Evidence-Based Therapy and Assessment Approaches for Bipolar Spectrum Disorders in Youth

Thursday, October 19, 2017

University Club at the University of Pittsburgh
123 University Place
Pittsburgh, PA 15260
(Oakland Section of Pittsburgh, Pennsylvania)

Course Directors:

Boris Birmaher, MD
Rasim Somer Diler, MD

Recovery and Wellness: The Journey Starts Here
A Joint Effort Sponsored by
Community Care Behavioral Health Organization and
Western Psychiatric Institute and Clinic of UPMC
Evidence-Based Therapy and Assessment Approaches for Bipolar Spectrum Disorders in Youth

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Introduction
The Child and Adolescent Bipolar Spectrum Services (CABS) of WPIC is proud to present a second conference on “Evidence-Based Therapy and Assessment Approaches for Bipolar Spectrum Disorders in Youth.” There is limited knowledge about how to screen and monitor mood swings in youth and how to initiate effective therapy interventions. Correct diagnosis and early interventions in youth with bipolar spectrum disorders are critical. CABS faculty and staff will present information regarding the psychosocial management for youth with bipolar spectrum disorders including family therapy, cognitive behavior therapy, motivational interviewing, and ways to enhance treatment adherence. In addition, they will discuss diagnostic assessment challenges, issues regarding pharmacotherapy, and services available in the community and school interventions.

The keynote presentation will be given by David Miklowitz, PhD, a Professor of Psychiatry in the Division of Child and Adolescent Psychiatry at the UCLA Semel Institute, and a Senior Clinical Research Fellow in the Department of Psychiatry at Oxford University. In addition, Dr. Miklowitz will host a luncheon question and answer session for families of youth with bipolar spectrum disorders.

Judith Cohen, MD, an expert in trauma will present the treatment of youth with bipolar and history of trauma and Tina Goldstein, PhD an expert in the psychosocial treatments for bipolar youth, will present Motivational Interviewing.

Who Should Attend
The conference is designed to present the latest research and clinical knowledge regarding Bipolar Spectrum Disorders to a wide audience: Professionals (psychiatrists, psychologists, counselors, psychopharmacologists, physician assistants working in mental health settings, psychiatric nurse practitioners, psychiatric nurses, social workers, teachers, and peer specialists), as well as, patients and their families.

Objectives
At the conclusion of the program, participants should be able to:

- Identify the symptoms and assessment methods for youth with Bipolar Spectrum Disorder
- Identify psychosocial and pharmacological treatments and ways to enhance adherence for youth with Bipolar Spectrum Disorders
- Identify Behavioral Health and School Services available for youth with Bipolar Spectrum Disorders and their families

For additional information on Child and Adolescent Bipolar Spectrum Services (CABS), please visit the website at www.pediatricbipolar.pitt.edu
Course Directors

**Boris Birmaher, MD**
Professor of Psychiatry  
Endowed Chair in Early Onset Bipolar Disease  
University of Pittsburgh School of Medicine  
Director, Child and Adolescent Bipolar Spectrum Services (CABS)  
Western Psychiatric Institute and Clinic of UPMC

**Rasim Somer Diler, MD**
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Medical Director, Inpatient Child and Adolescent Bipolar Spectrum Services (CABS)  
Co-Director, Child and Adolescent Bipolar Spectrum Services  
Western Psychiatric Institute and Clinic of UPMC

Keynote Speaker

**David Miklowitz, PhD**
Professor of Psychiatry in the Division of Child and Adolescent Psychiatry  
Semel Institute, University of California Los Angeles  
Senior Clinical Research Fellow, Department of Psychiatry, Oxford University

Faculty

**Judith A. Cohen, MD**
Professor of Psychiatry  
Drexel University  
Medical Director, Center for Traumatic Stress in Children & Adolescents  
Allegheny General Hospital

**Rachel Fersch-Podrat, LCSW**
Licensed Clinical Social Worker  
Child and Adolescent Bipolar Spectrum Services (CABS)  
Western Psychiatric Institute and Clinic of UPMC

**Tina Goldstein, PhD**
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Licensed Psychologist  
Director of Psychotherapy Training, Pediatric Mood Disorders  
Child and Adolescent Bipolar Spectrum Services (CABS)  
Western Psychiatric Institute and Clinic of UPMC

**Laura Gillespie, MS**
Outpatient Therapist  
Child and Adolescent Bipolar Spectrum Services (CABS)  
Western Psychiatric Institute and Clinic of UPMC

**Danella Hafeman, MD, PhD**
Clinical Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic of UPMC
Christine A. Hoover, RN, MSN, PMHCNS, BC
Clinical Nurse Specialist
Child and Adolescent Bipolar Spectrum Services (CABS)
Western Psychiatric Institute and Clinic of UPMC

Nina Hotkowski, LCSW
Licensed Clinical Social Worker
Child and Adolescent Bipolar Spectrum Services (CABS)
Western Psychiatric Institute and Clinic of UPMC

Nicole Kroll, MS, NCC
Evaluator Clinician
Inpatient Child and Adolescent Bipolar Spectrum Services (In-CABS)
Western Psychiatric Institute and Clinic of UPMC

Kassandra Moore, BSN, RN
Nurse Clinician
Inpatient Child and Adolescent Bipolar Spectrum Services (In-CABS)
Western Psychiatric Institute and Clinic of UPMC

Dara Sakolsky, MD, PhD
Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Associate Medical Director, Services for Teens at Risk (STAR)
Psychiatrist, Child and Adolescent Bipolar Spectrum Services (CABS)
Western Psychiatric Institute and Clinic of UPMC

Amy Schlonski, LCSW, BCD
Child and Family Therapist
Child and Adolescent Bipolar Spectrum Services (CABS)
Western Psychiatric Institute and Clinic of UPMC

Sue Wassick, RN
Nurse Clinician
Child and Adolescent Bipolar Spectrum Services (CABS)
Western Psychiatric Institute and Clinic of UPMC

Tim Winbush, LCSW
Licensed Clinical Social Worker
Child and Adolescent Bipolar Spectrum Services (CABS)
Western Psychiatric Institute and Clinic of UPMC

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The University of Pittsburgh is an affirmative action, equal opportunity institution.

ACKNOWLEDGEMENTS
We would like to thank the McGuinn Family Foundation, an Anonymous Fund of The Pittsburgh Foundation, National Institute of Mental Health, and all of our youth and their families for their great support of our clinical, educational and research activities.
**SCHEDULE**

8:00 a.m.  
**Registration**

8:30 a.m.  
**Background**  
*Rasim Somer Diler, MD*

9:00-10:00 a.m.  
**KEYNOTE: Family Focused Therapy (FFT) for Youth with Bipolar Spectrum Disorders**  
*David Miklowitz, PhD*

10:00-10:45 a.m.  
**New Findings in Motivational Interview (MI) in Youth with Bipolar Spectrum Disorders**  
*Tina Goldstein, PhD*

10:45-11:00 a.m.  
**Break**

11:00-12:00 a.m.  
**Trauma Focused Cognitive-Behavioral Therapy (CBT) in Youth with Bipolar Spectrum Disorders**  
*Judith A. Cohen, MD*

12:00-12:30 p.m.  
**Discussion forum - Q&A session: Evidence-Based Therapies for Youth with Bipolar Spectrum Disorders**  
**Moderator:**  
*Boris Birmaher, MD*  
**Discussants:**  
*David Miklowitz, PhD*  
*Tina Goldstein, PhD*  
*Judith A. Cohen, MD*

12:30-1:30 p.m.  
**LUNCH (on your own)**  
*Luncheon meeting with David Miklowitz, PhD, for patients and their families.*

1:30-2:30 p.m.  
**Breakout Session 1:**

A. **Challenges in Assessment and Monitoring of Mood for Youth with Bipolar Spectrum Disorders**  
*Christine A. Hoover, RN, MSN, PMHCNS, BC, Kassandra Moore, BSN, RN, and Sue Wassick, RN*

B. **Challenges in Risk and Benefit Assessment for Pharmacotherapy for Youth with Bipolar Spectrum Disorders**  
*Danella Hafeman, MD, PhD and Dara Sakolsky, MD, PhD*

2:30-2:45 p.m.  
**Break**

2:45-4:00 p.m.  
**Breakout Session 2:**

C. **Accessing Behavioral Health Services, School Services & Identifying Levels of Care for Families and Youth with Bipolar Spectrum Disorders**  
*Laura Gillespie, LSW, Nicole Kroll, MS, Amy Schlonski, LCSW, BCD and Tim Winbush, LCSW*

D. **Challenges in Treatment Adherence and Chain Analysis for Youth with Bipolar Spectrum Disorders**  
*Rachael Fersch-Podrat, LCSW and Nina Hotkowski, LCSW*

4:00 p.m.  
**Adjournment**
Continuing Education Unit/Continuing Medical Education Credits

Physicians
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physicians Assistants
This activity is approved for 6.0 AAPA Category 1 credits. PAs should only claim credit commensurate with the extent of their participation.

Psychologists
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 6.0 continuing education credits.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP
The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for 6.0 continuing education credits.

Counselors
Western Psychiatric Institute and Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program. This program is being offered for 6.0 continuing education hours.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT
This program is offered for 6.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Act 48
Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. WPIC adheres to the Act 48 Continuing Education Guidelines.

Other Healthcare Professionals
Nurses and other health care professionals are awarded .60 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. Nurses: For attending this program you will receive a Certificate of Attendance confirming .60 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.
Location

University Club at the University of Pittsburgh
123 University Place
Oakland Section of Pittsburgh, PA 15260
Telephone: (412) 648-8213

A block of rooms has been reserved at a discounted rate for this program at two hotels on or near the University of Pittsburgh Campus. For both hotels, room availability cannot be guaranteed after Sept. 26, 2017.

Wyndham Pittsburgh University Center (short walk to The University Club)
100 Lytton Avenue
Pittsburgh, PA 15213
Telephone: (412) 682-6200

Nightly Parking Charge - $20.00
Group Code – 10186841WP

The room rate is $149.00 plus tax. When calling for reservations, please identify yourself as being with the conference on "Bipolar Spectrum Disorders in Youth" to benefit from these reduced rates. Room availability cannot be guaranteed after September 26, 2017.

Hilton Garden Inn Pittsburgh University Place (shuttle service is available)
3454 Forbes Avenue
Pittsburgh, PA 15213
(412) 683-2040

A block of rooms has been reserved at the Hilton Garden Inn Pittsburgh University Place a few blocks away from the University Club where the conference will be held.

Nightly Parking Charge - $18.00

The room rate is $139.00 plus tax. Please reserve your room at: http://hiltongardeninn.hilton.com/en/gi/groups/personalized/P/PITUCGI-WPI-20171018/index.jhtml?WT.mc_id=POG or contact olivia.donnan@hilton.com or 412-688-1993 for reservations. Please identify yourself as being with the conference on "Bipolar Spectrum Disorders in Youth" to benefit from these reduced rates. Room availability cannot be guaranteed after September 26, 2017.

Upon request, the shuttle for the hotel will provide transportation to the University Club where the training will take place.
Registration Information

Fee Schedule (Please circle the appropriate fee):

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<th>Before 10/1/17</th>
<th>After 10/1/17</th>
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<tr>
<td>Professionals</td>
<td>$110</td>
<td>$125</td>
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<tr>
<td>UPMC/WPIC Affiliated Professionals</td>
<td>$80</td>
<td>$95</td>
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<td>* <strong>Online registration – Use promo code CABS.UPMC</strong></td>
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<tr>
<td>Residents/Medical Students</td>
<td>$50</td>
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<tr>
<td>* <strong>Online registration – Use promo code CABS.Resident</strong></td>
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<td>Patients/Family Members</td>
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<tr>
<td>Includes Luncheon meeting w/Dr. Miklowitz (See registration form)</td>
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<td>$35</td>
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<td>* <strong>Online registration – Use promo code CABS.Patient</strong></td>
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**Tuition includes:**
* All registration and conference materials
* Refreshments
* Continuing Education/Medical Credits at the professional fee

**Full tuition must accompany the form.** A $25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun.

**Only registration and credit card payments can be made at:** [http://bit.ly/2oLSU4n](http://bit.ly/2oLSU4n).

Please send your check (payable to OERP/WPIC) or UPMC Account Transfer information with the registration form below to:

**Nancy Mundy**
OERP/WPIC
3811 O’Hara Street
Champion Commons Building, Room 322
Pittsburgh, PA  15213

Telephone: 412-204-9090
FAX: 412-204-9110

E-MAIL: mundynl@upmc.edu
www.wpic.pitt.edu/oerp

**We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least two weeks in advance of the program by calling Nancy Mundy at 412-204-9090.**
Registration Form
Evidence-Based Therapy and Assessment Approaches for Bipolar Spectrum Disorders in Youth (MD11)
Thursday, October 19, 2017

Please type or print clearly; photocopy for additional registrants.

Register by October 1, 2017 for lowest tuition rate.

Social Security Number (Last five digits only): ______ -- ______ ______ ______
First Name: ____________________________ Last Name: ________________________
Degree(s) to be noted on name badge (e.g. MD, PhD)
Institutional Affiliation: ________________________
Address: ______________________________________________________
Address 2: ______________________________________________________
City: __________________ State: _______ Zip _______
County: ________________________
Day Telephone: ____________________________
E-Mail Address: _______________________________________________________

For Continuing Education purposes, please check if you are:
□ CADC/CCDP       □ NBCC Counselor □ Educator/Act 48 □ Nurse □ Psychologist □ Physician/MD
□ Social Worker (LSW/LCSW/LPC/LMFT) □ Certified Peer Specialist 110

For Patients/Family Members, please register ___ (number of attendees) for:
□ Luncheon Meeting with David Miklowitz, PhD

Workshop Preferences: Circle two workshops and an alternate.
Workshop #1: A  B
Workshop #2: C  D
Alternate: A  B  C  D

Method of Payment:
Tuition amount $ ________________
□ Check (Payable to OERP/WPIC) Check# ____________________
□ UPMC Account Transfers Business Unit ____________________ Account # ____________________
Administrator Name _____________________________________________________________
Administrator Signature _________________________________________________________

Credit card payments and registration can be completed at http://bit.ly/2oLSU4n.

Only credit card payments can be processed online (see above). All other registrations and payments (check or UPMC Account Transfer) must be sent in with this form and payment to:

Attn: Nancy Mundy
OERP/WPIC
Champion Commons Building, Room 322
3811 O’Hara Street
Pittsburgh, PA 15213

Fax: 412.204.9110