

**Geriatric and Adult Mental Health Specialty Team
 Invite You to Participate In our FREE December 2020 Webinars**

Registration Information

Please double click on the attached Webinar Registration form icon to open the form. Please complete the form and email to geriatric.team@vayahealth.com or fax to 877-355-2436 by the stated deadline, if you are interested.



Webinar Registration
Form.docx

For more information, please contact Andrea Wright, MSW, LCSW at 828-225-2785, ext. 4752 or andrea.wright@vayahealth.com

Target Audience

Community Members, CNA's, Family Caregivers, First Responders, Healthcare Professionals (Bachelor's Level), LPN's, Med Tech's, RN's

Vaya Health's Geriatric and Adult Mental Health Specialty Team provides free, on-site and web-based education and support related to the behavioral health needs of older adults. For professional caregivers, Geriatric Team classes offer contact hours approved by the N.C. Division of Health Service Regulation (DHSR).

Date	Time	Topic
Tuesday, December 1, 2020	10:00-11:00am	Enhancing Mental Health with Alternative Treatments Part 1 Register by Friday, November 27th
Wednesday, December 2, 2020	1:00-2:00pm	Part 3 of Dementia Series: It's a Brain Thing: The Study of Dementia Medications Register by Monday, November 30th
Thursday, December 3, 2020	10:00-11:00am	Depression: From Surviving to Thriving Register by Tuesday, December 1st
Tuesday, December 8, 2020	10:00-11:00am	Depression: From Surviving to Thriving Register by Friday, December 4th
Wednesday, December 9, 2020	1:00-2:00pm	Antidepressants: Not Just for Depression Register by Monday, December 7th
Thursday, December 10, 2020	1:00-2:00pm	Enhancing Mental Health with Alternative Treatments Part 2 Register by Tuesday, December 8th
Monday, December 14, 2020	1:00-2:00pm	Depression: From Surviving to Thriving Register by Thursday, December 10th
Tuesday, December 15, 2020	10:00-11:00am	Enhancing Mental Health with Alternative Treatments Part 1 Register by Friday, December 11th
Wednesday, December 16, 2020	2:00-3:30pm	Antidepressants: Not Just for Depression Register by Monday, December 14th
Thursday, December 17, 2020	1:00-2:00pm	Enhancing Mental Health with Alternative Treatments Part 2 Register by Tuesday, December 15th

Webinar Course Description continued next page...

Closed Caption is available for ALL Webinars

Webinar Course Description

Antidepressants: Not Just for Depression- Antidepressants treat depression, but did you realize there are other uses for this classification of medication? Join us to learn about the traditional and secondary uses of antidepressants, side effects and safe administration protocols.

Depression: From Surviving to Thriving- Depressive symptoms often present themselves through feelings of isolation, hopelessness and despair. This course examines different types, common causes, symptoms and treatment methods for depression, focusing on moving from a place of simply surviving to one of thriving.

Enhancing Mental Health with Alternative Treatments- This course is designed for both care providers and recipients. It looks at alternative treatments and practice modalities and their impact on mental health. Many of the “outside of the box” interventions can be incorporated into the lives of people managing a mental illness and/or their caregivers to help create balance, stability and a reduction in stress and its maladaptive impacts. The approaches are also applicable to preventing or de-escalating crisis situations.

It's s Brain Thing: The Study of Dementia Medications- Dementia can be a frightening journey for both the caregiver and the care recipient. Research continues to reveal more about this disease and treatments that may help. This class updates participants on how medications can help, as well as frustrating limitations.