



Women's Mental Health Series

Week 5:

Strategies for Wellness: Work, Rest, and Play

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Learning Objectives:

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

1. Discuss options for treating mental illness
2. Explore options for developing mental health

OBJECTIVE 1:

Discuss options for
treating mental illness

Mental Health Treatment



Medication



Psychotherapy



**Hospital and Residential
Treatment Programmes**



**Brain Stimulation
Therapy**

Poll Question 1:

Which treatment approach is most challenging to access / adhere to?

Medication

Psychotherapy

Residential Treatment

OBJECTIVE 2:

Explore options for
developing mental health



Balance

Work-Play-Rest

Poll Question 2:

Drop in the chat:
What is the biggest challenge
to work-play-rest balance?



Value yourself



*Take care of
your body*



*Surround
yourself with
good people*



Give of yourself



Learn how to deal with stress



Quiet your mind



*Set realistic
goals*



Break up the monotony



*Avoid alcohol
and other drugs*



*Get help when
you need it*

Q & A

References

Mental Health America (n.d.). Finding The Right Mental Health Care For You.

<https://www.mhanational.org/finding-right-mental-health-care-you>

National Alliance on Mental Health (n.d.). Psychotherapy.

<https://www.nami.org/About-Mental-Illness/Treatments/Psychotherapy>

Ten Things You Can Do for Your Mental Health

<https://uhs.umich.edu/tenthings>

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!