

The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

FIRST FRIDAY FORUM

Friday, May 6, 2022

Geriatric Psychiatry: Approach to Mental Healthcare for an Aging Population and
Lessons from the Pandemic

Kristin Thompson, D.O.

Program:

9:00 a.m. – 12:00 p.m.

*Introductory: Assumes post-doctoral education status
and limited familiarity with topic.*

Location:

Registrants will receive a Zoom link to access the webinar online.

Attendees are encouraged to join the webinar five to ten minutes prior to the start.

ABOUT THE PROGRAM:

This program qualifies for 3.0 continuing education credits.

The percentage of the aging population in the United States is growing. By 2030, one in five individuals will be over age 65 years; and by 2035, for the first time in U.S. history, older adults will outnumber children. As the population grows, the need for specialized geriatric mental health care is growing. This generation of older adults is more likely to engage in mental health care than previous generations, but there is a shortage of geriatric mental health professionals. During the past several years, the pandemic has brought unique challenges to the safety and health of older adults and, along with that, a greater appreciation of new and existing barriers to care and connection for seniors. Geriatric psychiatry and psychology have a large role to play in supporting the overall health of older adults. Mental health interventions may play a role in improving comorbid medical conditions, reducing risk of cognitive decline, decreasing healthcare utilization, and increasing function through a holistic approach that addresses medical, psychological, social, and cognitive elements of care. We will learn a basic framework to approach the complex care of older adults. We will discuss the effects of the pandemic on the mental health of older adults, including the health impacts of isolation and loneliness. We will also discuss the relationship between lifetime mental health disorders and late life disease burden and future directions of geriatric mental healthcare aimed at promoting successful aging.

Participants will be able to:

1. List the GERIATRIC 5Ms[®] and understand the basic framework of a comprehensive geriatric mental health assessment.
2. Recognize the effects of pandemic related stressors on the mental health of older adults and understand the health effects of loneliness and social isolation.
3. Discuss approaches to geriatric mental health treatment that contribute to successful aging.

ABOUT THE PRESENTERS:

Kristin Thompson, D.O., received her D.O. from Rocky Vista University, College of Osteopathic Medicine, in Osteopathic Medicine. She is a psychiatrist who completed her psychiatry residency training at SUNY Downstate Medical Center in Brooklyn, NY and is currently completing a fellowship in geriatric psychiatry at the University of Minnesota. Her experience working with older adults in New York during her residency training program in the midst of the covid-19 pandemic inspired her to pursue a fellowship and dedicated career in Geriatric Psychiatry.

PLEASE NOTE: *You must attend the full program to get continuing education credit for the event.*

About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

CONFIRMATION/CANCELLATION: You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No refund or transfer is given the day of the program.



MPA First Friday Forum • May 6, 2022

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: Home Work

E-mail: _____

Phone: _____ Please check: Home Work Fax: _____

Registration is available until the event begins.

Fee: MPA member: **\$60** Non-member: **\$95** Student: **\$15** Retired-member: **\$30** (No CE Credit)*

**Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

Card Number: _____ Exp. Date: _____ Security Code: _____

Cardholder Name (print): _____

Cardholder Signature: _____

Credit card billing address: Same as above

Address: _____

City/State/Zip: _____

Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ www.mnpsych.org

Return To:

Minnesota Psychological Association

4248 Park Glen Road
Minneapolis, MN 55416

P: 952-928-4657 • F: 952-929-1318



The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

