

## **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 appropriate to older adults
- 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 the 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 in successful aging.
- Explain how culture influences the aging process
- Recognize the importance of interdisciplinary collaboration
- Explain the appropriateness of holistic assessments in treating older adults
- Compare 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:**

Overview of dementias and how different diagnosis interact with various mental health diagnosis. Addresses providing appropriate therapeutic interventions based on level of cognitive decline, as well as supports available to caregivers.

#### **Training Objectives:**

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

- Explain how Alzheimer's and dementia is impacting San Diego County
- Describe risk factors and protective factors for Alzheimer's and dementia
- Explain the progress and stages of both Alzheimer's and dementia
- Identify signs of dementia and Alzheimer's in adults
- Describe tools and resources available to caregivers

### **Module 4: Trauma Informed Care**

**Half Day**  
*Trainer: Kimberly Shultz*

**Description:**

Overview of trauma informed care and the direct benefits for older adults. Detailed information on the nature of traumas experienced by older adults, the physiological impacts of trauma on the brain, how reactions to trauma can manifest in late in life. Best practices in trauma informed care for working with older adults.

**Learning Objectives:**

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

- Apply the core principles of Trauma Informed Care in treatment for older adults
- Define trauma and understand its impact on the brain
- Describe the effects of trauma and its prevalence over the life span
- Explain how to implement trauma informed care with the older adult population

**E-learning**

**Module 5: Psychopharmacology**

**1Hour**

**Description:** Prescriptions, prescription 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 prescription medication abuse
- Recognize medications that may be inappropriate for seniors
- Identify common symptoms of prescription medication abuse

Topics for Lesson:

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

## **Day 3: Treatment and Intervention modifications**

### **Module 6: Treatment and Intervention modifications**

**Full Day**

*Trainer: Susan Writer*

**Description:** How to modify treatment interventions for older adults will be discussed. Specific practice will be done on how to decide which therapeutic treatment modalities are best suited to an older adult, as well as practice in creating a treatment plan for an older adult.

#### **Training Objectives:**

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

- Distinguish how and when to incorporate treatment for Older Adult Clients
- Define and differentiate among empirically based treatment models for Older Adults
- Identify the role of family in the therapeutic process
- Create a treatment plan for an older adult client

#### **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