CentraCare Health
Collaborative Care Institute
Bridging the Gap Between Primary Care and Psychiatry

March 2-4, 2018
Grand View Lodge
Nisswa, Minnesota
**Target Audience:**
This program is designed for primary care physicians, psychiatrists, residents, advanced practice providers, clinic nurses, educational professionals and other mental health and health care professionals.

**Credits:**
CentraCare Health is accredited by the Minnesota Medical Association to provide continuing medical education for physicians.

CentraCare Health designates this live activity for a maximum of 14.00 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the 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 14 contact hours. It is the personal responsibility of each participant to determine whether this activity meets the requirements for acceptable continuing education by the licensing organization.

St. Cloud Hospital has been approved as a provider by the State of Minnesota Board of Social Work - CE Provider Approval Number CEP-77. Participants will earn 15 contact hours for the entire session.

**Acknowledgments:**
Thank you to the following planning committee members:

<table>
<thead>
<tr>
<th>Melissa Chapman, PA-C</th>
<th>Kristin McNutt, PA-C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ryan Engdahl, PhD, LP</td>
<td>John Schmitz, MD</td>
</tr>
<tr>
<td>Larry Hook, MD</td>
<td>Alison Sikes, MD</td>
</tr>
</tbody>
</table>

This conference is supported in part by an educational grant from the CentraCare Health Foundation.
Faculty:

Barbara Carver, PsyD, LP—St. Cloud Hospital Behavioral Health Clinic
Kelly Collins, MD—St. Cloud Hospital/Plaza Rehabilitation
Ryan Engdahl, PhD, LP—St. Cloud Hospital Behavioral Health Clinic
Jamie Finke, MD—CentraCare Family Health Center
Karen Freed, PsyD, LP—St. Cloud Hospital Behavioral Health Clinic
Larry Hook, MD—St. Cloud Hospital Behavioral Health Clinic
Clarice Konshok, MD—CentraCare Family Health Center
Steve Lanz, MS, LISW—St. Cloud Hospital Behavioral Health Clinic
Elizabeth LaRusso, MD—Allina Health Mental Health Outpatient Clinic
Michael Massey, DO—CentraCare Neurosciences Pain Center
Carl Melling, MD—CentraCare Specialty Care Center
Troy Payne, MD—St. Cloud Hospital Sleep Center
Matt Peckskamp, PA-C—St. Cloud Hospital Behavioral Health Clinic
Dennis Peterson, MD—CentraCare Family Health Center
Stacy Rivers, MSW, LICSW—St. Cloud Hospital Behavioral Health Clinic
John Schmitz, MD—St. Cloud Hospital Behavioral Health Clinic
Alison Sikes, MD—St. Cloud Hospital Behavioral Health Clinic
Troy Weber-Brown, LMFT—CentraCare Specialty Care Center
Schedule:
Friday, March 2, 2018

7:30-7:50 AM
CHECK-IN

7:50-8:00 AM
WELCOME & OPENING REMARKS

8:00-10:00 AM
GENDER MEDICINE
Carl Melling, MD • Troy Weber-Brown, LMFT

OBJECTIVES:
At the conclusion of this session, participants should be able to:
- Understand gender identity.
- Understand the challenges transgender individuals face in society.
- Be familiar with behavioral and medical interventions for transgender patients.

10:00-10:15 AM
BREAK

10:15-10:45 AM
SCREENING TOOLS FOR DEPRESSION CARE
John Schmitz, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
- Review screening tools.
- Review sensitivity and specificity of these screening tools.
- Utilize these tools as part of the diagnostic process and ongoing monitoring of behavioral health diagnoses.
10:45-12:00 PM
**WHAT IS IMMEDIATE RISK? UNDERSTANDING THE FUNDAMENTALS OF SUICIDE RISK ASSESSMENT AND MANAGEMENT**
Stacy Rivers, MSW, LICSW

**OBJECTIVES:**
At the conclusion of this session, participants should be able to:
- Become aware of one’s own beliefs and reactions related to suicide.
- Understand the purpose and fundamentals of suicide risk formulation.
- Acknowledge and dispel myths associated with suicide risk assessment.

12:00-1:00 PM
**LUNCH**

1:00-2:00 PM
**UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES: ENRICHING SELF-HEALING CAPACITIES**
Stacy Rivers, MSW, LICSW

**OBJECTIVES:**
At the conclusion of this session, participants should be able to:
- Understand the connection between adversity during development and risk of physical, mental, and behavioral problems later in life.
- Describe findings from the Adverse Childhood Experience Study.
- Value opportunities to explore and provide empathic response throughout care.

2:00-3:00 PM
**DIAGNOSIS AND TREATMENT OF DEPRESSION**
Alison Sikes, MD

**OBJECTIVES:**
At the conclusion of this session, participants should be able to:
- Identify the common medical illnesses that can masquerade as depression.
- Implement a basic depression treatment plan.
- Know augmentation strategies for depression.
3:00-3:15 PM

BREAK

3:15-4:00 PM

LISTENING TO HOOFBEATS: HORSE OR ZEBRA—CASE STUDIES IN PSYCHIATRIC PRESENTATION
Larry Hook, MD • John Schmitz, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Discuss characteristics of a patient’s presentation which guide medical workup.
• Enhance skills in developing a differential diagnosis for patients presenting with psychiatric complaints.

Saturday, March 3, 2018

7:50-8:00 AM
ANNOUNCEMENTS

8:00-9:00 AM
HOSPITAL BASED SUBSTANCE ABUSE CARE
Larry Hook, MD • Steve Lanz, MS, LISW

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand medication options used for withdrawal.
• Understand the Rule 25 treatment placement process.
• Have an awareness of the recovery resources available.

9:00-10:00 AM
OPIOIDS—THE GOOD, THE BAD AND THE LAW
Michael Massey, DO

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand the basics of pain physiology and pathophysiology.
• Understand the benefits, risks, and liability associated with opioid
utilization in healthcare.

- Understand basic non-opioid adjunctive medication for pain patients.

10:00-10:15 AM
BREAK

10:15-11:00 AM
THERAPY 101: NUTS AND BOLTS OF PSYCHOLOGY APPROACHES, TREATMENT, AND APPLICATIONS
Karen Freed, PsyD, LP

OBJECTIVES:
At the conclusion of this session, participants should be able to:
- Identify common types of therapy treatments.
- Identify common diagnoses and patient populations in which treatments can be applied.
- Determine appropriate referrals for therapy and how to place orders/referrals to assist with facilitation of patient care and increased patient satisfaction.

11:00-12:00 PM
IBH PANEL DISCUSSION: IBH PROGRAMS AND CHANGES IN PRIMARY CARE PRACTICE
Ryan Engdahl, PhD, LP • Clarice Konshok, MD • Dennis Peterson, MD • Jamie Finke, MD • Barbara Carver, PsyD, LP

OBJECTIVES:
At the conclusion of this session, participants should be able to:
- Understand and describe a model of Integrated Behavioral Health service.
- Discuss potential outcomes related to IBH practice.
- Understand changes in day to day workflow for medical providers and ask questions to those providers.
Sunday, March 4, 2018
7:50-8:00 AM
ANNOUNCEMENTS

8:00-8:45 AM
BRAIN INJURY AND PSYCHIATRY
Kelly Collins, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand common post-concussive symptoms.
• Understand common treatments for post-concussive symptoms.
• Understand how post-concussive symptoms can overlap with psychiatric symptoms.

8:45-9:45 AM
WHY AM I SO TIRED?
Troy Payne, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand how obstructive sleep apnea affects mood.
• Understand how restless legs syndrome affects mood.
• Understand how insufficient sleep affects mood.

9:45-10:00 AM
BREAK

10:00-11:00 AM
CLINICAL CONSIDERATIONS IN THE TREATMENT OF PREGNANT AND POSTPARTUM WOMEN WITH BIPOLAR DISORDER
Elizabeth LaRusso, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Identify the key symptoms and risk factors associated with perinatal...
bipolar disorder.

- Understand key aspects of medication management of bipolar disorder in pregnant and lactating women.
- Formulate a bio-psycho-social treatment plan that incorporates the patient’s entire support system in order to optimize the well-being of the family unit.

11:00-12:00 PM
A REVIEW OF ATYPICAL ANTIPSYCHOTICS FOR TYPICAL PRACTICE
Matt Peckskamp, PA-C

OBJECTIVES:
At the conclusion of this session, participants should be able to:
- Have a basic understanding for the neuroanatomy of dopamine pathways.
- Recognize limits of the therapeutic window of conventional antipsychotics and describe the exploitation of this that gave rise to atypical antipsychotics.
- Utilize binding affinity tables to discuss potential side effects.
- Become more aware of pharmacology options and use or antipsychotic therapy.
**Registration:**

<table>
<thead>
<tr>
<th></th>
<th>Prior to 01/31/18</th>
<th>After 01/31/18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>$500</td>
<td>$600</td>
</tr>
<tr>
<td>Non-Physicians &amp; Residents</td>
<td>$350</td>
<td>$450</td>
</tr>
</tbody>
</table>

The registration fee includes course materials, CME credit, all breaks, and lunch on Friday.

**REGISTRATION DEADLINE/CANCELLATIONS**

Registration deadline is February 16, 2018.
Refunds will be issued, less a $50 processing fee prior to this date.

**Lodging:**

Grand View Lodge offers a variety of accommodations overlooking Gull Lake. Please plan to stay on-site to take full advantage of networking opportunities with other conference participants and family members.

Special conference rates are available by submitting the Grand View Lodge registration form at: https://grandviewlodge.formstack.com/forms/centracare18
The link to this form will be included in your confirmation letter. Deluxe lodging, daily breakfast, use of fitness center, indoor pool, and resort amenities are available to participants and family members staying onsite.

Deadline for guaranteed lodging is January 30, 2018.
Questions, call 218-963-8798.

**Special Accommodations:**

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

Phone: 320-255-5836      Email: stcloudbhospitalcme@centracare.com
Registration Form:
COLLABORATIVE CARE INSTITUTE—MARCH 2-4, 2018

PARTICIPANT INFORMATION: (PLEASE PRINT)
Participant Name: ___________________________________________
Title: □ MD □ DO □ PA □ NP □ Other: __________
Name Badge (First, Last): _____________________________________
Specialty: __________________________________________________
Office Name: _______________________________________________
Office Address: _____________________________________________
City: ___________________________ State: _____  Zip: ___________
Phone: (______) _________________  □ Cell  □ Work
Email: ____________________________________________________

Will you be staying at Grand View Lodge? □ Yes  □ No

REGISTRATION FEES
EARLY BIRD (PRIOR TO 01/31/18)
Physicians ($500)   Non-Physicians & Residents ($350)   $ _____________
STANDARD RATE (AFTER TO 01/31/18)
Physicians ($600)   Non-Physicians & Residents ($450)   $ _____________

REGISTRATION DEADLINE—FEBRUARY 16, 2018
REFUNDS WILL NOT BE ISSUED AFTER THIS DATE

PAYMENT OPTIONS:
□ Check (Payable to St. Cloud Hospital CME)
□ Credit Card
  □ Visa  □ MasterCard  □ Discover  □ American Express
  Card Number: __ __ __ __/ __ __ __ __/ __ __ __ __/ __ __ __ __
  Expiration Date: __/ __  CVV Code: ________
  Cardholder’s Name: ___________________________________________
  Billing Address (as it appears on statement) :
  ________________________________

Mail to:  Medical Staff Development  Fax to:  320-255-5923
  St. Cloud Hospital  Email to: stcloudhospitalcme@centracare.com
  1406 6th Ave. N.
  St. Cloud MN 56303

Questions:
320-255-5836 stcloudhospitalcme@centracare.com