

## Neuroinflammation and Mental Health

Anxiety, depression, sleeping disorders, and other mental health challenges are increasingly common in the general population as well as for residents of assisted living, skilled nursing, and other long-term care settings. Chronic inflammation in the brain and the many factors that can trigger it are often at the core of mental health symptoms. Understanding and addressing these factors is opening many new possibilities for treatment and lasting improvement.

Objectives include:

- Define inflammation and neuroinflammation.
- Explain the role of oxidative stress, essential fatty acids, and exposure to neurotoxins in psychiatric symptoms.
- Discuss the role of brain injuries in the development of hormonal signaling problems and what to do about them.
- Identify genetic factors that can increase the likelihood of mental health symptoms and how to address the risks.

### Presenter

**Eric Collett** is a licensed assisted living administrator who has been working with seniors living with dementia and their families since 2000.

A passionate educator, Eric spends his days inspiring everyone from business leaders and college and professional athletes to family and professional caregivers to leverage current brain health research to improve their lives and the lives of those they serve. As a consultant to hospitals, assisted living and skilled nursing facilities, home health, hospice and PCS agencies and families caring for persons living with dementia, Eric has taught tens of thousands of people across the United States. Eric also teaches at the College of Western Idaho and has taught at Boise State University. Eric graduated summa cum laude from the University of Utah with a degree in interpersonal communication, a minor in psychology and extensive training in music. His passion for learning and unique background allow Eric to reach audiences in powerful ways that help them think differently.

### Program Details

**Date**

May 6, 2026

**Location**

Virtual Training (by Zoom)

**Time**

10:00 AM – 11:00 AM

**Fee**

MHCA Member: \$55

Non-Member: \$82

**Total Contact Hours**

1.0

**Registration**

To participate, please [click here](#) to register.

**Job Code W26051**

\*This program is approved for CEUs by the Maine Nursing Home Administrators Licensure Board