

Education Day Schedule with Topics and Objectives:

12 to 1 brunch and keynote

Session 1 - 1:00 to 2:00PM

Eating Disorders: Myths vs. Realities

Presented by Elizabeth Mariutto, PsyD, Lindner Center of HOPE, Staff Psychologist

Objectives:

- The audience will learn that eating disorders can affect anyone and are not age, race, or gender-specific.
- The audience will learn to recognize warning signs that a loved one may be struggling.
- The audience will learn to recognize helpful vs. harmful things to say to loved ones struggling with eating disorders.

Addiction and the Adolescent

Presented by Chris J. Tuell, EdD, LPCC-S, LICDC, Lindner Center of HOPE, Clinical Director of Addiction Services

Objectives:

- The audience will develop a better understanding of the various similarities and differences among addictions and the impact upon adolescents.
- The audience will gain an awareness of the relationship between addiction and mental health and what this means for adolescents.
- The audience will gain a better understanding of addiction as a disease.

Depression and Bipolar Disorder: #1 US Public Health Problem

Presented by Paul E. Keck, Jr., MD, Lindner Center of HOPE, President and CEO

Objectives:

- The audience will be able to recognize the signs and symptoms of depression.
- The audience will be able to recognize the signs and symptoms of bipolar disorder.
- The audience will understand the evidence-based treatments for these illnesses.

Psychosis: Understanding its Origin, Occurrence, and Treatment

Presented by Erik Messamore, MD, PhD, Lindner Center of HOPE, Staff Psychiatrist

Objectives:

- The audience will understand the historical development of the concept of psychosis.
- The audience will learn about current definitions of psychosis.
- The audience will receive a review of illnesses and other conditions in which psychosis can occur.
- The audience will understand current treatment options for psychotic illnesses and the latest developments in clinical research.

Understanding and Managing the Human Experience of Anxiety

Presented by Charles F. Brady, PhD, ABPP, Lindner Center of HOPE, Staff Psychologist

Objectives:

- The audience will develop a greater understanding of the useful roles that anxiety plays in their lives.
- The audience will be able to identify how anxiety and the anxiety experience can shift from helpful to harmful.
- The audience will learn how changes in behavior and thinking can improve their ability to manage harmful anxiety.

Session 2 - 2:00 to 3:00PM

Anorexia and Bulimia: A Bio-psychosocial Approach to understanding the Illness

Presented by Scott K. Bullock, MSW, LISW-S, Lindner Center of HOPE, Family Eating Disorders Therapist

Objectives:

- The audience will develop an understanding of DSM classifications for eating disorders.
- The audience will learn about the etiology of the illnesses.
- The audience will be informed about best treatment practices for the illnesses.

Work in Progress: Adolescence and Mental Health

Presented by Elizabeth Wassenaar, MS, MD, Lindner Center of HOPE, Staff Psychiatrist

Objectives:

- The audience will learn what adolescence is and what the developmental tasks of adolescence are.
- The audience will learn what is happening in the adolescent brain.
- The audience will learn what adolescent mental health is.

Identifying addiction in loved ones: How to tell if alcohol, drugs, gambling or other behaviors are a problem

Presented by Chris J. Tuell, EdD, LPCC-S, LICDC, Lindner Center of HOPE, Clinical Director of Addiction Services, and Sherry Knapp-Brown, PhD, Staff Psychologist

Objectives:

- The audience will become more knowledgeable of the spectrum of substance use, and when a behavior becomes problematic.
- The audience will become more aware of the behavioral signs of various addictions.
- The audience will become more familiar with the possible treatment strategies in addressing the addiction

An overview of Obsessive Compulsive Disorder

Presented by Jennifer G. Wells, MSW, LISW, Lindner Center of HOPE, Social Worker

Objectives:

- The audience will be able to identify key aspects of OCD.
- The audience will receive a brief overview of treatment.
- The audience will learn ways that family can help.

Session 3 - 3:00 to 4:00PM

“Why Am I Not Getting Any Better?”

Understanding Treatment Resistance in Mental Illness.

Presented by Nelson F. Rodriguez, MD, FAPA, Lindner Center of HOPE, Staff Psychiatrist

Objectives:

- The audience will understand the scope and breath of treatment resistance in mental illness.
- The audience will understand the possible mechanisms that cause treatment resistance.
- The audience will be familiar with available treatment options for treatment refractory illness.

Top 5 Ways to Support your Family Member

Presented by Emily Elma, Lindner Center of HOPE, Inpatient Social Worker

Objectives:

- The audience will be able to identify 3 reasons their support is crucial to their loved one.
- The audience will be able to identify local resources for supporting their loved one.
- The audience will identify the top 5 ways to support their loved ones.

Mental Health in Later Life

*Presented by Gail Fitzpatrick Rudolph, MSN, PMHCNS-BC, Lindner Center of HOPE,
Advanced Practice Nurse*

Objectives:

- The audience will know the symptoms of depression, anxiety and dementia.
- The audience will understand what can be done to manage these symptoms and that depression and anxiety are chronic illnesses.
- The audience will know when to be concerned about changes in memory, what can be done and what quality of life to expect.
- The audience will be informed about mental health coverage for the elderly; what to be aware of when considering insurance options.

DBT: From Chaos to Coping

Presented by Shannon L. Jensen, LISW-S, Lindner Center of HOPE, Outpatient Therapist

Objectives:

- The audience will learn practical skills to increase coping in emotionally tough situations; will teach audience a skill from each of the DBT modules; Mindfulness, Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness.
- The audience will be able to explain how replacing “old habits” with DBT skills will increase self-regulation.
- The audience will understand how utilizing DBT can be integrated into one’s daily life for increased effectiveness.