



An Overview of Sleep and Substance Use Disorders in Military-Connected Patients

January 29, 2024

A Live, Interactive Webinar

Description:

This 3 ½ -hour introductory training helps behavioral healthcare providers understand the basics of sleep functioning and problematic substance use behavior, the bidirectional relationship between sleep disorders and substance use pathology, and learn strategies to enhance their care of patients with both sleep and substance related issues with an emphasis on comorbid case conceptualization. We begin by providing a context for typical sleep (i.e., theories about the purpose of sleep, how sleep is regulated, and sleep architecture) and expectations for substance use in military populations, with a review of diagnostic criteria. Next, we discuss the prevalence and overlap between disordered sleep and disordered substance use. We clarify how sleep problems can contribute to the onset, maintenance, and risk of relapse for substance use disorders as well as the reciprocal impact of substance use on impaired sleep. This workshop focuses on clinical practice by application of assessment and intervention methods for individuals with substance use problems that are experiencing sleep problems that have consistent and credible empirical support in the literature (i.e., Brower, 2016; Chakravorty et al., 2018; Department of Veteran Affairs & Department of Defense, 2019; Kelly et al., 2019; Miller et al, 2017).

Total CE Credits: 3.5

Total Contact Hours: 3.5

Learning Objectives:

Following the training, attendees will be able to:

1. Evaluate the relationship between sleep disorders and substance use pathology
2. Apply appropriate screeners to the stratification of sleep and substance related disorders
3. Formulate next steps for care in the context of dual sleep and substance use disorder cases

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Introductory/Beginner



Agenda:

Eastern Time

(Please note the correct time for your respective time zone)

12:00 pm – 12:45 pm	Overview of & Diagnostic Criteria for Sleep Disorders and Substance Use Disorders
12:45 pm – 1:00 pm	Prevalence of Sleep Disorders & SUDS in the Military
1:00 pm – 2:00 pm	Co-Morbid Sleep & Substance Use Disorders
2:00 pm – 2:15 pm	Break
2:15 pm – 3:45 pm	Screening & Treatment Recommendations

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be emailed within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 3.5 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:



The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to SBHP Support at sbhpsupport-ggg@usuhs.edu.

Participate:

Online Platform: Zoom

Date: January 29, 2024

Time: 12:00 pm – 3:45 pm Eastern

Please note the correct time for your respective time zone

Attendance Requirements: Attendees MUST log into the training via an individual connection rather than as a group using one computer/device. Attendance at the entire training is required to receive CE credits and tier completion. Partial credit cannot be issued.

Registration Information: <https://starproviders.org/providers-home/>

Registration Deadline: Registration will close one business day before the training begins or when registration capacity has been reached.

Cancellations/Questions: Please contact SBHP Support at sbhpsupport-ggg@usuhs.edu if you have any questions or need to cancel your registration

Registration Cost/Refunds: Free

Required Materials: None

Location Information: Online via Zoom

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Participants will not have to install any additional programs on their computer to take part. However, a web browser is necessary (Mac users: Chrome or Firefox is recommended to minimize tech issues).

Participant's may test their computer's Zoom capabilities by visiting <http://zoom.us/test>. We **recommend all participants test their ability to load Zoom in advance of the training event** to ensure there are no technical difficulties the morning of the event.

Special Accommodations: If you require special accommodations due to a disability, please contact Ms.



Chris Myers at christina.myers.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Milochik, via email at Amanda.milochik.ctr@usuhs.edu.

Instructor Biographies:

Diana C. Dolan, PhD, CBSM, DBSM is a clinical psychologist serving as an Assistant Director of Training & Education with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Dolan has served at CDP in several capacities since 2012, including in one role as the associate training director of an APA-accredited clinical psychology internship. She currently oversees programs that provide evidence-based training for military-connected patients on a variety of topics. She also develops and presents trainings, and provides consultation services.

Dr. Dolan graduated from the University of North Texas with a bachelor's degree in psychology and earned her doctorate in clinical health psychology and behavioral medicine from the University of North Texas. She completed a clinical psychology internship at Wilford Hall Ambulatory Surgical Center in San Antonio, Texas. Dr. Dolan served as an active duty psychologist and is a veteran of the U.S. Air Force.

Dr. Dolan's professional interests include behavioral treatment of health conditions, in particular sleep disorders and within brief-natured primary care settings, clinical psychology training and program evaluation, and military psychology. She is certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine. She is also a diplomate in Behavioral Sleep Medicine from the Board of Behavioral Sleep Medicine.

****There is no commercial support or conflict of interest to report for these presenters.**