Experience practical, evidence-based mental health education

Saturday, June 10, 2017
Newark, New Jersey

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EARN UP TO 6.5 CME/CE CREDITS
Bringing Psych Congress to a city near you

Psych Congress Regionals are built off the reputation and first-rate education offered by Psych Congress, the nation’s largest independent continuing mental health education conference. The meetings are designed for mental health and primary care clinicians looking to learn about the latest research, approaches and treatment in psychopharmacology, psychotherapy, and wellness in a location near their practice.

The Psych Congress Regionals offer:

The opportunity for attendees to earn up to 6.5 CME/CE credit hours

High-level CME and non-accredited educational offerings presented by some of the nation’s top mental health researchers and educators

Reduced rates for early and group registration

Networking opportunities with regional colleagues

Each Psych Congress Regional provides pragmatic, relevant education that clinicians can apply in practice immediately upon their return to the office. Dynamic educational sessions are aimed at translating the latest research findings into application, resulting in positive clinical results in your practice.

Register early and save at psychcongress.com/regionals
LEARN FROM THE NATION’S TOP EDUCATORS IN MENTAL HEALTH

Faculty

Eric Arauz, MLER
President, Trauma Institute of New Jersey, LLC; Adjunct Instructor, Department of Psychiatry, UMDNJ/RWJ Medical School, New Brunswick, New Jersey

Vladimir Maletic, MD, MS
Clinical Professor of Psychiatry and Behavioral Science, University of South Carolina School of Medicine, Greenville, South Carolina; Consulting Associate, Division of Child and Adolescent Psychiatry, Department of Psychiatry, Duke University, Durham, North Carolina

Rakesh Jain, MD, MPH
Clinical Professor, Department of Psychiatry, Texas Tech Health Sciences Center School of Medicine, Midland, Texas

Joseph P. McEvoy, MD
Professor of Psychiatry and Health Behavior, I. Clark Case Chair in Psychotic Disorders, Medical College of Georgia, Augusta, Georgia

Saundra Jain, MA, PsyD, LPC
Adjunct Clinical Affiliate, University of Texas at Austin School of Nursing; Private Practice, Austin, Texas

Charles Raison, MD
Professor, School of Human Ecology; Professor, Department of Psychiatry, School of Medicine and Public Health, University of Wisconsin, Madison, Wisconsin

To view full faculty bios, visit psychcongress.com/regionals/faculty
For group discounts or to register by phone, call 609-630-6252.
Registration
7:00 AM–7:15 AM

Kickoff Speaker: Eric Arauz, MLER
Trauma-Informed De-escalation of Agitated and Violent Patients
7:15 AM–7:30 AM
Eric Arauz, MLER, is an international behavior health consumer advocate, trainer, and a person with the lived experience of bipolar I disorder, PTSD, addiction, and suicidality.

Innovation Theater
7:30 AM–8:40 AM
Breakfast will be served.

Advances in the Management of Tardive Dyskinesia
8:45 AM–9:40 AM
LEARNING OBJECTIVES
- Describe the pathophysiology of TD, including signs, symptoms, and risk factors associated with development
- Apply evidence-based scales to routine practice for the timely detection, monitoring and assessment of TD signs and symptoms
- Outline clinical trial data on potential therapies for the management of TD, both available and emerging
- Utilize the latest evidence to make informed clinical decisions for the prevention and management of TD

Advances in the Neurobiological Understanding and Treatment of Insomnia: Focus on Novel Pharmacologic Interventions
9:40 AM–10:30 AM
LEARNING OBJECTIVES
- Describe the epidemiology of insomnia and circuits and neurotransmitters involved in the regulation of sleep and wakefulness
- Explain the relationship between insomnia and endocrine, autonomic, and immune dysregulation
- Outline the relationship between insomnia and psychiatric conditions
- Compare and contrast advantages vs limitations of new and previously available pharmacologic and non-pharmacologic treatments for insomnia
- Discuss new and emerging treatments for insomnia based on different modes of action

The Positives and Negatives of Schizophrenia Management: Treatment across Psychopathology Domains
10:40 AM–11:30 AM
LEARNING OBJECTIVES
- Describe the spectrum of schizophrenia symptom domains and their impact on patient quality of life and treatment outcomes
- Compare and contrast conventional schizophrenia pharmacotherapies and newer antipsychotic agents in terms of mechanism of action, safety/tolerability, ability to address the spectrum of symptom domains, and impact on functional outcomes
- Incorporate recent clinical data and advances in antipsychotic therapy into patient-centric treatment strategies
Updates on the Long-Term Management of Opioid and Alcohol Use Disorders: A Focus on Medication-Assisted Treatment
11:30 AM–12:20 PM

LEARNING OBJECTIVES
➤ Compare available SUD treatments in terms of route of administration, utility in long-term management, benefits and risks, long-term safety, and impact on adherence.
➤ Address barriers to medication-assisted treatment through patient-centered therapeutic strategies
➤ Implement strategies for the management of SUDs and comorbid psychiatric disorders

BREAK | 12:20 PM–12:25 PM

Innovation Theater
NON-ACCREDITED
12:25 PM–1:35 PM
Lunch will be served.

BREAK | 1:35 PM–1:40 PM

Examining Novel Treatment Approaches for the Management of Depression: Focus on Glutamate and Opioid Modulating Agents
1:40 PM–2:30 PM

LEARNING OBJECTIVES
➤ Review emerging data on the effect of glutamate and its receptors, β-endorphins, and opioid receptors on the central nervous system, including their link to depression
➤ Outline the mechanism of action of agents that impact the glutamate system
➤ Describe the potential benefits and adverse effects of agents that influence glutamate modulation or β-endorphins

Tackling the Toxic Remainder: Addressing Challenges and Enhancing Outcomes in Adult ADHD
2:30 PM–3:20 PM

LEARNING OBJECTIVES
➤ Optimize use of validated screening tools for the accurate and timely diagnosis of adult ADHD
➤ Distinguish between ADHD and other potential comorbid psychiatric disorders that may mimic or mask its symptoms
➤ Outline the latest clinical data pertaining to novel stimulant formulations that provide efficacious ADHD treatment while offering greater safety, patient adherence, and abuse deterrence
➤ Translate to practice the latest evidence regarding ADHD treatment, overcoming barriers to stimulant use, and challenges regarding the dual management of coexisting disorders

BREAK | 3:20 PM–3:25 PM

Innovation Theater
NON-ACCREDITED
3:25 PM–4:25 PM

BREAK | 4:25 PM–4:30 PM

Seven Scientifically Proven Anti-Inflammatory Strategies for Today’s Modern Mental Health Practice
4:30 PM–6:00 PM

LEARNING OBJECTIVES
➤ Describe how inflammation negatively affects mental health
➤ Recognize that inflammation in mental health is not destiny; it can be diminished through scientifically valid principles
➤ Apply 7 well-studied anti-inflammatory interventions in everyday mental health practice

*Agenda subject to change.
Intended Learners
This activity is intended for psychiatrists, primary care physicians, psychologists, nurse practitioners, physician assistants, psychiatric nurses, and other healthcare professionals who seek to improve the care of patients with mental health disorders.

Learning Objectives
• Use evidence-based approaches for the diagnosis and ongoing assessment of mental illness to optimize patient outcomes
• Evaluate current data on traditional and emerging psychopharmacologic approaches to the management of mental illness
• Integrate psychopharmacology with psychotherapy to maximize personalized treatment regimens for patients with mental illness

Accreditation
In support of improving patient care, North American Center for Continuing Medical Education (NACCME) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

CME
NACCME designates this live activity for a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CNE
This continuing nursing education activity awards 6.5 contact hours.

APA
North American Center for Continuing Medical Education, LLC (NACCME) is approved by the American Psychological Association to sponsor continuing education for psychologists. NACCME maintains responsibility for this program and its content.

Instructional level: Advanced

Requirements for Credit
To be eligible for documentation of credit, participants must attend the educational activity and complete the evaluation form. After successful completion of the evaluation form online at www.psychcongress.com/psychregionals, participants may immediately print their documentation of credit. Physician assistants and nurse practitioners may participate in this educational activity and earn a certificate of completion as AAPA and AANP accept AMA PRA Category 1 Credits™ through their reciprocity agreements. Other health care professionals treating patients with mental health disorders should check with their state licensing and certification boards to determine if Psych Congress Regional Meetings meet their continuing education requirements.

Contact Information
For questions regarding this educational activity, please call (609) 371-1137.

ADA Statement
North American Center for Continuing Medical Education complies with the legal requirements of the Americans with Disabilities Act and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please call (609) 371-1137.

*Innovation Theaters (non-accredited)
These are promotional programs and no CE credits are offered. Food and beverage are provided by North American Center for Continuing Medical Education, LLC. Attendees pay for their meal as part of their conference registration fee. Your name badge will be scanned for admittance into Innovation Theater presentations, which gives the presenting company access to your email address. To opt out, please speak with a Psych Congress representative.

Cancellation Policy
Please note that payment for the Psych Congress Regionals is non-refundable.

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Provided by North American Center for Continuing Medical Education, LLC, an HMP Communications Holdings Company.

Supported by educational grants from Alkermes, Inc., Merck & Co., Inc., Shire, and Teva Pharmaceuticals.

Register early and save at psychcongress.com/regionals
Newark Registration


To register by phone, call 609–630–6252 or fax your registration to 609–371–2733.

FIRST NAME       MIDDLE INITIAL       LAST NAME       DEGREE

PHONE NUMBER     EMAIL ADDRESS

MAILING ADDRESS  CITY          STATE

ZIP CODE         COUNTRY       INSTITUTION NAME

DEPARTMENT       POSITION

PROFESSIONAL CATEGORY:
☐ Psych MD  ☐ Psych DO  ☐ PCP MD  ☐ PCP DO  ☐ Psychologist  ☐ Nurse Practitioner  ☐ Advanced Practice Nurse
☐ Physician Assistant  ☐ Registered Nurse  ☐ Social Worker  ☐ Therapist  ☐ Pharmacist  ☐ Other MD/DO
☐ Other Nurse  ☐ Other Allied Professionals  ☐ Fellow/Resident/Student  ☐ Industry
☐ Other:

PRIMARY SPECIALTY:
☐ Psychiatry  ☐ General Practice  ☐ Family Practice  ☐ Internal Medicine  ☐ Neurology  ☐ Psychology
☐ Other:

NPI/LICENSE #:

PRACTICE SETTING:
☐ Office-based Solo Practice  ☐ Office-based Group Practice  ☐ Hospital Staff–Private Hospital
☐ Hospital Staff–State/VA  ☐ Hospital Staff–Community  ☐ Hospital Staff–Other
☐ Teaching  ☐ Research  ☐ Other: ______________________

What is your primary subspecialty/area of clinical focus? ______________________

What is your secondary subspecialty? ______________________

How many years have you been in practice? ______________________

How many mental health patients do you see on a weekly basis?
☐ 10 or fewer  ☐ 11 to 29  ☐ 30 to 39  ☐ 40 to 49  ☐ 50 or more

How did you find out about this Psych Congress Regional?  ☐ Direct mail  ☐ Google/search engine
☐ Email promotion  ☐ Print advertisement  ☐ Colleague/employer  ☐ Psych Congress sales rep
☐ Professional Association

METHOD OF PAYMENT:  ☐ VISA  ☐ MC  ☐ AMEX  ☐ DISCOVER  ☐ CHECK*

*Makes checks payable to NACCME. All checks must be drawn on a U.S. bank in U.S. funds. Mail to 104 Windsor Center Drive, Suite 200, East Windsor, NJ 08520

CREDIT CARD NUMBER     EXPIRATION DATE     SECURITY CODE

BILLING ADDRESS  CITY          STATE          ZIP

SIGNATURE OF CARDHOLDER (REQUIRED)

☐ I choose not to receive communications from Psych Congress Network and/or its industry partners.