



## **Child & Adolescent Psychopharmacology 2023**

Friday-Sunday • March 17-19, 2023

*Kapolei, Hawaii*

### **WELCOME**

On behalf of the entire Massachusetts General Hospital Department of Psychiatry, we are proud to welcome you to our conference on Child and Adolescent Psychopharmacology.

Our goal during this conference is to help you provide the best possible care to young patients who suffer from mental health conditions. Our faculty provide a complete update across research developments, assessment tools, barriers to care, and treatment strategies. The agenda is organized into topic-specific modules that include short lectures and Q&A panels. The panels provide the opportunity to ask questions about the content and easily translate evidence into clinical practice.

You have our full attention over the next three days and we will do our very best to help you assess, treat and manage your patients using the latest evidence to inform your decisions.

Enjoy the program!

### **TARGET AUDIENCE**

The target audience for this event is psychiatrists, primary care and family practice physicians, pediatricians, psychologists, nursing professionals, social workers, 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: [mghcme.org/child2023](https://mghcme.org/child2023)

### **QUESTIONS**

Opportunity for questions will be provided at the end of each module during the panel discussion. The link for questions has been provided to you and can be found on the meeting running slides.

### **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:

- Recognize the presentation, diagnosis, and current treatment options available for attention deficit hyperactivity disorder in childhood and adolescence.
- Discuss the presentation, diagnosis, and current treatment options available for depression, psychosis, bipolar disorder, and anxiety.
- Discuss the available naturopathic treatments for emotional dysregulation in youth, including pros, cons, and available evidence.
- Examine the evidence base for the Pediatric Autoimmune Neurological Disorder Associated with Streptococcus symptoms and its relation to OCD.
- Compare and contrast psychotherapeutic treatment approaches for children including DBT, CBT, and others.

## 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 **15.5 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## PSYCHOLOGISTS

The Massachusetts General Hospital Department of Psychiatry is approved by the American Psychological Association to sponsor continuing education (CE) for psychologists. The Massachusetts General Hospital Department of Psychiatry maintains responsibility for this program and its content. This offering meets the criteria for **15.5** Continuing Education (CE) credits for psychologists.

## REGISTERED NURSES

This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for **15.5** 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.

## SOCIAL WORKERS

This program has been approved for 15.5 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D 91558.

## AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP)

The AAFP has reviewed Child and Adolescent Psychopharmacology 2023 and deemed it acceptable for up to 15.50 Live AAFP Prescribed credits. Term of Approval is from 03/17/2023 to 03/19/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **AMERICAN BOARD OF PSYCHIATRY AND NEUROLOGY (ABPN)**

THE AMERICAN BOARD OF PSYCHIATRY AND NEUROLOGY HAS REVIEWED THE *CHILD AND ADOLESCENT PSYCHOPHARMACOLOGY 2022* AND HAS APPROVED THIS PROGRAM AS A PART OF A COMPREHENSIVE *CONTINUING MEDICAL EDUCATION* ACTIVITY, WHICH IS MANDATED BY THE ABMS AS A NECESSARY COMPONENT OF CONTINUING CERTIFICATION.

This program is an ABPN-Approved CME activity. It awards up to 15.5 Category 1 CME credits.

**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.

### **AGENDA**

#### **FRIDAY MARCH 17, 2023**

8:00 – 8:10 AM      **Introduction**  
David H. Rubin, MD, Timothy E. Wilens, MD, Janet Wozniak, MD

#### **MODULE TOPIC 1: OVERVIEW OF PEDIATRIC PSYCHOPHARMACOLOGY**

8:10 – 8:30 AM      **Diagnosis & Assessment in Pediatric Psychopharmacology**  
Timothy E. Wilens, MD

#### **MODULE TOPIC 2: MOOD DISORDERS**

8:30 – 8:50 AM      **Juvenile Depression**  
David H. Rubin, MD

8:50 – 9:10 AM      **Illuminating the Black Box: Antidepressants, Youth and Suicide**  
David H. Rubin, MD

9:10 – 9:30 AM      **Electroconvulsive Therapy**  
David H. Rubin, MD

9:30 – 9:50 AM      **Juvenile Mania**  
Janet Wozniak, MD

9:50 – 10:10 AM      **Differentiating Unipolar vs. Bipolar Mood Disorders in the Young**  
Janet Wozniak, MD

- 10:10 – 10:25 AM      **Break**
- 10:25 – 10:45 AM      **Distinguishing Emotional Dysregulation from Mania**  
Janet Wozniak, MD
- 10:45 – 11:15 AM      **Question & Answer Panel**  
Moderator: Timothy E. Wilens, MD  
Panelists: Janet Wozniak, MD and David Rubin, MD

### **MODULE TOPIC 3: MOOD DISORDERS II**

- 11:15 – 11:35 AM      **Family Genetics of Bipolar Disorder**  
Janet Wozniak, MD
- 11:35 – 11:55 AM      **Schizophrenia & Pharmacological Approaches to Pediatric Mania**  
Janet Wozniak, MD
- 11:55 – 12:15 PM      **Nutraceuticals in Pharmacology**  
Janet Wozniak, MD
- 12:15 – 12:45 PM      **Question & Answer Panel**  
Moderator & Panelist: Janet Wozniak, MD
- 12:45 – 1:45 PM      **Lunch Break**

### **MODULE TOPIC 4: OCD, ANXIETY DISORDERS, TOURETTE’S, PANDAS**

- 1:45 – 2:05 PM      **Tourette’s Disorder & Tics**  
Barbara J. Coffey, MD, MS
- 2:05 – 2:25 PM      **Obsessive Compulsive Disorder**  
Barbara J. Coffey, MD, MS
- 2:25 – 2:45 PM      **PANDAS**  
Barbara J. Coffey, MD, MS
- 2:45 – 3:05 PM      **Pediatric Anxiety Disorders**  
Barbara J. Coffey, MD, MS
- 3:05 – 3:35 PM      **Question & Answer Panel**  
Moderator: Timothy E. Wilens, MD  
Panelist: Barbara J. Coffey, MD, MS
- 3:35 PM      **Adjourn**

### **SATURDAY, MARCH 18, 2023**

- 8:00 – 8:05 AM      **Introduction**  
Timothy E. Wilens, MD

### **MODULE TOPIC 5: ADHD I**

8:05 – 8:25 AM	<b>ADHD and its Treatment Across the Life Cycle</b> Timothy E. Wilens, MD
8:25 – 8:45 AM	<b>Treatment of ADHD with Stimulants I</b> Timothy E. Wilens, MD
8:45 – 9:05 AM	<b>Treatment of ADHD with Stimulants II</b> Timothy E. Wilens, MD
9:05 – 9:25 AM	<b>Pharmacological Treatment of ADHD Across the Life Span: Nonstimulants</b> Timothy E. Wilens, MD
9:25 – 9:40 AM	<b>Break</b>
9:40 – 10:00 AM	<b>ADHD, Tics and Tourette's Disorder</b> Barbara J. Coffey, MD, MS
10:00 – 10:30 AM	<b>Question &amp; Answer Panel</b> Moderator: Timothy E. Wilens, MD Panelists: Barbara J. Coffey, MD, MS

### **MODULE TOPIC 6: ADHD II**

10:30 – 10:50 AM	<b>CBT &amp; Psychosocial Treatments in ADHD</b> Aude Henin, PhD
10:50 – 11:10 AM	<b>ADHD &amp; Education</b> Aude Henin, PhD
11:10 – 11:30 AM	<b>Functional Outcomes in ADHD and the Critical Importance of Treatment to Mitigate Them</b> Timothy E. Wilens, MD
11:30 – 12:00 PM	<b>Question &amp; Answer Panel</b> Moderator: Timothy E. Wilens, MD Panelists: Aude Henin, PhD
12:00 – 1:00 PM	<b>Lunch Break</b>

### **MODULE TOPIC 7: PSYCHOLOGICAL ASSESSMENT & INTERVENTION**

1:00 – 1:20 PM	<b>Cognitive Behavioral Treatment for Young Adults: Education &amp; Psychological Testing</b> Aude Henin, PhD
1:20 – 1:40 PM	<b>Cognitive Behavioral Therapy for Anxiety in Young Children</b> Aude Henin, PhD

1:40 – 2:00 PM	<b>Using Psychological Assessment to Inform Treatment</b> Aude Henin, PhD
2:00 – 2:20 PM	<b>Integrating Resiliency in Everyday Practice</b> Aude Henin, PhD
2:20 – 2:50 PM	<b>Question &amp; Answer Panel</b> Moderator: Timothy E. Wilens, MD Panelists: Aude Henin, PhD
2:50 PM	<b>Adjourn</b>

### **SUNDAY, MARCH 19, 2023**

8:00 – 8:05 AM	<b>Introduction</b> Janet Wozniak, MD
----------------	--

### **MODULE TOPIC 8: DIAGNOSIS, UNDERPINNINGS, AND TREATMENT OF AUTISM**

8:05 – 8:25 AM	<b>Prevalence and Presentation of Autism</b> Gagan Joshi, MD
8:25 – 8:45 AM	<b>Assessment of Autism</b> Gagan Joshi, MD
8:45 – 9:05 AM	<b>Neural Underpinnings of Autism</b> Gagan Joshi, MD
9:05 – 9:25 AM	<b>Pharmacological Treatment of Autism</b> Gagan Joshi, MD
9:25 – 9:55 AM	<b>Question &amp; Answer Panel</b> Moderator: Janet Wozniak, MD Panelist: Gagan Joshi, MD
9:55 – 10:10 AM	<b>Break</b>

### **MODULE TOPIC 9: PSYCHOPATHOLOGY ASSOCIATED WITH AUTISM**

10:10 – 10:30 AM	<b>An Overview</b> Gagan Joshi, MD
10:30 – 10:50 AM	<b>Autism and ADHD</b> Gagan Joshi, MD
10:50 – 11:10 AM	<b>Autism and Bipolar Disorder</b> Janet Wozniak, MD

11:10 – 11:30 AM      **Question & Answer Panel**  
Moderator: Janet Wozniak, MD  
Panelist: Gagan Joshi, MD

11:30 AM                **Adjourn**

## **FACULTY**

### **PLANNERS & COURSE DIRECTORS**

**David H. Rubin, MD (Course Director & Reviewer)**  
Director, Child and Adolescent Psychiatry Residency Training  
Director, Division of Professional and Public Education  
*Massachusetts General Hospital*  
Assistant Professor, *Harvard Medical School*

**Thomas J. Spencer, MD (Course Director)**  
Associate Professor of Psychiatry  
*Harvard Medical School*  
Associate Chief, Clinical and Research Program  
Pediatric Psychopharmacology

**Timothy E. Wilens, MD (Course Director)**  
Chief, Division of Child and Adolescent Psychiatry,  
Co-Director, Center for Addiction Medicine,  
MGH Trustees Chair in Addiction Medicine,  
*Massachusetts General Hospital*  
Professor of Psychiatry  
*Harvard Medical School*

**Janet Wozniak, MD (Course Director)**  
Associate Professor of Psychiatry, *Harvard Medical School*  
Associate Chief, Quality and Safety, Department of Psychiatry  
*Massachusetts General Hospital*, Boston, Massachusetts

-----  
**Jane Pimental, MPH**  
Managing Director  
Massachusetts General Hospital Psychiatry Academy

**Susan Sprich, PhD (Psychologist Reviewer)**  
Director, Postgraduate Psychology Education  
Director, Cognitive Behavioral Therapy Program  
*Massachusetts General Hospital*  
Assistant Professor of Psychology  
*Harvard Medical School*

## **SPEAKERS**

### **Barbara J. Coffey, MD, MS**

Professor and Chair, Department of Psychiatry and Behavioral Sciences  
Division Chief, Child and Adolescent Psychiatry  
Director, Tourette Association Center of Excellence  
*University of Miami Miller School of Medicine*

### **Aude Henin, PhD**

Founding Co-Director, Child Cognitive-Behavioral Therapy Program; Clinical Director, Child Resiliency Program; and Director of Psychotherapy Services, Gender Identify Program, Department of Psychiatry,  
*Massachusetts General Hospital*

### **Gagan Joshi, MD**

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

### **David H. Rubin, MD (Course Director & Reviewer)**

Director, Child and Adolescent Psychiatry Residency Training  
Director, Division of Professional and Public Education  
*Massachusetts General Hospital*  
Assistant Professor, *Harvard Medical School*

### **Thomas J. Spencer, MD (Course Director)**

Associate Professor of Psychiatry  
*Harvard Medical School*  
Associate Chief, Clinical and Research Program  
Pediatric Psychopharmacology

### **Timothy E. Wilens, MD (Course Director)**

Chief, Division of Child and Adolescent Psychiatry,  
Co-Director, Center for Addiction Medicine,  
MGH Trustees Chair in Addiction Medicine,  
*Massachusetts General Hospital*  
Professor of Psychiatry,  
*Harvard Medical School*

### **Janet Wozniak, MD**

Associate Professor of Psychiatry, *Harvard Medical School*  
Associate Chief, Quality and Safety, Department of Psychiatry  
*Massachusetts General Hospital, Boston, Massachusetts*

## **DISCLOSURE INFORMATION**

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 financial relationships with ineligible



companies for the past 24 months, as defined below:

### **Ineligible Companies**

The ACCME defines an “Ineligible company” as “those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.” For more information, visit [accme.org/standards](http://accme.org/standards)

### **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 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.

### **Mitigation of Financial Relationships**

All financial relationships are reviewed to determine which ones are relevant, and then measures are taken to mitigate all relevant financial relationships and ensure that they do not insert commercial bias into the content of the education.

The following planners, speakers, content reviewers, and others in control of educational content have reported financial relationships with ineligible companies over the past 24 months. Measures have been taken to mitigate the impact of these financial relationships on the educational content and ensure that they do not insert commercial bias into the content of this education.

### **Speakers & Planners:**

#### **Barbara Coffey, MD, MS**

Researcher: Teva/Nuvelution, Emalex

Advisor: Skyland Trail

#### **Aude Henin, PhD**

Authorship Royalties: Oxford University Press

#### **Gagan Joshi, MD**

Site PI for multi-site trial: F. Hoffman-La Roche Ltd.

Genentech

#### **Susan Sprich, PhD**

Royalties: Oxford University Press; Springer

Honorarium (associate editor of a journal): Association for Behavioral and Cognitive Therapies

#### **Timothy E. Wilens, MD**

Principal Investigator (Grant/Research Support): NIH (NIDA)

Intellectual Property (Licensing Agreement): Ironshore

Intellectual Property (Published book): Guilford Press

Intellectual Property (Co/edited textbook): Cambridge University Press

Clinical Consulting: Gavin Foundation; Bay Cove Human Services; US National Football League (ERM Associates); US Minor/Major League Baseball  
Consultant (Shared IP): White Rhino/3D  
Co-Editor: Elsevier Psychiatric Clinics of North American

**Janet Wozniak, MD**

Research Support: PCORI, Demarest Lloyd Jr Foundation, Baszucki Brain Research Fund  
Royalties (Spouse): UpToDate  
Consultation Fees (Spouse): Emalex; Noctrix; CVS, Disc Medicine, Avadel, Haleo, OrbiMed  
Research Support (Spouse) Merck, Neuro Metrix, American Regent, NIH, NIMH, The RLS Foundation, Baszucki Brain Research Fund

**All other individuals in a position to control the content of this educational activity have reported no financial relationships with ineligible companies.**