



RELIAS | LEARNING



Relias Spotlight Series

January 2021

Happy New Year Providers,

Welcome to the Optum Idaho January Relias Spotlight Series - a series devoted to providing you with opportunities 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.

The new year brings each of us a chance to recalibrate our goals, our attitudes and our approach to how we provide services. January's Relias Spotlight focus is how to do just that; not only with ourselves but also with our school-aged clients.

On average, our youth spend six to seven hours a day at school. In order to have optimal success, children need to come to school "ready to learn." Readiness includes having adequate rest, proper nutrition, a safe environment and positive mental health.



Have you ever considered what the impact might be if you were able to provide your services to youth in a school setting? Have you considered how a collaboration between educators, family members and mental health professionals, like yourself, could provide youth with better access to mental health services?

If you answered, “YES!” then we have a training series for you!

Relias is offering a **free 3-part series of trainings** specifically geared for providers in Idaho who are interested in delivering mental health services within a school setting. Completing the requirements for the entire series will allow you the option to obtain 15 contact hours (free) or one Course Credit through Northwest Nazarene University (\$60).

This ***Interconnected Systems Framework: Connecting the Dots of Mental Health in the Schools*** series will contain the following topics:

1. The Impact of Behavior in Schools
2. Multi-tiered System of Support (MTSS) and Positive Behavioral Interventions and Supports (PBIS) Defined
3. Interconnected Systems Framework (ISF): Interconnecting School Mental Health and Positive Behavioral Interventions and Supports (PBIS)

The first part of the training in this series will be available on Relias beginning Feb. 1, 2021. You can register now, and a reminder will be sent when you are able to begin your course.

Relias Course Title: The Impact of Behavior in Schools

Relias Course number: 1119229

NOTE: The material for this course is not yet available. You will be sent an email from Relias when the material is available for your review prior to the LIVE webinar from Dr. Azevedo.

This one-hour video will provide information on the impact of behavior upon the mental health of children in Idaho. Upon completion of this module, you will be sent a link from k.azevedo.com for a Virtual Learning Session.

Learning Objectives:

- Participants will explore the connection between schools and mental health supports for children and adolescents.
- Participants will reflect on what they currently know and would like to know about behavior in schools.
- Participants will gain an understanding of Idaho students' perception of their own well-being.



- Participants will explore the importance of relationships and creating predictable, consistent, positive and safe learning environments.

Click here for more information on the speaker, Dr. Katie Azevedo: www.kazevedo.com

For questions, please email: mhsidaho@optum.com

Optum is a thought leader when it comes to improving access to mental health services for our youth. We are excited to offer this free series to you in 2021!

Sincerely,
The Optum Idaho Education and Training Team