

The Commonwealth of Virginia Learning Center (COVLC)



The **Commonwealth of Virginia Learning Center** is Virginia's learning management system (LMS) and is a free staff training resource to provider agencies operating within Virginia.

The **COVLC** or **VLC** is a web-based application which can be accessed 24 hours a day – 7 days a week. The VLC delivers self-study training topics to the desktop, tracks progress throughout the training, and offers a certificate after completing a quiz to verify competency.

The Virginia Department of Behavioral Health and Developmental Services (DBHDS) Office of Integrated Health Supports Network (OIHSN) currently offers the trainings listed below on the COVLC and more are being added on an ongoing basis:

- OIH - HSN Choking and Airway Obstruction
- OIH - HSN Falls and Individual with Developmental Disabilities
- OIH - HSN My Care Passport and Advocacy Tip Sheets
- OIH - HSN Overview
- OIH - HSN REVIVE
- OIH - HSN The Fatal Seven
- OIH - HSN Vital Signs
- OIH - HSN When to Call 911
- OIH - HSN Sepsis (will be added in September)
- OIH - HSN Urinary Tract Infections (coming next)

Registering for a Commonwealth of Virginia Learning Center Account

To complete registration for the DBHDS – External Entities Domain, use the following steps.

- Register at <https://covlc.virginia.gov>
- Select the “**Need an account?**” button.
- On the drop-down menu, select **DBHDS-E - External Entities**.
- Click **OK**.

Contact the DBHDS VLC Domain Administrator, Keiana Bobbitt, at keiana.bobbitt@dbhds.virginia.gov if you need help registering.

Create a New Account

All entry fields with an * asterisk are required fields.

1. *Login ID: Create a Login ID. Make sure to write down your Login ID, as you will enter it on the Login screen after receiving an approval.
2. *Email Address: Enter your organizational email address. If you do not have one, please enter your personal email address. A personal email address will only be accepted if your organization does not provide an email address, or you will not be receiving one due to your employment status (i.e., contractor).
3. *Password: Create a Password. Your password may contain uppercase letters, lowercase letters, numbers (0-9), and special characters (such as !@#\$%^&*). Remember, your password is case sensitive.

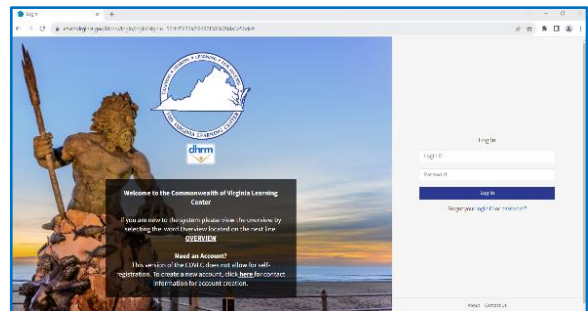
Creating a New Account continued...

4. *Confirm Password: Re-enter the password you created. Make sure to write down your password, as you will enter it on the Login screen after receiving an approval.
5. *First Name and *Last Name: Enter your legal First and Last Name. Please do not use abbreviations or nicknames.
6. *Gender: Select your gender.
7. *Date of Birth: Enter your 8-digit date of birth (i.e., 01/01/2001).
8. *Organization: Click Select. Leave the search field under Find Organization blank, click Search. Scroll down and select **DBHDS – External Entities**. Click Save.
9. *Time Zone: Default; do not change.
10. *Region: Default; do not change.
11. *# of Records (per page): Default You may change to any number between 10-100.
12. After all required fields are complete, click **Create** to advance to the notification screen.
13. Click **OK**. You will receive a computer-generated email stating “your request for access has been submitted”. *This is not the approval or denial email. You will receive an additional computer-generated email once your request has been approved or denied. This process takes up to 48 hours.*

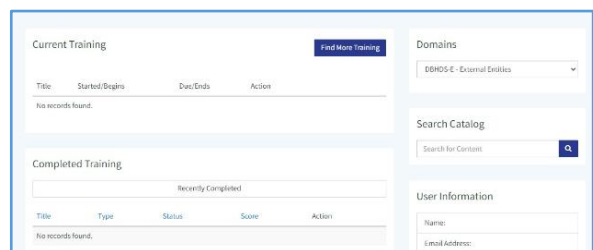
Accessing Your Commonwealth of Virginia Learning Center Account

Enter <https://covlc.virginia.gov> in your web browser's address line.

1. Select the blue “**Log In**” button.
2. Enter your Login ID and Password. Click Log In or Enter on your keyboard. Remember, your password is case sensitive. Enter it exactly as you created it.



3. You have successfully accessed your COVLC account!





ABA Snippets ...

Your Reinforcer is Ready to Pair: Five Steps for Stimulus-Stimulus Pairing

Bluetooth® technology is everywhere and has become easier to use and more accessible. Bluetooth® technology allows devices to connect wirelessly, which is called “pairing” (1).

Pairing is a term used frequently in behavior analysis with an origin story roughly 100 years before Bluetooth®. The basic idea of pairing is to connect two things (or stimuli). One thing is pleasing and/or reinforcing and the other is neutral. When successful, the neutral thing becomes pleasing (2).

Establishing new reinforcers may be helpful for individuals that have restricted interests and desire to expand those interests. The following is a step-by-step breakdown to explain an easy way to use pairing effectively.

- Step 1: Identify reinforcing stimuli (things, people, and activities) that someone likes.
- Step 2: Identify a neutral stimulus that could possibly expand what someone likes.
- Step 3: Plan and prepare how to present the neutral stimulus together with the reinforcing stimulus.
- Step 4: Follow the plan.
- Step 5: Evaluate. When successful, the new stimulus will become a reinforcer.

Everyone has at least one reinforcer that is ready to pair. It is just waiting to connect like a Bluetooth device. Any readers interested in more information on pairing can check out the references below for a deep dive.

You can contact DBHDS by emailing brian.phelps@dbhds.virginia.gov with any questions or suggestions. You may contact DBHDS about these efforts via the following: brian.phelps@dbhds.virginia.gov

References

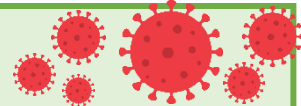
1. PC Magazine. (n.d.). PCMag Encyclopedia. <https://www.pcmag.com/encyclopedia>
2. Madden, G. J., Mahmoudi, S., & Brown, K. (2023). Pavlovian learning and conditioned reinforcement. *Journal of Applied Behavior Analysis*, 56(3), 498–519. <https://doi.org/10.1002/jaba.1004>
3. Cooper, J.O., Heron, T.E., & Heward, W.L. (2020). *Applied behavior analysis: third edition.* (pp.28-32.) Pearson Education, Inc.
4. Fisher, W.W., Piazza, C.C., & Roane, H.S., (2011). In *Handbook of Applied Behavior Analysis.* (pp.17-33) Guilford Press.

The App of the Month



The U.S. Centers for Disease Control and Prevention have developed an app that can help users improve their health literacy, or “health IQ” as they call it. Available in Spanish and English, and compatible with both the iPhone and Android, the Health IQ platform is a trivia-based tool that can help individuals learn more about important health topics. The competitive game has ten questions per round, with users able to earn points and build high scores. (App of the Month is not endorsed by DBHDS Office of Integrated Health Supports Network. User accepts full responsibility for utilization of app).

COVID-19 Variant on the Rise



There has been a steady increase in the number of COVID-19 cases diagnosed in hospital Emergency Rooms in Virginia throughout the summer, resulting in diagnosed cases nearly doubling from July to August (1).

Numbers throughout the U.S. indicate another wave of COVID-19 may be coming this Fall. Data indicates COVID-19 hospital admissions in Virginia have also increased. COVID-19 Virus detection in wastewater systems throughout the Commonwealth are continuing to be monitored but have remained steady (1).

Pfizer, Moderna, and Novavax will offer updated COVID-19 boosters in October 2023. The new vaccines will target the XBB.1.5 variant which has been detected throughout 2023. Experts believe the new vaccines may also provide protection from the EG.5 variant (also known as Eris), which has only recently been detected, but already accounts for 17% of cases (1).

Flu and RSV (Respiratory Syncytial Virus)

RSV and Flu vaccines are already available at many pharmacies in Virginia.

- The new RSV vaccine is recommended for adults over the age of 60.
- The CDC recommends annual flu vaccines to all persons aged 6 months of age and older, with some rare exceptions (1, 2).

References

1. Virginia Department of Health (2023, Aug 11). Situation Update Office of Emergency Preparedness. <https://www.vdh.virginia.gov/content/uploads/sites/182/2023/08/Situation-Update-2023-08-11.pdf>
2. Centers for Disease Control and Prevention (2022, Aug 25). Who Should and Who Should NOT Get a Flu Vaccine. <https://www.cdc.gov/flu/prevent/whoshouldvax.htm#:~:text=All%20persons%20aged%206%20months,of%20developing%20serious%20flu%20complications.&text=People%20who%20can%20get%20the,are%20appropriate%20for%20most%20people.>

The 4th Annual Statewide Nursing Conference - Wednesday, October 18, 2023 between 8:30 am – 4:30 pm

Petersburg Public Library, 201 W. Washington St, Petersburg, VA 23803

Ticket Cost: \$35.00 – No Refunds – Ticket is transferable.



Registration: <https://www.eventbrite.com/e/4th-annual-statewide-nursing-conference-tickets-609747199287>