

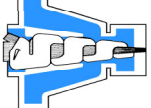


2016 Annual CME Conference



**March 11-13, 2016
Intercontinental
The Clement , Monterey, CA**

**Jointly Provided by
APA and CCPS**



COURSE DESCRIPTION

This three-day conference for psychiatrists and other mental health professionals will integrate recent scientific data with current clinical practice regarding Med-Psych update-cardiovascular disease in bipolar disorder, psycho-oncology, bipolar disorder, suicide, depression, CBT update, physical exam skills for psychiatrists—blood pressure and cardiac exam. We will also continue the tradition of having our resident vignette presentations.

TARGET AUDIENCE

Psychiatrists (Adult & Child & Adolescent), primary care physicians and allied health professionals interested in mental health.

COURSE LEARNING OBJECTIVES

At the conclusion of this course, participants will learn to:

Med-Psych Update—Cardiovascular Disease in in Those with Serious Mental Illness

- ▶ Understand the increased prevalence of both risk factors for CAD and CAD among those with SMI (serious mental illness).
- ▶ Understand the association between CAD and depression.
- ▶ Appreciate how medications we prescribe for SMI can adversely impact cardiovascular health.
- ▶ Understand that those with SMI engage less with primary care.
- ▶ Understand important role psychiatrists can play in cardiovascular care.
- ▶ Understand how patient CAD risk can be calculated using the Framingham risk calculator.

Psycho-Oncology Update

- ▶ Describe the epidemiology of fatigue and cognitive impairment in patients with cancer
- ▶ Discuss the impact of cancer, radiation, and chemotherapy on cognition
- ▶ Summarize the proposed pathophysiology of cancer-related cognitive impairment
- ▶ Review evidence for treatment of fatigue and cognitive deficits related to cancer, chemotherapy, and radiation

Adult Bipolar Disorder Diagnosis and Treatment Update

- ▶ Identify the most important adult bipolar disorder diagnostic changes in DSM-5 *addition of a “with mixed features” specifier for manic, hypomanic and depressive episodes; and permitting sustained antidepressant-induced elevation to count towards the diagnosis of bipolar disorder).
- ▶ Appreciate the strengths and limitations of newer second-generation antipsychotics, including lurasidone, which was approved in 2013 both as a single-medication therapy and as an add-on therapy (added to lithium or valproate) for acute bipolar depression, and cariprazine, which was approved in 2015 as a single-medication therapy for acute bipolar mania.
- ▶ Understand that although add-on armodafinil was well tolerated in 3/3 acute bipolar depression studies, it was only superior to add-on placebo in 1/3 acute bipolar depression studies, so that development of add-on armodafinil for acute bipolar depression has been discontinued.

Pediatric Bipolar Disorder Update

- ▶ Understand how the new DSM has changed bipolar disorder criteria and differential diagnosis
- ▶ Identify risk factors for pediatric bipolar disorder
- ▶ Accurately formulate a differential diagnosis and differentiate pediatric bipolar disorder from other psychiatric illnesses that can be commonly mistaken for bipolar disorder
- ▶ Review current evidence-based treatments for pediatric bipolar disorder

Cultural Psychiatry and Bipolar Disorder

- ▶ Understand how to use the DSM-V Outline for Cultural Formulation and Cultural Formulation Interview in the context of Bipolar Disorder
- ▶ Recognize how culture may impact the patient’s presentation of symptoms related to Bipolar Disorder
- ▶ Appreciation of the unique challenges and privileges of working with diverse populations

Suicide-Using Evidence to Inform Your Practice

- ▶ Understand risk factor for suicide and which ones can be modified
- ▶ Learn what interventions have good evidence to support their use, and which ones don’t
- ▶ Identify which psychiatric disorders are at highest suicide risk
- ▶ Learn how to document thoroughly and methodically for each individual case

CONFERENCE REGISTRATION FORM

Name _____ Degree _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

FEES (please check applicable boxes):

Standard Registration (Additional registrants for CME please use separate form):

	CME	Registration
<input type="checkbox"/>	Member	\$275
<input type="checkbox"/>	Non-Member	\$330
<input type="checkbox"/>	RFM/Student	Free
<input type="checkbox"/>	*Spouse/Guest	\$220/person
	Spouse/Guest Saturday Night Dinner (Only)	\$77/person

**Includes entry into all CME and social events/meal including breakfasts, lunch, Saturday night dinner. **Does not include CME credit.)*

Spouse/Guest/Child 12 and Over Name (s):

1) _____, 2) _____,

3) _____, 4) _____

Children 11 years and under names (FREE)

1) _____, 2) _____,

3) _____, 4) _____

Meal Preferences for Sat. night dinner: _____ Beef _____ Chicken _____ Vegetarian
(Enter Number—Must Be Registered Above)

Payment Information: ☐ Check made payable to CCPS enclosed

☐ Charge my (please circle one): _____ Total Charge: _____

VSA/ MC/DIS/AMX _____ Date Expires _____

Signature: _____ Security Code _____

Register Online at: <https://www.cencalpsych.org/civcrm/event/register?reset=1&id=8>

MAIL or FAX TO:

CCPS c/o 2016 CME Conference, 4747 N. First Street, #140 Fresno, CA 93726

FAX: (559) 227-1463 Phone: (888) 234-1613

For room reservation at The Intercontinental The Clement please call (888) 666-5734

To receive the discounted rate please state you are with CCPS

Things For Your Family To Do In Monterey

Monterey Bay Aquarium—Located on Monterey's historic Cannery Row, right on the edge of beautiful Monterey Bay and just minutes from Carmel and Pebble Beach. With each visit, you'll find something new—and your visit supports our efforts to inspire conservation of the oceans.

Cannery Row—Shopping on Cannery Row is an ocean-view treasure hunt that invites you to lose yourself in an eclectic blend of specialty shops and national brands.

Carmel-by-the-sea—Carmel draws visitors from all over the world who come here to experience its vacation and cultural opportunities. They are enchanted with the village's quaint architecture, meandering streets, secluded alleyways, and courtyards and arcades that house a multitude of art galleries, and innumerable antique shops, boutiques, small cafes and restaurants.

17-Mile Drive—The landscape, vistas and ocean views are breathtaking.

Old Fisherman's Wharf—A visit to the beautiful Monterey Peninsula is not complete without a rendezvous to the old Fisherman's Wharf. A myriad of great restaurants, seafood, unique shops, whale watching, fishing, bay cruises, theater, and the sights and sounds of Monterey's past.

Living and Thriving with Depression

- ▶ Better understand the use of exercise, in this case distance running, in treatment of major depression from a patient's point of view
- ▶ Explore how physical injury in a patient who uses exercise as part of depression management may necessitate more close supervision of that patient by his medical doctors and therapists
- ▶ Learn how common running injuries are and learn basic strategies for injury prevention understand alternative exercise modalities to running in an effort to both decrease the likelihood of injury and provide alternative forms of exercise which can be used in the case of running injury
- ▶ Learn how physical therapists can play a critical role assisting in the management of patients who use exercise in treating depression through well visits and early intervention if an injury occurs

TMS Updates

- ▶ Understand the basic principles and mechanism of action of TMS therapy
- ▶ Understand the number and change in available FDA approved TMS treatment systems
- ▶ Understand the broadened clinical evidence base for TMS in adults patients with mood and anxiety conditions

The Screening Physical Exam Skills for Psychiatrists

- ▶ Understand which physical exams are high yield in detecting abnormalities and would then benefit from referral to primary care.
- ▶ Practice proper technique in performing basic physical exam skills

Resident Vignettes

- ▶ Participants will observe how patients present with psychiatric illness to psychiatric trainees
- ▶ Participants will explain the approach of psychiatric trainees when treating a patient within a teaching setting

CREDIT

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 the American Psychiatric Association (APA) and Central California Psychiatric Society. The APA is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychiatric Association designates this live activity for a maximum of **13.5 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

TO REGISTER complete the attached registration form and return by mail or fax. You can also register online through our website at www.cencalpsych.org

The registration fee includes breakfasts, break refreshments, a keynote luncheon, and dinners along with a Saturday night social event. Although it is not Central California Psychiatric Society policy to limit the number of registrants for a conference, conference room facilities may necessitate the closing of enrollment; therefore, early registration is strongly advised. A letter of confirmation will be sent upon receipt of payment and completed registration form.

Intercontinental The Clement Monterey The new InterContinental the Clement Monterey is next to the world-renowned Monterey Bay Aquarium in the heart of John Steinbeck's historic Cannery Row with wide-sweeping coastal views and sophisticated style to create the perfect vantage point from which to enjoy the gentle sounds of the surf, the fresh scent of sea air and the sight of otters at play. To ensure accommodations and the discounted rates of \$199 (Inland view), \$289. Please make your reservations by calling (888) 666-5734 and state you are with Central California Psychiatric Society prior to Friday, February 12, 2016.

FRIDAY, MARCH 11

- 12:30 p.m.—2:30 p.m. CCPS Council Meeting
(open to all members)
- 2:00 p.m.— 5:00 p.m. Registration / Exhibits Open
- 3:30 p.m. Introductions and Welcome
- 3:40 p.m.—5:30 p.m. Med-Psych Update—Cardiovascular Disease in
in Those with Serious Mental Illness
Matthew Reed, MD
- 5:30 p.m.—6:30 p.m. Psycho-Oncology Update
Virginia O'Brien, MD
- 6:30 p.m.—7:30 p.m. CPA PAC Fundraiser
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SATURDAY, MARCH 12

- 7:00 a.m.—8:30 a.m. Registration / Exhibits Open
- 7:30 a.m.—8:30 a.m. Mentorship Breakfast
- 8:30 a.m.—9:30 a.m. Adult Bipolar Disorder Update Diagnosis and
Treatment
Terrance Ketter, MD
- 9:30 a.m.—10:30 p.m. Pediatric Bipolar Disorder Update
Mina Hah, MD
- 10:30 a.m.—10:45 a.m. Exhibits Open / Break
- 10:45 a.m.—12:20 p.m. Cultural Psychiatry and Bipolar Disorder
Alan Koike, MD and Hendry Ton, MD
- 12:30 p.m.—1:30 p.m. Lunch—Sponsor Presentations
- 1:30 p.m.—2:30 p.m. Keynote—Living and Thriving with Depression
Nikki Kimball
- 2:30 p.m.—2:45 p.m. Exhibits Open/Break
- 2:45 p.m.—3:45 p.m. Exercise and Depression
Nikki Kimball and John Onate, MD
- 3:45 p.m.—4:45 p.m. Suicide—Using Evidence to Inform your Practice
Amy Barnhorst, MD
- 4:45 p.m.—5:15 p.m. Resident Fellow Member Caucus
- 6:00 p.m.—7:00 p.m. Presidential Reception
- 7:00 p.m.—8:30 p.m. Dinner / Awards & Entertainment*
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*(Entertainment in a “Kid’s Corner” during Dinner & Awards)

SUNDAY, MARCH 13

- 7:00 a.m.— 8:00 a.m. Breakfast/Exhibits Open
- 8:00 a.m.— 9:00 a.m. TMS Update
Richard Bermudes, MD
- 9:00 a.m.—10:00 a.m. Physical Exam Skills for Psychiatrists
Blood Pressure and Cardiac Exam
Jaesu Han, MD and John Onate, MD
- 10:00 a.m.—10:15 a.m. Exhibits Open/Break
- 10:15 a.m.—12:15 p.m. Resident Vignette Presentations
- 12:15 p.m.—12:30 p.m. Closing Remarks and Final Drawing

CCPS WELCOMES RESIDENTS!!

More residents are getting involved with CCPS! We are having our annual Residents’ Social & Mentoring at the Annual CME Conference. This is an opportunity for Residents from all over Central California to get together and network with other RFMs as well as learn from practicing psychiatrists from different settings. CCPS RFMs automatically receive free admission into the conference and all related events. **Each RFM is eligible for one night accommodations in a standard room at the Clemente Monterey, CA or two nights accommodations in a standard room if two RFM’s share a room for both nights.** For information on this please contact Chris Stockton at (888) 234-1613.

We hope you can join us!

