



Philadelphia Coordinated Health Care  
a core program of PMHCC, Inc.

Empowerment through  
**education**, support and advocacy

**Philadelphia Coordinated Health Care**

A Core Program of



Funding provided by Philadelphia Department of Behavioral Health/Intellectual disAbility Services, the Bucks, Chester, Delaware and Montgomery County Offices of Intellectual/Developmental Disabilities and the Office of Developmental Programs, Pennsylvania Department of Public Welfare

A large, stylized graphic featuring the letters 'PCHC' in a bold, black, sans-serif font. The letters are surrounded by various colorful shapes: a yellow circle behind the 'P', a yellow triangle behind the 'C', a teal square behind the 'H', and a pink square behind the 'C'. Below the 'PCHC' text is the title 'Training Topic List' in a bold, black, sans-serif font. The entire graphic is framed by a thin orange line that forms a large, irregular shape. In the center of this graphic is a photograph of a woman in a striped shirt standing at the front of a classroom, pointing at a screen. Several people are seated at desks in the foreground, looking towards the screen. The background of the photo is a bright, modern office or training room.

# **PCHC**

## **Training Topic List**

You can schedule any of our trainings listed by calling the Education Department at 215-546-0300 ext. 3206 or by filling out the Training Request Form located on our website at [www.pchc.org](http://www.pchc.org) and faxing it to 215-790-4976.

# Behavioral Health



1. Anxiety Disorders
2. Assessment and Tracking of Mental Health Symptoms for People with Dual Diagnosis
3. Bi-Polar and Related Disorders (includes Depressive Disorders)
4. Bridging the GAP Between Physical and Behavioral Health Teams (for Nurses only)
5. Debriefing
6. Dual Diagnosis: Navigating the Mental Health System
7. Grief and Loss
8. Identifying People at Risk — for Supports Coordinators
9. Integrated Health and Dual Diagnosis
10. Intellectual Disabilities and Psychiatric Disorders (for Clinicians and Psychiatrists)
11. Obsessive-Compulsive and Related Disorders
12. Overview of Dual Diagnosis
13. Overview of Suicide
14. Personality Disorders
15. Psychiatric Discharge Planning
16. Role and Function of the Behavior Specialist
17. Schizophrenia Spectrum and Other Psychotic Disorders
18. Seasonal Depression
19. Substance Related and Addictive Disorders
20. Supporting an Individual with a Genetic Syndrome and Mental Health Challenges
21. Team Review Form of Psychotropic Medications
22. Team Tools to Optimize Behavioral Health Outcomes
23. Understanding Aggression
24. Understanding the PCHC Integrated Health Clinical Review Process

# Public Health



1. Bed Bugs
2. Community Safety for Individuals with I/DD
3. ER, Hospitalization & Discharge Planning
4. Family HIRS (Bilingual)
5. How to Write a Lifetime Medical History
6. Insurance 101
7. PCHC Overview
8. Personal Preparedness
9. Total Wellness: Physical, Mental and Social
10. Wheelchairs: Obtaining Durable Medical Equipment (DME)
11. Winter Safety
12. Working with People with I/DD

# Physical Health



1. ABC's of Medical Monitoring
2. Aging
3. Allergies
4. Alzheimer's Disease
5. Aneurysms
6. Angelman's Syndrome
7. Antibiotic Resistant Bacteria
8. Arthritis
9. Asthma
10. Bloodborne Pathogens
11. Body Mechanics
12. Body Systems & Common Diagnoses
13. Breast Cancer
14. Breast Wellness
15. Bronchitis
16. Cancer Screening
17. Cardiovascular Disease
18. Celiac Disease
19. Cerebral Palsy
20. Cerebrovascular Accident (CVA/Stroke)
21. Cholesterol
22. Circulatory Problems
23. Colostomy Issues
24. Common Chronic Health Conditions
25. Common Medications & Side Effects
26. Congestive Heart Failure
27. Dehydration
28. Dementia
29. Development & Implementation of Health Promotion Activity Plans
30. Diabetes
31. Down Syndrome
32. Dysphagia
33. Eating Healthy
34. Emphysema
35. End of Life Planning
36. Endocrine Disorders
37. Eye Conditions
38. Falls
39. Fetal Alcohol Syndrome
40. Feeding Tubes
41. Food Safety
42. Foot Conditions
43. Fragile X Syndrome
44. Gastrointestinal Disorders
45. Genetic Disorders
46. GERD (Gastro Esophageal Reflux Disease)
47. H. Pylori
48. Health Care Planning in the ISP
49. Health Promotion
50. Helpful Tips for Medication Administration
51. Hydration
52. Hypertension/High Blood Pressure
53. Infection Control
54. Interpreting Labs
55. Kidney Dysfunction
56. Lactose Intolerance
57. Lennox Gastaut Syndrome
58. Lyme Disease
59. Medical Decision Making
60. Medical Diets
61. Medical Equipment & Supplies
62. Medical Risk Management
63. Medical Terminology
64. Medication Safety
65. Men's Health Issues
66. Menopause
67. Nutrition
68. Oral Hygiene
69. Organ Failure
70. Osteoporosis
71. Overview of Physical & Occupational Therapies
72. Overview of Syndromes
73. Pacemakers
74. Pain Assessment/Management
75. Pandemic Flu Preparedness
76. Parkinson's Disease
77. Personal Hygiene
78. Prader-Willi Syndrome
79. Pressure Ulcers
80. Prostate Cancer
81. Seizure Management
82. Shingles
83. Signs and Symptoms of Illness
84. Skin and Related Conditions
85. Skin Cancer
86. Sleep Disorders
87. Smith-Magenis Syndrome
88. Strokes
89. Supporting People with Terminal Illness
90. Symptom Management
91. Thyroid Disease
92. Tourette Syndrome
93. Transfers & Positioning Overview
94. Transient Ischemic Attack (TIA)
95. Tuberous Sclerosis
96. Upper Respiratory Health
97. Urinary Incontinence
98. Urinary Tract Infection
99. Vaccines
100. Vagal Nerve Stimulation
101. Visual Problems
102. Women's Health Issues

# General Dual Diagnosis Curriculum Outline

## 1. Introduction

- a. Dual Diagnosis in the U.S: Past, Present and Future
- b. Naming It: Mental Health Challenges and People with an Intellectual Disability

## 2. Physical Health and Intellectual/Developmental Disability

- a. Signs and Symptoms of Physical Illness
- b. Common Chronic Health Conditions
- c. Common Medications and Side Effects
- d. Overview of Syndromes
- e. Older Adults and Dual Diagnosis
- f. Communicating with the PCP and other Medical Specialists

## 3. Understanding Behavior

- a. Understanding Trauma-Informed Care and Stressful Life Events
- b. Target Symptoms of Mental Health Challenges versus Challenging Behavior
- c. Autism Spectrum Disorders

## 4. Mental Health and Intellectual/Developmental Disability

- a. Intellectual Disability and Psychiatric Disorders
- b. Communicating with the Psychiatrist

## 5. Everyday Lives and Recovery

- a. Mental Health Wellness and Recovery
- b. The Role of *Everyday Lives* and Recovery
- c. Mental Health Therapy and Dual Diagnosis
- d. Functional Behavior Assessment and Behavior Support Planning
- e. Psychotropic Medication
- f. Crisis Supports and Debriefing
- g. Stress Management for the Direct Support Professional

**\*\*All of the Curriculum Trainings will be presented in large group settings.\*\***

# Online Trainings



## **Provider Staff**

1. Bed Bugs
2. Challenging Behaviors
3. Communicating with the Psychiatrist
4. Constipation
5. Diabetes
6. Dysphagia
7. Emergency Preparedness
8. End of Life
9. Getting a Wheelchair
10. Health Promotion in the Aging Population I: *An Overview of Aging in Adults with IDD*
11. Health Promotion in the Aging Population II: *An Overview of the Gastrointestinal System*
12. Health Promotion in the Aging Population III: *The Integumentary System*
13. Health Promotion in the Aging Population IV: *The Musculoskeletal System*
14. Hospitalization Admission & Planning
15. Insurance 101
16. Men's Health
17. Obsessive Compulsive Disorder (OCD)
18. Oral Hygiene
19. Prader-Willi Syndrome
20. Psychotropic Medications
21. Skin Health: Preventing Pressure Wounds
22. Stress Management
23. Team Review Form
24. Travel Safety
25. Understanding Aggression in Individuals With Dual-Diagnosis
26. Understanding Behavior as Communication

## **Individual and Families**

1. Emergency Preparedness
2. Friendship
3. Understanding Mental Health Challenges
4. Summer Safety
5. Winter Safety
6. Preventing Falls
7. How to Be Safe When Using Social Media