

# Registration Form

Return by March 30, 2015

Please reserve my seat at the 2015 KYANNA Annual Leadership and Scholarship Conference

	<i>Number of Tickets</i>	<i>Total Price</i>
<input type="checkbox"/> RN/LPN \$60	___	___
<input type="checkbox"/> Non-nursing guest \$55	___	___
<input type="checkbox"/> KYANNA members \$50	___	___
<input type="checkbox"/> Students \$20	___	___

\_\_\_\_\_  
Name

\_\_\_\_\_  
Organization and Title

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-mail

Make check or money order payable to:  
KYANNA Black Nurses Association  
PO BOX 3501  
Louisville, KY 40201

## Awards

KYANNA BNA continues to promote its mission of recognizing African American nurses and supporting nursing students through scholarships. During this event, nurses and nursing students will be honored. Scholarship awards are determined by a competitive process and outstanding African American nurses nominated by the community will be selected.

To nominate an outstanding nurse, complete the nomination form located on the website. Please visit the website at [www.kyannabna.org](http://www.kyannabna.org) for applications and scholarships information.

The deadline for outstanding nurse awards and scholarships is March 10, 2015.



PO BOX 3501  
Louisville, KY 40201  
[kyannabna@aol.com](mailto:kyannabna@aol.com)

KYANNA  
BLACK NURSES  
ASSOCIATION OF  
LOUISVILLE, KY, INC



## The Façade of Mental Health. A Community, Public and Social Health Problem

Saturday, April 11, 2015  
Crowne Plaza Hotel  
830 Phillips Lane  
Louisville, KY 40209  
9:00 am – 2:00 pm

## Where We Stand

According to the World Health Organization, mental illness results in more disability in developed countries than any other group of illnesses, including cancer and heart disease. Millions of Americans are living with the strain of a mental health illness. Some studies report that as much as 25% of all U.S. adults have a mental illness and that nearly 50% of U.S. adults will develop at least one mental illness during their lifetime. The medical costs of mental health illness are estimated to be approximately \$100 billion annually (United Health Foundation).

Mental illnesses can cause disruptions of daily function; including personal, social, and professional dysfunction; and premature death. Therefore, mental health conditions like depression, anxiety, ADHD, post-traumatic stress and bipolar disorder can burden every part of a person's life. According to Americas Health Rankings, Kentucky has the poorest mental health. It is ranked 50<sup>th</sup> with an average of 4.5 days of poor mental health days. The average number of poor mental health days for the United States is 3.7 days (United Health Foundation). Although, mental illnesses can afflict every part of a person's life, less than half of adults and children with diagnosable mental health problems receive treatment.

### The Façade of Mental Health: A Community, Public and Social Health Problem

The Stigma of Mental Health and Treatment Options for Depression and Anxiety in Adults

Kellye Singletary, MD.

Psychiatrist

Singletary Psychiatric Services, PLLC.

Environment and Its Impact on Mental Health

Vicki Hines - Martin, Ph. D, RN, FAAN.

Professor and Director, The Office of Health Disparities and Community Engagement

University of Louisville School of Nursing

Mental Health IS Health: Making a Case of Integration and Awareness

Sheila Schuster, Ph. D.

Licensed Psychologist

Director, Advocacy Action Network

Children and Mental Health: Understanding Behaviors and Meeting Emotional Needs

Debbie Thomas, Ed. D. PMHCNS-BC, PMHNP-BC,

APRN, CMP.

Assistant Professor

University of Louisville School of Nursing

### Target Audience

RN, LPN, APRN, community agencies and open to the public.

### Contact Hours

This offering for 3.5 contact hours is provided by the Kentucky Nurses Association (KNA). Kentucky Nurses Association is an approved provider of continuing nursing education by the Kentucky Board of Nursing 1-0001-1-18-021. The KBN approval of an individual nursing continuing education provider does not constitute endorsement of offering content.

### Objectives

1. Discuss parameters for assessing, diagnosing, and treating mental health disorders.
2. Identify barriers to treatment and strategies to overcome them.
3. Discuss environmental factors that impact mental health
4. Identify social factors that result in disproportionate mental health risk among minority populations.
5. Compare and contrast mental illness and mental health.
6. Discuss the importance of identifying feelings behind the behaviors when dealing with children of all ages.
7. List the impact of poor mental health and describe the benefits of a "no wrong door to care" health care system
8. Recognize health care provider behaviors that lead to early identification of mental health issues in the individual and family.

