

East Boston Neighborhood Health Center Project

Friday – Saturday • September 10-11, 2021 • Virtual

WELCOME

On behalf of the entire Massachusetts General Hospital Department of Psychiatry, we are proud to welcome you to our conference: East Boston Neighborhood Health Center Project.

The importance of early identification and intervention is vital to helping children have the best possible mental health outcomes. This two-day training makes your practice better equipped to manage mild-to-moderate mental health concerns in children and youth. This CME Program is designed to enhance your skills to assess, treat and manage common mental health concerns in children and youth.

Enjoy the program!

TARGET AUDIENCE

The target audience for this event is: primary care and family practice physicians, pediatricians, psychiatrists, nursing professionals, residents, and other mental health, primary care and pediatric clinicians

EVALUATION FORMS/CME/CEU CERTIFICATES

Every participant needs to complete the activity evaluation online to claim CME/CEU credits for this course. Please refer to the **Evaluation and CME Information** document in this syllabus for more information. We strongly encourage you to complete the evaluation, even if you do not require a certificate. Your comments are important to us as we plan future programs. The link to claim credit is as follows:

<https://lms.mghcme.org/content/EBNHPsept21>

Access Code is: EastBoston

QUESTIONS

Opportunity for questions will be provided at the end of each module during the panel discussion. Please write your questions in the chat box on Zoom. Experience has shown that this method is preferable to that of spontaneous questions.

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CONTACT INFORMATION

For questions or comments, please contact MGH Psychiatry Academy member services at 866-644-7792 or mghcme@mgh.harvard.edu.

LEARNING OBJECTIVES

At the end of this educational activity, participants should be able to:

1. Recognize the presentation, diagnosis, comorbidity, neurobiology, and current treatment options available for individuals with Neurodevelopmental and Disorders of Dysregulated Mood.

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2. Assess depression in youth, and evaluate the treatment options for children and adolescents, including an assessment of the black box warning for SSRIs.
3. Differentiate common anxiety disorders and describe their assessment and treatment.
4. Recognize the behaviors resulting from trauma that require treatment, and evaluate the treatment options for children and adolescents
5. Define pediatric bipolar disorder, and provide examples of effective evidence-based therapies

ACCREDITATION

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 McLean Hospital and Massachusetts General Hospital. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians.

McLean Hospital designates this live activity for a maximum of **7.75 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

REGISTERED NURSES

This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for **7.75** contact hours of nursing continuing education credit. Advance practice nurses, please note: Educational activities which meet the requirements of the ACCME (such as this activity) count towards 50% of the nursing requirement for ANCC accreditation.

Other CE Licenses: Other Providers can claim a Participation Certificate upon successful completion of this course. Participation Certificates will specify the title, location, type of activity, date of activity, and number of *AMA PRA Category 1 Credits™* associated with the activity. Providers should check with their regulatory agencies to determine ways in which *AMA PRA Category 1 Credits™* may or may not fulfill continuing education requirements. Providers should also consider saving copies of brochures, agenda, and other supporting documents

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AGENDA

DAY ONE

Introduction & Overview

8:30-8:45am Welcome, Introduction
Khadijah Booth Watkins, MD

Module Topic 1: Trauma-Informed Care

8:45–9:05am Assessment and Diagnosis
Robert R. Althoff, MD, PhD

9:05-9:25am Screening
Robert R. Althoff, MD, PhD

9:25-9:45am Treatment
Robert R. Althoff, MD, PhD

9:45-10:15am Question and Answer
Robert R. Althoff, MD, PhD

10:15-10:30am Break

Module Topic 2: Depression

10:30–10:50am Assessment and Diagnosis
Khadijah Booth Watkins, MD

10:50-11:10am Antidepressants, Youth and Suicide
Khadijah Booth Watkins, MD

11:10-11:30am Treatment
Khadijah Booth Watkins, MD

11:30-12:00pm Question and Answer
Khadijah Booth Watkins, MD

12:00-1:00 pm Simulation Exercise: Unipolar and Bipolar
Matthew Lahaie, MD, JD

1:00 pm Adjourn

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DAY TWO

Introduction & Overview

8:30-8:45am Welcome and Introduction
David H. Rubin, MD

Module Topic 3: Anxiety

8:45-9:05am Assessment and Diagnosis
Erica L. Greenberg, MD

9:05-9:25am Treatment
Erica L. Greenberg, MD

9:25-9:50am Question and Answer
Erica L. Greenberg, MD

9:50-10:05am Break

Module Topic 4: Neurodevelopmental and Disorders of Dysregulated Mood

10:05-10:25 am Explosive Behavior in Children and Adolescents
Carrie Vaudreuil, MD

10:25-11:10 am The Assessment and Management of Pediatric Bipolar Disorder
Joseph Biederman, MD

11:10-11:35 am The Assessment and Management of Autism Spectrum Disorder
Gagan Joshi, MD

11:35-12:20 pm Question and Answer
Moderator: Joseph Biederman, MD
Panelists: Gagan Joshi, MD, Carrie Vaudreuil, MD

12:20 pm Adjourn

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PROGRAM FACULTY

PLANNERS & COURSE DIRECTORS

David Rubin, MD (*Course Director*)

Director, Child and Adolescent Psychiatry Residency Training
Massachusetts General Hospital and McLean Hospital
Director, Postgraduate Medical Education, Department of Psychiatry
Executive Director, Massachusetts General Hospital Psychiatry Academy
Massachusetts General Hospital

Jane Pimental, MPH (*Planner*)

Managing Director, MGH Psychiatry Academy

Robert Althoff, MD

Associate Professor of Psychiatry, Pediatrics, & Psychological Science
Vice Chair for Clinical Affairs, Department of Psychiatry
The Larner College of Medicine at the University of Vermont

Joseph Biederman, MD

Chief, Clinical & Research Programs in Pediatric Psychopharmacology & Adult ADHD
Director, Bressler Program for Autism Spectrum Disorders
Trustees Endowed Chair in Pediatric Psychopharmacology
Massachusetts General Hospital
Professor of Psychiatry, *Harvard Medical School*
Harvard Medical School

Erica Greenberg, MD

Director, Pediatric Psychiatry OCD and
Tic Disorders Program
Psychiatrist
Massachusetts General Hospital
Instructor
Harvard Medical School

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Gagan Joshi, MD

Director, Autism Spectrum Disorder Program in
Pediatric Psychopharmacology
Medical Director, The Alan & Lorraine Bressler
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Massachusetts General Hospital
Associate Professor of Psychiatry
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Co-Director, Harvard Mass General Brigham Forensic Psychiatry Fellowship
Massachusetts General Hospital
Instructor, Department of Psychiatry
Harvard Medical School

Carrie Vaudreuil, MD

Psychiatrist, Massachusetts General Hospital Pediatric Psychopharmacology and Adult ADHD clinic
Site Director, Massachusetts Child Psychiatry Access Program
Instructor, Harvard Medical School

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Associate Director, Child and Adolescent Psychiatry Residency Training
Massachusetts General Hospital and McLean Hospital
Associate Director, The Clay Center for Young Healthy Minds
Massachusetts General Hospital and McLean Hospital

FACULTY DISCLOSURE STATEMENTS

In accord with the disclosure policy of McLean Hospital as well as guidelines set forth by the Accreditation Council on Continuing Medical Education, all people in control of educational content, including speakers, course directors, planners, and reviewers, have been asked to disclose all relevant financial relationships with commercial interests of both themselves and their spouses/partners over the past 12 months, as defined below:

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The ACCME defines a “commercial interest” as any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests. For more information, visit www.accme.org.

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associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received, or expected. ACCME considers relationships of the person involved in the CME activity to include financial relationships of a spouse or partner.

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Robert Althoff, MD

Ownership Share/Royalties:

WISER Systems, LLC

Grant Funding:

NIH

Yearly Honorarium:

AACAP (associate editor)

Joseph Biederman, MD

Research Support:

Genentech, Headspace Inc., Lundbeck, Neurocentria Inc., Pfizer, Roche TCRC Inc., Shire Pharmaceuticals Inc., Sunovion, and Tris Tris.

Royalties paid to Department of Psychiatry at MGH (Licensing copyrights rating scale used for ADHD diagnoses):

Biomarin, Bracket Global, Cogstae, Ingenix, Medavent Prophase, Shire, Sunovion, and Theravance

Erica Greenberg, MD

Speaker Honoraria/Educational Speaker:

Psychiatry Education Forum, LLC, MGH Psychiatry Academy, AACAP

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Gagan Joshi, MD

Research Support:

F. Hoffmann-La Roche Ltd, National Institute of Mental Health Grant Award #K23MH100450,
Demarest Lloyd, Jr Foundation

All other individuals including course directors, planners, reviewers, faculty, staff, etc., who are in a position to control the content of this educational activity have, on behalf of themselves and their spouse or partner, reported no financial relationships related to the content of this activity.