

# 2020 COURSE DESCRIPTIONS

*All Geriatric and Adult Mental Health Specialty Team courses are evidence-informed, meaning they are derived from evidence-based research and incorporated into a user-friendly format focused on promoting adaptive outcomes.*

## CORE COMPETENCIES

| COURSE NAME   | COURSE DESCRIPTION   |
|---|--|
| <b>A Rainbow of Mental Health: An Introduction</b>                      | 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.  |
| <b>Anxiety: Calming the Anxious Mind</b>                                | Anxiety can be a debilitating force in life – at times, so debilitating that it interferes with the ability to manage one’s own activities of daily living. When this happens, it’s important to know that there are supports available to treat and assist in the management of symptoms. This curriculum focuses on different types of anxiety disorders and specifically details ones more commonly seen in older adults and interventions available to assist in calming the anxious mind. |
| <b>Bipolar Disorder and Extreme Mood Variation: Is there Stability?</b> | Whether you are the caregiver of someone with bipolar disorder or an individual living with the inability to maintain a consistent mood, feeling “stable” is often an infrequent reality. This class examines features and symptoms of the different types of the disorder. It also addresses causes, risk factors and, most importantly, treatment. Specific focus is placed on the impact for the geriatric population.  |
| <b>Crisis Prevention: Keeping Your Cool Under Pressure</b>              | “If you can predict it, you can avoid it!” Though avoidance is not always possible, planning for how to prevent and/or manage a crisis can help both caregivers and individuals experiencing a crisis. This course is designed to increase one’s skill level in working with individuals who experience increased behavioral challenges. Focus is placed on causation and de-escalation techniques.  |
| <b>Dementia and Psychosis Behavior: What You Need to Know</b>           | This class uses case review and activities to identify frequent challenging behaviors associated with dementia and psychosis. Participants review factors that may trigger behaviors and discuss prevention and intervention strategies.   |
| <b>Depression: From Surviving to Thriving</b>                           | 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.  |

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|---|---|
| <b>Enhancing Mental Health with Alternative Treatments</b>    | 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. |
| <b>I’m Covered Up: What You Need to Know About Hoarding</b>   | “I’m covered up” is not just about the physical retention of things. More importantly, it’s about emotional components that won’t allow release. This presentation examines causes, symptoms and adaptive treatment and care methods for those dealing with hoarding behavior. A focus is placed on the aged population.  |
| <b>Neurocognitive Disorders: Living with Dementia</b>         | Commonly referred to as dementia, neurocognitive disorders can affect the way people perceive and engage with the world around them. This course looks at various classifications of neurocognitive disorders (NCDs), delirium and common changes associated with each type. Tips for caregiving are provided.  |
| <b>OCD: Supporting People with Obsessions and Compulsions</b> | Thoughts and behaviors are usually associated with brain-based operations. However, when this construct becomes too fused or is fueled by underlying emotions such as anxiety, outcomes can be debilitating. This class focuses on obsessive compulsive disorder in older adults, detailing contributing causes, symptoms and outcome-based treatment protocols.  |
| <b>Overcoming Communication Barriers</b>                      | Communication is the string that ties us all together. If that string isn’t strong enough or is broken, our relationships tend to unravel. This curriculum is designed to look at common communication problems and methods to make it an easier, more efficient process. We’ll look at examples of communication to use and those not to use.  |
| <b>Person(RE)ality: Why Mine is Different</b>                 | The reality of personality disorders is that they involve long-term patterns of thoughts and behaviors that are unhealthy and inflexible and, though similar, no two ever look exactly the same. This course defines personality disorders, explores different types and examines challenges associated with providing care for individuals who are diagnosed with one.   |
| <b>PTSD: Invisible Scars</b>                                  | This presentation explores information related to traumatic events and experiences. Through classroom conversation and exercises, participants learn ways to support individuals who may have experienced a traumatic event, which may lead to Posttraumatic Stress Disorder. Resiliency methods will be employed as methods to treat and heal the invisible scars.   |
| <b>Schizophrenia and Psychosis: Can This Be Real?</b>         | This curriculum is designed to view schizophrenia and other psychotic disorders from the perspective of the individual experiencing the disorder. Discussion and scenarios allow participants to learn interventions and strategies that provide supportive care to promote healthy outcomes.   |
| <b>Substance Use, Misuse and the Opioid Crisis</b>            | Adults of any age can encounter problems with substance use. This class details common substance use issues and tips for those caring for those individuals.  |
| <b>Suicide Indicators, Response and Prevention</b>            | This course focuses on the indicators and risk factors of suicide in older adults as related to current statistical data. In addition, this course explains methods of suicide response and keys to prevention.   |

# 2020 COURSE DESCRIPTIONS

## PSYCHIATRIC MEDICATIONS

| COURSE NAME   | COURSE DESCRIPTION   |
|---|--|
| <b>Antidepressants: Not Just for Depression</b>   | 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.  |
| <b>Commonly Misused Medications: Understanding Medication Side Effects on the Aging Brain</b> | Did you know misuse of medications is a growing problem in older adults? This course identifies commonly misused medications and discusses the physiological differences related to aging, as well as treatments and interventions. Attending this course can shed light on the various contributors to this growing problem. We also discuss the possibilities of how we can help as individuals and as a society.                                  |
| <b>Coping with Anxiety: Medications and More</b>  | Everyone experiences some anxiety at times. Life experiences, perceptions of the world around us and personal coping skills help determine if medication is needed to help an individual manage anxiety in everyday circumstances. This course provides information on best practices, side effects and additional ways to reduce and manage stress. Participants also learn about specific medications and particular concerns for the older adult. |
| <b>It's a Brain Thing: The Study of Dementia Medications</b>                                  | 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.   |
| <b>Keeping the Balance: Mood-Stabilizing Medications</b>                                      | Managing mood disorders can be a balancing act. This course provides information about the role of medication in keeping a healthy equilibrium and the importance of observing medication responses, as well as signs and symptoms to report to a physician.   |
| <b>The Impact of Chronic Medical Illnesses on the Brain</b>                                   | Chronic diseases can be challenging to manage. This course teaches ways to help the care recipient cope with the emotional and behavioral symptoms that sometimes accompany these medical conditions.  |
| <b>The Many Faces of Antipsychotic Medications</b>  | As we age, the use of antipsychotic medications may become a challenge in itself. Course participants will learn the importance of decreasing the use of antipsychotics (especially in dementia) and focus on other possible techniques to manage psychosis. As always, we include the action, use and side effects of this classification of medication.  |