

COVID-19 and Adolescents/Young Adults: Emotional Health Implications in the Return to “Normal”

ERIC NELSON, PHD

The elevated emotional health burden of the COVID-19 pandemic presents specific challenges to adolescents and young adults. These challenges provide insights into the future emotional health implications of readjusting to the new (and currently unclear) “normal.” This presentation will discuss a framework of support that nuances the care we provide to this population in the coming months and years.

LEARNING OBJECTIVES:

1. Describe past and present trends in adolescent and young adult emotional health.
2. Recognize the relevant emotional health considerations for the return to “normal.”
3. Identify applicable interventions derived from concepts of Acceptance and Commitment Therapy (ACT).

ERIC NELSON, PHD, MAT, is a licensed, clinical psychologist and director of Counseling and Psychological Services (CAPS) at Westmont College. He received his PhD in Clinical Psychology and MA in Theology from Fuller Seminary in Pasadena, California.

His clinical training focused on conducting mental health services within larger organizations. Dr. Nelson spent three years between the West Los Angeles and Oklahoma City Veterans Affairs Hospitals and completed a fellowship in primary care mental health and chronic pain.

Dr. Nelson transitioned to clinical work with college students first at Pepperdine University and then Westmont College. He also serves on the Santa Barbara County Psychological Association board and runs a private practice in Santa Barbara.

MAY 2021

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to virtually
attend its May 2021 presentation.

TUESDAY, MAY 25, 2021

Noon to 1:30 p.m.
No meals or breaks provided.

Please register for
COVID-19 and Adolescents/Young
Adults: Emotional Health Implications
in the Return to “Normal” at:

[cottagehealth.zoom.us/webinar/
register/WN_7PAikuFpS_
yI7GZ4hCY4Qg](https://cottagehealth.zoom.us/webinar/register/WN_7PAikuFpS_yI7GZ4hCY4Qg)

After registering you will receive
a confirmation email containing
information about joining the training.

CONTINUING EDUCATION

PHYSICIANS: Please note that Psychiatric Grand Rounds is no longer able to offer CMEs because of changes to the CME requirements.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- Continuing Education: Attendance for the full hour is required to receive credit. CE credit is not offered for meals or breaks.

COTTAGE HEALTH EMPLOYEES: send name, email and employee number to: cmanigau@sbch.org

FEES: There is no charge to Cottage Health employees. There is a \$15 fee to Non-Cottage attendees who wish to receive continuing education credit.

CERTIFICATES: Cottage Health employees will complete evaluations in Compass Learning. Non-Cottage attendees will receive certificates within 10 business days of returning the evaluation and paying the \$15 fee. Detailed instructions will be provided at registration.

- If you have questions, concerns or need special accommodation, please call the Education Department at (805) 569-7325.

PROGRAM COORDINATORS

Cynthia Manigault, BSN, RN
Carole Reynolds Ingraham, LMFT

EDUCATION CONSULTANT

Christine Block, MSN, RN, SCRNP

TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

Learn more about our Psychiatry and
Addiction Medicine services at:
cottagehealth.org/mentalhealth

Please register at:

[cottagehealth.zoom.us/webinar/
register/WN_7PAikuFpS_
yI7GZ4hCY4Qg](https://cottagehealth.zoom.us/webinar/register/WN_7PAikuFpS_yI7GZ4hCY4Qg)

After registering you will receive
a confirmation email containing
information about joining the training.