

Healthy Development Services

Learning Management System (LMS): Course Catalog



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The Healthy Development Services (HDS) Learning Management System (LMS) Course Catalog outlines all available training for HDS staff. HDS LMS courses range from onboarding content for new staff to how to properly administer screening tools with families. All course content is self-paced. The section below identifies the types of courses offered in the HDS LMS.

Please consult your Regional Lead or Supervisor to discuss what course work is appropriate for you. Contact John Camitan (jcamitan@aapca3.org) if you have any questions about accessing the HDS LMS or if you need to set up an account. If you already have an account, visit <https://hds-aapca3.talentlms.com/> to view your courses.

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Course Categories

General Training is course content aimed at onboarding new HDS staff or those looking for an introductory level understanding of HDS. It is recommended that all new HDS staff complete general training.

- HDS 101

Service Area Related Trainings are courses for providers in Behavioral Services, Developmental Services, or Care Coordination Services. Providers complete all course content relevant to their service area.

- Baby Steps (Behavior)
- Steps to Understanding Your Child's Behavior (Behavior)
- Family Centered Approach to Care Coordination (Care Coordination)

Supporting Teleservices are courses aimed at preparing staff to conduct teleservices effectively, learn relationship-based techniques to improve family engagement in HDS Services, and incorporate routines based intervention strategies to support parents and caregivers.

- Supporting Readiness for Teleservices
- Routines-Based Interview (RBI) Ongoing Functional Assessment
- RBI Coaching
- Virtual Group Facilitation

Caregiver Mental Health are courses for providers seeking to better understand the mental health and well-being of parents/caregivers. This includes perinatal mood and anxiety disorders in caregivers and developing strategies to support these caregivers and their families.

- Understanding Perinatal Mental Health

Quality Services for Families are courses outlining strategies to help staff and families be better able to cope with everyday challenges. They also help staff better understand and effectively communicate with families.

- Resiliency Training for Providers
- Mindfulness for Children and Caregivers
- Compassion and Self-Compassion
- Disrupted Attachments: What Can Happen and How We Can Help

General Training

General Training is course content aimed at onboarding new HDS staff or those looking for an introductory level understanding of HDS. It is recommended that all new HDS staff complete general training.



HDS 101

(30 min)

Training Objectives:

- Provide an overview of HDS
- Review HDS program elements
- Understand the HDS referral process

Service Area Related Trainings

Service Area Related Trainings are courses for providers in Behavioral Services, Developmental Services, or Care Coordination Services. Providers complete all course content relevant to their service area.



Baby Steps

(Behavior - 2.5 hours)

Training Objectives:

- Review infant mental health approach
- Recognize the importance of focusing on parent child interaction to support healthy development
- Review Curriculum Components



Steps to Understanding Your Child's Behavior

(Behavior - 3.5 hours)

Training Objectives:

- Review History of Pathways to Competence and HDS Behavior Services
- Understand Steps to Understanding Your Child's Behavior as an HDS service
- Understand strategies for engaging families



Family Centered Approach to Care Coordination

(Care Coordination - 2.5 hours)

Training Objectives:

- Identify HDS elements and how they build Protective Factors for families
- Recognize impact of toxic stress and adversity on healthy development and relationships
- Understand the intersection of family centered services and Motivational Interviewing

Supporting Teleservices

Supporting Teleservices are courses aimed at preparing staff to conduct teleservices effectively, learn relationship-based techniques to improve family engagement in HDS Services, and incorporate routines based intervention strategies to support parents and caregivers.



Supporting Readiness for Teleservices

(2 hours)

Training Objectives:

- Recognize the impact of COVID-19 (toxic stress) on caregivers' ability:
 - To feel safe engaging in Teleservices
 - To focus on interventions outside of daily routines
- Identify elements of family centered & relationship-based services
- Understand importance of routines-based interview (RBI) to engage parents in Teleservices



RBI Assessment

(2 hours)

Training Objectives:

- Recognize HDS elements of ongoing functional assessment
- Utilize RBI to prepare for formal assessment(s)
- Identify specific interactions to support provider and parental readiness

Supporting Teleservices



RBI Coaching

(2 hours)

Training Objectives:

- Define Coaching in Routines Based Interventions
- Understand how coaching can empower families
- Recognize the five coaching components
- Identify strategies to build parental reflective capacity



Virtual Group Facilitation

(1 hour)

Training Objectives:

- Develop awareness of the brain's ability to process information virtually
- Recognize the need to adjust goals and expectations
- Identify shifts and adjustments to virtual services that support engagement

Caregiver Mental Health

Caregiver Mental Health are courses for providers seeking to better understand the mental health and well-being of parents/caregivers. This includes perinatal mood and anxiety disorders in caregivers and developing strategies to support these caregivers and their families.



Understanding Perinatal Mental Health (2023 and 2024)

(4 hours)

Training Objectives:

- Learn about Perinatal Mood and Anxiety Disorders
- Identify common risk factors/causes for Perinatal Mood and Anxiety Disorders
- Identify ways to support caregivers and their infants and young children within your role
- Recognize trauma informed care approaches to partnering with families

Quality Services for Families

Quality Services for Families - are courses outlining strategies to help staff and families be better able to cope with everyday challenges. They also help staff better understand and effectively communicate with families.



Resiliency Training for Providers

(1 hour)

Training Objectives:

- Discuss what resilience is and what it means to you
- Introduce four aspects of resilience from Devereaux Adult Resilience Survey (DARS)
- Practice strategies for building one's own resilience



Mindfulness for Children and Caregivers

(1.5 hours)

Training Objectives:

- Discuss what mindfulness is and what it means to you
- Gain a deeper understanding of the biology of mindfulness
- Learn mindfulness strategies for children and parents/caregivers



Compassion and Self-Compassion

(1 hour)

Training Objectives:

- Identify the responses along the Continuum towards Compassion
- Understand the difference between Empathy and Compassion
- Understand the three components of self-compassion
- Strengthen your ability to respond with compassion and self-compassion



Disrupted Attachments: What Can happen and How We Can Help (Advanced)

(2 hours)

Training Objectives:

- Describe how internal working models are developed
- Identify attachment styles in clinical examples
- Understand and demonstrate co-regulation strategies to support people with differing attachment styles