



Addressing Behavioral Interventions and Unnecessary Drug Use: Non-Pharm Best Practices Part II

Colorado Health Care Association
225 E. 16th Avenue, Ste. 1100, Denver, CO 80203
Members: \$75 | Non-Members: \$225

TARGET AUDIENCE:

Appropriate for all staff involved in direct care, including: Activities, Nursing, Social Services

COURSE OVERVIEW

This program will offer a deeper dive into the use of Non-Pharmacological Alternatives, utilizing experiential learning. Participants will start with a foundational understanding of the benefits and practical application, how and when to use alternatives, and how to make it user friendly for staff. So join us and find out how meeting the regulation for non-pharmacological alternatives can also help combat loneliness, boredom and helplessness, bringing a greater sense of well-being, purpose and meaning to staff and residents alike.

TOPICS WILL INCLUDE:

- Aromatherapy
- Mindful Movement
- Drum Circles and Vibration Therapy
- The Benefits of Restorative Sleep

CERTIFICATE OF ATTENDANCE

DIGITAL CLASSROOM

SPONSORED BY:

KATAYAMA-DELL CONSULTING



PRESENTED BY:

**HOPE CARWILE, BA, LCSW,
INNOVATIONS SPECIALIST,
VIVAGE SENIOR LIVING**

Hope Carwile has worked in Long Term Care for over a decade, is an LCSW, Certified Clinical Trauma Professional, an Eden Alternative Associate and Educator, her current position is as an Innovation Specialist with VIVAGE Senior Living. Hope Completed her 200 hour yoga teacher training in June 2018 and is working on incorporating Complementary Alternative Medicine and Integrative Wellness Programs for residents and care partners into daily practices within Long Term Care.

**JAN KATAYAMA, LCSW,
KATAYAMA-DELL CONSULTING**

Jan has worked in long term care for over 30 years. She received her Master's degree in Social Work from the University of Denver. She has been a social work consultant with an emphasis on psychosocial, now resident centered care since 1988. Currently Jan is a partner in Katayama-Dell Consulting which provides social work consultation to over 55 nursing homes in the State of Colorado.