



Relias Spotlight Series

January 2024

Setting Goals: It's only natural at the beginning of the year to evaluate our health and life. We contemplate fresh starts and pay attention to areas that we feel could use improvement. This self-reflection starts the creation of goals. Creating goals can be easy and fun, but too often, we forget to address the obstacles that have blocked attaining those goals. Assessment of the current circumstances helps to identify changes needed. The fact is, if changes weren't needed, we would most likely already have the desired outcome. The path to success begins with identifying strategies and implementing changes. When planning how to achieve your goal or helping a member to achieve their goal you might consider some of the following:

- Is a shift in perspective needed? Could incorporating some Cognitive Behavioral Therapy help?
- Have you dedicated time to self-reflection? Is perseverance and resiliency part of your strategy?
- Are there social or cultural influences impacting how you operate? Could becoming more knowledgeable about Cultural Humility and Implicit Bias strengthen your relationships and remove unintended prejudices?

- Do your behavior and skills support achieving your goals? Would effective communication improve your interactions?

Why It Matters: Our communities are made of individuals who are working toward a fulfilling life. As we expand our understanding, acquire new skills, and consciously work on becoming more effective in our daily endeavors we increase the possibility of achieving our goals. When we experience success, our communities benefit and thrive!

When looking to expand your education and improve your skills, we encourage you to log into [Relias](#) and explore the following modules:

Class	Course	CEU/Hours*
CBT Skills: Functional Analysis	REL-BHC-0-CBTSFA	.15
Introduction to Cognitive Behavioral Therapy	REL-BHC-0-ICBT	1.25
Cultural Humility and Implicit Bias in Behavioral Health	REL-BHC-0-CHIBBH	1.0
Podcast: Implicit Bias and Prejudice	REL-BHC-0-SP5	1.25
Case Management: Patient Outcomes	REL-ACU-0-CMPO	1.0
Person-Centered Planning	REL-IDD-0-PCP	1.75
Setting Person-Centered Treatment Goals	REL-BHC-0-STG	.18
Reaching Goals Using Perseverance and Resilience	REL-ALL-SS-RGUPR	.4*
Effective Team Communication	REL-ALL-SS-ETC	.5*

* This course does not offer a certificate.

We appreciate the work you do each day with our members. Thank you for providing access to behavioral health services to Idahoans!

Sincerely,
The Optum Education and Training Team