

Mental Health and The Dental Hygienist

Saturday, May 3, 2025

Time	Agenda	# CE
10:00 – 10:15 am	Welcome and Opening Remarks JoAnn Gurenlian, RDH, PhD, MS, AAFAAOM, FADHA	.25
10:15 – 11:00 am	Let's be Mindful About Dental Hygiene Students' Mental Health Beth Monnin, RDH, MSED Mental health issues are rising at an alarming rate with more than 50% of college students reporting taking medications for anxiety and depression in 2021. Dental hygiene students endure stress that many other college students do not encounter, and faculty must learn ways to help students adapt and be more mindful about their mental health. This new generation (Gen Z) strives for perfection, and it may be taking a toll on their mental health. This course will include mindfulness exercises that can be used inside and outside the classroom. Learning Objectives: <ol style="list-style-type: none"> 1. Understand the statistics of mental health issues. 2. Identify warning signs of mental health deterioration. 3. Understand the health implications of mental health issues 4. Learn how to conduct mindfulness exercises to use with students to enhance their mental health. 	.75
11:00 – 11:15 am	Morning Break	
11:15 am – noon	Behind the Smile: Exploring the Dental Hygienists Role in the Mental Health Crisis Alyssa Delgado, RDH, RF, MSDH It is estimated that 1 in 5 adults in the US experience a mental health condition in a given year, making these conditions very common to encounter in the dental setting. It is important for oral health providers to be aware of risk factors and symptoms for mental health conditions and recognize the importance of early intervention. This course explores the dental professional's role in making appropriate interventions and referrals to provide patients with comprehensive care. Learning Objectives: <ol style="list-style-type: none"> 1. Recognize risk factors and symptoms of mental health conditions 2. Identify resources available for individuals with a mental health need and make appropriate referrals 3. Demonstrate appropriate interventions for mental health crises that may occur in the dental setting 4. Identify and discuss outcomes for individuals and families with mental health needs 	.75

12:00 – 12:45 pm	Lunch	
12:45 – 1:30 pm	Chasing the Day: Mental Health and the Clinical Dental Hygienist	.75
	<p>Rina A. Nowka, RDH, MA, FADHA Esther Tingue, RDH, BA, MA</p> <p>In a work environment that often deals with anxiety and stress, dental professionals must find a way to successfully manage each day by incorporating practices that can help to improve their overall wellness and successfully manage their stress levels. This presentation will provide an overview regarding stress and stress management in clinical dental hygiene. Discussions will include the most common types of stress experienced in a dental practice, and actions that are taken which can increase or reduce them. An exploration of humor and other management strategies that contribute to enhancing the overall wellness of dental hygienists will also be examined.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Identify the most common types of stress and stress triggers in clinical dental hygiene. 2. Discuss how working in an anxiety/fear-based profession adds to the dental hygienist's stress level. 3. Recognize how an individual's behavior can impact their stress levels. 4. Discuss how stress management techniques can improve the dental hygienist's mental health and overall wellbeing. 5. Describe how humor and a supportive environment can positively impact our well-being. 	
1:30 – 2:15 pm	Mental Health: Your Colleagues – Recognizing Struggles with your Peers, Dentists, Other Professionals	.75
	Kelly Tanner, RDH	
2:15 – 2:30 pm	Afternoon Break	
2:30 – 3:15 pm	To Be Determined	.75
3:15 – 4:00 pm	To Be Determined	.75
4:00 – 4:45 pm	To Be Determined	.75
4:45 – 5:00 pm	Summary and Closing Remarks	.25
	Up to 5.75 CE Credits Available *	

* State stipulations on live CE change occasionally. Check with your state for specific guidelines.