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(1 hour CE)

Substance Use Disorders, Mental Health, and Burnout Issues in Dentistry

Course Description:

Mental health issues are often viewed as isolated events in an individual while often associated with the individual as being "weak" or not able to stand the pressure. Drug and alcohol problems are often thought of as separate issues from mental health maladies while in fact nothing may be further from the truth. Often stressors can lead to mental health issues or use of drugs and alcohol or BOTH. Mental health illnesses can also lead to drug/alcohol abuse and drug/alcohol abuse can also lead to mental health illnesses.

Stress, anxiety, depression, and professional burnout, in conjunction with workforce shortages, can all contribute to and magnify the difficulties in today's treatment environment to varying degrees causing fear and uneasiness.

Apparently, the major medical/disease impact Covid had on our society is for the most part behind us. However, all signs indicate that the impact Covid had and continues to have on our mental health may be just starting to manifest itself and may continue with us for some time in the foreseeable future.

This course will address what we as a dental profession must do and modify to educate and protect ourselves, our patients, and our profession from the effects of mental health illnesses. I will discuss ways to practice dentistry in a healthy manner so that we can provide dentistry and protect our profession that we so dearly love and have the privilege to practice. (Post test to follow each session.)

Course Objectives:

- Discuss the effects stress, anxiety, burnout, perfectionism, and substance abuse can have on our mental health and how it may affect our lives.
- Explore the impact and potential interactions associated mental health illness and substance use disorders.

- Define burnout and its applicability to the dental office with recommended solutions addressing the Six (6) Burnout Mismatches found in our offices and personal lives.