



UPMC Western Psychiatric Hospital  
Comprehensive Recovery Services  
Office of Educational Resources and Planning

University of Pittsburgh School of Medicine  
Center for Continuing Education in the Health Sciences

Community Care Behavioral Health Organization

## **“36th Annual Pittsburgh Schizophrenia Conference”**

(MD44)

November 15, 2019

Sheraton Station Square  
Pittsburgh, PA

7:30 am – Registration  
8:30 AM to 4:45 PM - Conference

### **Course Director:**

KN Roy Chengappa, MD

*Recovery and Wellness: The Journey Starts Here*  
**A Joint Effort Sponsored by Community Care Behavioral Health and  
UPMC Western Psychiatric Hospital**

# **“36th Annual Pittsburgh Schizophrenia Conference”**

**Sheraton Station Square  
300 W. Station Square Dr.  
Pittsburgh, PA 15219**

**November 15, 2019**

## **Introduction**

The Pittsburgh Schizophrenia Conference is an annual meeting at which the advances in schizophrenia research are reviewed by experts in the field. This year’s meeting will cover early identification and management of first episode psychoses based on knowledge obtained and disseminated from a NIMH funded trial. Attendees will learn and review immune-inflammatory mechanisms that play a role in subgroups of persons with schizophrenia, especially gluten sensitivity and ongoing work to remediate this sensitivity. Participants will hear about transcranial magnetic stimulation (TMS) and its potential use in schizophrenia. From a case example, attendees will learn about clarifying diagnosis and optimizing medications in persons with mental illness in a residential facility. Finally, attendees will hear from people with serious mental illness who will share their stories of working as Peer Specialists and of using music to help support their recovery.

## **Who Should Attend**

The conference is designed to disseminate the latest clinical and research findings to a wide audience: psychiatrists and other mental health clinicians, including nurses, social workers, psychologists, service coordinators, researchers, patients and their relatives, mental health policy administrators and others who intend to keep current regarding treatment research in schizophrenia.

## **Learning Objectives**

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

1. Recognize the essential elements of coordinated specialty care early in the course of schizophrenia.
2. Recognize the concept of the duration of untreated psychoses and steps taken to reduce the duration.
3. Discuss ongoing research to characterize a subgroup of schizophrenia patients with immune response and inflammation to gluten.
4. Identify potential pathophysiologic mechanisms related to an immune response to gluten.
5. Explain ongoing work for personalizing treatment in this subgroup of schizophrenia with potential gluten sensitivity.
6. Recognize the basic mechanisms of non-invasive brain activity modulation with TMS.
7. Review the safety profile of TMS treatments.
8. Review studies investigating the use of TMS in patients with schizophrenia and psychotic disorders.
9. Discuss if a step down longer stay residential placement provides value for clarifying the diagnosis and revisit the treatment approach to persons with serious mental illness.

## ***Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Award Winner***

### **John M. Kane, MD**

Senior Vice President for Behavioral Health Services  
Northwell Health, New Hyde Park, NY  
Professor and Chairman

Donald and Barbara Zucker School of Medicine at Hofstra/Northwell  
The Zucker Hillside Hospital, Glen Oaks, NY

John M. Kane, MD, is Senior Vice President for Behavioral Health Services at Northwell Health in New Hyde Park, New York. He is Professor and Chairman of Psychiatry at The Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. He also serves as Chairman of Psychiatry at The Zucker Hillside Hospital in Glen Oaks, New York. Dr. Kane received a BA from Cornell University and earned his medical degree from New York University School of Medicine. He completed his residency in Psychiatry at The Zucker Hillside Hospital. He is a Diplomate of the American Board of Psychiatry and Neurology.



Dr. Kane is the recipient of many awards, including: the Lieber Prize; The APA's Kempf Award, the Gralnick Award and Foundations Prize; the New York State Office of Mental Health Lifetime Achievement Award; and The Dean Award from the American College of Psychiatrists. He has served as President of the American Society of Clinical Psychopharmacology, the Psychiatric Research Society and the Schizophrenia International Research Society. Dr. Kane has been the principal investigator for research projects focusing on schizophrenia psychobiology, treatment and recovery, as well as improving the quality and cost of care. He is the author of 600 peer-reviewed papers and serves on the editorial boards of numerous journals.

### ***Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Lecture: “Lessons Learned From RAISE-ETP: Where Do We Go from Here?”***

The early identification and management of first episode psychosis remains an enormous challenge, yet its success can play a pivotal role in subsequent outcome. The NIMH-funded RAISE-ETP program demonstrated a number of advantages for coordinated specialty care (CSC) in comparison to usual community care. Specifically, participants receiving coordinated specialty care did better on quality of life, symptoms, retention in treatment and return to work or school. At the same time, the median duration of untreated psychosis (DUP) in this sample from 21 different states across the U.S. was 74 weeks, with 68% of participants having a DUP of greater than six months. Longer DUP was associated with less benefit from CSC.

This presentation will review some of the factors contributing to DUP and some approaches to potentially reducing it-involving social media and the Internet. In addition, despite CSC, 34% of these first episode patients were hospitalized within the next two years in comparison to 37% in the control condition. Not surprisingly, attitudes towards medication-taking was one of the predictors of hospitalization. This presentation will also discuss the adherence challenge and recent efforts to increase the utilization of long-acting formulations of antipsychotic medications. Much of this work links directly back to the enormous contributions of Gerard Hogarty.

#### **By the completion of this session, participants should be able to:**

1. Recognize the basics of coordinated specialty care in early phase schizophrenia
2. Discuss recent findings from controlled trials of coordinated specialty care
3. Discuss the impact of the duration of untreated psychosis and describe different steps being taken to reduce it

## ***Course Director***

### **K.N. Roy Chengappa, MD**

Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Chief, Comprehensive Recovery Services  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

## ***Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Award Winner***

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The Zucker Hillside Hospital  
Glen Oaks, NY

## ***Faculty***

### **Steven D. Forman MD, PhD**

Staff Physician & Research Investigator  
Program Chief, Transcranial Magnetic Stimulation Clinic  
VA Pittsburgh Healthcare System  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

### **Bernice Hayes, CPS**

Senior Peer Specialist  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

### **Deanna L. Kelly, PharmD., BCPP**

Professor of Psychiatry  
Director, Treatment Research Program (TRP)  
Maryland Psychiatric Research Center (MPRC)  
University of Maryland School of Medicine

### **Shaun M. Eack, PhD**

David E. Epperson Professor of Social Work  
Professor of Psychiatry School of Social Work and Department of Psychiatry  
University of Pittsburgh  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

### **Susan Hogarty, RN, MSN**

Psychiatric Clinical Nurse Specialist  
Research Program Administrator  
ASCEND Program  
Comprehensive Recovery Services  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Stacy Martin, LSW**

Behavioral Health Counselor  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Vernon Ian Nathaniel, MD**

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Medical Director and Attending Psychiatrist  
Community Treatment Team-Transitional Age  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Susan Brown Padilla, CPS**

Senior Peer Specialist  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Susan Wolfe, MA, LPC**

Program Director Community Treatment Team (CTT)  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

***Panel Moderator***

**Flavio Chamis**

Composer, Conductor, Educator, Music Consultant and Producer

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All individuals in a position to control the content of this education activity including members of the planning committee, speakers, presenters, authors, and/or content reviewers have disclosed all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The following relevant financial relationships were disclosed:

Steven D. Forman, MD, PhD      Stockholder: Neurocrine

John M. Kane, MD              Grant/Research Support:  
Otsuka, Lundbeck, Janssen

Consultant:  
Forum, Allergan, Alkermes, Eli Lilly, Genentech,  
Lundbeck, Intracellular Therapies, Janssen, Johnson  
& Johnson, Neurocrine, Otsuka, Pierre Fabre, Merck,  
Reviva, Roche, Sunovion, Takeda, Teva

Stockholder: Vanguard Research Group,  
LB Pharmaceuticals

Other: Advisory Board: Alkermes, Intracellular  
Therapies, Lundbeck, Neurocrine, Otsuka, Takeda,  
Teva, Pierre Fabre

Deanna L. Kelly, PharmD, BCPP      Consultant: Alkermes, HLS Therapeutics

No other planners, members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships to disclose.

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## **Schedule**

- 7:30 am**   **Registration and Continental Breakfast**
- 8:30 am**   **Introduction and Background**  
*K.N. Roy Chengappa, MD*
- 8:45-10:15 am**                                 **The Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Award**
- 8:45 to 9:00**                                    **Review of Dr. Kane's work**  
*Shaun M. Eack, PhD*
- Presentation of plaque to John M. Kane, MD**  
*Susan Hogarty, RN, MSN*
- 9:00-10:15 am**                                 **Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Lecture**
- Lessons Learned from RAISE-ETP: Where Do We Go from Here?**  
*John M. Kane, MD*  
9:00 to 10:00    Presentation  
10:00 to 10:15  Q&A session
- 10:15-10:30 am**                                 **Break**
- 10:30-11:45 am**                                 **Gluten and Schizophrenia: New Target and Precision Medicine?**  
*Deanna L. Kelly, Pharm.D., BCPP*  
10:30-11:30     Presentation  
11:30-11:45     Q&A session
- 11:45-1:00 pm**                                 **Lunch (on own)**
- 1:00-2:15 pm**                                 **Transcranial Magnetic Stimulation (TMS) in Schizophrenia and Psychosis – 2019 Update**  
*Steven D. Forman MD, PhD*  
1:00-2:00        Presentation  
2:00-2:15        Q&A session
- 2:15 – 3:30 pm**                                 **Deprescription and Optimization of Medications**  
*Vernon Nathaniel, MD*  
*Susan Wolfe, MA, LPC, Program Director CTT*  
*Stacy Martin, LSW, Behavioral Health Counselor*  
2:15-3:15        Presentation  
3:15-3:30        Q&A session
- 3:30 - 3:40 pm**                                 **Break**
- 3:40 – 4:40 pm**                                 **Peer Specialists: Sharing and Working**  
*Susan Brown Padilla, CPS, Senior Peer Specialist*  
*Bernice Hayes, CPS, Senior Peer Specialist*  
*Flavio Chamis, Music Director and peer musicians*
- 4:40-4:50**   **Closing Remarks and Adjournment**  
*K.N. Roy Chengappa, MD*

## **ACKNOWLEDGEMENTS**

*We gratefully acknowledge Community Care Behavioral Health Organization,  
an affiliate of the UPMC Health Plan,  
for their continued, generous support for this program.*

**We would also like to acknowledge the following commercial exhibitors for their financial support for this program:**

**JANSSEN NEUROSCIENCE  
OTSUKA AMERICA PHARMACEUTICALS  
SUNOVIAN PHARMACEUTICALS  
TEVA PHARMACEUTICAL, INC.  
US ARMY HEALTHCARE TEAM**



## Continuing Education Credit Physicians

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

The University of Pittsburgh School of Medicine 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 health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

## Psychologists

UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for 6.25 continuing education credits.

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

The Office of Education and Regional Programming, 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 6.25 continuing education credits.



## Counselors

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 6.25 continuing education hours.

## 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.

## Other Healthcare Professionals

Nurses and other health care professionals are awarded .625 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 6.25 units of continuing education. These units 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.