

Care Philosophy Training Program

The Care Philosophy program offers a foundation for establishing a trauma-informed environment, rooted in evidence-based best practices and integrates the medical, behavioral, and social components of care for individuals with the most complex needs. Designed with the inter-professional healthcare team in mind, this series was developed to promote collaborative practice in health care delivery by providing a broad range of topics for a variety of learners. In light of current healthcare situations, we suggest the following topics.

Trauma-Informed Care 101	<p>Individuals across the globe are experiencing a collective trauma. However, each individual will respond and recover differently. This training introduces learners (front line staff, providers, and administrators) to the framework of Trauma Informed Care in a time where the risk of re-traumatization and triggering of past trauma is extremely high for both individuals served and healthcare and human services professionals.</p>
De-escalation	<p>Healthcare and human services professionals are faced with continuing to provide unique care or care as usual in an emotionally charged, collective trauma situation. Naturally, individuals may react and respond to services and providers in more agitated, fearful, or unproductive ways. This training offers specific strategies and reminders to either prevent escalation in engagements or respond safely and appropriately should an individual become escalated.</p>
Boundaries and Self-Care	<p>Everyone is doing the absolute best they can in an environment where for many in healthcare and human services personal and professional worlds have collided. It's hard to imagine once again having boundaries between work and home life yet there are still essential strategies and tactics that can maintain some appropriate separation. Equally important during this time is practicing self-care, so you can stay grounded and avoid burnout. This lesson provides tangible actions to take in setting boundaries with members and taking care of yourself.</p>
Fostering a Trauma-Informed Environment	<p>This module reviews key concepts from all 12 content-driven modules in the training series. While we've recommend 5 modules that offer immediate strategies, tools, and concepts to apply amid this collective traumatic experience, we do encourage you to pursue the remaining courses to round out the learning. Building a trauma informed environment is more than one to one engagements between individuals. It's the collection of behaviors, processes, sense of physical and emotional safety, and common language that acknowledges the visible and invisible experience of others.</p>



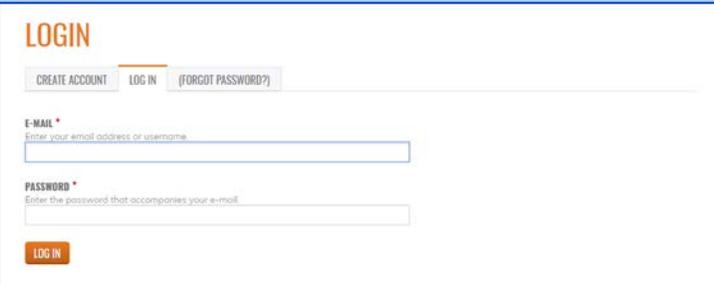
This no-cost program is made available through a partnership with OptumHealth Education and provides for up to 6 CEUs/CMEs to those interested in earning credit.

Field Safety Resource Also Available

[Watch a video](#) on Field Safety presented by our Care Philosophy faculty.

Healthcare and human services professionals are engaging with individuals in need in entirely new and unprecedented care settings including converted hotels, field hospitals, and homes where safety precautions may require creative thinking or unique solutions. This module offers foundational considerations for staying safe while providing care in person, in individuals' homes or in the community which can be used and adapted to the specific care delivery environment. This training does not contain specific guidelines on personal protective equipment or related to COVID-19.

Registration Instructions for OptumHealth Education

Step	Notes
<ol style="list-style-type: none"> 1. Navigate to OptumHealth Education. 2. Click the Register/Continue tab then Login to register for the program. <ol style="list-style-type: none"> a. If you have an OHE account, enter your Email and Password on the Log In tab. b. If you do not have an OHE account, click the Create Account tab and complete the required information. 	 
<ol style="list-style-type: none"> 3. Navigate back to the Care Philosophy Training activity page. 4. Enter the information about your organization as prompted, then click Save. 5. Click Continue to complete a required review of continuing education credits. <p>NOTE: You can claim up to 6 credits if you complete all 12 content-driven modules. Each module offers 0.5 credits.</p> 6. Review accreditation information and click Next. 7. Complete the Pre-activity Assessment (required) and click Finish at the bottom of that page. 	
<ol style="list-style-type: none"> 8. Select modules by clicking the drop down arrow by the topic in the box labeled Activity Progress. Click Start then Launch. <p>NOTE: The series does not need to be completed in any particular order, though we recommend starting with Trauma-Informed Care 101 and taking the suggested topics listed above.</p> 	