

13. Self-Care Strategies for Providers

- **Description:** Techniques and strategies for preventing burnout and maintaining wellness, crucial for professionals in high-stress environments.
- **Relevance:** Timely and necessary for sustaining productivity and mental health.
- **Training Requirements:**
 - Hours: 6 hours
 - Prerequisites: None required.
 - Field Supervision: None required.
 - Materials: Self-care plans and resources.
 - Textbook: "Self-Care for the Mental Health Professional" (Current Cost: \$45.00)
- **Cost:**
 - Individual Rate: \$150 (with textbook: \$195.00)
 - Group Rate (5 or more): \$125 per participant (with textbook: \$170.00)

14. Advanced Assessment Tools and Techniques

- **Description:** An overview of methodologies for accurate client evaluations, beneficial for all case management professionals.
- **Relevance:** Allows case managers to improve assessment skills for better service delivery.
- **Training Requirements:**
 - Hours: 6 hours
 - Prerequisites: Previous experience in case management.
 - Field Supervision: None required.
 - Materials: Assessment frameworks and toolkits.
 - Textbook: "Assessment Strategies for Case Managers" (Current Cost: \$50.00)
- **Cost:**
 - Individual Rate: \$150 (with textbook: \$200.00)
 - Group Rate (5 or more): \$125 per participant (with textbook: \$175.00)

15. Understanding Social Determinants of Health

- **Description:** This training explores how factors such as race, socioeconomic status, and environment impact health outcomes and service delivery.
- **Relevance:** Essential for a holistic approach to health care and case management.
- **Training Requirements:**
 - Hours: 5 hours
 - Prerequisites: None required.
 - Field Supervision: None required.
 - Materials: Resource materials on social determinants of health.
 - Textbook: "Social Determinants of Health in the Spotlight" (Current Cost: \$40.00)
- **Cost:**
 - Individual Rate: \$125 (with textbook: \$165.00)
 - Group Rate (5 or more): \$100 per participant (with textbook: \$140.00)

16. Crisis Management: Strategies That Work

- **Description:** Practical training on effectively managing crises within case management, focusing on proven strategies and intervention techniques.
- **Relevance:** Important for case managers and healthcare providers dealing with high-pressure situations.
- **Training Requirements:**
 - Hours: 6 hours
 - Prerequisites: None required, but experience in healthcare is beneficial.
 - Field Supervision: None required.
 - Materials: Crisis management tools and scenario-based exercises.
 - Textbook: "Crisis Management: A Practical Guide for Professionals" (Current Cost: \$70.00)
- **Cost:**
 - Individual Rate: \$150 (with textbook: \$220.00)
 - Group Rate (5 or more): \$125 per participant (with textbook: \$195.00)