



UPMC Western Psychiatric Hospital  
Child and Adolescent Bipolar Spectrum Services (CABS)  
Mental Health Conference Planning

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

Community Care Behavioral Health Organization

## **Pediatric Bipolar Spectrum Disorders**

### **Gazing into the Crystal Ball: What Can You See & What Can You Do?**

#### **The 3rd Biennial CABS Conference (MD38)**

**Thursday, October 3, 2019**  
Registration - 8:00 to 8:30 AM  
Program – 8:30 AM to 4:00 PM

**University Club at the University of Pittsburgh**  
123 University Place  
Pittsburgh, PA 15260  
(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  
UPMC Western Psychiatric Hospital

# Pediatric Bipolar Spectrum Disorders

## Gazing into the Crystal Ball: What Can You See & What Can You Do?

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### Introduction

The Child and Adolescent Bipolar Spectrum Services (CABS) of UPMC Western Psychiatric Hospital is proud to present the third conference on early identification, risk assessment, and management 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. Timely diagnosis and treatment are critical because bipolar disorder significantly affects the child's developmental trajectory and increases risk for suicidality, substance abuse, behavior problems and medical illnesses. In this conference, CABS faculty will address the following: 1) Differential diagnosis from disorders such as Disruptive Mood Dysregulation Disorder (DMDD) and Attention Deficit and Hyperactivity Disorder (ADHD); 2) Recognition of the risk factors and early signs of the disorder, and what to do to prevent or delay onset of the illness; 3) Identification and prevention of associated medical problems; 4) Pharmacological and psychosocial treatment of the acute symptoms of bipolar disorder and how to prevent recurrences.

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 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, Residents, Fellows, Trainees, Students, and Peer Specialists), Patients, and Families.

### Objectives

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

- Identify **core features of mania** for accurate diagnosis (e.g. episodicity, elated mood, irritability, functional impairment) and identify **risk factors associated with increased risk to develop** bipolar disorder in children and adolescents.
- Identify **comorbid psychiatric and medical conditions**, and differentiate manic, hypomanic, and mixed mood presentations from other common psychiatric diagnoses and normal development.
- Identify appropriate **assessment/monitoring instruments**, and **evidence-based treatment options & levels of care** for youth with bipolar spectrum disorders

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**

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  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

## **Faculty**

### **Rachel Fersch-Podrat, LCSW**

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

### **Peter Franzen, PhD**

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Interim Director, Sleep and Behavioral Neuroscience Center  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

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

Professor of Psychiatry, Pharmacology, and Psychological Clinical Science  
University of Toronto  
Director, Clinician Scientist Program, Department of Psychiatry  
Director, Centre for Youth Bipolar Disorder  
Director of Research, Department of Psychiatry  
Senior Scientist, Sunnybrook Research Institute  
Sunnybrook Health Sciences Center  
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  
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**Danella Hafeman, MD, PhD**

Assistant Professor of Psychiatry,  
University of Pittsburgh School of Medicine  
Child and Adolescent Bipolar Spectrum Services (CABS)  
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**Nina Hotkowski, LCSW**

Child and Adolescent Bipolar Spectrum Services (CABS)  
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**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  
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**Amy Schlonski, LCSW**

Child and Family Therapist,  
Child and Adolescent Bipolar Spectrum Services (CABS)  
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Pittsburgh, PA

**Tim Winbush, LCSW**

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

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

*We would like to thank the National Institute of Mental Health, an Anonymous Fund of The Pittsburgh Foundation and all of our youth and their families for their great support of our clinical, educational and research activities.*

## **DISCLOSURE STATEMENT**

No 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 with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients to disclose.

*The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.*

## SCHEDULE

- 8:00 to 8:30 a.m.**      **Registration / Continental Breakfast**
- 8:30 to 8:45 a.m.**      **Background & Introduction**  
*Rasim Somer Diler, MD*
- 8:45 to 9:00 a.m.**      **Developing Bipolar Disorder: From the Perspectives of a Young Adult (No CME credit awarded)**  
*Presentation by young adult*
- 9:00-10:00 a.m.**      **Keynote – Boris Birmaher, MD**  
What Do We Know about Risks for Onset and Recurrence of Bipolar Spectrum Disorders in Youth?
- 10:00 am-12:15 pm**      **Assessment and Management of Youth With, and At-Risk for Bipolar Spectrum Disorders**
- 10:00-10:45 a.m.      **Don't Sleep On it: Assessment and Management of Sleep in Youth with and at-Risk-for Bipolar Spectrum Disorders**  
*Peter Franzen, PhD and Tina Goldstein, PhD*
- 10:45-11 a.m.      **Break**
- 11:00-11:45 a.m.      **The Vascular-Bipolar Link: Heart Risk or Hearty Opportunity?**  
*Ben Goldstein, MD, PhD*
- 11:45 a.m.-12:15 p.m.      **Discussion forum - Q&A session: Assessment and Management of Youth with and at-Risk-for Bipolar Spectrum Disorders**  
**Moderators:**    *Rasim Somer Diler, MD; Tina Goldstein, PhD*  
**Discussants:**    *Boris Birmaher, MD; Peter Franzen, PhD; Ben Goldstein, MD, PhD*
- 12:15-12:30 p.m.**      **Developing Bipolar Disorder: From the Perspective of a Family (No CME credit awarded)**  
*Presentation by family member*
- 12:30-1:45 p.m.**      **LUNCH (on your own)**  
**\*By Invitation Only** : Patients and their families will join Dr. Birmaher for a luncheon meeting (seating is limited). Please contact Kelly Monk at [monkk@upmc.edu](mailto:monkk@upmc.edu) for information.
- 1:45-2:45 p.m.**      **Breakout Session 1:**  
**A. Bipolar, Borderline or Both?**  
*Rachael Fersch-Podrat, LCSW; Nina Hotkowski, LCSW; Amy Schlonski, LCSW, BCD*  
**B. Navigating Care Options**  
*Tim Winbush, LCSW*
- 2:45-3:00 p.m.**      **Break**
- 3:00-4:00 p.m.**      **Breakout Session 2:**  
**A. Does This Child Have Bipolar Disorder?**  
*Rasim Somer Diler, MD*  
**B. Bipolar Disorder Doesn't Come Alone: Medication Management for Co-Occurring Conditions**  
*Ben Goldstein, MD, PhD; Danella Hafeman, MD, PhD, Dara Sakolsky, MD, PhD*
- 4:00 p.m.**      **Adjournment**

**All presentations are introductory to intermediate instructional levels.**

For additional information regarding the speakers and/or presentations, please contact Doreen Barkowitz at [barkowitzdh@upmc.edu](mailto:barkowitzdh@upmc.edu).

## **ACKNOWLEDGEMENTS**

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

## Continuing Education Unit/Continuing Medical Education Credits

### 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 5.25 *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. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 5.5 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 5.5 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. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program. This program is being offered for 5.5 continuing education hours.

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

This program is offered for 5.5 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 .575 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 5.75 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.