



MASSACHUSETTS
GENERAL HOSPITAL

PSYCHIATRY ACADEMY

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

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.

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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:

- 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
<u>MODULE TOPIC 3: MOOD DISORDERS II</u>	
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
<u>MODULE TOPIC 4: OCD, ANXIETY DISORDERS, TOURETTE'S, PANDAS</u>	
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
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MODULE TOPIC 5: ADHD I

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

MODULE TOPIC 6: ADHD II

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

MODULE TOPIC 7: PSYCHOLOGICAL ASSESSMENT & INTERVENTION

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

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

SUNDAY, MARCH 19, 2023

8:00 – 8:05 AM	Introduction Janet Wozniak, MD
<u>MODULE TOPIC 8: DIAGNOSIS, UNDERPINNINGS, AND TREATMENT OF AUTISM</u>	
8:05 – 8:25 AM	Prevalence and Presentation of Autism Gagan Joshi, MD
8:25 – 8:45 AM	Assessment of Autism Gagan Joshi, MD
8:45 – 9:05 AM	Neural Underpinnings of Autism Gagan Joshi, MD
9:05 – 9:25 AM	Pharmacological Treatment of Autism Gagan Joshi, MD
9:25 – 9:55 AM	Question & Answer Panel Moderator: Janet Wozniak, MD Panelist: Gagan Joshi, MD
9:55 – 10:10 AM	Break

MODULE TOPIC 9: PSYCHOPATHOLOGY ASSOCIATED WITH AUTISM

10:10 – 10:30 AM	An Overview Gagan Joshi, MD
10:30 – 10:50 AM	Autism and ADHD Gagan Joshi, MD
10:50 – 11:10 AM	Autism and Bipolar Disorder 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)
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Director, Division of Professional and Public Education
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Assistant Professor, *Harvard Medical School*

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Harvard Medical School
Associate Chief, Clinical and Research Program
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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

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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

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.