



2015 Annual CME Conference



**March 13-15, 2015
Intercontinental
The Clement , Monterey, CA**

**Jointly Provided by
APA and CCPS**



COURSE DESCRIPTION

This three-day conference for psychiatrists and other mental health professionals will integrate recent scientific data with current clinical practice regarding Pain Medicine and Prescription Drug Abuse in Mental Illness, Sleep Medicine Med/Psych Update, Gun Violence in Mental Illness, ADHD in Children and Adults, Physician Development and Resident Issues, Nutrition in Mental Illness, PPAPA Update, and Neurologic Exam for Psychiatrists. We will also continue the tradition of having our resident vignette presentations.

TARGET AUDIENCE

Psychiatrists (Adult & Child & Adolescent), primary care physicians and allied health professionals interested in mental health.

COURSE LEARNING OBJECTIVES

At the conclusion of this course, participants will learn to:

Updates in Pain Medicine: Explaining the Unexplainable...

- ▶ Learn how to effectively manage unexplained physical complaints
- ▶ Review the diagnostic history of unexplained pain complaints
- ▶ Review the role of the psychiatrist when encountering unexplained somatic complaints

Prescription Drug Abuse in Mental Illness

- ▶ Describe interrelated risks of prescription drug abuse and other mental disorders
- ▶ Discuss potential impact on therapeutic relationship
- ▶ List the major categories of risky prescription medications and one treatment modality for dealing with prescription drug abuse with each.

Sleep Medicine Med-Psych Update

- ▶ Brief overview of the sleep disorders and especially of obstructive sleep apnea (OSA) and insomnia (primary and co-morbid including with PTSD)
- ▶ Review the pathophysiology of OSA and insomnia with a clinical focus on which diagnostic test to consider in each case
- ▶ Review the treatment of OSA with a focus on which population needs our help (severe AHI and/or patients resistant depression).
- ▶ Review the treatment of insomnia in particular of the co-morbid insomnia complicating a depression, the special case of PTSD, as well as of the most effective non-pharmacological interventions (CBT).

Firearm Law and Mental Illness: What Every Psychiatrist Should Know

- ▶ Understand the current evidence linking violence to mental illness
- ▶ Learn the history of firearm prohibitions related to mental illness
- ▶ Learn at what point (under both federal and California law) people with mental illness lose their right to purchase or possess firearms
- ▶ Understand how mass shooting cases like Virginia Tech, Sandy Hook and Isla Vista have contributed to firearm prohibition legislation at federal and state levels
- ▶ Hear about newer legislation based on high risk groups with an increased potential for violence

ADHD Child: Update

- ▶ Participants will learn about current medications and strategies for treating childhood ADHD.
- ▶ Participants will identify neurodevelopmental disorders that are comorbid with ADHD.

ADHD Adult: Update

- ▶ Increase awareness of the impact of ADHD in adult psychiatric patients
- ▶ Provide a practical format for the evaluation and treatment of adults suffering from ADHD
- ▶ Discuss dealing with co-morbidity and ADHD in adults

Integrated ADHD Case Discussion/Questions

- ▶ Discuss the manifestations of ADHD through-out the life span.

CONFERENCE REGISTRATION FORM

Name _____ Degree _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

FEES (please check applicable boxes):

Standard Registration (Additional registrants for CME please use separate form):

	CME	Registration
<input type="checkbox"/>	Member	\$275
<input type="checkbox"/>	Non-Member	\$330
<input type="checkbox"/>	RFM/Student	Free
<input type="checkbox"/>	*Spouse/Guest	\$220/person
	Spouse/Guest Saturday Night Dinner (Only)	\$77/person

**Includes entry into all CME and social events/meal including breakfasts, lunch, dinners, lunch, dinners. **Does not include CME credit.*

Spouse/Guest/Child 12 and Over Name (s):

1) _____, 2) _____,

3) _____, 4) _____

Children 11 years and under names (FREE)

1) _____, 2) _____,

3) _____, 4) _____

Meal Preferences for Sat. night dinner: _____ Beef _____ Chicken _____ Vegetarian
(Enter Number—Must Be Registered Above)

Payment Information: Check made payable to CCPS enclosed

Charge my (please circle one): _____ Total Charge: _____

VSA/ MC/DIS/AMX _____ Date Expires _____

Signature: _____ Security Code _____

Register Online at: <https://www.cencalpsych.org/civcrm/event/register?reset=1&id=8>

MAIL or FAX TO:

CCPS c/o 2014 CME Conference, 4747 N. First Street, #140 Fresno, CA 93726

FAX: (559) 227-1463 Phone: (888) 234-1613

For room reservation at The Intercontinental The Clement please call (888) 666-5734

To receive the discounted rate please state you are with CCPS

Things For Your Family To Do In Monterey

Monterey Bay Aquarium—Located on Monterey's historic Cannery Row, right on the edge of beautiful Monterey Bay and just minutes from Carmel and Pebble Beach. With each visit, you'll find something new—and your visit supports our efforts to inspire conservation of the oceans.

Cannery Row—Shopping on Cannery Row is an ocean-view treasure hunt that invites you to lose yourself in an eclectic blend of specialty shops and national brands.

Carmel-by-the-sea—Carmel draws visitors from all over the world who come here to experience its vacation and cultural opportunities. They are enchanted with the village's quaint architecture, meandering streets, secluded alleyways, and courtyards and arcades that house a multitude of art galleries, and innumerable antique shops, boutiques, small cafes and restaurants.

17-Mile Drive—The landscape, vistas and ocean views are breathtaking.

Old Fisherman's Wharf—A visit to the beautiful Monterey Peninsula is not complete without a rendezvous to the old Fisherman's Wharf. A myriad of great restaurants, seafood, unique shops, whale watching, fishing, bay cruises, theater, and the sights and sounds of Monterey's past.

Trends in Psychiatric Education: Competencies and Milestones across the UME/GME/CME Continuum

- ▶ Participants will understand the educational theory behind competency based education.
- ▶ Participants will apply principles of learning and assessing competencies to their own self-directed learning as physicians.
- ▶ Participants will appreciate new trends and future directions in UME, GME and CME.

Anxiety: An Integrative and Holistic Approach

- ▶ Learn to explore systematic root causes of anxiety and how to treat symptoms without further disruption of the bodies natural management systems.

PPAPA Update

- ▶ Participants can list 3 changes brought about by the Affordable Care Act.
- ▶ Participants can show how psychiatrists can work with medical homes/integrated care settings.
- ▶ Participants will recognize barriers to implementation of the ACA within their own practice settings.

Neurologic Exam for Psychiatrists

- ▶ Review the basic components of the neurologic exam
- ▶ Review evidence based neurologic exam techniques recommended for psychiatrists to be competent in.
- ▶ Provide small groups to practice skills.

Resident Vignettes

- ▶ Participants will observe how patients present with psychiatric illness to psychiatric trainees
- ▶ Participants will explain the approach of psychiatric trainees when treating a patient within a teaching setting

CREDIT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychiatric Association (APA) and Central California Psychiatric Society. The APA is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychiatric Association designates this live activity for a maximum of **13.5 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

TO REGISTER complete the attached registration form and return by mail or fax. You can also register online through our website at www.cencalpsych.org

The registration fee includes breakfasts, break refreshments, a keynote luncheon, and dinners along with a Saturday night social event. Although it is not Central California Psychiatric Society policy to limit the number of registrants for a conference, conference room facilities may necessitate the closing of enrollment; therefore, early registration is strongly advised. A letter of confirmation will be sent upon receipt of payment and completed registration form.

Intercontinental The Clement Monterey The new InterContinental the Clement Monterey is next to the world-renowned Monterey Bay Aquarium in the heart of John Steinbeck's historic Cannery Row with wide-sweeping coastal views and sophisticated style to create the perfect vantage point from which to enjoy the gentle sounds of the surf, the fresh scent of sea air and the sight of otters at play. To ensure accommodations and the discounted rates of \$199 (Inland view), \$289. Please make your reservations by calling (888) 666-5734 and state you are with Central California Psychiatric Society prior to Friday, February 11, 2015.

FRIDAY, MARCH 13

- 1:30 p.m.—3:30 p.m. CCPS Council Meeting
(open to all members)
- 2:00 p.m.— 5:00 p.m. Registration / Exhibits Open
- 3:30 p.m. Introductions and Welcome
- 3:40 p.m.—4:30 p.m. Updates in Pain Medicine: Explaining
the Unexplainable...
Robert McCarron, DO
- 4:30 p.m.—5:30 p.m. Prescription Drug Abuse in Mental Illness
Marty Leamon, MD
- 5:30 p.m.—6:30 p.m. Sleep Medicine Med-Psych Update
Xavier Preud'homme, MD

SATURDAY, MARCH 14

- 7:00 a.m.—8:30 a.m. Registration / Exhibits Open
- 7:30 a.m.—8:30 a.m. Mentorship Breakfast
- 8:30 a.m.—9:30 a.m. Firearm Law and Mental Illness: What
Every Psychiatrist Should Know
Amy Barnhorst, MD
- 9:30 a.m.—10:30 p.m. Child ADHD: Update
Elizabeth Tully, MD
- 10:30 a.m.—10:45 a.m. Exhibits Open / Break
- 10:45 a.m.—11:45 a.m. Adult ADHD: Update
James Margolis, MD
- 11:45 a.m.—12:15 p.m. Integrated ADHD Case Discussion
*Elizabeth Tully, MD and
James Margolis, MD*
- 12:15 p.m.—12:30 p.m. Exhibits Open / Break
- 12:30 p.m.—1:30 p.m. Lunch—Sponsor Presentations
- 1:30 p.m.—2:30 p.m. Keynote—Trends in Psychiatric
Education: Competencies and Milestones
across the UME/GME/CME Continuum
Mark Servis, MD
- 2:30 p.m.—3:00 p.m. Exhibits Open/Break
- 3:00 p.m.—4:00 p.m. Anxiety: An Integrative and Holistic
Approach
Bryan Mackin, MD
- 4:00 p.m.—5:00 p.m. PPAPA Update
Shannon Suo, MD
- 5:00 p.m.—5:30 p.m. Resident Fellow Member Caucus
- 6:00 p.m.—7:00 p.m. Presidential Reception
- 7:00 p.m.—8:30 p.m. Dinner / Awards & Entertainment*

*(Entertainment in a “Kid’s Corner” during Dinner & Awards)

SUNDAY, MARCH 15

- 7:00 a.m.— 8:00 a.m. Breakfast/Exhibits Open
- 8:00 a.m.—10:00 a.m. Neurologic Exam for Psychiatrists
*Jaesu Han, MD, John Onate, MD, and
Xavier Preud'homme, MD*
- 10:00 a.m.—10:15 a.m. Exhibits Open/Break
- 10:15 a.m.—12:15 p.m. Resident Vignette Presentations
- 12:15 p.m.—12:30 p.m. Closing Remarks and Final Drawing

CCPS WELCOMES RESIDENTS!!

More residents are getting involved with CCPS! We are having our annual Residents’ Social & Mentoring at the Annual CME Conference. This is an opportunity for Residents from all over Central California to get together and network with other RFMs as well as learn from practicing psychiatrists from different settings. CCPS RFMs automatically receive free admission into the conference and all related events. **Each RFM is eligible for one night accommodations in a standard room at the Clemente Monterey, CA or two nights accommodations in a standard room if two RFM’s share a room for both nights.** For information on this please contact Chris Stockton at (888) 234-1613.

We hope you can join us!

