

Understanding and Overcoming the Unique Barriers to Care for People with Diabetes and Depression

Tuesday, July 16, 2024

Time: 12:00-1:30 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 with many issues to consider. This webinar will review the realities of living with both a mental illness and a chronic health issue, how confounding symptoms can complicate care, and how care coordinators, social workers, counselors, and other caregivers can support the health of the person with the illnesses. You will engage in dialogue, solve sample client scenarios, and find resources to assist clients and their families.

Presenter: Molly Peterson, MPH, MCHES (she/her)

Molly Peterson is the Director of Adult Mental Health Programs for NAMI Minnesota, a nonprofit that provides education, support, and advocacy for those affected by mental illnesses. She leads a team of educators who offer programs on mental illnesses, suicide prevention, community, and workplace well-being, as well as peer support groups. Ms. Peterson previously worked as an epidemiologist with the Minnesota Department of Health and as a health researcher on healthy eating, active living, and environmental health within local-level health departments in Ohio. She is passionate about improving health outcomes through public health programs rooted in data, storytelling, and health equity.

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.

Objectives: Participants in this webinar will:

- Define the challenges of co-occurring mental illness and diabetes.
- Identify confounding symptoms of co-occurring mental illness and diabetes.
- Articulate strategies to engage patients and families in care.
- Identify resources to support patients.

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

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

This webinar is presented by a collaboration of Minnesota health plans working to improve antidepressant medication management 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](#).