



Relias Spotlight Series

February 2021

Greetings Providers,

Welcome to the February 2021 edition of the Optum Idaho **Relias Spotlight Series** — a series devoted to providing you with access to **free, easily accessible and CEU-eligible** online education about topics that are of most importance to behavioral health providers like you, across the state.

Mental Health for Children and Adolescents

Within the school setting, children being served in Tier 3 with clinical interventions are known to struggle with a variety of emotional and behavioral health concerns. Addressing these clinical problems with evidence-based interventions that support parent and guardian, teacher and student participation is essential. As a component of the treatment array, Optum Idaho has partnered with the REACH Institute in developing a series of training modules designed to assist with children who display disruptive behavioral disorder (DBD) symptoms. These modules provide strategies and guidance addressing a continuum of concerns for clinicians, mental health paraprofessionals, educators and parents.

These training modules are among the first in the U.S. to comprehensively address DBD and are available free only to Optum Idaho providers.



These training modules are organized in a fashion that group the circumstances and individuals with their respective roles in clinical intervention. In general, the modules were intended for clinicians and mental health paraprofessionals to complete in their role as clinical treatment providers and consultants to educators and parents.

All of these modules can be found in Relias by logging on: [Relias - OptumHealth Idaho](#) Assignments>Browse Elective Courses>Search for a module name>Enroll

Optum Idaho: Understanding Disruptive Behavior Disorders in Children and Adolescents

This course is the first in the Skills Building: Children and Adolescents with Disruptive Behavior series for both Master's Level Clinicians and Certified Paraprofessionals teaming together to work within the family system. The goal of this course is to increase your understanding of disruptive behavior disorders in children and adolescents. By the end of this course, you will know the key symptoms of common disruptive behavior disorders, identify conditions comorbid with disruptive behavior disorders, and understand the risk factors associated with disruptive behavior disorders.

Optum Idaho: Supporting Students with Disruptive Behavior Disorders

This course, affiliated with the Skills Building: Children and Adolescents with Disruptive Behavior series for Clinicians and Paraprofessionals, has the goal of increasing your understanding of disruptive behavior disorders and your comfort in helping students with these disorders.

By the end of this course, you will be able to identify common disruptive behavior disorders, understand the key features of, and your role in, effective intervention, and recognize the value to successful intervention of building relationships with parents.

Optum Idaho: Assessing Disruptive Behavior Disorders in Children and Adolescents

This course is the second in the Skills Building: Children and Adolescents with Disruptive Behavior series for both Master's Level Clinicians and Certified Paraprofessionals teaming together to work within the family system. The goal of this course is to increase your understanding of the assessment of disruptive behavior disorders in children and adolescents. By the end of this course, you will understand best practices for the assessment of disruptive behavior disorders and be able to use standardized disruptive behavior assessment measures.

Optum Idaho: Teaching Skills to Support Adolescents with Disruptive Behavior Disorders

This course is the fourth in the Skills Building: Children and Adolescents with Disruptive Behavior series for both Master's Level Clinicians and Certified Paraprofessionals teaming together to work within the family system. The goal of this course is to increase your understanding of skills clinicians and paraprofessionals can teach adolescents with disruptive behavior disorders. By the end of this course, you will be able to understand adolescence as a critical period of development and learn how to build a strong foundation for successful interventions with disruptive adolescents. You will identify the key skills to support adolescents with disruptive behavior disorders and learn strategies for teaming to support adolescents with disruptive behavior disorders.

Optum Idaho: Teaching Skills to Support Children with Disruptive Behavior Disorders

This course is the fifth in the Skills Building: Children and Adolescents with Disruptive Behavior series for both Master's Level Clinicians and Certified Paraprofessionals teaming together to work within the family system. The goal of this course is to increase your understanding of skills clinicians and paraprofessionals can teach children with disruptive behavior disorders. By the end of this course, you will be able to differentiate between skill and performance deficits in children and you will learn key skills to support children with disruptive behavior disorders.

Optum Idaho: Teaching Skills to Support Parents with Disruptive Adolescents

This course is the sixth in the Skills Building: Children and Adolescents with Disruptive Behavior series for both Master's Level Clinicians and Certified Paraprofessionals teaming together to work within the family system. The goal of this course is to increase your understanding of the skills clinicians and paraprofessionals can teach parents of adolescents with disruptive behavior disorders. By the end of this course, you will understand the implications of adolescence as a critical period in disruptive behavior disorders, learn guidelines for communicating with parents of adolescents, identify and employ the key principles underlying parent support, learn key skills that parents can use to modify the behavior of disruptive adolescents, and learn how to work as a clinician-paraprofessional team to support parents with disruptive adolescents.

The "Disruptive Behavior Disorder Teaming Manual," along with numerous other relevant resources, can be found in the 'Resources' tab at the top right of the course's screen.

Optum Idaho: Teaching Skills to Support Parents with Disruptive Children

This course is the seventh in the Skills Building: Children and Adolescents with Disruptive Behavior series for both Master's Level Clinicians and Certified Paraprofessionals teaming together to work within the family system. The goal of this course is to increase your understanding of the skills clinicians and paraprofessionals can teach parents of children with disruptive behavior disorders. By the end of this course, you will learn guidelines for communicating with parents, identify and employ the key principles underlying parent support, understand the ABC Model and its practical application in skills building, and learn to work as a

clinician/paraprofessional team to support parents with disruptive children.

If you have questions, please contact optum.idaho.education@optum.com

Sincerely,

The Optum Idaho Education and Training Team