

Avera Friday Forum- Kids and Activity Burnout

5/01/2025 to 5/31/2025

Enduring Material

Purpose:

We recognize the need for ongoing education on behavioral health topics for disciplines who provide care to children and adolescents. This educational session is specially designed to educate Nurses, Counselors, Social Workers, and other disciplines who work with children and adolescent youth, particularly in the school setting, on behavioral health topics. This session will focus on kid activity burnout.

Objectives:

- 1 Understand how to balance the positive and negatives of activity involvement for children.
- 2 Understand how parents can support their child through stages of childhood activities.
- 3 Learn the benefits of kid activities on mental and physical health.
- 4 Learn how to assess each child's interests.
- 5 Understand how to start children in activities.
- 6 Learn what to do if kids are too involved.
- 7 Identify signs of activity burnout in children and parents.
- 8 Understand the importance of rest and downtime.

Target Audience:

Nurse - RN, Social Worker, Nurse - Nurse Practitioner, Nurse -LPN/LVN

For successful completion:

- Watch video/articles
- Complete post-test
- Complete evaluation

Accreditation & Credit Designation:

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Avera is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Continuing Education Credit Designation(s)



IPCE CREDIT™

IPCE (Team-based): This activity was planned by and for the healthcare team, and learners will receive 1.00 IPCE credit(s) for learning and change.

Nurse CE: Avera designates this activity for a maximum of 1.00 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

REMINDER

Attendance can be texted up to 24 hours after the activity





Social Work: As a Jointly Accredited Organization, Avera is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.00 General continuing education credit(s).

Counselors, Marriage and Family Therapy (SD Board of Examiners): Avera is a recognized provider of continuing education, for all counseling related content, for the South Dakota Board of Examiners for Counselors and Marriage and Family Therapists. Social Workers will receive 1.00 continuing education clock hour(s) for participating in this course.

Additional Information:

Feedback person for this educational activity is: paige.goldade@avera.org

Enduring Material available from 05/01/2025 to 05/31/2025

- This course content was reviewed on 4/10/2025

Disclosure Policy:

Due to the regulations required for CE credits, all conflicts of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance of this requirement, we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Paige Goldade, BSN, Clinical Nurse Educator	Lead Planner	Nothing to disclose
Sam Schimelpfenig, MD	Faculty	Nothing to disclose
Meile Laura, Counselor	Faculty	Nothing to disclose
KELSEY SJAARDA, Social Worker	Committee Planning Member	Nothing to disclose
Briana Nelsen, MA, School Counselor	Faculty	Nothing to disclose
David Ermer, MD	Faculty	Nothing to disclose
Amanda Gundvaldson, MSN, Nurse	Lead Planner	Nothing to disclose
Christa Sobocinski, BA, Medical Educator	Content Expert - Committee Member	Nothing to disclose

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