

HOW TO DETERMINE IF A TRAINING APPLIES TO MHRT/C CONTINUING EDUCATION

The MHRT/C continuing education requirement is to complete 18 hours of training addressing one or more of the MHRT/C knowledge competencies, during the time-period listed on your MHRT/C certificate. There are over 80 knowledge competencies divided into eight categories called “Domains.” A minimum of four of the 18 hours must relate to the competencies in Domain 3, Ethics & Professional Conduct.

1. Download, save and read the list of MHRT/C knowledge competencies. These can be found on our continuing education webpage:
<https://cfl-muskie.org/continuing-education/>

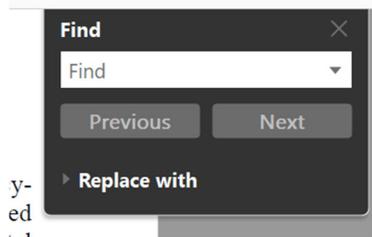
to have their MHRT/C certificates renewed. That period is usually two (2) year:
minimum of four (4) hours of the 18 hours of training must be in Ethics. CE mu
list of the **MHRT-C Knowledge Competencies.**

2. Go to the training you’re interested in and look at the description. Does it sound familiar to some of the competencies? If you’re unsure, take part of the training name or description and search for it in the knowledge competencies document. Here is an example training:

What Matters Using Person Centered Recovery Planning

Person-Centered Recovery Planning (PCRP) supports individuals to steer their personal path to recovery and encourages collaborative planning. PCRP goes beyond diagnosis and symptom management and maintenance to exploring and appreciating the importance of an individual’s values, preferences, and personally meaningful goals. PCRP shifts the focus from asking “what’s the matter?” to “what matters to you is important to me.” This skills-focused workshop will provide an overview of PCRP and will walk participants through the process of writing a person-centered recovery plan including: strengths, barriers, goals, SMART objectives, and interventions. Workshop participants will receive a sample recovery plan and resources to assist with the “real-world” application of PCRP in their work.

3. In the knowledge competency document, press CTRL-F to open the search feature:



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4. Put in “person-centered” and press Next. The first time it appears is in the introduction to the knowledge competencies. Press Next again. This time we get highlighted text in Domain 1, Competency 5:

consumer at all times.

5. Demonstrate a collaborative, **person-centered**, recovery-oriented, shared decision-making approach to working with consumers. Identify strengths and challenges and how to incorporate natural supports into individualized treatment plans.

In this example, the training *What Matters Using Person Centered Recovery Planning* is acceptable for continuing education for MHRT/C Domain 1.

Here is a second example:

Smoking Cessation for Persons with Serious Mental Illness

The presentation will cover the science of how cigarette smoking injures personal health, the epidemiology of smoking, what therapies can assist smokers to quit, and special issues regarding smokers with behavioral health conditions. It will also review what is known about the emerging issues of vaping and health and COVID-19 and smoking.

Following the steps above, type either smoking or cessation in our search of the knowledge competencies. It appears in Domain 6, Competency 7:

preferences in goal-setting.

7. Relate the significant impact of **smoking** on individual health, particularly those with serious mental illness, and identify evidence-based cessation resources.

Again, in this example, *Smoking Cessation for Persons with Serious Mental Illness* is acceptable for MHRT/C continuing education.

5. Remember, you must complete at least four hours of training related to the knowledge competencies within Domain 3: Ethics and Professional Conduct.