



UPMC | University of Pittsburgh
Medical Center

Western Psychiatric Institute and Clinic
of UPMC Presbyterian Shadyside
Office of Education and Regional Programming

University of Pittsburgh School of Medicine
Center for Continuing Education in the Health Sciences

**November-
December
2017**

Videoconference Series

Fayette County Behavioral Health Administration

215 Jacob Murphy Lane

Uniontown, PA 15401

(724) 430-1370

November 15, 2017

- **Treatment Resistant Schizophrenia: Approaches to Identification, Prevention and Management**

December 6, 2017

- **Key Principles in Identification and Treatment of Perinatal Mood and Anxiety Disorders**

December 13, 2017

- **Men's Mental Health: Navigating Depression Over a Man's Lifetime**

To register, please complete the attached registration form.

Treatment Resistant Schizophrenia: Approaches to Identification, Prevention and Management

November 15, 2017

1 to 3 p.m.

Course Code: T329

Presenter:

Konasale Prasad, MD

Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC
Pittsburgh, Pennsylvania

Program Description:

Depending on the definition, about 25% of patients with schizophrenia can be treatment-resistant. Understanding the underlying factors associated with treatment resistance is required for early identification of this sub-group of schizophrenia patients. Available treatments are underutilized to target this group. This intermediate level presentation will review various levels of treatment non-response and strategies to overcome the non-response. Educating the patients about available treatments and the strategy for using them are discussed. Recent guidelines in the use of clozapine, one of the mainstays of treatment will be discussed, as well.

Educational Objectives:

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

- Identify different levels of non-response to treatment.
- Identify treatment-resistance in schizophrenia.
- Recognize basic approaches to educate, prevent and manage treatment-resistance.

Target Audience:

This is an intermediate program is intended for physicians, psychologists, social workers, nurses, counselors, therapists and other clinicians working in mental health settings.

Continuing Education Credits:

CADC – 2.0	CME – 2.0	General CEU – 0.2
LSW/LCSW/LPC/LMFT – 2.0	NCC – 2.0	Psychologist – 2.0

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 educational activity for a maximum of 2.0 *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

Tuition:

This program is free of charge.

To register, please complete the attached registration form.
If you have questions, please contact: Nicole Fijalkovic (724) 430-1370 Email: video@fcbha.org

Key Principles in Identification and Treatment of Perinatal Mood and Anxiety Disorders

December 6, 2017
1 to 3 p.m.
Course Code: T330

Presenter:

Eydie L. Moses-Kolko, MD
Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC
Pittsburgh, Pennsylvania

Program Description:

Perinatal depression (PND: major or minor depression which occurs during pregnancy through the first postpartum year) is a prevalent public health problem which affects at least 14.5% (1 out of 7) of new mothers, with two to three-fold higher rates in minority, single, and low-income mothers. With over 13,000 births per year in Allegheny County, a conservative estimate suggests that 2000 local, new mothers will experience perinatal depression annually. Because the health of perinatal women is critical to shaping the physical, socio-emotional, and behavioral development of offspring, investment of high quality and accessible mental health care in this population can optimize the wellness of families and future generations. Increased understanding of barriers to mental health care in mothers highlights the following key opportunities to enhance their wellness. PND occurs at a time when the mother is "supposed" to be happy, and therefore represents an inherent psychological conflict that delays both self-identification and disclosing of symptoms. There is therefore an urgent need for improving screening and treatment in existing points of contact between perinatal women and the healthcare system and to expand portals by which women can access needed mental health treatment in less stigmatizing ways. Because of complexity in the psychotropic management of pregnant and breastfeeding women with mental illness, many mothers go untreated due to misinformation about use of medication in the perinatal period. Improved provider access to perinatal psychiatry consultation and education can optimize application of evidence-based decision-making for women already engaged in treatment. New models of care, as available in Mother-Baby Day Hospitals and Intensive Outpatient programs, accommodate the mother-infant dyad so that mothers with PND can simultaneously attend to their wellness as well as mothering tasks of the postpartum period, while getting intensive treatment for severe illness. An important minority of perinatal women will have new onset, severe psychiatric disorders in the early postpartum period which portend high risk for suicide and/or infanticide.. The presentation will be divided into sections which concisely describe the most salient features of perinatal mood and anxiety disorders, the evidence-base for medication and behavioral treatments for these disorders, the risk-benefit discussion regarding the use of psychotropics in pregnancy, and recognition of emergency cases.

Educational Objectives:

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

- Become familiar with common presentations of perinatal mood disorders to increase competence in proper diagnosis and making evidence-based treatment recommendations.
- Understand guiding principles in psychotropic treatment of perinatal women, such that existing resources can be better utilized to guide women in use of psychotropics during pregnancy and lactation.
- Recognize behavioral, diagnostic, demographic, and symptoms of severe perinatal illness requiring emergency treatment.

Target Audience:

This is an intermediate presentation that can also benefit an audience looking for introductory material, intended for physicians, psychologists, social workers, nurses, counselors, therapists and other clinicians working in mental health settings or health care facilities with geriatric patients.

Continuing Education Credits:

CADC – 2.0	CME – 2.0	General CEU – 0.2
LSW/LCSW/LPC/LMFT – 2.0	NCC – 2.0	Psychologist – 2.0

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Tuition:

This program is free of charge.

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If you have questions, please contact: Nicole Fijalkovic (724) 430-1370 Email: video@fcbha.org

Men's Mental Health: Navigating Depression Over a Man's Lifetime

December 13, 2017
1 to 3 p.m.
Course Code: T331

Presenter:

Pierre Azzam, MD

Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC

Program Description:

Over the course of men's lives: one in ten will experience major depression; one in eight will be affected by impairing anxiety; one in five will struggle with substance use. Of the people who die by suicide each year, nearly 80% are men; fewer than half received mental health services before taking their own lives. For men, the stakes of unidentified and untreated mental illness are startlingly high. Owing perhaps to traditional indoctrinations of manhood, the evolution of community mores among men, and asocial advances in technology, men are also more likely to suffer in isolated silence. Clinicians are therefore in a prime position to identify depression in men and to facilitate their willingness to consider and seek mental health services. This intermediate presentation will review: unique aspects of male depression across the lifetime, including clinical features such as alexithymia; approaches to improving the approachability of mental health services to men; and efforts to enhance men's social and mental wellness and to mitigate suicide risk.

Educational Objectives:

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

- Recognize the impact of traditional men's roles on willingness to identify mental health concerns or to seek related services.
- Identify features of major depression that are unique or more common among men, and how these evolve across the lifespan.
- Consider mechanisms to improve men's access to preventive and therapeutic mental health services.

Target Audience:

This is an intermediate program intended for physicians, psychologists, social workers, nurses, counselors, therapists and other clinicians working in mental health settings.

Continuing Education Credits:

CADC – 2.0	CME – 2.0	General CEU – 0.2
LSW/LCSW/LPC/LMFT – 2.0	NCC – 2.0	Psychologist – 2.0

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Tuition:

This program is free of charge.

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Continuing Education Credit

Each program is offered for the designated number of continuing education credits

PHYSICIANS: CME

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CERTIFIED ADDICTION COUNSELORS: CADC

Western Psychiatric Institute and Clinic, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.



COUNSELORS: NCC

Western Psychiatric Institute and Clinic is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

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 these programs and their contents.

LICENSED/CLINICAL SOCIAL WORKERS, LICENSED PROFESSIONAL COUNSELORS, LICENSED MARRIAGE AND FAMILY THERAPISTS: LSW/LCSW/LPC/LMFT

The indicated number of clock hours of continuing education is provided through Western Psychiatric Institute and Clinic of UPMC's Office of Educational Resources and Planning, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Pennsylvania State Board of Social Workers, Marriage and Family Therapist. These clock hours satisfy requirements for LSW/LCSW, LPC and LMFT renewal. For more information, call (412) 204-9085.

MENTAL HEALTH PROFESSIONALS: CEU

Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

The University of Pittsburgh, as an educational institution and as an employer, values equality of opportunity, human dignity, and racial/ethnic and cultural diversity. Accordingly, the University prohibits and will not engage in discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, disability, or status as a disabled veteran or a veteran of the Vietnam era. Further, the University will continue to take affirmative steps to support and advance these values consistent with the University's mission. This policy applies to admissions, employment, access to and treatment in University programs and activities. This is a commitment made by the University and is in accordance with federal, state, and/or local laws and regulations. For information on University equal opportunity and affirmative action programs and complaint/grievance procedures, please contact: William A. Savage, Assistant to the Chancellor and Director of Affirmative Action (and Title IX and 504 Coordinator), Office of Affirmative Action, 901 William Pitt Union, University of Pittsburgh, Pittsburgh, PA 15260, (412) 648-7860.

