

Janet T. Mills
Governor

Jeanne M. Lambrew, Ph.D.
Commissioner



Maine Department of Health and Human Services
Office of Behavioral Health
11 State House Station
41 Anthony Avenue
Augusta, Maine 04333-0011
Tel: (207) 287-2595; Fax: (207) 287-9152
TTY: Dial 711 (Maine Relay)

Date: June 19, 2020

RE: **UPDATED MHRT 1 Certification Waiver Due to COVID-19**

Dear Providers:

The Office of Behavioral Health (OBH) is updating guidance regarding the Mental Health Rehabilitation Technician I for both the Full and Provisional certification (MHRT I and MHRT I-P) during the public health crisis associated with COVID-19.

MHRT 1-P

- **CRMA** – Individuals holding a MHRT I-P are required to complete their CRMA prior to the expiration of their twelve (12) month period. If unable to attend an in-person training; follow the waiver from the Division of Licensing and Certification (DLC) regarding virtual CRMA trainings. See attachment.
- **First Aid** – Individuals holding a MHRT I-P are required to complete First Aid prior to the expiration of their twelve (12) month provisional period. Currently approved online courses and requirements are found at:
https://www.maine.gov/dhhs/ocfs/documents/covid-19/BHP%20training%20guidance_COVID19_FINAL%20approved%20TL%20040120.pdf
- **CPR** - Individuals holding a MHRT I-P are required to complete CPR prior to the expiration of their twelve (12) month provisional period. Currently approved online courses and requirements are found at:
https://www.maine.gov/dhhs/ocfs/documents/covid-19/BHP%20training%20guidance_COVID19_FINAL%20approved%20TL%20040120.pdf
- **MHSS** - The MHSS training may be delivered virtually as long as the virtual training plan is submitted and approved. All training requests must be submitted to Muskie School CFL. We encourage individuals to do a virtual training if possible. If a virtual MHSS course is not available, individuals holding a MHRT I – P that is expiring, will have until 60 days after Governor Mills declares the end of the current State of Emergency to complete the course.
- **Behavioral Intervention Training** - There are several approved Behavioral Intervention Trainings, (<http://cfl-muskie.org/accepted-behavioral-intervention-training/>). Because it is critical for staff to have knowledge and skills related to de- escalation and behavioral interventions, *it is strongly suggested that staff complete any portion of this training either face-to-face or virtually. Virtual training requests shall be submitted to Muskie School CFL.* Individuals holding a MHRT I – P that is expiring, will complete the training within 60 days after Governor Mills declares the end of the current State of Emergency.

Additionally, if an individual holding a MHRT I -P is unable to complete the Behavioral Intervention training either in person or virtually prior to the expiration of their twelve (12) months, it is strongly encouraged that they participate in the supplemental training

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that are outlined in the attached document. These short, easily accessible online trainings will provide some additional knowledge to individuals who are not able to complete required trainings due to the COVID-19 emergency. Agencies may also make these trainings available to other staff that they think would benefit.

MHRT I with expiring CRMA, First Aid, CPR, and/or Behavioral Intervention training

- **CRMA recertification-** If unable to attend an in-person training, follow the waiver from the Division of Licensing and Certification (DLC) regarding virtual CRMA trainings. <https://www.maine.gov/dhhs/dlc/documents/CRMA-blanket-waiver.pdf>
- **First Aid recertification** – Individuals holding a MHRT I are required to complete First Aid recertification. Currently approved online courses and requirements are found at https://www.maine.gov/dhhs/ocfs/documents/covid-19/BHP%20training%20guidance_COVID19_FINAL%20approved%20TL%20040120.pdf
- **CPR recertification** - Individuals holding a MHRT I are required to complete CPR recertification prior to the expiration of their current certificate. Currently approved online courses and requirements are found at https://www.maine.gov/dhhs/ocfs/documents/covid-19/BHP%20training%20guidance_COVID19_FINAL%20approved%20TL%20040120.pdf
- **Behavioral Intervention** recertification - There are several approved Behavioral Intervention Trainings, (<http://cfl-muskie.org/accepted-behavioral-intervention-training/>). Because it is critical for staff to have knowledge and skills related to de-escalation and behavioral interventions, *it is strongly suggested that staff complete any portion of this training either face-to-face or virtually. Virtual training requests shall be submitted to Muskie CFL.* Individuals holding a MHRT I that is expiring, will complete the course within 60 days after Governor Mills declares the end of the current State of Emergency.

Additionally, if an individual holding a MHRT I is unable to complete the Behavioral Intervention training either in person or virtually prior to the expiration of their twelve (12) months, it is strongly encouraged that they participate in the supplemental trainings that are outlined in the attached document. These short, easily accessible online trainings will provide some additional knowledge to individuals who are not able to complete required trainings due to the COVID-19 emergency. Agencies may also make these trainings available to other staff that they think would benefit.



Interim/Additional Training for MHRT I – P During COVID-19 Extension

These on-line trainings are available free of charge to help supplement knowledge of MHRT I-P and other staff, especially during training accommodations due to COVID-19.

Skill Development for Work in Residential Settings

This course gives participants concrete, practical concepts to support their work in residential settings. This two-part webinar includes an overview of trauma and some observable behaviors associated with trauma. It discusses the link between trauma and substance use and co-occurring disorders, and gives examples of positive communication skills that professionals can use with dysregulated clients. Finally, it addresses how healthy boundaries can protect staff and clients, and gives examples of some “do’s” and “don’ts” of professional boundaries.

<https://www.ccsme.org/product/skill-development-for-work-in-residential-settings-1/>

Direct Service Worker Trainings <http://mainedirectserviceworkertraining.org/>

Bloodborne Pathogens

A preliminary orientation to bloodborne pathogen risks and prevention strategies in the work place.

Brain Injury Basics

Discusses the prevalence of brain injury in Maine and nationally, the types of brain injury, how the brain works, and the effects of brain injury on families and caregivers

Challenging Behaviors

Explores a range of challenging behaviors staff are likely to encounter in their work in behavioral health settings and introduces strategies for reducing and managing these challenging behaviors.

Elder Abuse

Learn how to recognize signs and symptoms of elder abuse, identify factors that place elders and caregivers at increased risk, and report signs of abuse.

Infection Control and Prevention

Provides an overview of healthcare-associated and emerging infectious diseases, infection prevention practices in the home and community, and how to protect workers and their clients.

Introduction to Substance Abuse

Learn about the signs of abuse and addiction and approaches to prevention, treatment, and recovery.

Safe at Work: Enhancing Personal Safety

Acquire the knowledge and skills to scan the work environment for personal safety risks and learn strategies to address commonly encountered safety hazards.

PPE training for direct care staff <https://ppetraining.org/>

Maine's Mental Health System 101: An Introduction to Our History, Services, Values, and Roles

A free, hour-long, web-based course to learn about the role of the MHRT/C. This training is designed for individuals who are interested in a case management position working with the adult mental health population in Maine. It provides useful training material to MHRT Is who are interested in a career ladder.

This introductory module includes:

- A history of Maine's mental health system
- Information on Maine's mental health services, resources, and roles
- An explanation about the importance of a trauma-informed practice
- Ethical issues and considerations in case management work
- The practice of consumer centered planning and choice

To take this training go to <http://training.cfl-muskie.org/>

You will need to register and create a password.

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WFD CERTIFICATION PROCEDURE GUIDANCE FOR TRAINERS

COVID-19 Response

CRMA 40hr/24hr full certification and PSS Certification:

- The Division of Licensing and Certification (DLC) will temporarily allow CRMA and PSS trainers to facilitate the classroom/didactic portion of the training thru online platforms. You must be able to do so in a manner that you can monitor and maintain the quality of the instruction and verify academic competence of the participating students during class participation.
- PSS skills component must however still be completed in a live 1 on 1 setting
- CRMA clinical skills demonstration including med-passes will be modified in the following way:
 - We will temporarily waive the “Live” med-pass requirement in a licensed facility. Instead the instructor must observe 3 mock med-passes in leu of the live med-passes. The date of these mock passes will be put on the CRMA Training Validation forms and signed off by the instructor.
 - Vital signs must still be in a live 1 one 1 setting

CRMA Recertification:

- We will temporarily extend the requirement that an individual must complete recertification within 30 days of certificate expiration (if the certificate expired during the Governors declaration of the current Civil State of Emergency). The new timeframe will be extended to 60 days from the date the Governor lifts the Civil State of Emergency.