

2023 California Healthcare Best Practices Virtual Education Series
In the Wake of a Pandemic: Overcoming Post-COVID School, Social, and Separation Anxiety in American Indian and Alaska Native Youth and Families

Register here: <https://www.zoomgov.com/meeting/register/vJltduqprDgiHcPfHOv5bDMEcprfaMjJ9Ig>

Wednesday, March 29, 2023

12:00pm-1:00pm PT

Presenter:

Jennifer Clay, Cultural Consultant, Vista Hill Foundation

Mark Chenven, MD, Executive Medical Director, Vista Hill Foundation

Shawn Singh Sidhu, MD, FAPA, DFACAP

- Associate Medical Director, Vista Hill Foundation
- Co-Director, Native American SmartCare Program
- Child and Adolescent Psychiatrist, Southern Indian Health Council
- Associate Professor of Psychiatry, University of California San Diego School of Medicine

Description:

The COVID-19 virus has disproportionately impacted American Indian and Alaska Native (AI/AN) youth and families in terms of morbidity, mortality, and access to both vaccines and healthcare. Meanwhile, the rates of depression and anxiety in youth and adolescents have increased nationwide throughout all demographics during the pandemic. This session will feature statistics on the COVID-19 pandemics with regard to disproportionate health disparities and unmet healthcare needs in AI/AN populations; data regarding school enrollment for AI/AN youth in both K-12 and college age populations; a review of existing evidence-based treatments for symptoms of anxiety; and, a discussion of the importance of partnering with AI/AN youth by supporting and encouraging any helpful traditional practices.

Outcomes/Objectives:

1. Define the disproportionate health disparities experienced by American Indian and Alaska Native (AI/AN) youth and families during the COVID-19 pandemic
2. Apply an understanding of the multitude of stressors faced by AI/AN families during the COVID-19 pandemic to a trauma-informed and post-colonization view of current struggles for youth and families
3. Utilize an understanding of art therapy, exposure therapy, and/or medication management for the treatment of symptoms of post-COVID anxiety symptoms in youth
4. Respect, value, and incorporate traditional practices into treatment planning

Target Audience:

Physicians, Nurse Practitioners, Nurses, Pharmacists, Social Workers, Psychologists and other members of the healthcare team.

Instructions for Obtaining Continuing Education Credit:

To receive a certificate of continuing education, you must register, participate in the entire live activity, and complete the online evaluation form by April 12, 2023. You will be able to print your certificate after completing the evaluation.

ACCREDITATION:



In support of improving patient care, IHS Clinical Support Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



This activity was planned by and for the health care team, and learners will receive 1 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physicians

The IHS Clinical Support Center designates this live activity for 1 hour of *AMA PRA Category 1 Credit™* for each hour of participation. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Pharmacists

This activity provides 1 hour of knowledge based continuing pharmacy education credit (CPE) with the UAN JA4008177-0000-23-003-L04-P.

Credit will be uploaded to the NABP CPE Monitor within 30 days after the activity completion. It is the responsibility of the pharmacist to provide the correct information (NABP ID and DOB (MMDD)) in order to receive credit.

Nurses

This activity is designated 1.0 contact hour for each hour of participation.

Social Workers



As a Jointly Accredited Organization, the IHS Clinical Support Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.0 clinical continuing education credit.

Psychologists



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP) and the IHS Clinical Support Center. The IHS Clinical Support Center maintains responsibility for the content of the program. Psychologists completing this course receive 1.0 continuing education credit.

Disclosure Statement: As a jointly accredited provider of continuing education, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose the existence of all financial relationships with ineligible companies within the prior 24 months. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any relevant financial relationships or affiliations with any manufacturers or commercial products to disclose.

There is no commercial interest support for this educational activity.

Zoom First Time Users

If you have never attended a Zoom meeting before, you can download the Zoom desktop client here:

<https://zoom.us/support/download>.

[To view video tutorials on how to connect, audio options, and other Zoom features, click here.](#)

Hardware Requirements for Zoom

Operating Systems

- macOS X with macOS 10.9 or later
- Windows 10
- Windows 8 or 8.1
- Windows 7
- Ubuntu 12.04 or higher
- Mint 17.1 or higher

- Red Hat Enterprise Linux 6.4 or higher
- Oracle Linux 6.4 or higher
- CentOS 6.4 or higher
- Fedora 21 or higher
- OpenSUSE 13.2 or higher
- ArchLinux (64-bit only)

Mobile

- Surface PRO 2 or higher and running Win 8.1 or higher
- iOS 8.0 or later, iPadOS 13 or later, and Android 5.0x or later
- Blackberry devices

Internet Speed/Additional Requirements

Bandwidth: 600Kbps for participants, meeting attendees, and end users of Zoom applications.

Privacy Policies

Before you begin the training, you can review the IHS Privacy Policy (<https://www.ihs.gov/privacypolicy/>).

You can also review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected.

<http://www.surveymonkey.com/mp/policy/privacy-policy/>

Additional Information/Technical Support

Email rachel.harvey@ihs.gov if you have questions or need assistance registering.