Take Your Career Higher.

Elevate
by Psych Congress

Austin
February 23—25, 2018
**Day 1  Friday, February 23**

Elevate brings together a community of like-minded professionals with great ideas who are committed to improving and revolutionizing mental healthcare. On Day 1, our expert faculty will help you DISCOVER the necessary tools and understanding to overcome any diagnostic and treatment challenge. Topics explored will include ADHD, major depressive disorder, substance use disorder, schizophrenia, and more.

**Day 2  Saturday, February 24**

Day 2 focuses on career ADVANCEMENT opportunities for attendees, since Elevate is an educational experience that not only focuses on what you know, but who you know. We know how important it is to have someone to turn to as you are building your career. On Day 2, you will find that mentor you’ve always been looking for in our Elevate with the Experts session.

**Day 3  Sunday, February 25**

Day 3 begins with a TRANSFORMATIONAL presentation, given by Mark A. Frye, MD, Director of the Mayo Clinic Depression Center, on the research being done to develop genetic testing and personalized medicine for psychiatric disorders. This is followed by a new feature of dynamic TED-style talks led by some of today’s most exciting professionals in the field of psychiatry and mental health. Close out your Elevate experience with us by attending our screening of the documentary CRAZYWISE and follow-up discussion with the film’s director.

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**Inspired Education for Early Career Mental Health Clinicians.**

Three days. 300 early career professionals just like you. One powerful experience. Featuring the nation’s leading minds in psychiatry and mental health, combined with breakout thinkers who challenge convention. This is out-of-the-box education for a job that never fits within the lines.

Whether it is translating the latest research findings into practical application, connecting you with a mentor that gets your story, or delving into emerging clinical research, tools, and technology, you will leave Elevate equipped to take on new opportunities and new challenges, and be prepared to MAKE YOUR MARK.

Are you ready to Elevate?

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Elevate is a conference for clinicians practicing mental healthcare for 10 years or less. For info on other fantastic educational opportunities, visit psychcongress.com
Topics explored will include:

- Major Depressive Disorder
- Technological Applications
- Tardive Dyskinesia
- Genetic Testing
- Clinician Burnout
- Substance Use Disorders
- Healthcare Synergies
- and more

Featured Session: Understanding Genetic Testing and the Future of Mental Health Treatment

Mark A. Frye, MD, the Director of Mayo Clinic Depression Center, will be discussing the future of individualized precision medicine in psychiatry. Dr. Frye and his team at the Mayo Clinic are working on identifying and understanding the underpinning mechanisms in psychiatric disorders, particularly bipolar disorder, with cutting-edge technologies in DNA genomics. The advancements Dr. Frye and his research group are making are leading to validated tests for reliable diagnoses in psychiatry. Dr. Frye will review what you need to know about this breakthrough research and how it may impact your future diagnostic and treatment protocol.

Documentary Film Screening and Q&A

Crazy...or wise? The traditional wisdom of indigenous cultures often contradicts modern views about a mental health crisis. Is it a ‘calling’ to grow, or just a ‘broken brain’? The documentary CRAZYWISE explores what can be learned from people around the world who have turned their psychological crisis into a positive transformative experience. Director and Executive Producer, Phil Borges, will be available for Q&A following the screening.

Networking, Mentoring & More

At Elevate, connect with an expert and find a mentor—a leader in the field who gets your story and can share insight and guidance. Learn, share, and identify treatment challenges and strategies with colleagues from across the globe, all whom are committed to improving patient care.

Exhibit Hall

Engage with the world’s leading companies showcasing the latest devices, tools, and services in support of cutting-edge mental health treatment strategies. On the exhibit floor, you can discover the latest offerings from academic book publishers, meet with pharmaceutical companies, speak with employee recruiters, receive valuable giveaways, and get your professional headshot taken.
Years before Nakia Reynoso became a fan favorite on season one of *The Voice*, he was struggling with depression, bipolar disorder, and addiction while trying to survive as an independent musician. Now, with the help of a unique nonprofit that provides access to mental healthcare and addiction recovery services to working musicians, Nakia has grown to become an iconic member of the Austin music community, an advocate for musicians’ mental health, and a successful singer and songwriter.

Join Nakia as he shares these experiences through a special keynote address and intimate solo performance.

**FEBRUARY 23**
**3:05 PM**

*Finding My Song: How Access to Mental Healthcare Saved My Life & Keeps Me Singing*

About Nakia

Austin-based, Alabama-raised singer/songwriter Nakia has a heart that beats to the rhythm of Maurice Chevalier’s vow, pumping blood infused with Stax funk to cells lined with Chicago blues grooves. His vocal talent is the kind that instantly turns listeners into fans — among them CeeLo Green, who invited Nakia to sing on his Muppets Christmas special. Nakia was a Top 8 Semifinalist on *The Voice* on NBC.

Nakia is an iconic member of the Austin music community. He is an outspoken advocate for organizations such as Black Fret, HAAM (Health Alliance for Austin Musicians), and the SMS Foundation. He has served as the Chair of the Austin Music Commission and as a member of the Board of Governors for the Texas Chapter of the Recording Academy. His most recently released, “Wine to Water,” a collection of previously unreleased studio outtakes, is available now on iTunes, Spotify, Apple Music, and Google Play.
The Elevate program focuses on sessions that will help you elevate your knowledge, your career, and your field. From gaining new perspective to connecting with a mentor who can answer those “how-to” or “what-if” questions, to being exposed to groundbreaking ideas that will revolutionize mental health, Elevate is where the potential becomes the possible.
ADHD: Improving Diagnosis and Treatment Planning from Childhood through Adulthood
8:45 AM — 10:15 AM

Attention-deficit/hyperactivity disorder (ADHD) is associated with a chronic course, with 75% persistence from childhood into adolescence and 50% persistence from childhood into adulthood. ADHD in adults is underdiagnosed—only 10% receive treatment. Diagnosing and treating ADHD in children, adolescents, and adults may be challenging for the practicing mental health professional due to its overlap with developmental difficulties and comorbid psychiatric and medical conditions, as well as differing symptom presentations from childhood to adulthood. This session aims to strengthen your diagnostic skills and guide you through effective treatment planning in these patient populations. Drs. Carbray and Surman will also keep you up-to-date on the latest advances in ADHD treatments.

SPEAKERS: JULIE CARBRAY, PHD, FPMHNP-BC, PMHCNS-BC, APN; CRAIG SURMAN, MD

Why Should We Talk About Tardive Dyskinesia?
11:15 AM — 12:00 PM

Antipsychotic therapy is the mainstay of schizophrenia treatment. While second-generation antipsychotic medications (SGAs) have less risk of producing tardive dyskinesia (TD) than first-generation antipsychotic medications (FGAs), the risk is not zero. Tardive dyskinesia symptoms are often irreversible and negatively impact patients’ daily function and social well-being. Research into the pathophysiology of TD has led to the advancement of vesicular monoamine transporter 2 (VMAT2) inhibitors, with new agents recently approved by the FDA. This session will walk you through a TD screening demonstration to help you better identify and monitor TD in your patients. This session will also take an in-depth look at recent clinical trials of VMAT2 inhibitors and how to incorporate this information into everyday clinical practice.

SPEAKERS: RAKESH JAIN, MD, MPH; JOOHI JIMINEZ-SHAHED, MD

Nonadherence in Schizophrenia and Long-Acting Injectable Antipsychotics: What You Need to Know
10:30 AM — 11:15 AM

Nonadherence to antipsychotic treatment is a primary reason for relapse in patients with schizophrenia, and is associated with increased hospitalization, higher risk of suicide, and longer time to remission. The use of long-acting injectable antipsychotics (LAIs) is a helpful approach to medication adherence, though it is underutilized due to negative attitudes, perceptions, and beliefs. A review of the latest clinical data on LAIs and oral antipsychotic medications, as well as a discussion on the pros and cons of LAIs, will help guide treatment decisions for both you and your patient. This session will also focus on sharpening your counseling skills with patients in order to make treatment choices through a shared decision-making approach, with the goal of improving treatment adherence.

SPEAKER: ILAN MELNICK, MD

A Primer on Medication-Assisted Treatments for Substance Use Disorders
1:30 PM — 2:15 PM

The prevalence of substance use disorders (SUDs) continues to rise, and mental health professionals need to remain aware of advances in SUD medications and how these medications can be utilized in the treatment of your patients. Substance use disorders are also commonly comorbid with psychiatric disorders, which complicate treatment approaches. In this session, Dr. Podesta will review the latest research and available evidence on SUD treatments, particularly opioid use disorder and alcohol use disorder, with a focus on medication-assisted treatments that combine behavioral therapy and medications to treat SUDs.

SPEAKER: ARWEN PODESTA, MD, ABPN, FASAM, ABHIM

What’s the Latest News on Treatments for Major Depressive Disorder? A View into Novel Targets
2:15 PM — 3:00 PM

It is well known that patients taking current antidepressants have low response and remission rates with delayed therapeutic response. Recent research efforts are extending beyond monoamine receptors and are examining other targets, such as glutamate and opioid receptors. This session will review the mechanisms of action of glutamate and opioid receptor modulating medications and recent clinical trial data on the efficacy and safety of investigational drugs. Dr. Papakostas will discuss the potential role of these new treatment targets and medications in the current treatment armamentarium.

SPEAKER: GEORGE PAPAKOSTAS, MD
**KEYNOTE ADDRESS**

**Finding My Song: How Access to Mental Healthcare Saved My Life & Keeps Me Singing**

3:05 PM — 4:05 PM

Years before Nakia became a fan favorite on season one of *The Voice*, he was struggling with depression, bipolar disorder, and addiction while trying to survive as an independent musician. Now, with the help of a unique nonprofit that provides access to mental healthcare and addiction recovery services to working musicians, Nakia has grown to become an iconic member of the Austin music community, an advocate for musicians’ mental health, and a successful singer and songwriter.

Join Nakia as he shares these experiences through a special keynote address and intimate solo performance.

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**Exhibit Hall, Mentoring Session & Career Fair**

4:10 PM — 6:10 PM

Join your peers in the Exhibit Hall on the opening night to engage with mentors, recruiters, and future employers, and learn about available pharmaceuticals and devices for your practice. Have your CV reviewed by a hiring expert, get a professional headshot taken by our photographer, and more.

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**Elevate Takes Austin**

6:30 PM — 9:00 PM

Join us after the conference to enjoy the city of Austin. Eat, drink, and mingle with your peers and enjoy your time in Austin, the “Live Music Capital of the World.”
Coffee & Breakfast in the Exhibit Hall
7:15 AM — 8:15 AM

Meet the Mentors
8:30 AM — 9:30 AM

We’re kicking off the day with an interactive panel discussion featuring mental health professionals who transcend professional categories and practice settings. Hear from professionals who work in a myriad of healthcare settings in psychiatry. Learn insights from experts to help shape your career. At the end of the day, you’ll also have a chance to meet with many of these faculty members, and more, during the Elevate with the Experts Event in the Exhibit Hall later this afternoon to have your specific questions answered.

Communication Savvy: Tips for Successful Conversations with Your Patients
9:30 AM — 10:00 AM

The doctor-patient rhetoric can be difficult to navigate, especially with patients who may have an impaired mental status. Strong communication skills are essential to providing the level of care mental health patients need to understand their prescribed treatment regimen. Dr. Jain will review tips and tricks all mental healthcare providers should keep in mind when interacting with their patients to combat non-adherence and promote better outcomes.

Speaker: Saundra Jain, MA, PsyD, LPC

Exploring Technologies in Psychiatry
10:15 AM — 11:00 AM

Mobile devices and wearable technology have the potential to change the way we approach the diagnosis, treatment, and monitoring of our patients with mental health disorders, so it is important to be educated on the clinical utility these technologies offer practicing clinicians. Dr. Chan will explore some of these technologies and apps and review how they can help you increase patient outcomes and your own productivity.

Speaker: Steven Chan, MD, MBA

Malpractice Mindfulness: Understanding and Managing Risk
11:00 AM — 12:00 PM

In an age where filing a lawsuit is something of a commonality, it is important to be prepared to protect yourself in the event you find yourself the subject of a malpractice investigation. Dr. Stowell will review practical strategies to improve your medical record documentation and considerations to further reduce your risk in finding yourself liable in a malpractice claim.

Speaker: Keith R. Stowell, MD, MPH

Lunch Innovation Theater
Non-Accredited
12:05 PM — 1:20 PM

Uncover the latest information, data, and research findings with disease-state or product-specific presentations. Ask questions of key experts and industry representatives and assess the value to your patient care. Innovation Theater presentations are not intended or eligible for CME/CE credit.

Speaker: Jon Draud, MS, MD

Getting Noticed: Personal Branding Tips
1:30 PM — 2:05 PM

Whether you are trying to stand out to your superior, impress a potential employer, or capture the attention of prospective patients, the way you market and represent yourself is key to having a successful career in mental health. Navigating digital platforms and face to face encounters can be challenging if you aren’t sure of yourself or what you have to offer. Tanja Getter, Lead Residency Education Director at Community Health Systems, will review practical “do’s and don’ts” to consider when establishing your personal brand.

Speaker: Tanja Getter

Healthcare Synergy: Aligning Primary Care and Mental Health Treatment Outcomes
2:05 PM — 2:45 PM

Ensuring a mental health patient follows their treatment regimen without compromising other healthcare goals requires a collaborative alliance between healthcare providers. The most common example of this in mental health is with a primary care provider. In this session, Dr. Draud will discuss tips for establishing a strong relationship with your patients’ primary care provider, effective communication strategies, and treatment plans to optimize patient outcomes.

Speaker: Jon Draud, MS, MD

Fighting Against the Burn: Identifying the Signs and Overcoming Burnout
2:45 PM — 3:30 PM

Are you feeling overworked? Do you find yourself at times struggling to balance work and life? You are not alone. Clinician burnout is a problem affecting so many healthcare providers, but more often than not, they have a hard time admitting it. Dr. Manipod has written numerous articles about her personal experience with burnout as an early career clinician and will discuss what she’s doing to overcome it.

Speaker: Vania Manipod, DO

Exhibit Hall Reception & Elevate with the Experts
3:40 PM — 4:30 PM

Join your peers for Day 2 in the Exhibit Hall, where expert faculty members from the day will be available to answer your questions. Take advantage of this opportunity to get your questions answered and to spark a meaningful mentoring relationship with leading minds in mental health. You can also participate in fun activities like our Passport to Prizes and enter to win valuable prizes.

Dinner Innovation Theater
Non-Accredited
5:45 PM — 7:00 PM

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Speaker: Mushtaq Qureshi, MD

Elevate by Psych Congress — what an educational experience! So many top-notch mental health experts in one location, the wealth of experienced learned was priceless!

Mustafa Qureshi, MD
Chief Resident Psychiatry
Texas Tech University – Permian Basin

Getting Noticed: Personal Branding Tips
1:30 PM — 2:05 PM

Whether you are trying to stand out to your superior, impress a potential employer, or capture the attention of prospective patients, the way you market and represent yourself is key to having a successful career in mental health. Navigating digital platforms and face to face encounters can be challenging if you aren’t sure of yourself or what you have to offer. Tanja Getter, Lead Residency Education Director at Community Health Systems, will review practical “do’s and don’ts” to consider when establishing your personal brand.

Speaker: Tanja Getter
Continental Breakfast
7:15 AM — 8:15 AM

FEATURED SESSION
Understanding Genetic Testing and the Future of Mental Health Treatment
8:30 AM — 9:15 AM

Individualized precision medicine is an important national goal. While advancements in genomics have found traction in some clinical areas, such as oncology, work is being done to better understand its potential role in psychiatry. Researchers, including Dr. Frye, are making progress in understanding the genetic architecture of many psychiatric conditions, such as schizophrenia and bipolar disorder. These developments will impact the way mental healthcare providers go about diagnosing and treating their patients in the future, so it is important to stay up to date on developments in genomic understanding.

SPEAKER: MARK FRYE, MD

Documentary Screening: CRAZYWISE
1:10 PM — 3:10 PM

What can we learn from those who have turned their psychological crisis into a positive transformative experience? CRAZYWISE follows two young Americans diagnosed with mental illness. Adam, 27, suffers devastating side effects from medications before embracing meditation in hopes of recovery. Ekhaya, 32, survives childhood molestation and several suicide attempts before spiritual training to become a traditional South African healer gives her suffering meaning and brings a deeper purpose to her life. CRAZYWISE adds a voice to the growing conversation that believes a psychological crisis can be an opportunity for growth and potentially transformational, not a disease with no cure. Director and Executive Producer, Phil Borges, will be available for Q&A following the screening.

re:Think presented by HMP
9:15 AM — 11:45 AM

Checkout the online agenda for more information. Visit psychcongress.com/elevate/agenda.

Lunch Innovation Theater
NON-ACCREDITED
11:50 AM — 1:05 PM

Uncover the latest information, data, and research findings with disease-state or product-specific presentations. Ask questions of key experts and industry representatives, and assess the value to your patient care. Innovation Theater presentations are not intended or eligible for CME/CE credit.
Analyze emerging clinical and technological research and tools and their current and potential future impact in mental illness. Participants should be able to:

- Increase their knowledge of mental health disorders.
- Identify opportunities available to optimize a career in mental healthcare.
- Discuss the extent of their participation in the educational activity.

Cut-Off Date: Wednesday, February 7, 2018

**Hotel Reservations Deadline**

A limited number of rooms are being held at a discounted room rate of $197 single/double plus tax. Rooms may sell out before the booking deadline of Friday, July 28, 2017. Additional guest charges will apply for more than two occupants per room. Reservations may be made by contacting the hotel directly at 888.335.2427, and ask for Psych Congress Elevate.

For more information on airline discounts, hotel changes or cancellations, and ground transportation options, go to psychcongress.com/elevate/hotel-and-travel.
Discover new perspective.
Develop your career path.
Make your mark.

Austin, TX | February 23–25, 2018

Register Today!
psychcongress.com/elevate
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