



# CBC Training Institute Webinars

## August 2022 Calendar

Please join us for one of our upcoming trainings. To register for trainings, please click on the desired training, and you will be directed on how to register.

For any registration questions, please contact [Caitlin Cronin](#). For all other training questions, please contact [Emily Grossman](#), CBC's Training Director.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 <a href="#">Understanding/Talking with Your Clients about Suicide Risk and Suicide</a> 1:30-3:00pm	4	5 <a href="#">VOH: HHSC HCBS POC Workflow Updates and Year 3 HCBS Audit Insights</a> 10:00am-11:00am
8	9	10	11 <a href="#">STAIR I</a> 11:00am-12:30pm	12 <a href="#">VOH: Consents Training</a> 10:00am-11:00am
15	16	17	18	19 <a href="#">VOH: Revenue Cycle Management Q&amp;A</a> 10:00am-11:00am
22	23 <a href="#">STAIR II</a> 10:30am-12:00pm	24 <a href="#">Using Recovery Language</a> 10:30am-12:00pm	25	26 <a href="#">VOH: CBC Training Institute September 2022 Calendar Overview</a> 10:00am-11:00am
29	30 <a href="#">STAIR III</a> 2:30pm-3:30pm	31		:



# CBC Training Institute Webinars Training Descriptions

## August 2022

### [SAMHSA COVID Self-Care Training Series](#)

In response to COVID-19, SAMHSA provided Coordinated Behavioral Care with a two-million-dollar grant to help address the immense unmet mental health needs in NYS. SAMHSA recognized that front line staff, especially those providing behavioral health services, also need support to address their personal and professional experiences with COVID-19. CBC TI is grateful to have used this funding to provide many of the trainings below.

#### Understanding/Talking with Your Clients about Suicide Risk and Suicide

CBC

August 3, 2022

Time 1:30pm-3:00pm

Trainers: [Dr. Bianca Nguyen](#) and [Emily Grissman, MA, CPRP](#)

**Training Description:** Conversations around suicide can be challenging but are deeply important in our line of work. In this training, providers will learn how to work with at-risk service recipients and to support those that are contemplating suicide. This information is integral to all providers' professional growth, and saves lives.

#### **Trainer Bios:**

[Dr. Bianca Nguyen](#) is a Public Psychiatry Fellow at Columbia / New York State Psychiatric Institute and recently joined the CBC team in August 2020 as part of her fellowship. She is a graduate of the adult psychiatry residency program at Columbia, where she served as Chief Resident. During residency, she deepened interests in teaching and medical education, focusing research and writing on psychiatry training, especially as it pertains to integrated care and improving the physical health of patients with severe mental illness. She received her dual MD/MPH degree from Tufts University School of Medicine.

[Emily Grossman, MA, CPRP](#), has worked in mental health for the last decade, beginning on the “front lines” as a peer specialist in community mental health in NJ. After several years, she transitioned to doing mental health provider training and systems change work at large organizations such as The Jewish Board, Columbia’s Center for Practice Innovations, and the New York Association of Psychiatric Rehabilitation Services (NYAPRS). In 2018, she was the winner of the National Council for Behavioral Health’s prestigious “Peer Specialist of the Year” Award. Currently, Emily is the Director of the Training Institute at Coordinated Behavioral Care, and has a small private peer specialist practice. Emily frequently speaks nationally about mental health recovery. She holds a Master’s in Education from Columbia University and a Bachelor’s from Rutgers.



# CBC Training Institute Webinars Training Descriptions

## August 2022

### [SAMHSA COVID Self-Care Training Series](#)

#### STAIR I

CBC

August 11, 2022

Time 11:00am-12:30pm

Trainers: [Juliana Steen, LMSW](#)

**Training Description:** Skills Training in Affective and Interpersonal Regulation (STAIR) is a short-term trauma-informed, skills-focused treatment for PTSD and depression symptoms. The STAIR model consists of a 3 part, 8-session, progressive intervention that helps individuals reduce PTSD symptoms, strengthen emotional regulation and management, and improve the quality of interpersonal relationships. Since this is a three-part training, it is strongly recommended that you participate in all sections of the training. Part I will consist of an overview of the model and will cover the content of sessions 1-3.

**Trainer Bio:** [Juliana Steen, LMSW](#) is the Director of Innovative Programs at CBC and a licensed social worker. She has a decade of experience working in the behavioral health care field in NYC in capacities ranging from case manager to psychotherapist to program director. She has worked with a wide variety of populations across systems and has a passion for public policy.

#### STAIR II

CBC

August 23, 2022

Time 10:30am-12:00pm

Trainers: [Juliana Steen, LMSW](#)

**Training Description:** Skills Training in Affective and Interpersonal Regulation (STAIR) is a short-term trauma-informed, skills-focused treatment for PTSD and depression symptoms. The STAIR model consists of a 3 part, 8-session, progressive intervention that helps individuals reduce PTSD symptoms, strengthen emotional regulation and management, and improve the quality of interpersonal relationships. Since this is a three-part training, it is strongly recommended that you participated in Part I prior to attending Part II. Part II will consist of a quick recap from session I and will cover the content of sessions 4-8. The third and final part of STAIR will be a wrap up of all 8 sessions.

#### Trainer Bio:

[Juliana Steen, LMSW](#) is the Director of Innovative Programs at CBC and a licensed social worker. She has a decade of experience working in the behavioral health care field in NYC in capacities ranging from case manager to psychotherapist to program director. She has worked with a wide variety of populations across systems and has a passion for public policy.



# CBC Training Institute Webinars Training Descriptions

## August 2022

### [SAMHSA COVID Self-Care Training Series](#)

#### Using Recovery Language

CBC

August 24, 2022

Time 10:30am-12:00pm

Trainer: [Emily Grissman, MA, CPRP](#)

**Training Description:** This training will look specifically at the language that we use when talking about behavioral health clients either with colleagues or to the clients themselves. We will explore what traditional model language is versus recovery language, and how to implement recovery language to improve services for the clients. This training will follow the tenet that “What I say about clients becomes how I treat clients, and how I treat clients becomes how they treat themselves.”

#### Trainer Bio:

[Emily Grossman, MA, CPRP](#), has worked in mental health for the last decade, beginning on the “front lines” as a peer specialist in community mental health in NJ. After several years, she transitioned to doing mental health provider training and systems change work at large organizations such as The Jewish Board, Columbia’s Center for Practice Innovations, and the New York Association of Psychiatric Rehabilitation Services (NYAPRS). In 2018, she was the winner of the National Council for Behavioral Health’s prestigious “Peer Specialist of the Year” Award. Currently, Emily is the Director of the Training Institute at Coordinated Behavioral Care, and has a small private peer specialist practice. Emily frequently speaks nationally about mental health recovery. She holds a Master’s in Education from Columbia University and a Bachelor’s from Rutgers.

#### STAIR III

CBC

August 30, 2022

Time 2:30pm-3:30pm

Trainers: [Juliana Steen, LMSW](#)

**Training Description:** This is final training on STAIR to wrap up the STAIR series that had two prior sessions this month.

#### Trainer Bio:

[Juliana Steen, LMSW](#) is the Director of Innovative Programs at CBC and a licensed social worker. She has a decade of experience working in the behavioral health care field in NYC in capacities ranging from case manager to psychotherapist to program director. She has worked with a wide variety of populations across systems and has a passion for public policy.



# CBC Training Institute Webinars Training Descriptions

## August 2022

### Health Home Virtual Office Hours

#### **CBC Health Home Weekly Virtual Office Hours (VOH)**

These weekly virtual office hours are led by a CBC Health Home staff member and is an open Q&A forum where Health Home CMA staff receive updates and announcements pertaining to the adult and children's Health Home programs. Participants are encouraged to bring questions that can be addressed by a live CBC staff representative.

**All sessions are from- 10am-11am**

8/5- VOH: HHSC HCBS POC Workflow Updates and Year 3 HCBS Audit Insights

8/12- VOH: Consents Training

8/19- VOH: Revenue Cycle Management Q&A

8/26- VOH: CBC Training Institute September 2022 Calendar Overview

#### **VOH: HHSC HCBS POC Workflow Updates and Year 3 HCBS Audit Insights**

August 5, 2022 10-11am

Presenters: Patricia Lyons, LCSW

**Description:** This VOH will focus on the Children's HCBS POC submission workflow, from pre-submission considerations and best practices to submission requirements to CBC and MCOs for initial and updated POCs. Additionally, CBC will share HH Lead insights from our recent HCBS Year 3 Audit. HHSC Care Management staff are encouraged to attend, especially those serving HCBS eligible members.

#### **VOH: Consents Training**

August 12, 2022 10-11am

Presenters: Alicia Rodgers and Tracie Jones

**Description:** This training will review HHSA and HHSC DOH consents for enrollment and information sharing, highlighting recent changes to the consent forms and policy. We will walk through requirements of how to complete consents and address FAQs.

#### **VOH: Revenue Cycle Management Q&A**

August 19, 2022 10am-11am

Presenter: Suzie Jean-Baptiste, Director, Revenue Cycle Management

**Description:** Suzie Jean-Baptiste, Director, Revenue Cycle Management will review of updates and announcements pertaining to Health Home Billing for the adult and children's programs as well as an open Q+A. All HHSA and HHSC Care management staff as well as Billing/Administrative staff are encouraged to join.



# CBC Training Institute Webinars Training Descriptions August 2022

## Health Home Virtual Office Hours

VOH: [CBC Training Institute September 2022 Calendar Overview](#)

August 26, 2022 10-11am

Presenters: Emily Grossman, MA, CPRP, Director, Training Institute and  
Chloé Whitewater, Program Administrative Assistant, Training Institute

Description: CBC Training Institute will offer highlights on upcoming September 2022 Training Calendar offerings.