



2026 Training Opportunity for Skills System Training with Dr. Julie Brown

The Montana Developmental Disabilities Program offers this free training to DDP Contracted Providers, Targeted Case Managers, and DDP Staff.

Many people who have mental health issues and intellectual disabilities have difficulty managing their emotions effectively. Emotion regulation skill gaps can make reaching goals more difficult. When individuals and/or support providers lack emotion regulation abilities, patterns of self- and co-dysregulation can result.

The Skills System is a set of user-friendly, adaptable strategies designed to help individuals, their staff, and their family members manage emotions, thoughts, and behaviors. Skills help people self- and co-regulate. The Skills System is specifically designed to be used within ID supports to help build the core competencies of all involved.

2-Day Live Online Skills System Instructor's Training:

The next 2-Day Training will be on **March 4-5, 2026, and June 9-10, 2026.**

Agencies are encouraged to send staff (in any position) who are interested in serving as skills instructors. The 2-Day instructor's training will prepare the person to teach skills to individuals, mentor staff to be skills coaches, and guide a Skills System implementation within the agency

Please note: There is approximately 5-6 hours of pre-work that must be completed prior to training.

FREE Skills System Resources:

Skills System E-Learning Memberships: The Skills System E-Learning provides online training for provider agency staff, case managers, individuals, and their family members for a period of one year. The E-Learning includes engaging videos, exercises, and offers visual aids to help people generalize skills into their natural environments. The E-Learning prepares staff and family members to be skills coaches.

Consultation with Agencies: A remote 30-minute or 60-minute Zoom consultation is available between Dr. Julie Brown and agency personnel to orient them to the Skills System resources and to create a plan for allocating Skills System resources to address specific problems.

To register or for more information, please email jbrown@skillssystem.com

