



Aging Well

Older Adult Mental Health Training



This training will describe how an older adult can detect when something is not right in their life, and how following with appropriate screening, diagnosis, and treatment can lead to aging well. Aging Well seeks to make the case that mental health issues are no different than physical health issues. Mental illness is as treatable and “normal” as physical illness. Empowering older adults to better manage their overall well-being will be accomplished through discussion of techniques, tools, and resources.

Free
Information
and resource
training

- **Linking older adults and families to medication, mental health resources**
- **Trainings available to groups of 10 or more**

The AGING WELL program of BHETA is a County of San Diego Mental Health contracted program of the Academy for Professional Excellence, a project of SDSU School of Social Work

To schedule
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