

# Mental Illness – Helping Ourselves, Our Colleagues and Our Patients



## OPPA Annual Psychiatric Update March 12, 2017

Hilton Columbus at Easton  
3900 Chagrin Drive, Columbus, OH 43219  
[www.columbusoh.hilton.com](http://www.columbusoh.hilton.com)

# General Information

## REGISTRATION

The preferred method of registration is online at [www.ohiopsychiatry.org/annualpsychupdate](http://www.ohiopsychiatry.org/annualpsychupdate). If you register by mail, please complete the registration form on page 7 and send with payment to: Ohio Psychiatric Physicians Association, 3510 Snouffer Rd., Ste. 101, Columbus, OH 43235-4217. Make checks payable to Ohio Psychiatric Physicians Association. Your registration is not confirmed until payment is received. Register by Jan. 1 to receive the Early Bird rate.

## HOTEL ACCOMMODATIONS

A LIMITED number of rooms have been set aside at the Hilton Easton until Feb. 9, 2017 at the rate of \$177 single/double plus applicable tax. To reserve a room please contact the hotel ASAP at (614) 414-5000 and ask for the OPPA's room block or to reserve online go to [www.columbusoh.hilton.com](http://www.columbusoh.hilton.com).

## AMERICANS WITH DISABILITIES ACT

If you need assistance related to sight, sound, or mobility, please contact the OPPA office as soon as possible so that we may accommodate reasonable requests.

## SYLLABUS

Every registered attendee will receive a printed syllabus at registration. Also, as a show of our support to be "GREEN," we will also be offering a limited supply of the syllabus on a USB drive. If you prefer to have a copy of the syllabus on a USB drive, in lieu of a printed copy, please be sure to check this option on the printed registration form or when registering online.

## MEALS

A breakfast and lunch buffet will be provided on Sun., Mar. 12. If you also plan to attend the free TCPI workshop on Sat., Mar. 11, please note that a refreshment break only will be served in the afternoon and lunch will not be provided beforehand. There are many restaurants in the area which can be found at [www.eastontowncenter.com](http://www.eastontowncenter.com).

## CANCELLATION POLICY

If you are not able to attend, we encourage you to send someone in your place. Refund of the registration fee, minus a \$50 administrative charge will be allowed if request for cancellation is received in writing by Mar. 1, 2017. After this date no refund will be made.

## SPONSOR A MEDICAL STUDENT

In an effort to give medical students more opportunities to experience psychiatry and consider it as their preferred specialty, the Ohio Psychiatric Physicians Foundation encourages meeting attendees to "sponsor" a medical student by paying the registration fee for a medical student to attend the OPPA Annual Meeting on Sunday, Mar. 12. This is just one of the ways the Foundation is working to give medical students direct access to psychiatrists and opportunities for cutting-edge psychiatric education.

Your support can be accomplished in one of two ways:

- 1) If you have a specific student whom you wish to sponsor, simply complete the registration form, making sure to include the student's contact information; or
- 2) If you do not have a particular student in mind, we will pair you up with a medical student who has indicated an interest in attending if there is a sponsorship available – simply complete the registration form, leaving that information blank and you will be contacted by the OPPA office closer to the time of the actual meeting. If you are unable to attend the meeting, you may still sponsor a student by making a tax-deductible contribution to the OPPF for this purpose.

In order to make this a tax-deductible contribution, the registration and the sponsorship must be processed in two separate transactions. If paying by check, please mail two checks. Please make the sponsorship check payable to Ohio Psychiatric Physicians Foundation (OPPF) and your event registration check payable to OPPA. If you are paying by credit card, you will see two transactions on your statement.

## MEDICAL STUDENTS

Students may apply for a sponsorship by completing the [Medical Student Sponsorship Request form](#). Students will be notified by Mar. 4, 2017 if there is a sponsorship available. There will also be time at a designated student breakfast to meet with other Ohio medical students and to learn from residents and others about psychiatry residency and career opportunities.

## CME CERTIFICATE

Instructions with an access code for obtaining your CME certificate on-line, directly from the APA, will be provided during the conference. New this year, you will also be completing an evaluation form on-line. Once you complete the evaluation and attest to the number of hours of credit you are claiming for this educational event, a certificate will be available for immediate download/printing.

# Overview - Sunday, March 12

## OVERALL LEARNING OBJECTIVES

At the conclusion of this educational event, participants should be able to:

- ◆ Recognize the association among youth bullying involvement, depression and suicidal behaviors and identify youth populations most at-risk;
- ◆ Be familiar with protective factors associated with youth bullying and adverse outcomes and to be familiar with prevention and intervention programs to reduce bullying and suicidal behaviors;
- ◆ Identify key factors contributing to stress, burnout, wellbeing and resilience as they particularly affect trainees;
- ◆ Describe the complex interrelationships between burnout, depression and resilience, how these factors may interact with each other as a result of pressures in the learning environment and identify different approaches to the problem both at the individual and systemic levels;
- ◆ Recognize the prevalence, risk and protective factors of various forms of distress and suicide in physicians including as it relates to gender differences;
- ◆ Be adept at considering individual as well as organizational strategies to enhance the resilience and prevent suicide;
- ◆ Describe the prevalence of postpartum mood disorders, established risk factors, and the signs and symptoms of postpartum depression;
- ◆ Review methods to screen for postpartum depression and describe the adverse effects of untreated depression on maternal and infant outcomes;
- ◆ Review evidence based non-pharmacologic and pharmacologic treatments for postpartum depression, breastfeeding and psychotropics
- ◆ Describe potential contributors to the development of the opioid epidemic;
- ◆ Describe the impact of Ohio's prescription drug monitoring program (OARRS) and pain treatment guidelines in responding to the opioid epidemic;
- ◆ Utilize two (2) prevention strategies with patients to decrease risks of developing an opioid use disorder; and
- ◆ Assist patients with prevention strategies to decrease the risk of developing an opioid disorder and utilize chronic disease management approaches and medication assisted treatment (MAT) for those patients who need help to recover from an opioid use disorder.

## WHO SHOULD ATTEND

This program is designed specifically for Psychiatrists, Residents, Medical Students and other Physicians, including Primary Care and Pediatricians, as well as Psychologists, Nurses, Social Workers, Counselors and other Mental Healthcare Professionals.

## CONTINUING EDUCATION

### PHYSICIANS

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychiatric Association (APA) and the Ohio Psychiatric Physicians Association (OPPA). The APA is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychiatric Association designates this live activity for a maximum of 5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## EVALUATION

This educational activity will be evaluated utilizing an online evaluation form to evaluate the effectiveness of the CME activity in meeting the identified educational needs and stated learning objectives in terms of satisfaction, knowledge, skills and any perceived commercial bias. At the conclusion of this educational event, you will be provided with a link to the evaluation form. After completing the evaluation you will be provided with an opportunity to print a certificate for continuing education credit.

## PLANNING COMMITTEE DISCLOSURE

It is the policy of the APA to comply with the ACCME Standards for Commercial Support of CME. Planning committee members and related staff disclosures are on file and disclosed on program materials. Faculty participating in sponsored or jointly provided meetings of the APA are required to disclose to program participants any financial relationships with commercial interests that they (or their spouse/partner) have related to the content of their presentations. Faculty disclosures are identified as a faculty cover sheet with their respective syllabus/handout materials. Faculty are also responsible for disclosing any discussion of off-label or investigational use of a product.

The following individuals of the planning committee have indicated neither they, nor their spouse/partner, have any financial relationship with any commercial source: Tamara Campbell, MD, Steven Jewell, MD, Alan Levy, MD, William Resch, DO, Janet Shaw, MBA, Suzanne Sampang, MD, Dale Svendsen, MD. The following individual(s) of the planning committee have disclosed one or more financial relationship(s) with a commercial interest:

Name	Grant/Research Support	Employee	Speaker's Bureau	Other Financial Interests
James Campo, MD	Neuronetics			

# Agenda - Sunday, March 12

7 – 7:45 a.m. Registration/Visit Exhibits

7:45 – 8:55 a.m. **Buffet Breakfast** – OPPA Installation of Officers, OPPAC Business Meeting and OPPF Business Meeting

8:55 – 9 a.m. Welcome and Opening Remarks - Steven Jewell, MD, 2017 Program Chair

9 – 10 a.m. ***Youth Suicide and Bullying: Challenges and Strategies for Prevention and Intervention***

**Dorothy L. Espelage, PhD**

Professor, Department of Psychology, University of Florida

Youth bullying is a strong risk factor for depression, suicidal ideation, and suicidal behavior. Certain populations (e.g., students with disabilities, sexual minorities) are at a heightened risk of bullying and suicidality. This presentation will discuss what we know about bullying and suicidal behaviors and will describe several evidence-based suicide prevention programs.

10 – 10:50 a.m. ***Depression and Wellbeing in Residents: Challenges and Opportunities***

**Carol A. Bernstein, MD**

Associate Professor of Psychiatry

Vice-Chair for Education and Director of Residency Training, New York University School of Medicine

Past President, American Psychiatric Association

*This presentation is funded, in part, by the generosity of the OPPF's Henry Nasrallah, MD Fund*

In recent years, there has been an increasing focus on the nature and extent of depression and burnout as they affect physicians, particularly trainees. This presentation will review some of the literature in this area, and will elucidate important distinctions between burnout issues in the workplace and other medical conditions such as depression which may worsen as a result of pressures in the learning environment. Efforts to address these concerns will be discussed as will potential solutions and resilience strategies at both the individual and systemic levels.

10:50 – 11:15 a.m. **Break and Visit Exhibits**

11:15 – 12:05 p.m. ***Physician Depression and Suicide***

**Christine Moutier, MD**

Chief Medical Officer, American Foundation for Suicide Prevention

Wellbeing and distress exist along a continuum of mental health. A model for understanding burnout and suicide risk includes a dynamic interaction between individual underlying risk and protective factors interacting with every day psychosocial events. While the human condition is on the one hand inherently and enormously resilient, there are specific and known risk factors that can impede that natural resilience. The individual and environmental factors that impact physician wellbeing and suicide risk will be discussed, along with evidence-based, promising strategies for addressing this important problem.

12:05 – 12:30 p.m. ***Panel Q&A on Depression in Medical Trainees and Physician Depression and Suicide***  
**Carol Bernstein, MD and Christine Moutier, MD**

12:30 – 1:45 p.m. **Buffet Lunch** – OPPF Research Award and Enlightenment Award Recognition and Presentation

1:45 – 2:45 p.m. ***Postpartum Depression: An Update***

**Adele Viguera, MD**

Associate Director, Perinatal & Reproductive Psychiatry Program, Cleveland Clinic

Depression during the postpartum period is a significant public health concern and may be associated with considerable morbidity for women, and their infants and families. The consequences of untreated postnatal depression should not be underestimated. All women are vulnerable to postpartum depression, regardless of age, marital status, education level, or socioeconomic status. Several aspects of postpartum depression will be reviewed including prevalence, risk factors, signs and symptoms, screening, and breastfeeding and psychotropic medications. A summary of evidence based treatments for postpartum depression will also be presented.

2:45 – 3 p.m. **Break and Visit Exhibits**

3 – 4 p.m. ***Addressing Ohio's Opioid Crisis***

**Mark Hurst, MD**

Medical Director, Ohio Department of Mental Health and Addiction Services

The opioid epidemic has impacted the entire United States, and Ohio is no exception. In 2015, over 3,000 Ohioans died as a result of opioid overdose with thousands more being saved only due to timely access to naloxone and other life-saving measures. Reversing this trend is difficult and requires a combination of efforts including prevention, early intervention, and effective treatment. This session will describe factors that contributed to the evolution of this epidemic, interventions that are currently underway, and treatment modalities that psychiatrists and other physicians can utilize to assist patients with opioid use disorders.

# Speakers



**Dorothy L. Espelage, PhD**, is Professor of Psychology at the University of Florida. She is the recipient of the APA Lifetime Achievement Award in Prevention Science and the 2016 APA Award for Distinguished Contributions to Research in Public Policy, and is a Fellow of APS, APA, and AERA. Over the last 20 years, she has authored over 140 peer reviewed articles, five edited books, and 30 chapters on bullying, homophobic teasing, sexual harassment, dating violence, and gang violence. Her research focuses on translating empirical findings into prevention and intervention programming and she has secured six and half million dollars of external funding.



**Carol A. Bernstein, MD** is Associate Professor of Psychiatry, Vice Chair for Education in Psychiatry and Director of Residency Training in Psychiatry at the NYU School of Medicine. From 2001-2011, Dr. Bernstein also served as the Associate Dean for Graduate Medical Education and the Designated Institutional Official for ACGME accredited training programs at NYU. Dr. Bernstein is a Past-President of the American Psychiatric Association. In addition to her numerous awards, she has devoted her entire career in medicine to the education and training of the next generation of psychiatrists. Dr. Bernstein completed medical school at the Columbia University College of Physicians and Surgeons. Following an internship in internal medicine at St. Luke's/Roosevelt Medical Center in New York, she completed her psychiatric residency training at Columbia University and the New York State Psychiatric Institute. From 2010-2016, Dr. Bernstein served on the Board of Directors of the ACGME – the body that accredits the more than 8000 residency and fellowship training programs in the United States and for which she currently co-chairs the ACGME Task Force on Physician Well Being. Dr. Bernstein has written numerous articles and chapters on psychiatric education and has served as a peer reviewer for both the *American Journal of Psychiatry* and *Academic Psychiatry*. She has served on the editorial boards of *Academic Psychiatry*, *the Journal of Psychiatric Services* and *Focus*, has presented at more than 70 conferences and meetings and has been the recipient of a number of visiting professorships.



**Christine Moutier, MD** as Chief Medical Officer for the American Foundation for Suicide Prevention, knows the impact of suicide firsthand. After losing colleagues to suicide, she dedicated herself to fighting this leading cause of death. Dr. Moutier has served as UCSD professor of psychiatry, dean in the medical school, medical director of the VA Psychiatric Unit, and has been clinically active with diverse patient populations, such as veterans, Asian refugee populations, as well as physicians and academic leaders with mental health conditions. She has presented at the White House, testified before the U.S. Congress, and has appeared as an expert in *The New York Times*, *The Washington Post*, *Time* magazine, *The Economist*, *The Atlantic*, the *BBC*, and *CNN*.



**Adele C. Viguera, MD**, is Associate Director of the Perinatal and Reproductive Psychiatry Program at Cleveland Clinic. Dr. Viguera received her MD from Dartmouth Medical School in Hanover, New Hampshire, and served her internship and residency at Massachusetts General Hospital and McLean Hospital in Belmont, Massachusetts. In 2003, she earned an M.P.H degree at the Harvard School of Public Health. Dr. Viguera's research, teaching and clinical activities focus on women's mental health, specifically psychiatric disorders across the female reproductive life-cycle. Her area of interest is major mood disorders, in particular bipolar disorder, associated with pregnancy and the postpartum period.



**Mark A. Hurst, MD**, is Medical Director for the Ohio Department of Mental Health and Addiction Services. In this role, Dr. Hurst provides clinical supervision and leadership to the medical and psychiatric staff at Ohio's six regional psychiatric hospitals. He also advises the OhioMHAS director on matters related to recruitment, research, community mental health and addiction services plans, and licensure of private hospitals and residential facilities. Hurst joined ODMH in 1993 as a psychopharmacology consultant at Twin Valley Behavioral Healthcare (TVBH) in Columbus. At TVBH, he progressed to assistant chief clinical officer for addiction psychiatry in 1998 and chief clinical officer in 2008. Prior to his career with the state, he held leadership positions in psychiatry and addiction psychiatry in the VA health system, at Harding Hospital and at The Ohio State University, where he remains an active clinical faculty member.

A native of Zanesville, Hurst was the 1981 class valedictorian at Muskingum College in New Concord. He graduated from the Medical College of Ohio at Toledo in 1985 and completed residency training at the University of Michigan and at The Ohio State University, where he served as chief resident in his final year of training. He is board-certified in psychiatry and addiction psychiatry and has been recognized as a "Best Doctor in America" since 1995.





**Make plans to attend this FREE workshop the day prior to the OPPI Annual Psychiatric Update!**

## Applying the Integrated Care Approach: *Practical Skills for the Consulting Psychiatrist*

Faculty: **Lori Raney, MD**  
Chair, APA's Workgroup on Integrated Care  
Medical Director, Axis Health System

Date/time: **Sat., Mar. 11, 2017, 1 – 5:00 pm**

Location: Hilton Columbus at Easton

Priority will be given to  
those who are also registering for the  
OPPI Annual Psychiatric Update on Mar.  
12. All others will be placed on a wait list.  
**SPACE IS LIMITED TO 60!**

### What is integrated care?

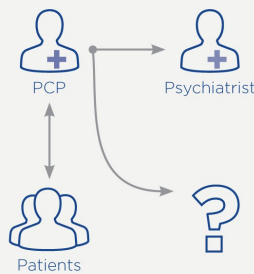
Psychiatrists are in a unique position to help shape mental health care delivery in the current rapidly evolving healthcare reform landscape using integrated care approaches, in which mental health is delivered in primary care settings.

In this model of care, a team of providers (including the patient's primary care provider, a care manager and a psychiatric consultant) work together to provide evidence-based mental health care.

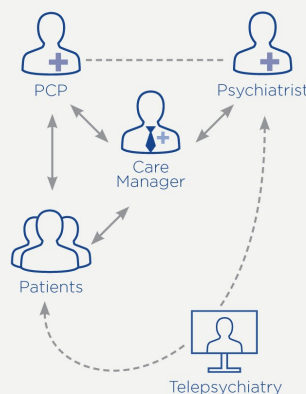
### What does this course offer that is unique?

At the OPPI annual meeting in March 2015, Dr. Raney presented an overview of the Integrated Care model. This upcoming course expands upon that introduction, and provides more in-depth coverage through a combination of didactics and interactive exercises to provide a psychiatrist with the skills necessary to leverage their expertise in the Collaborative Care model in the real world.

#### Traditional Model of Care



#### Collaborative Care Model



This course will offer practical and useful information to psychiatrists that are interested in implementing this integrated care approach that has the strongest evidence base.

### Why should I attend?

The course describes the delivery of mental health care in primary care settings with a focus on the evidence-base, guiding principles and skills needed to function as a primary care consulting psychiatrist. Topics include supporting accountable care, leadership essentials for the integrated care psychiatrist and an introduction to implementation strategies.

As a Support and Alignment Network (SAN) in the CMS Transforming Clinical Practice Initiative (TCPi), APA is partnering with the AIMS Center at the University of Washington to train 3,500 psychiatrists over four years in the clinical and leadership skills needed to support primary care practices that are implementing integrated behavioral health programs. This training is supported as part of the TCPi.

The American Psychiatric Association (APA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide CME for physicians. The APA designates this live activity for a maximum of 4 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**The Ohio Psychiatric Physicians Association is proud to sponsor this course for OPPI members.**

# Registration



Register on-line:  
www.ohiopsychiatry.org



Ohio Psychiatric Physicians Association  
3510 Snouffer Road, Suite 101  
Columbus, OH 43235-4217



(614) 763-0040



(614) 481-7559

## 1 Contact Information

Please print

Name \_\_\_\_\_

Address \_\_\_\_\_

Degree \_\_\_\_ MD \_\_\_\_ DO \_\_\_\_ PhD \_\_\_\_ APN \_\_\_\_ LISW \_\_\_\_ LPCC

\_\_\_\_ Other (please specify) \_\_\_\_\_

City/State/Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

## 2 Registration Information

### Member Fees

Registration Type	Early Bird Rate By Jan. 1	Regular Rate	Late Rate After Mar. 1
<b>FULL Conference (Both Sat. &amp; Sun.)</b>			
OPPA Member	<input type="checkbox"/> \$139	<input type="checkbox"/> \$159	<input type="checkbox"/> \$179
OPPA Resident-Fellow Member	<input type="checkbox"/> \$69	<input type="checkbox"/> \$79	<input type="checkbox"/> \$99
<b>Single Day (Sun. only)</b>			
OPPA Member	<input type="checkbox"/> \$139	<input type="checkbox"/> \$159	<input type="checkbox"/> \$179
OPPA Resident-Fellow Member	<input type="checkbox"/> \$69	<input type="checkbox"/> \$79	<input type="checkbox"/> \$99
<b>Half-Day (Sat. only) TCPI Training</b>	FREE**		
OPPA Member	<input type="checkbox"/> Please add me to the waitlist**		
OPPA Resident-Fellow Member	<input type="checkbox"/> Please add me to the waitlist**		

Registration Total \$ \_\_\_\_\_

### Non-Member Fees

Registration Type	Early Bird Rate By Jan. 1	Regular Rate	Late Rate After Mar. 1
<b>Sunday, March 12</b>			
Non-Member Psychiatrist, other Physician, or Psychologist	<input type="checkbox"/> \$239	<input type="checkbox"/> \$259	<input type="checkbox"/> \$279
Non-Member Resident-Fellow	<input type="checkbox"/> \$139	<input type="checkbox"/> \$159	<input type="checkbox"/> \$179
Nurse, Counselor, Social Worker or Physician Assistant	<input type="checkbox"/> \$139	<input type="checkbox"/> \$159	<input type="checkbox"/> \$179

Registration Total \$ \_\_\_\_\_

## 3 Payment Information

Registration Total \$ \_\_\_\_\_  
(from the left)

### Additional Options

☐ I would like an electronic copy of the syllabus on a USB drive in lieu of printed copy (see details on page 2)

☐ I would like to sponsor a Medical Student to attend the \$100  
OPPA Annual Psychiatric Update on Sunday, March 12

*\*To make this a tax deductible contribution see details below*

Student Name \_\_\_\_\_

E-mail \_\_\_\_\_

*If you do not have the name of a specific medical student, we will be happy to match you with a student who has expressed interest in attending if a sponsorship is available.*

Grand Total \$ \_\_\_\_\_

Method of Payment:

☐ Check payable to OPPA (registration fees)  
☐ Check payable to OPPF (student sponsorship)

☐ Credit Card

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3 or 4-digit security code \_\_\_\_\_

Billing Address (if different from registration address)

Authorized Signature \_\_\_\_\_

\*\* Saturday TCPI Training is for OPPA Members only. Seats are limited. Priority will be given to OPPA Members registering for the Full Conference. Members who wish to attend the Half-Day Saturday TCPI Training only will be placed on a waiting list and will be notified by March 1st if a space is available. For more details on the TCPI Training see the previous page.

\* In order to make this a tax-deductible contribution, the registration and the sponsorship must be processed in two separate transactions. If paying by check, please mail two checks. Please make the sponsorship check payable to Ohio Psychiatric Physicians Foundation (OPPF) and your event registration check payable to OPPA. If you are paying by credit card, you will see two transactions on your statement.