

## **Enhancement Training Class Descriptions**

**Enhancement Training:** These classes provide specialized or advanced information on a variety of topics based on the specific needs of individuals supported. Registration is by mail, fax, or E-mail. Any of these classes that do not appear on the current schedule may be requested for separate scheduling, subject to class size limitations and the availability of instructors and classrooms.

Class content descriptions:

### **Advanced Health and Medications**

The body systems and their functions and components; major signs and symptoms of illness or disability related to each system; commonly prescribed medications related to each system and implications for care. (12 hours)

### **Alzheimer's Disease: Keys for Care Givers**

An orientation to the disease for care givers in the mental health field; defining and describing Alzheimer's Disease; risk to people with mental disabilities; early identification and intervention; supporting strategies for people with Alzheimer's Disease; problem situation strategies; caring for the care givers. (3 hours)

### **Annual Rights and Due Process Update**

Staff registering for this class must have already attended the entry-level training on Recipient Rights (Unit 2) and introductory Due Process training. This is an annual update class reviewing and updating the rights of individuals covered by the Michigan Mental Health Code; clarifying issues of rights, abuse, and neglect; staff responsibility for the protection of individuals; recording and reporting requirements; methods for individuals supported and their families to appeal decisions regarding the eligibility for and delivery of services; includes content on actions that can be appealed, notification requirements, and grievance and appeal options. This training is also available online at [www.occmha.org](http://www.occmha.org). (3 hours)

### **Back Power: Back Injury Prevention**

Proper lifting and strengthening techniques; critical knowledge about the back system and simple flexibility; basic exercises which can be done at work to build a strong healthy back and address future back problems. (3 hours)

### **Basic Sign Language**

Beginning skills in sign language; methods to increase receptive communication skills of nonverbal individuals; about 100 basic signs and additional resources are presented and drilled. (2 hours)

### **Blind Mobility**

Demonstration and practice with adapted skills and aids to enable personnel, through enhanced skills and insights, to deal confidently and competently with persons who have visual impairments. (2 hours)

### **Bloodborne Pathogens Introduction**

An understanding of bloodborne pathogens and universal precautions; identification of possible risks of exposure and protection methods; this class satisfies OSHA requirements for initial bloodborne pathogens training. (3 hours)

### **Bloodborne Pathogens Update**

This class satisfies the OSHA annual update requirement for category "A" employees (employees with anticipated risk of exposure) who have previously had the initial bloodborne pathogens training. (1.5 hours)

**Cholesterol Restricted/Low Fat Diets**

The major difference between triglycerides and cholesterol; making adjustments from a regular diet to lower total fat, lower saturated fat, and lower cholesterol; attaining and maintaining ideal body weight; practice in making low fat modifications to menus. (2 hours)

**Communication Options for the Nonverbal** (formerly “Dynamic Communication”)

Skills in recognizing nonverbal communication modes; understanding a person’s message through gazes, sounds, movements and gestures, behavior, and approach or avoidance; introduction to communication devices and materials. (2 hours)

**Cultural Competency and Limited English Proficiency Update**

General review of the concepts and practice of cultural diversity and multicultural awareness in organizations, suitable for all levels of employees with an emphasis on awareness of cultural perspective and needs of the individuals supported; providing culturally competent and culturally enhancing services; providing services to individuals, their families, and others who have limited skills in the English language, including persons with hearing or visual disabilities; making available services available to all eligible individuals, without regard to their language skills; ensuring meaningful participation of individuals supported in services delivery. (3 hours)

**Dental Health**

The need for daily oral care -- demonstration of tooth brushing and flossing; relationship between oral health and total health. (1.5 hours)

**Diabetic/Hypoglycemic Diets**

What diabetes and hypoglycemia are; symptoms of the diseases; why meal planning is important; the relationship of diet and insulin in both disorders. (2 hours)

**Dysphagia and Textures**

Define and identify dysphagia; identify various food textures; creative production techniques for the various food textures; making meals nutritious, appetizing, and pleasing to the eye. (3 hours)

**Fat Controlled Diets**

The major difference between triglycerides and cholesterol; making adjustments from a regular diet to lower total fat, lower saturated fat, and lower cholesterol; attaining and maintaining an ideal body weight; practice in making low fat modifications to menus. (2 hours)

**Fire Safety**

Fire safety requirements; protection plans, fire drills, e-scores, records maintenance, and other fire safety issues. (2 hours)

**First Aid for Laundry**

Brushing up on skills in the laundry room; solving laundry problems, while taking proper care of clothing and fabrics. (2.5 hours)

**Food Service Standards**

Familiarity with the standards and guidelines for food service; causes and prevention of food-borne illness; safe food temperatures; proper food handling; how to prevent cross-contamination; the role of health and cleanliness in relation to food safety. (2 hours)

**Grief and Loss**

Bringing some understanding to the grief process; how to work through the loss; how eventually to live and function productively with the loss. (2 hours)

### **Healthy Eating**

The basics of nutrition; “Food Bingo” for prizes to reinforce learning about the Food Guide Pyramid; tips on shopping and meal preparation to save time and make healthier dishes; foods which are rich sources of vitamins and minerals to enhance the individual’s health. (2 hours)

### **Hepatitis/Universal Precautions**

The characteristics of the Hepatitis B virus (HBV), HBV symptoms; the Hepatitis B vaccine; universal precautions and regulated waste procedures. (3 hours)

### **In My Town: Community Presence and Participation**

Assisting individuals in developing fuller community participation; access to the community in which a person lives; opportunities available within the community; fostering acceptance from others in the community. (4 hours)

### **Individual Program Planning & Person-Centered Planning for Home Managers**

An understanding of the Person-Centered Planning process; how to develop individual plans of service that embrace the philosophy of this process. (2 hours)

### **Infectious Disease Control**

A general overview of the infectious process, how communicable diseases are spread, and how to protect yourself and the individuals you support; an introduction to bloodborne pathogens and universal precautions. (2 hours)

### **Medication Update**

A refresher for care givers needing a review of medication administration and documentation; understanding common medication errors; the importance of checking the 5 Rights; the value of accurate transcription and documentation; prevention of medication errors. (6 hours)

### **Menu Planning for Group Home Managers**

This class addresses the basic daily nutritional guidelines as set by the USDA Food Guide Pyramid and how to interpret the guidelines for meal planning. The participant will learn to identify the major points of menu planning and how to plan a menu that is attractive, appetizing, nourishing, and cost effective. Seasonal changes in menu writing will also be reviewed. Participants will be asked to plan a one-day menu in class. (2 hours)

### **Psychotropic Medications**

Classes of psychotropic medications and how they affect a person’s behavior, thoughts, feelings, and consciousness; recognizing the expected effect, possible side effects, and potential adverse reactions of certain psychotropic medications. (3 hours)

### **Seizure Disorders**

To help better meet the needs of consumers when someone has a seizure; the training is tailored to meet the needs of the audience; recognition of various types of seizures; what can trigger seizures; seizure first aid and follow-up care; dispelling myths and stigmas associated with epilepsy. (2.5 hours)

### **Sodium Restricted Diets**

What sodium is; why sodium is restricted for individuals; what foods are high in sodium; making substitutions on the menu for sodium restricted diets. (2 hours)

### **Weight Control**

Causes of overweight and obesity; ways to achieve weight loss, weight gain, and maintaining weight; planning weight loss and weight gain diets. (2 hours)