



THE LONELINESS EPIDEMIC

Dara Sheik, LCSW

Loneliness and social isolation can significantly impact a person's quality of life. Health care professionals are increasingly concerned with the relationship between loneliness and a person's health. Research has begun to examine the relationship between loneliness and functional decline in adults. Recent studies indicate that loneliness is associated with an increased risk for adverse mental and physical health. This lecture will review the biological, psychological, social and spiritual factors which may contribute to chronic loneliness and how chronic loneliness may also contribute to significant decline in one's health.

Participants will:

1. Recognize and identify the prevalence of chronic loneliness in our society.
2. Identify how to reduce the stigma associated with loneliness.
3. Demonstrate knowledge of defining, understanding and recognizing loneliness.

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Dara Sheik, LCSW, is the Lead Case Manager and Primary Counselor at Cottage Health's COPE Intensive Outpatient Program (IOP) in San Luis Obispo, California. Dara is the facilitator of IOP groups for those who are in treatment for chemical dependency and dual diagnosis. Dara is also a psychodynamic psychotherapist in private practice working primarily with those in the young adulthood phase of life.

Dara earned his undergraduate degree in economics at the University of California at Riverside. While pursuing his Master's in Clinical Social Work at New York University (NYU), Dara completed his field practice training in psychodynamic psychotherapy at Washington Square Institute in New York City. As the lead researcher of a pilot study which investigated the relationship between loneliness and stigma at NYU, Dara's work has contributed to the recent focus on loneliness as a modern day epidemic in our society.

Dara has led mindfulness based groups at MindfulNYU and leads workshops on understanding loneliness. He is currently working with local students to create an initiative to address the emotional consequences of our Climate Crisis.

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to attend
its August 2019 presentation.

Wednesday, August 14, 2019

Noon to 1:30 PM

**Santa Barbara Cottage Hospital
Amphitheatre**

CONTINUING EDUCATION

Physicians: Please note that due to changes in the requirements to qualify for CMEs Psychiatric Grand Rounds is no longer able to offer CMEs.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.
- CH employees may receive the continuing education credit through HealthStream.
- Continuing education certificates for others will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.
- Grievances may be addressed directly to the Education Department.
- **Continuing Education:** To receive credit, attendance for the full hour is required
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

Learn more about our Psychiatry and Addiction Medicine services at:

cottagehealth.org/mentalhealth

Program Coordinators

Cynthia Manigault, RN, BSN

Carole Reynolds Ingraham,
LMFT

Education Consultant

Christine Block, MSN, RN, CNRN

Water and coffee will be offered.