



**DEPARTMENT OF
Professional Development
& Applied Studies**
University of Wisconsin–Madison

Fall 2009 Edition

A Bi-Annual Newsletter

**Mental Health
& Older Adults**

**CERTIFICATE SERIES
SEMINARS & OUTREACH**

Changing Demography and Late Life Mental Illness

As the American aging population continues to grow, dementia, depression, anxiety and other mental distress will demand more attention from health and human service professionals. The incidence of late life mood disorders in the aging population ranges from 15-20%. Other mental disorders such as alcohol and substance abuse are also on the rise among older adults. Sleep disorders and problems pose another challenge as they are often co-

morbid with late life depression and anxiety. Late life mental disorders are unique in presentation and treatment and have not always been recognized as such. However, through research advances in geriatrics, geropsychiatry, gerontological social work and geriatric nursing strides have been made to improve care of older adults with mental illness.



Fall 2009 Seminar Schedule

- September 16: Health Challenges and Late Life Mental Illness/Part 1
- September 18: An Overview of Key Issues in Geriatric Mental Health
- October 1: Health Challenges and Late Life Mental Illness/Part 2
- October 28: Late Life Sleep Disorders
- November 2: Psychotherapeutic Approaches for Older Adults
- November 9 Late Life Anxiety
- December 3 The Star Method of Geriatric Mental Health Part 1
- December 8: The Star Method of Geriatric Mental Health Part 2

Inside this issue:

Participation	2
Summer Institute on Late Life Mental Disorder 7/29&30-2010	2
Summer Institute and Certificate Series Faculty	2
Enrollment and Completion of Certificate Series	3
Benefits and Value of taking Certificate Series	3
Wisconsin Star Method of Analysis	4

Certificate Series in Mental Health & the Older Adult

The goal is to provide professionals with advanced practice continuing education on late life mental disorders and problems.

Development of the program's curriculum, content and instruction is a collaborative effort with our Department and the Medical School Department of Geropsychiatry at University of Wisconsin, the Medical College of Wisconsin and the Wisconsin Geropsych Initiative.

The Wisconsin Star Method is the primary method of analysis used during case studies in this program.

Certificate Series participants must begin with attendance of the Summer Institute on Late Life Mental Disorders, followed by enrollment in a series of program seminars over a 2 year period.

All instructions takes place at University of Wisconsin Madison's Pyle Center.

PROGRAMS ON AGING AND LONG TERM CARE

Participation in the Series

Participation in the Mental Health and Older Adult Certificate Series begins with enrollment in the Summer Institute on Late Life Mental Disorders July 29 and 30, 2010.

There are no academic or degree pre-requisites for participation in the Mental Health and the Older Adult Certificate Series. However, this program is primarily intended for health and human services professionals who work with older adults. These professional may include: nurses, physicians, social work-

ers, psychotherapists, psychologists, physical, speech and occupational therapists, recreational and activity therapists who work either in institutional or community settings.

All participants will receive UW Madison Continuing Education Units per seminar attended.

The following additional credit options will be available at each seminar attended:

The Department of Professional Development and Applied Studies is approved to provided con-

tinuing education credits for the following professions:

WI, IA, IL, MN Social Work CEUs

IL Registered Social Work CEUs

WI Substance Abuse Counselors

WI Counselors through the National Board for Certified Counselors

WI psychologists, and marriage and family therapists



"I attended the Summer Institute and was so excited and in awe of the research that has been done and the invaluable information presented. I feel completely rejuvenated and eager to apply the information that we have learned". Geriatric Nurse Practitioner, Milwaukee, Wisconsin

Summer Institute on Late Life Mental Disorders

July 29 and 30, 2010 are the forthcoming dates for the Summer Institute on Late Life Mental Disorders which is hosted every other year at University of Wisconsin Madison's Pyle Center. The focus of the Institute is to teach professional about the unique presentation and nature of most common late life mental disorders. Participants will also learn about appropriate methods used to screen older

adults for the most common late life disorders. The Wisconsin Star Method will also be introduced as an effective means for analyzing complex geriatric mental health problems

This two day program offers an intensive look at late life depression, late life anxiety and late life sleep disorders and the dementias. Participants will

have the opportunity to raise questions with experts and network with colleagues. Case studies will also be used to help students apply basic concepts taught in the program. Participants will earn 1.2 CEUs or 12 continuing education hours.

Housing is available for participants at the Lowell Center on campus. A 2010 Summer Institute brochure will be available this coming Spring.

Faculty for the Institute and Certificate Series

An outstanding faculty will teach both the Summer Institute and Certificate Series Continuing Education Seminars (see Fall 2009 date on p. 1). All faculty have research, teaching and clinical expertise in geriatric mental illness.

Marilyn Bonjean, EdD, ICF Consultants

Joseph Goveas, M.D., Medical College of Milwaukee-geropsychiatry

Tim Howell, M.D., UW Madison School of Medicine-geropsychiatry

Tim Juergens, M.D., UW Madison School of Medicine-geropsychiatry

Gail Petersen, PhD, ElderAdvocates Inc.

Kim Petersen, M.D. ElderAdvocates Inc.-geriatric medicine

Merrilee Pickett, M.S., UW Medical School

Art Walaszek, M.D. UW Medical School, geropsychiatry

Suzanna Waters Castillo, PhD, UW Madison Department of Professional Development and Applied Studies

Enrolling in and Completing the Certificate Series

To enroll in the Mental Health and Older Adult Certificate Series, individuals **must register and attend both days of the Summer Institute**. At that time, individuals will actually sign up for the certificate series.

After attending and participating in the Summer Institute, each registrant will choose a total of **6 seminars** (after completing the 2 day Summer Institute) from a list of electives offered during the Fall and Spring semesters of this continuing education programming

conducted through the Department of Professional Development and Applied Studies, Programs on Aging and Long Term Care.

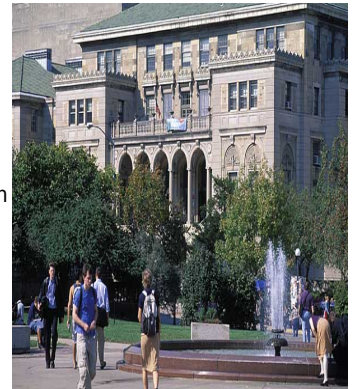
Enrollees have **up to 2 years to take the 6 electives seminars through UW Madison**. Once they have taken the 2 day Summer Institute and 6 additional seminars of their choice they will have successfully completed this Certificate Series.

Future Seminar brochures with detailed information, dates, fees, location are available on the PDAS website:

www.dcs.wisc.edu/pda/aging.

For more information please contact:

Suzanna Waters Castillo
scastillo@dcs.wisc.edu/ 608 608 263 3174 and Mandy Ingram
mingram@dcs.wisc.edu
 608 265 3517.



Benefits of taking the Certificate Series

Professionals who complete the Certificate Series can expect to enhance their clinical skills in that address mental health for older adults. They will acquire an understanding of the unique elements characterize the most common late life mental disorders. Participants will also be able to apply valid and reliable geriatric screening procedures. They will also improve their ability to work with other profes-

sionals in the field of geriatrics and gerontology. Equally important they will be able to make more effective referrals for care and to recognize the most efficacious psychotherapeutic and psychopharmacological therapies for older adults. Their networking options will be enhanced through group work with other participants. Participants will have access to the most current information on

late life mental disorders via expert lectures, videos, case studies, role plays and group discussion. At each seminar participants will receive a binder that contains lecture based information, case studies, assessment tools, journal articles that focus on applied research in late life mental disorders. Faculty at each seminar are highly accessible and provide ample time for q & a.

“This geriatric mental health seminar series has been a boost to my career in geriatric social work, giving me new skills and knowledge.”

Value of continuing education through PDAS

The University of Wisconsin at Madison is a world class academic institution that is renown for excellence in research and teaching. The Division of Continuing Studies and Department of Professional Development offer continuing education studies that offer professionals excellence in learning.

Seminar teaching faculty are respected professionals in their field dedicated to providing continuing education designed to enhance provision of services. All teaching materials and seminar preparation are based on current research to guide the professional toward development of improved health and human services.

Participants will have access to the most current and applicable information relative to their field. Faculty and staff facilitate learning via accessibility and on going consultation via face-face meetings, web and phone consultation.



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Dear Colleagues;

Come learn with us at the Department of Professional Development and Applied Studies at University of Wisconsin-Madison. I look forward to seeing you at our Fall 09 seminar series on Mental Health and the Older Adult.

Suzanna Waters Castillo, PhD

*Programs on Aging
University of Wisconsin-Madison*

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www.dcs.wisc.edu/pda/aging

Mental Health and Older Adult Certificate Series Outcome

WISE Star: Wisconsin Integrated Service for Elders

New Psychotherapy Service for Older Adults in Dane County

WISE Star is a new psychotherapy service offered by Family Services Inc. of Madison Wisconsin. These services will specifically assist older adults to address key concerns of late life.

All WISE Star staff have successfully completed the Mental Health and Older Adult Certificate Series offered through the Department of Professional Development and Applied Studies where they were trained by University of Wisconsin-Madison Medical School Geropsychiatry Faculty.

and Faculty from the Department of Professional Development and Applied Studies at University of Wisconsin-Madison.

WISE Star staff is the first program to offer specific mental health services for older adults in:

- .Psychotherapy-elders & family
- .Mediation Services for family members and elders
- .Abuse Prevention Group for Caregivers of Older Adults
- .Specialized Services for LGBTQ Elders, Families and Friends

The staff also apply the Wisconsin Star method of assessment and analysis with a focus on person centered care.

Ann Lewis, MSW and unit leader of WISE Stars and a graduate of the Mental Health and Older Adult Certificate Series states:

“Our mission at WISE Stars is to promote hope and health for elders through holistic service and support. We seek to strengthen the bonds between our elders, their families and our community. In so doing we value the contributions, wisdom and vitality of our elders.”

For more information contact WISE Stars at: 608 252 1320 at Family Service 128 E. Olin Ave., Madison, WI 53713.

www.fsmad.org