



## Addressing Mental Illness Six-Part Behavioral Health Webinar Series

March 5-7 & 26-28, 2024 | 10:00 – 11:00 am

As the numbers of long term care residents with mental illness increases, the education and training of the staff becomes vital to successfully managing the needs of this population. Unlike dementia, a diagnosis of schizophrenia, bipolar depression, obsessive compulsive disorder, or other chronic mental illness requires a working knowledge of the symptoms and how the disease impacts the individual.

This series is designed to provide basic, common sense information on these mental health challenges. The most effective avenues to assessment and care planning, as well as helping residents to find satisfaction and a quality of life in the management of their disease are central to these conversations.

Each session addresses the following important points:

- overview of the disease: origins and prevalence in long term care;
- assessment; impact of the disease on the patient's life; early signs and symptoms; family history;
- diagnostic procedures; differential diagnosis; co-morbid conditions (dementia);
- behavioral health needs; communication, interpersonal relationships, and productivity;
- pharmacologic and non-pharmacologic interventions; and
- developing a person-centered, person-directed plan of care.

### Sessions

Each webinar will be held from 10:00 – 11:00 am.

March 5 | Schizophrenia and Schizoaffective Disorder

March 6 | Bipolar Disorder and Depression

March 7 | Obsessive Compulsive Disorder

March 26 | Personality Disorder

March 27 | Down Syndrome, Autism, and Intellectual/Developmental Disability

March 28 | Substance Abuse Disorder and Addictions

### Presenter

**Barbara Speedling** | Quality of Life Specialist | Innovations for Quality Living

Barbara Speedling, an inspirational and motivational speaker, is an author, educator, and management consultant at the forefront of person-centered care. An innovator with more than 30 years of practical experience within the adult care community, Speedling is the expert providers turn to when they want to ensure that the services they provide meet not only the physical needs of their residents, but their emotional and psychosocial needs as well.

### Continuing Education

This webinar series has been approved for Continuing Education for 6 total participant hours by NAB/NCERS— Approval #20250304-6-A101111-DL. Attendance will be monitored throughout each webinar. Partial credit will not be awarded for individual webinars. The webinars will be recorded, but NAB credit is only provided to registered participating attendees of the live sessions.

These webinars will satisfy the Board of Long Term Care Administrators requirement for *NHA* and *ALFA* licensees and active preceptors to have at least two hours of CE for each renewal year related to the care of residents with mental or cognitive impairments, including Alzheimer's disease and dementia. This Board of Long Term Care Administrators requirement must be met by March 31, 2024.

**Register** online at [www.vhca.org/calendar](http://www.vhca.org/calendar).