



# Understanding Senior Mental Health Issues

For Professionals working with seniors

*Four-part educational series made possible through a grant from the Executive Office of Elder Affairs*

## **PART 1: Alcohol & Substance Abuse: A Hidden Epidemic Among Elders**

Jeanne F. Martin, MSW, MTS, Ed.D.

**Monday, April 12, 2010 1:00 PM– 4:00 PM**

*Cohasset Elder Services, 3 North Main Street, Cohasset*

*RSVP to Carol Barrett at 781-383-9112*

Alcohol and substance abuse among the elderly are growing problems and often hidden and undiagnosed. Ms. Martin's workshop promises to provide knowledge of risk factors and identification of alcohol and substance abuse, as well as, an understanding of strategies toward treatment. Participants are encouraged to submit or bring case studies for discussion.

## **PART 2: MENTAL HEALTH & AGING: ASSESSMENT & INTERVENTIONS**

Judith Karpinski, MSW, LICSW

**Thursday, May 6, 2010 9:00 AM – 12:00 Noon**

*Duxbury Senior Center 10 Mayflower Street, Duxbury*

*RSVP to Donna Ciappina at 781-934-5774 x 105*

This session will provide knowledge of mental health issues common in the elderly including depression and anxiety. Assessment and intervention strategies will also be explored. Participants are encouraged to submit or bring case studies for discussion.

## **PART 3: WHO TAKES CARE OF THE CAREGIVER? RELAX, RELEASE & RENEW**

Barbara Ward, MA, Holistic Counseling, Certified Hypnotherapist and Reflexologist, Reiki Master, Kripula Yoga Instructor & Yoga Therapist

**Thursday, May 13, 2010 10:00 AM – 11:30 AM**

*Duxbury Senior Center 10 Mayflower Street, Duxbury*

*RSVP to Donna Ciappina at 781-934-5774 x 105*

Facilitator, Barbara Ward will lead us in exploring relaxation techniques including chair yoga, breathing practices and meditation. We will learn the importance of self-care as professionals and leave with some practical ways to start achieving our goals! Please join us for this very important session. Space is limited, call early to reserve a spot.

## **PART 4: LOSS & GRIEF RECOVERY: ENGAGING WITH ELDERS**

Michael Kocet, PhD., LMHC, NCC

**Monday, May 24, 2010 9:00 AM – 12:00 Noon**

*Marshfield COA, 230 Webster Street, Marshfield*

*RSVP to Gayle Clark at 781-834-5581 x 17*

Dr. Kocet will provide an overview of the many aspects of loss that senior's face as they age, including loss of family members, friends, health, and housing. Dr. Kocet will also discuss communication techniques, interventions, cultural considerations, as well as, ethics involved in counseling elders.