

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC  
HOSPITAL

## The 4th Biennial Child and Adolescent Bipolar Services Conference

### “Untangling Bipolar Disorder in Youth: Comorbidity, Differential Diagnosis and Treatment”

(MD88)



**Thursday, October 7, 2021**  
**Program – 8:30 AM to 4:00 PM**  
Virtual Conference

**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**  
**UPMC Western Psychiatric Hospital**

## **Untangling Bipolar Disorder in Youth: Comorbidity, Differential Diagnosis and Treatment**

**Thursday, October 7, 2021 - Virtual Conference**

### ***Introduction***

The Child and Adolescent Bipolar Spectrum Services (CABS) of UPMC Western Psychiatric Hospital is proud to present its fourth conference on Pediatric Bipolar Spectrum Disorders, with special emphasis on “comorbid conditions.” Early and correct diagnosis is critical in youth with Bipolar Spectrum Disorders. However, given that youth with Bipolar Disorders often present with other psychiatric disorders that are manifested with similar symptoms (e.g., Attention Deficit and Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder, Substance Use Disorders), it can be challenging to make an accurate diagnosis. This is very important to avoid inappropriate treatments that can worsen the symptoms of bipolar disorder and/or cause unnecessary side effects. Moreover, the identification of comorbid disorders is crucial because left untreated, they can negatively impact the course of Bipolar Disorders. Therefore, it is important to identify and treat both the bipolar disorder and the other co-occurring disorders with evidence-based treatments.

The goals of this conference are to discuss clinical experience and research findings regarding: 1) Differential diagnosis of Bipolar Disorders from other psychiatric disorders and 2) Psychosocial and pharmacological treatments of pediatric bipolar disorder with comorbid conditions.

The keynote presentation will be given by Boris Birmaher, MD a Professor of Psychiatry in the Division of Child and Adolescent Psychiatry at UPMC Western Psychiatric Hospital, endowed chair in early-onset bipolar disease.

### ***Who Should Attend?***

The conference is designed to present the latest research and clinical knowledge about treatment of bipolar disorder and comorbid conditions to a wide audience: Professionals (Psychiatrists, Psychologists, Counselors, Psychopharmacologists, Physician Assistants working in Mental Health Settings, Psychiatric Nurse Practitioners, Psychiatric Nurses, Social Workers, Teachers, Residents, Fellows, Trainees, Students, and Peer Specialists), Patients, and Families.

### ***Learning Objectives***

At the completion of the program, participants will:

1. Differentiate the symptoms of pediatric bipolar disorder from other childhood psychiatric disorders
2. Recognize the negative effects of comorbid disorders on the course and outcome of pediatric bipolar disorder.
3. Identify the current treatment options for children and adolescents with bipolar disorders with comorbid conditions

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

## ***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)  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

### **Rasim Somer Diler, MD**

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  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

### ***Course Coordinator:***

#### **Kelly Monk, BSN, RN**

Clinical Research Supervisor  
Department of Psychiatry  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

## ***Faculty and Presenters***

### **Rachael Fersch-Podrat, LCSW**

Child and Adolescent Bipolar Spectrum Services (CABS)  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

### **Benjamin I. Goldstein, MD, PhD, FRCP[C]**

Professor of Psychiatry, Pharmacology, and Psychological Clinical Science  
University of Toronto  
RBC Investments Chair in Children's Mental Health & Developmental Psychopathology  
Director, Centre for Youth Bipolar Disorder  
Centre for Addiction and Mental Health  
Toronto, Ontario

**Tina Goldstein, PhD**

Associate Professor of Psychiatry and Psychology  
University of Pittsburgh School of Medicine  
Director of Psychotherapy Training, Pediatric Mood Disorders  
Child and Adolescent Bipolar Spectrum Services (CABS)  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Danella Hafeman, MD, PhD**

Assistant Professor of Psychiatry,  
University of Pittsburgh School of Medicine  
Child and Adolescent Bipolar Spectrum Services (CABS)  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Leslie Phillips, LPC**

Child and Adolescent Bipolar Spectrum Services (CABS)  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**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)  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Amy Schlonski, LCSW**

Child and Family Therapist,  
Child and Adolescent Bipolar Spectrum Services (CABS)  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Tim Winbush, LCSW**

Child and Adolescent Bipolar Spectrum Services (CABS)  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**ACKNOWLEDGEMENTS**

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

## Agenda

8:30-8:45 am	Background and Introduction <b>Kelly Monk, BSN, RN</b>
8:45-9:00 am	From the Perspectives of a Young Adult: Comorbidity in Pediatric Bipolar Disorder <b>Presentation from a young adult</b>
9:00-10:00 a.m.	<b>Keynote presentation: What is New in Bipolar Spectrum Disorders in Youth?</b> <b>Boris Birmaher, MD</b>
10:00-10:15	Break
<b>10:15 am-12:00 PM</b>	<b>Differential Diagnosis and Comorbidities</b>
10:15-10:45 am	<i>Differential Diagnosis in Youth with Bipolar Spectrum Disorders</i> <b>Rasim Somer Diler, MD</b>
10:45-11:15 am	<i>Psychiatric Comorbidities and Predicting Bipolar Disorder in At-Risk Youth?</i> <b>Danella Hafeman, MD, PhD</b>
11:15-11:45 am	<i>Links Between Physical and Mental Health Among Youth with Bipolar Spectrum Disorders</i> <b>Ben Goldstein, MD, PhD</b>
11:45 am-12:00 pm	<i>From the Perspective of a Family Member: Comorbidity in Pediatric Bipolar Disorder</i> <b>Presentation by family member</b>
<b>12:00-12:30 pm</b>	<b>Lunch break (general audience)</b>
<b>12:00-12:30 pm</b>	<b>*By Invitation Only: Patients and their families will join Dr. Birmaher for Q&amp;A session.</b> <b>Please contact Kelly Monk at <a href="mailto:monkk@upmc.edu">monkk@upmc.edu</a> for information.</b>
<b>12:30-4:00 pm</b>	<b>Intervention and Management of Bipolar Spectrum Disorders in Youth</b>
12:30-1:30 pm	<i>Psychosocial Management of Comorbid Conditions in Youth with Bipolar Spectrum Disorders</i> <b>Tina Goldstein, PhD</b>
1:30-2:15 pm	<i>Medication Management of Comorbid Conditions in Youth with Bipolar Spectrum Disorders</i> <b>Dara Sakolsky, MD, PhD</b>
2:15-2:30 pm	Break
2:30-3:15 pm	<i>How to Differentiate Between Borderline and Bipolar</i> <b>Rachael Fersch-Podrat, LCSW; Amy Schlonski, LCSW</b>
3:15-4:00 pm	<i>Navigating Care Options in Bipolar Spectrum Disorders with Comorbid Conditions</i> <b>Tim Winbush, LCSW; Leslie Phillips, LPC</b>
4:00 pm	<b>Adjournment</b>

## **Continuing Education Unit/Continuing Medical Education Credits**

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### **Physician (CME)**

The University of Pittsburgh designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Other Healthcare Professionals**

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

### **Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP**

The Office of Educational Resources and Planning, UPMC Western Psychiatric Hospital 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 a maximum of 6.0 continuing education credits.

### **Counselors**



Education and Consultative Services of UPMC Western Psychiatric Hospital 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. UPMC Western Psychiatric Hospital is solely responsible for all aspects of this program. This program is being offered for a maximum of 6.0 continuing education hours.

### **Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT**

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 6.0 continuing education credits.



### **Psychologists**

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer psychology continuing education by the American Psychological Association. University of Pittsburgh maintains responsibility for this course. Psychologists completing this course receive 6.0 continuing education credits.

### **Other Healthcare Professionals**

Nurses and other health care professionals are awarded a maximum of 0.60 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 a maximum of 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.

1. *Completing the evaluation is not required, however it is encouraged. We do request that everyone complete the questions in the evaluation regarding your continuing education (CE) credit needs so we can identify the correct certificate for you.*
2. *Please retain your certificates in a safe place. Replacements for General CEU, NCC, and CADC/CCDP are \$30. Others are kept in your account on the site you registered at.*
3. *Continuing education credits are awarded when a participant attends for the full day. Partial credits are not available.*

## Registration Information

Please register by October 1, 2021 at:

**4th Biennial Child and Adolescent Bipolar Services Conference: Untangling Bipolar Disorder in Youth: Comorbidity, Differential Diagnosis and Treatment | UPMC - Center for Continuing Education in the Health Sciences**

## Fees

**Non-UPMC Physicians** \$65

**UPMC Physicians and Non-UPMC Professionals** \$55

Use promo code **CABS2021.UPMCMD**

**UPMC Physicians:** Please use your work e-mail address

**UPMC/WPH and affiliated Professionals** \$45

Online registration – Use promo code **CABS2021.UPMCProf**

**UPMC Professionals:** Please use your work e-mail address

**Community members/students/residents** \$20

(No continuing education credit)

Online registration – Use promo code **CABS2021.Community**

**Youth with Bipolar Spectrum Disorder and their Families** No fee

(No continuing education credit)

Online registration – Use promo code **CABS2021.Family**

Departmental Journal Transfers for UPMC participants can be found [here](#). Please have your supervisor complete it.

Tuition includes: Continuing Education/Medical Credits at the professional fee

Full tuition must accompany your registration. A \$20 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun.



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.



## New Registration Instructions

The UPMC Center for Continuing Education in the Health Sciences (CCEHS) learning portal is used to register, view, track, and manage all your continuing education credits.

*If, at any point these directions result in you seeing a blank page in your account, please look at your cart in the upper right-hand corner. If there is anything in there, please click on the cart to see how to proceed (and look at the directions below). Or delete what is in there and begin again. Please contact [Nancy Mundy](#) if you have difficulties after attempting the following directions.*

### 1. Creating an Account at [cce.upmc.com](https://cce.upmc.com)

- Go to <https://cce.upmc.com> in your browser or just click on the link.
- On Login page, click on "Create Account"
- Complete questions. Please add in your credentials as your degree (MSW, PhD, MD, etc.), and use the dropdown to identify your profession.
- Click on "Save". Please keep track of your password or store your sign-in information.

### 2. Registering for a Program

- If you have your account set up (see #1), and you've logged in, please go to the link of the program that you've been sent, or click on the "Catalog" tab, and put the name of the program in the search bar.
- You will be on the program page. Review the information, and click on the "Register" tab. If there is a fee to pay, you'll see a purple box with "Add to Cart" in it. Please click on this. If there is no fee, you will see the activity in your "Pending Activities" and there is nothing else to complete until after the event.
- Click on "Add to Cart"
- You'll see the name of the payment page and the appropriate amount. Click on "Checkout"
- Only add in a coupon code if you've been notified that there is one. Please refer to the program brochure if you need to. Coupon codes will be listed in the brochure. If there are no coupons, just please click on "Checkout"
- Add your billing information on the next page. Please complete all required (\*) fields. Please make sure this address is connected to your credit card. Scroll to the bottom of the page and click on "Review Order"
- Enter your payment information and click on "Continue"
- Click on "Submit Order"
- On the next page, click on "View Course Page". If you go into your "Account", and then "Courses", you'll see this listed in your "Pending Activities".
- You'll have to return to your "Pending Activities" once the program has occurred to finish the process and obtain your CE credits/certificate.

### 3. Securing your CE/CME Credits

It's important to note here that you can secure your CE/CME credits on this system for the following: APA, LSW/LCSW/LPC/LMFT, CME, Attendance. All other CE credits/certificates (NCC, General CEU, CADP/CCDP) will be sent to you via e-mail from a staff member at Education and Consultative Services four to six weeks after the event, once you've completed the information requested.

- Please click on "My Account", and then "Courses" and then "Pending Activities".
- Click on the course that's listed.
- The next page will come up with a purple box "Register/Complete Course". Please click on that.
- On the left, see "Course Progress"
- Please click on "Complete Course Evaluation" and then "Submit" when completed.
- Return to "Course Progress", and click in the circle for "Credit" and "Certificate"
- You'll see a download link on the current page, or you can return to your "Account" and "Courses" and then "Completed Activities" to secure your certificate.