



Missouri Alliance for Home Care
2420 Hyde Park, Suite A
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Missouri Alliance for Home Care presents

Good Mental Health: It Matters!

a three-part teleconference series for Clinicians

featuring

Sally King, MSW, LCSW, LSCSW
Sally King Consulting

★ **The Role of Genetics and Lifestyle in
Mental Health with Homebound Seniors**

November 27, 2012 • 1:00 pm - 2:00 pm CT

**Assessment, Referral, and Treatment
of Depression in Older Adults**

December 11, 2012 • 1:00 pm - 2:00 pm CT

★ **Differentiating Depression from
Delirium and Dementia in Older Adults**

December 18, 2012 • 1:00 pm - 2:00 pm CT

Mental Health is essential to overall health and well-being. During this teleconference series you will learn about how genetics and lifestyle play a role in mental health, what best practice programs work in decreasing depression in isolated older adults and the differences between Depression, Delirium and Dementia. Knowledge is power and this translates into less hospitalizations and lower mortality rates.

The Role of Genetics and Lifestyle in Mental Health with Homebound Seniors

November 27, 2012 ■ 1:00 to 2:00 p.m. CT

Depression and other chronic mental health issues, such as bipolar disorder, schizophrenia, and anxiety disorders can be costly, disabling, and deadly. Most medical professionals have always believed that one's health and mental wellness was largely based on what your parents pass down to you genetically. These ideas have changed and researchers now say its 70% lifestyle/30% genetics. We will explore the latest research on what lifestyle changes homebound seniors can make that have been clinically shown to be effective in treating mental health issues, review the role genetics play in mental health vulnerability and the treatment strategies that have been shown effective with those isolated and homebound.

Assessment, Referral and Treatment of Depression in Older Adults

December 11, 2012 ■ 1:00 to 2:00 p.m. CT

Older adult depression is a widespread phenomenon creating skyrocketing Medicare costs, increasing disability, and resulting in the highest suicide rates of any population. This silent and costly epidemic is attracting growing national attention. A review of the diagnostic criteria, how it often presents with seniors, assessment tools, and referral strategies will be discussed from a homecare perspective. Participants will be briefed on the state-wide growing efforts to reduce stigma and educate the public about senior depression as a brain disease and the programs that are effective, budget-friendly, and doable within current time constraints and aging networks.

Differentiating Depression from Delirium and Dementia in Older Adults

December 18, 2012 ■ 1:00 to 2:00 p.m. CT

Aging and mental health issues complicate each other especially when frail seniors may present with one or all of the following conditions depression, dementia, and delirium. This teleconference is for homecare staff and professionals who interact often with seniors and can pick up on small mental status changes that may indicate something significant physically and/or mentally is going on. Learn about the most common symptoms, diagnoses, mis-diagnoses as well as assessment and treatment strategies to help homebound older adult clients age gracefully and happily.

About our Speaker:

Sally King, is a licensed social worker in Missouri and Kansas, working since 2001 in the field of community and emergency mental health with adults and seniors. Most recently Sally has provided outreach, education and project management on behalf of the KU Alzheimer's Disease Center and Landon Center on Aging. Sally is a trainer for "Healthy IDEAS" a nationally recognized empirically-based older adult depression care curriculum being adopted across the country. Recently Sally transitioned to aging/mental health teaching, training, counseling, and consulting on a part time basis. Sally is also a yoga instructor in her spare time, and serves on the leadership board of the Funeral Consumer Alliance of Greater Kansas City.

Registration Form

Company Name _____

Participant Name _____

E-Mail _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Mental Health Series

Registration Fees:

MAHC Members - \$159 per conference

Check box for free CD with

Non-Members - \$318 per conference

each paid registration.

Check each teleconference for which you are registering:

___ November 27, 2012 ... Role of Genetics & Lifestyle

___ December 11, 2012 ... Assessment, Referral & Treatment

___ December 18, 2012 ... Differentiating Depression

_____ X \$159.00 = \$ _____
of conferences cost per conference Total

_____ X \$318.00 = \$ _____ Grand Total \$ _____
of conferences cost per conference Total



Mail Registration & Payment to:

Missouri Alliance for HOME CARE
 2420 Hyde Park, Suite A
 Jefferson City, MO 65109
 Phone: (573) 634-7772 Fax: (573) 634-4374

Cancellations: Registrations canceled by 5 p.m. the day prior to a conference will be issued a 90% refund. No refunds will be given for cancellations on or after the conference date.

Continuing Education: MO Alliance for Home Care is an approved provider of continuing nursing education by the MO Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Participants will earn a maximum of 1.0 nursing contact hours for each teleconference.