

Announcing Zoom Dementia Series Workshop:

for Providers, Caregivers, Friends, and Advocates of Persons Living with Memory Loss



Mestisa C. Gass, PsyD is the Program Director for Mental Health America of Hawaii. Her education and experience were focused on diverse populations including inpatient acute adolescent care, community mental health, and military mental health. She is a board member for the American Foundation of Suicide Prevention – Hawaii chapter, a member of the Mental Health Task Force and Prevent Suicide Hawaii Task Force, and an advisory board member for the Waipahu Aloha Clubhouse. Since 2006, she has been working in Hawaii, originally from the Appalachian Mountains. She is passionate about bringing education, support, and resources to all communities, especially rural areas like those in which she grew up.

Her current focus of work is on suicide prevention, community resiliency, and self-care through public health initiatives and improving mental health literacy. After being a primary caregiver during hospice for a parent, she has become more involved in learning, teaching, and sharing about mental health, caregiving, hospice care, and grief.

Mental Wellness for Dementia Caregivers: Self-care and healing from grief and stress

Friday, January 19, 2024, 10-11:30am

Dr. Gass will cover:

- Brief review of statistics and the impact of dementia caregiving
- The spectrum of mental wellness and the importance of self-care as a dementia caregiver
- The role grief has on identity, healing, and support during and after dementia caregiving
- Review of mental health strategies to address stress, anxiety, trauma, and grief
- Helpful apps, community resources, and skills to help in healing

Advance Registration is required at this link:

<https://forms.gle/EhxYrMAoRskShrDy9>

The Zoom link & handouts will be sent to registrants before the session.

Sorry, no CEs or certificates are available for this presentation.

For questions about the workshops or you need help registering, please contact:

Jody Mishan, (808) 295-2624 or jmishan@hawaii.rr.com

Our sponsors:



These caregiver workshops are made possible by the Elderly Affairs Division of the City & County of Honolulu through Federal Older Americans Act funding