

## ***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/EBNHCPsept21>

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.

### **COPYRIGHT**

The course materials and PowerPoint presentations are copyright protected by Massachusetts General Hospital, Department of Psychiatry, Division of Postgraduate Education, the faculty members and the appropriate authors. Videotaping and audiotaping are not allowed. Thank you for your cooperation.

### **CONTACT INFORMATION**

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

## ***East Boston Neighborhood Health Center Project***

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

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*<sup>™</sup>**. 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*<sup>™</sup> associated with the activity. Providers should check with their regulatory agencies to determine ways in which *AMA PRA Category 1 Credits*<sup>™</sup> may or may not fulfill continuing education requirements. Providers should also consider saving copies of brochures, agenda, and other supporting documents



## ***East Boston Neighborhood Health Center Project***

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

### **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



## ***East Boston Neighborhood Health Center Project***

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

### **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



## ***East Boston Neighborhood Health Center Project***

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

### **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



## ***East Boston Neighborhood Health Center Project***

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

### **Gagan Joshi, MD**

Director, Autism Spectrum Disorder Program in  
Pediatric Psychopharmacology  
Medical Director, The Alan & Lorraine Bressler  
Program for Autism Spectrum Disorder  
Massachusetts General Hospital  
Associate Professor of Psychiatry  
Harvard Medical School

### **Matthew Lahaie, MD, JD**

Director, Law & Psychiatry Service  
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

### **Khadijah Booth Watkins, MD, MPH**

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:

### **Commercial Interest**

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](http://www.accme.org).

### **Financial relationships**

Financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually

## ***East Boston Neighborhood Health Center Project***

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

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.

### **Relevant financial relationships**

ACCME focuses on financial relationships with commercial interests in the 12-month period preceding the time that the individual is being asked to assume a role controlling content of the CME activity. ACCME has not set a minimal dollar amount for relationships to be significant. Inherent in any amount is the incentive to maintain or increase the value of the relationship. The ACCME defines “relevant” financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest.

### **Conflict of Interest**

Circumstances create a conflict of interest when an individual has an opportunity to affect CME content about products or services of a commercial interest with which he/she has a financial relationship.

**The following planners, speakers, and content reviewers, on behalf of themselves and their spouse or partner, have reported financial relationships with an entity producing, marketing, re-selling, or distributing health care goods or services (relevant to the content of this activity) consumed by, or used on, patients:**

#### **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



MASSACHUSETTS  
GENERAL HOSPITAL

PSYCHIATRY ACADEMY

## ***East Boston Neighborhood Health Center Project***

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

**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.**