



PROVIDER ALERT

Culture of Learning

Oct 1, 2023

Alert Summary: This alert includes information about Optum Idaho offering training to promote a culture of learning with various courses available in Relias. This alert will also inform providers of up-coming training dates for Mental Health First Aid and CPI.

It's important to foster a culture of learning outside of formal education to encourage personal growth and adaptability. Some sources say learning purely for fun is important for personal growth and well-being. Engaging in enjoyable learning activities can serve as a stress reliever. The Optum Education and Training team has access to ready-to-use trainings that were created by experts. We have curated a list of courses that might expand an interest on a topic or just to learn something for fun. These classes are available in Relias and via the weblinks.

Note: If you choose the website link to access the course it will not keep track of your progress or where you left off. If you access the courses in Relias, it will keep track of where you left off and you can finish the course at a later time. To access in Relias select the [link](#) and search the title of the course. These classes are not available for CEU's.

- [5 Tips for Better Naps](#)
- [How to Identify and Stop Using Ableist Language](#)
- [5-Day Challenge to Improve Your Mental Health](#)
- [Beating Burnout: Spot the Symptoms and Take Action](#)

As a reminder the following trainings are coming up for MHFA and CPI:

Youth MHFA (10 a.m. to -4 p.m. MST) 1-session

October 26th (No CEU's available)

November 15th (CEU's available)

December 14th (No CEU's available)

Adult MHFA (9 a.m. to noon MST - must attend both sessions listed)

Oct. 31 and Nov. 2 (CEU's available)

Click here to register for any of the above MHFA classes: [Optum Mental Health First Aid Interest \(jotform.com\)](#)

Crisis Prevention Institute training

The Education and Training team revamped the Foundations and the Refresher. The following dates are still available for 2023. The 2024 schedule will be out in December.

<u>Oct. 11</u>	<u>9 a.m. - 1 p.m.</u> <u>(MT)</u>	<u>CPI</u> <u>Foundation</u>
<u>Nov. 7</u>	<u>9 - 11 a.m. (MT)</u>	<u>CPI Refresher</u>
<u>Nov. 8</u>	<u>9 a.m. - 1 p.m.</u> <u>(MT)</u>	<u>CPI</u> <u>Foundation</u>
<u>Dec. 13</u>	<u>9 a.m. - 1 p.m.</u> <u>(MT)</u>	<u>CPI</u> <u>Foundation</u>

CPI certification is **required** for all bachelor's level paraprofessionals prior to the delivery and submission of claims for crisis services. A copy of a valid and current CPI card must be kept in the HR file for review during an audit.

Thank you,

The Optum Idaho Education and Training Team