

2021 VAYA HEALTH TRAININGS

Lakeview Center for Active Aging

An Educational Series on Adult Mental Health

On the 4th Monday of every month – from 11:00 to 11:45 am,
September thru November and 1st Monday in December

Open to all!

Vaya Health's Geriatric Team serves Alexander, Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Catawba, Cherokee, Clay, Graham, Haywood, Henderson, Iredell, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin and Yancey counties.



| Date | Topic and Description |
|----------------------------|--|
| September 27 th | Suicide Indicators, Response and Prevention This course focuses on the indicators and risk factors of suicide in older adults as related to current statistical data. In addition, this course explains methods of suicide response and keys to prevention. |
| October 25 th | A Rainbow of Mental Health This introductory course is designed to support an understanding of the most commonly diagnosed mental health-related conditions in the aged population. This curriculum takes a person-centered approach to understanding classifications and care delivery. |
| November 26 th | Dementia and Psychosis Behavior This class uses case review and activities to identify frequent challenging behaviors associated with dementia and psychosis. Participants review factors that may trigger behaviors and discuss prevention and intervention strategies. |
| December 6 th | Depression: From Surviving to Thriving This course examines different types, common causes, symptoms, and treatment methods for depression, focusing on moving from a place of simply surviving to one of thriving. |

Access to services:
1-800-849-6127

Hearing impaired?
Call NC Relay 711

www.vayahealth.com

Hosted by Lakeview Center for Active Aging in partnership with the Vaya Health Geriatric & Adult Mental Health Specialty Team. All Vaya Health trainings are free and accredited through the NC Division of Health Service Regulation which awards one contact hour for each hour of training.

