

2021 VAYA HEALTH TRAININGS

Lakeview Center for Active Aging
An Educational Series on Adult Mental Health
from 11 to 11:50 - Free and Open to all!
dates and registration option below.

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.

Registration Information

Go to:
Vayahealth.com/
calendar,
Click on desired class to register.

-OR-

For more information call
828-669-8610

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 22 nd	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.

