

Cardea Courses

[The Talk": Framing Conversations About Sexual Health, Body Rights, and Who We Are –](#)

There are three modules in this course:

1. Fundamentals of "The Talk": Framing Conversations about Sexual Health (the module for parents, caregivers and trusted adults only)
2. Body Rights: Saying "Yes" and "No" When You Really Mean It (for caregivers and kids together)
3. Who We Are: Gender, Self-Expression, and Body Health (for caregivers and kids together)

[Advanced Motivational Interviewing -](#) This course consists of pre-work, one live Zoom session, and post-work and can take up to 5 hours to complete all modules. The goal of this course is to offer participants a space to practice and improve advanced motivational skills through roleplay.

[Advancing the Uptake and Use of PrEP in Indian Country -](#) Learn more about PrEP and how to increase its uptake and use in Indian Country.

[An Introduction to Motivational Interviewing -](#) How can we help people to make healthy choices? Take this course to learn how to work with clients to give them the tools to make their own health decisions.

[Building Safe Sex Ed Spaces: Youth Centered Design for Teen Pregnancy Prevention in Washington State -](#) Three-unit eLearning series for TPP partners and internal WA DOH staff to support WA DOH's goal of creating youth engagement and leadership across the state.

[Caring for Gender Diverse Youth -](#) This online course is composed of two parts focused on preparing primary care providers to care for gender diverse youth.

[Combination Prevention – Working with Clients to Stop HIV Transmission Communicating with Residents and Families About Antibiotics -](#) Also known as:

Healthy Options to Promote Sexual Health and Prevent HIV.

Take this course and learn about the new HIV prevention options and how to work with clients to help them create a combination prevention plan.

[Connecting with Ukrainian refugees: Meeting their needs with better care and key services](#) - In this training, you will learn how to provide better care for Ukrainian new arrivals based on their specific health care needs.

[Developing a Social Media Strategy to Combat the HIV Epidemic in Indian Country](#) - Learn how to create a social media strategy promoting PrEP throughout your community.

[Drop Your Assumptions and Pick Up the Evidence: Strategies for Communication with Parents about Vaccines](#) - Recent data suggest that vaccine hesitancy is a growing problem, specifically the number of parents who are opting children out of required school entry immunizations for non-medical reasons. Take this course to learn communication strategies that address the concerns of vaccine hesitant parents.

[Expedited Partner Therapy](#) - Enroll now to learn about the benefits of and best practices for providing expedited partner therapy to your patients in order to reduce the transmission of STIs.

[FTN Screening Application](#) - Apply to be considered for the Foundations of Testing and Navigation (FTN) 5-day course for staff who are new to conducting HIV testing in Texas.

[Great Minds: Universal Development Screening](#) - Enroll to access a series of courses on Universal Developmental Screening and how this will improve care for families with infants and young children.

[Healing, Resiliency, and Trauma-Informed Care & Practice with Dr. Tami DeCoteau](#) - 3-part webinar series; Dr. Tami DeCoteau discusses how to incorporate trauma-informed care in Indigenous clinic and healthcare settings.

[HIV Care and Sexual Health Assessment for American Indian and Alaska Native Patients](#) - Explore best practices in inclusive sexual health assessment and HIV care. These courses recognize research, data, and evaluation as indigenous values, while utilizing the strengths of western science and staying grounded in traditional ways of knowing.

[HIV Care and Sexual Health Assessment for American Indian and Alaska Native Patients: Part 2](#) - Learn about initial management of HIV services for patients in the primary care setting, how harm reduction strategies can lead improved outcomes, and how to create adolescent-friendly care settings for the testing and treating of STD.

[HIV Navigation in Texas](#) - This course consists of pre-work, one live Zoom session, and post-work and can take up to 5 hours to complete all modules. The goal of the course is to increase understanding of HIV status-neutral navigation to improve continuity in prevention and care.

[HIV Navigation in Texas Prerequisite Courses](#) - This Learning Path serves as a prerequisite for the HIV Navigation in Texas Training events. Enrollment in this Path does not ensure attendance at a live or blended HIV Navigation in Texas Learning Session

[How do I Help my Clients Make Changes to Improve Their Health? An Introduction to Motivational Interviewing for CHWs](#) - An introduction to motivational interviewing for

CHWs and other health care staff. How can we help people to make healthy choices? Take this course to learn how to work with clients to give them the tools to make their own health decisions.

[Integrating ACE Screening and Treatment of Toxic Stress in Organizational Practice -](#)

A systems perspective for community-based clinics and organizations

[Journey to Health -](#) This eLearning activity covers information to support new and current clinicians and staff who serve American Indian and Alaska Native (AI/AN) people in understanding and elevating healthcare within indigenous communities. Topics include cultural humility, decolonizing patient care, trauma informed care, resilience, wellness support, and professional practice

[Key Content Knowledge for Sex Educators -](#) Through self-paced eLearning modules, participants will learn foundational skills and knowledge for teaching sexual health education.

[Lead Testing in Tribal Schools and Childcare Centers -](#) This course covers the sources and dangers of lead exposure, the importance of lead testing in drinking water, and how to prevent lead exposure.

[Linking Clients to Women's Health Programs in Texas -](#) Enroll to learn more about important Women's Health Programs in Texas that can help your clients, especially pregnant and postpartum clients, receive important healthcare services.

[Opioid Use and Misuse in Women and Girls: Factors, Signs and Next Steps -](#) Opioid use has risen dramatically in the past few decades. The impact on women in girls is often misunderstood. Take this course to learn more about the risk factors, warning signs and steps you can take to help your clients.

[Postpartum Depression: How CHWs Can Help -](#) Take this course to learn about postpartum depression, including signs, symptoms, and steps to take if you suspect a client is experiencing depression.

[PrEP Navigator Training for Community and Public Health Staff -](#) The Northwest Portland Area Indian Health Board has worked with Cardea to create a Learning Path for providers who see American Indian/Alaska Native (AI/AN) clients. Take this series of courses to learn about Pre-Exposure Prophylaxis, or PrEP, and how to help AI/AN clients benefit from this effective prevention tool.

[Principles of Health Equity -](#) Enroll to learn how to remove stigma while providing culturally affirming prevention, care, and treatment services.

[Raising Awareness and Offering Help for Mental Health and Substance Use -](#) The goal of this module is to increase awareness about issues related to mental health and substance use, so that you can talk about it with clients, families and your community.

[Self-Management for Chronic Conditions: Helping Clients to Help Themselves -](#) Enroll to learn how to work with your clients to help them manage their chronic conditions.

[Sexual Decisions -](#) This short interactive activity is part of the Sharp curriculum.

[STD 101: What You Need to Know](#) - Take this easy-to-follow course to learn the basics of STDs. Suitable for community health workers and anyone who needs a refresher on chlamydia, gonorrhea, trichomoniasis, syphilis, herpes, HPV, and HIV.

[Talking with Teens About Contraceptives](#) - This is a follow-up to the "Working With Teens to Prevent Pregnancy: Starting the Conversation" course. Take this course to learn about the types of available contraceptives, and ways to start conversations with teenagers and young adults about what would work for them.

[Trauma-Informed Care](#) - This course consists of pre-work, one live Zoom session, and post-work and can take up to 5 hours to complete all modules. The goal of this course is to provide an overview of trauma, how it affects the brain, and how it impacts health

[Weaving Success: Evaluation in Indian Country](#) - This course covers evaluation methods that honor Native peoples' values and ways of knowing, learning and being. After completing this course, learners will be able to evaluate the impact of their programs on the health of their patients and the overall community.

[Working With Teens to Prevent Unplanned Pregnancies: Starting the Conversation](#) - How can we work with teens to plan their future? Take this course to learn ways to start conversations with teenagers and young adults, and how to bring up topics such as planning for the future and pregnancy prevention.

[Youth at the Center: Effective and Equitable Support at Adolescent Healthcare Clinics Across Washington State](#) - This course is comprised of 8 micro-modules divided into three sections: Trauma Informed, Healing-Centered Care, What Are Youth Friendly Services, and Sexual Healthcare and Education. The modules cover a range of topics directly related to trauma informed (healing-centered) care, adolescent friendly care, gender and sexuality affirming care. Each module will include clear learning objectives, interactive content, concrete strategies for implementation, evaluation, and additional resources for program support and continued education. The course is meant to support WA DOH's goal of expanding and sustaining SBHCs across the state in a way that promotes equity, access and inclusion.