

# Co-occurring Disorders Educational Curriculum

## CODEC



In the fall of 2020, an inter-agency Renewal Committee, with partners throughout the Manitoba health care system, was formed to lead the redevelopment of a province-wide training curriculum to support clinical excellence in the delivery of services to individuals with co-occurring mental health and substance use disorders.

The Co-occurring Disorders Educational Curriculum (CODEC), was developed to meet a range of learning needs and is delivered in two tiers. The first tier is aimed at strengthening general knowledge of co-occurring disorders and is designed for a broad audience. The second tier delves deeper into the topic and is aimed at learners with a clinical focus.

**CODEC Tier One and Tier Two training is offered via the Learning Management System (LMS). Further details on accessing the training is below:**

### TIER ONE TRAINING

#### Tier One training focus:

- Increasing awareness of the needs and concerns of persons with co-occurring disorders
- Identifying foundational concepts of mental health awareness and psychoactive substances
- Explore the person centered approach, explaining the stages of changes and how motivational interviewing and health behaviour change can support this work
- Reviewing the definition of culturally safe practice within our organizations and communities

#### Who is this training for:

- All mental health and addictions staff is encouraged to take Tier One including: management, clinical staff, peer and support staff, and other non-clinical roles.
- Although the information will not be new for some attendees, the training will provide a valuable refresher on the subject.

### ACCESSING THE TRAINING

#### Tier One Training

- Tier One training is now available as a self-directed module accessible through the [Learning Management System \(LMS\)](#).

#### Tier Two Training

- Tier Two training will be co-lead by facilitators with backgrounds in mental health and addictions, respectively. Interested participants must register for Tier Two training through the LMS

- **Upcoming 2023 dates:**
  - **December 12-13, 2023**
- **All sessions run from 8:30 a.m. to 12:30 p.m.**

If you are unable to attend the training, we ask that you cancel your registration on LMS three days before the training. This will allow others who are on the wait list to join the training.

- **You must attend both sessions to complete Tier Two**

### TIER TWO TRAINING

#### Tier Two training focus:

- Using Motivational Interviewing skills to assist individuals working through the Stages of Change.
- How to identify and support someone in a crisis.
- Engage in reflection about our current practices and existing services and identify ways to incorporate elements of integrated care into recovery planning.
- Discuss concepts related to care coordination, barriers to coordination, and strategies to address barriers.

#### Who is this training for:

- Intended for staff with a clinical focus who typically have direct contact with individuals accessing services as well as leadership with a clinical focus.
- Health care providers, a group that includes physicians and nurses, may also be considered for Tier Two depending on their area of focus or setting.

### USING THE LMS

1. [Go to the LMS log in page.](#) ([sharedhealthmb.learnflex.net](https://sharedhealthmb.learnflex.net)) (Your pop-up blocker must be disabled.)
2. Create an LMS account (if you don't already have one). A work email address is required.
3. Log into the LMS.
4. Use the Search feature (top right) to find CODEC and then click Register.
5. For Tier One training, click launch and complete the course. Tier One training does not need to be finished in one sitting.
  - [Please click here for detailed instructions.](#)
  - Contact the Shared Health Service Desk (204-940-8500 or 1-866-999-9698) if you experience technical issues or require assistance.