



THE NH TRAINING INSTITUTE ON ADDICTIVE DISORDERS

Presents:

24/7 CONNECTEDNESS TO TECHNOLOGY: ITS IMPACT ON HUMAN DEVELOPMENT AND ITS ROLE IN ANXIETY AND DEPRESSION

with Ann Duckless, MA

1 HOUR WEBINAR TRAINING

PRESENTATION: The presentation will explore emerging research studies about the role that connectedness to technology, e.g. mobile-based and social media, plays in human development of all ages; communication and relationships with others; and how these factors relate to signs and symptoms of anxiety and depression in youth. As providers on the substance use continuum of care, we know that mood disorders may often accompany substance misuse, so being well-informed of the impact that connectedness to technology has on individuals of all ages is an important component for effective assessment and delivery of services. As a result of this webinar participants will be able to:

1. Discuss research related to the use of technology, its impact and implications for connectedness and communication with people.
2. Describe findings related to exposure of blue screen emissions on the neuroscience of the brain and effects on sleep patterns.
3. Explain the correlation of connectedness to technology to the signs and symptoms of anxiety and depression in youth

PRESENTER: Ann Duckless, MA has worked for THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) NH for the past 12 years in the Connect Suicide Prevention Program, providing suicide prevention, postvention, and mental health trainings to community, military, college, and tribal nation settings. She has also gained over 20 years of experience in the field of substance use continuum of care. Ann's varied professional work experiences including teaching at the high school and college levels, inpatient and outpatient counseling for substance use disorders, youth prevention community work at the statewide level, and a collaborative systems perspective in dealing with public health issues.

Fee: NHADACA Members: Free, Non-Members: \$15

For registration information contact: 603-225-7060, training@nhadaca.org

1 Contact Hour Available

Certified Prevention Specialist Domains: 6

LADC/MLADC Categories of Competence: 5, 15



CRSW Performance Domains: 4

NBCC: LICSW/L-MFT/LCMHC (Category 1) & Psychologist Category A

(NH Alcohol & Drug Abuse Counselors Association has been approved by NBCC as an Approved Continuing Education Provider. ACEP No 6754. Programs that do not qualify for NBCC credit are clearly identified. NHADACA is solely responsible for all aspects of the program).

Schedule

On Demand