

Sleep: The Pathway to Physical and Mental Health

Disclosure to Audience

No one involved in the planning or presentation of this activity has any relevant financial relationships with a commercial interest to disclose

The following are North Star Behavioral Health's Content Controllers:

Presenter: -Joseph M. Holshoe, PMHNP-BC

Dr. Andy Mayo, CEO

Dr. Ruth Dukoff, System Medical Director

Laura Báez, QIRM Director

Denise Gleason, CME Coordinator

Medical Staff:

Dr. Phillip Neuberger

Dr. Judith Bautista

Education Committee:

Rebecca Shaw, PhD

Carla MacGregor, Administrator

Ron Meier, Administrator

Evelyn Alsup, Administrator

Elke Villegas, Administrator

Business Development Department:

Amanda Johnson, Director of Business Development

Colette Moring, Clinical Community Liaison

Angela Young, Clinical Community Liaison

Sleep: The Pathway to Physical and Mental Health

Date: October 5, 2018

Agency/Location: North Star Behavioral Health

Presenter: Joseph M. Holshoe, PMHNP-BC

Your comments are very important to us.

At the conclusion of this activity, participants should be able to:	Not at All	Slightly	Moderately	Mostly	Completely
Provider will have increased knowledge of sleep effects on mental health, the biology of sleep and the effects of psychotropics on sleep.					
Provider will be better prepared to evaluate and treat sleep disorders in the psychiatric setting.					
Provider and caregiver will be able to provide more comprehensive care to psychiatric patients utilizing sleep as a hallmark for wellbeing and improve patient responses to treatment and long-term recovery goals.					

Was the presentation commercially biased in any manner?

Yes () No ()

Please indicate your response to the following questions by marking the appropriate number from 1-6, where 1 indicates strong disagreement and 6 indicates strong agreement.

- | | | | | | | |
|---|---|---|---|---|---|---|
| 1. The overall quality of today's session was excellent. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. Today's session was relevant/valuable to my practice. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. This presentation added to my clinical knowledge base. | 1 | 2 | 3 | 4 | 5 | 6 |

Based on this activity, what will you do differently in your practice? _____

Comments: _____

Printed Name of CME participant: _____ Physician { }

Agency/Organization: _____

Preferred Email: _____

North Star Behavioral Health designates this live activity for a maximum of 3 AMA PRA Category 1 credit(s). Participants should claim only the credit commensurate with the extent of their participation in the activity.