

School of Public Health Courses ^[1]

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Course	Audience	Description
CU: Introduction to the Search Advocate Program	This course is recommended for search committee members.	This 15-minute course introduces search committee members to the role of search advocate, who is responsible for ensuring equity, diversity, and inclusion are prioritized throughout the search and selection process. An advocate will be assigned to each search committee. HCM Course Code: u00229 Start Course ^[3]
CU: <i>Total Worker Health</i>® Leadership 101	This course is recommended for managers/supervisors interested in learning how to become leaders in their organization, who can drive organizational change to achieve <i>Total Worker Health</i> ®. Professionals who may benefit from this training include: business owners, executives, senior managers, benefits and HR professionals, occupational health and safety specialists, and public health advocates.	This 50-minute course covers information on the <i>Total Worker Health</i> ® (TWH) Leadership 101 course to help you assess your current leadership strategy and build a framework for evaluating Total Worker Health at your unit, in your organization. HCM Course Code: u00207 Start Course ^[4]

Course	Audience	Description
<p>CU: Salud Mental en el Lugar de Trabajo</p>	<p>Este curso está dirigido a líderes empresariales, profesionales de recursos humanos y cualquier persona interesada en aprender cómo mejorar la salud mental en el lugar de trabajo.</p>	<p>En este curso de 30 minutos, aprenderá la importancia de priorizar y abordar la salud mental en el lugar de trabajo a través de cuatro (4) componentes clave dentro de una organización: cultura, beneficios, capacitación y accesibilidad. Los participantes participarán en el contenido a través de resultados basados en investigaciones, testimonios en video y actividades interactivas para comprender mejor cómo pueden desempeñar un papel activo en el apoyo a la salud mental y el bienestar de los trabajadores. A través de este curso, los participantes aprenderán pasos de acción prácticos y útiles para crear conciencia sobre la salud mental, reducir el estigma y priorizar la atención para todos los empleados.</p> <p>HCM Course Code: u00239</p> <p>Start Course ^[5]</p>

Course	Audience	Description
<p>CU: Suicide Prevention</p>	<p>This course is recommended for anyone interested in learning about suicide prevention in the workplace.</p>	<p>In this 60-minute self-paced course, you'll learn how to recognize the warning signs and risk factors of suicide in the workplace, and how to appropriately follow-up when there are concerns. <i>The content of this course discusses the sensitive and challenging topic of suicide. If this training is not appropriate for you at this time due to past or current experiences, then please access this content at a later time. If you or someone you know is needing help or support, please reach out to 988 via call or text.</i></p> <p>HCM Course Code: u00222</p> <p>Start Course ^[6]</p>
<p>CU: Supporting Employees Affected by Cancer</p>	<p>This course is recommended for managers/supervisors, human resources personnel, anyone affected by Cancer (employees, team members, supervisors, allies, etc.), wellness specialists, health educators, safety managers.</p>	<p>In this 50-minute course, learners will be given an overview of the ways to support employees affected by cancer.</p> <p>HCM Course Code: u00209</p> <p>Start Course ^[7]</p>

Course	Audience	Description
<p>CU: Supporting Employees Affected by Substance Use Disorders</p>	<p>This course is recommended for managers/supervisors, human resources personnel, anyone affected by substance use disorder (employees, team members, supervisors, allies, etc.), wellness specialists, health educators, safety managers.</p>	<p>This 60-minute course is part of the Colorado Recovery Friendly Workplace Initiative™ (RFW), a program administered by the Centers for Health, Work and Environment at the Colorado School of Public Health. RFW is designed to create a more positive and supportive workplace environment by eliminating stigma and supporting recovery. RFW provides education, training, and resources to help managers and individuals implement evidence-based workplace policies, practices, and programs to support employees affected by substance use disorders (SUDs). By taking this course, you will learn how to:</p> <ul style="list-style-type: none"> • Identify the keys to success and potential obstacles for workplace-supported recovery. • Understand employer perspectives and legal protections for supporting employees in recovery. • Identify and respond to impairment in the workplace. • Define substance use disorder as a medical condition and recovery as a process of change. <p>HCM Course Code: u10020</p>

Course	Audience	Description
<p>CU: Workplace Ergonomics</p>	<p>This course is recommended workplace health and safety professionals, human resource leaders, supervisors, and employees in physically demanding roles.</p>	<p>In this 60-minute course, emphasizes practical applications for improving posture, workstation setup, body mechanics, and injury prevention. The training supports compliance with general duty standards for maintaining a safe workplace under the Occupational Safety and Health Act, and aligns with the principles of the <i>Total Worker Health®</i> approach.</p> <p>HCM Course Code: u00285</p> <p>Start Course ^[9]</p>
<p>CU: Working with African Immigrants and Refugees</p>	<p>This course is recommended Business owners, Human Resources (HR) personnel, and agency leaders.</p>	<p>In this 60-minute course, equips organizational leaders and managers with skills to advance Cultural Competency (CC) and Cultural Intelligence (CQ) for worker health, and safety.</p> <p>HCM Course Code: u00295</p> <p>Start Course ^[10]</p>

Course	Audience	Description
<p>CU: Workplace Mental Health</p>	<p>This course is recommended for business leaders, HR professionals, and anyone interested in learning about improving mental health in the workplace.</p>	<p>In this 30-minute course, you will learn the importance of prioritizing and addressing workplace mental health through four (4) key components within an organization: culture, benefits, training, and accessibility. Participants will engage in the content through research-based outcomes, video testimonials, and interactive activities to gain a better understanding of how they can play an active role in supporting the mental health and well-being of working people. Through this course, participants will learn practical and helpful action steps to raise awareness about mental health, reduce stigma, and prioritize care for all employees.</p> <p>HCM Course Code: u00217</p> <p>Start Course ^[11]</p>

Groups audience:
Employee Services

Source URL: <https://www.cu.edu/employee-services/school-public-health-courses>

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