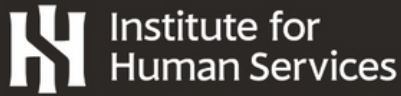


Understanding and Treating Youth Depressive Disorders

Live Virtual Course – August 2, 2024 from 1:00– 3:00 pm EDT

2 Social Work CE Credits Available
Course only (\$10) or Course with 2 CE's (\$20)

Presented by:



Register: www.ihs-trainet.com/training

Understanding and Treating Youth Depressive Disorders

2 hr. Virtual Session
August 2, 2024
1:00– 3:00 pm EDT

This training delves into the realm of youth depression, highlighting various types of major depression. Participants will learn to differentiate between youth who are “down” and youth who have a depressive disorder. This training discusses protective factors that can help depressed youth enhance their overall sense of well-being. Participants will learn interactive techniques designed to help youth explore how to think about the aspects of depression they struggle with. This training will also explore how to handle common challenges and create healthy motivation and provide numerous practical suggestions on how to support individuals grappling with depression. These suggestions are youth friendly and will focus on making small but sustainable lifestyle changes.

This intermediate-level, live virtual course is appropriate for social workers, counselors, psychologists, and other helping professionals who treat youth.

Participants will be able to:

- Differentiate between the youth with the blues and youth depressive disorder diagnoses
- Develop at least three strategies to utilize a youth's protective factors to help mitigate their depression and enhance overall well-being
- Implement at least three strategies to support young individuals experiencing depressive symptoms



This training is approved for 2 Social Work CE credits.

Note: This course is offered via Zoom for a \$10 training fee or \$20 with 2 CE credits. A few days prior to the session you will receive connectivity instructions via email. **To earn CE credits, participants must attend the session in its entirety, remain on camera, complete an evaluation, and pay the training and CE fees at the time of registration.**

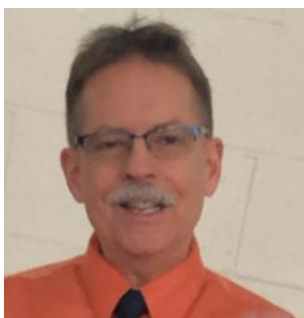
Questions? Email training@ihs-trainet.com or contact our office at 614-251-6000 Monday through Friday between 9 a.m. and 5 p.m. EDT. If you need additional accessibility supports, please contact us in advance of the training to make necessary arrangements.
[View our Grievance and Refund Policy.](#)

Continuing Education Credits



The Institute for Human Services, Provider #1802, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 03/25/2023 – 03/25/2026.

About the Trainer: **Jim Still-Pepper, MA, LSW**



Jim Still-Pepper, MA, LSW is the Director of Community Based Clinical Services at Allwell Behavioral Health Services Inc., a community mental health center where he has worked for over 3 decades striving to get clinical services out of the centers, and into the community. Jim is the founder of Still Light Seminars LLC, a motivational training and consulting company; he has trained nationally and internationally focusing on the mental health and care of children and adolescents. He is also an adjunct instructor in Ashland University's Founders School of Continuing Education. He develops online courses around behavioral interventions and understanding the mental health of students. Jim has also authored or co-authored 7 books and has written almost 100 articles. On a side note, he has had numerous poems published, and his artwork and photography have appeared in galleries, magazines, and on greeting cards.