

Youth Mental Health: Needs, Challenges and Opportunities

Monday

May 11, 2009

9:00am – 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”)

This program 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 understanding the development of mental health disorders in adolescence (10-18) and the transitional period of emerging adulthood (18-25), with special attention given to the challenges and opportunities in clinical service development, prevention and treatment. 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. The conference will begin with an overview of “emerging adulthood” and the value of this new framework for inspiring a fresh look at the developmental characteristics of the period between the late teens through the mid-twenties. A broad view of the emergence of mental health disorders in adolescence and early adulthood will lay the foundation for thinking about public health policy and clinical service reform, particularly in regard to challenges and opportunities for youth with significant mental health needs during the transition to adulthood. The conference focus will then turn to a review of preventive interventions, particularly in schools, to address the rising prevalence rates of depression among adolescents and young adults. Challenges within the field of prevention and opportunities for innovative program development will be highlighted. What is known about the developmental neurobiology of psychosis and implications for early therapeutic intervention using cognitive remediation will then be surveyed, followed by an overview of current state-of-the-art research and clinical service projects in early psychosis. The conference will conclude with a focus on the perspective of young adult consumers and the need to build in (rather than add-on) a capacity for multicultural perspectives to support broader engagement in clinical services by individuals and families.

The objectives of this conference are to:

- Review emerging concepts in adolescent and young adult development.
- Provide an overview of the rationale for and movements toward early identification, intervention and prevention of mental health disorders in youth and young adults.
- Discuss the challenges and opportunities in clinical services for youth with mental health disorders.
- Introduce new models of service for youth with significant mental health needs during the transition to adulthood.
- Describe new developments in the prevention and treatment of depression and psychosis in adolescents and young adults, including school-based programs.
- Broaden our understanding of approaches to engaging youth and young adults in clinical services through consumer and multicultural perspectives.

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8:15-9:00am	<i>Conference check-in</i>	Coffee and Refreshments
9:00-9:15	Welcome	<i>Larry J. Seidman, PhD</i>
9:15-10:00	Emerging Adulthood: The Winding Road from the Late Teens through the Twenties	<i>Jeffrey J. Arnett, PhD</i>
10:00-10:45	Emerging Mental Disorders in Young People	<i>Patrick McGorry, MD, PhD, FRCP, FRANZCP</i>
10:45-11:00	<i>Refreshment Break</i>	
11-11:45	Service Systems for Transition-Age Youth: Current Challenges and Future Opportunities	<i>Maryann Davis, PhD</i>
11:45-12:00	Questions/Discussion	
12:00-1:00	<i>Lunch (provided)</i>	
1:00-1:45	Adolescent Depression: Prevention and Early Intervention	<i>Nadja Reilly, PhD</i>
1:45-2:30	Early Psychosis: Neurobiology and Cognitive Remediation	<i>Matcheri Keshavan, MD</i>
2:30-2:45	Boston-Area Clinical Research and Services in Early Psychosis	<i>Michelle Friedman-Yakoobian PhD</i>
2:45-3:00	<i>Refreshment Break</i>	
3:00-3:45	Rising to Action: A Consumer's Perspective	<i>Jonathan Delman, MPH, JD</i>
3:45-4:30	Culturally-Sensitive Treatment of Mental Health Problems in Youth and Young Adults	<i>Huijun Li, PhD</i>
4:30-5:00	Sidney R. Baer Foundation & Wrap-Up	<i>Larry J. Seidman, PhD & George Handran</i>

Faculty:

Jeffrey Jensen Arnett, PhD Research Professor, Department of Psychology, Clark University, Worcester, MA. Author of *Emerging Adulthood: The Winding Road from the Late Teens through the Twenties* (Oxford University Press), along with numerous scholarly articles and other textbooks in this area.

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

Maryann Davis, PhD Research Associate Professor, Center for Mental Health Services Research, Department of Psychiatry, University of Massachusetts Medical School, Worcester, MA. Author of *Pioneering Transition Programs: The Establishment of Programs that Span the Ages Served by Child and Adult Mental Health* (2008)

Michelle Friedman-Yakoobian, PhD Instructor in Psychology, Department of Psychiatry, Harvard Medical School, Commonwealth Research Center, Massachusetts Mental Health Center, Beth Israel Deaconess Medical Center, Boston, MA.

Anthony J. Giuliano, PhD Instructor in Psychology, Department of Psychiatry, Harvard Medical School, Director of Research in High Risk Studies, Commonwealth Research Center, Massachusetts Mental Health Center, Beth Israel Deaconess Medical Center, Boston, MA.

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

Matcheri S. Keshavan, MD Visiting Professor of Psychiatry, Department of Psychiatry, Harvard Medical School; Vice Chair, Department of Psychiatry, Beth Israel Deaconess Medical Center; Professor of Psychiatry, Wayne State University, Detroit, MI.

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

Huijun Li, PhD Instructor in Psychology, Department of Psychiatry, Harvard Medical School, Nationally Certified School Psychologist; Director of Multicultural Research at the Commonwealth Research Center, Massachusetts Mental Health Center, Beth Israel Deaconess Medical Center, Boston, MA.

Patrick McGorry, MD, PhD, FRCP, FRANZCP Professor of Youth Mental Health, University of Melbourne, Executive Director, ORYGEN Research Centre, Director of Clinical Services, ORYGEN Youth Health, Parkville, Victoria, Australia. Pioneer in Clinical High Risk Research and Treatment; Editor-in-chief of *Early Intervention in Psychiatry*.

Nadja Reilly, PhD Instructor of Psychiatry, Harvard Medical School; Staff Psychologist, Department of Psychiatry, Children's Hospital, Boston; Director, Swensrund Depression Prevention Initiative; *Editor, Depression: A Toolkit for Schools; Producer, Breaking Free, a documentary about adolescent depression.* Boston, MA.

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

Accreditation:

Physicians: 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 1 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.

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.

Registration Form

Registration is limited to 180 people and **registration is required by April 17th, 2009.**

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Name & Credentials

Address

Phone (Office/Cell)

Email

Type of CEU certificate requested (check one):

Psychologist CE

Social Work CE

Counselors CE

Fax or email form to: Kimberly Miele Department of Continuing Education
Email: miele6288@gmail.com, Fax: 1-888-847-8830

Register online at: www.continuingeducationprogram.org/baer

Phone: 941-932-2671