



Geriatric and Adult Mental Health Specialty Team Invite You to Participate In our FREE 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. **If we receive your registration form after the deadline, you will not be registered for the webinar.**



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For more information, please contact Tammy Stevens, RN, BSN at 828-225-2785, ext. 4768 or tammy.stevens@vayahealth.com

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

MARCH 2021 SCHEDULE

A Rainbow of Mental Health: An Introduction

Tuesday, March 2nd 10:00-11:30am Register by February 26th
Wednesday, March 10th 1:00-2:30pm Register by March 8th
Thursday, March 18th 10:00-11:30am Register by March 16th

Antidepressants: Not Just for Depression

Wednesday, March 3rd 1:00-2:00pm Register by March 1st
Tuesday, March 16th 10:00-2:00pm Register by March 14th
Wednesday, March 24th 1:00-2:00pm Register by March 22nd

Depression: From Surviving to Thriving

Wednesday, March 3rd 1:00-2:00pm Register by March 1st
Thursday, March 11th 10:00-11:00am Register by March 9th
Tuesday, March 23rd 1:00-2:00pm Register by March 21st

Enhancing Mental Health with Alternative Treatments

Tuesday, March 9th 10:00-11:00am Register by March 7th
Wednesday, March 17th 10:00-11:00am Register by March 15th
Thursday, March 25th 1:00-2:00pm Register by March 23rd

A link to the webinar will be sent to your email that was provided the day before the scheduled event. If you have not received a link to the webinar that you have registered for by 3pm the day prior to the event, please email us at geriatric.team@vayahealth.com.

Webinar Course Description continued next page...

Closed Caption is available for ALL Webinars

Webinar Course Description

Core Competencies

A Rainbow of Mental Health: An Introduction-This introductory course is designed to support an understanding of the most commonly diagnosed mental health-related conditions in the aged population. This curriculum takes a person-centered approach to understanding classifications and care delivery.

Contact Hour: 1.50

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.

Contact Hour: 1.00

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. **This month we will be focusing on Laughter and Pet Therapy as an Alternative Treatment.**

Contact Hour: 1.00

Psychiatric Medications

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.

Contact Hour: 1.00

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).