

Updated: Feb 5th, 2024

MODD DSP Competency Areas

Overview

DSP Training Level 1 = 50 hours
 DSP Training Level 2 = 100 hours
 DSP Training Level 3 = 158 hours

Please Note:

- The courses in the training plan can be taken in any order.
- The 158 hours align with the MO TaP registered apprenticeship hour requirements.
- Transcripts document hours of completion for Value Based Payment.
- The complete training plan is **161.08 hours**. A certificate will be issued at the completion.
- Be sure to check out The DSP Training Level VBP Incentive Tracking Sheet if you're in need to a guide to help track your staff's hours: <https://dmh.mo.gov/media/file/dsp-training-level-vbp-incentive-tracking>

MODD Competency Area	Required Hours	Relias Training Hours
Communication	8	8.15
Community Inclusion and Networking	15	15
Community Living Skills and Supports	15	15.5
Crisis Prevention and Intervention	14	14.43
Cultural Competency	8	8
Education, Training and Staff Development	15	15
Empowerment and Advocacy	15	15.25
Evaluation and Observation	15	15.25
Health and Wellness	15	16
Person Centered Practices	20	20
Professionalism and Ethics	8	8
Safety	10	10.5
GRAND TOTAL	158	161.08

Person Centered Practices

Course Code	Course Title	Hours
REL-CV-CQL-LPIT-V2	Learning about People - Interviewing Techniques	2.5
REL-CV-CQL-LDDM-V2	Looking at the Data - Decision-Making around Personal Outcome Measures	2.75
REL-CV-CQL-OVR-V2	Overview of the Personal Outcome Measures®	3.25
REL-IDD-0-PCP	Person-Centered Planning	1.75
REL-IDD-0-OPFL	Overview of Person-First Language	1

REL-CV-CQL-PWR-V2	The Power of Personal Outcome Measures®	2
REL-IDD-AAIDD-ID	Understanding Intellectual Disability	.75
REL-CV-CQL-ORG-V2	Using Personal Outcome Measures® in Evaluation and Planning for Organizations	2
REL-CV-CQL-PLAN-V2	Using Personal Outcome Measures® in Planning for People	2
REL-IDD-0-USP	Using Service Plans	0.5
REL-ALL-0-IBHC	Implicit Bias in Healthcare	1.5
	Total	20

Community Living Skills and Supports

Course Code	Course Title	Hours
REL-IDD-0-AA	Assisting with Ambulation	0.5
REL-IDD-0-AB	Assisting with Bathing	0.25
REL-IDD-0-ABB	Assisting with Bed Baths	0.25
REL-IDD-0-AD	Assisting with Dressing	0.5
REL-IDD-0-ANC	Assisting with Nail Care	0.25
REL-IDD-0-AOH	Assisting with Oral Hygiene	0.25
REL-IDD-0-AS	Assisting with Shaving	0.25
REL-IDD-0-CCL	Clothing Care and Laundry	0.5
REL-PAC-0-DMJWL	Diets: More than Just Weight Loss	0.5
REL-IDD-0-HCC	Home Cleaning and Care	0.5
REL-IDD-0-MP	Meal Preparation	0.5
REL-IDD-0-QAC3	Overview of Medicaid and Medicare	1
REL-PAC-0-TSSF	Techniques for Safe Swallowing and Feeding	1
REL-PAC-0-UMLS	Using Mechanical Lifts Safely	1
REL-IDD-GH-SSDBW	Social Security Disability Benefits and Work: Address Fears and be Part of the Solution	1
REL-IDD-GHA-OBRSSDB1	Supplemental Security Income and Work	1
REL-IDD-0-SHEE	Supporting Healthy Eating and Exercise	0.75
REL-IDD-0-SPASD	Supporting People with Autism Spectrum Disorder	1
REL-IDD-GHA-SIST	Systematic Instruction Strategies and Techniques	1.25
REL-IDD-AAIDD-TISP	Trauma Informed Service Programs	1.75
REL-ALL-SS-LEI	Leveraging Emotional Intelligence	.5
REL-PAC-0-SEFFCOM	Skills For Effective Communication	1
	Total	15.5

Health and Wellness

Course Code	Course Title	Hours
-------------	--------------	-------

REL-IDD-0-OSED	An Overview of Safe Eating and Drinking	0.75
REL-IDD-0-DOH-V2	Dental and Oral Health for Individuals with IDD	0.75
REL-IDD-AAIDD-ELCPIDD	End-of-Life Care for People with IDD	1
MODD-Fatal-Five-Fundamentals-Course-Aspiration	Fatal Five Foundational Course: Aspiration	0.5
MODD-Fatal-Five-Fundamentals-Course-Bowel-Obstruct	Fatal Five Foundational Course: Bowel Obstruction	0.75
MODD-Fatal-Five-Fundamentals-Course-Dehydration	Fatal Five Foundational Course: Dehydration	0.5
MODD-Fatal-Five-Fundamentals-Course-Gerd	Fatal Five Foundational Course: GERD	0.75
MODD-Fatal-Five-Fundamentals-Course-Infection	Fatal Five Foundational Course: Infection	0.75
MODD-Fatal-Five-Fundamentals-Course-When-To-Act	Fatal Five Foundational Course: Knowing When to Act	0.75
MODD-Fatal-Five-Fundamentals-Course-Seizures	Fatal Five Foundational Course: Seizures	0.75
REL-PAC-0-FAS1	First Aid – Section 1	1
REL-PAC-0-FAS2	First Aid – Section 2	1
REL-IDD-0-MHSIIDD	Monitoring Health and Safety of Individuals with IDD	1
REL-IDD-0-HPARCIDD	Health Promotion and Age-Related Changes in IDD	0.75
REL-IDD-0-HNOPIDD	Health Needs and Outcomes for People with IDD	.5
REL-IDD-0-RHN	Healthcare Needs in IDD	0.75
REL-IDD-0-IOTIDD	Introduction to Occupational Therapy for IDD	0.5
REL-IDD-0-IPTIDD	Introduction to Physical Therapy for IDD	0.5
REL-IDD-0-ISLPIDD	Introduction to SLP for IDD	0.5
REL-IDD-0-RSIDIDD	Supporting People with Dementia and IDD	0.5
REL-ALL-0-ADIAB	About Diabetes	1
REL-IDD-0-UPMIDD	Use of Psychotropic Medications in IDD	0.75
	Total	16

Education, Training and Staff Development

Course Code	Course Title	Hours
-------------	--------------	-------

REL-PAC-0-ADRDAC	Alzheimer's Disease and Related Disorders: ADL Care	1
REL-SRC-0-ADRDTDP	Alzheimer's Disease and Related Disorders: The Disease Process	1
REL-PAC-0-ADRDB	Alzheimer's Disease and Related Disorders: Behaviors	1
REL-PAC-0-ADRDCN	Alzheimer's Disease and Related Disorders: Communication Needs	1
REL-IDD-0-ODTD-V2	An Overview of Different Types of Disabilities	1
REL-IDD-0-IIIDD	Incident Investigations in IDD	1
REL-IDD-0-ATIDD	Assistive Technology in IDD	0.5
REL-ALL-0-SSKTB	Supervisory Skills: The Basics	0.5
REL-IDD-0-DSP4	Criminal Justice System and People with Intellectual and Developmental Disabilities	0.5
REL-IDD-0-TFDSPS	Transitioning from DSP to Supervisor Education, Training and Staff Development	1
REL-ALL-0-ESSQI	Essentials of Quality Improvement	0.25
REL-IDD-0-OHDALS	Human Development Across the Life Span	0.75
REL-IDD-0-ICIDD	Integrated Care in IDD	1
REL-IDD-0-IASD	Introduction to Autism Spectrum Disorders	1
REL-IDD-0-RPM	Role of a Peer Mentor	1
REL-ALL-0-RURCA	The Use of Root Cause Analysis	0.25
REL-IDD-0-SIIDSUD	Supporting Individuals with Intellectual and Developmental Disabilities with Substance Use Disorder	1
REL-BHC-0-PCBTPIDD	Providing Cognitive Behavioral Therapy to Persons with IDD	1.25
	Total	15

Empowerment and Advocacy

Course Code	Course Title	Hours
REL-BHC-0-ISPHB	A Client's Experience of Trauma-Informed Care	1.25
REL-PAC-0-ACPCSS	Advance Care Planning Communication Skills for Success: The Five Wishes Framework	1
REL-PAC-0-ACPPI	Advance Care Planning: Program Implementation with Five Wishes	1.5
REL-IDD-0-CMPWIDD	Choice Making for People with Intellectual and Developmental Disabilities	.75
REL-IDD-0-PHIDDL	Compassion and Empathy in Service Delivery	0.5
REL-IDD-0-IDAO	Intellectual Disabilities: Interventions, Supports and Outcomes	1
REL-PAC-0-PRE	Personal Rights and Ethics	1
REL-IDD-0-RIIDD	Rights of Individuals with IDD	0.75
REL-IDD-0-RRIDDS	Rights Restrictions in IDD Services	0.5
REL-IDD-0-RMDSP	Risk Management for Direct Support Professionals	1
REL-IDD-0-SDS	Self-Directed Services	0.5

REL-IDD-0-FSPS	Supporting Self-Advocacy in Employment	0.5
REL-IDD-0-TSAS	Supporting Self-Advocacy Skills	0.5
REL-PAC-0-EAEJA	Elder Abuse-The Elder Justice Act	0.5
REL-ALL-0-RSDHTH	The Role of Social Determinants of Health in Today's Healthcare	0.5
REL-PAC-0-TFWCACP	What Matters Most: Introduction to Five Wishes Advance Care Planning Conversations	1
REL-IDD-0-WHP	Working with Healthcare Providers	0.5
REL-IDD-0-SITH	Safety in the Home	0.5
REL-ALL-0-CCHLTH	Cultural Competence and Healthcare	.5
REL-BHC-0-ROCISDOH	Recovery-Oriented Community Inclusion and Social Determinants of Health	1
	Total	15.25

Evaluation and Observation

Course Code	Course Title	Hours
REL-IDD-0-ADSP-UA-V2	Assessments in IDD	2
REL-ABA-0-GEDRBT	Guidelines for Effective Documentation for RBTs	1.5
REL-IDD-0-MLD	Medication Management Part 3: Labels and Documentation	0.5
REL-IDD-0-IBC1	Positive Behavior Support Planning: Part 1	2
REL-IDD-0-IBC2	Positive Behavior Support Planning: Part 2	2.25
REL-PAC-0-DTLS	Documentation: The Legal Side	1
REL-IDD-0-QAC4	Writing and Monitoring Goals for Person-Centered Plans	1.25
REL-IDD-0-WIR	Writing Incident Reports	1
REL-IDD-0-FRIDD	Screening for Risk in IDD	1
REL-IDD-0-PHIDDI	Informed Decision Making	.5
REL-PAC-0-CCPCC	Changing the Culture to Person-Centered Care	.5
REL-BHC-0-SARPMHD	Self-Advocacy and Recovery for Persons with Mental Health Disorders	1.75
	Total	15.25

Community Inclusion and Networking

Course Code	Course Title	Hours
REL-IDD-0-CT	Community Transportation	.5
REL-IDD-0-GHA-CCCP1AOCE	Customized Community Careers Part 1: An Overview of Customized Employment	1
REL-IDD-0-GHA-CSE1-V3	Customized Self-Employment Part 1: The Basics	3.5
REL-PAC-0-DDTM	Day to Day Time Management	0.5
REL-IDD-0-ES	Employment Support	1
REL-IDD-0-BRCPIDD	Building Relationships and Community for People with IDD	.75
REL-IDD-0-PDSS	Professionalism in Direct Support Professionals	.75

REL-IDD-0-RIDD	Retirement in IDD	0.5
REL-IDD-0-SSIIASD	Social Integration Strategies for People with Autism Spectrum Disorder	0.75
REL-IDD-0-SPIDDBHPR	Supporting People with IDD in Building Healthy Personal Relationships	1
REL-IDD-0-SQL	Supporting Quality of Life for Individuals with IDD	1
REL-IDD-0-TAHSHE	Transition to Adulthood: From High School to Higher Education	1
REL-IDD-0-TASE	Transition to Adulthood: From School to Employment	1
REL-IDD-0-PHSIMIDDF	Providing Positive Behavior Supports	1.25
REL-IDD-0-SITC	Safety in the Community	0.5
	Total	15

Crisis Prevention and Intervention

Course Code	Course Title	Hours
REL-IDD-0-ABIDD	Abuse and Neglect of Individuals with I/DD	2.5
REL-ATS-TELT-V2	Behavioral Challenges of Autism	1.25
REL-IDD-0-CCMS	Communication and Conflict Management Skills	.75
REL-IDD-0-CIIDD	Crisis Intervention for Individuals with Developmental Disabilities	0.75
REL-CV-0-CRISISMGMT-V2	Crisis Management Across Health and Human Services	1.5
REL-IDD-AAIDD-TIS	Trauma-Informed Supports	.75
REL-IDD-AAIDD-PPBSP10	Principles of Positive Behavior Support Pt.1: Overview	0.75
REL-IDD-AAIDD-PPBSP2TFS	Principles of Positive Behavior Support Pt.2: Choice, Skills, and Environment	0.5
REL-IDD-AAIDD-PPBSP3TIIDD	Principles of Positive Behavior Support Pt.3: Teaching New Skills	0.5
REL-IDD-AAIDD-PPBSP4IBSP	Principles of Positive Behavior Support Pt.4: Importance of BSPs	0.75
REL-IDD-0-RMSAIDD	Relaxation Strategies to Minimize Stress and Anxiety in Individuals with IDD	.75
REL-IDD-0-MCBPIDD	Providing Support for Challenging Behavior	0.5
REL-IDD-0-SIIDDCOD	Supporting People with IDD and Mental Health Conditions	1
REL-PAC-0-UCIT	Use of Crisis Intervention Techniques	.08
REL-ALL-0-CR	Conflict Resolution	.5
REL-PAC-0-HABXY	Handling Aggressive Behaviors	.5
REL-ALL-0-ETW	Effective Teamwork	0.5
REL-ALL-SS-ADT	Acting with Diplomacy and Tact	.6
	Total	14.43

Safety

Course Code	Course Title	Hours
REL-ALL-0-ATCOVID	All Things Covid-19	0.25
REL-ALL-0-BHH	Basics of Hand Hygiene	0.25
REL-IDD-0-BPUSPIDD	Bloodborne Pathogens and Use of Standard Precautions in IDD Settings	1
REL-ALL-0-FSBASIC-V2	Fire Safety: The Basics	0.5
REL-SRC-0-FSF	Food Safety Fundamentals	1
REL-ALL-0-HCSDSL-R1	Hazardous Chemicals: SDS and Labels Self-Paced	0.5
REL-ALL-0-HCTESS	Hazardous Chemicals: The Essentials	0.5
REL-ALL-0-NDWEO	Natural Disasters and Workplace Emergencies: An Overview	0.5
REL-ALL-0-NDWEFLL	Natural Disasters and Workplace Emergencies: Flooding and Landslides	0.5
REL-ALL-0-NDWEEHC	Natural Disasters and Workplace Emergencies: Heat and Cold Stress	0.5
REL-ALL-0-NDWEH	Natural Disasters and Workplace Emergencies: Hurricanes	0.5
REL-ALL-0-PANIP	Pandemic Influenza Preparation	1
REL-ALL-0-BPPE	Basics of Personal Protective Equipment	0.5
REL-PAC-0-PHI	Preventing Hepatitis Infection	0.5
REL-IDD-0-SIDDES	Supporting Individuals with Disabilities During Emergency Situations	1
REL-ALL-0-TUBBAS	Tuberculosis Basics	0.5
REL-ALL-0-NDWEET	Natural Disasters and Workplace Emergencies: Earthquakes and Tsunamis	0.5
REL-ALL-0-NDWET	Natural Disasters and Workplace Emergencies: Tornadoes	0.5
	Total	10.5

Communication

Course Code	Course Title	Hours
REL-IDD-0-CWF	Communication with Families	0.5
REL-ALL-SS-CVTM	Contributing as a Virtual Team Member	0.5
REL-ALL-0-WEITW	Writing Effectively in the Workplace	0.25
REL-ALL-SS-ETC	Effective Team Communication	.5
REL-ALL-0-ECCE	Essentials of Communication: Communication Effectiveness	1
REL-ALL-0-ECEL	Essentials of Communication: Effective Listening	1
REL-ALL-0-ECNC	Essentials of Communication: Navigating Conversations	1
REL-IDD-0-MOC	Methods of Communication	0.5
REL-ALL-SS-NOPE	Navigating Other People's Emotions	0.4

REL-ALL-SS-NCSDT	Navigating Challenging Situations with Diplomacy and Tact	.5
REL-ALL-SS-NWEI	Navigating the Workplace with Emotional Intelligence	0.4
REL-ALL-SS-NYOE	Navigating Your Own Emotions	0.5
REL-ALL-0-BIAH	Bias in Healthcare	.5
REL-ALL-SS-PYFS	Polishing Your Feedback Skills	0.6
	Total	8.15

Cultural Competency

Course Code	Course Title	Hours
REL-IDD-0-ADLIDD	A Day in the Life: An IDD Perspective	0.5
REL-ALL-0-CDIV	Cultural Competence	0.5
REL-IDD-0-DAD	Diversity and Disability	0.5
REL-ALL-0-DEIHE	Diversity, Equity, and Inclusion for the Healthcare Employee	1.5
REL-ALL-SS-HCIC	How Culture Impacts Communication	0.5
REL-BHC-0-DEIMCO	DEI: Multicultural Care for the Organization	1
REL-BHC-0-AMAROP	A Multicultural Approach to Recovery-Oriented Practice	1
REL-IDD-0-SGI	Sexual Orientation and Gender Identity	0.5
REL-ALL-SS-UCSBCD	Using Communication Strategies to Bridge Cultural Divides	0.5
REL-BHC-0-DEIAIMC	DEI: An Introduction to Multicultural Care	1
REL-ALL-HCPRO-ROUBESHI	Recognizing and Overcoming Unconscious Bias for Employees and Supervisors in the Healthcare Industry	0.5
	Total	8

Professionalism and Ethics

Course Code	Course Title	Hours
REL-IDD-0-DTR	Developing Therapeutic Relationships	0.5
REL-ALL-0-EWEA	Employee Wellness - Emotional Awareness	0.25
REL-ALL-0-EWFT	Employee Wellness – Managing Emotions	0.25
REL-ALL-0-EWSH	Employee Wellness – Sleep and Health	0.25
REL-ALL-0-EWMS	Employee Wellness – Managing Stress	0.25
REL-ALL-0-EWMT	Employee Wellness: Managing Time	0.25
REL-ALL-0-EWBWL	Employee Wellness -Balancing Work and Life	0.25
REL-ALL-0-ETHCC	Ethics and Corporate Compliance	0.5
REL-ALL-0-HDDSMEC	HIPAA Do's and Don'ts of Social Media and Electronic Communication	0.5
REL-ALL-0-HSECR	HIPAA Security Rule	0.5
REL-ALL-0-HBAS	HIPAA: Basics	0.5

REL-BHC-0-SCSFP	Self-Care Strategies for Frontline Professionals	1.25
REL-ALL-0-PSW	Problem Solving in the Workplace	1
REL-CHC-0-IQIS	Implementing a Quality Improvement System	1.25
REL-ALL-0-SHWENK	Sexual Harassment What Employees Need to Know	0.5
	Total	8