



## Expanding Horizons for Treatment of Mental Disorders Outcomes

### 1. Please rate the following aspects of this activity.

(1=Strongly Disagree, 2=Disagree, 3=Undecided, 4=Agree, 5=Strongly Agree, 6=N/A)

	Strongly Disagree				Strongly Agree
Attending this activity improved my competence. [34-4.32]	(0)	(0)	(4) 11.76%	(15) 44.12%	(15) 44.12%
Attending this activity improved my performance. [34-4.18]	(0)	(0)	(8) 23.53%	(12) 35.29%	(14) 41.18%
What I learned from this activity has helped me improve my patient outcomes. [30-4.00]	(0)	(0)	(9) 30.00%	(12) 40.00%	(9) 30.00%

### 2. If this activity improved your competence, please tell us how. (21)

Re-affirms my long experience and what I have seen as reliable tools working with depression.

I work largely with aging population and found that part of the workshop helpful in looking towards the future and how to work in healthcare with seniors.

Provided skills for understanding and educating pts in mindfulness smarter

Greater knowledge of the subject specifically more aware of pediatric bipolar illness

Well, it just exposed me to more thorough research and thinking on the entire issue of mindfulness and the positive impact it can have on depression. I've explored this as part of my wellness coaching career and feel it plays a vital role. After the conference, I've much more fully explored the Center at Oxford and incorporate much of that into my thinking about problems with clients and how to approach. I'm much more relaxed with a more positive attitude because of increasing my meditative practice and that fosters further competence in practice with my clients.

I would say knowledge rather than competence.

Increased awareness of treatment approaches to suicidality.

Learned that involvement of grandparents in child rearing improved health outcomes for children.

I better understand depression.

I am now pretty retired so many of the questions are not relevant to my life as I live it

today. Still, I am interested in the subject.

Talking a more thorough history.

improved assessments and treatment tools

In supervising and managing staff. No longer provide direct care.

Improving my knowledge /reassuring what i know is good helped my competence.

better understanding and broader knowledge base on mindfulness and improving client care

I am more mindful in my morning routine, less reactive to stressors during the day, can use these skills with clients and offer real-time perspective to them on impact.

specific strategies were given

Led to interest and development of mindfulness techniques

Informative

### **3. If this activity improved your performance, please tell us how. (20)**

Use of meditative tools that have shown to be effective.

Increased my awareness of future goals in healthcare for seniors, mental health issues and how they are manifested in seniors/misperceptions about aging were clarified.

Insight on ways mindfulness can help with depression and anxiety

more efficient

Better understanding of possible treatments

improved earlier referral for depression and suspected bipolar

As above.

Feeling more knowledgeable helps me to better educate my patients.

I do not have a clinical practice, so n/a

Increased awareness of how to address suicidal patients.

I am more observant for the affects of depression in my elderly clients

N/A

Communicating with the patient why the information is important.

In supervising and managing staff. No longer provide direct care

Knowing more would help how to deal with patients in need of my care , and to take care of them better.

I am educating people about positive psychiatry and prevention of illness and not just treatment

have tried suggested strategies and found them effective

Mindfulness practice for self, as well as with patients

Informative and gave me a different perspective on treatment options such as including holistic medicine like yoga.

### **4. Discuss how your Patient Outcomes (omit patient names) have improved as a result of attending this activity. (15)**

Increased positive relationship skills

Unsure yet

I'd say a good 40% of my clients who've heard me on this topic have found an improved way of relaxing, have reduced their reliance on substances, and report that they feel more positive about their futures.

Helping patients feel more knowledgeable about their diagnosis and/or treatment options seems to make them feel more invested in their own care. Some patients have taken more responsibility for their mental health.

N/A

Have been able to persuade patient to be evaluated for Bipolar 2 as result of information learned.

We discuss the affects of depression often so depression is less likely to increase in intensity

There seems to be more understanding about having a regular sleep schedule and minimizing stress.

decrease of adolescent anxiety

It improves staff relationships when mindfulness, listening, are employed through supervision not as therapy, but as way to improve communication.

All my wellness Cancer patients report a greater sense of wellness, and ease in daily living, ability to find the positive in their day to day treatment experiences.

I feel a sense of greater ease

Have shared mindfulness techniques with patients with success in reducing anxiety and depression

I do not practice clinically

### **5. Identify practice changes you have made as a result of attending this activity. (18)**

I use mindfulness concepts to guide me in more challenging situations with clients.

None

NA

improved use of depression questionnaires

I urge all clients to practice meditation.

I try to provide more education during appointments.

N/A

Increased use of mindfulness and meditation as a standard tool for emotional regulation and distress tolerance

Have been mindful of compassion in relationship with patients.

I retest more often

Taking a more thorough history.

better assessments

Try to listen and hear perspective of staff.

I am educating people about positive psychiatry and prevention of illness and not just treatment

When beginning and ending wellness groups for patients dx'd with cancers of all types, we utilize meditation to calm and center our focus, improve respect for all in the group.

Many report improvement in their relationships at home, decreased reactivity to stressors and pain, reduced reliance on pain medication.

I do not enter data into the computer in front of the patient

I do not practice clinically

**6. What topics do you want to hear more about, and what issue(s) in your practice will this help address? (13)**

Like topics re to mindfulness with all ages in treatment of anxiety, depression, chronic pain

I hear more and more about the scattered thinking that all of the tablets, online connecting is causing. People are having difficulty thinking cogently about things, being able to be quiet and/or immerse themselves in an activity without self-interrupting to check their screens for alerts.

alternative/adjunct treatments and how to convince patients to take more responsibility in their own care

Depression and anxiety after brain injury

Comorbidity of depression with chronic illness such as diabetes and cancer. I deal mostly with patients who have chronic health issues along with depression or other mental illness.

The causes of depression in very late adulthood. The causes of suicide in very late adulthood. What can be done to encourage Centerstone/7 Counties to bring geriatrics mental health programs to Louisville. FL and IL have them.

Again, N/A

How lifestyle can be therapeutic.

use of psychopharmacology in treatment of children and adolescents

ADHD , SCHIZOPRENIA

I would love to see a closer relationship with staff at Oxford (i.e. time to study abroad for people at U of L and Louisville in general, scholarships to do so).

no specific suggestions

Self harm, substance abuse, effects of withdrawals at birth

**This evaluation is confidential and no individual will be identified by this office (Continuing Medical Education and Professional Development). It will only be used for quality improvement.**

**We look forward to seeing you at future University of Louisville events. Thank you very much.**

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