

# 2018 Evidence-Based Behavioral Health Series

8 to 8:30 A.M. REGISTRATION 8:30 TO 10:30 A.M. PRESENTATION (Begins Promptly)

AURORA PSYCHIATRIC HOSPITAL - Lighthouse President's Hall - 1220 DEWEY AVENUE WAUWATOSA WI



**Registration Information:** Does not require conference prerequisites. This course is free.

To register, go to [cpd.aurora.org](http://cpd.aurora.org). In the green banner in the upper right, click on Aurora Login (for Aurora providers) and use your AHC email and password OR Visitor Login (for non-Aurora) and create a Visitor Account. Once logged in, click on the Courses tab and search under the *Psychiatry/Behavioral Health* Specialty.

**Participants must attend the entire presentation to be in compliance with CME for continuing education credits.**

For registration concerns, or to cancel registration, please email [cpddepartment@aurora.org](mailto:cpddepartment@aurora.org) or call 219-5490.

## Wednesday, Feb 14th

**"MEN'S DEPRESSION: Guiding men toward deep personal growth and emotional awareness"- Jeff Nerone, MA, LPC-IT**

This presentation will introduce the Wisconsin Truth Project to professionals in the mental health field and explore the effects of toxic masculinity and shame and how those can lead men towards unhealthy behaviors and, in some cases, incarceration.

**At the end of this series, learners should be able to:**

- Explain how hegemonic and toxic masculinity along with depression and shame can be strong influences toward domestic violence, risky behavior and other behaviors that may lead to incarceration
- Recognize the survival skills and trauma men in prison experience to better understand and relate to those patients/clients that may have history of incarceration and prison time
- Understand men's deep need for trust, respect and safety (for emotional expression)

## Wednesday, March 14th

**"SUBSTANCE USE DISORDERS: EXAMINING SCREENING AND ASSESSMENT TOOLS"- Paul Zenisek, LCSW, CSAC**

This presentation will discuss principles of screening and assessment for alcohol and substance use disorders as well as explore referral processes and limitations of current substance abuse treatment practices.

**At the end of this series, learners should be able to:**

- Describe current best practices principles of screening and assessment for alcohol and substance use disorders
- Identify specific patient scenarios in which advanced AODA assessment would be needed
- List three limitations of current substance abuse treatment practices

## Wednesday, April 11th

**"ESSENTIAL ELEMENTS FOR WORKING WITH TRANSGENDER AND GENDER NON-CONFORMING (TGNC) CLIENTS – Elaina Meier, MA, MS, LPC-IT, NCC**

This presentation will identify and explore the unique treatment considerations when working with transgender and gender non-conforming (TGNC) clients.

**At the end of this series, learners should be able to:**

- Identify key vocabulary terms and concepts in the care of transgender and TGNC clients
- Recognize common presenting concerns for TGNC clients
- Select and utilize appropriate mental health assessment tools in TGNC
- Identify appropriate interventions and apply ethical standards

## Wednesday, May 9th

**"RISK MANAGEMENT: CHILD AND ADOLESCENT POPULATION"- Munther Barakat, PsyD**

This presentation will develop a clearer understanding how to manage risks involved in working with children and adolescents and more clarity with regards to how law and ethics plays a role in this process.

**At the end of this series, learners should be able to:**

- Recognize instances when you need to begin to weigh risk management or consult when involved in treatment

- Describe the factors that need to be considered when making a decision regarding risk management (ethics, state laws, patient rights, confidentiality)
- Describe confidentiality with an adolescent and how it differs from informed consent

### **Wednesday, September 12th**

#### **"UNDERSTANDING SLEEP DISORDERS: FOR THE CLINICIAN"- Lisa Cottrell, PhD, CBSM**

This presentation will explore signs and symptoms of sleep disorders, more clearly define sleep disorders and treatment options and discuss impact of sleep disorder on physical and mental health. Will also discuss how and when to initiate diagnostic procedures and discuss referral and treatment options with patients.

#### **At the end of this series, learners should be able to:**

- List common sleep disorders and identify the symptoms and treatment options for each
- Describe the process by which common sleep disorders are diagnosed
- Recognize appropriate procedures for diagnosis and treatment of sleep disorders

### **Wednesday, October 10th**

#### **"THE OPIOID EPIDEMIC IN OUR MIDST- THE SHIFT FROM 'OUT THERE' TO RIGHT HERE"- Amanda Gragg, LPC, SAC**

This presentation will examine the current state of the opioid crisis and how it impacts our patients and practice

#### **At the end of this series, learners should be able to:**

- Examine the history and science of opioid dependence
- Identify where the opioid crisis is now and how it is being treated
- List treatment options and resources available

### **Wednesday, November 7th**

#### **"OBSESSIVE COMPULSIVE DISORDERS"- Bill Ford, LCSW and Robert Rieger, LCSW**

This presentation will provide a look at assessment and treatment tools for Obsessive-Compulsive and Anxiety Disorders

#### **At the end of this series, learners should be able to:**

- Describe the elements of exposure and response prevention therapy
- Identify objective tools used to identify OCD
- Describe DSM5 criteria for OCD

### **Wednesday, December 12th**

#### **"PROVIDING CARE FOR VETERANS"- KELLY KOTECKIE, APSW, SAC-IT**

This presentation will explore engaging the veteran population in our mental health setting, reducing alienation and promoting evidence based practices in serving the veteran population

#### **At the end of this series, learners should be able to:**

- Identify three reasons Veterans may seek care outside of the VA health care system.
- Understand and describe unique characteristics of the Veteran population
- Identify ways in which Veterans can be made more comfortable in health care settings.

## **Course Information**



Programming for this series is based on the analysis of current primary caregiver needs as requested by past attendees. The topics will be relevant to medical and associated allied staff. The audience will be solicited for comments about future topics. The program is aimed at psychiatrists, psychologists, social workers, nurses and other allied health professionals who deal with mental health issues and addiction medicine

**Course objectives:** The objective of the Evidence-Based Behavioral Health Series is to improve the diagnostic and therapeutic capabilities in psychiatry and addiction medicine for psychotherapists, psychologists and physicians treating patients and their families.

**Planning Committee:** Cynthia Valentin, PhD., Chair; Jay Chrostowski, PsyD.; Robin Monson-Dupuis, MSW; Joy Mead-Meucci, MS, CSAC; Janet Rewolinski, RN, BSN; Munther Barakat, PsyD

**Accreditation:** Aurora Health Care is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians. Aurora Health Care designates this live activity for a maximum of 2 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Aurora Behavioral Health Services maintains responsibility for the program and its content.

Course approval from the National Board of Certified Counselors: NBCC 6559. Aurora Health Care is an NBCC-approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Participants must attend entire presentation and complete evaluation form to be in compliance. Course Approval from Wisconsin Association for Marriage and Family Therapy: WAMFT714017

For a complete list of all Aurora Health Care programs, go to: [cpd.aurora.org](http://cpd.aurora.org)

Aurora Health Care subscribes to the articles of Title III of the Americans with Disabilities Act of 1990. Should you or anyone accompanying you require special assistance, please notify us a week in advance at 414-454-6648.