



Education Opportunities 2023

Opportunities for quality education and support for professional staff, family caregivers, and communities

Vaya Health's Geriatric and Adult Mental Health Specialty Team provides free on-site and web-based education and support related to the behavioral health needs of older adults.

The team offers educational courses for professional caregiving staff, family caregivers, community members, and organizations such as senior centers, Meals-on-Wheels programs,

law enforcement and judicial system agencies. The team also provides support to agencies and family caregivers of individuals ages 60 and older who are experiencing mental health issues, substance use concerns, dementia, or other emotional or behavioral challenges.

Geriatric Team services are offered at no cost to participants through Vaya and the state of North Carolina. The team includes registered nurses, licensed clinicians, and qualified mental health professionals. The team's educational courses are evidence-informed and generally last one to two hours.

For professional caregivers, Geriatric Team classes offer contact hours approved by the NC Division of Health Service Regulation (DHSR).

Core Curriculum

- An Overview of Mental Health
- Anxiety: Managing Nervous Energy
- Bipolar Disorder: Creating Balance
- Communication 101
- Dementia: A Deeper Understanding
- Enriching Mental Health with Complementary Treatments
- Facing Substance Use and Misuse in Your World
- Hoarding Disorder: Hidden Secrets
- Navigating Depression: Finding Happiness
- Neurocognitive Disorders and the Basics of Dementia
- OCD: Thought-Behavior Cycle
- Opportunities to Help During Crisis
- Personality Disorders: Reaction to Interaction
- PTSD: Healing the Emotional Wound
- Suicide and Aging...Conversations for Life!
- Understanding Schizophrenia and Psychosis

Psychiatric Medications

- Antipsychotics:
Indications, Risks and Challenges
- Facing the Emotional Challenges of Chronic Illness
- Living with Anxiety: Medications that Help
- Mood Stabilizing Medications:
Reclaiming the Balance
- Not as Prescribed:
Effects of Medication Misuse
- The Many Uses of
Antidepressant Medications
- Treating Dementia: Medications and More

Contact Vaya's Geriatric Team today to discuss your education or support needs.

EMAIL:

Geriatric.Team@vayahealth.com

PHONE:

Call **1-800-893-6246** and ask to speak to a member of the Vaya Geriatric Team.

ELECTRONIC FAX:

Contact us via confidential e-fax at **1-877-355-2436**.

TRAINING:

www.vayahealth.com/calendar

Vaya Health's **Geriatric and Adult Mental Health Specialty Team** serves Alexander, Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Catawba, Cherokee, Clay, Graham, Haywood, Henderson, Iredell, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin, and Yancey counties in North Carolina.

Vaya works with **Therapeutic Alternatives, Inc.**, to provide Geriatric Team services in Alamance, Caswell, Chatham, Durham, Franklin, Granville, Mecklenburg, Orange, Person, Rowan, Stokes, and Vance counties. For more information, call **336-633-8612**.

Vaya Health

200 Ridgefield Court, Suite 218
Asheville, NC 28806

Member and Recipient Services: 1-800-962-9003

TTY: Contact Relay NC at 711