

Collaboration of Care: Case by Case

March 28, 2017

The Education Center at Eastern AHEC
2600 W. Arlington Blvd., Greenville, NC

Managing clients with complex mental health and substance use disorders can be overwhelming and stressful. Finding the appropriate resources and managing care are two important functions of any practitioner working in the public mental health sector, especially in rural Eastern North Carolina. The goal for all providers is good outcomes including stabilization of clients mental health or substance use disorders, decreasing crisis and hospitalizations, improving functioning, and having a long term plan of care. Understanding the local treatment options, referral processes, and best practices is key.

This program will use a case presentation approach to understanding complex diagnosis in children and adults with mental health and substance use disorders. We will start the day with a case of a teen with gender dysphoria and co-morbid mental health issues. Available treatment options will be discussed along with barriers and challenges to treatment among youth with gender dysphoria. Treating adults with depressive disorders will also be highlighted with a focus on Electroconvulsive Therapy and Transcranial Magnetic Stimulation. Discussion of telepsychiatry and specialized psychological services, offered at East Carolina University's Brody School of Medicine's Department of Psychiatry and Behavioral Medicine will be featured. We close the day with a presentation on leadership and its impact on system change and quality outcomes.

TARGET AUDIENCE:

This workshop is specifically designed for mental health and substance use practitioners who work with children, adolescents, or adults including social workers, psychologists, licensed professional counselors, substance use professionals, marriage and family therapists, registered nurses, care coordinators, case managers, consumers, families, advocates, and all interested others

Provided by:



In partnership with:



OBJECTIVES

Upon completion of this workshop, participants should increase their ability to effectively care for clients by being able to:

- **List** the diagnosis criteria for gender dysphoria
- **Identify** treatment approaches to gender dysphoria and comorbid mental health conditions among transgendered youth
- **Describe** the range of behavioral health and specialized psychological services available in the Eastern North Carolina area
- **Discuss** treatment options and illustrate untapped services that may be helpful in challenging cases
- **Review** the levels of care available to meet medical and psychiatric needs in adult patients
- **Identify** best practices for clinical decision-making in a complex adult psychiatric case
- **Apply** understanding of level of care and clinical decision-making to an adult case
- **Review** referral procedures for specialized psychological services
- **State** the benefits of using telepsychiatry in mental health settings
- **Identify** the infrastructure needs to implement telepsychiatry services on a statewide level
- **Describe** how *North Carolina Statewide Telepsychiatry Program (NC-STeP)* is addressing problems in areas of access to quality mental health services
- **Describe** the pre-medical evaluation for Electroconvulsive Therapy (ECT)
- **Illustrate** the medical management of co-morbidities while using ECT
- **Describe** the new data that expands the clinical indication of ECT
- **Contrast** use of Transcranial Magnetic Stimulation (TMS) versus ECT
- **Recognize** the significant gaps between science and practice
- **Describe** the role of leadership in creating and sustaining health science environments that increase the likelihood of desired health outcomes;

as well as implement these skills in their daily practice.

AGENDA

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| 8:15 am | REGISTRATION |
| 8:45 am | Welcome and Introduction Karen Koch, MSW, LCSW Director, Mental Health Education, Eastern AHEC |
| 9:00 am | A Clinical Case of a Transgendered Teen with Gender Dysphoria John Diamond, MD and Magdalena Broszko, MD |
| 10:00 am | BREAK |
| 10:15 am | Delivery of Psychiatric Care for the Complex Adult Patient Toni Johnson, MD |
| 11:15 am | Statewide Use of Telepsychiatry to Improve Access to Evidence-Based Care Sy Saeed, MD |
| 12:15 pm | LUNCH (provided) |
| 1:00 pm | The Somatic Therapies - A Case based Approach Michael Lang, MD, FACP |
| 2:00 pm | BREAK |
| 2:15 pm | Specialized Psychological Services Brandon Kyle, PhD and Garrett Hazelton, PhD |
| 3:15 pm | Role of Leadership in Narrowing the Gap Between Science and Practice: Improving Treatment Outcomes at the Systems Level Sy Saeed, MD |
| 4:15 pm | Summary and Wrap-Up Glenn Simpson, MBA, MA, NCC System Service Line Administrator Vidant Behavioral Health |
| 4:30 pm | ADJOURNMENT |

ABOUT THE FACULTY

John Diamond, MD, is Professor and Head, Division of Child and Adolescent Psychiatry at the Brody School of Medicine, East Carolina University. After completing his child and adolescent psychiatry residency at the University of Pittsburgh, he joined the ECU faculty in 1984. His clinical responsibilities have been consultation to pediatrics, inpatient adolescent psychiatry, a variety of outpatient experiences, and community psychiatry include a system of care project. He initiated the child psychiatry training program at ECU, and was the first training director for that program. Dr. Diamond is a Distinguished Fellow in the American Psychiatric Association and the American Academy of Child and Adolescent Psychiatry. He is board certified in both psychiatry and child and adolescent psychiatry, and has had interests in ADHD as well as evidence-based medicine, medical decision-making, and telepsychiatry.

Magdalena Broszko, MD, is a Child and Adolescent Fellow at the Brody School of Medicine, Department of Psychiatry and Behavioral Medicine. Dr. Broszko completed her undergraduate studies at the University of Toronto and received her medical degree from Jagiellonian University in Cracov, Poland. She was named the East Carolina University Psychiatry Resident of the Year in 2014.

Toni Johnson, MD, is a Clinical Associate Professor at the Brody School of Medicine, Department of Psychiatry and Behavioral Medicine as well as the Vice Chair of the Department and Residency Training Director. She received her medical degree from the University of Michigan, Ann Arbor, and completed her residency training at the Cleveland Clinic.

Michael Lang, MD, FACP, DFAPA, is a Clinical Associate Professor at the Brody School of Medicine, Department of Psychiatry and Behavioral Medicine and Internal Medicine. He is also the Program Director of the Internal Medicine/Psychiatry Residency Program and Director of the Electroconvulsive Therapy and Transcranial Magnetic Stimulation Programs.

Garrett Hazelton, PhD, is a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Medicine at the Brody School of Medicine at East Carolina University. He is a licensed psychologist, specialized in behavioral medicine/health psychology. Dr. Hazelton completed his PhD at East Carolina University, and his internship and post-doctoral fellowship at Duke University Medical Center.

Brandon N. Kyle, PhD, is an Assistant Professor in the Department of Psychiatry and Behavioral Medicine at the Brody School of Medicine at East Carolina University. He is a licensed psychologist, specialized in behavioral medicine/health psychology. Dr. Kyle completed his PhD at West Virginia University, and his internship and post-doctoral fellowship at the South Texas Veterans Health Care System in San Antonio, Texas.

Sy Atezaz Saeed, MD, MS, FACPpsych, is Professor and Chairman in the Department of Psychiatry and Behavioral Medicine, Brody School of Medicine, East Carolina University. He also serves as the Executive Director of Behavioral Health Service Line for Vidant Health. Dr. Saeed also serves as the Director of the Center for Telepsychiatry at ECU and as the Director of *North Carolina Statewide Telepsychiatry Program (NC-STeP)*, a state funded program covering over 70 hospitals in North Carolina. Dr. Saeed is the founding Editor of the American Association of Psychiatric Administrator's Journal, *Psychiatrist Administration and Management (JPAM)*. He has been appointed for a second term on the Governing Board of the North Carolina *Institute of Medicine*. Dr. Saeed has published extensively in the areas of evidence-based practices, anxiety and mood disorders, telepsychiatry, psychiatric administration and leadership and psychiatric treatment integration. He has lectured and presented nationally and internationally, including being an invited speaker at the White House in 2016.

CREDIT

Category A-NC Psychology Credit: This program will provide 6.5 hours of (Category A) continuing education for North Carolina psychologists. **No partial credit will be given.**

Contact Hours: Certificates reflecting 6.5 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC): Eastern AHEC and Vidant Health are co-sponsors of this program. This co-sponsorship has been approved by NBCC. Eastern AHEC is an NBCC Approved Continuing Education Provider ACEP No. 5645. The ACEP solely is responsible for this program, including the awarding of NBCC credit.

Substance Abuse Counselor Certification (SAC): Application has been made to the North Carolina Substance Abuse Professional Practice Board for 6.5 hours of General Skill Building hours.

HANDOUTS

You will receive handouts for this workshop in your confirmation email. Please be sure we have your correct email so that you will receive the handouts. Please be sure to print your handouts **prior** to the event and bring them to the workshop, as there will be none available at the event. The program evaluation will be sent within 3 business days following the program to the email address on your registration form. Once the evaluation has been completed, your certificate will be available.

PROGRAM LOCATION

This program is being held at the new Eastern Area Health Education Center located at 2600 W. Arlington Blvd., Greenville, NC.

http://eahec.ecu.edu/ns/map_directions.cfm

REGISTRATION INFORMATION

Online registration is available at www.easternahec.net

Received **by** March 21. \$85.00
Received **after** March 21. \$110.00

The registration fee includes program materials, credit, lunch and refreshments. Participants are encouraged to take advantage of the reduced registration fee by registering on or before **March 21, 2017.**

Eastern AHEC Cancellation Policy:

- To be eligible for a refund, cancellations **MUST** be emailed to easternahec@ecu.edu at least one week in advance of the activity.
- No refunds will be given for cancellations less than one week prior to the activity.
- For continuing professional development activities canceled more than one week prior to continuing professional development activity:
 - A \$35.00 fee will be deducted from the refund, OR
 - The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year.
- Substitutions are welcome; advance notification encouraged.

For more information about the program, please call 252-744-5215.

AMERICANS WITH DISABILITIES ACT



Individuals with disabilities, requesting accommodations under the Americans with Disabilities Act (ADA), should contact the Department of Disability Support Services at (252) 737-1016 (V/TTY) by March 14, 2017.