

Nutrition & Mental Health

March 25, 2010

Hilton Garden Inn, Columbia
3300 Vandiver Drive
Columbia, MO 65202

March 26, 2010

Adams Pointe Conference Center
Courtyard Kansas City East/Blue Springs
1500 North East Coronado Drive
Blue Springs, MO 64014

April 16, 2010

Dome Conference Center
Missouri Institute of Mental Health
5400 Arsenal
St. Louis, MO 63139

About the Presenter

Sherry Aden, RD, LD

Dietitian, Missouri Department of Mental Health
Ms. Aden did her undergraduate work at Southeast Missouri State University and completed her Internship at Purdue University.

She has been a Registered Dietitian for 13 years and has worked in mental health for 10 years. She also taught nutrition for 3 years at Southeast Missouri State University.

In addition, Ms. Aden has worked with the Eat For Health Campaign in New Madrid, Carter and Reynolds Counties in Missouri.

Rationale

There is a huge amount of information available on nutrition these days and much of it is contradictory. This is your chance to talk with a nutrition professional, a Registered Dietitian.

Obesity is the number one public health concern. Obesity is linked to Diabetes and Cardiovascular Disease, which can impact quality of life and lifespan. All of these health problems can be treated with diet and lifestyle changes.

This is your chance to gain an understanding of the importance of nutrition and how to relate it to yourself and persons with mental illness.

Sherry will talk about servings, portions and diabetic exchanges and much more. She will provide handouts and you'll work through an activity. This talk is aimed at using basic good nutrition to improve and extend life.

Who Should Attend

This program is designed for professionals working with persons with mental illness in a nursing home, Social Workers, Counselors, Substance Abuse Counselors, Dietary Staff, Community Support Staff and/or any other staff that assists with shopping and living independently.

Objectives

Upon completion of this program, participants will be able to:

- Site five easy steps you can use on your job and in your everyday life.
- Identify the roles of carbohydrates, proteins and fat in the human diet.
- Define the role of insulin and carbohydrates in diabetes and the importance of blood glucose monitoring.
- Understand that interactions between foods (or diets) and commonly prescribed medications can occur.
- Discuss the common nutritional challenges present in a treatment setting and possible solutions.

Schedule

8:15 am	Check-in & Final Registration Continental Breakfast
8:40	Welcome and Introductions
8:45	Why we eat <ul style="list-style-type: none">• Definition of Nutrition• Definition of Diet
9:15	What we eat <ul style="list-style-type: none">• Macro Nutrients• Carbohydrates• Proteins• Fats Nutrition and Chronic Disease <ul style="list-style-type: none">• Obesity in the U.S.• Obesity trends for persons with mental illness
10:15	Refreshment Break
10:30	Diabetes <ul style="list-style-type: none">• Adults• Children• Cardiovascular disease Solutions <ul style="list-style-type: none">• Nutrition education• Evaluating diet programs• Diabetic exchanges and CHO counting• Physical activity
12:00 Noon	Evaluation & Adjournment

General Information

Accreditation

CEUs/Contact Hours

The University of Missouri, Missouri Institute of Mental Health will be responsible for this program and maintain a record of your continuing education credits earned. **The Missouri Institute of Mental Health will award 3 clock hours or 3.6 Contact Hours (.4 CEUs) for this activity.**

MIMH credit will fulfill clinical Social Work and Psychologist licensure requirements in the State of Missouri. If you are from outside of Missouri or if your profession is not listed above, check with your Board prior to completing this program to ensure you are seeking the proper accreditation.

Dietitians

The Missouri Institute of Mental Health has requested 3 Continuing Professional Education Units (CPEUs) at Level 2 from the Commission on Dietetic Registration.

Counselors

MIMH is a National Board for Certified Counselors (NBCC™) approved Continuing Education Provider (ACEP) and may offer NBCC approved clock hours for events that meet NBCC requirements. MIMH is solely responsible for all aspects of the program. **This program has been approved for 3 clock hours of continuing education credit.**

Nursing Home Administrators

The Missouri Institute of Mental Health is a registered Training Agency with the Missouri Board of Nursing Home Administrators (TA-079-310). **This program qualifies participants for 3 Patient Care Hours.**

Substance Abuse Professionals

Missouri Substance Abuse Professional Credentialing Board has pre-approved this training for 3 contact hours.

General Questions

314-877-6419 or email: feedback@mimhtraining.com

Conference Location and Parking

Locations are on the front. There is complimentary parking at each. Directions will be mailed to you with your confirmation.

Registration Fee – New Lower Price!

The registration fee is \$69.00, which includes instruction, handout material, appropriate continuing education credit and continental breakfast. A written confirmation will be sent to you once your registration has been processed. If you do not hear from us within 10 days, please call us at 314-877-6419.

Cancellation/Substitution

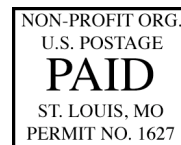
Cancellations received in writing and postmarked at least five business days prior to the date of the program will be refunded, less a \$25 processing fee. No cancellations after that date. Substitutions are allowed by notifying us in writing. Registrants who do not attend and have not cancelled in writing by the deadline will be billed for the full registration fee.

Register Several Ways

- Mail registration form with payment to: Missouri Institute of Mental Health, 5400 Arsenal, St. Louis, MO 63139
- Or FAX registration form along with purchase order to: 314-877-6428
- Or online: www.mimhtraining.com



Missouri Institute of Mental Health
5400 Arsenal
St. Louis, MO 63139



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REGISTRATION FORM **#10007**

Nutrition and Mental Illness

Registration Fee: \$69.00

Register me for the following location: *(check one)*

- March 25, 2010, Columbia March 26, 2010, Blue Springs April 16, 2010, St. Louis

Name*	
Home Address*	Employer
City*	Work Address
State* Zip*	City
Daytime Phone	State Zip
E-Mail Address	Profession Degree

*Required for Continuing Education Credit

Payment:

- Visa MasterCard

Credit Card # _____

Expires _____ Signature _____

Name on Card _____

- Bill my employer (P.O. enclosed) Check enclosed

Make Payable to:

Missouri Institute of Mental Health

Mail to: Missouri Institute of Mental Health

5400 Arsenal

St. Louis, MO 63139

Or fax registration: 314-877-6428

Or register online at: www.mimhtraining.com