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 assessment 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.

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. Bliss, 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 T. 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
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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 Weiner, APRN
Family Psychiatric/Mental Health Nurse Practitioner
Vermont Center for Children, Youth & Families
University of Vermont Medical Center
# PROGRAM SCHEDULE

**FRIDAY, MAY 4, 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>7:30 am</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>8:15 - 8:30 am</td>
<td>Opening Remarks</td>
<td>David C. Rettew, M.D.</td>
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<tr>
<td>8:30 - 9:15 am</td>
<td>What’s Hot in Child Psychiatry</td>
<td>James J. Hudziak, M.D.</td>
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<td>9:15 - 10:00 am</td>
<td>Cannabis in the Age of Legalization</td>
<td>Peter R. Jackson, M.D.</td>
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<tr>
<td>10:00 - 10:45 am</td>
<td>Approach to Pediatric Anxiety Disorders</td>
<td>David C. Rettew, M.D.</td>
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<td>10:45 - 11:00 am</td>
<td>Break</td>
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<tr>
<td>11:00 - 11:45 am</td>
<td>Helping Kids Get to Sleep and Stay Asleep</td>
<td>Stephanie M. Bless, FNP-BC; Laura Wainer, APRN</td>
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<tr>
<td>11:45 am - 1:00 pm</td>
<td>Lunch</td>
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<tr>
<td>1:00 - 1:30 pm</td>
<td>Panel Discussion for Clinical Questions</td>
<td>Faculty</td>
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<tr>
<td>1:30 - 2:00 pm</td>
<td>Psychiatric Experiences in Youth: When to Worry</td>
<td>Mary P. Strange, M.D.</td>
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<tr>
<td>2:00 - 2:30 pm</td>
<td>Developing and Maintaining Patient Wellness Plans</td>
<td>Allison V. Hall, M.D.</td>
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<tr>
<td>2:30 - 3:00 pm</td>
<td>Reflections from an “Integrated Care” Psychiatrist</td>
<td>Sara E. Powalski, M.D.</td>
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<td>3:00 - 3:15 pm</td>
<td>Break</td>
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<tr>
<td>3:15 - 4:00 pm</td>
<td>Breakout A</td>
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<tr>
<td>4:00 - 4:45 pm</td>
<td>Breakout B</td>
<td></td>
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<tr>
<td>4:45 pm</td>
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## 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 LOCATION

The conference will be held at the Hampton Inn in Colchester, VT. Take Exit 16 from I-95 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 (STD 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.

## CONFERENCE DETAILS

**Registration Fee Summary:**

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

## PAYMENT METHOD

- To be paid by credit card, please register online by visiting www.med.uvm.edu/cme and indicate your participation in this conference to receive special rates (STD single – quad occupancy per room, per night). Room rates cannot be guaranteed after April 3, 2018.
- 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.
- Contact: 802-656-1925
- FAX: 802-655-9733

**Registration Form**

**Child Psychiatry in Primary Care Conference**

1. **To register online:** www.med.uvm.edu/cme
2. **To register by mail:** Complete the registration form and mail your payment along with a completed registration form to: UVM-CMIE, 401 Water Tower Circle, Suite 102, Colchester, VT 05446.