

Mental Health: Depression

*A Six-Hour Interprofessional Symposium in
Honor of Mental Health Awareness Month*

*The Institute for Continuing Education of the 1199SEIU League Training and Upgrading Fund,
1199SEIU United Healthcare Workers East Professional and Technical Department,
The National Alliance on Mental Illness, New York City present*

Saturday, May 18, 2019 | 8:45 am – 4:30 pm (EST)

Onsite

The Gerald W. Lynch Theater at John Jay College/CUNY

524 West 59th Street (between 10th and 11th Avenues), New York, NY 10019

Live Videocast

- ▶ **Northwell Health: The Phyllis and Joseph Gurwin Teaching and Education Center**
270-05 76th Avenue, New Hyde Park, NY 11040
- ▶ **1199SEIU Bronx Site:** 2501 Grand Concourse, 3rd Floor, Bronx, NY 10468
- ▶ **1199SEIU Staten Island Site:** 790 Port Richmond Avenue, Staten Island, NY 10302
- ▶ **1199SEIU Westchester–White Plains Site:** 99 Church Street, 4th Floor, White Plains, NY 10601

Live Webcast

1199SEIUBenefits.org/Institute



Anesthesia Techs
CASACs
Central Sterile Techs
Clinical Laboratory Practitioners
Dietitians

Imaging Technologists
Medical Records Coders
Licensed Practical Nurses
Paramedics and EMTs
Pharmacists

Pharmacy Technicians
Rehab Therapists
Respiratory Therapists

Social Workers
Surgical Techs



1199SEIU
United Healthcare Workers East

(212) 894-4390 | E-mail: Institute@1199Funds.org | 1199SEIUBenefits.org/Institute

PROGRAM AND LEARNING OBJECTIVES

Program Moderator:

Jessica Feldman, MS, LMHC, CPRP

Director of Programs and Services, National Alliance on Mental Illness, NYC

8:45am REGISTRATION

9:20am Welcome and Introductory Remarks

9:30am **“Overview: Epidemiology, Etiology, Diagnosis, and Health Disparities”**: Flávio Casoy, MD

Learning Objectives: Upon completion, participants will be able to:

1. Describe what constitutes Major Depressive Disorder and associated illnesses;
2. Know its prevalence, incidence, and distribution in the population;
3. Explain the relationship between Major Depressive Disorder and suicide risk; and
4. Describe the social determinants of depression and other mental illnesses.

10:45am **“Prevalence of Depression and Chronic Diseases”**: Ellen Anderson Dornelas, PhD

Learning Objectives: Upon completion, participants will be able to:

1. Describe the prevalence of depression across several common, chronic medical conditions;
2. Explain three factors that are associated with a higher risk for depression in people with chronic illness; and
3. Identify two treatments shown to effectively treat depression in people with heart disease and cancer.

11:30am **“Depression in Women: Antenatal and Postpartum; Perimenopausal and Menopausal”**: Mabelle H. Allen, MD

Learning Objectives: Upon completion, participants will be able to:

1. Describe the prevalence and circumstances of depression among women;
2. Explain the role of the primary care setting in the diagnosis of depression in women; and
3. Describe treatment options for women who are diagnosed with depression

12:30pm Lunch Break

1:30pm **“Pharmacological Treatment”**: Manassa Hany, MD

Learning Objectives: Upon completion, participants will be able to:

1. Highlight the evolution of the pharmacological treatment of depression throughout history;
2. Discuss FDA approved medication options that are currently available for the treatment of depression; and
3. Explore future research ideas that can help improve the treatment of depression.

2:30pm **“Role of Nutrition and Physical Activity in Managing Depression”**: Beth A. Taylor, PhD

Learning Objectives: Upon completion, participants will be able to:

1. Describe the role that modifiable risk factors (nutrition, body weight and physical activity) play in contributing to depressive disorders;
2. Identify major nutritional interventions that can mitigate depression;
3. Define appropriate exercise programs that have established benefits for treating depression; and
4. Know how lifestyle factors such as nutrition, body weight, and physical activity influence clinician and patient perception by examining the role that weight stigma plays in women’s and mental health.

3:15pm **“Psychotherapy Approach for Depression”**: Joseph S. Ruggiero, PhD

Learning Objectives: Upon completion, participants will be able to:

1. Define three theoretical frameworks for treating depression;
2. State three cognitive distortions that reinforce depressive thinking; and
3. Define two different ways that depression may be manifested.

4:00pm **“Wellness Together: Community and Family Support Presenter”**: Jessica Feldman, MS, LMHC, CPRP

Learning Objectives: Upon completion, participants will be able to:

1. Explain the role of the family and community supports in recovery from mental illness;
2. Describe strategies for clinicians and providers to integrate community allies in mental health treatment; and
3. Know how NAMI-NYC can support clients and families in the recovery process.

4:30pm Participants Submit Online Evaluations

PRESENTERS

Machelle Allen, MD

Senior Vice President and Chief Medical Officer, NYC Health + Hospitals; Obstetrician and Gynecologist, New York City.

Ellen Anderson Dornelas, PhD

Associate Professor of Clinical Medicine, Department of Medicine, University of Connecticut School of Medicine, Farmington, CT. Director, Cancer Clinical Research Office, Hartford Healthcare (HHC), Hartford, CT.

Flávio Casoy, MD

Medical Director, OMH Consultation Services and Special Projects New York State Office of Mental Health; New York State Psychiatric Institute Division of Behavioral Health Services and Policy Research, New York City.

Jessica Feldman, MS, LMHC, CPRP

Director of Programs and Services, The National Alliance for the Mentally Ill of New York City.

Manassa Hany, MD

Medical Director, Addiction Institute, Mount Sinai West; Assistant Professor, Department of Psychiatry, Icahn School of Medicine at Mount Sinai, New York City.

Joseph S. Ruggiero, PhD

Assistant Clinical Director; Director of Psychology Fellowship; Co-Director of the Psychology Externship Program, Addiction Institute at Mount Sinai. Director, Crystal Clear Program, Mount Sinai. Assistant Professor, Icahn School of Medicine at Mount Sinai, New York City.

Beth A. Taylor, PhD

Associate Professor of Kinesiology; Assistant Professor of Medicine, University of Connecticut. Affiliated Faculty, Rudd Center for Food Policy and Obesity and Center for Health, Intervention and Prevention, University of Connecticut, Institute for Systems Genomics. Director of Exercise Physiology Research, Preventive Cardiology, Hartford Hospital, Connecticut.

ACCREDITATION

CASACs

An application has been submitted to the New York State Office of Alcoholism and Substance Abuse Services for clock hours.

Clinical Laboratory Practitioners

This continuing medical laboratory education activity is recognized by the American Society for Clinical Pathology (ASCP) for six (6) CMLC credits. ASCP CMLC credits are acceptable for the ASCP Board of Registry Certification Maintenance Program.

Dietitians/Dietetic Technicians

This course is approved by the Commission for Dietetic Registration (CDR) for six (6) continuing education units.

Imaging Technologists

An application has been submitted to the American Society of Radiologic Technologists (ASRT) for Category A continuing education credits. The American Registry for Diagnostic Medical Sonography (ARDMS) accepts ASRT Category A credits.

LPNs/RNs/Nurse Practitioners

This course is approved by the California Board of Registered Nursing for six (6) continuing education credits.

Medical Records Coders

An application has been submitted to the American Health Information Management Association (AHIMA) and the American Academy of Professional Coders (AAPC) for continuing education hours.

Occupational Therapists/Occupational Therapy Assistants

An application has been submitted to the New York State Occupational Therapy Association, Inc. (NYSOTA) for contact hours (New York licensees only).

Paramedics/EMTs

An application has been submitted to the Regional Emergency Medical Services Council of New York City for EMS CME credits.

Pharmacists and Pharmacy Technicians

The New York State Council of Health-system Pharmacists (NYSCHP) is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education.

Module A (AM): This course, 0134-0000-19-080-L01-P; 0134-0000-19-080-L01-T, is approved for 0.3 CEUs (3 contact hours).

Module B (PM): This course, 0134-0000-19-081-L01-P; 0134-0000-19-081-L01-T, is approved for 0.3 CEUs (3 contact hours).

Statements of Continuing Pharmacy Education Credits are available to participants upon the conclusion of the program through survey links. Participants have 45 days from the date of the program to claim credits, and must verify attendance at the meeting by entering the program CE code.

Physical Therapists/Physical Therapy Assistants

An application has been submitted to the New York Physical Therapy Association (NYPTA) for contact hours (New York licensees only).

Respiratory Therapists

An application has been submitted to the American Association for Respiratory Care (AARC) for continuing education credits.

Social Workers

The 1199SEIU League Training and Upgrading Fund SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers under provider #0286. Licensed New York State Social Workers are required to provide a New York State license number to receive a certificate of credit. This course is approved for six (6) continuing education hours.

**All other healthcare professionals: You will receive certificates of attendance.
Please check with your accrediting board with respect to receiving credit for this program.
Email Institute@1199funds.org for accreditation updates.**

Mental Health: Depression

A Six-hour Interprofessional Symposium in Honor of Mental Health Awareness Month

Saturday, May 18, 2019 | 8:45 am – 4:30 pm (EDT)

Enhanced Registration Process for Onsite and Videocast Participants

We have eliminated paper registration. Like webcast participants, you must register online to participate in Fund sponsored seminars and symposiums or at a live videocast site. This change pertains to the registration for the Onsite and Videocasts, only,

1199SEIUbenefts.org/institute

- Register from the convenience of your home or office
- Receive immediate confirmation after you have registered
- Onsite and live videocast participants must register for the full day program, as in the past

**Online registration deadline:
Friday, May 17, 2019
12:00pm EST**

ELIGIBILITY FOR 1199SEIU MEMBERS

League and Greater New York Members

To be eligible to attend this seminar at no cost, 1199SEIU members must have been a part-time or full-time employee for at least one year, work at least three-fifths of a regular workweek and work for an employer who contributes to the 1199SEIU Training and Upgrading Fund or the 1199SEIU Greater New York Education Fund. The cost of attendance is deducted from your Continuing Education benefit.

City of New York Education, Child and Elder Care Fund Members

Pharmacists, Dietitians, Clinical Laboratory Practitioners and LPNs are all eligible. You must have worked with NYC Health + Hospitals or a mayoral agency for at least one year. The cost of attendance is deducted from your Continuing Education benefit.

CHOOSE Onsite or Live Videocast

- **The Gerald W. Lynch Theater at John Jay College/CUNY**
**Participants at this location must enroll for full day program*
- **No out of pocket cost for eligible 1199SEIU members**
- **Non-Members: \$150**

Live Videocast

**Participants at these locations must enroll for full day program*

- **No out of pocket cost for eligible 1199 members**
- **Non-Members: \$150**

- **Northwell Health, New Hyde Park, NY**
- **1199SEIU-Bronx, NY**
- **1199SEIU-White Plains, NY**
- **1199SEIU-Staten Island, NY**

FOR TECHNICAL SUPPORT REGARDING REGISTRATION ONLY, including information on how to view the webcast, contact our web host provider toll free at **(888) 709-5802** or **(706) 758-1805**.

FOR QUESTIONS UNRELATED TO TECHNICAL SUPPORT:

Contact the 1199SEIU Training and Upgrading Fund office at **(212) 894-4390** or email us at Institute@1199Funds.org.

Live Webcast

Registration for the Webcast is available online only:

1199SEIUbenefts.org/Institute

**Registration deadline for the webcast:
Friday, May 17, 2019
12:00pm EDT**

	MODULE A	MODULE B
LOG-ON TIME	8:45am EST	12:30pm EST
START TIME	9:20am EST	1:30pm EST

- **Module A only: \$75**
- **Modules A+B: \$150**
- **Module B only: \$75**

WEBCAST NOT RECOMMENDED FOR VIEWING VIA MOBILE DEVICES

- ▶ Video webcasting requires broadband connection. Browser configuration must accept cookies and have Javascript enabled.
- ▶ Sound Card and speakers/headphones for viewing webcast in full format.
- ▶ Adobe Flash player 10.2 or later.

Refund and Cancellation Policy

If you wish to cancel, you must do so at least 48 hours before the program date to avoid a penalty.

To cancel, call the 1199SEIU League Training and Upgrading Fund (TUF) at (212) 894-4390 or email Institute@1199Funds.org. The TUF reserves the right to cancel or reschedule a program in the event of insufficient enrollment or unforeseen circumstances.

Participants will be notified and given the option of receiving a refund or attending the rescheduled program.



INSTITUTE FOR CONTINUING EDUCATION

1199SEIU Training and Employment Funds 330 West 42nd Street, 2nd Floor, New York, NY 10036
 Tel (212) 894-4390 | Fax (212) 643-8795 | E-mail: Institute@1199Funds.org | 1199SEIUBenefits.org

2019 SCHEDULE OF FUND SPONSORED SEMINARS and SYMPOSIUMS

DATE	PROGRAM	HR	VENUE/MODE OF DELIVERY
WINTER / SPRING 2019			
Thursday, March 7 5:30pm - 9:00pm (EST)	Diabetes A Three-Hour Seminar for Dietitians/Nutritionists	3	Cherkasky/Davis Conference Center 330 W42nd Street (Btwn 8th & 9th Ave) NYC --- Onsite Only ---
Friday, March 15 8:30am - 4:30pm (EST)	The Opioid Crisis: Prevention, Treatment and Recovery A Six-Hour Interprofessional Symposium	6	Gerald W. Lynch Theater at John Jay College 524 W59th Street (Btwn 10th & 11th Ave) NYC Live Onsite Live Videocast Live Webcast
Thursday, March 21 5:30pm - 9:00pm (EST)	Suicide: Prevention, Intervention and Postvention A Three-Hour Seminar for Social Workers	3	Cherkasky/Davis Conference Center 330 W42nd Street (Btwn 8th & 9th Ave) NYC --- Onsite Only ---
Saturday, April 27 8:45am - 4:30pm (EST)	The Clinical Laboratory: Infectious Diseases A Six-Hour Seminar for Clinical Laboratory Practitioners	6	1199SEIU Martin Luther King, Jr. Auditorium 310 W. 43rd Street (Btwn 8th & 9th Aves.) NYC --- Onsite Only ---
Saturday, May 18 8:45am - 4:30pm (EST)	Mental Health: Depression A Six-Hour Interprofessional Symposium	6	Gerald W. Lynch Theater at John Jay College 524 W59th Street (Btwn 10th & 11th Ave) NYC Live Onsite Live Videocast Live Webcast
Wednesday, June 19 5:30pm - 9:00pm (EST)	Workplace Disasters: Preparedness and Response A Three-Hour Seminar for Maintenance Workers	3	Cherkasky/Davis Conference Center 330 W42nd Street (Btwn 8th & 9th Ave) NYC --- Onsite Only ---
Thursday, June 27 5:30pm - 9:00pm (EST)	Medication Safety A Three-Hour Symposium for Pharmacists and Pharmacy Techs	3	Gerald W. Lynch Theater at John Jay College 524 W59th Street (Btwn 10th & 11th Ave) NYC Live Onsite Live Videocast Live Webcast
FALL 2019			
Friday, September 27 8:45am - 4:30pm (EST)	Stroke A Six-Hour Interprofessional Symposium	6	Gerald W. Lynch Theater at John Jay College 524 W59th Street (Btwn 10th & 11th Ave) NYC Live Onsite Live Videocast Live Webcast
Saturday, October 12 8:45am - 4:30pm (EST)	Topic: TBD A Six-Hour seminar for Perioperative Techs: Surgical Techs/Anesthesia Techs/Central Sterile Techs	6	Cherkasky/Davis Conference Center 330 W42nd Street (Btwn 8th & 9th Ave) NYC --- Onsite Only ---
Tuesday, October 15 5:30pm - 9:00pm (EST)	Topic: TBD A Three-Hour Seminar for Rehab Therapists	3	Cherkasky/Davis Conference Center 330 W42nd Street (Btwn 8th & 9th Ave) NYC --- Onsite Only ---
Thursday, November 7 5:30pm - 9:00pm (EST)	Topic: TBD A Three-Hour Seminar for Imaging Techs	3	Cherkasky/Davis Conference Center 330 W42nd Street (Btwn 8th & 9th Ave) NYC --- Onsite Only ---
Monday, December 9 8:45am - 4:30pm (EST)	Colorectal Cancer A Six-Hour Interprofessional Symposium	6	Gerald W. Lynch Theater at John Jay College 524 W59th Street (Btwn 10th & 11th Ave) NYC Live Onsite Live Videocast Live Webcast

*For updates to the schedule, visit our web page at 1199seiubenefits.org/institute/seminars-and-symposiums/

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