



**FORGING THE FUTURE
IN PSYCHIATRY & MENTAL
HEALTH
CONFERENCE
BROCHURE**

March 13, 2020

**Hurstbourne Country Club
Louisville, Kentucky**

Jointly Provided By
The American Psychiatric Association and The Kentucky Psychiatric Medical Association

During this program, participants will learn about new research findings in the fields of psychiatry, mental health and neuroscience. Attendees will learn about recent advances and current evidence-based approaches to understanding and treating mental illness. Attendees will acquire new knowledge and skills to improve the care of those with mental illness.

Who Should Attend

This program is designed for all mental health professionals and advocates including psychiatrists, and other physicians, as well as psychologists, advanced practice registered nurses, social workers, counselor, peer-support specialists and other mental health professionals.

PROGRAM

The Enduring Effects of Adverse Childhood Experiences

Speaker: Amy Meadows, MD, FAAP, FAPA, Pediatric Psychiatry Consult-Liaison Service at Kentucky Children's Hospital, Associate Program Director, Triple Board (Pediatrics/Psychiatry/Child & Adolescent Psychiatry) Residency Training Program, Assistant Professor of Psychiatry and Pediatrics, University of Kentucky College of Medicine

Educational Objectives 1) Describe the early life stressors categorized as Adverse Childhood Experiences (ACEs); 2) Evaluate and identify ACEs and early traumatic experiences in patients; 3) Review the common effects of toxic stress on health behaviors.

Description Adverse childhood experiences (ACEs) include ten categories of life experiences before the age of 18 such as maltreatment and household dysfunction. These early stressors have been associated with later health consequences, including increased risks of obesity, diabetes, substance use, and early mortality. The speaker will review several studies, including epidemiologic data, nationwide surveys, and local studies that examine the lifelong effects of ACEs. After this presentation, physicians will be more equipped to identify ACEs and their impact on health-related behaviors such as substance use, obesity, and non-adherence to medical recommendations.

Child & Adolescent Addictions Panel

Teen Tobacco Trends

Speaker: Catherine A. Martin W., MD, Professor of Psychiatry, Child Psychiatry Division, University of Kentucky College of Medicine

Educational Objectives 1) Be familiar with the various routes of tobacco self-administration; 2) Be aware of health risks associated with tobacco use (new and old); 3) Be familiar with strategies that can aid in tobacco cessation.

Description Dr. Martin will examine the health risks associated with tobacco use (new and old) and discuss the various routes of tobacco self-administration, and strategies for smoking cessation in children/ adolescents.

These Violent Delights Have Violent Ends – An Exploration of Youth Suicide and Alcohol Abuse

Speaker: John McCurdy, MD, Child & Adolescent Psychiatrist, Addiction Psychiatrist, Assistant Professor of Pediatrics, University of Louisville School of Medicine

Educational Objectives 1) To review the present situation concerning youth suicide nationally and in the Commonwealth; 2) To explore recent literature implicating alcohol abuse and

intoxication in the fomenting of suicidal ideation and behavior; 3) To better understand how alcohol participates in suicidal acts, with an attempt to qualify adolescent risk.

New Medications and Therapeutic Methods Panel

Clinical Experience of Esketamine Nasal Spray

Speaker: Eric Lydon, MD, Clinical Professor of Psychiatry, University of Pikeville, Kentucky College of Osteopathic Medicine

Educational Objectives 1) Provide clinical experience of new treatment modality; 2) Discuss clinical observations and experience utilizing esketamine nasal spray in the treatment of drug-resistant depression

The Management of Anxiety, Depression, PTSD, Insomnia and Pain: Cranial Electrotherapy Stimulation (CES)

Speaker: Josh P. Briley, Ph.D., FAIS, Clinical Psychologist

Educational Objectives 1) Participants will understand how Cranial Electrotherapy Stimulation (CES) affects the central nervous system to provide relief from anxiety, insomnia, depression, and pain; 2) Participants will review research results regarding the use of CES to treat anxiety, insomnia, depression, and pain; 3) Participants will learn how CES can be utilized solely, or in conjunction with existing treatment modalities, to benefit patients.

Description Cranial Electrotherapy Stimulation (CES) is demonstrated, through years of peer-reviewed, published research and millions of clinical treatments, to be a safe and effective method of treating anxiety, insomnia, depression, and pain. This presentation will review how CES affects the brain and central nervous system to alleviate a patient's emotional and physical distress. Research demonstrating the consistent efficacy of this technology with patients will be reviewed. The advantages of utilizing CES, either in conjunction with existing treatment

approaches or as a stand-alone treatment, will be discussed.

An Update on Long-Acting Buprenorphine Injectables for Opioid Use Disorder Treatment

Speaker: Michelle Lofwall, MD, Professor, University of Kentucky College of Medicine, Department of Behavioral Science, Center for Drug and Alcohol Research

Educational Objectives 1) Describe who may benefit from long-acting buprenorphine formulations; 2) Discuss areas of service that may be well-suited to administer long-acting medication.

Description There are an estimated 2-5 million persons with an opioid use disorder in the US and the majority have never received a FDA-approved medication to treat this illness that is associated with significant morbidity and mortality. This brief talk will cover two recently FDA-approved injectable buprenorphine products for the treatment of opioid use disorder and discuss what is known about them in terms of their potential utility and results from published peer-reviewed Phase 2, 3, and 4 clinical trials.

Addiction Panel

Alcohol Use Disorders: What Really Works

Speaker: Lon R. Hays, MD, MBA, Professor, University of Kentucky, College of Medicine, Department of Psychiatry & Medical Director, Ridge Behavioral Health System

Educational Objectives 1) Attendees will recognize the DSM-IV criteria for alcohol use disorders.; 2) Attendees will be able to identify the major medical consequences of alcohol use disorders.; 3) Attendees will become familiar with methods of alcohol detoxification.; 4)

Attendees will be able to identify options of pharmacotherapy for the treatment of alcohol use disorders.; 5) Attendees will recognize the importance of identifying comorbid conditions such as depressive and anxiety disorders.

Mapping the Microbiome in the Polydrug Epidemic

Speaker: Chris Stewart, MD, Associate Professor, University of Louisville, Department of Psychiatry

Educational Objectives 1) Review/update on the role/current understanding of the microbiome and addiction; 2) Discuss the latest project at the University of Louisville School of Medicine that is exploring the gut microbiome in patients who are various stages of addiction and addiction recovery.

An Overview of the Kentucky Opioid Response Effort (KORE)

Speaker: Katherine Marks, PhD, Project Director – Kentucky Opioid Response Effort, Department for Behavioral Health, Developmental and Intellectual Disabilities, Cabinet for Health and Family Service

Educational Objectives 1) Participants will be able to describe the trends in Drug Overdose deaths in Kentucky over the last ten years; 2) Participants will be able to identify at least four key elements of the Kentucky Opioid Response Effort (KORE)

The HEALing (Helping to End Addiction Long-term) Communities Study

Speaker: Michelle Lofwall, MD, Professor, University of Kentucky College of Medicine, Department of Behavioral Science, Center for Drug and Alcohol Research

Educational Objectives 1) Explain the primary goal of the study and the study design; 2)

Describe the three evidence-based practices that must be implemented in each county.

Description This brief talk will cover the scope of activities and purpose of this large community based- intervention in KY and 3 other states. We will discuss the primary aim of decreasing mortality due to opioids-involved overdose as well as the populations and areas to be served in KY. Priority sectors include health care, behavioral health and criminal justice. Improving access to medication treatment for opioid use disorder, OEND and improved prescription opioid prescribing are evidence-based practices that will be scaled up in affected and randomized communities.

Nutrition Panel

Nutrition and Health

Speaker: Christian Furman, MD, MSPH, AGSF, Margaret Dorward Smock Endowed Chair in Geriatric Medicine, Medical Director, Trager Institute, Professor, Geriatric and Palliative Medicine

Educational Objectives 1) Understand the interaction between nutrition at physical health; 2) Understand the interaction between nutrition and mental health

The Role of Nutrition and Mental Health

Speaker: Carmelita Tobias, MD, Distinguished Life Fellow, American Psychiatric Association

Educational Objectives 1) Describe the effects of nutrition and toxins in mental health development; 2) Increase awareness of essential nutritional elements that support mental health; 3) Increase awareness of how nutrition can prevent the development and progression of mental and physical problems.

2020 CONFERENCE SCHEDULE

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|---------------|--|
| 7:25 – 8:00 | Registration & Breakfast |
| 8:00 – 9:00 | The Enduring Effects of Adverse Childhood Experiences Amy Meadows, MD, FAAP, FAPA |
| 9:00 – 10:30 | Child & Adolescent Addictions Panel Catherine A. Martin W., MD & John McCurdy, MD |
| 10:30 – 11:00 | Break |
| 11:00 – 12:00 | New Medications and Therapeutic Methods Panel Josh P. Briley, Ph.D., FAIS, Michelle Lofwall, MD & Eric Lydon, MD |
| 12:00 – 1:00 | Lunch |
| 1:00 – 3:30 | Addiction Panel Lon R. Hays, MD, MBA, Michelle Lofwall, MD, Katherine Marks, PhD, & Chris Stewart, MD |
| 3:30 – 3:45 | Break |
| 3:45 – 4:45 | Nutrition Panel Christian Furman, MD, MSPH, AGSF & Carmelita Tobias, MD |
| 4:45 – 5:00 | Post Conference Announcements |

ACCREDITATION AND DISCLOSURE STATEMENTS

Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and The Kentucky Psychiatric Medical Association. The APA is accredited by the ACCME to provide continuing medical education for physicians.

The APA designates this live activity for a maximum of 7 AMA PRA Category 1 Credit™. Physicians should only claim the credit with the extent of their participation in the activity.

Disclosure Statement: It is the policy of the APA to comply with the ACCME Standards for commercial support of CME. Planning committee members and related staff disclosures must be on file annually with disclosures made available on program materials. Faculty participating in sponsored or jointly sponsored programs by APA are required to disclose to the program audience any real or apparent financial relationships with commercial interests related to the content of their presentation. Faculty are also responsible for disclosing any discussion of off-label or investigational use of a product.

| Name | No Relevant Financial Relationships To Disclose | Consultant/Advisory Board | Speakers Bureau/ | Honoraria Grant/ | Employee | Stock/ | Relationship Other Disclosure | Discusson of Off-Label Uses |
|----------------------|---|---------------------------|------------------|---|---|--------|--|-----------------------------|
| Amy Meadows, MD | | | | Kentucky Children's Hospital - Children's Miracle Network Research Fund University of Kentucky College of Medicine Clinician-Scientist Scholar program | UK | | | |
| Carmelita Tobias, MD | x | | | | | | | |
| Cathy Martin, MD | x | | | | | | | |
| Chris Stewart, MD | x | | | | | | | |
| Christian Furman, MD | x | | | | | | | |
| David Casey, MD | x | | | | | | | |
| Eric Lydon, MD | x | | | | | | | |
| John McCurdy, MD | x | | | | | | | |
| Jonathan Martin, MD | x | | | | | | | |
| Josh Briley, PhD | | | | | Science and Education Director of Electromedical Products International, Inc., which manufactures and sales Alpha-Stim devices. | | | |
| Kathy Vincent, MD | x | | | | | | | |
| Katie Marks, PhD | x | | | | | | | |
| Lon Hays, MD | | | | Co-I on 12 RO1 grants through NIDA | | | | |
| Marc Crusen, MD | x | | | | | | | |
| Mark Wright, MD | | | TEVA Tris Pharma | | | | | |
| Mary Helen Davis, MD | x | | | | | | | |
| Michelle Lofwall, MD | | | | | | | Camurus AB (Swedish Pharmaceutical company) - received travel reimbursement and honorarium for developing and giving a talk on CAM2038 that was based upon peer-reviewed studies some of which I was PI/co-I | |
| Miranda Sloan | x | | | | | | | |
| Steve Lippmann, MD | x | | | | | | | |
| Todd Cheever, MD | x | | | | | | | |

CME Evaluation

Participants will be given the opportunity to evaluate and provide feedback on the quality and value of their learning experience. Course directors and program planners will use this information for future activities

CLAIMING CONTINUING MEDICAL EDUCATION CREDITS

PHYSICIAN CME CERTIFICATES

At the conclusion of the conference, physician participants will be provided with an opportunity to claim hours of participation and receive an official CME certificate by completing the online CME conference evaluation.

1. Go to <http://apapsy.ch/KPMAForging>
2. Click "Register" and log in with your APA username and password or create a new account.
3. Enter the Group ID KPMA201 on the Purchase page and click "Submit" to proceed to the evaluation and certificate. Select "AMA PRA Category 1 Physician" as your certificate type.

You must claim your CME credit within 60 days of the conference. Certificates will not be issued after May 13, 2020. For customer support, please email apalms@psych.org.

CERTIFICATE OF ATTENDANCE FOR NON-PHYSICIANS

Non-physician participants will have the opportunity to receive a certificate of attendance. At the conclusion of the conference, participants should complete the online conference evaluation at <http://apapsy.ch/KPMAForging> in order to print a certificate of attendance. Follow the instructions above, but select "Certificate of Participation" as your certificate type.

KBML MANDATES

This activity has been approved for 5 hours of HB1 CME. Please include the following ID #0220-H5.0-KPMA2.

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Patent Attorney
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