



Women's Mental Health Series

Week 4:

Mental Health for Women Across the Lifespan

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Learning Objectives:

By the end of the training, participants will be able to

1. Explore age and stage correlations to mental health
2. Become aware of issues affecting women throughout the lifespan
3. Examine age-specific options for care and treatment

OBJECTIVE 1:

Explore age and stage correlations to mental health

Women's Lifespan Stages:

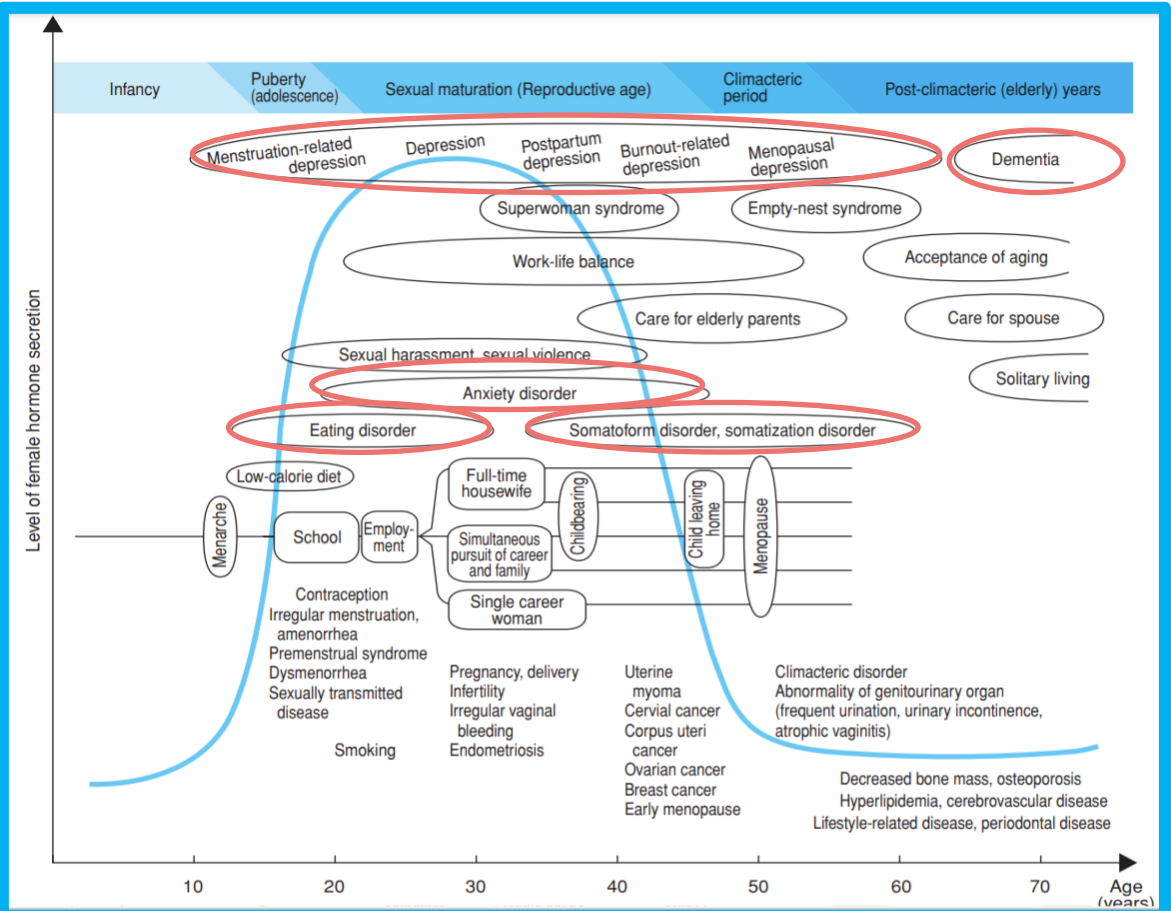
❖ *Infancy*

❖ *Puberty*

❖ *Sexual Maturation*

❖ *Climacteric Period*

❖ *Post climactic years*



Poll Question 1:

What stage are you in?

Infancy

Puberty

Sexual Maturation

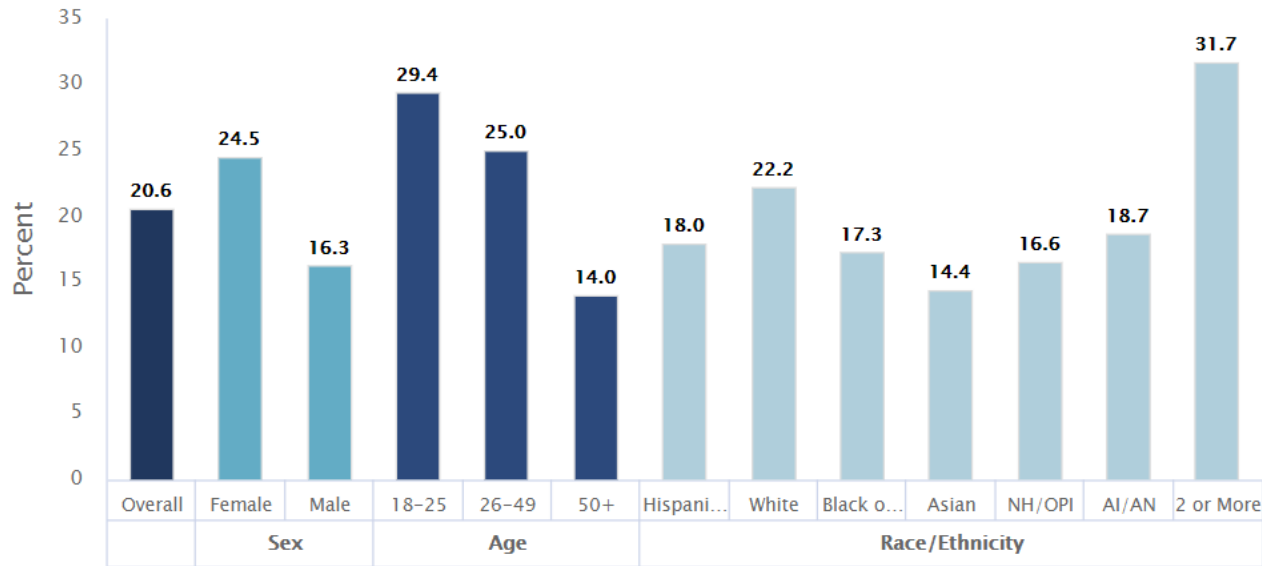
Climacteric Period

Post climactic years

Figure 1

Past Year Prevalence of Any Mental Illness Among U.S. Adults (2019)

Data Courtesy of SAMHSA



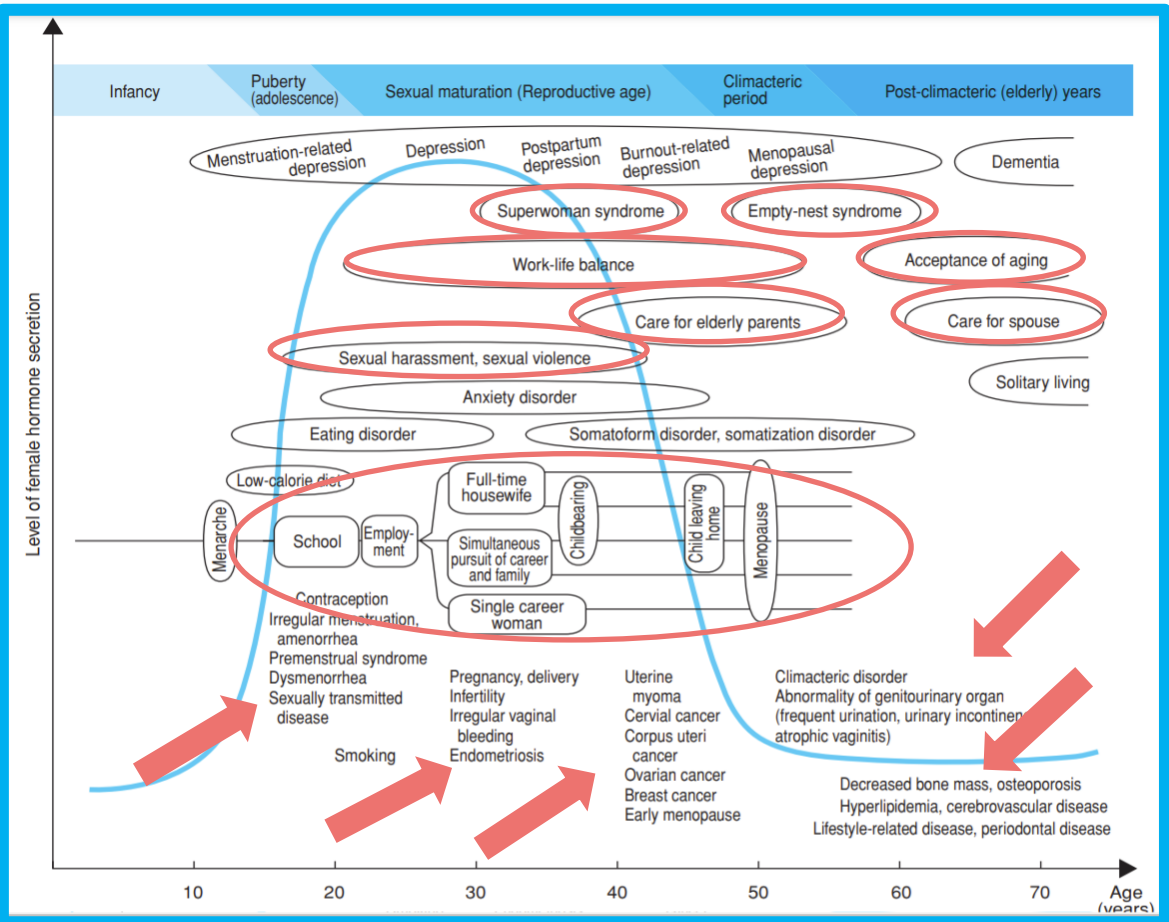
*Persons of Hispanic origin may be of any race; all other racial/ethnic groups are non-Hispanic.
 NH/OPI = Native Hawaiian / Other Pacific Islander | AI/AN = American Indian / Alaskan Native

OBJECTIVE 2:

Become aware of issues affecting women throughout the lifespan

Women's Lifespan Stages:

- ❖ *Infancy*
- ❖ *Puberty*
- ❖ *Sexual Maturation*
- ❖ *Climacteric Period*
- ❖ *Post climactic years*



OBJECTIVE 3:

Examine age-specific options
for care and treatment

*Wellness:
the particular state of
well-being that each
person wishes to be,
which consists of
various factors
including physical
status, environment,
levels of stress, view of
health, and personal
connections with
others, etc.*

- ✓ Eat healthy
- ✓ Be active
- ✓ Commit to domain-specific wellness activities everyday
- ✓ Get regular checkups (at least annually)
- ✓ Talk to your doctor
- ✓ Ask about age/stage-related health risks
- ✓ Take care of your mental health
- ✓ Don't take unnecessary risks

Poll Question 2:

Drop in the chat:
one wellness activity you current
engage in
and
one wellness activity which you
now commit to

Q & A

References

- Takeda, Y. 2010. Understanding the life stages of women to enhance your practice. *JMAJ* (53)5. 273–278.
https://www.med.or.jp/english/journal/pdf/2010_05/273_278.pdf
- [https://www.nimh.nih.gov/health/statistics/mental-illness.shtml#:~:text=Prevalence%20of%20Any%20Mental%20Illness%20\(AMI\),-Figure%201%20shows&text=This%20number%20represented%2020.6%25%20of,50%20and%20older%20\(14.1%25\).](https://www.nimh.nih.gov/health/statistics/mental-illness.shtml#:~:text=Prevalence%20of%20Any%20Mental%20Illness%20(AMI),-Figure%201%20shows&text=This%20number%20represented%2020.6%25%20of,50%20and%20older%20(14.1%25).)
- U.S. Department of Health & Human Services (2019). Office on Women's Health. <https://www.womenshealth.gov/healthy-living-age/your-20s>

TRAINING OPPORTUNITIES

Preceptorships

An intensive clinical training program offered to healthcare providers in Florida who have an interest in learning more about the diagnosis and management of HIV/AIDS, opportunistic infections, and co-morbid conditions. Each preceptorship is structured to meet the unique needs of the individual participant based on his or her previous experience, geographic location, and time available. Experience 4 to 240 hours of clinical training at adult, pediatric, obstetric, and/or family practice clinics where care is provided to HIV-infected patients. All training provided is consistent with current guidelines from the Department of Health and Human Services or other nationally recognized guidelines when available.

Clinical Consultation

Individual and group clinical consultations are offered. Individual clinical case consultation is provided on the diagnosis, prevention, and treatment of HIV/AIDS and related conditions. These consultations take place by telephone, email or face-to-face meetings. Group clinical consultation with case-based discussions include information on pharmacology, clinical antiretroviral therapy updates, drug-drug interactions, and antiretroviral resistance.

FOR MORE INFORMATION, PLEASE VISIT:
<http://hivaidsinstitute.med.miami.edu/partners/se-aetc>

National HIV/AIDS Clinicians' Consultation Center UCSF – San Francisco General Hospital

Warmline

National HIV/AIDS Telephone Consultation Service
Consultation on all aspects of HIV testing and clinical care
Monday - Friday
9 am – 8 pm EST
Voicemail 24 hours a day, 7 days a week

PEPline

National Clinicians' Post-Exposure Prophylaxis Hotline
Recommendations on managing occupational exposures to HIV and hepatitis B & C
9 am - 2 am EST, 7 days a week

Perinatal HIV Hotline

National Perinatal HIV Consultation & Referral Service
Advice on testing and care of HIV-infected pregnant women and their infants
Referral to HIV specialists and regional resources
24 hours a day, 7 days a week

HRSA AIDS ETC Program & Community Based Programs, HIV/AIDS Bureau
& Centers for Disease Control and Prevention (CDC)
www.nccc.ucsf.edu

Need Additional Information?

Contact the South FL SE AIDS Education and Training Center

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Thank you!