



UPMC Western Psychiatric Hospital
Department of Psychiatry
Office of Educational Resources and Planning

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

Community Care Behavioral Health

**“9th Annual Behavioral Health and Aging Conference:
The Cutting Edge of Depression Treatment in Late Life”**

(MD43)

**September 19, 2019
Passavant Hospital Foundation Conference Center
Allison Park, PA**

8:00 AM to 4:15 PM

Course Directors:

LalithKumar K. Solai, MD

**Service Chief & Medical Director, Geriatric Psychiatry Service
Medical Director, Center for Interventional Psychiatry
Medical Director, Patient Safety**

Ellen Whyte, MD

**Medical Director, Psychiatric Services, UPMC Benedum Geriatric Center
Medical Director, Integrated Behavioral Health – Primary Care**

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

**“9th Annual Behavioral Health and Aging Conference:
The Cutting Edge of Depression Treatment in Late Life”**

**Passavant Hospital Foundation Conference Center
700 Cumberland Woods Dr., Allison Park, PA 15101
Thursday, September 19, 2019**

Program Description

This conference will focus on recent advances and novel approaches to the treatment of depression in late life. This program is designed for all providers serving the aging population.

Educational Objectives

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

- (1) Describe novel interventions for late life depression – including TMS and ketamine/esketamine – and their potential role in late life.
- (2) Discuss the latest data on the safety and efficacy of ECT.
- (3) Discuss the appropriate use of genetic testing
- (4) Describe the benefits of integrated primary and behavioral health care.

Target Audience

Providers working with older adults including physicians, nurses, front-line staff, case managers/service coordinators, therapists and clinicians. Family and caregivers are welcome to attend.

Course Directors

LalithKumar K. Solai, MD

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Medical Director, Center for Interventional Psychiatry
Medical Director, Patient Safety
UPMC Western Psychiatric Hospital
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Faculty

Carmen Andreescu, MD

Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
UPMC Western Psychiatric Hospital
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Ronald Glick, MD

Associate Professor of Psychiatry and Physical Medicine and Rehabilitation
University of Pittsburgh School of Medicine
Medical Director of the Center for Integrative Medicine, UPMC Shadyside
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Daniel Varon, MD

Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
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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 – 8:45 a.m.	Continental Breakfast and Registration
8:45 – 9:00 a.m.	Welcome Remarks <i>LalithKumar K. Solai, MD</i>
9:00 – 11:45 a.m.	Tools for Outpatient Management of Late Life Depression
9:00 – 10:00 a.m.	Genetic Testing and Complementary Medicine Approaches <i>Ronald Glick, MD</i>
10:00 – 10:15 a.m.	Break
10:15 – 11:15 a.m.	Integrating Behavioral Health in Primary Care <i>Ellen M Whyte, MD</i>
11:15 – 11:45 a.m.	Discussion forum - Q&A session: Tools for Outpatient Management of Late Life Depression Moderators: <i>LalithKumar K. Solai, MD</i> Discussants: <i>Ronald Glick, MD; Ellen M Whyte, MD</i>
11:45 to 12:30 p.m.	Lunch (provided)
12:30 to 4:15 p.m.	Cutting Edge Interventions for Late Life Depression
12:30 – 1:30 p.m.	Ketamine/Esketamine for Late Life Depression <i>LalithKumar K. Solai, MD</i>
1:30 – 2:30 p.m.	Electroconvulsive Therapy (ECT) Update <i>Daniel Varon, MD</i>
2:30 – 2:45 p.m.	Break (questions collected)
2:45 – 3:45 p.m.	Transcranial Magnetic Stimulation Therapy (TMS) <i>Carmen Andreescu, MD</i>
3:45– 4:15 p.m.	Discussion forum - Q&A session: Cutting Edge Interventions for Late Life Depression Moderators: <i>Ellen M Whyte, MD</i> Discussants: <i>LalithKumar K. Solai, MD; Daniel Varon, MD; Carmen Andreescu, MD</i>
4:15 p.m.	Adjourn

For additional information about the speakers or presentations, please contact Doreen Barkowitz at 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.***

Exhibitors:

Genomind
Janssen Pharmaceuticals

Continuing 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 6.0 *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 6.0 continuing education credits.

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

UPMC Western Psychiatric Hospital, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program. This program is being offered for 6.0 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 6.0 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 0.625 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 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.

We request that all participants complete the online survey. Everyone must sign out at the end of the program. General CEU and CADC Certificates will be available once the program has ended. All other certificates will be sent via e-mail to participants once they've completed the online survey. Please keep your certificate in a safe place once you receive it. Replacement certificates cost \$30.