



## JOIN OUR UPCOMING VIRTUAL EDUCATION EVENTS

**- ACCME & NAB credits will be offered -**

This December, join expert-led webinars designed to help you better support residents' mental health. Topics include suicide prevention, managing grief, seasonal depression, and mental health first aid. Gain practical strategies, earn continuing education credits, and make a difference in residents' lives.

**Register today - spaces are limited!**

### Question, Persuade, Refer (QPR)

#### **Suicide Prevention Training** **Registration is limited.**

**Tuesday, December 10, 2024**  
**2-3:30 p.m. ET**

**1.5 ACCME & 1.5 NAB credits will be offered.**

QPR training will offer strategies to support your work in providing suicide prevention and mental wellness to your residents. This 1.5-hour evidence-based instructor-led training is held virtually and will provide a comprehensive review of a three-step approach anyone can learn to help save a life from suicide. This session will provide a one-year certification to attendees.

#### **Key components covered in the training:**

1. How to Question, Persuade and Refer someone who may be suicidal.
2. How to get help for yourself or learn more about preventing suicide.
3. The common causes of suicidal behavior.
4. The warning signs of suicide.
5. How to get help for someone in crisis.

**[Register HERE](#)**

# Supporting Healing From Grief and Loss in Nursing Facilities

**Thursday, December 12, 2024**

**2-3 p.m. ET**

**1.0 ACCME & 1.0 NAB credits will be offered.**

Grief and loss symptoms from resident death are often similar to those experienced from family or friend loss. This webinar session will provide an overview of the bereavement concerns that can arise when nursing home residents and staff experience the death of a resident. Content will review the emotional and psychological responses to loss through the five stages of grief. The discussion will further inform on postvention activities to support self-care and healing for residents and nursing home staff.

## **Learning objectives:**

- List types of grief and symptoms.
- Define the five stages of grief and potential impacts.
- List strategies for self-support and healing.
- Identify facility "postvention" activities to support nursing facility staff and residents after loss. List practical strategies for building resiliency.

[Register HERE](#)

# Holiday Seasonal Depression: Ways to Support Nursing Facility Residents

**Tuesday, December 17, 2024**

**2-2:30 p.m. ET**

**0.5 ACCME & 0.5 NAB credits will be offered.**

The fundamentals of Seasonal Affective Disorder (SAD) and its effects on holiday depression will be discussed. This training is designed to provide participants with a basic understanding of depression, seasonal onset, symptoms, and treatments to support residents experiencing challenges from SAD.

## **Learning Objectives:**

- Gain a basic understanding of seasonal depression during the holidays.
- Recognize and understand the signs, symptoms, and triggers of seasonal depression.

- Learn helpful responses to engage with residents.

[Register HERE](#)

## Treating Older Adults in Recovery: Grief and Complex Bereavement in Older Adult Community

**Thursday, December 19, 2024  
2-3 p.m. ET**

**1.0 ACCME & 1.0 NAB credits will be offered.**

In this informative session, losses such as deaths, the ending of careers, new locations, health, and other losses will be examined, and solutions to grief will be presented. There is an emphasis on not being alone and connecting with grief support groups, filling a memory box, creating a grief journal and discovering alternatives such as participating in new hobbies, adopting a pet, volunteering or dating in cases of spousal deaths. Reactions of grief, dealing with holidays and reviewing one's spirituality will be explored. Positive actions in bereavement, self-care, and assistance for the bereaved will also be discussed. Resources will be available.

### **Learning objectives:**

- Discern the difference between grief in older adults and how it may differ from younger people.
- Describe effective support and communication with older adults in grief and bereavement.
- Describe ways to direct individuals to continue with a quality life starting over in a different realm.

[Register HERE](#)

## Mental Health First Aid (MHFA)

**Registration is limited.**

**Friday, December 20, 2024  
11 a.m.-4:30 p.m. ET**

**7.75 NAB credits and 5.5 ACCME credits will be offered after completing the live training.**

Mental Health First Aid (MHFA) training provides skills to engage and provide initial help and support to someone developing a mental health or substance use challenge or experiencing a crisis.

This session provides a MHFA certification for three years.

The training covers:

- Common signs and symptoms of mental health and substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

The training is divided into three parts:

Part 1 starts AFTER initial registration has been APPROVED by the instructor. Approved registrants will be emailed instructions on how to create an online profile using MHFA Connect and complete a pre-survey/quiz followed by a two-hour self-paced online course. Registrants MUST complete Part 1 no less than 48 hours (two business days) prior to the scheduled Part 2 session.

Part 2 is a 5.5-hour live instructor-led virtual training. Participants are required to be on camera the entire time.

Part 3 participants will return to MHFA Connect to complete the post-test and evaluation, which is required to receive a certificate of participation.

**[Register HERE](#)**



---

**Contact us:**

For more information, please call **1-844-314-1433** or email [coeinfo@allianthealth.org](mailto:coeinfo@allianthealth.org).

**[Request Support](#)** to inquire about substance use and/or mental health training options for your facility.

**Was this email forwarded to you? If so, please subscribe [HERE](#).**

**Want to opt out of receiving news from us? Click [HERE](#) to unsubscribe.**

---

Alliant Health Solutions (AHS) was awarded a three-year cooperative agreement from the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), in collaboration with the Centers for Medicare & Medicaid Services (CMS), to create a COE-NF. AHS has over 50 years of experience working with nursing homes and behavioral health in nursing homes.

---

*This material was made possible by grant number 1H79SM087155 from the Substance Abuse and Mental Health Services Administration (SAMHSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Substance Abuse and Mental Health Services Administration.*

---

*Copyright © 2024, All rights reserved.*

**Our mailing address is:**

Alliant Health Solutions  
400 Perimeter Center Ter NE  
Suite 250  
Atlanta, GA 30346

[update subscription preferences](#)