

Ohio Psychiatric Physicians Association
Annual Psychiatric Update

Practical Psychiatry: Pragmatic Approaches & Clinical Pearls



The field of psychiatry has seen tremendous advances in treatments and understanding of mental disorders, in the milieu of increasing physician burnout, administrative responsibilities and tumultuous political issues. Because of this intersection, psychiatrists must be at the forefront of continued education in the practical aspects of our profession to thrive. The OPPIA brings together thought leaders from across the nation for this one and a half-day conference, focusing on various aspects of practice that psychiatrists routinely encounter which spans pharmacological, therapeutic, regulatory, media and administrative issues. Practical psychiatry increases knowledge, builds confidence, expands connectedness, decreases helplessness and supports resilience.

**March 14-15, 2020
Marriott University
Columbus**



General Information

REGISTRATION

The preferred method of registration is online at www.ohiopsychiatry.org/annualpsychupdate. If you register by mail, please complete the registration form on page 11 and send with payment to: Ohio Psychiatric Physicians Association, 3510 Snouffer Rd., Ste. 101, Columbus, OH 43235-4217. Make check payable to Ohio Psychiatric Physicians Association. Your registration is not confirmed until payment is received. Psychiatrists who join OPPA/APA by April 30, will get \$100 applied to OPPA dues (please select this option on the registration form and a representative from OPPA will contact you with further details.)

HOTEL ACCOMMODATIONS

A limited number of rooms have been set aside until **Feb. 27** at the rate of \$160 single/double, plus applicable tax at the Marriott Columbus University Area, 3100 Olentangy River Rd., Columbus, OH 43202. To reserve a room please contact the hotel ASAP at (614) 447-9777 and ask for the OPPA's room block.

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.

MEALS

A breakfast and lunch buffet will be provided on Sat., Mar. 14 and a continental breakfast will be provided on Sun., Mar 15.

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 Feb. 23, 2020. After this date no refund will be made.

SPONSOR A MEDICAL STUDENT

In an effort to give medical students more opportunities to experience psychiatry, including being mentored by a practicing psychiatrist, and receive cutting-edge psychiatric education, the Ohio Psychiatric Physicians Foundation (OPPF) encourages meeting attendees to "sponsor" a medical student by paying the registration fee for a medical student to attend the OPPA Annual Psychiatric Update. This is just one of the ways the OPPF is working to encourage students to consider psychiatry as their specialty.

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.

MEDICAL STUDENTS

Students may apply for a sponsorship by completing the [Medical Student Sponsorship Request form](#). Students will be notified by Mar. 1, 2020 if there is a sponsorship available. Priority will be given to students who have not attended in the past. There will 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 online, directly from the APA, will be provided during the conference. You will complete an evaluation form online. 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

OVERALL LEARNING OBJECTIVES

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

Sat., March 14

- ◆ Gain an understanding of how ADHD in adults manifests;
- ◆ Recognize the areas of functional impairment in adults living with ADHD and understand compensatory skills in coping with residual symptoms;
- ◆ Understand prevalence, symptom presentation and diagnostic criteria for ADHD in adults;
- ◆ Recognize psychiatric comorbidity presenting with adult ADHD and identify diagnostic prioritization and pharmacologic algorithms for treatment;
- ◆ Learn effective psychotherapies for adults with ADHD;
- ◆ List the requirements of the ABPN MOC Program and list specific strategies to minimize the burden and cost of participating;
- ◆ Explain the requirements of the ABPN MOC Pilot Project;
- ◆ Review the prevalence rates and economic and health consequences of Insomnia Disorder;
- ◆ Explain and improve knowledge on the different components of CBT-I (cognitive behavioral therapy for insomnia);
- ◆ Identify novel strategies to increase availability of this treatment and provide population health management of Insomnia Disorder;
- ◆ Review the medical conditions that are associated with mood, anxiety and psychotic disorders;
- ◆ Recognize the risk of triggering various psychotic symptoms with many prescription drugs;
- ◆ List the prescription medications associated with depression, anxiety, mania and psychosis;

- ◆ Identify the current types of animal therapy and describe appropriate indications for animal therapy;
- ◆ Recognize ethical and medico-legal risks associated with the intersection of animals and mental health;
- ◆ Explain the difference between implicit and explicit bias;
- ◆ List two examples of implicit bias impacting physician decision-making;
- ◆ Implement two strategies to mitigate implicit bias.

Sun., March 15

- ◆ Integrate the clinical data to arrive at the right diagnosis and consider various evidence-based treatment options;
- ◆ Embark on using a medication off-label if the patient is treatment refractory, and if some clinical evidence exists to support the off-label practice;
- ◆ Identify tools for developing messages for the media and learn how to conduct successful interviews;
- ◆ Become more comfortable with engaging media outlets and learn how to take control and steer media encounters to ensure your message is being appropriately conveyed;
- ◆ Describe the relevance of pharmacokinetic genes in predicting SSRI exposure;
- ◆ Explain the evidence for pharmacodynamic genes in guiding treatment selection in patients with depressive and anxiety disorders; and
- ◆ Define and apply common pharmacogenetic concepts such as phenoconversion.

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 Health Care 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, **Practical Psychiatry: Pragmatic Approaches & Clinical Pearls** for a maximum of 9 *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.

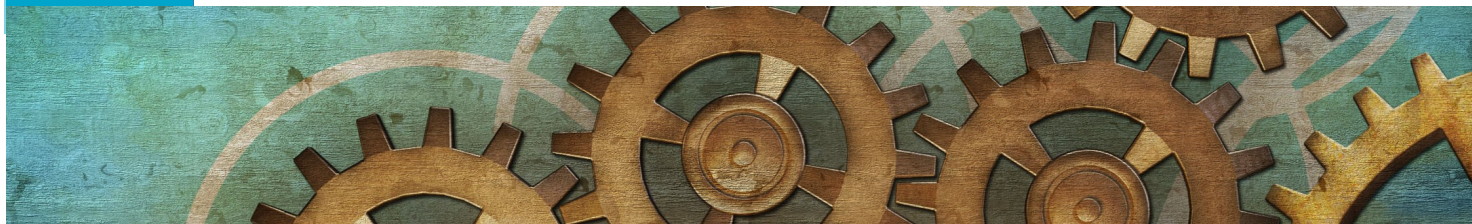
PLANNING COMMITTEE DISCLOSURE

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: Karen Jacobs, DO, Victoria Kelly, MD, William Resch, DO, Suzanne Sampang, MD, Janet Shaw, MBA, Kristi Williams, MD, Elizabeth Yoder, DO.

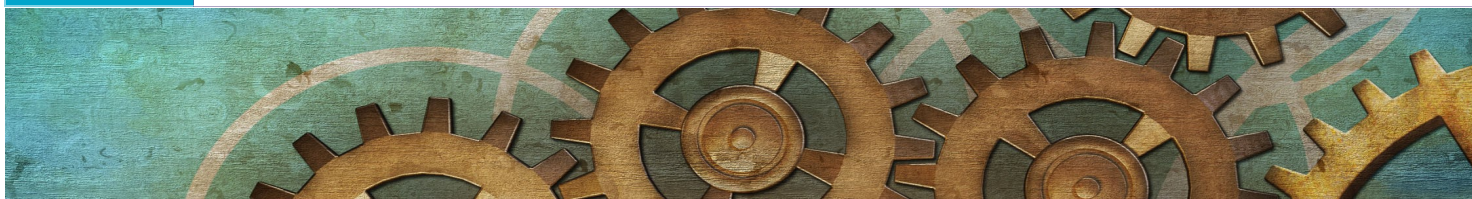
SATURDAY, MARCH 14

TIME	
7 – 9 a.m.	Registration/Visit Exhibits
8 – 4:30 p.m.	Poster presentations
7:30 – 8:30 a.m.	Medical Student Meeting/Breakfast
7:30 – 8:30 a.m.	Buffet Breakfast and OPPA Annual Business Meeting and Installation of Officers
8:45 a.m.	Welcome and Opening Remarks - Victoria Kelly, MD, President and Karen Jacobs, DO, 2020 Program Chair
9 – 10 a.m.	<p><i>Living with ADHD</i></p> <p>Judith Hirshman, MD Clinical Instructor of Psychiatry, Case Western Reserve University, Cleveland</p>
10 – 11 a.m.	<p><i>Adult ADHD: What Are We All Missing?</i></p> <p>David Goodman, MD, FAPA Assistant Professor, Department of Psychiatry and Behavioral Sciences, Johns Hopkins School of Medicine, Maryland</p> <p>ADHD in adults is the persistence of ADHD since childhood. Seven prospective longitudinal studies have demonstrated its persistence in approximately 60% of children. Three decades of international scientific research and recognition by the World Health Organization make evident the validity of this disorder around the world. Unfortunately, most training programs provide little, if any, education for diagnosis and treatment of ADHD in adults. This presentation will focus on the presenting symptoms of the patient, why to consider including screening in your initial evaluation, how to parse out ADHD from other concurrent psychiatric disorders, how to diagnostically prioritize concurrent psychiatric disorders, what ADHD medications are available and how to make choices, and a list of psychotherapeutic approaches to address executive dysfunction and negative self-image. The presentation will also highlight ADHD in adults over the age of 50, a new and emerging recognition of lifelong symptoms.</p> <div> <p><i>This presentation is funded, in part, by the generosity of the OPPP's Henry Nasrallah, MD Fund</i></p> </div>
11 – 11:30 a.m.	Break and Visit Exhibits
11:30 a.m. – 12:30 p.m.	<p><i>Practical Tips and Update on ABPN/MOC</i></p> <p>Larry Faulkner, MD, DFAPA American Board of Psychiatry and Neurology</p> <p>The American Board of Psychiatry and Neurology (ABPN) Maintenance of Certification (MOC) Program encourages diplomates to assess their professional knowledge and skills and engage in lifelong learning activities to address any identified deficiencies. Based on feedback from diplomates and professional societies, the ABPN has expanded options to meet MOC requirements in self-assessment (Part 2), assessment of knowledge and skills (Part 3) and improvement in medical practice (Part 4). There are specific strategies diplomates can use to make participation in MOC less burdensome and expensive. A Pilot Project is currently underway as an alternative to the secure ABPN MOC Examination in psychiatry and child and adolescent psychiatry. As a result of positive feedback from diplomates participating in the Pilot Project, the ABPN plans to provide similar options for other subspecialties.</p>
12:30 – 1:30 p.m.	<p>Buffet Lunch</p> <p>Thank you for supporting lunch:</p> <div>  </div>



SATURDAY, MARCH 14

TIME	
1:30 – 2:30 p.m.	<p><i>Physician Implicit Bias in Health Care: An Invisible Risk Factor for Poor Patient Outcomes</i></p> <p>Quinn Capers, MD, FACC Vice Dean for Faculty Affairs, Professor of Medicine (Cardiovascular Medicine), The Ohio State University College of Medicine, Columbus</p> <p>This talk will explore the literature on implicit bias generally and specifically within health care. The presentation will review studies that explore the impact of physician implicit bias on decision making and how it can result in decisions that harm certain patient groups. The presentation will end with a review of some research-proven strategies to mitigate implicit bias. Finally, participants will be asked to make a written pledge to use one of the discussed strategies in their patient interactions.</p>
2:30 – 3 p.m.	<p><i>The Magic Pill for Insomnia Disorder: An Introduction to CBT-I</i></p> <p>Michelle Drerup, PsyD, DBSM Director of Behavioral Sleep Medicine, Cleveland Clinic and Assistant Professor of Medicine at the Lerner College of Medicine, Cleveland</p> <p>Insomnia is a chronic condition for 10% of the adult population and is considered a global health care problem associated with numerous consequences for both the individual as well as society. Recent guidelines have been published by numerous organizations including the American College of Physicians recommending that all adult patients be provided cognitive behavioral therapy for insomnia (CBT-I) as the initial treatment for chronic insomnia disorder. However, in practice this rarely happens.</p> <p>Instead patients either self-medicate with alcohol or OTC sleep aids, or started on prescription medication for sleep by their health care provider CBT-I is a treatment package that consists of numerous different components that are tailored to the patient's individual presentation. This session will give a brief introduction to the behavioral components of CBT-I including stimulus control and sleep restriction, as well as the cognitive strategies for reducing sleep interfering thoughts and worries and calming an active mind that doesn't turn off at night. In addition, population health management strategies for addressing insomnia will be introduced to expand the availability and access to this efficacious treatment for Insomnia Disorder.</p>
3 – 3:15 p.m.	Break and Visit Exhibits
3:15 – 4:15 p.m.	<p><i>Iatrogenic Psychiatry - Psychopathologies Triggered by Both General Medical Prescriptions and Psychotropic Medications</i></p> <p>Henry Nasrallah, MD, DFAPA Professor of Psychiatry, Neurology, & Neuroscience, Director, Neuropsychiatry and Schizophrenia Programs, University of Cincinnati College of Medicine</p> <p>The DSM 5 diagnostic criteria always require that general medical conditions or drug-induced symptoms are ruled out before a clinician diagnosis a patient with having a primary psychiatric disorder. There are in fact many psychiatric symptoms triggered not only by recreational drugs, but also by prescription medications that are widely used in primary care and specialized care. Medical conditions associated with depression include endocrinopathies, neurologic disorders, vitamin deficiencies and cardiovascular disease. Medical disorders associated with anxiety include hyperthyroidism, COPD, asthma, diabetes, chronic pain, irritable bowel, pheochromocytoma, Lyme disease, head trauma, vascular dementia, Parkinson's disease, Lupus, rheumatoid arthritis, loss of estrogen and electrolyte imbalance. Symptoms of mania can be associated with infections, epilepsy, stroke, brain tumors, influenza and hemodialysis. Psychotic symptoms can result from CNS diseases, toxins, autoimmune diseases, chromosomal abnormalities, infectious diseases, nutritional deficits, endocrine disorders and metabolic diseases.</p> <p>On the other hand, prescription drugs can also generate psychopathology symptoms. Steroids are associated with psychosis, mania, depression and anxiety. Similar symptoms can be associated with ACE inhibitors, anticholinergic drugs, anticonvulsants, barbiturates, benzodiazepines, beta-adrenergic drugs, calcium channel blockers, dopamine agonists for Parkinson's, certain antibiotics, antihistamines, NSAIDs, opioids, procaine derivatives, salicylates, SSRIs and sulfonamides. In summary, psychiatrists must screen for medical conditions and recreational/prescription medications in every patient they evaluate to rule out an iatrogenic disorder (drug-induced secondary psychiatric illness) rather than a primary psychiatric disorder. Discontinuation of the offending agent may be the treatment of choice if iatrogenesis is established.</p>

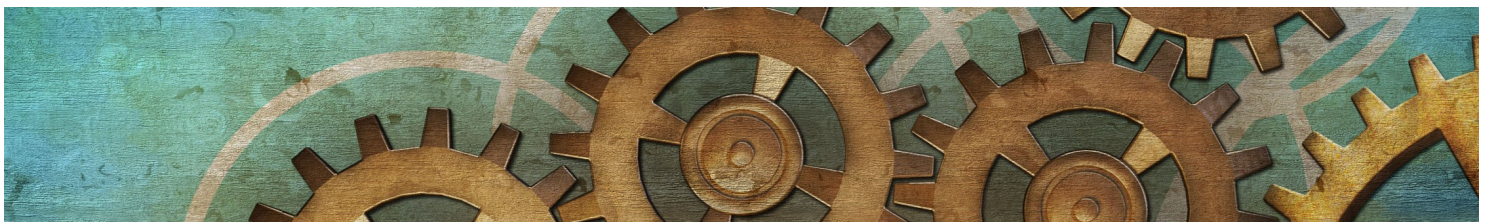


SATURDAY, MARCH 14

TIME	
4:15 – 4:45 p.m.	<p><i>Lions and Tigers and Bears, Oh My! The Explosive Use of Pets & Animals for Mental Health</i></p> <p>Victoria Kelly, MD, FAPA Assistant Professor and Psychiatry Residency Director, University of Toledo</p> <p>Animals have been used to improve hospitalized patients' mental well-being since the 18th century, and the first articles appeared in the medical literature in the late 1980's. However the current day psychiatrist is unprepared for the avalanche of requests for pet therapy that has occurred over the past several years. Navigating the confusing world of pet therapy, animal assisted interventions, service animals, and emotional support animals will assist attendees in understanding the current federal protections and implementing practical guidelines in addressing these requests.</p>

SATURDAY, MARCH 14 - Evening

TIME	FUNCTION
	<p><i>Ohio Psychiatric Physicians Association 70th Anniversary Celebration & Fundraiser</i></p> <p>(See page 7 for details)</p> <p>(schedule and activities subject to change slightly)</p>
4:45 – 5:45 p.m.	Cash Bar and Fundraising Activities (Olentangy Room)
5:45 p.m.	OPPA 70th Anniversary Announcements and Slide Show (Ballroom)
6 p.m.	Dinner is served (Ballroom)
6:30 – 6:45 p.m.	OPPF Annual Awards Presentation (Ballroom)
6:45 p.m.	Announce Fundraising Activities Winners (Ballroom)
7 - 8 p.m.	Keynote Speaker (Ballroom)



SATURDAY, MARCH 14 - Evening

Join us for the Ohio Psychiatric Physicians Association's

70th Anniversary Celebration



Dinner

with

Special Guest Speaker,

Brandon Edwin Chrostowski

Founder, President and CEO of EDWINS Leadership & Restaurant Institute



EDWINS Leadership & Restaurant Institute is a 501(c)(3) organization, was founded in 2007, with the belief that every human being, regardless of their past, has a right to a fair and equal future. EDWINS gives formerly incarcerated adults a foundation in the culinary and hospitality industry while providing a support network necessary for their long-term success. Its mission three-fold:

- 1) to teach a skilled and in-demand trade in the culinary arts;
- 2) empower willing minds through passion for hospitality management; and
- 3) prepare students for a successful transition home.

EDWINS was showcased in the Oscar-nominated documentary *Knife Skills* by Academy Award Winning director Thomas Lennon. [Knife Skills can be viewed here.](#)

Students are not only equipped with basic culinary skills, but are also assisted with finding employment, and have the opportunity to utilize free housing, legal services, basic medical care, clothing, job coaching, literacy programs and more. In 2016, we opened the EDWINS Second Chance Life Skills Center, a 20,000 square foot campus for living, working and recreational enrichment. Today, between its prison program and restaurant and institute at Shaker Square, EDWINS Leadership and Restaurant Institute graduates nearly 100 students a year. After finishing the program or after release from prison, our graduates have gained employment in Cleveland's finest restaurants.



Fundraising activities subject to change



SUNDAY, MARCH 15

TIME	FUNCTION
8 – 8:55 a.m.	Visit Exhibits/Buffer Breakfast
8:55 – 9 a.m.	Poster Presentation Winners Announced (8:40-8:55)
9 – 10 a.m.	<p><i>Getting Into the Weeds on "Medical" Marijuana: An Addictionologist's Perspective</i></p> <p>Christina Delos Reyes, MD Associate Professor, Department of Psychiatry, School of Medicine, Case Western Reserve University, Cleveland</p> <p>This presentation will provide an overview of so-called "medical" marijuana in Ohio. Participants will review the basic pharmacology of the two major compounds found in marijuana and understand the effects of marijuana on health. There will be a discussion of federal and Ohio law regarding cannabinoids. The presentation will also cover potentially challenging elements of recommending cannabinoids for medical use</p>
10 – 10:30 a.m.	<p><i>Media Training: Developing your Message and then Delivering it to the Public</i></p> <p>Glenn O'Neal American Psychiatric Association, Washington, D.C.</p> <p>The focus of this session is on messaging, how to create a message prior to an interview and how to stay on that message during the interview. The session also provides a brief overview of the current media landscape and provides basic tips for interviews.</p>
10:30 - 11 a.m.	Break and Visit Exhibits
11 - 11:30 a.m.	<p><i>Pharmacogenetic Testing</i></p> <p>Jeff Strawn, MD, FAPA Associate Professor of Psychiatry & Pediatrics, Associate Vice Chair of Research, Director, Anxiety Disorders Research Program, Department of Psychiatry & Behavioral Neuroscience, University of Cincinnati</p> <p>The available evidence for pharmacogenomic testing to guide treatment with selective serotonin reuptake inhibitors and serotonin norepinephrine reuptake inhibitors has dramatically increased over the past five years. In this presentation, general pharmacogenetic principles will be summarized and functional polymorphisms in P450 enzymes (and associated metabolizer phenotypes), the serotonin transporter promoter polymorphisms, serotonin 2A receptor genes (e.g., HT2AR) and catecholamine pathway genes (e.g., COMT) will be reviewed. Commonly tested pharmacogenetic markers are discussed with regard to studies of drug levels, efficacy and side effects. Finally, this presentation will summarize the current evidence and review the way in which variations in individual genes that may be relevant to medication metabolism or medication target engagement, can be used to guide treatment in the clinic, today.</p>
11:30 - 12:30 p.m.	<p><i>Ask the Expert: Case Consultations for Complex Psychiatric Cases</i></p> <p>Henry Nasrallah, MD, DFAPA Professor of Psychiatry, Neurology, & Neuroscience, Director, Neuropsychiatry and Schizophrenia Programs, University of Cincinnati College of Medicine, Cincinnati</p> <p>Complex psychiatric cases will be presented. Usually, such cases involve treatment-resistant mood, anxiety or psychotic disorders. Sometimes, the complex patients suffer from one or more psychiatric comorbid conditions and/or medical comorbid conditions, which complicate the clinical presentation, or interfere with achieving a good therapeutic response.</p> <p>Complex cases often require a closer look at the working diagnosis, family history, substance use history, as well as the efficacy, tolerability and safety of previous treatment(s). Sometimes, pharmacokinetic interactions between psychotropic and other prescription medications may account for either poor response or excessive side-effects. Pharmacogenetic testing may be needed for some patients. Complex cases are often associated with polypharmacy to address disparate symptom clusters, and the consultant may sometimes require discontinuing one or more medications or replacing them with other medications that have a different mechanism of action or different pharmacokinetic profile.</p> <p>The ultimate goal of a consultation on complex psychiatric cases is to clarify the diagnosis, and to prioritize what the primary target symptoms should be if the patient suffers from several co-existing neuropsychiatric conditions. Further, the role of psychosocial therapies must always be considered and implemented, in addition to pharmacotherapy.</p>

Speakers



Quinn Capers, IV, MD, FACC, is an interventional cardiologist, medical educator and vice dean for faculty affairs at The Ohio State University College of Medicine. His physician peers have named him one of America's "Best Doctors" annually from 2009 to 2019. He is a passionate advocate for diversity enhancement in medicine as a strategy to reduce health care disparities. Previously the dean of admissions in the College of Medicine from 2009 to 2019, he led OSU to become one of the most diverse medical schools in the country while keeping the average MCAT score of entering classes at or above the 90th percentile. He speaks widely on health care disparities, diversity enhancement in medicine, and implicit bias in health care, and has led workshops that have trained over 1,000 physicians and health care providers in strategies to reduce implicit bias.



Christina Delos Reyes, MD, is medical consultant at the Center for Evidence-Based Practices at Case Western Reserve University and its two Ohio Coordinating Center of Excellence (CCOE) initiatives—the Substance Abuse and Mental Illness (SAMI) CCOE and Supported Employment (SE) CCOE. In this capacity, she provides technical assistance (program consultation, clinical consultation, and training) to service systems and organizations that are implementing evidence-based practices, emerging best practices, and other strategies that improve quality of life and other outcomes for people diagnosed with severe mental illness and substance use disorders. Dr. Delos Reyes earned her medical degree from the Northeastern Ohio Universities College of Medicine (NEOUCOM) in 1996, and she completed her psychiatry residency and Addiction Psychiatry Fellowship at University Hospitals Cleveland Medical Center.



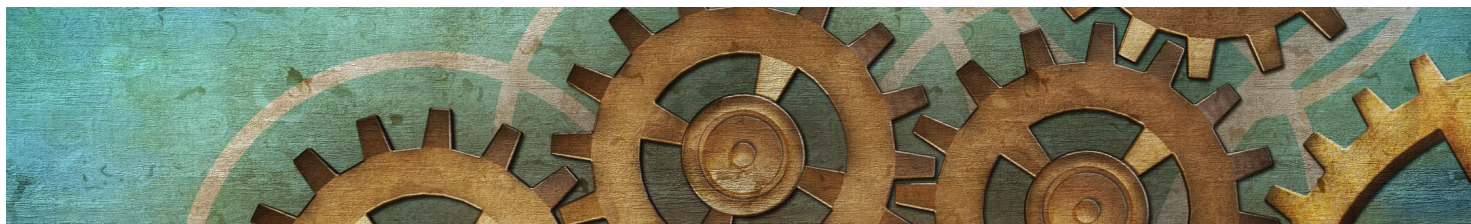
Michelle Drerup, PsyD, DBSM is Director of Behavioral Sleep Medicine at the Cleveland Clinic Sleep Disorders Center. She currently serves as Secretary/Treasurer of the Board of Behavioral Sleep Medicine. She is passionate about education and training and directs the Behavioral Sleep Medicine training program. In conjunction with the Wellness Institute, she developed a six week CBT-I based web program for individuals with insomnia and her current research focuses on exploring the efficacy of web based interventions for sleep in complex medical populations with symptoms of insomnia and implementation of population health management strategies for insomnia.



Larry Faulkner, MD, DFAPA is President and CEO of the American Board of Psychiatry and Neurology (ABPN) and Clinical Professor of Neuropsychiatry and Behavioral Science at the University of South Carolina School of Medicine. From 1994 until he assumed his current position at the ABPN in 2006, he was VP for Medical Affairs and Dean of the School of Medicine at the University of South Carolina. Dr. Faulkner is a past Director of the ABPN, a Past President of the AAPL, a past member of the Psychiatry RRC, and a current ex-officio member of the Psychiatry RRC and the Neurology RRC. He is a Distinguished Life Fellow of the APA and a Fellow of the ACP.



David W. Goodman, MD, DFAPA is Assistant Professor of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine. He is also Director of the Adult Attention Deficit Disorder Center of Maryland in Lutherville and Director of Suburban Psychiatric Associates, LLC. Dr. Goodman has continued a full-time clinical practice focusing on the diagnosis and treatment of mood disorders, adult Attention Deficit/Hyperactivity Disorder, Anxiety Disorders. He has presented over 600 lectures to primary care physicians, psychiatrists, medical specialists and the general public. His psychiatric commentary has been featured on national and regional television and radio. He has been an ADHD consultant to Major League Baseball and now a consultant to the National Football League. Dr. Goodman has been a Principal Investigator for multi-site Phase II and III drug trials for the treatment of adult Attention Deficit/Hyperactivity Disorder and Major Depression. He is the lead author on the largest adult ADHD trial published and the lead author on the largest survey assessment of physician clinical practice for adults with ADHD. He has published articles in peer-reviewed journals, authored four book chapters and [The Black Book of ADHD](#).



Speakers

Judith Hirshman, MD, is a psychiatrist in private practice in Beachwood, specializing in ADHD in adults and has been in practice for 28 years. Dr. Hirshman graduated from Case Western Reserve University School of Medicine in 1988 and did her residency training at University Hospitals of Cleveland. She is Clinical Faculty at CWRU and has taught the didactics on ADHD in adults for over 20 years. Dr. Hirshman has been a speaker on this topic both locally and nationally.



Victoria Kelly, MD, FAPA, is a comprehensive adult psychiatrist who practices in northwest Ohio. She is a Clinical Assistant Professor, Psychiatry Program Director, and Vice Chair for Education at the University of Toledo Medical Center, as well as a collaborative care psychiatrist through her joint appointment with the Family Practice Department. In addition, she practices forensic psychiatry at Unison Health, a community mental health center, working with individuals on conditional release. An Ohio native, she completed her undergraduate degree at Kent State University, her medical degree at Northeastern Ohio Medical University, and psychiatry training at the Ohio State University Medical Center. She also has experience in the private sector, where she worked for several years at her concierge practice, Success and Wellness Associates. She is active in community advocacy and education, serving as President of the Ohio Psychiatric Physicians Association, past President of National Alliance on Mental Illness of Greater Toledo, and educator with law enforcement at Crisis Intervention Team Trainings. Dr. Kelly is a renowned lecturer and has provided her expertise as a public speaker in many settings at the national, state and local level. She is a well-respected educator who also appears regularly on television as a monthly contributor to northwest Ohio's CBS affiliate discussing various topics related to mental health & addictions to improve education, advocate for effective patient care, and decrease stigma associated with mental health disorders.



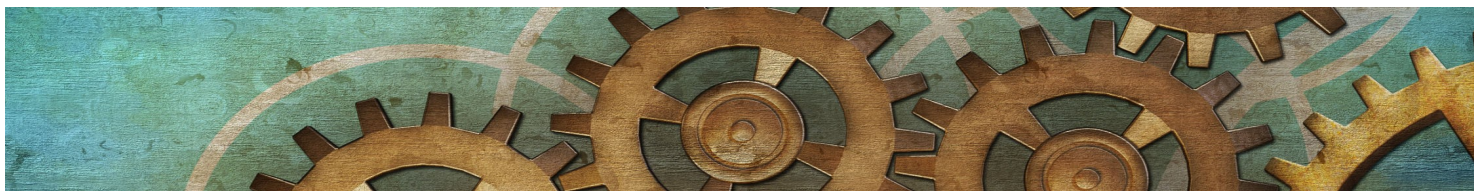
Henry A. Nasrallah, MD, DFAPA is a widely recognized neuropsychiatrist, educator and researcher. Following his psychiatric residency at the University of Rochester and neuroscience fellowship at the NIH, he served for 18 years as chair of psychiatry at two universities (Ohio State and St. Louis) and as associate dean for four years. He is currently Professor of Psychiatry, Neurology and Neuroscience, Medical Director of Neuropsychiatry Program and Director of the Schizophrenia Program in the Department of Psychiatry and Behavioral Neuroscience at the University of Cincinnati College of Medicine. Dr. Nasrallah's research focuses on the neurobiology and psychopharmacology of schizophrenia and psychotic mood disorders. He has published 425 scientific articles, 550 abstracts, 150 editorials, and 12 books. He is Editor-In-Chief of two journals (*Schizophrenia Research* and *Current Psychiatry*) and is the co-founder of the Schizophrenia International Research Society (SIRS). He is a Distinguished Fellow of the American Psychiatric Association and served as president of the Ohio Psychiatric Physicians Foundation, president of the American Academy of Clinical Psychiatrists, President of the Missouri Psychiatric Association and the Scientific Director of the CURESZ Foundation. He has twice received the NAMI Exemplary Psychiatrist Award and was chosen as the U.S.A. Teacher of the Year by the *Psychiatric Times*. He has received the Golden Apple Teaching Award at four different universities. He has received over 95 research grants and is listed annually in the book "Best Doctors in America".



Glenn O'Neal, is the Deputy Chief of Communications and the Director of the Office of Corporate Communications and Public Affairs for the American Psychiatric Association (APA). In that role, Glenn oversees the media relations, social media and public relations functions of the APA. Prior to joining the APA in December 2014, Glenn was a journalist with more than two decades of experience as a reporter and assignment editor. He spent the last 14 years of his journalism career as an Assignment Editor at *USA Today*, managing teams of reporters on short-term and long-term coverage for the paper and its website.



Jeff Strawn, MD, FAPA is an Associate Professor of Psychiatry and Pediatrics at the University of Cincinnati and at Cincinnati Children's Hospital. He earned a bachelor's degree in biology at the University of Kentucky and then his M.D. from the University of Cincinnati (UC). He completed general psychiatry residency training at the UC and a clinical fellowship in child and adolescent psychiatry at Cincinnati Children's Hospital. His research focuses on anxiety disorders and risk factors for these conditions as well as on the pharmacologic treatment of these disorders. With his collaborators, Dr. Strawn uses functional neuroimaging, pharmacogenetics and pharmacologic approaches to identify early predictors of treatment response and medication tolerability in anxiety disorders. In his clinical practice, at Cincinnati Children's Hospital, he works with youth with anxiety and related disorders and with their families and supervises residents and fellows. Dr. Strawn has authored 130 peer-reviewed publications and co-authored two textbooks on the treatment of children and adolescents and on contemporary psychotherapy. He is a Distinguished Fellow of the American Academy of Child & Adolescent Psychiatry and has received multiple awards for teaching, mentorship and research.



Registration



Register online:
www.ohiopsychiatry.org



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



(614) 763-0040



(614) 481-7559

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Contact Information

Please print

Name _____

Address _____

Degree ____ MD ____ DO ____ PhD ____ APN ____ LISW ____ LPCC

____ Other (please specify) _____

City/State/Zip _____

E-mail _____

Phone _____ Fax _____

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Registration Information

MEMBERS

Registration Type	Early Bird Rate By Feb. 3	Regular Rate	Late Rate After Feb. 23
Annual Psychiatric Update (Mar. 14-15, 2020)			
OPPA Member	<input type="checkbox"/> \$225	<input type="checkbox"/> \$250	<input type="checkbox"/> \$275
OPPA Resident-Fellow Member	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175	<input type="checkbox"/> \$200
Saturday Dinner and Raffle			
Individual seat	<input type="checkbox"/> \$60	<input type="checkbox"/> \$75	
Table for 8	<input type="checkbox"/> \$450	<input type="checkbox"/> \$500	

Registration Total \$ _____

NON-MEMBERS

Registration Type	Early Bird Rate By Feb. 3	Regular Rate	Late Rate After Feb. 23
Annual Psychiatric Update (Mar. 14-15, 2020)			
Non-Member Psychiatrist, other Physician, or Psychologist	<input type="checkbox"/> \$325	<input type="checkbox"/> \$350	<input type="checkbox"/> \$375
Non-Member Resident-Fellow	<input type="checkbox"/> \$225	<input type="checkbox"/> \$250	<input type="checkbox"/> \$275
Nurse, Counselor, Social Worker or Physician Assistant	<input type="checkbox"/> \$250	<input type="checkbox"/> \$275	<input type="checkbox"/> \$300
Saturday Dinner and Raffle			
Individual seat	<input type="checkbox"/> \$75		
Table for 8	<input type="checkbox"/> \$500		

Registration Total \$ _____

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Payment Information

Registration Total \$ _____
(from the left)

Additional Options

☐ I would like to sponsor AND mentor a Medical Student to attend the OPPA Annual Psychiatric Update, March 14-15, 2020 \$125

☐ I am unable to serve as a mentor during the meeting but would like to sponsor a Medical Student to attend the OPPA Annual Psychiatric Update, March 14-15, 2020 \$125

☐ I am unable to sponsor a student at this time but would like to serve as a mentor at the OPPA Annual Psychiatric Update, March 14-15, 2020

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

Student Name _____

Email _____

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.

☐ I am a non-member psychiatrist and want to receive \$100 off my OPPA dues when I join the OPPA/APA by April 30, 2020.

Grand Total \$ _____

Method of Payment:

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

If you wish to pay by credit card please [register online](#)

** Limited seats are available for the Dinner on Saturday. As a member benefit priority will be given to OPPA Members. For more details on the Saturday night event see page 7 or visit [www.ohiopsychiatry.org](#).

* 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.