



reduce
stress

Featured Speaker
Bebe Smith, MSW, LCSW

Managing **Stress**

Friday, January 31, 2020

1 p.m. – 4:15 p.m.

Location:

Southern Regional AHEC
1601 Owen Drive
Classrooms A & B (3rd Floor)
Fayetteville, NC 28304

Target Audience

This event has been planned for psychologists, clinicians, therapists, counselors, social workers, marriage and family therapists, substance abuse counselors, and all others interested in stress management

Program Description

This workshop will define stress and explain the effects of stress on the body and the mind. Participants will then be guided through developing a personal stress management plan rooted in evidence and tailored to their individual preferences.

Objectives

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

- Define stress and its effect on the body and mind;
- Identify the role of stress in physical and behavioral health; and
- Create a personalized stress management plan.

Agenda

12:30 p.m.	Registration /Check In
1 p.m.	Define Stress and its Effect on the Body and Mind
2:15 p.m.	Break
2:30 p.m.	Identify the role of stress in physical and behavioral health
3:15 p.m.	Create a personalized stress management plan
4:15 p.m.	Adjourn

Fee

\$60.00

Speaker

Bebe Smith, MSW, LCSW is director of mental health and coordinator of the NC Evidence Based Practices Center at Southern Regional Area Health Education Center. She is also project coordinator for the Crisis Navigation Project, a collaboration between SR-AHEC, Duke University Medical Center, and NAMI-NC to promote the use of psychiatric advance directives. Prior to joining SR-AHEC, she worked for 21 years at the University of North Carolina at Chapel Hill in the Department of Psychiatry and the School of Social Work. She has taught mental health professionals from multiple disciplines in clinical and academic settings. Her clinical work has focused on providing humane and evidence-based treatment and services to persons who live serious mental illness. She was the NASW-NC Social Worker of the Year in 2012 and won the Bryan Public Service Award from the Carolina Center for Public Service in 2015.

Credit

AMA PRA Category 1 Credit™ – 3.0

Credit Statement: The Southern Regional AHEC designates this live activity for a maximum of 3.0 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation: This activity has been planned and implemented in accordance with the Essentials and Standards of the North Carolina Medical Society through the joint providership of the Southern Regional AHEC. The Southern Regional AHEC is accredited by the NCMS to provide continuing medical education for physicians. Disclosure Statement: The Southern Regional AHEC adheres to ACCME Essential Areas and Policies regarding industry support of continuing medical education. Planner Karen Goble has no relationships with commercial interest to disclose. Participant disclosures will be made at the beginning of the activity. Speakers are also expected to openly disclose a discussion of any off-label, experimental, or investigational use of drugs or devices in their presentations.

For Non-Physicians (Physician Assistants and Nurse Practitioners):

Additional Credit - Other health professionals will receive Southern Regional AHEC CEU and/or contact hours and a certificate of attendance from an *AMA PRA Category 1™* activity. These certificates are accepted by the NC boards for physician assistants, nurse practitioners, nurses, physical therapists and athletic trainers. License requirements are subject

to change. Southern Regional AHEC recommends that participants contact their licensing boards with specific questions. Southern Regional AHEC will provide .30 Continuing Education Units (3.0 contact hours) to participants upon completion of this activity. License requirements are subject to change. Southern Regional AHEC recommends that participants contact their licensing boards with specific questions. Southern Regional AHEC will provide .30 Continuing Education Units (3.0 contact hours) to participants upon completion of this activity.

C.E.U.: 0.3

Contact Hours: 3.0

NAADAC: SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #108762 (Substance Abuse Credit).



NBCC: Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified.

NC Psychologists Category A: The program will provide 3.0 contact hours (category A) continuing education credit to NC Psychologists.

Southern Regional AHEC is solely responsible for all aspects of the program.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit. Credit will be awarded to participants who attend 100% of the program.

Substitutes/Refunds/Transfers

Cancellations must be in writing (fax, email, or mail)

- Registrants cancelling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program)

Attendance at this activity grants permission for Southern Regional AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Contacts

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Our Mental Health Blog: <https://www.southernregionalahec.org/category/blog/mental-health/>



A MyAHEC account is required to complete registration. If you do not have a MyAHEC account, please go to our website at: <https://www.southernregionalahec.org/create-account> to create an account. Please use your personal email address when you create your MyAHEC account as work email accounts can change.

The handouts for the program will be provided online. Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <https://www.southernregionalahec.org/about-us/general-reference/>

CASCE #60579 / MH200131

Registration Form

Managing Stress - January 31, 2020

Registration Fee: \$60.00

Updated Contact Information

Name: _____ Credentials: _____

Personal Email: _____ Secondary Email: _____

Phone: _____ Employer: _____

Check Enclosed (Make check payable to SR-AHEC)

We accept the following credit cards: Visa, Mastercard, Discover, American Express

Card Number: _____

Expiration date: _____

Name on card: _____

Signature: _____

Dietary Preferences:

Vegetarian Vegan Gluten-Free Special Need/Allergies _____

Send completed registration form to:

SR-AHEC, Attention: Registrar, 1601 Owen Drive, Fayetteville, NC 28304 or e-mail to registrar@sr-ahec.org

Office Use Only: Check # _____ Date _____ From _____ Amount \$ _____

www.sr-ahec.org
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