

Avera Friday Forum- Mind and Body

03/01/2024 to 03/31/2024

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 helping parents understand the relationship between physical activity and mental health.

Objectives:

- 1 Describe benefits that physical health can have on children.
- 2 Describe mental health benefits from physical exercise.
- 3 Understand how brain chemicals are released to assist in mental health due to exercise.
- 4 Describe ways the school can help children increase physical health.
- 5 Describe classes Sioux Falls School District offers to high school students to stay physically active.
- 6 Describe ways Avera keeps patients physically and mentally well.
- 7 Describe how parents can role model good behavior.
- 8 Learn practical tips on how parents can keep children active.
- 9 Learn what community services are available to parents regarding physical and mental health.

Target Audience:

Nurse - RN, Technician, Social Worker, Counselor / Therapist

For successful completion:

- Watch video
- 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 , alison.rollag@avera.org

Enduring Material available from 03/01/2024 to 03/31/2024

- This course content was reviewed on 2/20/2024

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
Heather Brison, BS, Certified Therapeutic Recreation Specialist	Faculty	Nothing to disclose
KELSEY SJAARDA, Social Worker	Committee Planning Member	Nothing to disclose
Charles Heyer, BS, CTRS	Faculty	Nothing to disclose
Molly Satter, MSN	Faculty	Nothing to disclose
Alison Rollag, BA, Educator	Content Expert - Committee Member	Nothing to disclose
James Nold, Ph D	Faculty	Nothing to disclose
Jeff Tobin, Other	Faculty	Nothing to disclose

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