



# YOUR SOLUTION TO MENTAL HEALTH EDUCATION AND NAVIGATION

Psych Hub was developed to help people overcome mental health challenges through multimedia education for every learning style. Psych Hub's robust library of over 1,000 proprietary educational assets includes courses, videos, podcasts, and written & shareable content.

## A NEW FREE EDUCATION RESOURCE FOR OPTUM MENTAL AND BEHAVIORAL HEALTH PROVIDERS

We're dedicated to supporting you and preventing suicide. That's why we're partnering with Psych Hub, the Solution for Mental Health Education and Navigation to bring you access to the best-in-class training in evidence-based trauma-informed interventions built with you and our members in mind.



### ADOLESCENT TREATMENT SERIES

Learn the right skills to build and maintain therapeutic rapport with adolescent clients. In this four-course series, Providers can earn CEs for completing each individual course in addition to a Psych Hub Series Certificate after the completion of the Clinical Application Project.

#### REQUIRED COURSES



##### COGNITIVE BEHAVIORAL THERAPY FOUNDATIONS

**Intermediate Level**  
3.00-3.25 CE Credits



##### COGNITIVE BEHAVIORAL THERAPY FOR ADOLESCENTS

**Advanced Level**  
1.75-2.00 CE Credits  
2.00 CME Credits



##### DIALECTICAL BEHAVIORAL THERAPY FOUNDATIONS

**Intermediate Level**  
2.75-3.50 CE Credits  
2.25 CME Credits



##### DIALECTICAL BEHAVIORAL THERAPY FOR ADOLESCENTS

**Intermediate Level**  
2.75-3.50 CE Credits  
3.50 CME Credits



SCAN THE QR CODE TO LEARN MORE ABOUT THE ADOLESCENT TREATMENT SERIES.