



CULTURAL ISSUES AND MENTAL HEALTH

Older adults are often portrayed as a homogeneous population when, in fact, they are quite heterogeneous. Additionally, aging is commonly viewed as a series of losses and declines. This workshop will focus on cultural issues in the aging population and use a strength-based perspective to understand the aging experience. An overview regarding cultural issues and mental health will be provided. This overview will entail definitions of culture, diversity, multiculturalism, and wellness. Next, diversity within the geriatric population will be highlighted. Diversity issues such as gender, race, ethnicity, ability, generation, socio-economic status, and sexual orientation will be raised. These diversity issues are important for access to services, delivery of treatment, openness to treatment, and caregiving. Experiential activities, small group exercises, and review of case vignettes will be used to learn about culture and mental health.

The overall purpose of the workshop is as follows:

- To introduce issues and realities encountered in older adulthood
- To address how culture shapes these realities
- To review the role of mental health in responding to the diverse needs of older adults.

TARGET AUDIENCE: This workshop is good for individuals interested in expanding their knowledge about the differences in the aging population. Professionals, laypersons, and caregivers alike may find this workshop helpful toward building their sensitivity and awareness about older adults, specifically older adults with mental health issues.

PRESENTER: *Millicent McFadden, Psy.D.*, completed her Doctorate at the Chicago School of Professional Psychology in Chicago, IL and her internship at Family Service and Guidance Center in Topeka, Kansas. Dr. McFadden completed her Masters in Counseling and Personnel Services with a concentration in Expressive Therapies. Her training includes a 4 year fellowship in multicultural and diversity studies as well as practicum experience in child, family, and art therapy in a variety of settings. Her dissertation studied the transition from independent to assisted living settings for older African-American Adults using an Existential-Phenomenological perspective.

DATE: Wednesday, August 15, 2012
TIME: 10:00 AM–2:30 PM (30 min. for lunch)
COST: \$20.00 per person including lunch; or \$37.00 with optional CEUs
PLACE: Piedmont Geriatric Hospital
 Burkeville, Virginia

CEUs
 0.4 CEUs from John Tyler Community College are requested. CEUs are optional for a processing fee of \$17.00 per person. PGI will issue a Certificate of Completion for four (4) contact hours if you elect not to receive CEUs.

ENROLLMENT: Please enroll soon, but not later than the **August 8 deadline**. Refunds can be made only if we receive your cancellation five (5) days before the workshop date. Send registration form and check (payable to PGI) to:

 Piedmont Geriatric Institute
 P. O. Box 427
 Burkeville, VA 23922-0427

Contact us at 434-767-4521, fax 434-767-4947, or by email at christy.ballou@dbhds.virginia.gov
 Please visit our website at <http://www.pgh.dbhds.virginia.gov/PGIWeb/pgihome.htm>.



REGISTRATION FORM: Cultural Issues and Mental Health

Name(s): _____

Position(s): _____

Facility: _____

Address: _____

City, Zip: _____

Telephone: _____ Email: _____

CEUs Yes No Check Enclosed \$ _____ Payment will follow \$ _____

