

## Steps to Access BHC Self-Paced Trainings in Reach360

We strongly recommend completing the training courses using a laptop or desktop.

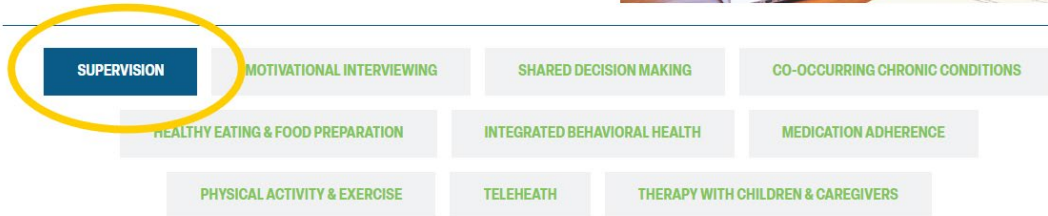
1. To select a training course, click the topic you are interested in.



### TRAINING OPPORTUNITIES

The BHC offers a variety of training opportunities at no cost to Illinois Behavioral Health providers. Trainings are organized by topic in the tabs below. Select the tab for training details and the link to enroll. Courses that offer CEUs are noted in the description.

For questions about accessing the trainings, please reach out to [team@illinoisbhwc.org](mailto:team@illinoisbhwc.org). For questions about the training content, contact Carolyn Welter, Project Manager and Visiting Senior Research Specialist, at [cwelter@uic.edu](mailto:cwelter@uic.edu).



2. To select a training, click the “Begin Training” button or click on the title of the training on the BHC Training web.

### HOOR 1: KNOWING YOURSELF AS A SUPERVISOR



*Knowing Yourself as a Supervisor* is the first of three courses in the Supervision training series. This self-paced course introduces learners to the role and responsibilities of the supervisor, identifies leadership styles, explores how cultural humility affects supervision and provides guidelines for how to structure and plan for supervision. *\*This course awards 1.0 CEU.*

**Length:** 60 minutes

**Audience:** Designed for newly hired supervisors.

**Materials Available:** Supervisee Assessment Tool




3. First, you will need to create an account with Reach360. Enter the email address you would like connected to your account, or select “Sign in with Google”, if preferred.

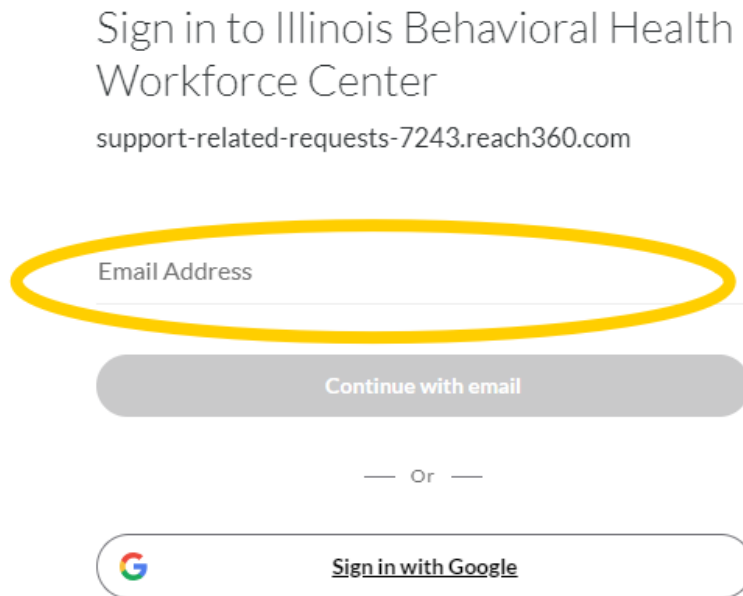
Sign in to Illinois Behavioral Health  
Workforce Center  
support-related-requests-7243.reach360.com

Email Address

Continue with email

— Or —

 [Sign in with Google](#)



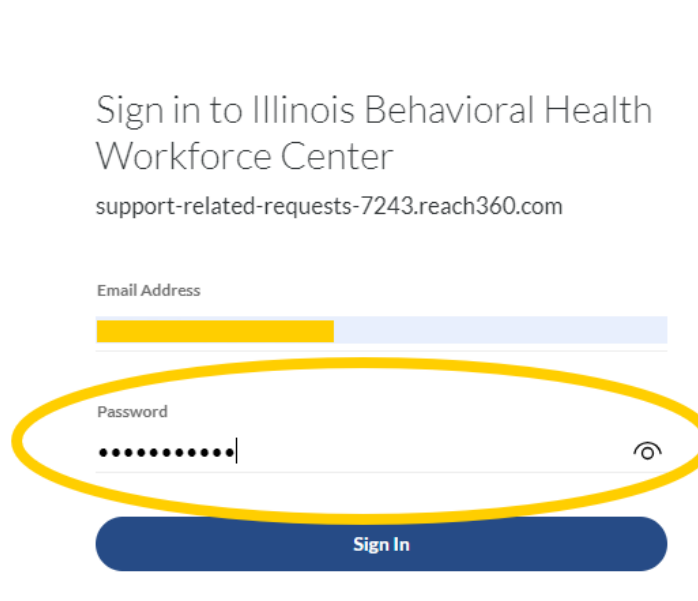
4. Create a password for accessing your account in the future.

Sign in to Illinois Behavioral Health  
Workforce Center  
support-related-requests-7243.reach360.com

Email Address

Password

Sign In



5. Click the “Sign In” button and the selected training will appear on screen.

Sign in to Illinois Behavioral Health  
Workforce Center  
support-related-requests-7243.reach360.com

Email Address  
[Redacted]

Password  
[Redacted]

[Sign In](#)

6. To view the course, click the “Launch course” button



7. To view other BWHC training offerings, click “View Library” in upper right corner of the page.



8. Explore the Training Library. Search by Topics on the lefthand side of screen.

The screenshot displays the 'Browse Library' interface. On the left, a sidebar contains a search bar and a 'Topics' section with a yellow circle around it. The 'Topics' section lists the following items:

- Supervision 3
- Motivational Intervie... 2
- Physical Health 2
- Recovery Support 2
- Diabetes Self-Manage... 1
- Medication Adherence 1
- Nutrition 1
- Shared Decision-Making 1

The main content area shows 9 total items in a grid. Each item includes a thumbnail image, a title, and a duration of 1 hr. The items are:

- Knowing Yourself as a Supervisor** (1 hr): Thumbnail shows a wall with sticky notes.
- Providing Feedback and Addressing Conflict in Supervision** (1 hr): Thumbnail shows a person at a laptop.
- Guiding Principles in Supervision** (1 hr): Thumbnail shows blue geometric shapes.
- Motivational Interviewing with People in Mental Health Recovery Using a...** (1 hr): Thumbnail shows people in a meeting.
- Diabetes Education and Online Toolkit for Providers** (1 hr): Thumbnail shows two people talking.
- Partnering with Clients to Promote Medication Adherence** (1 hr): Thumbnail shows a person and a client.
- Using Motivational Interviewing for Recovery Support** (1 hr): Thumbnail shows two people at a table.
- Enhancing Client's Physical Health and Wellness through Shared Decision...** (1 hr): Thumbnail shows two people at a laptop.
- Healthy Eating and Physical Activity Skillsets for Clients** (1 hr): Thumbnail shows people in a grocery store.