



November 17, 2020 | December 15, 2020 | 4:00 p.m. – 9:00 p.m.

# MENTAL HEALTH PRIMER: RISK FACTORS AND WARNING SIGNS

Ultimate Medical Academy (UMA) will virtually host its second biannual INSIGHT HEALTHCARE SERIES — a summit that brings relevant healthcare topics to the forefront. **4.0 AMA PRA Category 1 Credits™**

LIMITED SPACE AVAILABLE — REGISTER YOU AND YOUR TEAM TODAY!  
<https://go.ultimatemedical.edu/riskfactors>

Mental health disorders have reached epidemic proportions, putting primary care and emergency departments on the front line.

44<sup>TH</sup>

Florida ranks 44th in the U.S. in access to mental healthcare<sup>2</sup>.

1 IN 5

Adults in the U.S. experience mental illness<sup>1</sup>.

59%

Florida adults with mental illness who fail to receive treatment<sup>2</sup>.

Facilitated by licensed psychiatrist Dr. J. Andrew Chacko, this interactive event will offer practice in real-life scenarios through web-based simulation software, preparing physicians and healthcare team members to engage patients in difficult discussions impacting their health.

<sup>1</sup> National Alliance on Mental Illness (NAMI), 2020. Mental Health ByThe Numbers. <https://nami.org/mhstats>  
<sup>2</sup> Mental Health America (MHA). Access to Care Ranking 2020. Adults with AMI who did not receive treatment.

## FEE INFORMATION AND INSTRUCTIONS FOR RECEIVING CREDIT

There is no fee for this educational activity. In order to receive credit for this activity, participants must attend the activity in its entirety and submit an evaluation form. Upon receipt of a completed activity evaluation form, a statement of credit will be e-mailed to you within 4 weeks.

## DISCLOSURE OF CONFLICTS OF INTEREST

Ultimate Medical Academy (UMA) requires instructors, planners, managers and other individuals and their spouse/life partner who are in a position to control the content of this activity to disclose any real or apparent conflict of interest they may have as related to the content of this activity. All identified conflicts of interest are thoroughly vetted by UMA for fair balance, scientific objectivity of studies mentioned in the materials or used as the basis for content, and appropriateness of patient care recommendations.

## UMA CONTACT INFORMATION

For information about the accreditation of this program, please contact UMA at - 813-496-7737 or [umaceme@ultimatemedical.edu](mailto:umaceme@ultimatemedical.edu).

## LEARNING OBJECTIVES INCLUDE:

- Review evidence-based screening tools for depression and substance use
- Describe risk factors and warning signs of substance use, depression, and suicidal ideation
- Discuss how to perform brief interventions using motivational interviewing techniques
- And more

This activity addresses the needs of primary care and emergency department physicians and their care teams involved in the treatment of patients with mental illness and/or substance or addiction issues.

UMA is institutionally accredited by the Accrediting Bureau of Health Education Schools (ABHES). UMA's Continuing Medical Education programs are not included within the institution's grant of accreditation from ABHES.