

2020 VAYA HEALTH TRAININGS

Northern Regional Hospital, 830 Rockford Street, Mt. Airy NC, 27030

Held the 2nd Monday of each Month

(1:00PM-3:00PM)

Contact Vickey Todd, vickey.todd@vayahealth.com to register

Vaya Health's Geriatric Team serves Alexander, Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Catawba, Cherokee, Clay, Graham, Haywood, Henderson, Iredell, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin and Yancey counties.



Date	Topic 1 (1:00PM-2:00PM)	Topic 2 (2:00PM-3:00PM)
Jan 13	I'm Covered Up: What You Need to Know about Hoarding	OCD: Supporting People with Obsessions and Compulsions in an Adaptive Way
Feb 10	Depression: From Surviving to Thriving	Antidepressants: Not Just for Depression
Mar 9	Enhancing Mental Health with Alternative Treatments	The Impact of Chronic Medical Illnesses on the Brain
Apr 13	Bipolar Extreme Mood Variation--Is There Stability?	Keeping the Balance: Mood-Stabilizing Medications
May 11	Crisis Prevention: Keeping Your Cool Under Pressure	Overcoming Communication Barriers in Mental Illness
Jun 8	Anxiety: Calming the Anxious Mind	Coping with Anxiety: Medications and More
Jul 13	Overcoming Communication Barriers in Dementia	Dementia & Psychosis Behavior: What You Need to Know
Aug 10	Substance Use, Misuse and the Opioid Crisis	Commonly Misused Medications: Understanding Medication Side Effects on the Aging Brain
Sept 14	Posttraumatic Stress Disorder: Invisible Scars	Suicide Indicators, Response and Prevention
Oct 12	Schizophrenia and Psychosis: Can this be real?	The Many Faces of Antipsychotic Medications
Nov 16	A Rainbow of Mental Health: An Introduction	Person(RE)ality: Why is Mine Different?
Dec 14	Neurocognitive Disorders: Living with Dementia	It's a Brain Thing: The Study of Dementia Medications

Access to services:
1-800-849-6127

Hearing impaired?
Call NC Relay 711

www.vayahealth.com

Hosted by Northern Regional Hospital in partnership with the Vaya Health Geriatric & Adult Mental Health Specialty Team. All Vaya Health trainings are free and accredited through the NC Division of Health Service Regulation which awards one contact hour for each hour of training.

