



North Country Care Coordination Workforce Collaborative (NCWC) presents:

2024 Anxiety and Depression Training Series

Session 1: April 11 - Anxiety and Depression: Care Techniques & Considerations

This session provides insight into anxiety and depression for professionals. Participants will gain knowledge about the causes, signs, symptoms, and prevalence of these conditions. The discussion will also address barriers to seeking care that may exist but do not necessarily indicate a lack of willingness on the part of the individual to seek help.

Session 2: June 25 - SMART Documentation for Care Providers

This session will provide detailed information about SMART goals and their empowering role in guiding individuals through their treatment or care journey. During this session, participants will learn how to craft their own SMART goals tailored to the populations they serve, as well as strategies for fostering ongoing client adherence with recommended treatment plans.

Session 3: September 12 - Tactics for Meaningful Work with Challenging Populations

This session will explore factors that may contribute to client resistance to treatment and the frustration that care professionals may experience when individuals express a desire to change but fail to engage. Discussion will also address working with individuals who may express or have expressed suicidal thoughts. Participants will learn to identify suicide risk factors and strategies to manage and mitigate critical situations and assist in facilitating necessary referrals for immediate attention.

This series is geared for care/case managers and care coordinators. Participation in all sessions is ideal, but not required - you may choose the session(s) you wish to attend while registering.



Date, Time & Location:

Session 1: Thursday, April 11
Session 2: Tuesday, June 25
Session 3: Thursday, September 12

All Sessions: 11:30am - 12:30pm
Virtual via Zoom



Presenter:

Jessica Steward,
MS, LMHC, LPSS, QS
Cloud Nine Consultant



Continuing Education Credit:

Each session been approved for one (1) CE Credit for Social Work, LMHC, Physical Therapy, Occupational Therapy and Speech Language Pathology



<https://us02web.zoom.us/meeting/register/tZModuCgpjMoH90g9rvYSuH5XooS0FdVQDg3>

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