The older adult population is diverse, yet older adults who identify as LGBTQ+ are often overlooked. This is a concern outlined in California’s Master Plan for Aging. Evidence-based, trauma-informed approaches are essential for substance use treatment, especially with marginalized, underserved communities. This training will examine how trauma-informed approaches can improve service outcomes by building trust with participants in the LGBTQ+ community and that not recognizing this important aspect of a participant’s identity can lead to further traumatization. Training participants will practice using trauma-informed, recovery-oriented language and skills with LGBTQ+ elders in a case study. See Training Outline below.

**Learning Objectives**

Upon completion of this training, participants will be able to:

- Describe three benefits of using trauma-informed and recovery-oriented language when providing services to older adults in the LGBTQ+ community
- Identify three opportunities to shift from using clinical language to using trauma-informed language with older adults who are LGBTQ+
- Describe the importance and impact of using the correct pronouns in developing trust with people receiving services
- Practice using trauma-informed approaches to build rapport and prevent retraumatizing LGBTQ+ older adults receiving services

**Registration Information**

If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by clicking here. Email RIHS@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

**Who should attend**

All behavioral health and substance use counselors, case managers, and other direct service providers to older adults and their caregivers. If you are outside of the BHS system please email RIHS@sdsu.edu. Please note in the email the training information and that you are outside of the BHS system.
**Prerequisite**

*Introduction to LGBTQ+ Communities eLearning*

**Course Code:** BHE0041

Thank you for your continued understanding about our need to put the safety of our staff, facilitators, and customers first.

Please review the COVID protocol for in-person trainings. [https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/](https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/)

**ADA**

Please submit all requests for accommodations two weeks prior to the start of the training. The Academy for Professional Excellence is committed to creating an inclusive and welcoming environment that appreciates and builds on diversity. In accordance with the Americans with Disabilities Act (ADA) of 1990, and California Administrative Code Title 24, The Academy for Professional Excellence prohibits discrimination on the basis of a disability in employment, public services, transportation, public accommodations, and telecommunication services.

**Continuing Education**

This course meets the qualifications for 5 hours of continuing education credit for LMFTs, LCSWs, LPPCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-398-0822, and CAADE Provider # CP40 906 CH 0323 for 5 contact hours/CEHs. The Academy for Professional Excellence maintains responsibility for this program and its content. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to obtain CE Certificates. Click here for the [CE Grievance Procedure](#).

*Responsive Integrated Health Solutions (RIHS) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.*

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Course Outline

Geriatric Certificate Training (GCT) Booster: Trauma-informed Approaches with LGBTQ+ Older Adults

Course Code: RIHS-0274
Elisa Barnett, M.A.

Educational Goal:
To improve trauma-informed, recovery-oriented delivery of behavioral health services to older adults in underserved, marginalized communities, specifically LGBTQ+.

Learning Objectives:
Upon completion of this training, participants will be able to:

1. Describe three benefits of using trauma-informed and recovery-oriented language when providing services to older adults in the LGBTQ+ community
2. Identify three opportunities to shift from using clinical language to using trauma-informed language with older adults who are LGBTQ+
3. Describe the importance and impact of using the correct pronouns in developing trust with people receiving services
4. Practice using trauma-informed approaches to build rapport and prevent retraumatizing LGBTQ+ older adults receiving services

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am – 9:10am</td>
<td>Introductions and Objectives</td>
</tr>
<tr>
<td>9:10-10:00am</td>
<td>Activity One: Trauma-Informed, Recovery-Oriented Language in – Define &amp; Use</td>
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<tr>
<td>10:00am – 10:50am</td>
<td>Activity Two: The Power of Pronouns – What’s the distinction between gender and sex? Fitting gender into our service language for substance use treatment</td>
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<td>10:50am – 11:00am</td>
<td>Break</td>
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<tr>
<td>11:00am – 12:00pm</td>
<td>Let’s start talking: How can we change the places we work?</td>
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<tr>
<td>12:00pm – 1:00pm</td>
<td>Lunch</td>
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<tr>
<td>1:00pm – 1:50pm</td>
<td>Activity Three: Examples, Opportunities, &amp; Tips for Teaching</td>
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<tr>
<td>1:50pm – 2:00pm</td>
<td>Break</td>
</tr>
<tr>
<td>2:00pm – 2:45pm</td>
<td>Activity Four: Experiential Scenario -- Practice a trauma-informed approach to working with LGBT elders impacted by substance use</td>
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<tr>
<td>2:45pm – 3:00pm</td>
<td>Wrap-up: Questions and Check-in – Post-test / Evaluations</td>
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</table>
*Please note: In order to receive completion and credit/CEs, you must have your video camera on for the duration of training.

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