MENTAL HEALTH ASSOCIATION OF SOUTHEAST FLORIDA

Friday, June 29, 2018
Morning Session

LEARNING OBJECTIVES

Sleep Disorders

9AM – 12Noon (3.0 CE Hours)

Sleep is an important part of one's daily routine yet many individuals have sleep issues that prevent quality sleep – an essential to good health. Sleep affects almost every type of tissue and system in the body from the brain, heart and lungs to metabolism, immune function and disease resistance.

People who are chronically sleep deprived are more likely to be overweight, have strokes and cardiovascular disease, infections, and certain types of cancer than those who get enough sleep, as well as increased risk for diabetes and depression. Recent findings suggest that sleep plays a housekeeping role that removes toxins in the brain that build up while awake.

This session will provide participants with translational research about sleep that can be put into practice, and communicated to their clients, for positive health outcomes.

At the conclusion of this program, participants will be able to:

- Discuss the physiology of sleep including types, stages and patterns of sleep throughout the lifespan
- Differentiate sleep disorders including insomnia, hypersomnia, sleep apnea, somnambulism, etc.
- List the indications and contraindications of medications used for sleep
- Cite the changes in bodily functions during sleep
- Describe the role of genetics and neurotransmitters on sleep
- Identify sleep issues that affect cognition, concentration and mental health
- Explain the effect of sleep deprivation on physical and emotional health
- Provide appropriate referrals for sleep evaluation and treatment of sleep disorders

MENTAL HEALTH ASSOCIATION OF SOUTHEAST FLORIDA

Friday, June 29, 2017
Afternoon Session

LEARNING OBJECTIVES

Treatment Resistant Depression

1PM – 4PM (3.0 CE Hours)

Major depressive disorder (MDD) is a worldwide disease with debilitating effects on a patient's life. Patients with MDD usually respond to antidepressant treatment, but 10%–30% of them do not improve or show a partial response coupled with functional impairment, poor quality of life, suicide ideation and attempts, self-injurious behavior and a high relapse rate.

Treatment-resistant depression is a complex clinical problem caused by multiple risk factors. According to the National Institute of Mental Health, brain stimulation therapies can play a role in treating certain mental disorders.

Transcranial magnetic stimulation (TMS) uses a magnet to activate the brain. Unlike ECT, in which electrical stimulation is more generalized, TMS can be targeted to a specific site in the brain to reduce the chance for the types of side effects associated with ECT. TMS was approved for use by the FDA as a treatment for major depression for patients who do not respond to at least one antidepressant medication in the current episode. Evidence supporting TMS for depression was mixed until the first large clinical trial, funded by NIMH, was published in 2010.

This session will provide participants with the ability to review and compare the therapeutic options for treating resistant depressive disorder and assist clients to select the most appropriate combination of treatments for their individual needs.

At the conclusion of this program, participants will be able to:

- Define treatment resistant depression and discuss its diagnostic criteria
- Discuss research identifying specific regions of the brain associated with treatment resistant depression
- Explain how the body reacts to some of the newer prescription medications and non-prescription drugs that individuals use as “self-medication”
- Assist clients to discuss the use of medications with their physician
- Educate clients and families about the myths surrounding behavioral health
- Cite the basic mechanism of Transcranial Magnetic Stimulation (TMS)
- Compare TMS with other treatments for major depressive disorder
- Identify appropriate patient referrals to TMS
- Refer clients and families to community resources