

BH WELL CONTINUING EDUCATION (CE) OPPORTUNITITES

Behavioral Health Wellness Environments for Living and Learning (BH WELL) exists to promote behavioral health and wellness among individuals facing behavioral health challenges. We are housed at Eastern State Hospital's Research Suite (3A15). BH WELL offers five **free, on-demand** training courses that comprise 5 hours of Continuing Education credit.

SIMULATED SCENARIOS SERIES

Each course in this series is approved for 1 CE through the Kentucky Board of Nursing and through the Kentucky Board of Social Work.

This course series features four scenarios where a clinician interacts with a patient living with either ADHD, Major Depressive Disorder, Substance Use Disorder, or Schizophrenia. The clinician aids each patient in stopping tobacco use by employing the 5A's: Ask, Advise, Assess, Assist, and Arrange. Each course includes a training video, pre and post tests, and a discussion. Below are the course options:

1. ENDS Use and ADHD
2. Tobacco Use and Depressive Disorder
3. Tobacco Use and Substance Use Disorder
4. Tobacco Use and Schizophrenia



STOPPING SMOKING MINDFULLY

This course is approved for 1 CE through the Kentucky Board of Nursing (#4-0700-12-24-807) and through the Kentucky Board of Social Work (KBSWSP 202341).

There are three primary learning outcomes for this training:

1. Describe factors associated with tobacco use dependence among persons living with mental and behavioral health challenges.
2. Describe evidence-based mindfulness treatment approaches when providing tobacco dependence services to persons living with mental and behavioral health challenges.
3. Implement mindfulness activities and resources to enhance tobacco treatment for those living with mental and behavioral health challenges.

