Continuing Education (CE) Self-Submission Packet
4.0 Hours of CE Credit

Use our continuing education self-submission packet to request 4.0 hours of CE credit for the CARES® Serious Mental Illness™ Online Training Program. Included are the CE materials required by many state licensing boards. If you are not familiar with the requirements for your profession, please contact your state board for more information.

Instructions

1. **Print this self-submission packet. It includes:**

   - Course description, disclosures, and contact information
   - Course learning objectives
   - Course completion requirements
   - Course content experts, developers, and organizations

2. **Print your CARES**® Serious Mental Illness™ **completion certificate and certification certificate.**

   When you have completed CARES Serious Mental Illness and passed the certification exam, go to the Main Menu, and click on the "Print Certificate" button. Make two copies of each certificate—one for your files, and one for your CE submission.

3. **Print and fill out the submission form from your licensing board.**

   Complete the continuing education form or letter required by your state licensing board, and include the above materials with your submission. If you are not sure where to locate required CE information or forms, please contact your state board.

4. **Submit your CE materials.**

   Submit the materials to your state licensing board according to the instructions provided by them. Depending upon your state and profession, you may be able to submit and make payment online.

Questions?

If you have any questions, please call us at (952) 928-7722, or send an e-mail to support@hcinteractive.com.

Course Description, Disclosures, and Contact Information

The CARES® Serious Mental Illness™ Online Training Program focuses on how you can develop care strategies for those with serious mental illness and how it differs from dementia.

For many years, the centers for Medicare and Medicaid services has led a national effort to reduce the use of antipsychotic medications, especially for people living with dementia. But there are appropriate uses of antipsychotics. By definition, they are designed to help people with serious mental illnesses such as major depression, schizophrenia, bipolar disorder, and schizoaffective disorder. This program does a deep dive into each of these illnesses and provides helpful strategies for caring for people living with a serious mental illness who may be in your care.

This program has 4 modules (4 hours). The modules include:

1. Introduction to Serious Mental Illness
2. Understanding Serious Mental Illness
3. Living with Serious Mental Illness
4. The CARES® Approach and Providing Appropriate Care

Conflict of Interest

HealthCare Interactive and course content experts disclosed no conflicts of interest in the development of this program. CARES programs also contain no product placement or promotional advertising.

Contact Information

HealthCare Interactive maintains responsibility for this training program. Questions about technical support, course content, purchasing, accommodations, grievances, and other issues may be directed to:

HealthCare Interactive, 8800 West Highway 7, Suite 331, Minneapolis, MN 55426, (952) 928-7722, support@hcinteractive.com.

Learning Objectives

Module 1: Introduction to Serious Mental Illness

After completing this module, you will be able to:

- Define serious mental illness.
- Describe the major SMI categories.
- Recognize that people living with SMI can and do live meaningful lives.

Module 2: Understanding Serious Mental Illness

After completing this module, you will be able to:

- Identify differences between SMI and dementia.
- Discuss the myths vs. facts about serious mental illness.
- Explain how care providers can make a difference and impact the quality of life of a person living with SMI.

Module 3: Living with Serious Mental Illness

After completing this module, you will be able to:

- Discuss the challenges of living with a serious mental illness.
- Recognize the perspectives of people living with SMI.
- Explain how managing a serious mental illness involves the goal of living a meaningful life.

Module 4: The CARES® Approach and Providing Appropriate Care

After completing this module, you will be able to:

- Describe the CARES® Approach.
- Give examples of each step (or letter) in the CARES Approach.
- Recognize the importance of taking care of yourself.

Course Completion Requirements

Users must complete all four modules to be able to print their CARES® Serious Mental Illness™ completion certificate.

If users are not able to print their certificate, it is because they have not completed the minimum time and page requirements for each module (see below). Users can check their training progress at any time by going to the Main Menu and clicking on the View Course Progress button.

- ✔ A green check mark means the module is complete.

- ✖ A red X means the module is not complete. Users must view each screen in the module and meet the minimum time requirements for each module, both of which appear in their progress report (see chart below).

- Once there are green check marks for all modules listed, users will be able to print a certificate of completion for the training program.

Module #	CARES® Serious Mental Illness™ Minimum Requirements	
	Time Viewed	Screen Completion
1	40 minutes	8/8
2	40 minutes	8/8
3	40 minutes	6/6
4	40 minutes	10/10

Content Experts, Developers, Research/Evaluation Team, and Organizations

HealthCare Interactive would like to thank the many people living with serious mental illness, their families, care staff, and dementia experts for helping to educate others by agreeing to participate in this program. Everyone filmed in this program is real, and no actors were used. We respect the sensitive nature of this material and appreciate the generosity and support of everyone involved.

Health Professionals/Experts*

- **Fayola M. Doubek**, RN, Director of Staff Development/Infection Control, Benedictine Health Center, Minneapolis, MN
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- **John Mielke**, MD, Medical Director, Benedictine Health Center, Minneapolis, MN
- **Victor Molinari**, PhD, Professor, School of Aging Studies, University of South Florida
- **Lena Peal**, Nursing aide in long-term care center
- **Janice Stanton**, Director of Spiritual Health Services, Benedictine Health Center, Minneapolis, MN
- **Christine Williams**, RN, DNSc, Professor, College of Nursing, Florida Atlantic University
- **Michael Wilson**, LPN, Licensed Practical Nurse, Benedictine Health Center, Minneapolis, MN

People Living with SMI

- **Albert**, Crisis intervention trainer and grandfather. Diagnosed with schizoaffective disorder, schizophrenia, and major depression.
- **Allen**, Support group coordinator and grandfather. Diagnosed with anxiety disorder.
- **Brian**, Former Pilot, author, and NAMI speaker. Diagnosed with bipolar disorder.
- **Christine**, Former Peace Corps Volunteer, Diagnosed with schizoaffective disorder.
- **Danie**, Published poet and nanny. Diagnosed with depression and borderline personality disorder.
- **Denita**, PhD, Spanish instructor and mother. Diagnosed with PTSD.

- **Jennifer**, Long-distance runner and author. Diagnosed with depression. Also has dystonia.
- **Kimberley**, Peer recovery specialist. Diagnosed with bipolar disorder, depression, and PTSD.
- **Laureen**, Customer service manager and lives a holistic lifestyle. Diagnosed with PTSD.
- **Lee**, Career in high-end retail. Diagnosed with borderline personality disorder and PTSD. Lives in a long-term care center.
- **Louise**, Peer support specialist, facilitator, mother, NAMI volunteer, and former nurse. Diagnosed with bipolar disorder.
- **Michelle**, Multilingual and Master's degree in agribusiness, Diagnosed with bipolar disorder. Also has multiple sclerosis.
- **Mike**, Former boxer. Diagnosed with bipolar disorder, schizoaffective and borderline personality disorders. Lives in a long-term care center.
- **Pete**, Artist, actor, NAMI speaker, and former athlete. Diagnosed with depression and bipolar disorder. Also has multiple sclerosis.
- **Richard**, Leather artist who also served in the Navy. Diagnosed with schizoaffective disorder. Lives in a long-term care center.

Development Team*

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Supporting Organizations

- Benedictine Health Center, Minneapolis, MN
- LocationQ, Nashville, TN
- National Alliance on Mental Illness (NAMI) Minnesota, St. Paul, MN
- One Light Films, Minneapolis, MN
- University of Minnesota, School of Nursing, Minneapolis, MN
- University of South Florida School of Aging Studies, Tampa, FL

*The titles and positions listed may not indicate current credentials or affiliations.