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# The Child & Adolescent Psychiatry Practical Review

For Primary Care Providers and Mental Health Professionals



**CME**

**April 29, 2010 - Pre-Conference**

Disruptive Behavior Disorders

**April 29 (Evening) - May 2, 2010 - Main Conference**

Anxiety - Trauma-Informed Care - Daughters and Sons of Parents with Mental  
Illness and/or Addictions - Complementary and Alternative Medicines in Pediatric  
Mental Health - Substance Abuse - Childhood Obesity

**Grand Superior Lodge  
Two Harbors, Minnesota**

**✦ St. Cloud Hospital**

**CENTRACARE Health System**

care above all

Greetings,

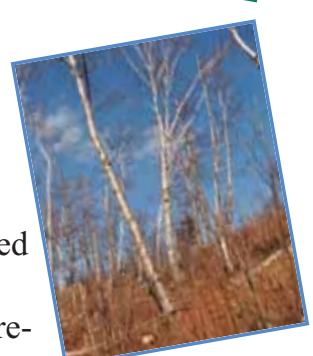
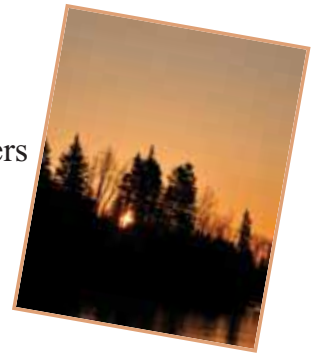
I am pleased to invite you once again to the 2010 Child & Adolescent Psychiatry Practical Review for Primary Care Providers and Mental Health Professionals. This conference has been held annually along the shore of Lake Superior at Grand Superior Lodge in Two Harbors. I am excited to continue to host this extraordinary educational conference, returning to Minnesota's incredible North Shore for four more days of education, dialogue, networking, and learning together.

Across the nation, meeting the mental health needs of children and youth continues to be a great challenge for health care professionals as well as families. Collaborating across disciplines and developing models of integrating mental health care services with primary health care is the only way we will assure that our children obtain access to the right mental health care at the right time. In the spirit of collaboration and integration, we continue to offer this educational forum to bring family physicians, pediatricians, advanced practice nurses, and child and adolescent psychiatrists, clinic nurses, educational professionals and other mental health and health care professionals together for an intensive exploration and training on improving our skills and our current systems to better meet the rising mental health needs of our children and youth.

This conference continues to be held without any pharmaceutical industry support in order to create an educational forum that can be truly free of any perceived or potential bias.

This year the conference will begin with the Pre-Conference Workshop on the psychological assessment, and the evidence-based psychotherapeutic and psychopharmacologic treatments for disruptive behavior disorders in children and adolescents. This Pre-Conference Workshop, taught by Dr. Gerry August and Dr. Elizabeth Reeve, will have a broad-based target audience of primary care providers, mental health care professionals, as well as social service and educational professionals and can be registered for separately.

The main conference begins on Friday, April 30. I will lead off the morning with an overview of anxiety and trauma and implementing principles of trauma-informed care across all settings serving children and adolescents. Friday afternoon there will be two new workshops that have been requested on a regular basis. Dr. Timothy Culbert will teach a two hour workshop on complementary and alternative medicines in pediatric



mental health care. Friday afternoon will close with a two hour workshop taught by Maggie Jarry on working with and supporting children of adults with mental illness. She will share the information and strategies that have been effective as well as provide us with the information from this strong national movement to improve the support to the children of adults with mental illness.

On Saturday, Dr. Gerry August will cover the screening, assessment and evidence-based treatments and prevention strategies for adolescent substance use disorders. This topic has been regularly requested each year and we are pleased to finally have this on the agenda.

On Sunday, we will offer an intensive overview of managing obesity in children and adolescents. This is yet another topic that has been frequently requested each year. Dr. Elizabeth Reeve will provide an overview of the mental health issues associated with obesity. Dr. Tim Culbert will present the pediatric medicine assessment and management as well as additional complementary and alternative medicine approaches. To conclude the conference, Dr. David Smith will join Drs. Reeve and Culbert in a panel discussion.

Join us again on Friday night for dinner either outside by the lake (weather permitting) or in the lodge dining room. The Friday evening event has become an annual tradition not only for our participants but also the staff at Grand Superior Lodge.

Remember that the dress is casual and comfortable (as the North Shore should be). Please register early to access the early bird discounts. Also, remember that Grand Superior Lodge puts together a tremendous meal plan for you and your guests throughout the entire weekend.

Adding to the North Shore “family getaway” experience, we will continue to offer “Kids Kamp”, an activities program for participants’ children during the hours of the conference on Friday, Saturday, and Sunday.

Finally, I wish to express my sincere appreciation to the St. Cloud Hospital CME Office under the leadership of Dr. Dan Whitlock, Vice President for Medical Affairs for St. Cloud Hospital, for their ongoing support of this event and especially the CME staff, Sandi, Stefinie, and Mary Lou, for all their hard work and commitment each year. I look forward to having you and your family with us on the North Shore in May!

With Warmest Regards,



L. Read Sulik, MD, FAAP  
Conference Director

Assistant Commissioner  
Chemical and Mental Health Services  
Minnesota Department of Human Services



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# Acknowledgements:

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The St. Cloud Hospital would like to acknowledge and thank the following:

- Dr. Sulik for his commitment to making this a quality educational conference.
- Abbie Sulik for contributing the trademark cover artwork.
- Joe Sulik for contributing the outdoor photography.

Educational grants have been provided by the following:

- The Sally Engel Trauma Survivorship Fund of the CentraCare Health Foundation.
- BLEND - Better Living Exercise and Nutrition Daily of the CentraCare Health Foundation.

## Special Accommodations:

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Please contact the CME Office if you have special mobility, dietary, vision, hearing, or other needs.

Phone: 320-255-5836

E-mail: [stcloudhospitalcme@centracare.com](mailto:stcloudhospitalcme@centracare.com)

## Target Audience:

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This program is designed for family physicians, pediatricians, advanced practice nurses, child and adolescent psychiatrists, clinic nurses, educational professionals and other mental health and health care professionals.

## Credits:

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“The St. Cloud Hospital is accredited by the Minnesota Medical Association to provide continuing medical education for physicians.”

“The St. Cloud Hospital designates this educational activity for a maximum of 21.00 (5.00 - Pre-Conference, 16.00 - Main Conference) *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.”

“Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**”

“This education offering has been designed to meet the Minnesota Board of Nursing continuing education requirements for 21.00 contact hours (5.00 - Pre-Conference, 16.00 - Main Conference). It is the personal responsibility of each participant to determine whether this activity meets the requirements for acceptable continuing education by the licensing organization.”

# Schedule:

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## PRE-CONFERENCE

### THURSDAY - APRIL 29, 2010

- 9:00-9:45 a.m. Registration  
9:45-10:00 a.m. Welcome & Opening Remarks  
10:00-12:30 p.m. Evidence-Based Assessment and Treatment Approaches for Children with Disruptive Behavior Disorders and Comorbidities  
12:30-1:30 p.m. Lunch  
1:30-4:00 p.m. Update in Psychopharmacology for Children and Adolescents with an Emphasis on Disruptive Behavior Disorders.

## MAIN CONFERENCE

### THURSDAY EVENING - APRIL 29, 2010

- 6:00-8:00 p.m. Registration/Soup & Sandwich Reception

### FRIDAY - APRIL 30, 2010

- 7:00-8:00 a.m. Registration/Breakfast (*until 9:30 for families*)  
8:00-8:10 a.m. Welcome and Opening Remarks  
8:10-10:10 a.m. Anxiety Update: Screening, Assessment, Diagnosis and Treatment  
10:10-10:30 a.m. Break  
10:30-12:30 p.m. Trauma and Trauma-Informed Care  
12:30-1:30 p.m. Lunch (*begins at noon for families*)  
1:30-3:30 p.m. Seeing Patients & Expanding Outcomes: Moving Child Welfare and Adult Mental Health Systems Beyond Stigma Against Parents with SMI/SPMI  
3:30-3:45 p.m. Break  
3:45-5:45 p.m. Integrative Approaches in Pediatric Mental Health  
6:00-6:30 p.m. Reception and Hors'doeuvres  
6:30-8:00 p.m. Dinner  
8:00 p.m. Bonfire on the Beach

### SATURDAY - MAY 1, 2010

- 7:00-8:00 a.m. Breakfast (*until 9:30 for families*)  
8:00-8:10 a.m. Announcements  
8:10-10:10 a.m. Adolescent Substance Abuse: Developmental Issues, Assessment Methods, Intervention Approaches and Prevention Strategies

- 10:10-10:30 a.m. Break  
10:30-12:30 p.m. Adolescent Substance Abuse: Developmental Issues, Assessment Methods, Intervention Approaches and Prevention Strategies  
12:30-1:30 p.m. Lunch (*begins at noon for families*)

## **SUNDAY - MAY 2, 2010**

- 7:00-8:00 a.m. Breakfast (*until 9:30 for families*)  
8:00-8:05 a.m. Announcements  
8:05-9:35 a.m. Childhood Obesity: Mental Health, Medications, and Morbidity  
9:35-9:55 a.m. Break/Check-out  
9:55-11:25 a.m. Teaching Self-Care to Children with Obesity  
11:25-12:25 p.m. Childhood Obesity Panel  
12:25-12:30 p.m. Closing Remarks

## **Faculty:**

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### **GERALD J. AUGUST, PHD, LP**

Professor of Psychiatry and Director of the Center for Prevention and Children's Mental Health at the University of Minnesota.

### **TIMOTHY P. CULBERT, MD, FAAP**

Medical Director for the Integrative Medicine Program at Children's Hospitals and Clinics of Minnesota.

### **MAGGIE JARRY, MS**

Mental Health Program Consultant for the Minnesota Department of Human Services and Coordinator of the Daughter and Sons Initiative.

### **ELIZABETH REEVE, MD**

Child and Adolescent Psychiatrist, HealthPartners Medical Group. Assistant Clinical Professor, University of Minnesota Medical School.

### **DAVID L. SMITH, MD**

Pediatrician, St. Cloud Medical Group and Medical Subcommittee Chair for BLEND of the CentraCare Health Foundation.

### **L. READ SULIK, MD, FAAP**

Assistant Commissioner, Chemical and Mental Health Services for Minnesota Department of Human Services. Associate Clinical Professor of Psychiatry, University of Minnesota Medical School.

# Pre-Conference:

## Thursday, April 29, 2010

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### EVIDENCE-BASED ASSESSMENT AND TREATMENT APPROACHES FOR CHILDREN WITH DISRUPTIVE BEHAVIOR DISORDERS AND COMORBIDITIES

**Gerald J. August, PhD, LP**

#### **OBJECTIVES:**

At the conclusion of this session, participants will be able to:

1. Identify the characteristics of evidence-based assessment and treatment approaches.
2. List and describe evidence-based assessment tools that are relevant for children with disruptive behavioral disorders and comorbidities.
3. List and describe evidence-based treatment models that are relevant for children with disruptive behavioral disorders and comorbidities.

### UPDATE IN PSYCHOPHARMACOLOGY FOR CHILDREN AND ADOLESCENTS WITH AN EMPHASIS ON DISRUPTIVE BEHAVIOR DISORDERS

**Elizabeth Reeve, MD**

#### **OBJECTIVES:**

At the conclusion of this session, participants will be able to:

1. Identify new FDA approved medications for treating childhood psychiatric illness.
2. Review the role of “off label” prescribing in children’s mental health.
3. Understand most common medication side effects.

# Main Conference:

## Thursday, April 29, 2010

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All main conference participants and families are invited to attend a complimentary soup and sandwich reception from 6:00-8:00 p.m.

## Friday, April 30, 2010

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### ANXIETY UPDATE: SCREENING, ASSESSMENT, DIAGNOSIS AND TREATMENT

**L. Read Sulik, MD, FAAP**

#### OBJECTIVES:

At the conclusion of this session, participants will:

1. Improve their understanding of the prevalence of anxiety and anxiety disorders in children and adolescents and recognize the frequent misinterpretations of anxiousness.
2. Improve skills in screening, assessment, treatment, and management of anxiety disorders in children and adolescents.
3. Acquire a broad-based understanding of the evidence-based interventions for the treatment and management of anxiety in children and adolescents.

### TRAUMA AND TRAUMA-INFORMED CARE

**L. Read Sulik, MD, FAAP**

#### OBJECTIVES:

At the conclusion of this session, participants will:

1. Improve skills in screening, assessment and treatment and management of trauma-related disorders in children and adolescents.
2. Recognize that many behaviors and responses expressed by traumatized children and adolescents are directly related to traumatic experiences that often cause mental health, substance abuse, physical health and behavioral problems.
3. Understand how traditional approaches and systems of care may cause or exacerbate traumatic stress responses.
4. Acquire an improved understanding of implementing trauma-informed care practices across all settings serving children and adolescents.

**SEEING PATIENTS & EXPANDING OUTCOMES:  
MOVING CHILD WELFARE AND ADULT MENTAL HEALTH SYSTEMS  
BEYOND STIGMA AGAINST PARENTS WITH SMI/SPMI**

**Maggie Jarry, MS**

**OBJECTIVES:**

At the conclusion of this session, participants will be able to:

1. Understand the prevalence and importance of parenting for people with SPMI/SMI diagnoses.
2. Recognize the common experiences of daughters and sons who have a parent with SPMI/SMI and become familiar with resources to assist families (both parent with SPMI/SMI and their daughters and sons).
3. Become familiar with policy frameworks that are developing in the United States and abroad that will allow for more direct support of parents with SPMI/SMI and young daughters and sons.

**INTEGRATIVE APPROACHES IN PEDIATRIC MENTAL HEALTH**

**Timothy P. Culbert, MD, FAAP**

**OBJECTIVES:**

At the conclusion of this session, participants will be able to:

1. Identify safe and effective complementary/alternative medicine approaches for children/teens with ADHD.
2. Identify safe and effective complementary/alternative medicine approaches for children/teens with depression.
3. Identify safe and effective complementary/alternative medicine approaches for children/teens with anxiety.

## Saturday, May 1, 2010

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**ADOLESCENT SUBSTANCE ABUSE:  
DEVELOPMENTAL ISSUES, ASSESSMENT METHODS, INTERVENTION  
APPROACHES AND PREVENTION STRATEGIES**

**Gerald J. August, PhD, LP**

**OBJECTIVES:**

At the conclusion of this session, participants will be able to:

1. Describe the various developmental pathways, including risk and protective factors, that lead to adolescent substance abuse.
2. List and describe screening and diagnostic assessment methods for identifying adolescent substance abuse.
3. List and describe treatment and prevention strategies that are applicable for adolescent substance abuse.

## Sunday, May 2, 2010

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**CHILDHOOD OBESITY:  
MENTAL HEALTH, MEDICATIONS, AND MORBIDITY**

**Elizabeth Reeve, MD**

**OBJECTIVES:**

At the conclusion of this presentation, participants will be able to:

1. Discuss the role medications for psychiatric illness may play in obesity.
2. Discuss the overlap between psychiatric comorbidities and obesity.
3. Review new literature and research on the role obesity plays in children's self esteem and behavior.

## TEACHING SELF-CARE TO CHILDREN WITH OBESITY

**Timothy P. Culbert, MD, FAAP**

### OBJECTIVES:

At the conclusion of this presentation, participants will be able to:

1. Identify and describe appropriate nutritional strategies for children with obesity.
2. Identify and describe appropriate exercise strategies for children with obesity.
3. Identify and describe basic self-care skills useful in kids for promoting general health and wellness.

### CHILDHOOD OBESITY PANEL

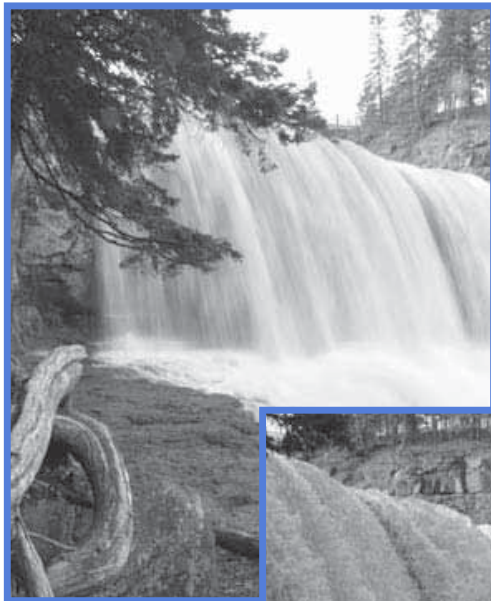
**Timothy P. Culbert, MD, FAAP**

**Elizabeth Reeve, MD**

**David L. Smith, MD**

### OBJECTIVE:

At the conclusion of this panel discussion, participants will have been provided an opportunity to pose questions related to childhood obesity to our panel of experts.



# Registration:

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Registration for the Pre-Conference and Main Conference is separate. Specifics are outlined below:

## PRE-CONFERENCE

**APRIL 29, 2010**

Pre-Conference Registration.....All Participants - \$150.00

The Pre-Conference includes: Pre-Conference course materials, CME credit, lunch, and afternoon break.

## MAIN CONFERENCE

**APRIL 29 (EVENING RECEPTION)-MAY 2, 2010**

Early Bird (on/prior to March 19, 2010)

Registration (includes meal plan).....Physician - \$550.00  
Non-Physician - \$400.00

Regular (after March 19, 2010)

Registration (includes meal plan).....Physician - \$650.00  
Non-Physician - \$500.00

The Main Conference includes: Attendance at all main conference sessions, course materials, CME credit, soup and sandwich reception, all breaks, breakfast (Friday, Saturday, and Sunday), lunch (Friday and Saturday), and dinner (Friday).

### REGISTRATION DEADLINE

April 19, 2010

Refunds will not be issued for cancellations after this date.

**REGISTRATION WILL NOT BE PROCESSED WITHOUT PAYMENT.**

### QUESTIONS:

Phone: 320-255-5836

E-mail: [stcloudhospitalcme@centracare.com](mailto:stcloudhospitalcme@centracare.com)

## Family Meal Plan:

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A meal plan is available for family members and guests.

Friday .....Breakfast, Lunch, and Dinner

Saturday.....Breakfast and Lunch

Sunday .....Breakfast

### FEES:

Adults (Ages 13+) .....\$110.00

Children (Ages 4-12).....\$60.00

Children (Ages 0-3).....FREE

- We are unable to charge prorated fees for individual meals.
- Fees for family meal plans must be included with the registration fee.
- **Participant meal plan is included in the registration fee.**
- Please communicate any food allergies or other dietary needs with Grand Superior Lodge at 1-800-627-9565.

## Kids' Kamp:

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Children ages 4-12 are invited to participate in activities at Kids' Kamp during the main conference.

Friday, April 30, 2010 .....8:00 a.m.-5:45 p.m.

Saturday, May 1, 2010.....8:00 a.m.-1:00 p.m.

Sunday, May 2, 2010 .....8:00 a.m.-1:00 p.m.

### FEE:

A \$40 registration fee per child will cover participation for the three days of activities. Reduced rates are not available for individual days.

Breakfast and lunch will be offered each day during Kids' Kamp *to those participating in the meal plan.*

**OUT OF RESPECT FOR ALL CONFERENCE PARTICIPANTS, INFANTS AND CHILDREN ARE RESTRICTED FROM THE EDUCATIONAL SESSIONS.**

## Lodging:

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- Call Grand Superior Lodge 1-800-627-9565 to make reservations. Identify yourself as a participant of this conference. Make note of the name of the person you speak to on the phone.

***If you are unable to obtain lodging, call the CME Office at 320-255-5836.***

- A deposit of one-night lodging will be charged to your credit card (VISA or Mastercard) at the time of reservation.
- Deadline for guaranteed reservations is April 6, 2010.
- Cancellations made 30 days or more prior to the conference will be refunded, less a \$50 bookkeeping fee. Cancellations made less than 30 days before arrival, deposit is non-refundable. We do not accept cancellations due to weather. We do not accept cancellations over the Internet via e-mail.
- Guests are responsible for full period of reservation; no refunds for early departures.

For more information visit their website at [www.grandsuperior.com](http://www.grandsuperior.com)



The St. Cloud Hospital reserves the right to cancel or reschedule due to an insufficient number of participants or other unforeseen circumstances.

# Registration Form:

## CHILD AND ADOLESCENT PSYCHIATRY PRACTICAL REVIEW

### PARTICIPANT INFORMATION: (PLEASE PRINT)

Participant Name: \_\_\_\_\_

Title:  M.D.  D.O.  P.A.  N.P.  Other: \_\_\_\_\_

Name Badge (First, Last, Title): \_\_\_\_\_

Specialty: \_\_\_\_\_

Office Name: \_\_\_\_\_

Office Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Work Phone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

A complimentary Soup & Sandwich Reception is provided for  
**all main conference participants and family members**  
on Thursday from 6:00-8:00 p.m.

Will you be participating?  Yes  No

Will you be staying at Grand Superior Lodge?  Yes  No

### FAMILY/GUEST INFORMATION:

Spouse/Guest Attending?  Yes  No

If yes, first & last name: \_\_\_\_\_

Will your spouse/guest be participating in the Meal Plan?  Yes  No

Children/Young Adults Attending?  Yes  No

Name	Age	Attending Kids' Kamp?			Meal Plan?
		Friday	Saturday	Sunday	(✓ if yes)
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(Breakfast and lunch will be offered each day during Kids' Kamp  
*to those participating in the meal plan.*)

Over 

**FEES:**

**PRE-CONFERENCE - APRIL 29, 2010**

All Participants (\$150).....\$ \_\_\_\_\_

**MAIN CONFERENCE - APRIL 29 (EVENING)-MAY 2, 2010**

**EARLY BIRD (ON/PRIOR TO MARCH 19, 2010)**

Physician (\$550) .....\$ \_\_\_\_\_

Non-Physician (\$400).....\$ \_\_\_\_\_

**REGULAR (AFTER MARCH 19, 2010)**

Physician (\$650) .....\$ \_\_\_\_\_

Non-Physician (\$500).....\$ \_\_\_\_\_

TOTAL REGISTRATION.....\$ \_\_\_\_\_

**FAMILY MEAL PLAN**

Spouse/Guest/Children 13+ (\$110 each).....# \_\_\_\_\_ \$ \_\_\_\_\_

Children Ages 4-12 (\$60 each) .....# \_\_\_\_\_ \$ \_\_\_\_\_

Children Ages 0-3 (FREE).....# \_\_\_\_\_ FREE

**KIDS' KAMP**

Children Ages 4-12 (\$40 each) .....# \_\_\_\_\_ \$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED .....\$ \_\_\_\_\_

**REGISTRATION DEADLINE - APRIL 19, 2010**

**REFUNDS WILL NOT BE ISSUED AFTER THIS DATE**

**PAYMENT OPTIONS:**

Check (Payable to St. Cloud Hospital CME Fund)

Credit Card

VISA  Mastercard  Discover

Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiration Date: \_\_\_\_ / \_\_\_\_ Amount to Charge: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

**Mail To:** Continuing Medical Education **Fax To:** 320-255-5923  
St. Cloud Hospital (if paying by credit card)  
1406 6th Ave. N.  
St. Cloud, MN 56303

**QUESTIONS:**

Phone: 320-255-5836

E-mail: stcloudhospitalcme@centracare.com

 **St. Cloud Hospital**

**CENTRACARE Health System**

Continuing Medical Education

1406 Sixth Avenue North

St. Cloud, MN 56303-1901

Non-Profit Organization  
U.S. POSTAGE

**PAID**

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Permit #389