

## May is National Mental Health Month:

In recognition of National Mental Health Month, we are proud to offer this conference in an effort to further educate and support the health professional, particularly those who work directly with the mentally ill.

### Advertise Your Services (Free):

We welcome anyone who provides mental health services to bring your brochures/ promotional materials (pens, trinkets, other) with you to the conference. We will have tables set up for you to use. Space is limited so we ask that you NOT bring an entire table spread with you. Please keep it simple.

[www.augustahealth.com](http://www.augustahealth.com)

Sponsored by:



For more information, please call (540) 332-4076 or email [breyolds@augustahealth.com](mailto:breyolds@augustahealth.com).

For Directions to the Community Care Building  
on the Hospital campus visit  
<http://www.augustahealth.com/about/campus-map>

# Mental Health Conference

Wednesday, May 12, 2010  
11:10am – 5:00pm



Augusta Health  
Community Care Building,  
1st Floor Conference Rooms  
78 Medical Center Dr.  
Fishersville, VA 22939

# Conference Agenda

## 11:10am – 11:45am Registration

Welcome & Introduction – Lisa Cline,  
Vice President of Nursing  
Augusta Health

## 11:50am – 12:50pm

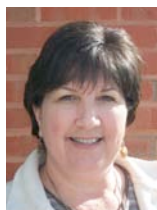
**Timothy Kane, M.D.,  
Medical Director  
Augusta Health,  
Behavioral Health Services**



*Pharmacologic Management of Cognitive  
and Behavioral Symptoms of Dementia*

This session will focus on current medication options for treatment of cognitive and behavioral symptoms of dementia. Dr. Kane will also discuss potential side effects of the medications.

**1:00pm – 1:30pm Debbie Brown,  
Bereavement Coordinator &  
Camp Dragonfly Director,  
Augusta Health Hospice  
of the Shenandoah**



*Living with Grief*

Anyone who grew up reading the "Peanuts" comic strip remembers Lucy's infamous cry of "GOOD GRIEF Charlie Brown". This session will look at life experiences and explore what's so "good" about grief.

**1:40pm – 2:10pm Amie Trinca, CTRS  
Augusta Health Crossroads,  
Recreational Therapist**



*Connecting with Self & Others  
in the Puzzle of Life*

We will explore the necessity of developing faith and trust in ourselves and others. Learn how to manage the trials or 'baggage' of life—one puzzle piece at a time. Amie will also discuss the gift of healing and the power of peace and hope throughout the recovery process.

## 2:20pm – 3:20pm

**\*Keynote Speaker\***

**Suzanne Holroyd, M.D.  
Professor, Director of Geriatric  
Psychiatry, University of Virginia  
Health Medicine Charlottesville, VA**



*Depression is NOT a Normal Part of Aging*

This session will focus on depression in individuals over age 65. Learn the risk factors for developing late life depression and identify the age specific signs and symptoms of depression, even in so-called "masked depression". Dr. Holroyd will also discuss current treatment options for depression in elderly persons.

## 3:30pm – 4:30pm

**John Savides, CSAC,  
Program Director  
Augusta Health, Recovery  
Choice Substance Abuse Services**



*Addiction Science & Treatment  
in the 21st Century*

Understanding how addiction and recovery are brain-based processes. John will discuss current evidence-based best treatment practices, the cycle of relapse, and how to intervene. He will also address recovery from a holistic perspective and the most successful current tools and methods for recovery. Learn to guide persons needing recovery through motivational impasses and crises.

## 4:30pm – 5:00pm

**Charlotte Syran, MSW  
Augusta Health Crossroads**



*Effective Communication  
with Dementia*

Develop an understanding of how communication changes with the onset of dementia. Become aware of the communication deficits of the visual and hearing impaired. Understand dementia-related behavioral issues such as aggression, anxiety, confusion, repetition and suspicion. Learn 4 strategies to appropriately respond to difficult behaviors and ways to reduce the frequency of them occurring.

# Registration Form:

Please duplicate as needed

## Early Registration Fee

(before April 14): \$20

Registration Fee (after April 14): \$25

Group Rate of 3 or more: \$20 each

Students: \$15

## Registration Deadline: Friday, May 7, 2010

*Includes lunch, afternoon snack  
and door prizes*

*Seats limited. Register today.*

Name: (print) \_\_\_\_\_

Title: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

CEU's desired: (please circle) Yes No

Accept **Cash or Check** written out to:  
**Augusta Health**

## Return form and payment to:

Augusta Health Crossroads  
ATTN: Brad Reynolds  
78 Medical Center Dr.  
Fishersville, VA 22939

For more information, please call (540) 332-4076 or email  
[breyolds@augustahealth.com](mailto:breyolds@augustahealth.com).