

Curriculum Outline for Advanced Level Training for Geriatric Mental Health Certificate

The Geriatric Certificate Training Program shall address the following goals:

- Reduce stigma
- Increase knowledge about aging, mental health, substance abuse
- Increase confidence on delivering services to older adults
- Increase job satisfaction
- Increase preparedness to address the aging of the population

The Geriatric Certificate Training Program shall address the following Learning Objectives:

- Assess and determine treatment
- Provide services in a culturally and spiritually consistent manner
- Provide appropriate referrals and resources
- Recognize the unique needs of older adults
- Demonstrate treatment skills in at least 3 techniques used with older adults.

Topics that will be embedded and addressed throughout curriculum (Therefore, there will be no separate module or lessons designed for these topics):

- Culture, ethnicity, and diversity
- Interdisciplinary and multidisciplinary approaches to working with seniors with mental disorders
- encouraging hope with recovery practices and personal goals
- Addressing loss including social support
- How to provide support for persons with cognitive impairments
- Dual diagnosis

Day 1: EngAGING and Assessment

Agenda

8:30 – 8:45	Welcome to the training Series
8:45 – 9:00	Introductions
9:00 - 10:00	Person-first & Trauma Informed Language
10 – 10:45	Module 1
10:45 – 11:00	Break
11:00 – 12:00	Module 1: <i>Continued</i>
12:00 – 1:00	Lunch
1:00 – 2:30	Module 1: <i>Continued</i>
2:30 – 2:45	Break
2:45 – 4:00	Module 1: <i>Continued</i>
4:00 – 4:25	Reflection and next meetings assignments
4:25 – 4:30	Evaluations

Module 1: EngAGING and Assessment

Full day

Trainer: Caroline Atterton

Description:

Overview of physical, psychological, and social aspects of aging. Addresses successful aging and aging with illness as well as how to recognize the physical signs when diagnosing will be presented combined with the complexity of comorbidity

Learning Objectives:

As a result of today's training, participants will be able to:

- Distinguish between aging successfully and aging with illness
- Describe the role of recovery is successful aging.
- Explain how culture influences the aging process
- Recognize the importance of interdisciplinary collaboration
- Defend appropriateness of holistic assessments

- Increase knowledge of symptoms that overlap psychological and physical conditions

Topics for Lesson:

- ❖ How to encourage hope w/ recovery practices and personal goals will be introduced
- ❖ Emphasizing resiliency and PEI
- ❖ Successful Aging
- ❖ Culture
- ❖ Common symptoms
- ❖ Common medical disorders of older adults that mimic psychological disorders
- ❖ Disorders that are caused by long term medication use
- ❖ Emphasize interdisciplinary collaboration

E-learning

Module 2: Dementia, Delirium and Depression

1 Hour

Dr. Irving Hellman (Kaiser geropsychologist)

Description: The 3 D's will be presented.

Learning Objectives:

As a result of this module, participants will be able to:

- Define and differentiate dementia, delirium, and depression

Day 2: Dementia Care and Trauma Informed Care

Agenda

8:30 – 8:45	Review of the previous day, e-learning, and of homework
8:45 – 10:30	Module 3
10:30 – 10:45	Break
10:45 – 12:00	Module 3: <i>Continued</i>
12:00 – 1:00	Lunch
1:00 – 2:30	Module 4
2:30 – 2:45	Break
2:45 – 4:00	Module 4: <i>Continued</i>
4:00 – 4:25	Reflection and next meetings assignments
4:25 – 4:30	Evaluations

Module 3: Dementia Care

Half Day
Trainer: Dara Shwartz

Description:

Training Objectives:

As a result of today's training, participants will be able to:

Topics for Lesson:

Module 4: Trauma Informed Care

Half Day
Trainer: Kimberly Shultz

Description:

Learning Objectives:

As a result of today's training, participants will be able to:

- Apply the core principles of Trauma Informed Care in treatment.
- Define trauma and understand its impact on the brain.

- Express understanding of the effects of trauma and its prevalence over the life span.
- Demonstrate an understanding of how to implement trauma informed care with the older adult population.

Topics for Lesson:

E-learning

Module 5: Psychopharmacology

1Hour

Description: Prescriptions, perscrscription use, misuse, and abuse will be discussed.

Training Objectives:

As a result of today's training, participants will be able to:

- List common symptoms of perscription medication abuse
- Recognize medications that may be innaprorpriate for seniors
- Identify common symptoms of perscription medication abuse

Topics for Lesson:

- ❖ Side effects
- ❖ Commonly perscribed medications including psychotropics.
- ❖ Class of medications
- ❖ Substance abuse when combined with perscription drugs
- ❖ Abuse of perscription drugs

Day 3: Treatment and Intervention modifications

Module 6: Treatment and Intervention modifications

Full Day

Trainer: Susan Writer

Description: How modify treatment interventions for older adults will be discussed

Training Objectives:

As a result of today's training, participants will be able to:

- Create a treatment plan for one of the older adults they serve

Agenda

8:30 – 8:45	Review of the previous day and of homework
8:45 – 10:30	Module 6:
10:30 – 10:45	Break
10:45 – 12:00	Module 6: <i>Continued</i>
12:00 – 1:00	Lunch
1:00 – 2:30	Module 6: Practice
2:30 – 2:45	Break
2:45 – 3:40	Module 6: <i>Continued</i>
3:40 – 4:20	Reflection
4:20 – 4:30	Next meetings assignments and evaluations

Day 4: Module 6 Continued & Graduation

Agenda

8:30 – 8:45	Review of the previous day, e-learning, and of homework
8:45 – 10:30	Module 6: <i>Cont.</i>
10:30 – 10:45	Break
10:45 – 12:00	Module 6: <i>Continued</i>
12:00 – 1:15	Catered Lunch/ Resource Fair
1:15 – 2:15	Exercise
2:15 – 2:30	Break
2:30 – 4:00	Video: Gen Silent and Reflection
4:00 – 4:25	Final Thoughts and Graduation
4:25 – 4:30	Evaluations