

The Child & Adolescent Psychiatry Practical Review

For Primary Care Providers and Mental Health Professionals



April 23, 2026— Pre-Conference
April 24–26, 2026— Main Conference

Grand Superior Lodge
Two Harbors, Minnesota

Target Audience:

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

Credits:

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

CentraCare designates this live activity for a maximum of 20.00 (5.75 - Pre-Conference, 14.25 - Main Conference) *AMA PRA Category 1 Credits™*. 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 20.00 contact hours (5.75- Pre-Conference, 14.25 - 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.

CentraCare has been approved as a provider by the State of Minnesota Board of Social Work - CE Provider Approval Number CEP-77. It is the personal responsibility of each participant to determine whether this activity meets the requirements for acceptable continuing education by the licensing organization. Participants can earn 20.00 contact hours for the entire session (5.70 - Pre-Conference, 14.25 - Main Conference).

Acknowledgements:

CentraCare would like to acknowledge and thank the following for planning this year's conference:

- ◆ Christopher Boys, Ph.D., LP
- ◆ Michael Carpenter, MD
- ◆ Elizabeth Reeve, MD
- ◆ John Schmitz, MD
- ◆ Barbara Skodje-Mack, EdD, LMFT

This year's cover picture
has been provided by
Tommi Griffin

Faculty:

- Alexis Alkire, COTA/L—CentraCare-St. Cloud Hospital Clara's House
- Christopher Boys, PhD., LP—Great Lakes Neurobehavioral Center
- Erik de Water, PhD, LP—Great Lakes Neurobehavioral Center
- Claire Drom, MD—CentraCare/St. Cloud Hospital
- Anne Gearity, PhD—University of Minnesota
- Kate Miley, PhD, CNP, PMHNP-BC—HealthPartners
- Elizabeth Reeve, MD—HealthPartners
- Alix Stalmakov—DNP, PMHNP-BC—CentraCare/St. Cloud Hospital
- Colleen Wiechman, OTR/L—CentraCare-St. Cloud Hospital Clara's House
- Catherine Wright, PsyD, LP, LPCC, IMH-E®(IV-C)—State of Minnesota

Pre-Conference:

Thursday - April 23, 2026

9:00-9:45 AM — REGISTRATION & CHECK IN

9:45-10:00 AM — WELCOME & COURSE OVERVIEW

10:00-11:15 AM

NEUROPSYCHOLOGY OF IMPULSIVITY AND EXTERNALIZING BEHAVIORS

Christopher Boys, PhD., LP

OBJECTIVES:

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

- Identify the neuropsychological and psychological presentation of externalizing behaviors and impulsivity.
- Provide a basic understanding of the neurobiology of impulsivity and subsequent externalizing behaviors.
- Identify other reasons for impulsivity and externalizing behaviors as related to psychological diagnoses (i.e., anxiety, depression, conduct disorder).

11:15-12:00 PM

A WALK-THROUGH ADOLESCENT SUBSTANCE USE WITH A FOCUS ON CANNABIS

Alix Stalmakov, DNP, PMHNP-BC

OBJECTIVES:

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

- Identify how brain development increases SUD risk in adolescence.
- Differentiate addiction from high-risk substance use.
- Differentiate medicinal vs. harmful impacts of cannabis.
- List a brief screening tool to assess for adolescent SUD and when to refer to addiction specialty care.
- List available adolescent SUD treatment options.

12:00-12:30 PM — LUNCH (PARTICIPANTS ONLY)

12:30-1:30 PM

SEXUAL BEHAVIORS AND PORNOGRAPHY IN CHILDHOOD AND ADOLESCENCE: SHOCKINGLY TYPICAL BEHAVIORS VS. RED FLAG BEHAVIORS

Christopher Boys, PhD., LP

OBJECTIVES:

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

- Identify and describe sexual behaviors and content that is expected for typically developing children and adolescents.
- Identify red flags of when typical behaviors and focus on sexual content becomes atypical.
- Understand what may cause an adolescent to become atypically hyper focused on sexual content and provide families with assessment and intervention resources.

1:30-2:30 PM

UNDERSTANDING CONDUCT DISORDER AND OPPOSITIONAL DEFIANT DISORDER (ODD)

Elizabeth Reeve, MD

OBJECTIVES:

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

- Understand the differences between “bad” behaviors and a disorder.
- Understand how ODD and Conduct Disorder in childhood impact the long term prognosis of a child.
- Be familiar with common comorbidities seen in children with ODD or Conduct Disorder.

2:30-2:45 PM— BREAK

2:45-3:45 PM
NEUROPSYCHOLOGICAL CASE STUDIES INVOLVING TYPICAL AND ATYPICAL SEXUALIZED BEHAVIORS AND FOCUS ON PORNOGRAPHY

Christopher Boys, PhD., LP

OBJECTIVES:

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

- Describe what is a typical focus on sexualized topics, pornography, and sexualized behaviors for an adolescent.
- Identify when typical behaviors have become more dangerous and there is a potential for victimization and a need for intervention referral.
- Conduct a more focused interview with patients and families when there is a concern about hyperfocus on pornography.

3:45-4:30 PM
Q&A PANEL DISCUSSION

OBJECTIVE:

At the conclusion of this session panelists will have answered participant questions.

Main Conference:

Thursday - April 23, 2026

5:30-7:30 PM — WELCOME / SOUP & SANDWICH RECEPTION

Friday - April 24, 2026

7:30-8:00 AM — REGISTRATION & CHECK IN

8:00-8:30 AM — WELCOME & COURSE OVERVIEW

8:30-10:00 AM
UPDATE IN PSYCHOPHARMACOLOGY (PART 1)
Elizabeth Reeve, MD

OBJECTIVES:

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

- Be aware of new pharmacological interventions for ADHD, depression, and anxiety.
- Be comfortable starting pharmacological treatment for ADHD, depression, or anxiety.
- Recognize complexities in pharmacology that may necessitate referral to specialty care.

10:00-10:15 AM — BREAK

10:15-11:15 AM
UNDERSTANDING REPETITIVE ACTIONS: TICS, COMPULSIONS, AND SELF STIMULATORY BEHAVIORS
Elizabeth Reeve, MD

OBJECTIVES:

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

- Be familiar with the range of disorders that may include repetitive behaviors.
- Understand pharmacological interventions that may be effective for repetitive behaviors.
- Differentiate between tics, compulsions, and self-stimulatory movements.

11:15-12:15 PM
COMPREHENSIVE BEHAVIORAL INTERVENTIONS FOR TICS (CBIT)
Erik de Water, PhD, LP

OBJECTIVES:

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

- Understand what CBIT is and for whom it is effective.
- Understand the neurobiology of Tic Disorders.
- Know where to refer children with Tics to and discuss helpful strategies that parents and children may use while they are on a waitlist for therapy.

12:15-1:15 PM — LUNCH

1:15-2:30 PM
HIGH YIELD REPRODUCTIVE PSYCHIATRY FOR THE PEDIATRICIAN AND CAP
Claire Drom, MD

OBJECTIVES:

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

- Identify the risks of cannabis use in pregnancy and create strategies for harm reduction.
- List the most common drug-drug interactions between contraception options and psychotropic medications.
- Learn the guiding principles of psychotropic medication management in pregnancy and lactation.

2:30-2:45PM – BREAK

2:45-4:15 PM

FIRST EPISODE PSYCHOSIS (FEP) AND EARLY-STAGE BIPOLAR DISORDER: FROM RISK TO EARLY

Kate Miley, PhD, CNP, PMHNP-BC

OBJECTIVES:

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

- Identify 2 risk factors for FEP/Early-Stage BD.
- Recognize the core clinical symptoms of psychosis and mania.
- Describe available early-intervention treatment programs in Minnesota.

4:15-4:45 PM – Q&A

OBJECTIVES:

At the conclusion of this session, panelists will have answered participants questions.

5:30-6:15 PM – SOCIAL HOUR

6:15-7:15 PM – DINNER

SATURDAY - APRIL 25, 2026

8:00-8:15 AM

ANNOUNCEMENTS

8:15-10:15 AM

MUTUAL DYSREGULATION-THE PARENT/CHILD DILEMMA: HELPING PARENTS UNDERSTAND HOW ANXIETY AND EMOTIONS ARE SHARED, AND MANAGED.

Anne R. Gearity, PhD

OBJECTIVES:

- Understand how children impact the balance of parents, and parents do the same: mutual regulation.
- See why, in providing guidance about children, it is critical to assess the relationship “quality” and how parents can best engage with their child.
- Appreciate why mutual dysregulation requires more than demanding the child change = supportive family work.

10:15-10:30 AM – BREAK

10:30-12:30 PM

EARLY CHILDHOOD MENTAL HEALTH ASSESSMENTS AND RESOURCES IN MINNESOTA

Catherine Wright, PsyD, LP, LPCC, IMH-E@(IV-C)

OBJECTIVES:

- Understand the process for how young children are assessed in Minnesota for mental health conditions.
- Identify local providers who are able to assess and treat early childhood mental health conditions in Minnesota.
- Understand additional systems development efforts the State is engaging in to ensure accurate diagnostic assessments of young children and corresponding interventions.

12:30-1:15 PM – LUNCH

SUNDAY - APRIL 26, 2026

8:00-8:15 AM

FINAL DAY KICK OFF & WRAP UP DISCUSSION

8:15-9:45 AM

ROLE OF OCCUPATIONAL THERAPY IN MENTAL HEALTH: PERSPECTIVES FROM A PHP SETTING

Colleen Wiechman, OTR/L

Alexis Alkire, COTA/L

OBJECTIVES:

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

- Articulate the role of OT in the mental health field.
- Describe the relationship between sensory processing and mental health disorder.
- Identify examples and impacts of sensory supports used within a PHP setting.

9:45-10:00 AM – BREAK

10:00-12:00 PM

UPDATE IN PSYCHOPHARMACOLOGY (PART 2)

Elizabeth Reeve, MD

OBJECTIVES:

- Be aware of new pharmacological interventions for ADHD, depression, and anxiety.
- Be comfortable starting pharmacological treatment for ADHD, depression, or anxiety.
- Recognize complexities in pharmacology that may necessitate referral to specialty care.

Registration:

PRE-CONFERENCE - April 23, 2026

The Pre-Conference includes: Course materials, CME credit, and lunch.
Registration All - \$300.00

MAIN CONFERENCE - April 24-26, 2026

The Main Conference includes: Main Conference course materials, CME credit, soup and sandwich reception Thursday (all family members welcome), and meal plan.

Early Bird (on/prior to March 1, 2026)

Registration (includes meal plan) Physicians - \$725.00
Non-Physicians & Residents - \$575.00

Regular (after March 1, 2026)

Registration (includes meal plan) Physicians - \$775.00
Non-Physicians & Residents - \$625.00

REGISTRATION DEADLINE

April 12, 2026

CANCELLATIONS

Refunds will be issued prior to April 12th less a \$50.00 processing fee.

CentraCare reserves the right to cancel or reschedule due to unforeseen circumstances.

Special Accommodations:

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

Email: CCMedicalStaffDevelopment@centracare.com

Meal Plan:

Friday

Breakfast 7:00-8:30 a.m.
Lunch 12:15-1:15 p.m.
Dinner 6:00-7:00 p.m.

Saturday

Breakfast 7:00-8:30 a.m.
Lunch 12:30-1:15 p.m.

Sunday

Breakfast 7:00-8:30 a.m.

Conference Participants:

- Meal plan is included in the conference registration fee.

Family Members & Guests:

- Invited to participate in the meal plan for a fee.

FEES:

Adults (Ages 13+)\$ 230.00
Children (Ages 5-12)\$100.00
Children (Ages 0-4) FREE

- We are unable to charge prorated fees for individual meals.
- Fees for family meal plans must be included with the registration .

SPECIAL DIETARY NEEDS

Food allergies or other dietary needs must be communicated prior to **April 10, 2026**, with Cherry Dietzmann at Grand Superior Lodge

cherry.dietzmann@grandsuperior.com

Lodging:

- ◆ Grand Superior Lodge offers a variety of accommodations overlooking Lake Superior. Please plan to stay on-site to take full advantage of networking opportunities with other conference participants and family members.
- ◆ Conference rates are available by calling Amy or Shannon at Grand Superior Lodge at 1-218-834-3796 to make reservations. Conference rates are not available online.

EARLY BOOKING INCENTIVE

Book lodging for Thursday, Friday, and Saturday nights
prior to March 1, 2026

50% Off on an extended stay for Sunday, April 26th, 2026

**Mention the Early Booking Incentive when making
your reservation to redeem!**

Deadline for guaranteed conference rate is March 1, 2026.



For more information visit the Grand Superior Lodge website at

www.grandsuperior.com