

# **Cutting Edge Approaches to the Recognition and Treatment of Serious Mental Health Disorders Emerging in Adolescence**

**Friday, October 22, 2010**

9:30am – 5:00pm

at the

Sherman Auditorium  
Beth Israel Deaconess Medical Center—East Campus  
Boston MA

*There will be NO FEE for conference attendance.*

*Seating is limited, so early registration is recommended.*

**Sponsored by**

*Harvard Medical School Department of Psychiatry at Beth Israel Deaconess Medical Center,  
Massachusetts Mental Health Center and the Department of Mental Health Center for  
Excellence in Clinical Neuroscience and Psychopharmacological Research (“Commonwealth  
Research Center”)*

*The 3<sup>rd</sup> Annual Conference on Youth Mental Health is supported in part by an unrestricted  
educational grant from the  
Sidney R. Baer, Jr. Foundation*

Course Directors:

Larry J. Seidman, Ph.D., Anthony J. Giuliano, Ph.D,  
and Lawrence E. Lifson, M.D.

## Course Description

This one-day conference will focus on recognition of mental health disorders emerging during adolescence and the transition into young adulthood. Special attention will be given to identifying the early signs of psychosis in middle and high school as well as college students. Although this phase of life is usually a period of optimal physical health, it is also a period of maximal risk for the emergence of mental health disorders, including very serious psychotic disorders. The conference will begin with why this developmental period is one of vulnerability to mental health disorders, description of some innovative prevention strategies, elaboration of early signs of psychosis and how to inquire about and better recognize these signs, and local consultation and treatment services for youth at risk for psychosis available through the CEDAR program ([www.cedarclinic.org](http://www.cedarclinic.org)). The conference focus will then turn to a review of understanding attention deficits and differentiating those seen in ADHD from those characteristic of other developmental disorders (including pre-psychotic high risk states), differential diagnosis and treatment considerations including psychopharmacology, and an in-depth and “how-to” review of relevant measures for assessment of psychopathology in the teen period. The conference will conclude with a focus on emerging mental health strategies for children in the Commonwealth of Massachusetts, and the perspective of young adult consumers on what is most helpful in early treatment of psychiatric disorders.

The objectives of this conference are to:

- Enhance middle and high school and college professionals’ knowledge about youth mental health disorders.
- Provide an overview of the rationale and strategies for early identification, intervention and prevention of mental health disorders in youth and young adults.
- Describe new developments in the prevention and treatment of depression and psychosis in adolescents, including school-based programs.
- Broaden our understanding of approaches to engaging youth and young adults in clinical services through consumer perspectives.

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9:00-9:30am	<b>Registration</b>	Coffee and Refreshments
9:30-9:40	Welcome & Introduction	David Jimerson, MD & Larry J. Seidman, PhD
9:40-10:25	Setting the Stage: The Scope and Development of Youth Mental Health Disorders	Matcheri Keshavan, MD
10:25-11:00	Recent Advances in the Prevention of Mental Illness in Children, Youth and Families: Perspectives from the IOM Report and the Development of a Prevention Program for Parental Depression	William R. Beardslee, MD
11:00-11:15	<b>Break</b>	
11:15-12:15	Risk for Psychosis: The Case for Early Intervention	
	One Family's Story	Lynda Cutrell, MBA
	Recognizing and Assessing Risk for Psychosis in Schools	Kristen A. Woodberry, MSW, PhD
	CEDAR and Family-Based Interventions	Michelle Friedman-Yakoobian, PhD
	Panel Discussion (30 minutes)	Cutrell, Woodberry & Friedman-Yakoobian
12:15-1:00	<b>Lunch (provided)</b>	
1:00-1:45	Understanding Attention Problems in Mental Health Disorders: Differentiating ADHD from other Developmental Disorders	Larry J. Seidman, PhD
1:45-2:30	Differential Diagnosis and Treatment Considerations of Emergent Psychopathology in Middle and High School Youth	Suzannah Zimmet, MD & Joseph Gonzalez-Heydrich, MD

2:30-3:15	Assessments that Work: Brief Strategies for Identifying Emerging Mental Health Problems in Youth	Anthony J. Giuliano, PhD & Eugene D'Angelo, PhD
3:15-3:30	<b>Refreshment Break</b>	
3:30-4:00	Children's Behavior Health Initiative, Part II: Massachusetts Evolving Mental Health System: Challenges and Opportunities	Joan Mikula
4:00-4:45	The Consumer Role in Shaping Policy	Jonathan Delman, JD, MPH, PhD (candidate)
4:45-5:00	Sidney R. Baer Foundation & Wrap-Up	Larry J. Seidman, PhD & George Handran

**Faculty:**

**William R. Beardslee, MD** Director of the Baer Prevention Initiatives, Children's Hospital Boston, Prevention of Depression Study, Judge Baker Children's Center, Gardner-Monks Professor of Child Psychiatry at Harvard Medical School

**Eugene D'Angelo, PhD** Chief, Division of Psychology and Director, Outpatient Psychiatry Service, Department of Psychiatry, Children's Hospital Boston; Associate Professor of Psychology, Department of Psychiatry, Harvard Medical School

**Lynda Michaud Cutrell, MBA**, Director of the Policy and Development Committee, NAMI (National Alliance on Mental Illness) National and VP NAMI MA, Adjunct Faculty, Boston College

**Jonathan Delman, JD, MPH**, Founding Executive Director of Community Quality Initiatives (CQI) Inc., a consumer-run research and evaluation organization based in Massachusetts

**Michelle Friedman-Yakoobian, PhD** Clinical Team Leader of Center for Early Detection, Assessment, and Response to Risk (CEDAR), Instructor in Psychology, Massachusetts Mental Health Center, Beth Israel Deaconess Medical Center, Boston, MA, Department of Psychiatry, Harvard Medical School

**Anthony J. Giuliano, PhD** Staff Psychologist, Tewksbury State Hospital, Instructor in Psychology, Department of Psychiatry, Harvard Medical School at Beth Israel Deaconess Medical Center

**Joseph Gonzalez-Heydrich, MD** Chief of the Psychopharmacology Program, Department of Psychiatry, Children's Hospital, Boston, MA, Assistant Professor of Psychiatry, Harvard Medical School

**George B. Handran, JD** Co-Trustee, Sidney R. Baer, Jr. Foundation.

**David Jimerson, MD** Interim Academic Chair, Department of Psychiatry, Beth Israel Deaconess Medical Center, Professor of Psychiatry, Department of Psychiatry, Harvard Medical School

**Matcheri S. Keshavan, MD** Vice Chair, Public Psychiatry, Department of Psychiatry, Beth Israel Deaconess Medical Center, Stanley Cobb Professor of Psychiatry, Department of Psychiatry, Harvard Medical School

**Lawrence Lifson, MD** Director of Continuing Education, Massachusetts Mental Health Center (MMHC); Faculty, Boston Psychoanalytic Institute; Lecturer on Psychiatry, Harvard Medical School, Associate Clinical Professor of Psychiatry, Tufts University School of Medicine

**Joan Mikula**, Assistant Commissioner, Child and Adolescent Services, Massachusetts Department of Mental Health

**Larry J. Seidman, PhD** Director, Commonwealth Research Center; Vice Chair (Research), Massachusetts Mental Health Center, Beth Israel Deaconess Medical Center, Boston, MA, Professor of Psychology, Department of Psychiatry, Harvard Medical School

**Kristen A. Woodberry, MSW, PhD** Project Director of Clinical High Risk Research, Instructor in Psychology and Licensed Clinical Social Worker, Department of Psychiatry, Beth Israel Deaconess Medical Center

**Suzannah V. Zimmet, MD** Medical Director of Prevention and Recovery in Early Psychosis Program (PREP) and the Center for Early Detection and Risk (CEDAR), Massachusetts Mental Health Center, Boston, MA, Assistant Professor in Psychiatry, Harvard Medical School

## Accreditation:

**Physicians:** There are no Category I credits available to Physicians for this conference. Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Harvard Medical School designated this educational activity for a maximum of 6 AMA PRA Category II Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Nurses:** Massachusetts Mental Health Center is approved by the Arizona State Nurses Association to offer continuing education credits to participants. This program meets the criteria for 6 contact hours.

**Psychologists:** The Continuing Education Program at Massachusetts Mental Health Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Massachusetts Mental Health Center maintains responsibility for this program and its content. This program offers 6 credit hours.

**Social Workers:** For information on the status of the application to the Massachusetts Chapter of the National Association of Social Workers, please contact Ms. Maryan Picard at [mpicard@bidmc.harvard.edu](mailto:mpicard@bidmc.harvard.edu).

**Counselors:** Massachusetts Mental Health Center at Harvard Medical School is an NBCC Approved Continuing Education Provider (ACEP tm) and may offer 6 NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. This program offers 6 credit hours.

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## *Registration Form*

Registration is limited to 180 people and **registration is required by September 15, 2010.**  
Priority will be given to Middle and High School Personnel\*

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Name & Credentials

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Address

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Phone (Office/Cell)

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Email

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Professional Affiliation and Position

School Personnel? (check one)     Yes     No

Level? (check one)     Elementary     Middle     High School     College/University

Type of CEU certificate requested (check one):

Physician CE     Psychologist CE     Social Work CE     Nurse CE     Counselors CE

**Fax or email form to:**    Maryan Picard, Department of Psychiatry  
Email: mpicard@bidmc.harvard.edu  
Fax: 617-998-5007

\* Confirmation of registration will be sent by October 1, 2010.