

# MENTAL HEALTH FOR LIFE

REGIONAL CONFERENCES • 9:00 a.m. - 3:00 p.m.



**Monday, NOVEMBER 7 - Dodge City, KS - Pre-registration deadline 11/2/11**  
Senior Citizens Center of Dodge City, 2408 Central Avenue

**Wednesday, NOVEMBER 16 - Manhattan, KS - Pre-registration deadline 11/10/11**  
Mercy Regional Health Center, PDC Classroom, 3rd Floor, 1823 College Ave.

**Friday, DECEMBER 2 - Chanute, KS - Pre-registration deadline 11/29/11**  
Neosho Co. Community College, Sanders Auditorium, 800 W. 14th St.

**\*Friday, DECEMBER 9 - Goodland, KS - Pre-registration deadline 12/6/11**  
*\*(9 am-3 pm MT / 10 am-4 pm CT)*  
NW KS Technical College, Murray Center, Studio A, 1209 Harrison St.

## SPEAKERS

- ✦ **Eve-Lynn Nelson, PhD**, Associate Professor, Behavioral Pediatrics Dept., University of Kansas Medical Center, Kansas City, KS
- ✦ **Noreen Thompson RN, MSN, ARNP**, Clinical Nurse Specialist, The University of Kansas Hospital, Kansas City, KS

## AGENDA

9:00 a.m. - 11:30 a.m. . . . . **Adult Mood & Anxiety Disorders**  
11:30 a.m. - 12:30 p.m. . . . . Lunch (provided)  
12:30 p.m. - 3:00 p.m. . . . . **Pediatric Mood & Anxiety Disorders**

## OVERVIEW

Mental Health knows no age boundaries and at times can be difficult to assess, diagnose and treat. Anxiety can run high at any age and can be out of proportion to the situation. Mood disorders is the term designating a group diagnosis in the DSM-IV and two groups of mood disorders are broadly recognized – Depression and Bipolar Disorder. This course will provide the health care professional with insight into assessment, diagnosis and treatment of Anxiety Disorders, Depression and Bipolar Disorder.

## TARGET AUDIENCE

Physicians, Nurses, ACHA, EMS, Social Workers, Counselors

## OBJECTIVES

At the completion of this program, participants should be able to:

- Discuss criteria for diagnosis of Mood Disorders – either Depression or Bipolar Disorder – throughout the life span.
- Identify symptoms of the emotional, physical or other facets associated with mood disorders.
- Discuss non-pharmalogical and pharmalogical management of these disorders.
- Relate the difference between fear and anxiety.
- Identify triggers of anxiety in both children and adults.
- Identify suicide risk indicators.

## CONTINUING EDUCATION CREDIT

**All participants are required to complete and sign a “verification of attendance” form.** After the program, a certificate of completion will be provided to activity participants based on documentation of actual attendance time.

**Physicians:** The University of Kansas Medical Center Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The KU Medical Center Office of Continuing Medical Education designates this live activity for a maximum of 4.5 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** The University of Kansas Medical Center Area Health Education Center East, as an approved provider of continuing education by the Kansas State Board of Nursing, presents this offering for a maximum of 5 contact hours credit applicable for relicensure of RNs, LPNs and LMHTs. Kansas Provider number LT0056-0749

**ACHA:** The University of Kansas Area Health Education Center East, as an approved Long Term Sponsor of continuing education activities for Adult Care Home Administrators by the Kansas Department of Health and Environment, presents this offering for a maximum of 5 contact hours Resident Care credit for relicensure. Kansas Sponsorship Number LTS-A0008.

**EMS:** The University of Kansas Medical Center Area Health Education Center East, as an approved program provider by the Kansas Board of EMS, approves this program for a maximum of 5 hours of continuing education. Provider #PP 4040

**Licensed Addiction Counselors:** Credit has been applied for - approval pending.

All others will receive a certificate of attendance.

Sponsored by **The University of Kansas Medical Center Area Health Education Centers**

**QUESTIONS? Call KUMC AHEC Statewide Office, (620) 235-4040**

**KU**

AREA HEALTH  
EDUCATION  
CENTERS

The University of Kansas  
Medical Center

# MENTAL HEALTH FOR LIFE

## REGIONAL CONFERENCES

### REGISTRATION / CANCELLATION

Cost (includes lunch) is \$75 for physicians and \$60 for all others if postmarked one week prior to the program date; and \$80 for physicians and \$70 for all others thereafter (see registration form below for dates). Deadline for pre-registration is three working days prior to the program date (see page 1 for dates). After that time, **ONLY** at-door registrations will be accepted (if space is available). Pre-registration is your only guarantee of space, lunch and handout materials. Cancellation deadline is three working days prior to the program (see registration form below for dates).

The sponsors reserve the right to cancel this program in the event of insufficient registration. The sponsors will not be responsible for any losses incurred by registrants, including but not limited to airline cancellation charges or hotel deposits.

### PLANNING COMMITTEE

Eve-Lynn Nelson, PhD, Karen Aufdemberge, Judy Eyerly, MeLinda Lair, Megan Norris, Sherry Pryor, Terri Schmitz and Lisa Stouffer

### PROGRAM ACCESSIBILITY

We accommodate people with disabilities. Please call KUMC AHEC Statewide Office and a continuing education representative will contact you to discuss your accommodations needs. The sponsors are committed to providing programs and activities to all persons, regardless of race, religion, color, sex, disability, national origin, ancestry, sexual orientation, marital or parental status and, to the extent covered by law, age or veteran status.

### Registration Form

## MENTAL HEALTH FOR LIFE

Name \_\_\_\_\_ Professional Title \_\_\_\_\_

Please check (✓) preferred address: County \_\_\_\_\_

Home Mailing Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Work Mailing Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Employer \_\_\_\_\_ Position \_\_\_\_\_

Professional License # \_\_\_\_\_ Email Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

#### Type of Continuing Education requested:

CME  CNE  ACHA  EMS  Licensed Addiction Counselors  Certificate of Attendance

#### Amount: Please check (✓) date/location attending:

\$\_\_\_\_\_  **Nov. 7 - Dodge City, KS** - Senior Citizens Center of Dodge City, 2408 Central Avenue - *Cancellation date - 11/2/11.*  
**Physicians:** \$75 if postmarked by 10/31/11. After 10/31/11, \$80. **All Others:** \$60 if postmarked by 10/31/11. After 10/31/11, \$70.

\$\_\_\_\_\_  **Nov. 16 - Manhattan, KS** - Mercy Regional Health Center, PDC Classroom, 3rd Fl., 1823 College Ave. - *Cancellation deadline - 11/10/11.*  
**Physicians:** \$75 if postmarked by 11/9/11. After 11/9/11, \$80. **All Others:** \$60 if postmarked by 11/9/11. After 11/9/11, \$70.

\$\_\_\_\_\_  **Dec. 2 - Chanute, KS** - Neosho Co. Community College, Sanders Auditorium, 800 W. 14th St. - *Cancellation deadline - 11/29/11.*  
**Physicians:** \$75 if postmarked by 11/25/11. After 11/25/11, \$80. **All Others:** \$60 if postmarked by 11/25/11. After 11/25/11, \$70.

\$\_\_\_\_\_  **Dec. 9 - Goodland, KS** - NW KS Technical College, Murray Center, Studio A, 1209 Harrison Street - *Cancellation date - 12/6/11.*  
**Physicians:** \$75 if postmarked by 12/2/11. After 12/2/11, \$80. **All Others:** \$60 if postmarked by 12/2/11. After 12/2/11, \$70.

Deadline for pre-registration is three working days prior to the program date (see page 1 for dates). After that time, **ONLY** at-door registrations will be accepted (if space is available). Pre-registration is your only guarantee of space, lunch and handout materials.

#### Method of payment:

Check enclosed made payable to **KUMC AHEC**. Mail to: **AHEC Statewide Office, PO Box 296, Pittsburg, KS 66762-0926.**

P.O.# (please attach) \_\_\_\_\_ Billing Address \_\_\_\_\_

Charge my credit card:  Master Card  VISA  
 Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

**Notice:**  If you will need special accommodations or have dietary restrictions, please check the box and you will be contacted personally by a member of the KUMC AHEC staff.

**Questions? Call KUMC AHEC Statewide Office, (620) 235-4040 or fax (620) 235-4041**