

# Prioritizing Sleep

## Changing Campus Culture, Improving Counseling Center Response and Interventions

**FREE LIVE VIDEO WEBCAST**  
Tuesday, November 1, 2022

### Webcast Information

#### Eastern Time

**12:00pm** Program begins

**2:00pm** Program ends

Host: Center for Collegiate Mental Health (CCMH) at PSU

**TO REGISTER: [CLICK HERE TO RESERVE YOUR SEAT](#)**

#### For more information or questions:

PESI customer service: (800) 844-8260

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<https://cdn.pesi.com/pdf/inhouse/faq.pdf>

College campuses remain a strong-hold of unhealthy sleep culture: from exams and papers due at midnight, to all-nighters to free coffee during finals. As campus clinicians we are in a unique position to not only help our students as they seek our clinical care, but also to change campus culture. Dr. Wolgast will discuss the most surprising and relevant aspects of collegiate sleep, train clinicians in the basics of sleep problems and a few steps towards making your setting a sleep positive campus - where students, faculty and staff take sleep seriously.

**Target Audience:** Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, Social Workers

**CCMH**  
CENTER FOR  
COLLEGIATE  
MENTAL HEALTH

### Speaker

**Brad Wolgast, PhD, CBSM, DBSM**, has worked in University Counseling Centers at the Universities of Delaware and Pennsylvania from 1999 until this year when he moved into private sleep practice through the Center for Healthy Sleep, LLC. He is a licensed psychologist and twice board-certified practitioner of Behavior Sleep Medicine. Brad has been training counseling center staff and trainees in sleep for two decades and has provided trainings to mental health professionals, students, faculty, and families across the country. He hopes to raise awareness of the importance of sleep and encourage basic changes to culture and logistics on college campuses to improve attitudes and impediments to healthy sleep, which will enhance physical and mental health and more.

#### Speaker Disclosure:

Financial: Brad Wolgast is the sole practitioner for Center for Health Sleep, LLC. and has an employment relationship with the University of Delaware. He has no relevant financial relationships with ineligible organizations.

Non-financial: Brad Wolgast is a member of the Society for Behavioral Sleep Medicine and the Association of the Academy of Sleep Medicine.



## Program Outline

Part I: Why is Sleep Important?

Part II: Sleep Problem or Sleep Disorder?

Part III: Creating a Sleep Positive Campus

## Objectives

1. Differentiate common sleep problems from common sleep disorders
2. Integrate “sleep-positive” changes to their campus culture through clinical practice, campus wide message and faculty/administration-focused advocacy
3. Demonstrate knowledge of why sleep is vital to mental and physical health functioning, including suicide completion.

## Continuing Education Credits



**Counselors:** This intermediate activity consists of 2.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Marriage & Family Therapists:** This activity consists of 120 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 2.0 contact hours. Partial contact hours will be awarded for partial attendance.

### Psychologists & Physicians:

Physicians

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 2.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.



**Social Workers:** PESI, Inc., #1062, 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. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this live interactive with real-time Q&A course receive 2.0 Clinical continuing education credits.

Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance.

**New Jersey Social Workers:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/87875](http://www.pesi.com/events/detail/87875).

**Other Professions:** This activity qualifies for 120 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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