Mental Health and the Older Adult

Strengths-based Care Management

Friday, Feb 5, 9am-3pm; $135; Program #3010

Strengths-based care management for older adults has its roots in mental health care that seeks to empower clients. It is both a philosophy and set of methods that emphasize the resources and skills of older adults to create self-determined outcomes, developed through biopsychosocial assessment and collaboratively identified with the client. This seminar is open enrollment and part of the Geriatric Mental Health Care Management Certificate Program.

This seminar is designed to help you:

- Understand the purpose of strengths-based care management for older adults
- Define the core values underlying this approach
- Integrate the strengths-based approach into geriatric mental health care
- Demonstrate the application of the strengths-based assessment and goals plan
- Apply solution-focused interviewing

Instructor: Suzanna Waters-Castillo, PhD, MSSW is a Distinguished Faculty Associate. She is an educator and director of professional development in geriatric mental health. Dr. Castillo has more than 20 years of experience in higher education and earned her MSSW and PhD from the University of Wisconsin–Madison studying adult learning and social gerontology. Prior to this Suzanna worked in community based care for older adults and wrote long term care policy for the government. She has developed the Mental Health and Older Adult Certificate Series, the only regional, evidence-based training for professionals working with older adults.

The University of Wisconsin–Madison Division of Continuing Studies offers a variety of professional development programs and classes for social workers, psychologists, therapists, marriage and family therapists, counselors, case workers, substance abuse professionals, health educators, and others. Learn about all our offerings at: **continuingstudies.wisc.edu/behavioral-health**.

NONPROFIT ORG
US POSTAGE PAID
MADISON WI
PERMIT NO 658

Continuing Studies
UNIVERSITY OF WISCONSIN–MADISON
21 N. PARK STREET, 7TH FLOOR
MADISON, WI 53715-1218

Mental Health and the Older Adult

Spring 2016

The continuing education you need.
The quality you expect.

Continuing Studies
UNIVERSITY OF WISCONSIN–MADISON

Interprofessional Continuing Education Certificate and Seminar Series

Mental Health and the Older Adult

Spring 2016

The continuing education you need.
The quality you expect.

continuingstudies.wisc.edu/behavioral-health

Mental Health and the Older Adult

As a health and human services provider, you must stay current in your field.

UW-Madison's courses on aging and long-term care provide you with a level of quality you simply will not find anywhere else.

Get the skills employers demand—and build your expertise.

We offer you:

- Engaging speakers who are experts in their field
- Relevant courses that address your current job challenges
- Principled academic standards guided by the University of Wisconsin–Madison mission
- A supportive experience and individualized attention

Our courses are approved by the:

- Association for Social Work Boards
- National Board for Certified Counselors
- American Psychological Association
- ***New!*** Certified Health Education Specialist (CHES/MCHES) accreditation

Mental Health and the Older Adult

Dementia: Assessing and Addressing Challenges

Friday, Feb 19, 9am-3pm; $135; Program #3012

Meeting the needs of an individual diagnosed with dementia can be challenging for the caregiver, and frustrating for the individual who cannot easily express his or her needs. Without the communication skills they once possessed, these individuals can become easily frustrated and display behaviors that caregivers may not understand or have the skills to address. Learn strategies and skills to better communicate with dementia patients and their families.

This seminar is designed to help you:

- Explain the types and known causes of dementia
- Point out the struggles faced by caregivers
- Identify challenging behaviors and potential triggers
- Demonstrate assessment techniques when behaviors surface
- Describe effective communication strategies
- Examine and compare different potential behavioral methods
- Describe potential resources

Instructor: Tracy Schroepfer, PhD, MSW, is an associate professor at the UW-Madison School of Social Work. She is a recipient of the Hartford Geriatric Social Work Faculty Scholar Award, president of the Association for Gerontology Education in Social Work, and serves on the Social Work and Hospice Palliative Care Network and the National Coalition for Hospice and Palliative Care boards. Dr. Schroepfer's research, teaching, and national, state, and local workshops focus on the psychosocial, cultural, and spiritual needs of elders.

Late-life Anxiety

Thursday, Mar 24, 9am-3pm; $135; Program #3014

Anxiety, depression, and physical health problems frequently coexist in older adults, making it difficult to identify the primary problem. Learn the latest research on late-life anxiety and how to respond, as well as new information about evidence-based treatments. Recognize unique presentations of late-life anxiety, comorbid anxiety with depression, etiology of late-life anxiety, comorbid medical conditions, polypharmacy, and effective psychotherapeutic and psychopharmaceutical treatments.

This seminar is designed to help you:

- Identify the unique presentations of late-life anxiety
- Explain how geriatric anxiety is comorbid with depression
- Describe how comorbid medical conditions impact geriatric anxiety
- Identify evidence-based cognitive behavioral and psychotropic medication treatment
- Utilize the course-specific information about polypharmacy and adverse reactions

Instructor: Joseph Goveas, MD, is an assistant professor, research scientist, and clinician in the Department of Psychiatry at the Medical College of Wisconsin and is board certified in geriatric psychiatry.

Effective Psychotherapeutic Approaches for Older Adults

Friday, Apr 22, 9am-3pm; $135; Program #3011

Evidence-based research in psychotherapy indicates that effective practice methods and therapeutic approaches for older adults differ from those for the general population. Learn to identify and examine psychotherapies proven to be more effective for older adults, as well as effective interviewing techniques to use when talking with this population.

This seminar is designed to help you:

- Practice skills for working with older adults, such as developing interview questions, eliciting cooperation, shifting alliance to maintain collaboration, formulating a case, and positioning oneself
- Clarify your own model of creating changes and positioning yourself in a complex system
- Observe and understand clients and help them by using the emotional information conveyed by their physiological responses
- Recognize dissociation, manage it in the interview, and teach clients to use it purposefully

Instructor: Marilyn Bonjean, EdD, is a skilled psychotherapist who has more than 20 years of clinical experience with older adults and is a nationally known speaker and author on issues related to their well-being.

Managing Psychotropic Medication for Older Adults

Friday, May 6, 9am-3pm; $135; Program #3019

Medication management of physical health problems in older adults can be extremely challenging. When adding psychotropic medications to the list, it becomes imperative to understand the therapeutic role that these medications play. Learn about managing medications for older-adult mood disorders, psychosis, dementias, and delirium; behavioral and psychological symptoms of dementia; and current trends in medication therapy for late-life mental health problems.

This seminar is designed to help you:

- Assist older adults to better manage their psychotropic medications
- Explain the rationale and selection of medication and nonpharmacologic therapy for dementia, delirium, and depression
- Give examples of how psychotropic medications may result in adverse reactions in the elderly
- Explain what discontinuation syndrome is and its impact on older adults
- Recognize problems of polypharmacy in older adults

Instructor: Robert Breslow, PhP, is a board-certified pharmacotherapy specialist (BCPS) and is an associate professor in the School of Pharmacy at the University of Wisconsin–Madison, where he runs the geriatric pharmacy clinic and teaches. He has more than 25 years of experience in general and geriatric pharmacy.

Care That Matters: Providing Person-centered Dementia Care

Friday, May 20, 9am-3pm; $135; Program #3016

Examine the origins of person-centered dementia care as it evolved from the dynamic work of the University of Bradford (UK) dementia work group. Understand the psychosocial needs of persons with dementia, and explore the principles of needs-based care, which emphasizes identification of detractors and enhancers of person-centered dementia care. Case studies, discussion, and videos provide for an active learning environment.

This seminar is designed to help you:

- Define and apply the meaning of personhood and person-centered dementia care
- Explain the importance of the five basic psychosocial needs of persons with dementia
- Recognize the impact that detractors and enhancers of care have on persons with dementia
- Apply indicators of well being in persons with dementia
- Better interpret nonverbal behaviors in persons with dementia
- Know the meaning of the MESSAGE communication approach

Instructor: Suzanna Waters-Castillo, PhD, MSSW (see **Strengths-based Care Management**).

General Information

For More Information: Suzanna Waters Castillo, 608-263-3174, suzanna.castillo@wisc.edu. All courses are at an intermediate level.

Registration: Open enrollment; class size is limited. Please register early at: **continuingstudies.wisc.edu/behavioral-health**

Location: The Pyle Center, 702 Langdon St, Madison, WI; 608-262-1122

Directions and Parking Information: conferencing.uwex.edu/mtgspaces_pyle.cfm Please make your own travel and lodging arrangements.

Times/Fees/Continuing Education Hours: Check the program descriptions for specific course times, fees, and continuing education hours. The registration fee includes instruction, materials, CEUs, refreshments, and a nonrefundable $25 administration fee. Social workers and other professions will receive five continuing education hours. This program is approved for CHES hours.

Approved Continuing Education Hours for Human Services Providers: Programs provide continuing education hours and meet multiple continuing education requirements and standards for social workers, counselors, marriage and family therapists, psychologists, substance abuse counselors, certified health education specialists, and educators. Details at **continuingstudies.wisc.edu/ceu-approved-hours.html**

Cancellation Policies: Call UW-Extension Registration Services at 608-262-2451 (Wisconsin Relay 711) to find out the cancellation policy for a specific program. In the event of bad weather or other emergencies, call 608-263-4432 or visit **continuingstudies.wisc.edu** to learn whether a program has been cancelled.

Access, Accommodations, and Other Information: If you require special accommodations because of a disability, or additional information, contact Suzanna Waters Castillo, 608-263-3174, suzanna.castillo@wisc.edu. Requests are confidential.

Registration

Are you a National Certified Counselor through the National Board for Certified Counselors (NBCC)? ❑ Yes ❑ No

Are you a Psychologist? ❑ Yes ❑ No

Please register me for

❑ **Strengths-based Care Management**, Feb 5; $135, 3010
❑ **Dementia: Assessing and Addressing Challenges**, Feb 19; $135, 3012
❑ **Late-life Anxiety**, Mar 24; $135, 3014
❑ **Effective Psychotherapeutic Approaches for Older Adults**, Apr 22; $135, 3011
❑ **Managing Psychotropic Medication for Older Adults**, May 6; $135, 3019
❑ **Care That Matters: Providing Person-centered Dementia Care**, May 20; $135, 3016

ENTER 3-DIGIT BROCHURE CODE FROM MAIL PANEL: UW#

Contact information

NAME

TITLE

ORGANIZATION

MAILING ADDRESS

CITY / STATE / ZIP

PHONE ( ) EVENING/CELL PHONE

E-MAIL

Payment method

❑ Please bill my organization at the address above.
❑ Enclosed is my check payable to UW-Madison.
❑ Please charge to the following account:
❑ MasterCard ❑ VISA ❑ Am Ex ❑ Discover

CARD NO. EXPIRES

CARDHOLDER'S NAME

Mail to: UW-Madison Continuing Studies Registrations
Pyle Center, 702 Langdon St
Madison, WI 53706-1487

Call: 608-262-2451 or 800-725-9692
(Wisconsin Relay 711)

Fax: 608-265-3163 or 800-741-7416

Online: **continuingstudies.wisc.edu/aging**
Phone, fax, or online registrations must include payments by credit card or purchase order.

DCS-IMC-12381-11/15