

# Supporting People with Co-occurring Diabetes and Depression

Thursday, February 29, 2024  
Time: 12:00-1:00 pm

## Topic:

Diabetes and depression are both conditions that can have a serious impact on the person with either of the conditions. When someone has both, the struggles can be amplified. There are many issues to consider when both diseases are present, and care coordinators, social workers, counselors, and other caregivers can play a vital role in helping to manage both conditions. This webinar is the first in a series of webinars focusing on improving the health of people with diabetes and depression. Participants will receive an overview of issues commonly seen when these conditions co-occur and strategies for supporting clients with both conditions.

## Presenter: Mary Holland, MS, LPCC, Director of Behavioral Health Case Management, HealthPartners

Mary Holland is a Licensed Professional Clinical Counselor with 15 years of experience in the mental health field. Mary began her career by providing individual and group therapy to children and adolescents before moving into case management. Through her case management experience, Mary has supported adults with severe mental illness through community-based case management at Mental Health Resources, Inc., as well as telephonically through HealthPartners. In each role, Mary has worked closely with individuals and families to educate them on mental health and assist in navigating care and resources to help each person improve their health, independence, and overall well-being. Throughout the past eight years, Mary has used her case management expertise to lead the HealthPartners Behavioral Health Case Management team and aid in facilitating and improving behavioral health initiatives throughout the HealthPartners health plan.

## Who should participate/Audience:

Health care providers, nurses, public health, health educators, social workers, therapists, Community Health Workers, and anyone who supports individuals with diabetes and depression.

**CEUs** - Participants should contact their relevant licensing board to determine if this program will meet continuing education requirements and CEU values.

## Objectives:

- Identify why mental health matters in relation to people with diabetes.
- Define the connection between the mind and body.
- Identify strategies to support and care for people with both diabetes and depression.
- Identify the roles support people play in the management of these diseases.

**This webinar is free, but space is limited. Click here to [Register](#).**

*This webinar is presented by a collaboration of Minnesota health plans with a focus on improving care for people with co-occurring diabetes and depression in Minnesota. Thank you to Blue Plus, HealthPartners, Hennepin Health, IMCare, Medica, PrimeWest, South Country Health Alliance, and UCare for their commitment to this issue.*



All webinars will be posted on the [Health Plan Performance Improvement Project website](#).