

CalMHSA CEs



Certified Peer Support Specialists can advance their career with CalMHSA-approved continuing education opportunities available through the **Wellbeing for LA Learning Center CLEAR Portal**. The UCLA Child & Youth Behavioral Health Center of Excellence (COE) is a Continuing Education (CE) provider. Available trainings support ongoing professional accreditation, skill-building, and workforce advancement for California's peer support workforce.

The CLEAR platform and the CE courses are available to certified Medi-Cal Peer Support Specialists.

Trauma and Resilience Informed Care: Everyday Strategies

1 hour CE credit available

This course offers certified Medi-Cal Peer Support Specialists continuing education (CE) credits, if eligible. This course is not just for care professionals; it explores trauma and resilience informed care, its six core principles, and the impact of stress and trauma in ways that are accessible for everyone. Using evidence-based materials, participants will engage in active learning and reflect on real-life applications. These practices can be applied at work, in daily interactions, and at home. The course also highlights healing strategies that emphasize the power of relationships.

The Impact of Trauma on the Brain and Pathways to Healing

1 hour CE credit available

Stress and trauma can take a significant toll on the minds and bodies of individuals and families. This course will provide an inside look at the potential impact that stress and trauma on the brain and how that affects everyday living. This course also highlights ways in which intentional healing can begin. A trauma and resilience informed lens is also described, supporting learners in ways to "focus on the wins."

Shifting Perspectives: Adopting a Trauma & Resilience Informed Lens

1 hour CE credit available

Employing a trauma and resilience informed lens in your work requires practice. Take this course and learn alongside fictional county employees as they adopt and practice the core principles of trauma and resilience informed care to improve their interactions with the people around them in the "real world." Consider how applying the skills taught in this video can enhance your current work practices.

Enhancing Family Engagement Through Adaptive Practices

1 hour, 30 minutes CE credit available

This course is designed to support facilitators and clinicians who work with adolescents and youth involved in various systems (e.g., child welfare, juvenile justice, residential treatment, foster care, and more). When working with youth and adolescents in these settings, facilitators experience distinct challenges when engaging with the youth's family. In this course, facilitators will enhance family engagement and appreciation while building a more positive family climate for the youth and their families. Facilitators will learn specific strategies such as tokens of appreciation to share with.



Foundations for Building Family Resilience

1 hour CE credit available

FOCUS (Families Over Coming Under Stress) is used to teach strategies for building resilience in families, within the context of each family's story and goals. Use the FOCUS techniques to help the families you work with to stay strong and support one another during times of stress or transition.



Enhancing Professional Wellbeing

2 hours CE credit available

The Enhancing Professional Wellbeing course is designed to explore ways to maintain personal wellbeing, support a positive working environment, and reduce feelings of burnout. Learn about wellbeing from fellow LA County employees and explore fictional situations to gain strategies for supporting professional wellbeing.



Ensuring Privacy and Confidentiality in Peer Support and Community Mental Health

1 hour CE credit available

This course offers Certified Medi-Cal Peer Support Specialist Continuing Education (CE) credits, if eligible. This course will help participants understand the significance of privacy and confidentiality when engaging with communities. It will cover legal aspects and delve into ethical issues, and provide guidance on how to safeguard protected health information (PHI) and determine when to share or withhold it. Through various examples and scenarios, participants will gain practical skills that can be applied in both community outreach and workplace settings.



Job Preparation and Readiness

1 hour CE credit available

This course offers certified Medi-Cal Peer Support Specialists continuing education (CE) credits, if eligible. Job Preparation and Readiness is designed to empower participants in their career development by reviewing job preparation skills. Participants will learn strategies for studying and test taking, crafting resumes and cover letters, gearing up for a job interview, and utilizing a network or other career resources.