

CONFERENCE SUMMARY

COURSE DESCRIPTION

This is the 12th meeting of this highly acclaimed conference which previous attendees have praised for its quality and usefulness.

This year’s conference will feature lectures on a broad variety of topics from a clinical and public health perspective.

AUDIENCE

Pediatricians, Family Medicine Physicians, Nurses and Other Primary Care Providers, Mental Health Professionals, Educators, and Social Workers.

OBJECTIVES

The objective of this conference is to equip primary care clinicians and other professionals with updated knowledge on issues related to child mental health and to provide practical and updated strategies for the assessment and treatment of many of the most common childhood psychiatric conditions and problems. Specific topics to be addressed at this year’s conference include the treatment of anxiety disorders, cannabis, impact of smartphones on mental health, and early psychotic symptoms.

Emphasis will focus on incorporating strategies within the practical confines of a busy outpatient setting. Treatment options, both pharmacological and non-pharmacological, will be presented. There will also be opportunities for small group discussion of your specific clinical questions.

- At the end of the conference, participants should be able to:
- 1. Design a multi-modal treatment plan for youth with anxiety disorders based on the scientific evidence.
 - 2. Describe current research findings about the impact of smartphones on mental health.
 - 3. Be able to discuss with an adolescent the known risk factors for early cannabis use.

REGISTRATION FEE SUMMARY

\$275 Physicians
\$195 Other Health Professionals

REGISTRATION AND CANCELLATION

All course materials, continental breakfast and coffee breaks are included. Refunds, less a \$75 administrative fee are available if that cancellation is made prior to **April 4, 2018**. No refunds are possible after that date.

David C. Rettew, M.D.
Course Director



CONFERENCE SPEAKERS

COURSE DIRECTOR:

David C. Rettew, M.D.
Associate Professor of Psychiatry and Pediatrics
University of Vermont Larner College of Medicine
Director, Pediatric Psychiatry Clinic
Program Director, Child & Adolescent Psychiatry Fellowship
University of Vermont Medical Center

FACULTY/SPEAKERS:

Stephanie M. Bless, FNP-BC
Nurse Practitioner & Family Wellness Coach
Vermont Center for Children, Youth & Families
University of Vermont Medical Center

Sarah E. Guth, M.D.
Assistant Professor of Psychiatry
University of Vermont Larner College of Medicine

Allison Y. Hall, M.D.
Assistant Professor of Psychiatry and Pediatrics
University of Vermont Larner College of Medicine

Peter R. Jackson, M.D.
Assistant Professor of Psychiatry
University of Vermont Larner College of Medicine

James J. Hudziak, M.D.
Professor of Psychiatry, Medicine and Pediatrics
University of Vermont Larner College of Medicine
Professor of Communication Science and Disorders and
Thomas M. Achenbach Chair in Developmental Psychopathology
University of Vermont
Director, Vermont Center for Children, Youth and Families
University of Vermont Medical Center

Andrew J. Rosenfeld, M.D.
Assistant Professor of Psychiatry
University of Vermont Larner College of Medicine

Sara E. Pawlowski, M.D.
Assistant Professor of Psychiatry
University of Vermont Larner College of Medicine

Maya P. Strange, M.D.
Assistant Professor of Psychiatry
University of Vermont College of Medicine

Pamela J. Swift, Ph.D.
Postdoctoral Associate
University of Vermont Larner College of Medicine

Laura Wainer, APRN
Family Psychiatric/Mental Health Nurse Practitioner
Vermont Center for Children, Youth & Families
University of Vermont Medical Center

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The University
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LARNER COLLEGE OF MEDICINE
CONTINUING MEDICAL AND
INTERPROFESSIONAL EDUCATION
401 Water Tower Circle, Suite 102
Colchester, VT 05446

Child Psychiatry
in Primary Care
Conference
May 4, 2018
Hampton Inn
Colchester, VT

The University of Vermont
Larner College of Medicine
Presents the 12th Annual
Child Psychiatry in
Primary Care Conference

May 4, 2018
Hampton Inn
Colchester, VT

- Topics Include:
- Cannabis in the age of legalization
 - The promise and perils of smartphones
 - Developing and maintaining wellness plans



PROGRAM SCHEDULE

FRIDAY, MAY 4, 2018

Time	Topic	Presenter
7:30 am	Registration and Continental Breakfast	
8:15 - 8:30 am	Opening Remarks	David C. Rettew, M.D.
8:30 - 9:15 am	What's Hot in Child Psychiatry	James J. Hudziak, M.D.
9:15 - 10:00 am	Cannabis in the Age of Legalization	Peter R. Jackson, M.D.
10:00 - 10:45 am	Approach to Pediatric Anxiety Disorders	David C. Rettew, M.D.
10:45 - 11:00 am	Break	
11:00 - 11:45 am	Helping Kids Get to Sleep and Stay Asleep	Andrew J. Rosenfeld, M.D., and Pamela J. Swift, Ph.D.
11:45 am - 1:00 pm	Lunch	
1:00 - 1:30 pm	Panel Discussion for Clinical Questions	Faculty
1:30 - 2:00 pm	Psychotic Experiences in Youth: When to Worry	Maya P. Strange, M.D.
2:00 - 2:30 pm	Developing and Maintaining Patient Wellness Plans	Allison Y. Hall, M.D.
2:30 - 3:00 pm	Reflections from an "Integrated Care" Psychiatrist	Sara E. Pawlowski, M.D.
3:00 - 3:15 pm	Break	
3:15 - 4:00 pm	Breakout A	
4:00 - 4:45 pm	Breakout B	
4:45 pm	Adjourn	



BREAKOUT SESSIONS

1. Implications of New Laws Allowing Adolescent Mental Health Treatment Without Parental Consent
David C. Rettew, M.D.
2. What is Disruptive Mood Dysregulation Disorder (DMDD) and Why Should I Care?
Sarah E. Guth, M.D.
3. The Promise and Perils of Smartphones
Laura Wainer, APRN and **Stephanie M. Bless, FNP-BC**

CONFERENCE DETAILS

CONFERENCE LOCATION

The conference will be held at the Hampton Inn in Colchester, VT. Take Exit 16 from I89 and turn north on Route 7. Turn right onto Lower Mountain View Drive.

A limited number of rooms with reduced rates has been reserved for conference registrants at the Hampton Inn. Please make your hotel reservations directly with the hotel (802-655-6177) prior to April 3rd and indicate your participation in this conference to receive special rates (\$109 single – quad occupancy per room, per night). Room rates cannot be guaranteed after April 3, 2018.

SYLLABUS

The conference syllabus will be available as an electronic download with presentations as PDF files (included with your registration fee). Please plan to bring your laptop or electronic device with you to the conference to view both the conference materials as well as to complete the online conference evaluations via the UVM CMIE credit system. You will receive an email notification (via the email you used to register for this conference) about a week prior to the conference start date that presentations will be available for downloading. Please note: printed syllabus, paper copies of evaluations and paper CMIE certificates will no longer be provided.



ACCREDITATION

In support of improving patient care, The Robert Larner College of Medicine at The University of Vermont is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Vermont designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Credit applications for Social Work, Psychology and Mental Health are pending approval.

This program has been reviewed and is acceptable for up to 6.5 Nursing Contact Hours.

Determination of Pharmacotherapeutic Credit is pending.

REGISTRATION FORM

CHILD PSYCHIATRY IN PRIMARY CARE CONFERENCE

To register online: www.med.uvm.edu/cme

NAME (As you would like it to appear on your nametag and certificate)

DEGREE: ☐ MD ☐ DO ☐ ND ☐ PA ☐ NP ☐ RN ☐ Other

STREET ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

SPECIALTY

BREAKOUT WORKSHOP SESSIONS

There will be opportunity to attend two workshops. Please rank order your preferences from 1 (most) to 3 (least desirable). There is limited enrollment in each workshop. Based on receipt of registrations, **every effort will be made to provide you with your preferred workshops.**

___ Implications of New Laws Allowing Adolescent Mental Health Treatment Without Parental Consent – **David C. Rettew, M.D.**

___ What is Disruptive Mood Dysregulation Disorder (DMDD) and Why Should I Care? – **Sarah E. Guth, M.D.**

___ The Promise and Perils of Smartphones – **Laura Wainer, APRN** and **Stephanie M. Bless, FNP-BC**

REGISTRATION FEE SUMMARY:

- ☐ \$275 Registration Fee — Physicians
☐ \$195 Registration Fee — Other Health Professionals
☐ **Late Fee: Add \$75 if received after April 4, 2018**

Total Enclosed _____

PAYMENT METHOD

- ☐ To pay by credit card, please register online by visiting www.med.uvm.edu/cme and selecting "Child Psychiatry Conference."
☐ To pay by check, (payable to the University of Vermont) — Please mail your payment along with a completed registration form to:

UVM CMIE, 401 Water Tower Circle, Suite 102, Colchester, VT 05446

PHONE: 802-656-2292 **FAX:** 802-656-1925