

PAMF/Stanford Children's Health Pediatric Course: Focusing on Adolescent Mental Health

Saturday, February 27, 2016 • 8:00 am – 5:00 pm

Mountain View Center: Palo Alto Medical Foundation • Mountain View, CA

Presented by the Department of Pediatrics at Stanford University School of Medicine and Stanford Children's Health in Collaboration with PAMF Pediatrics

Sponsored by Stanford University School of Medicine

Program (subject to change) All faculty members are affiliated with Stanford University School of Medicine and Stanford Children's Health unless indicated otherwise

8:00 – 8:30	Registration and Continental Breakfast	11:15 – 11:50	Teen Sleep Issues, Tips for Primary Care Practitioners Rafael Pelayo, MD Clinical Professor, Psychiatry and Behavioral Sciences – Stanford Center for Sleep Sciences and Medicine
8:30 – 8:35	Welcome Shashank V. Joshi, MD, FAAP Associate Professor of Psychiatry, Pediatrics & Education Co-Course Director and Moderator Cara Barone, MD, Pediatrician PAMF – Palo Alto Co-Course Director	11:50 – 12:40	Lunch
	Depression in Adolescents	12:40 – 1:15	Adolescent Behavioral Health Project Update Kimberly Erlich, MSN, RN, MPH, CPNP, PMHS Nurse Practitioner, Pediatrics PAMF – Palo Alto
8:35 – 9:00	Assessment Shashank V. Joshi, MD, FAAP	1:15 – 2:25	Addressing Suicidality and Self-Harm, (Safety Planning, Role Playing) Shalina Amin, MFT-Intern, PAMF – Palo Alto Katherine Pearson, MFT, PAMF – Palo Alto
9:00 – 9:45	Management and Treatment Amy M. Heneghan, MD Pediatrician, PAMF – Palo Alto	2:25 – 2:40	Break
9:45 – 10:20	Medication Management for Anxiety Disorders Lukuang Lynette Hsu, MD Psychiatry, Child/Adolescent, PAMF– Palo Alto	2:40 – 3:15	Managing ADHD with Medication Aaron M. Nayfack, MD Pediatric Developmental and Behavioral Specialist, PAMF
10:20 – 10:40	Break	3:15 – 4:20	Motivational Interviewing for the Pediatric PCP Naomi A. Schapiro, RN, PhD, CPNP Clinical Professor, UCSF School of Nursing
10:40 – 11:15	Integrative Medicine Approach to Management of ADHD Sanford Newmark, MD Clinical Professor of Pediatrics Director, Clinical Programs of Osher Center for Integrative Medicine, University of California San Francisco	4:20 – 5:00	Mindfulness in Children and Adolescents Kimberly J. Erlich, MSN, RN, MPH, CPNP, PMHS
		5:00	Adjourn
			Opportunities for Q & A will be provided at the conclusion of each presentation
Planners	Shashank V. Joshi, MD, FAAP Co-Course Director, Stanford University Medical Center Cara Barone, MD Pediatrician, PAMF – Palo Alto Co-Course Director Rebecca Benton, MD, MPH Pediatrician, PAMF - Palo Alto		Kimberly J. Erlich, MSN, RN, MPH, CPNP, PMHS PAMF - Palo Alto Kelly Look, MD Pediatrician, PAMF – Palo Alto Terry O'Grady, RN, MS Director, Stanford Children's Health, Continuing Medical Education



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Faculty Disclosure: The Stanford University School of Medicine adheres to the Accreditation Council for Continuing Medical Education (ACCME) Essential Areas, Standards and Policies regarding industry support of continuing medical education. Disclosure of faculty and commercial relationships will be made prior to the activity.

COURSE OVERVIEW

The goal of this course is to address the issue of adolescent mental health. Adolescents experiencing mental and physical signs of conditions such as ADHD, extreme stress, anxiety, sleep disorders, depression and suicidality are prevalent across our broad community. This course is intended to improve the quality of life for adolescent patients through the blending of primary care, behavioral health and prevention services.

LEARNING OBJECTIVES

- Evaluate, diagnose and treat/refer the adolescent with the following:
 - Sleep Disorders
 - Stress
 - Anxiety
 - Depression
- Analyze the pros and cons of integrative and pharmacologic treatment for ADHD
- Develop a plan to intervene with a teen exhibiting self-harm or suicide ideation
- Utilize the PAMF Adolescent Behavioral Health resources
- Evaluate the use of motivational interviewing and mindfulness techniques in teens with behavioral health issues.

WHO SHOULD ATTEND?

This activity is intended for PAMF pediatricians and family physicians, PhD's, NP's, RN's, AHP's and primary care who provide care for children and adolescents.

ACCREDITATION AND DESIGNATION OF CREDITS

The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Stanford University School of Medicine designates this live activity for a maximum of 7 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements, as long as the course is certified for *AMA PRA Category 1 Credit(s)*[™] (rn.ca.gov). Nurses will receive a Certificate of Attendance following this activity that may be used for license renewal.

REGISTRATION

Register online by February 15, 2016 by [clicking here](#). Cancellations received in writing before February 19, 2016 will be refunded less a \$25 administrative fee. No refunds will be made on cancellations received after that date.

Registration Fees

- \$200 - Physicians, \$100 – RN's and Residents

Contact Information:

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CONFERENCE LOCATION

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