size: limited to 25.*

**HIV Issues for Latinas in Drug Treatment: (6hrs)**

This course will address trends of HIV among the Latina population, as well as the impact of substance use on this epidemic. Issues that help define Latina culture will be examined along with cultural norms which impact on substance use, sexuality and HIV. It will also provide the opportunity to look at how to incorporate these norms into culturally appropriate education and counseling interventions. *Class size: limited to 25.*

**AIDS: Counseling Issues Related to HIV/AIDS and Women: (3hrs)**

This course presents some of the issues specific to the counseling of women with regard to HIV/AIDS. Utilizing experiential exercises this course will sensitize participants and provide the opportunity to practice skills, which will enable counselors to incorporate a gender-specific approach into HIV/AIDS counseling/education. *Class size: limited to 30.*

**Reducing the Risk and Harm of HIV: (18 hrs)**

This three-day AIDS Institute NYSDOH designed training will provide participants with up-to-date information about what researchers, providers, and consumers have found to be helpful in reducing the risk and harm associated with HIV infection. Participants will have an opportunity to improve skills in the areas of HIV risk reduction, harm reduction, encouraging behavior change and cultural competency. *Class size: limited to 30.*

**Skills Practice and Implementation of Stage-Based Behavioral Counseling: (19.5hrs)**

This 3-day, AIDS Institute NYSDOH designed course is designed as a follow-up to Reducing the Risk and Harm of HIV. It provides further training in the Stage-Based Behavioral Counseling for HIV/STD risk reduction model providing further skills practice with trained “client instructors” in more advanced role-plays covering: client staging of readiness for change, selection and use of stage-specific counseling strategies; documentation of behavioral counseling; common barriers to implementation; and how to begin implementation at your agency. *Class size: limited to 30.*

**HIV Treatment Fraud: (3hrs)**

This half-day, AIDS Institute NYSDOH designed, skill based program will prepare participants to educate HIV positive consumers how to evaluate health claims and identify health fraud. Participants will receive activities and strategies for working with consumers to address treatment fraud. Topics to be covered include; HIV/AIDS treatment fraud and its impact on consumers; Tips on how to help consumers identify treatment fraud; challenges of discussing HIV/AIDS treatment fraud, and a new handbook entitled, “Too Good to be True? What You Need to Know to Avoid HIV/AIDS Treatment Fraud.” *Class size: 30*

**AIDS: Counseling Issues Related to HIV/AIDS and Adolescents: (3hrs)**

This course presents some of the issues specific to the counseling of adolescents with regard to HIV/AIDS, sexuality and substance use. Utilizing experiential exercises this course will sensitize participants and provide the opportunity to practice skills, which will enable counselors to utilize an integrated approach to HIV/AIDS counseling/education with adolescents. *Class size: limited to 30.*

**Adolescent Women, Pregnancy and HIV: (3hrs)**

Case studies from ethnographic research and role-plays will be utilized to identify key issues in providing counseling and support groups for adolescent women living with HIV. Social control exerted by partners, socio-cultural expectations, protection of child and maternal health, medication issues, the role of family members and service providers in decision-making, experiences of loss and the support needs of women who decide not to have children will be addressed. *Class size: unlimited.*

**Talking About HIV with Children: (3hrs)**

The three-hour course is a preview of a more extensive 3-day (18hr) training for facilitators to work with parents on how to talk to children about HIV. Trainers learn to facilitate groups of parents who live in HIV affected areas and wish to reduce their child's risk of HIV. The course covers: HIV information; talking to kids of different ages about sex, drugs and HIV; helping kids get out of risky situations; finding positive activities for kids; and socializing in a safe and caring way with people who have HIV. *Class size: limited to 30.*

**Safer Sex & HIV: (3hrs)**

"Don't have sex without a condom," is out and "Have sex in a different way," is in as the age of AIDS continues. This course will cover a risk reduction paradigm for counselors to use with clients and will help counselors to expand the client's view of the norms of sexual activity in our society. *Class size: limited to 30.*

**Living with HIV/AIDS: Issues of Longevity: (3hrs)**

As new treatments extend the definition of a "Long Term Survivor" with HIV/AIDS, the AIDS environment is also changing. This course will address in general terms this new and changing environment including issues of long term adherence to treatments, re-entry to the workforce, grief and bereavement, disclosure issues and living with HIV/AIDS. *Class size: unlimited.*

**Permanency Planning with the HIV/AIDS Client: (3hrs)**

The details of permanency planning are difficult to bring up and plan for with HIV/AIDS clients, especially with the changing AIDS treatment environment. This course will cover planning for loss, illness and death and include issues of changing health, dealing with family/friends, disclosure, treatment decisions and selection of caregivers. *Class size: unlimited.*

**Crack/Cocaine Update: Implications for HIV Work: (3hrs)**

This course will provide an update on trends in crack/cocaine use, focusing on the specific impact that crack use has on HIV risk. Specific techniques for harm reduction with respect to crack use will be presented. *Class size: unlimited.*

**Heroin Update: Implications for HIV Work: (3hrs)**

Increased purity and availability of heroin is changing the face of heroin use, locally and nationally. This course will examine the impact of these changes on HIV transmission, harm reduction options, disease progression, and treatment. *Class size: unlimited.*

**Harm Reduction: Methadone and HIV: (3hrs)**

This course will provide information on the effectiveness of methadone treatment for heroin addiction and as a risk reducing behavior for HIV. Methadone is, however, a misunderstood and stigmatized medication. This workshop will discuss the role of methadone maintenance in the world of drug treatment and HIV and the barriers to wider use of it as a treatment. *Class size: unlimited.*

**Treatment for HIV-Infected Alcohol and Other Drug Abusers: (3hrs)**

This course will present guidelines for creating a comprehensive, integrated system of care for HIV infected alcohol and other drug abusers. Content includes: screening instruments in infectious diseases, mental health, primary care, social service and legal issues for HIV infected clients. *Class size: unlimited.*

**The Internet and World Wide Web for HIV/AIDS Service Providers: (3hrs)**

This course will provide HIV/AIDS service providers with information on the history and current status of both the Internet and the World Wide Web. It will cover definitions of terms, how they can be accessed, what kinds of information and services they might be able to provide, and identifying governmental and private websites of use to HIV/AIDS service providers. *Class size: unlimited.*

**AIDS: HIV Non-Traditional Treatment Update: (3hrs)**

This course will cover both the HIV spectrum of illness and non-traditional (sometimes called supplementary, complementary or alternative) forms of treatment currently being used to treat HIV disease (and its accompanying opportunistic illness). Treatments that will be covered include spiritual psychological, nutritional, drugs, biologics and physical forces/devices. *Class size: unlimited.*