

## Evidence Based Self-Management Programs in Epilepsy: Tools for Behavioral Health Providers

WEDNESDAY, JUNE 24TH, 2020  
2:30 – 3:30 PM EST

Epilepsy is a chronic neurologic disease that impacts 3.5 million people in the United States. The burden of psychiatric and cognitive comorbidities in people living with epilepsy is high. Amongst the most frequent comorbidities in epilepsy are depression, anxiety, and memory challenges. Self-management programs educate and empower patients to address the challenges chronic disease and comorbidities can bring. A growing body of evidence supports the use of epilepsy self-management to improve health and quality of life outcomes.

***You can positively impact the lives of your patients by increasing your knowledge of epilepsy. This webinar will provide you with an overview of epilepsy self-management programs; after completing the webinar, participants should be able to:***

- ▶ Describe the incidence and prevalence of depression, anxiety and the suicide rate in people with epilepsy
- ▶ Identify Managing Epilepsy Well (MEW) Network evidence-based programs
- ▶ Understand how the Epilepsy Self Management Scale (ESMS) tool, which helps to assess individual needs, can be used to guide people to appropriate MEW programs
- ▶ Identify referral considerations to appropriate MEW programs
- ▶ Identify the role of peer support in improving health outcomes for people with epilepsy (PWE)

### Guest Speaker

#### **Barbara C. Jobst, MD, PhD**

Co-Principal Investigator, MEW Network  
Co-Director HOBSCOTCH Institute for Cognition in Epilepsy  
Director, Dartmouth-Hitchcock Epilepsy Center  
Louis and Ruth Frank Professor of Neurosciences and  
Professor of Neurology  
Geisel School of Medicine at Dartmouth

### Webinar Moderator

#### **Ron Manderscheid, PhD**

Executive Director, National Association of County Behavioral Health & Developmental Disability Directors  
Executive Director, National Association for Rural Mental Health  
Adjunct Professor, Department of Mental Health  
Bloomberg School of Public Health  
Johns Hopkins University

### Guest Speaker

#### **Elaine T. Kiriakopoulos, MD, MSc**

Co-Director, HOBSCOTCH Institute for Cognition in Epilepsy  
Dartmouth-Hitchcock Epilepsy Center  
Assistant Professor of Neurology  
Geisel School of Medicine at Dartmouth  
Editorial Board Member, Epilepsy Foundation

**Link to register for webinar:**  
<https://bit.ly/2ZHjUX5>