

UAMS PIBHS FALL TELECOMMUNICATIONS SCHEDULE

Fall 2004 Schedule

Teachers: Select the site and date most convenient to you and register [first-call, first-serve basis] by calling: JoAnn Gartman at 1-800-882-0841. If you are located within 30 miles of Little Rock, you may attend by coming to the UAMS studio, please call or email Chris Rule at 501-660-7518 or jcrule@uams.edu or call Penny White at 501-660-7505.

All programs are from 10:00 – 11:30 a.m. (CST)

Date	Distance Learning Course
Friday, October 1, 2004	What Students Need to Know about ADHD Glen White, Ph.D.
Friday, October 8, 2004	The Science of Depression J. Chris Rule, LCSW
Friday, October 15, 2004	Developing a Healthy Body Image T.J. Raney, Ph.D.
November 12, 2004	Careers in Behavioral Health Sciences Panel of Behavioral Healthcare Professionals

SITES CAPABLE OF RECEIVING BROADCASTS

Note: Broadcasts are offered to all technologically "active" sites in the UAMS Telemedicine Network, but not all sites necessarily accept all broadcasts. **For all technical help and questions about receiving a broadcast contact Kim Timmerman at 686-7292. To report problems during a broadcast contact the UAMS Telecommunications Switching Center at 686-6639.**

RURAL HOSPITAL PROGRAM AFFILIATES

Ashley County Medical Center
Baxter County Regional Hospital-Mountain Home
Bradley County Memorial Hospital-Warren
Columbia DeQueen Regional Medical Center-DeQueen
Crittenden Memorial Hospital-West Memphis
Cross County Hospital-Wynne
Fulton County Hospital-Salem
Harris Hospital – Newport
Helena Regional Medical Center-Helena
McGehee-Desha County Hospital-McGehee
National Parl Medical Center – Hot Springs
North Arkansas Regional Medical Center-Harrison
Ouachita Medical Center-Camden
St. Mary's Regional Medical Center-Russellville
Siloam Springs Memorial Hospital-Siloam Springs
Stone County Medical Center-Mountain View
Stuttgart Regional Medical Center
Van Buren County Memorial Hospital-Clinton
White River Medical Center-Batesville

AREA HEALTH EDUCATION CENTERS (AHEC)

AHEC Southwest, Texarkana
AHEC Fort Smith
AHEC Northwest, Fayetteville
AHEC Pine Bluff
AHEC Northeast, Jonesboro
Delta AHEC, Helena
South Arkansas AHEC, El Dorado

Other educational institutions (Universities, community colleges, Vo-tech's, Ed Co-op's, etc.) in your area may also be able to receive these programs.

Program Descriptions

Friday October 1, 2004 – **What students need to know about ADHD:** ADHD is a brain-related condition that makes it difficult for children to control their behavior in school and social settings. It is one of the most common chronic conditions of childhood and affects between 4 and 12 percent of all school-age children. About 3 times more boys than girls are diagnosed with ADHD. Children with ADHD may experience significant problems such as school difficulties, academic underachievement, troublesome relationships with family members and peers, and behavioral problems. Different children have different symptoms or problems with ADHD. Students will learn what research has revealed about children who have ADHD and the resulting problems of inattention or hyperactivity, as well as the long-term impact ADHD can have on adolescents and adults. You will hear what ADHD is, what it is not, what treatments and interventions work best in children, and how to think of their behavior in a more positive way.

Presenter: **Glen White, Ph.D.**, is a clinical child psychologist at the UAMS Child Study Center in the Division of Pediatric Psychiatry and an Assistant Professor in the UAMS Department of Psychiatry and Behavioral Sciences. Dr. White is a five-time recipient of the Red Sash Award for excellence in teaching of medical students.

Friday, October 8, 2004 – **The Science of Depression:** Recent community-based studies have revealed that a third or more of all Americans will experience a mental health disorder within their lifetime, and depression is considered one of the most common disorders. In 1999, the US Surgeon General reported that suicide is the third leading cause of death in persons 15-24 years old. This seminar will examine the etiology, identification, risk factors, course, interventions, and treatments for depression. Frequently, the first episode of a depressive illness occurs during late adolescence and early adulthood, although it is becoming increasingly common to see younger children diagnosed with depression, especially in high-risk populations. Despite the fact that effective treatments exist for this illness, many times it is never discovered and often goes untreated. Reasons for this include a lack of knowledge concerning the nature of these disorders and available treatment options, the stigma and shame sometimes associated with mental illness, as well as financial barriers to receiving health care. The first step in overcoming these obstacles is recognition of these disorders and education about what can be done.

Presenter: **J. Chris Rule, LCSW** is a Licensed Certified Social Worker and the Project Coordinator for the PIBHS program in the Department of Psychiatry at UAMS. He has worked with children, adolescents and their families in a variety of clinical and research settings for over 15 years.

Friday, October 15, 2004 – **Developing a Healthy Body Image:** Teenagers see countless images in movies, in magazines, and on television of what movie makers and product advertisers think a person's body should look like. Sometimes those images do not look healthy. Concerns about weight, shape and size have reached new heights in the last decade, and it impacts self-esteem and often makes people feel dissatisfied for no reason. Keeping a balanced perspective on the importance of looks is as important as keeping a balanced diet or a balanced weight. This talk is intended to help students understand what "body image" means, how to keep it healthy, and how to deal with pressures that tend to hurt body image.

Presenter: **Dr. T. J. Raney** is a clinical psychologist and the director of psychological services for the Adolescent Medicine Outpatient Clinic at Arkansas Children's Hospital. His research interests focus on emotional and behavioral disorders common in adolescents, especially eating disorders and anger/violence in teenagers.

Friday, November 12, 2004 – **Careers in Behavioral Health Science:** Do you know the difference between a psychologist and a psychiatrist? Are you curious about what careers exist in the areas of psychology, psychiatry, pharmacy, social work and other behavioral health fields? This program will consist of a several short presentations from a panel of behavioral health professionals: psychiatrist, psychologist, social worker, pharmacist, an advance practice nurse and a case manager. They will discuss their career paths, their educational preparation and how they came to do what they do today. Each presenter will allow time for questions and discussion. This course is appropriate for high school or older middle school students in the following classes: Medical Professions, Psychology, Biology, Health, Sociology, Human Development, Anatomy and Physiology, and other health care oriented classes.

Presenters: Psychiatrist – Veronica Williams, M.D.; Psychologist – Terri Miller, Ph.D.; Social worker – J. Chris Rule, LCSW; Pharmacist – Teresa Hudson, Pharm.D.; Nurse – Cindy Crone, MNSc, APN; Case manager – Kevin Williamson, MHPP.