



Magellan Behavioral Health of Pennsylvania, Inc. (Magellan) invites you to attend a
FREE Virtual and In-Person Training with CE Opportunities

SAFE CRISIS MANAGEMENT: A PERSON-CENTERED APPROACH TO PREVENTION & DE-ESCALATION FOR ADULTS WITH MH & IDD

This training is a skill building opportunity to help staff increase their knowledge and understanding of the value of crisis de-escalation strategies. This **two-part** training aims to enhance crisis and provider ability to support dually diagnosed individuals during periods of crisis, seeing them through to stability.

Dates: November 3rd, November 17th **(In-Person)**
November 9th, November 14th **(Virtual)**

Time: 9:00 AM- 1:00 PM

Location: Leigh County Government Center, 17 S 7th St, Allentown, PA 18101 **(In-Person)**
Zoom **(Virtual)**

System

Requirements: A device with internet connection and speakers to participate in live, interactive webinar.

Cost: **Free of Charge** - Registration is required.

Registration: **Please register below in advance.** When completing this registration, you will be asked to complete several questions to assess your knowledge regarding crisis de-escalation prior to the training. **Note: You are not expected to know the answers to the pre-test questions! Just respond with your best guess.** After registering, you will receive a confirmation email containing information about joining the meeting. ***Each individual participant must register and use the link they were sent to join the training. Sharing links will limit access.**

In-Person

November 3rd, 2023: [here.](#)

November 17th, 2023: [here.](#)

Virtual

November 9th, 2023: [here.](#)

November 14th, 2023: [here.](#)

Presenter:

Michelle L. Stagmer, MA, MEd, BCBA, NADD-CC

Michelle Stagmer comes to us with a Master in Arts and a Master in Education with an emphasis in Special Education. She is a Board-Certified Behavior Analyst and has a Clinical Certification with the National Association for the Dually Diagnosed. Michelle is an Executive Director with the Cornerstone Agency of PA who provide behavior support and supported living to adults with IDD and Mental Health, and she works part time with JKM as an Associate Trainer teaching Safe Crisis Management. She started her career in children's services but has been working mainly with the adult population since 2015 and enjoy almost every minute of it. Her focus is helping people see a person.

Continuing Education: CE clock hours are approved for counselors.

Target Audience: This webinar is targeted for all mental health and intellectual disabilities/autism professionals not limited to professionals working in in-patient and community-based healthcare settings as well as crisis support, residential facilities, community living arrangements (CLA), family living and support coordinators.

Learning Objectives:

At the conclusion of this training, participants will be able to:

Part 1: Preventing and Reducing Behavioral Opportunity

- Examine common misconceptions in the IDD & MH populations.
- Explain person centered care.
- Be able to use person-centered language.
- Increase skill in developing a culture of care.
- Be able to use a person-centered approach to care.
- Identify the importance of focus on positive attributes & not just behavior.
- Compare important to & important for & how to balance these needs.
- Determine our role as coach & how to support skill development.
- Increase knowledge about the motivation of behavior.
- Gain skill in understanding what is considered behavior.
- Be able to define trauma.
- Increase knowledge about how trauma effects the brain & body.
- Compare and contrast the three types of stress & their impact.
- Be able to understand & use the window of stress tolerance model.
- Apply the 4 behavior characteristics.
- Discover how to co-regulation plays a role in buffering stress.
- Analyze some of the key components of self-management.
- Examine the three levels of insult behavior and their impact.
- Be able to apply the components of self-talk in daily practice.
- Be able to apply objective thinking into daily practice.

Agenda:

8:45 A.M. - 9:00 A.M.	Registration
9:00 A.M. - 9:20 A.M.	Welcome: Introductions and Objective Review
9:20 A.M. - 10:00 A.M.	Prevention: Increasing Skill Set
10:00 A.M. -10:30 A.M.	Understanding the Individual As A Person
10:30 A.M. - 11:00 A.M.	Understanding Important To/For & Current Skill Levels
11:00A.M. - 11:40 A.M.	Positive Reframing: Emphasis on Behavior
11:40 A.M. - 12:10 P.M.	Trauma & The Brain
12:10 P.M. - 12:50 P.M.	Self-Management & Relationships
12:50 P.M. - 1:00 P.M.	Questions, Answers/Adjourn

Part 2: Defusing the Highly Volatile Situation

- Define the nature of crisis as constantly moving.
- Apply strategies in managing the environment during crisis.
- Demonstrate skills in professional boundaries & understand their role in crisis.
- Describe the physical characteristics of a person beginning to escalate.
- Distinguish between rational & intuitive judgement.
- Identify what impacts our judgement & decision making.
- Improve judgment & decision-making.
- Increase skills in interrupting negative energy.
- Identify the 10 domains of de-escalation.
- Use non-verbal strategies during de-escalation.
- Apply when & how to use encouragement strategies.
- Apply when & how to use discussion strategies.
- Apply when & how to use direction strategies.
- Increase skills in the use of validation.
- Increase skills in the use of positive correction.
- Increase skills in how to approach an escalated individual.
- Discover when to seek further support and/or outside resources.
- Identify the cycle & impact of emergency safety intervention use.
- Increase skill in the art of debriefing.
- Discover approaches to plan development following a crisis event to prevent future events.

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8:45 A.M. - 9:00 A.M.	Registration
9:00 A.M. - 9:20 A.M.	Welcome: Introductions and Objective Review
9:20 A.M. – 9:30 A.M.	Understanding Mindfulness: The Football Analogy
10:00 A.M. -10:30 A.M.	Relationships & Communications
10:30 A.M. - 11:00 A.M.	Environment Management & Judgement Strengthening
11:00A.M. - 11:40 A.M.	De-Escalation Strategies
11:40 A.M. - 12:10 P.M.	Debriefing & Positive Support Planning
12:10 P.M. - 12:50 P.M.	Discussion Strategies & Scenario Activity
12:50 P.M. - 1:00 P.M.	Questions, Answers/Adjourn

Eligible CE Clock Hours (4.0)

Upon request, all other health care professionals completing this event will be issued a certificate of participation. For information on applicability and acceptance of CE credit for this activity, please contact your professional licensing board.

How to Obtain CE Clock Hours

To obtain CE clock hours you must attend the live webinar in its entirety and complete the course CE evaluation via a web link to be given after the conclusion of the course. Upon completing the course requirements, you will be issued a certificate. Partial attendance is not accepted. After completion of course requirements, a certificate will be issued online to download and print.

If you have questions about the course requirements or CE clock hours, contact:

Chasie Kearney, MS
Magellan Behavioral Health of Pennsylvania
E-Mail: kearneyc@magellanhealth.com

CE Approval Statements



Magellan Health, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6233. Programs that do not qualify for NBCC credit are clearly identified. Magellan Health is solely responsible for all aspects of the program.

Commercial Support

Magellan Health did not receive any commercial support for this continuing education programs. If you have questions or would like additional information regarding the content or level of this activity, the speaker's potential or known conflicts of interest, activities not offered for CE credit, and/or technical assistance, contact:

Chasie Kearney, MS
Magellan Behavioral Health of Pennsylvania
E-Mail: kearneyc@magellanhealth.com

Requesting Special Accommodations

Magellan Health will make reasonable accommodations for participants with physical, visual, or hearing impairments. To arrange appropriate access accommodations, contact:

Chasie Kearney, MS
Magellan Behavioral Health of Pennsylvania
E-Mail: kearneyc@magellanhealth.com

Complaints and Grievances

To express a complaint or grievance, contact:

Magellan/CE Administrator
E-Mail: ce@magellanhealth.com

Continuing Education Policy and FAQs

Contact Magellan/CE Administrator at ce@magellanhealth.com to request a copy of the Continuing Education Policy and FAQs.