

## Invitation to Apply for the Capacity Building Institute (Year 5) ODP Announcement 21-011

### **AUDIENCE:**

The Capacity Building Institute (CBI) offers an in-depth learning opportunity to professionals across the entire service partnership including direct support staff and supervisors, supports coordinators/case managers and supervisors, agency trainers, managed care organizations, behavior specialists, psychiatrists, professional counselors and therapists, and dual diagnosis treatment teams. CBI participants represent a wide range of agencies including direct support providers, supports coordination, State hospitals, State Centers, adolescent residential treatment facilities, Autism Supports, Education, Resources and Training Centers, Administrative Entities, and the Health Care Quality Units.

### **PURPOSE:**

Many people feel at a loss as to how to best provide support to individuals with a dual diagnosis (individuals with an Intellectual Disability and Autism with co-occurring mental health issues, and challenging behaviors) to lead healthy, happy, and meaningful lives. Current best practices and supportive models that have shown to be most helpful are sometimes beyond the reach of people who work directly with individuals with a dual diagnosis. CBI addresses these issues from an individual and systemic level through training, integration of knowledge into practice, and opportunities to build a statewide cohort to work together to effect change and build capacity. The participants will share individual best practice experiences leading to recommendations to the Office of Developmental Programs and Office of Mental Health and Substance Abuse Services to facilitate a more effective delivery of services across systems.

### **DISCUSSION:**

The Capacity Building Institute Year 5 will meet twice a month, from 9:00 am – 3:00 pm beginning April 2021 and ending in December 2021.

Information on how to express interest in participating, session information and requirements are identified on page 2.

Directed by Dr. Greg Cherpes, ODP Medical Director and Dr. Beth Barol, CBI offers a select group of professionals to come together to learn with a faculty of national experts and speakers. CBI training is presented by the Co- Directors of the Institute in conjunction with an array of highly experienced practitioners and innovators in the field. Training topics include overviews of the following selected topics:

- One-page descriptions
- Healing lifestyle and social therapy
- Biographical timelines
- The impact of Trauma
- Psychotherapeutic interventions, including Eye Movement Desensitization and Reprocessing (EMDR) and biofeedback
- Psychopharmacology and diagnosis
- Creative and expressive therapies
- Functional Behavioral Analysis

#### **SESSION INFORMATION, REQUIREMENTS AND EXPRESSING INTEREST**

**2021 Session Dates:** 4/22, 5/6 & 5/20, 6/3 & 6/10, 7/15 & 7/29, 9/9 & 9/23, 10/7 & 10/21, 11/4 & 11/18, 12/2 & 12/16

**Cost:** There is no cost to attend CBI.

**Virtual Meetings:** CBI will be held on the Zoom platform. Participants must have access to a computer, camera, and microphone.

**Requirements:** The Capacity Building Institute emphasizes the participation and collaboration of all participants. Structured group work participation and assignments, 100% attendance, and a final project are required.

**Expressing Interest:** Complete the [CBI Year 5 Interest Survey](#) by 2/19/21 to let us know you are interested and can attend all sessions to fulfill requirements . There are a limited number of spaces available for participants. Separate email notification will be sent out to those people invited to attend the 2021 sessions.

**Contact Marlanda Smith ([marlsmith@pa.gov](mailto:marlsmith@pa.gov)) for more information.**