

# **A DAY OF FREE TRAININGS**

The CommUNITY Adult Mental Health Initiative is pleased to bring you a series of Gray Matters Trainings by NAMI (National Alliance on Mental Illness) Minnesota.

See below for the schedule and training details.

**Please join us for one, two or all three trainings!**

**Date:** Wednesday, May 24, 2017

**Location:** Tuscan Center Ballroom inside Midtown Square  
3333 W. Division St., Suite 116, St. Cloud, MN 56301

**9:00 to 10:30 a.m.** – 1<sup>st</sup> Class – Gray Matters: Understanding Depression in Older Adults

**10:30 to 11:00 a.m.** – Break

**11:00 to 12:30 a.m.** – 2<sup>nd</sup> Class – Gray Matters: Understanding Anxiety Disorders in Older Adults

**12:30 to 2:00 p.m.** – Break

**2:00 to 4:00 p.m.** – 3<sup>rd</sup> Class – Gray Matters: Understanding Substance Use Disorders in Older Adults

**Class #1:**

**Gray Matters: Depression in Older Adults**

Feelings of sadness, loneliness and grief are normal. However, when this sadness is intense, is felt for a long period of time, interferes with our ability to get along with others or to carry out the activities of everyday life.....then it could be depression.

NAMI Minnesota to talk about risk factors, warning signs, stigma, treatment, recovery and resources for depression in older adults. Depression is not a normal part of aging.

**Class #2:**

**Gray Matters: Understanding Anxiety in Older Adults**

NAMI Minnesota to talk about anxiety disorders in older adults.

Topics include:

- Understanding symptoms and risk factors of anxiety disorders in older adults
- Learning the different types of anxiety disorders
- Understanding treatment and management
- Learning the warning signs of suicide
- Learning about resources to support older adults living with anxiety

**Class #3:**

**Gray Matters: Understanding Substance Use Disorders in Older Adults**

- Learn why abuse of alcohol, drugs and prescription medications, among adults 60 and older, is one of the fastest growing health problems in the U.S.
- Recognize the negative consequences of improper use or over-use of alcohol, drugs, prescription medications and over-the-counter medications
- Be able to identify three or more age-related changes that could elevate an older adult's sensitivity to the effects of drugs and alcohol; and that make older adults more at risk for substance use problems
- Be able to identify three or more resources to learn more about older adults and substance abuse

Please RSVP to [CAMHI@co.benton.mn.us](mailto:CAMHI@co.benton.mn.us) as seating is limited. Be sure to state which class or classes you plan to attend.

*A Certificate of Attendance will be provided for CEUs*

Please note that no refreshments will be provided; attendees are welcome to bring in their own.