What is Psychoeducation?

Psychoeducation is one of the thirteen psychosocial rehabilitative services that can be provided through the CCS program. Psychoeducation focuses providing education, information, and support around understanding a mental health or substance use issue. While psychoeducation can be an individual-based service, it is more commonly applied in support group structure where individuals come together to understand their shared condition, learn general skills to manage their symptoms, and provide emotional support to one another.

Psychoeducation is also available to family members and natural supports. This can also be on an individual or group basis, as friends and family receive emotional support, gain better understanding of their loved one’s diagnosis and impacts to their daily life, and can also learn different ways to support their loved one.

Psychoeducation is closely related to psychotherapy or counseling, but differs in one main distinction: psychotherapy focuses on the individual’s unique impacts and patterns from a condition (e.g. how is ADHD impacting your specific abilities, daily routines, and relationships) whereas psychoeducation focuses on educating about the generalized impacts of a condition (e.g. how does ADHD typically impact people, and general strategies that help most people manage symptoms).

Psychoeducation is also closely related to Wellness Management and Recovery Services, but differs in the amount of actionable support that is offered. Wellness services may include some psychoeducation, but expands supports further by assisting individuals or natural supports with developing new routines and practicing skills they have gained information about.

Resources:
- "What is Psychoeducation and Why Does it Matter?"
- Family Psychoeducation Evidence Based Practices Kit (SAMHSA)
- National Institute on Drug Abuse: Psychoeducation Publications & Handouts

🌟 Kudos 2 You: Reflections of a Job Well Done

⭐ Mastering Life Skills: “Stacy does a great job communicating her intervention plan, and finding ways to motivate consumers to keep moving forward in their recovery journey”

⭐ Peace of Mind: “The therapists at Peace of Mind are doing good work with consumers and families”. “They are active in attending team meetings and coordinating service focus with other agencies”

If you notice another staff/agency/community partner doing good work or going the extra mile, nominate them by sending a brief description to Ryan Ross rross@lacrossecounty.org

In This Issue
- “What is... Psychoeducation?”
- Talking Points: Clinical Supervision v. Training
- Upcoming Meetings & Trainings
- Upcoming Events
## Clinical Supervision vs Training

### Clinical Supervision

- **Purpose:** to support practitioners, protect client interests, ensure professional standards are met, ensure quality services are being delivered by competent staff
- **Goal:** personal & professional development of staff by assisting with how to apply knowledge and skills in a practical setting
- **Agenda:** fluid, based on supervisee skills needed and reflective discussion with supervisor
- **Process:** includes teaching specific skills and assessing use, performance, and efficacy
- **Assessment:** is by individual or group needs
- **Content:** varies based on reflective discussion between supervisee and supervisor
- **Time Frame:** Open-ended and ongoing

**Requirements within the CCS Program:**
- 1 hour per week or for every 30 hours of face-to-face services provided (non-clinical licensed staff)
- 1 hour for every 120 hours of face-to-face services provided (licensed clinical therapists and doctorate level providers)

### Training

- **Purpose:** to increase knowledge base, improve knowledge of clinical skills, ensure standard knowledge base among providers
- **Goal:** to transfer knowledge and increase basic skill sets
- **Agenda:** rigid, pre-planned curriculum topic lead by a trainer
- **Process:** includes teaching knowledge base and assessing comprehension of material
- **Assessment:** is by agency or program needs
- **Content:** established topics with a pre-planned curriculum being instructed toward listeners
- **Time Frame:** Short-term, “one and done”

**Requirements within the CCS Program:**
- 30 hours of pre-training for individuals without at least a bachelors degree in a human service related field
- 40 hours of initial orientation training for all individuals
  - OR -
  - 20 hours of initial orientation training with at least 6 months of experience providing services in mental health/substance use
- 8 hours of continuing education each year related to mental health/substance use services provided by the practitioner

Resources:
- DHS 36 (Comprehensive Community Services)
- Substance Abuse & Mental Health Services Administration TIP 52: Clinical Supervision and Professional Development
Upcoming Events

Meetings

- **Community-Based Provider Clinical Support Groups:**
  - 1st Thursday (11/7): 1:30-2:30pm @ La Crosse County Human Services #2002
    - Skype Lync: Join Skype Meeting
  - 3rd Tuesday (11/19): 10-11am @ La Crosse County Administration #1107
    - Skype Lync: Join Skype Meeting
  
  *Who Should Attend: Any direct provider of CCS services.*

- **Residential Clinical Support Teleconference Groups:**
  - 2nd Tuesday (11/12): 9-10am @ (605) 472-5637   Code: 994794#
    - Skype Lync: Join Skype Meeting
  - 4th Monday (11/25): 2-3pm @ (605) 472-5637   Code: 994794#
    - Skype Lync: Join Skype Meeting
  
  *Who Should Attend: Any direct provider of CCS residential services*

- **WRIC Contracting Meeting/Vendor Conference**
  - Monday November 25 from 10am-12pm at La Crosse County Human Services Basement Auditorium. Will discuss updates to vendor contracts and program requirements
  
  *Who Should Attend: Directors, Administrative, Fiscal staff*

Trainings

**CCS Core Curriculum** *(free resources)*

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
<th>Location</th>
<th>Info &amp; Registration Here</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 6</td>
<td>10:00am—</td>
<td>Recovery Focused Principles and Interventions</td>
<td>La Crosse County Administration #1107</td>
<td>Info &amp; Registration Here</td>
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<td></td>
<td>11:30am</td>
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<tr>
<td>Nov 13</td>
<td>10:00am—</td>
<td>Non-Violent Crisis Response</td>
<td>La Crosse County Administration #1107</td>
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<td></td>
<td>11:30am</td>
<td>Self-Care &amp; Crisis Cycle</td>
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<td>Nov 20</td>
<td>10:00am—</td>
<td>Non-Violent Crisis Response</td>
<td>La Crosse County Administration #1107</td>
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<tr>
<td></td>
<td>11:30am</td>
<td>Crisis Communication</td>
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<tr>
<td>Online</td>
<td>Ongoing</td>
<td>CCS Program Training/Orientation</td>
<td>CCS Online Training Partnership</td>
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**Other Trainings**

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<tr>
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<th>Time</th>
<th>Topic</th>
<th>Location</th>
<th>Info &amp; Registration Here</th>
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<tbody>
<tr>
<td>Nov 7</td>
<td>11:00am—12:00pm</td>
<td>Use of Self in Services <em>(free)</em></td>
<td>WPPNT Teleconference</td>
<td>877-820-7831 Code: 107633#</td>
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<tr>
<td>Nov 14</td>
<td>8:00am—2:00pm</td>
<td>Expanding and Strengthening Inclusive Communities ($$)</td>
<td>Western Tech College, La Crosse</td>
<td>Info &amp; Registration Here</td>
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<td>Nov 16</td>
<td>10:00am—12:00pm</td>
<td>Impacts of Racial Disparities on Well-Being of La Crosse</td>
<td>English Lutheran Church, La Crosse</td>
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<td>Nov 21</td>
<td>11:00am—12:00pm</td>
<td>Motivational Interviewing Overview <em>(free)</em></td>
<td>WPPNT Teleconference</td>
<td>877-820-7831 Code: 107633#</td>
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<tr>
<td>Dec 3-4</td>
<td>All Day</td>
<td>Hate &amp; Bias Response Symposium ($$$)</td>
<td>UW-La Crosse</td>
<td>Info &amp; Registration Here</td>
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<tr>
<td>Dec 5</td>
<td>11:00am—12:00pm</td>
<td>Interventions for Stimulant and Alcohol Use Treatment <em>(free)</em></td>
<td>WPPNT Teleconference</td>
<td>877-820-7831 Code: 107633#</td>
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</tbody>
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Submissions:

Have you observed or heard of another provider doing a good job? Do you have a question for the Emilies? Know of any trainings or events occurring in the community or hosted by your agency? Please send to Ryan Ross rross@lacrossecounty.org by the 25th of the month.
Upcoming Events

Black River Falls Public Library

November @ the Library!

Event Schedule

- 10am – Doors Open
- 10:30am – Thanksgiving Nondenominational Worship Service
- 11am – 3pm – Dinner Served

Entertainment All Day

- Musical Entertainment
- Arts, Crafts, and Games for Children
- Large Screen TV for the Thanksgiving Day Football Games