Registration Form

Please register me for

- [ ] Late-Life Depression; Sep 8 (Required course) #3004
- [ ] The Ethics of In-Home Geriatric Care Management; Sep 22 #3023
- [ ] Substance Use Problems and the Older Adult; Oct 6 #3024
- [ ] NEW! Intimate Relationships in Aging; Oct 18 #2940
- [ ] Late-Life Sleep Disorders; Oct 20 #3005
- [ ] An Overview of Key Issues in Geriatric Mental Health; Nov 3 (Required course) #3008
- [ ] The Impact of Common Geriatric Conditions on Mental Health; Dec 2 (Required course) #3003
- [ ] Geriatric Mental Health Care Management: An Introduction; Dec 9 #3009

Course fees = $145 each

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

Contact information

NAME

TITLE

ORGANIZATION

MAILING ADDRESS

CITY / STATE / ZIP

PHONE (   ) EVENING / CELL PHONE

EMAIL

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/certificates/mental-health-older-adult

Phone, fax or online registrations must include payments by credit card or purchase order.

If you have a disability and desire accommodations, please advise us when you register. Requests are confidential. Programs offered by UW-Madison in cooperation with UW-Extension. DCS-IMC-13151-6/16
General Information

Location: The Pyle Center is located at 702 Langdon St, Madison, WI, 608-262-1122. A map and information on parking and lodging are included with registration confirmation.

Time: Registration opens at 8am; workshops are 8:30am-4pm, unless otherwise noted.

Fee: $145 per program; registration does not include lunch. Enjoy lunch on your own at the many nearby restaurants or at the UW-Madison Memorial Union, located one block away. Outside food items (including items from home) are NOT allowed to be consumed at the Pyle Center.

Training Level: Intermediate.

The UW-Madison Division of Continuing Studies is an approved continuing education provider for the following organizations:

Social Workers: UW-Madison Division of Continuing Studies (provider #1042) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB, aswb.org), through the Approved Continuing Education (ACE) program. UW-Madison Division of Continuing Studies maintains responsibility for the program. ASWB Approval Period: 4/27/2016-4/27/2019. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 0.5 continuing education clock hours. Wisconsin Department of Safety and Professional Services, and the Iowa, Illinois, Michigan, and Minnesota Boards of Social Work recognize ACE programs.

Psychologists: UW-Madison Continuing Studies is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. UW-Madison Division of Continuing Studies maintains responsibility for these programs and their content.

Counselors: UW-Madison Continuing Studies has been approved by the National Board for Certified Counselors (NBCC), Approved Continuing Education Provider (ACEP) #5990. Programs that do not qualify for NBCC credit are clearly identified. University of Wisconsin–Madison Division of Continuing Studies is solely responsible for all aspects of the programs.

Health Educators (CHES/MCHES): UW-Madison Division of Continuing Studies (MEP4561) is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. (NCHEC) for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES).

Marriage and Family Therapists: This program (these programs) qualifies as an accredited university continuing education course relevant to professional practice.

WI Substance Abuse Counselors: This program (these programs) qualifies as a continuing education course consisting of relevant subject matter taught by qualified presenters.

Educators: This program (these programs) may qualify towards your Professional Development Plans (PDPs).

Other professions: Completion of each program qualifies for 0.5 continuing education hours. Contact your own board or organization for specific continuing education requirements.

For more information: Contact the program director, Suzanna Waters Castillo, 608-263-3174, suzanna.castillo@wisc.edu; or program coordinator, Maureen Friend, mlfriend@wisc.edu, 608-263-7055. continuingstudies.wisc.edu/certificates/mental-health-older-adult
Fall 2016
Mental Health and the Older Adult Certificate Series
Mental Health and the Older Adult Certificate Series

Established in 2008, this program is designed for licensed practitioners and allied health professionals who work with older adults. Get evidence-based information and skills in geriatric mental health, and learn from leading experts about current research and clinical approaches. Gain practice-relevant skills to better treat late-life mental disorders. The certificate includes the biennial Summer Institute on Mental Disorders and the Older Adult.

Individuals who want to earn the Mental Health and the Older Adult Certificate must complete five required courses and three elective courses. See our website (continuingstudies.wisc.edu/certificates/mental-health-older-adult) for more details, including a complete list of courses. Students must also complete the Summer Institute, which is offered in even-numbered years. All requirements must be completed within two years of enrollment.

The five required courses are:

- Late-Life Depression
- Late-Life Sleep Disorders
- Late-Life Anxiety
- The Impact of Common Geriatric Conditions on Mental Health
- Managing Psychotropic Medications

Program director: Suzanna Waters Castillo, PhD, MSSW

Late-Life Depression

The presentation and characteristics of late-life depression are unique. This course focuses on understanding the impact of late-life depression and the importance of appropriately identifying the nature of the depression, as well as appropriate treatment approaches.

This seminar is designed to help you:

- Explain the overall prevalence of mental health problems in late life
- Summarize the relationship between geriatric depression and cognitive impairment
- List the four warning signs of geriatric depression
- Describe the evidence-based psychopharmacological treatment for geriatric depression
- Summarize the primary reasons older adults may not be adherent to antidepressants
- Define evidence-based cognitive behavioral therapies for geriatric depression

Instructor: Art Walaszek, MD, Board Certified Geriatric Psychiatrist

Thu, Sep 8, 8:30am-2:30pm (check in at 8am); Program #3004
Part of the Mental Health and the Older Adult Certificate and an open enrollment program.

The Ethics of In-Home Geriatric Care Management

Community-based care managers face complex challenges when working with older adults. Unlike working in a clinical setting, the care manager must confront ethical dilemmas in the home of older adults. Care managers broker health and human services and the nature of care is less tangible. This course explores everyday ethics in the context of care manager dynamics in the home of the older adult.

This seminar is designed to help you:

- Define “aging in place”
- Explain the challenges of in-home care management ethics
- Utilize alternative approaches to ethics
- Explain the conceptual principles of “caring and everyday ethics”
• Describe guidelines for setting professional boundaries in community-based care management

Instructor: Suzanna Waters Castillo, PhD, MSSW

Thu, Sep 22, 9am-3pm (register at 8:30 am); Program #3023
Part of the Geriatric Mental Health Care Management Certificate and an open enrollment program.

Substance Use Problems and the Older Adult

Chronic and late-onset misuse and abuse of alcohol and other substances presents a serious and complex challenge among older adults. The complexities are related to co-morbid illness, medication management, and late-life loss of social networks and purpose.

This seminar is designed to help you:
• Explain how the brain responds to substance abuse in late life
• Compare and contrast the impact of alcohol on the body between older adults and the general adult population
• Identify the allowable amount of various alcohol products for persons 65+
• List effective screening tools for older adults with substance use problems
• Describe the potential for medication mismanagement as a substance-abuse issue in aging
• Explain the potential adverse side effects of alcohol on prescription medications for older adults
• Explain how Screening, Brief Intervention, Referral, and Intervention (SBRI) can be effectively used for older people with alcohol problems

Instructor: Suzanna Waters Castillo, PhD, MSSW and Flo Hilliard, MS

Thu, Oct 6, 9am-3pm (check in at 8:30am); Program #3024
Part of the Mental Health and Older Adult Certificate and an open enrollment program.

NEW Intimate Relationships in Aging

Intimate relationships are important for older adults and contribute to quality of life and health, and offer social support during times of ease and hardship. Our aging clients often want to remain intimate with their partners, despite changing health, cognitive and functional abilities, and living situations. The loss of a partner prompts many to seek out new relationships, needing education and counseling to establish and maintain healthy intimate relationships. (Note: This course is 0.6 continuing education hours.)

This seminar is designed to help you:
• Describe the importance of and diverse types of intimate relationships that older adults may experience or desire
• Collaboratively identify needs and barriers that older adults may encounter in maintaining or initiating intimate relationships, considering physical, psycho-social, cultural and other factors
• Identify approaches to assessment and education to promote older adults’ need for healthy intimate relationships
• Describe evidence-based approaches and resources to promote healthy intimate activity in older adults
Late-Life Sleep Disorders

This course presents an in-depth clinical view of the biological and psychosocial complexities of late-life sleep problems. Expert geriatric psychiatry faculty from UW Medical School and the Middleton Veterans Administration Hospital provide instruction and lead discussion.

This seminar is designed to help you:

- Summarize how different types of late-life sleep disorders impact quality of life
- Describe how the body regulates sleep
- Explain the neurobiological factors that influence sleep in late life
- Describe how sleep hygiene affects quality of sleep
- Identify two effective treatment modes for late-life sleep disorders

Instructor: Timothy Juergens, MD, Board Certified Geriatric Psychiatrist

An Overview of Key Issues in Geriatric Mental Health

Recognizing and treating the unique symptoms of late-life mental illness requires specialized knowledge. This course focuses on screening and treatment of depression and anxiety disorders in the elderly. Review best-practice screening tools, methods, and treatment approaches.

This seminar is designed to help you:

- Explain how late-life depression and anxiety present differently than midlife mental illness
- Apply valid, reliable, and age-specific tools to screen for geriatric depression and anxiety
- Identify evidence-based treatment modes for geriatric depression and anxiety
- Summarize the impact that pain has on the development of geriatric depression
- Identify five facts that are indicators of potential for elder suicide
- Differentiate among geriatric depression, dementia, and delirium

Instructor: Suzanna Waters Castillo, PhD, MSSW
The Impact of Common Geriatric Conditions on Mental Health

The interplay between late-life chronic health problems and mental illness is complex. This course focuses on best practices to minimize the impact of chronic disease on quality of life and mental health.

This seminar is designed to help you:

- Identify four chronic conditions that often occur in aging
- Identify the percent of adults 65+ who experience chronic pain
- Explain what percent of older adults do not report their pain
- Describe effective treatment for chronic pain in older adults
- Explain the relationship between cardiovascular disease and geriatric depression
- Define delirium and explain how, if untreated, it affects older adults
- List current treatment guidelines for common chronic geriatric diseases
- Collaborate to develop a treatment plan for an elderly person with a complex chronic disease and mental illness

Instructors: Steve Barczi, MD, Board Certified Geriatrician and Beth Fahlberg, PhD, RN, CHPN, AGPCN-BC

Fri, Dec 2, 9am-3pm (check in at 8:30am); Program #3003
Part of the Mental Health Care and the Older Adult Certificate and an open enrollment program.

Geriatric Mental Health Care Management: An Introduction

Get the latest research and best practices on community-based geriatric care management. Learn appropriate evidence-based screening and monitoring tools, and practice approaches for successful care of mental disorders in late life.

This seminar is designed to help you:

- Summarize the unique functions of community-based geriatric mental-health-care management
- Understand the general prevalence of geriatric depression and anxiety
- Summarize how to teach awareness approaches about geriatric mental illness for clients and families
- Demonstrate the ability to effectively speak to older adults about depression and treatment
- Apply evidence-based screening and monitoring for geriatric depression

Instructor: Suzanna Waters Castillo, PhD, MSSW

Fri, Dec 9, 9am-3pm (check in at 8:30am); Program #3009
Part of the Geriatric Mental Health Care Management Certificate and an open enrollment program.

For more information: Contact the program director, Suzanna Waters Castillo, suzanna.castillo@wisc.edu, 608-263-3174; or program coordinator, Maureen Friend, mlfriend@wisc.edu, 608-263-7055.
continuingstudies.wisc.edu/certificates/mental-health-older-adult