Avera Friday Forum- Addressing Anxiety

10/15/2024 to 11/15/2024

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 addressing anxiety in child and adolescents and how this can have an effect on social and emotional factors.

Objectives:

1 Discuss how prevalent anxiety is in youth.
2 Describe how anxiety presents in children.
3 Describe how anxiety presents in adolescents.
4 Learn helpful tips on how parents can talk with teens about anxiety.
5 Nutrition, activity, sleep, routine, social support and tips to reduce anxiety in children.
6 Get professional advice regarding anxiety.
7 Learn about counseling curriculum, resources, and care options for children and families working through anxiety.
8 Discuss how a multidisciplinary approach can support the mental health needs of youth support

Target Audience:

Nurse - RN, Social Worker, Counselor / Therapist, Pharmacist, Nurse -LPN/LVN

For successful completion:

- Watch video
- Complete post-test
- Complete evaluation

Accreditation & Credit Designation:

Accreditation

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 (Team-based): This activity was planned by and for the healthcare team, and learners will receive 1.25 IPCE credit(s) for learning and change.

Nurse CE: Avera designates this activity for a maximum of 1.25 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in 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 1.25 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 1.25 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 10/15/2024 to 11/15/2024
- This course content was reviewed on 09/25/2024

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	Content Expert - Committee Member, Lead Planner	Nothing to disclose
Morrison Amy, Counseler	Faculty	Nothing to disclose
Becky Thomas, Counseler	Faculty	Nothing to disclose
KELSEY SJAARDA, Social Worker	Committee Planning Member	Nothing to disclose
David Ermer, MD	Committee Planning Member, Faculty	Nothing to disclose
Amanda Gundvaldson, MSN	Lead Planner	Nothing to disclose
Christa Sobocinski, BA	Content Expert - Committee Member	Nothing to disclose