



The Montana Developmental Disabilities Program is offering free **Skills System** training resources to DDP Contracted Providers, Targeted Case Managers, and DDP Staff

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Many people who have mental health issues and intellectual disabilities have difficulty managing their emotions effectively. Emotion regulation skill gaps can make reaching goals more difficult. When individuals and/or support providers lack emotion regulation abilities, patterns of self- and co-dysregulation can result.

The Skills System is a set of user-friendly, adaptable strategies that are designed to help individuals, their staff, and their family members manage emotions, thoughts, and behaviors. Skills help people self- and co-regulate. The Skills System is specifically designed to be used within ID supports to help build the core competencies of all involved.

MTDDP is providing Skills System resources to help support providers to:

- Teach skills to individuals with ID
- Train staff to be skills coaches
- Support agencies to implement the Skills System in the environment

Skills System Resources Available:

2-Day Live Online Skills System Instructor's Training: The 2-Day Training will be on March 6-7, 2024, and again on June 19-20, 2024. Agencies are encouraged to send staff (in any positions) who are interested in being a *skills instructor*. The 2-Day instructor's training will prepare the person to teach skills to individuals, mentor staff to be skills coaches, and guide a Skills System implementation within the agency.

- 60 slots are available for this training
- There will be 10 CEU hours allotted for the 2-Day training for NASW and LMHC licensures
- Approximately 5-6 hours of pre-work will need to be completed prior to training

Skills System E-Learning Memberships: The Skills System E-learning provides online training for provider agency staff, case managers, individuals, and their family members for one year. The E-Learning includes engaging videos, exercises, and offers visual aids to help people generalize skills into their natural environments. The E-Learning prepares staff and family members to be *skills coaches*.

- This course is limited to 25 slots per Agency
- CEU credits may be available for NASW and LMHC licensures

Preliminary Consultation with Agencies: A remote, 1-hour Zoom consultation between Dr. Julie Brown and agency personnel to orient them to the Skills System resources and to create a plan to allocate Skills System resources to address problems.

Team Consultation with Agencies: The agency and agency personnel will have access to remote Zoom meetings with Dr. Brown to support the application and implementation of the Skills System.

Consultation Community: Participants in this Skills System initiative will receive access to the Consultation Community. This is a monthly, 1-hour group consultation that Dr. Brown hosts on the first Friday of each month. Sessions are recorded and archived for later viewing. This resource helps teams and providers apply the Skills System resources and interact with providers from the US and abroad.

[Enroll Now!](#)

[For more information about the Skills System and Dr. Julie Brown, please click here.](#)