

Evergreen Behavioral Health Association
Evergreen Meet-Learn Discussion Series

Nutritional Issues in Mental Health
presented by **JOSH SIZEMORE, RN, MN, PMHNP**

Wednesday, November 10, 2021 Zoom

6:30-7:00 pm Meet and greet (optional)

7:00-8:00 pm Presentation

EBHA Members free, Non-members \$5 [donate here](#)

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Email RSVP to receive a Zoom link: ebha.president@gmail.com



Topics

- When to explore nutritional concerns
- Stages of development, risks of nutritional deficits, onset of new mental health symptoms
- MTHFR – the 4 potential errors that can create these symptoms
- Physical and mental health symptoms and nutritional issues
- Risk factors: age, heritage, family history, medical comorbidities, autoimmune issues, GI malabsorption, DAO, diet, newborn GI issues
- Supplements – not all are created equal: brand, alkaline vs acidic mixtures, time of day to take, premetabolized...
- Case study as time allows

About the Presenter

Prior to nursing Josh was an EMT, combat medic and LPN in the US Army, with a focus in trauma/NCOIC. He was also a Lead Trauma One instructor. Josh began mental health nursing in 2005 at the Oregon State Hospital. Since becoming a

PMHNP, he has worked in a variety of mental health settings with both children and adults. In 2019 he founded the Center for Developing Hope, where he works with children, adolescents, clients with developmental disabilities, first responders, first break psychosis, and “the odd and unusual.”

Josh lives in Philomath with his wife, three children, 2 dogs, 3 cats, 2 fish and a frog. His hobbies include woodworking, masonry and landscaping.