Stars Behavioral Health Group
STARS Academy

Stars Behavioral Health Group
Program Locations

Stars Behavioral Health Group
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STARS Academy

Through its STARS Academy, Stars Behavioral Health Group offers a wide range of training programs on research-based models of care for treating mental health and substance use problems, including interactive workshops, educational classes, coaching, and consultation services.

Stars Behavioral Health Group is a statewide organization consisting of multiple programs dedicated to serving clients with mental health problems with the highest dignity and quality of service through innovative and cost-effective care and treatment.

Through innovative and research-supported programs, Stars Behavioral Health Group provides a full continuum of mental health care and family-centered services to support its diverse client population.

Stars Behavioral Health Group
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STARS Academy

Training on Evidence-Based Practices
Total Quality Management
Executive Consultation

STARS
"Helping to Implement and Sustain Evidence-Based Practices in Mental Health Systems of Care"

Stars Behavioral Health Group
STARS Academy

Our goal is to improve how an organization or County System of Care implements and delivers Evidence-Based Practices (EBPs). Our training activities are designed to ensure that participants have the knowledge and skills necessary to meet the implementation & fidelity standards of each EBP.

Our highly qualified trainers can work with individual staff members, conduct agency-wide programs, and/or develop programs for multi-agency systems of care.

Our large-scale training programs include developing implementation plans and formulating organizational strategies to ensure practice fidelity, monitor quality assurance, and measure outcomes.

We also offer proven strategies and pathways to implement an Electronic Health Record, including a hosted option in partnership with Defran Systems Evolv-CS application.

This may include out-sourcing the entire Billing/Finance service to STARS.

Our Areas of Expertise

- TIP (Transition to Independent Process) prepares and supports youth and young adults ages 14 to 25 with emotional and behavioral difficulties.

- EQUIP/ART (Aggression Replacement Training) is a multimodal psychoeducational intervention designed to improve social skill competence, anger control, moral reasoning, and mutual self-help of chronically aggressive adolescents and young children ages 12 to 25.

- EQUIP for Educators is designed for working with younger children ages 8 to 18, placing particular emphasis on cultivating a positive youth culture.

- SPARCS (Structured Psychotherapy for Adolescents Responding to Chronic Stress) is a group intervention targeting chronically traumatized adolescents ages 8 to 18; SPARCS incorporates DBT Mindfulness, Social Skillbuilding, & Coping strategies.

- Motivational Interviewing, an effective technique for clients with alcohol and other drug abuse diagnoses, is based on the premise that change must come from within the client instead of being imposed from without by a therapist.

Our Approach

STARS Academy employs the Peak Experiential Training Method (PETM), a unique approach that replaces the usual lecture-based training with a greater focus on group interaction.

Over 50 percent of PETM-based activities involve small groups and interactive training sessions that allow participants to use their own experiences (as well as those of their colleagues) to solve problems, while applying professional tools and techniques.

Our Results

Our PETM approach not only produces excellent results during training sessions, but also teaches participants an effective methodology for working with youth. We are also able to create an accelerated learning environment by efficiently presenting a great deal of information and generating tremendous participant enthusiasm.

For information on specific trainings and associated fees, please contact:

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