Child Psychiatry for the Primary Care Clinician

Burlington, VT
May 3-5, 2007
The University of Vermont College of Medicine
In alliance with
Fletcher Allen Health Care

Presents

CHILD PSYCHIATRY
FOR THE
PRIMARY CARE CLINICIAN

May 3-5, 2007

“Exceptionally valuable conference!”

WYNDHAM HOTEL
BURLINGTON, VERMONT
This is the third meeting of this highly acclaimed conference that previous attendees have praised for its quality and usefulness. This year, we have added new topics as requested by prior attendees and have increased the number of breakout sessions to allow participants to attend more than one.

**Audience**

Pediatricians, Family Physicians, Nurse Practitioners, Adult Psychiatrists with interests in children and adolescents, Social Workers, non-medical mental health clinicians.

**Background**

According to a recent Surgeon General’s Report, one in five children in the United States suffers from a psychiatric condition to a degree that causes functional impairment. Yet despite the increasing awareness of these conditions and advances in their treatment, a disproportionate number of children remain undiagnosed and untreated. With the continuing shortage of available child psychiatrists, the responsibility for caring for the mental health needs of children and adolescents is increasingly moving to primary care. Most primary care clinicians, however, report receiving only minimal training in child psychiatry, if any. This lack of teaching coupled with ever increasing demands to see patients in smaller amounts of time has created a difficult environment to address adequately the often complex mental health concerns brought forth by patients and their families. This shortage has resulted in significant and costly delays for patients who often need effective treatment as soon as possible.

**Course Objectives**

The objective of this course is to equip primary care physicians with practical and updated strategies for the diagnosis and treatment of many of the most common childhood psychiatric conditions. Specific disorders and behaviors covered in this conference include ADHD, eating disorders, and cutting.

Emphasis will focus on incorporating these strategies within the practical confines of a busy outpatient primary care setting. Treatment options, both pharmacological and non-pharmacological, will be presented. A practical handout, designed to be used as a reference in the practice setting, will be distributed. There will also be an opportunity for small group discussion of your specific clinical questions.
Course Director

David C. Rettew, MD
Assistant Professor of Psychiatry and Pediatrics
Director, Pediatric Psychiatry Clinic
University of Vermont College of Medicine

Faculty

Robert R. Althoff, MD, PhD
Assistant Professor of Psychiatry
Division of Behavior Genetics
University of Vermont College of Medicine

Craig L. Donnelly, MD
Associate Professor of Psychiatry and Pediatrics
Chief, Child & Adolescent Psychiatry
Dartmouth-Hitchcock Medical Center

James J. Hudziak, MD
Professor of Psychiatry, Medicine and Pediatrics
Director of Child and Adolescent Psychiatry
Director of Behavioral Genetics
University of Vermont College of Medicine
Professor, Endowed Chair on Genetics of Childhood Behaviour Problems
Biological Psychology, Vrije Universiteit
Amsterdam, The Netherlands
Adjunct Professor of Psychiatry,
Dartmouth College of Medicine

Masha Y. Ivanova, PhD
Research Assistant Professor of Psychiatry
University of Vermont College of Medicine

John G. Koutras, MD
Assistant Professor of Psychiatry and Pediatrics
University of Vermont College of Medicine

Eliza J. Pillard, LICSW
Resource Specialist
University of Vermont College of Medicine

Douglas R. Robbins, MD
Director, Child & Adolescent Psychiatry
Maine Medical Center
Clinical Associate Professor
Department of Psychiatry
University of Vermont College of Medicine
Program Schedule

Thursday, May 3, 2007

1:00 pm  Registration

1:45  Welcome & Introduction
  David Rettew, MD

2:15  What’s Hot in Child Psychiatry III
  James Hudziak, MD

3:15  Pediatric Bipolar Disorder
  Douglas Robbins, MD

4:15  Break

4:30  Breakout Sessions I
  A. How to Use the Achenbach Forms
     Masha Ivanova, PhD and James Hudziak, MD
  B. Receiving Patients Back from Intensive Treatment Settings
     John Koutras, MD
  C. Current Debates in Pediatric Bipolar Disorder
     Robert Althoff, MD, PhD
  D. Psychotherapy 101 - David Rettew, MD
  E. Finding Local Mental Health Resources
     Eliza Pillard, LICSW

5:30  Adjourn

Friday, May 4, 2007

7:45 am  Continental Breakfast

8:15  Opening Comments
  David Rettew, MD

8:30  Management of Eating Disorders
  David Rettew, MD

9:30  Sleep Problems in Children
  John Koutras, MD

10:30  Break

10:45  Understanding and Managing Cutting
  Masha Ivanova, PhD

11:45  Lunch (Provided)
1:00 pm  Medications in ADHD: Plans B, C, and D  
Robert Althoff, MD, PhD

2:00 Where Does Temperament End and Psychopathology Begin?  
David Rettew, MD

3:00 Break

3:15 Case Discussions - Bring Your Clinical Questions!

4:15 Adjourn

Saturday, May 5, 2007

8:30 am  Continental Breakfast

9:00 Childhood Trauma and PTSD  
Craig Donnelly, MD

10:00 The Family Centered Assessment  
James Hudziak, MD

11:00 Break

11:30 Breakout Sessions II  
A. How to Use the Achenbach Forms  
Masha Ivanova, PhD and James Hudziak, MD

B. Receiving Patients Back from Intensive Treatment Settings - John Koutras, MD

C. Current Debates in Pediatric Bipolar Disorder  
Robert Althoff, MD, PhD

D. Psychotherapy 101 - David Rettew, MD

E. Finding Local Mental Health Resources  
Eliza Pillard, LICSW

12:30 pm Conference Adjourns

* Program Schedule is tentative and subject to change.

COURSE #07-801-57
Accreditation

The University of Vermont College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Vermont designates this educational activity for a maximum of 13 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This program has been reviewed and is acceptable for up to 13 prescribed credits by the American Academy of Family Physicians. CEU credits for Social Workers pending approval. This program has been reviewed and is acceptable for up to 13 Nursing Contact Hours.*

*The University of Vermont, Office of Continuing Medical Education, is approved as a provider by the Vermont State Nurses' Association, Inc., which is accredited as an approver of continuing education in nursing by the American Nurses’ Credential Center’s Commission on Accreditation.

Conference Location

The program will be held at the Wyndham Hotel and Conference Center in Burlington, Vermont. The Wyndham overlooks beautiful Lake Champlain and the Adirondack Mountains, and is within walking distance of the Church Street Marketplace, Waterfront Park and the Lake Champlain Ferry. An indoor heated pool, whirlpool spa and fitness center are located on property.

A block of rooms with reduced rates has been reserved for conference registrants at the Wyndham. Please make your hotel reservations directly with the hotel (802-658-6500) prior to April 3rd and indicate your participation in this conference to receive special rates ($139 single or double occupancy per room, per night). Rooms cannot be guaranteed after April 3, 2007.

Registration

Tuition: $375 Physicians (postmarked by March 15)
$250 Non-physicians (postmarked by March 15)

The course fee includes tuition, comprehensive course syllabus, continental breakfasts, coffee breaks and lunch for registrants.

Refunds: Refunds, minus an administrative fee of $50, will be made only if notice of cancellation is received in writing by April 15, 2007.

Leisure Time

Burlington is ideally situated on the shores of Lake Champlain, the sixth largest freshwater lake in the U.S. Great shopping and excellent restaurants are within walking distance. The Burlington Community Boathouse has bicycles for rent. A bike path, just across the street, explores several miles of the lakeshore. Within an hour’s drive are the Ben & Jerry’s Ice Cream Factory, UVM Morgan Horse Farm, and tours of the world’s largest granite quarry. There are several excellent public golf courses nearby with reasonable rates. May is also a prime month in Vermont for fly fishing. Contact Dr. Rettew at david.rettew@uvm.edu for recommendations about golf or fly fishing.
REGISTRATION FORM

Child Psychiatry
On Line: http://cme.uvm.edu

Name: ________________________________
(As you would like it to appear on Nametag & Certificate)

Degree: ☐ MD ☐ DO ☐ PA ☐ NP ☐ RN ☐ Other ______
Specialty: ________________________________

Address: ____________________________________________

City: __________________ State: ______ Zip: __________
Phone: (____)__________ Fax: (____)__________
Email: ________________________________

Initials ______ Last 4 digits of SSN (For CME tracking purposes)

Registration Fee:

☐ $375 Physicians
☐ $250 Non-Physicians
☐ Add $25 if postmarked after March 15, 2007

☐ $ ______ Total Due

Workshop Interest
There will be opportunity to attend two workshops. Please rank order your preferences from 1 (most) to 5 (least desirable). There is limited enrollment in each workshop. Every effort will be made to provide registrants with their top choices. WORKSHOP ASSIGNMENTS WILL BE MADE IN ORDER OF REGISTRATION RECEIPT.

☐ Achenbach Forms
☐ Receiving Patients Back from Intensive Treatment
☐ Pediatric Bipolar Disorder
☐ Psychotherapy 101
☐ Local Resources

Payment Method
☐ Check (payable to The University of Vermont)
☐ Visa ☐ MasterCard ☐ American Express

Card No. ___________________________ Exp. ______________________

Signature ________________________________

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