

# Treating Substance Use Disorders in Older Adults

## Course Description:

The prevalence of substance use disorders in adults ages 65 and older is growing substantially. This population also has unique health challenges that make them more vulnerable to certain consequences of substances. This seminar will provide real-life examples of older adults being treated for substance use disorders (SUDs). Evidenced-based treatment interventions specifically tailored to this population will be reviewed. At the completion of the seminar participants will be able to assess, determine appropriate level of care, and develop and implement treatment plan recommendations for SUDs in older adults.

## Learning Objectives:

- Assess of substance use disorders with specific questions for elderly population
- Determine appropriate level of care
- Develop and implement treatment plan recommendations
- Apply evidenced-based treatment interventions tailored to this population
- Present clinical case presentations/consult time

## Modules:

- Introduction to Treating Substance Us Disorders in Older Adults: A Self-Paced, Online Course and Getting Started With Canvas (5:00)
- Introduction and Course Objectives (5:33) + Aging Wisely: Brain Health for Everyone, Part 2 (2:46) + Introduction Stats (1:44)
  1. Signs and Symptoms (39:23)
  2. Drugs of Abuse (24:09)
  3. Assessment (7:57)
  4. Treatment Planning (11:31)
  5. Treatment (58:43)
  6. Case Studies (7:48)
  7. Treating SUD in Older Adults Exercises (10:38) + Aging Wisely: Brain Health for Everyone, Part 3 (4:51)

At the end of module 3 and module 7, you will complete a quiz. You must receive a score of at least 80% on each of the quizzes to receive a certificate for 3.50 hours of continuing education.

**Course Total: 3.50 Continuing Education Hours** (30 minutes to review and take each quiz)

## About your Trainer:

*Instructor: Stephanie Steinman, Ph.D., CSAC*



Dr. Stephanie Steinman is a clinical psychologist and Assistant Professor of Psychology at the University of Wisconsin's Department of Psychiatry. She has been working for UW Health since 2006. She is the director of the Dialectical Behavior Therapy (DBT) group program for UW Health. Dr. Steinman has facilitated DBT groups since 2004 working in residential and outpatient settings with both adolescents and adults presenting with a variety of concerns. Dr. Steinman earned her doctoral degree in clinical psychology and completed her internship at UW Madison. She has received the National Addictions Outstanding Clinician of the year. She lectures around the country about borderline personality disorder and treatment. Dr. Steinman is involved in direct patient care in both group and individual therapy and training of residents and psychology interns. Her specialties are Dialectical Behavior Therapy, Posttraumatic Stress Disorder, Substance Use Disorder, Adolescents, women's mental health and Mindfulness-based therapies.