Bipolar Spectrum Disorders in Youth: Assessment, Differential Diagnosis, and Treatment

October 15, 2015
University Club at the University of Pittsburgh
Oakland Section of Pittsburgh, Pennsylvania

Course Directors:
Boris Birmaher, MD
Rasim Somer Diler, MD

Recovery and Wellness: The Journey Starts Here
A Joint Effort Sponsored by Community Care Behavioral Health Organization and Western Psychiatric Institute and Clinic of UPMC

We would like to thank the McGuinn Foundation for its generous support of telepsychiatry, clinical, and educational services including this conference.
Bipolar Spectrum Disorders in Youth

University Club
at the University of Pittsburgh
123 University Place
Oakland Section of Pittsburgh, PA 15260

October 15, 2015

Introduction

The Child and Adolescent Bipolar Spectrum Services (CABS) of WPIC is proud to present the first conference on early identification and treatment of bipolar spectrum disorders in youth. Early and correct diagnosis is critical in youth with mood dysregulation; however, it can often take up to ten years to identify and treat bipolar disorders. Subthreshold mood symptoms, comorbid psychiatric conditions, and the new DSM-5 mixed features should be assessed carefully to prevent delayed or incorrect diagnosis. There is limited knowledge about how to screen and monitor mood swings in youth and how to weigh risks and benefits of available interventions. Faculty from CABS will cover various topics including high risk populations, assessment methods, early diagnosis, psychosocial and medication interventions, and management of bipolar spectrum disorders in youth. The keynote presentation will be given by the CABS’ renowned medical director Boris Birmaher, MD.

Who Should Attend

The conference is designed to present the latest research and clinical knowledge regarding mood dysregulation to a wide audience: Professionals (Psychiatrists, Psychologists, Counselors, Psychopharmacologists, Physician Assistants working in Mental Health Settings, Psychiatric Nurse Practitioners, Psychiatric Nurses, Social Workers, Teachers, Peer Specialists), Patients, and Families

Objectives

At the conclusion of the program, participants should be able to:

- Identify core features of mania, depression, and mixed features for accurate diagnosis (e.g. episodicity, elated mood, irritability, functional impairment).

- Differentiate manic, hypomanic, and mixed mood presentations in youth from other common psychiatric diagnoses and normal development.

- Identify appropriate assessment/monitoring instruments & evidence-based treatment options for youth with bipolar spectrum disorders
Course Directors

Boris Birmaher, MD  
Professor of Psychiatry  
Endowed Chair in Early Onset Bipolar Disease  
University of Pittsburgh School of Medicine  
Director, Child and Adolescent Bipolar Spectrum Services (CABS)  
Western Psychiatric Institute and Clinic of UPMC

Rasim Somer Diler, MD  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Medical Director, Inpatient Child and Adolescent Bipolar Spectrum Services (CABS)  
Co-Director, Child and Adolescent Bipolar Spectrum Services  
Western Psychiatric Institute and Clinic of UPMC

Faculty

Rachel Fersch-Podrat, LCSW  
Licensed Clinical Social Worker,  
Child and Adolescent Bipolar Spectrum Services (CABS)  
Western Psychiatric Institute and Clinic of UPMC

Tina Goldstein, PhD  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Licensed Psychologist  
Director of Psychotherapy Training, Pediatric Mood Disorders  
Child and Adolescent Bipolar Spectrum Services (CABS)  
Western Psychiatric Institute and Clinic of UPMC

Danella Hafeman, MD, PhD  
University of Pittsburgh School of Medicine  
Attending Physician, Child and Adolescent Bipolar Spectrum Services (CABS)  
Western Psychiatric Institute and Clinic of UPMC

Christine A. Hoover, RN, MSN, PMHCNS, BC  
Clinical Nurse Specialist  
Child and Adolescent Bipolar Spectrum Services (CABS)  
Western Psychiatric Institute and Clinic of UPMC

Nina Hotkowski, LCSW  
Licensed Clinical Social Worker,  
Child and Adolescent Bipolar Spectrum Services (CABS)  
Western Psychiatric Institute and Clinic of UPMC
Dara Sakolsky, MD, PhD
Assistant Professor of Psychiatry,
University of Pittsburgh School of Medicine
Associate Medical Director, Services for Teens at Risk (STAR)
Psychiatrist, Child and Adolescent Bipolar Spectrum Services (CABS)
Western Psychiatric Institute and Clinic of UPMC

Amy Schlonski, LCSW, BCD
Child and Family Therapist,
Child and Adolescent Bipolar Spectrum Services (CABS)
Western Psychiatric Institute and Clinic of UPMC

Sue Wassick, RN
Nurse Clinician,
Child and Adolescent Bipolar Spectrum Services (CABS)
Western Psychiatric Institute and Clinic of UPMC

Tim Winbush, LCSW
Licensed Clinical Social Worker,
Child and Adolescent Bipolar Spectrum Services (CABS)
Western Psychiatric Institute and Clinic of UPMC

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

For additional information on Child and Adolescent Bipolar Spectrum Services (CABS), please visit the website at www.pediatricbipolar.pitt.edu

We would like to thank the Fine Foundation, National Institute of Mental Health, all of our youth and their families for their great support of our research activities.

The University of Pittsburgh is an affirmative action, equal opportunity institution.

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least two weeks in advance of the program by calling Nancy Mundy at 412-204-9090.
SCHEDULE

8:00 a.m.  Registration

8:30 a.m.  Background
Rasim Somer Diler, MD

9:00 a.m.  KEYNOTE: Does Bipolar Disorder Exist in Youth?
Boris Birmaher, MD

10:00 a.m.  Differential Diagnosis in Youth with Bipolar Spectrum Disorders
Rasim Somer Diler, MD

10:45 a.m.  Break

11:00 a.m.  Psychosocial Strategies that Can Help Youth with Bipolar Spectrum Disorders
Tina Goldstein, PhD

12:00 p.m.  LUNCH (on your own)

1:15 p.m.  Breakout Session 1:

1. Family Interventions for Youth with Bipolar Spectrum Disorders
   Amy Schlonski, LCSW, BCD and Tim Winbush, LCSW

2. Assessment and Monitoring of Youth with Bipolar Spectrum Disorders
   Christine A. Hoover, RN, MSN, PMHCNS, BC and Sue Wassick, RN

2:45 p.m.  Break

3:00 p.m.  Breakout Session 2:

3. Key Elements of Individual Therapies for Youth with Bipolar Spectrum Disorders
   Rachael Fersch-Podrat, LCSW and Nina Hotkowski, LCSW

4. Medications for Children with Bipolar Spectrum Disorders
   Danella Hafeman, MD, PhD and Dara Sakolsky, MD, PhD

4:15 p.m.  Adjournment
Continuing Education Credit

Physicians
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 6.0 continuing education credits.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP
The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for 6.0 continuing education credits.

Counselors
Western Psychiatric Institute and Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program. This program is being offered for 6.0 continuing education hours.

Certified Psychiatric Rehabilitation Practitioners: CPRP
A total of 6.0 credit hours can be applied to training hours for the Certified Psychiatric Rehabilitation Practitioner (CPRP).

Certified Rehabilitation Counselors: CRC
Western Psychiatric Institute and Clinic is approved by the Commission on Rehabilitation Counselor Certification (CRCC) and accredited by the National Commission for Certifying Agencies to provide continuing education credits to certified rehabilitation counselors (CRC). WPIC adheres to the CRCC Continuing Education guidelines; 6.0 hours have been approved for participation in this conference.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT
This program is offered for 6.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Act 48
Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. WPIC adheres to the Act 48 Continuing Education Guidelines.

Other Healthcare Professionals
Nurses and other healthcare professionals are awarded 0.6 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. Nurses: For attending this program you will receive a Certificate of Attendance confirming 6.0 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.
Overnight Hotel Accommodations

Wyndham Pittsburgh University Center
100 Lytton Avenue
Pittsburgh, PA  15213
Telephone: (412) 682-6200

A block of rooms has been reserved at the Wyndham Pittsburgh University Center a few blocks away from the University Club where the conference will be held. The room rate is $138 plus tax. When calling for reservations, please identify yourself as being with the conference on “Bipolar Spectrum Disorders in Youth” to benefit from these reduced rates. Room availability cannot be guaranteed after October 1, 2015.

*Upon request, the shuttle for the hotel will provide transportation to the University Club where the training will take place.*

Conference Location

University Club
at the University of Pittsburgh
123 University Place
Oakland Section of Pittsburgh, PA 15260
Telephone: (412) 648-8213

Registration Information

Fee Schedule (Please circle the appropriate fee):

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<th>Before 10/1/15</th>
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<tr>
<td>Professionals</td>
<td>$ 80</td>
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<td>UPMC/WPIC Affiliated Professionals</td>
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<td>Individuals/ Family Members</td>
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Tuition includes:

* All registration and conference materials
* Refreshments
* Continuing education credits

Full tuition must accompany the form. A $20 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please return the registration form and tuition by October 1, 2015 to take advantage of the lowest tuition rate.

Please make your check payable to OERP/WPIC and send it with the registration form to:

Nancy Mundy
OERP/WPIC
Champion Commons Building, Room 322
3811 O'Hara Street
Pittsburgh, PA 15213

Telephone: 412-204-9090
FAX: 412-204-9110
E-MAIL: mundynl@upmc.edu
www.wpic.pitt.edu/oerp
### Registration Form

**Bipolar Spectrum Disorders in Youth (MC96)**  
**Thursday, October 15, 2015**

*Please type or print; photocopy for additional registrants.*  
*Register by October 1, 2015 for lowest tuition rate.*

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**Please indicate which workshops you plan to attend** *(Please circle):*

**Breakout Session I: 1 2**

**Breakout Session II: 3 4**

**For Continuing Education purposes, please check if you are:**

- [ ] CADC/CCDP
- [ ] CPRP
- [ ] CRC
- [ ] NCC Counselor
- [ ] Educator/Act 48
- [ ] Nurse
- [ ] Psychologist
- [ ] Physician/MD
- [ ] Social Worker (LSW/LCSW/LPC/LMFT)
- [ ] Individual/Family Member
- [ ] Certified Peer Specialist

**Method of Payment:**

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**To be completed by Credit Card Users ONLY:**

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**To be completed for UPMC account transfers ONLY:**

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Please send your fee with this form to:

**Attn: Nancy Mundy**  
OERP/WPIC  
3811 O’Hara Street  
Champion Commons Building, Room 322  
Pittsburgh, Pa 15213

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**www.wpic.pitt.edu/oerp**