



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

March 9, 2018

Louisville Boat 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

Preventing drug-intoxication deaths: Mental Health Services Required

Speaker: Hilary Connery, M.D., Ph.D.,
Clinical Director, McLean Alcohol and Drug
Division, McLean/Massachusetts General
Hospital, Assistant Professor, Harvard
Medical School

Educational Objectives 1) Review evidence that suicide is underestimated in drug-intoxication deaths; 2) Identify targeted opportunities for preventing drug intoxication deaths.

Description 1. Drug-intoxication deaths and suicide rates continue to increase significantly in the US. 2. Suicide misclassification may be especially problematic among drug-intoxication deaths, having important implications for public health prevention. 3. Reimbursement discrimination against mental health/substance use services is constitutes a barrier to public health prevention efforts. 4. Cognitive behavioral therapies and brief education and support interventions can contribute importantly to reduced prescribing needs and overdose/suicide risk assessment and prevention.

Countering the Resurgence of Methamphetamine

Speaker: Brian Barnett, M.D.,
McLean/Massachusetts General Hospital,
Fellow, Harvard Medical School

Educational Objectives 1) Learn about the epidemiology of methamphetamine use disorder; 2) Learn about the phenomenology of methamphetamine use disorder and how to recognize it; 3) Learn about the treatment of methamphetamine use disorder.

Description Regular use of methamphetamine increased from three to four percent of the US population from 2010 to 2015. Methamphetamine and similar drugs are currently the second most commonly abused group of illicit substances after marijuana. In contrast to previous methamphetamine epidemics, in which methamphetamine was manufactured in illicit home-based laboratories in the US, the current one is fueled by pure, cheap product that is mass produced illicitly in Mexico and smuggled into the US. Methamphetamine use presents a multitude of problems for users, including neurotoxic effects and psychosis. In 2015, 4,900 Americans died from overdoses involving methamphetamine. Additionally, methamphetamine use presents significant challenges to families, government, law enforcement and health care providers, making treatment highly valuable for our society, as well as patients. However, treatment for methamphetamine use disorder is challenging and is primarily limited to psychosocial modalities, though some pharmacological agents show promise in reducing methamphetamine use and cravings, which we will review.

Insomnia: Health Consequences and Treatment Considerations

Speaker: Ryan G. Wetzler, Psy.D., C.BSM, ABPP, Director, Behavioral Sleep Medicine

Educational Objectives 1) Review DSM-V diagnostic criteria for insomnia disorder; 2) Recognize health consequences of insomnia; 3) Review the efficacy of pharmacologic and non-pharmacologic management strategies; 4) Understand cognitive-behavior therapy for insomnia

Description In the lecture we will review the DSM-V diagnostic criteria for insomnia disorder to increase recognition. The relevance of recognizing insomnia will be highlighted through a review of recent literature on the impact of insomnia on pain, cardiovascular disease, and depression. The historic relationship of insomnia as merely a symptom of depression will be challenged by recent research advances. The efficacy of pharmacologic management and non-pharmacologic treatment for the management of insomnia will be reviewed. As CBT-I is now recommended as a first line treatment for insomnia, participants will be introduced to this treatment modality and its mechanism of action.

The Human Connectome – Changes in Understanding Brain Functions

Speaker: John P. Hendrick, MD, DFAPA, Associate Professor of Psychiatry, East Tennessee State University, Chief of Psychiatry, Mountain Home VAMC, Program Coordinator for Neurosciences, ETSU Psychiatric Residency

Educational Objectives 1) Increase awareness of functional neurocircuitry of the brain; 2) Understanding how newer imaging techniques are increasing our awareness of brain activity; 3) Introduction of the concept of reafferentation as a driving force in brain function; 4) Translation of these new findings into our thinking about normal function and psychopathology.

Description This discussion will cover the evolution of the brain, newer imaging techniques, brain complexity as a determinant of consciousness, and psychopathology as a deteriorative aspect of normal consciousness.

Anorexia 101: Medical and Psychological Issues

Speaker: John Gallehr, M.D., Assistant Professor, Department of Pediatrics, Division of Child & Adolescent Psychiatry and Psychology, University of Louisville School of Medicine

Educational Objectives 1) Review screening tools, diagnostic issues, epidemiology; 2) Develop an awareness of medical complications; 3) Review treatment options (therapy, medications, residential v. outpatient); 4) Discuss the controversy of “feeding tubes.”; 5) Learn local and regional services.

Description This discussion will cover a case presentation, epidemiology of anorexia, a differential diagnosis, screening tools and diagnostic criteria, medical complications of anorexia over the cardiology, gastrointestinal, renal, pulmonary, hematologic, neurologic, ophthalmologic, dermatologic, and musculoskeletal systems, refeeding syndrome, feeding tube issues, psychopharmacology, therapy options, treatment team approach, clinical setting issues, continued discussion of case, then close with questions and discussion.

Primary Care Primer for Psychiatrists

Speaker: Charles Kodner, M.D., University of Louisville, Department of Family and Geriatric Medicine

Educational Objectives 1) Describe and apply current and evolving screening and health maintenance recommendations; 2) Utilize

preventive health and disease management measures for problems frequently encountered in psychiatric practice; 3) Describe medication effects and other issues at the interface of psychiatric and primary care practice

Optimal Aging and Brain Health

Speaker: David Casey, M.D., Professor and Chair, University of Louisville Department of Psychiatry and Behavioral Science

Educational Objectives 1) Understand lifestyle issues that influence dementia risk; 2) Understand factors that may reduce dementia risk; 3) Describe ways this information can be used in patient management

Description In this lecture, potentially modifiable risk factors for dementia, especially Alzheimer's Disease, will be explored. Examples will include diet, exercise, and cognitive enrichment.