



Western Psychiatric Institute and Clinic of UPMC
Services for Teens at Risk (STAR-Center)
Mental Health Conference Planning

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

Community Care Behavioral Health Organization

Services for Teens At Risk (STAR) Center's 30th Year Anniversary Research Symposium

An Update on Suicidal Behavior in Youth: Causes, Treatment, Prevention

(MDO4)

May 3-4, 2017

**The University Club
123 University Place
Pittsburgh, PA 15260**

Course Director

David Brent, MD

Services for Teens At Risk (STAR-Center) Director
Endowed Chair of Suicide Research,
Academic Chief of Child and Adolescent Psychiatry

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**

Services for Teens At Risk (STAR) Center's 30th Year Anniversary Research Symposium
An Update on Suicidal Behavior in Youth: Causes, Treatment, Prevention
The University Club
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Introduction

Services for Teens At Risk (STAR-Center) is a program that combines clinical and outreach services designed to combat the problem of adolescent suicide. Our mission is to offer state-of-the art, responsive care for youth and their families with depression, anxiety, or who are at risk for suicidal behavior, to train other professionals in best practices and to make these practices better through continued research. STAR-Center is committed to the integration of education, prevention, treatment, and research in order to offer the best care for our youth.

The STAR Center's 30th Year Anniversary Research Symposium is designed for mental health and primary care practitioners to provide the most current information offered by the international leaders in the field of youth suicide. The symposium focuses on the causes of youth suicide, the best ways to assess risk, and a review of the latest evidence-based treatment and prevention approaches.

Who Should Attend

This conference is designed to present the latest research and clinical knowledge regarding suicidal behavior on youth to a wide audience. It will be geared towards mental health professionals (psychologists, nurses, psychiatrists, social workers), and primary care physicians.

Learning Objectives

At the conclusion of this program, participants will be able to:

- Recognize current biological and psychological mechanisms likely to contribute to suicide risk
- Assess risk factors for suicide risk and use those factors to formulate a safety plan
- Identify efficacious interventions for the prevention and treatment of youth suicidal behavior

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Western Psychiatric Institute and Clinic
Pittsburgh, PA
<http://www.psychiatry.pitt.edu/>

Faculty Affiliations

Alan Apter, M.D.

Schneider's Children's Medical Center of Israel

Joan Asarnow, Ph.D.

UCLA, David Geffen School of Medicine

Boris Birmaher, M.D.

University of Pittsburgh Medical Center / Western Psychiatric Institute and Clinic

Jeffrey Bridge, Ph.D.

The Research Institute at Nationwide Children's Hospital

Oscar Bukstein, M.D., MPH

Boston Children's Hospital and Harvard Medical School

John Campo, M.D.

The Ohio State University
Wexner Medical Center

Greg Clarke, Ph.D.

Kaiser Permanente Center for Health Research

Robert Gibbons, Ph.D.

University of Chicago

Tina Goldstein, Ph.D.

University of Pittsburgh Medical Center / Western Psychiatric Institute and Clinic

Ian Goodyer, M.D.

Cambridge University

Madelyn Gould, Ph.D.

New York State Psychiatric Institute
Columbia University School of Medicine

Sami Hamdan, Ph.D.

Academic College of Tel Aviv – Jaffa

J. David Hawkins, Ph.D.

University of Washington

Marcel Just, Ph.D.

Carnegie Mellon University

Betsy Kennard, Ph.D.

University of Texas Southwestern Medical Center

Cheryl King, Ph.D.
University of Michigan

Fadi Maalouf, M.D.
American University of Beirut

J. John Mann, M.D.
Columbia University / New York State Psychiatric Institute

Nadine Melhem, Ph.D.
University of Pittsburgh Medical Center / Western Psychiatric Institute and Clinic

Matthew Nock, Ph.D.
Harvard University

Lisa Pan, M.D.
University of Pittsburgh Medical Center / Western Psychiatric Institute and Clinic

Kimberly Poling, LCSW
Clinical Manager, Services for Teens at Risk (STAR-Center)
Western Psychiatric Institute and Clinic

David Shaffer, MBBS
New York State Psychiatric Institute
Columbia University School of Medicine

Tony Spirito, Ph.D.
Alpert Medical School of Brown University

Gustavo Turecki, M.D., Ph.D.
Department of Psychiatry, McGill University

Robin Weersing, Ph.D.
San Diego State University / University of California San Diego

Holly Wilcox, Ph.D.
Johns Hopkins Schools of Medicine and Public Health

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.

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

Program Schedule

DAY ONE – May 3, 2017

7:00 – 8:00 a.m.	Registration
8:00 – 8:15 a.m.	Opening Remarks David A. Lewis, M.D. Distinguished Professor of Psychiatry and Neuroscience Thomas Detre Professor of Academic Psychiatry Chairman, Department of Psychiatry Medical Director and Director of Research Western Psychiatric Institute and Clinic of UPMC
Morning Presentations:	
8:15 – 8:40 a.m.	Mapping Neural Circuitry of Risk and Resilience for Mood Disorders and Suicidal Behavior J. John Mann, M.D. Paul Janssen Professor of Translational Neuroscience Columbia University and New York State Psychiatric Institute
8:40 – 9:05 a.m.	Brain Structure, Child Experiences, and Emerging Mental Illness in Adolescence Ian Goodyer, M.D. FRCPsych FmedSci Professor of Child and Adolescent Psychiatry University of Cambridge
9:05 – 9:30 a.m.	Early-life Adversity, Epigenetic Regulation and Suicide Risk Gustavo Turecki, M.D., Ph.D. Professor and Chair, Department of Psychiatry, McGill University Director, McGill Group for Suicide Studies Head, Depressive Disorders Program Douglas Mental Health Institute
9:30 – 10:00 a.m.	Q & A – Moderator: Nadine Melhem, Ph.D.
10:00 – 10:20 a.m.	Break
10:20 – 10:45 a.m.	Biomarkers in the HPA Axis and Inflammatory Pathways for Suicidal Behavior in Youth Nadine Melhem, Ph.D. Assistant Professor of Psychiatry University of Pittsburgh School of Medicine Western Psychiatric Institute and Clinic of UPMC
10:45 – 11:10 a.m.	Metabolomics and Treatment Resistant Depression: Search for Novel Diagnostic and Therapeutic Tools Lisa Pan, M.D. Assistant Professor of Psychiatry and Clinical and Translational Science University of Pittsburgh School of Medicine Western Psychiatric Institute and Clinic of UPMC

11:10 – 11:35 ***Imaging Concepts in the Suicidal Mind: Neurosemantic Probes of Suicidal Risk***
Marcel Just, Ph.D.
D O Hebb University Professor of Psychology
Department of Psychology
Carnegie Mellon University

11:35 a.m. – 12:00 p.m. ***Q & A– Moderator: J. John Mann, M.D.***

12:00 – 1:15 p.m. ***Lunch***

Clinical Consultation Session - During Lunch Hour (*Optional*)

12:15 – 1:15 p.m. ***Lunch Presentation #1 (please indicate when registering if you will be attending)***
Clinical Consultation: Setting up an Intensive Outpatient Program for Suicidal Youth
Betsy Kennard, Psy.D.
Professor of Psychiatry and Psychology
University of Texas Southwestern Medical Center

Kimberly Poling, LCSW
Clinical Manager, Services for Teens at Risk (STAR-Center)
Western Psychiatric Institute and Clinic of UPMC

Suicide Prevention and Intervention in Different Cultural Settings: Adaptation of Interventions at STAR-Center for Korean Youth at Risk for Suicide

Jae-Won Kim, M.D., Ph.D.
Associate Professor
Department of Psychiatry
Seoul National University College of Medicine

1:15-1:30 p.m. ***Break / Return to Ballroom B***

Afternoon Presentations

1:30 – 1:55 p.m. ***What have Observational Studies taught us about the Emergence and Course of Bipolar Disorder (BP) Among Youth?***

Boris Birmaher, M.D.
Endowed Chair in Early Onset Bipolar Disease
Professor of Psychiatry
University of Pittsburgh Medical Center
Western Psychiatric Institute and Clinic of UPMC

1:55 – 2:20 p.m. ***Beyond the Usual Suspects: Novel Approaches to Suicide Risk Assessment***

Matthew Nock, Ph.D.
Professor of Psychology
Harvard University

2:20 –2:45 p.m. ***Neurocognitive Correlates and Predictors of Youth Suicidal Behavior***

Jeffrey Bridge, Ph.D.
Professor of Pediatrics, The Ohio State University
Director, Center for Suicide Prevention and Research (CSPR), Nationwide Children's Hospital
The Research Institute at Nationwide Children's Hospital

DAY TWO – May 4, 2017

- 7:00 – 8:00 a.m.** **Registration**
- 8:00 – 8:15 a.m.** **Opening Remarks**
David Brent, MD
Academic Chief of Child and Adolescent Psychiatry
Professor of Child Psychiatry, Epidemiology & Clinical Translational Science
University of Pittsburgh School of Medicine, Endowed Chair in Suicide Studies
Director, Services for Teens At Risk (STAR-Center) Western Psychiatric Institute and Clinic of UPMC
- Morning Presentations**
- 8:15 – 8:40 a.m.** ***The Impossible Dream: Treatment Approaches for the Most Challenging Suicidal Adolescents***
Tony Spirito, Ph.D.
Professor of Psychiatry and Human Behavior
Alpert Medical School of Brown University
- 8:40 – 9:05 a.m.** ***Connecting Suicidal College Students to Care***
Cheryl King, Ph.D.
Department of Psychiatry and Psychology
University of Michigan
- 9:05 – 9:30 a.m.** ***Preventing Suicide Attempts and Deaths: Treatment Strategies and Outcomes with Suicidal Youths***
Joan Asarnow, Ph.D.
Professor of Psychiatry and Biobehavioral Sciences
University of California, Los Angeles (UCLA) David Geffen School of Medicine
Semel Institute of Neuroscience and Behavior
- 9:30 – 10:00 a.m.** ***Q & A– Moderator: Greg Clarke, Ph.D.***
- 10:00 – 10:20 a.m.** **Break**
- 10:20 – 10:45 a.m.** ***Suicidal Ideation in Depressed Youth with Insomnia Starting a New Antidepressant: A Randomized Trial Comparing CBT for Insomnia and a Sleep Hygiene Control Condition***
Greg Clarke, Ph.D.
Senior Investigator, Associate Program Director
Kaiser Permanente Center for Health Research (CHR)
- 10:45 – 11:10 a.m.** ***Toward Reducing Suicidal Risk in Youth with Bipolar Disorder***
Tina Goldstein, Ph.D.
Associate Professor
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic of UPMC
- 11:10 – 11:30 a.m.** ***Q & A– Moderator: Robin Weersing, Ph.D.***
- 11:30 a.m. – 12:45 p.m.** **Lunch**

Clinical Consultation Session - During Lunch Hour (Optional)

11:45 a.m. – 12:45 p.m. ***Lunch Presentation #2* (please indicate when registering if you will be attending)***
Clinical Consultation: Substance Abuse and Suicide
Oscar Bukstein, M.D., MPH
Associate Psychiatrist-in-Chief, Vice-Chair, Department of Psychiatry
Boston Children's Hospital and Harvard Medical School

12:45 – 1:00 p.m. **Break / Return to Ballroom B**

Afternoon Presentations

1:00 – 1:25 p.m. ***Reducing Risk for Suicide in Families, Schools and Communities***
J. David Hawkins, Ph.D.
Endowed Professor of Prevention
University of Washington

1:25 – 1:50 p.m. ***The Good Behavior Game: A Cost-Effective Method for Long-Term Suicide Prevention***
Holly Wilcox, Ph.D.
Associate Professor of Psychiatry and Behavior Sciences
Johns Hopkins Schools of School of Medicine and Public Health

1:50 – 2:15 p.m. ***Where do Suicide Hotlines fit into a System of Care for Suicidal Individuals?***
Madelyn Gould, Ph.D., MPH
Professor of Epidemiology in Psychiatry
Columbia University Medical Center

2:15 – 2:45 p.m. ***Q & A– Moderator: Matthew B. Wintersteen, Ph.D.***

2:45 – 3:05 p.m. ***Break***

3:05 – 3:30 p.m. ***Out of Touch and out of Reach: Detecting and Finding Suicidal Patients who Find it Difficult to Disclose***
Alan Apter, M.D.
Professor
Schneiders Children's Medical Center of Israel
Tel Aviv University School of Medicine

3:30 – 3:55 p.m. ***Brief Behavioral Therapy for Anxiety and Depression: A Transdiagnostic Approach for Treating Internalizing Problems in Pediatric Settings***
Robin Weersing, Ph.D.
Professor, San Diego State University – University of California San Diego Joint Doctoral Program in Clinical Psychology
San Diego State University / University of California San Diego

3:55 – 4:20 p.m. ***Collaborative Care and Adolescent Suicide Prevention***
John Campo, M.D.
Sinsabaugh Professor and Chair
Department of Psychiatry and Behavioral Health
The Ohio State University
Wexner Medical Center

4:20 – 4:50 p.m.

Q & A– Moderator: David Brent, M.D.

4:50 – 5:15 p.m.

Wrap Up– David Brent, M.D.

5:15 p.m.

Program Adjourns

Continuing Education Unit/Continuing Medical Education Credits

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 14.0 AMA *PRA Category 1 Credit(s)*[™]. 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 14.0 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 14.0 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 14.0 continuing education hours.

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; 14.0 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 14.0 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 1.4 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 1.4 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.

Location

The University Club

123 University Place

Pittsburgh, PA 15260

A block of rooms has been reserved at a discounted rate for this program at two hotels on or near the University of Pittsburgh Campus. For both hotels, room availability cannot be guaranteed after April 11, 2017.

Wyndham Pittsburgh University Center (short walk to The University Club)

100 Lytton Avenue
Pittsburgh, PA 15213
(412)682-6200

Standard Room Rate \$141.00/night (5/2, 3, and 4)

Group Name: Services for Teens at Risk – STAR; Group Code: 05026841ST

Reservations: <http://www.wyndhampittsburghuniversitycenter.com/>

Hilton Garden Inn Pittsburgh University Place (shuttle service is available)

3454 Forbes Avenue
Pittsburgh, PA 15213
(412)683-2040

Standard Room Rate \$144.00/night (5/2, 3, and 4)

Group Name: Services for Teens at Risk – STAR; Group Code: TRC

Reservations: <http://www.pittsburghuniversityplace.hgi.com>

DEADLINE TO ENSURE DISCOUNTED ROOM RATE IS MONDAY, APRIL 10, 2017

Registration Information (Registration is due by April 21, 2017)

Fee Schedule

Professional Level – Includes Continuing Education Credits	\$225
UPMC/University of Pittsburgh Employees – Includes Continuing Education Credits	\$125
	Online Registration-Use Promo Code: UpdateSuic.UPMC
Students (No Continuing Education Unit credits at this rate)	\$75
	Online Registration-Use Promo Code: UpdateSuic.Students

Tuition includes:

- Two day registration
- Continental breakfast and lunch

Online Registration Instructions:

1. Click A-Z and look for 'Suicidal Behavior-An Update on Suicidal Behavior in Youth: Causes, Treatment, Prevention'.
2. Click on 'Register Now' (small box at bottom of page)
3. If 'Suicidal Behavior-An Update on Suicidal Behavior in Youth: Causes, Treatment, Prevention' appears under 'Shopping Cart', click on '**Checkout**' (think of this as 'continue').
4. Register as a new registrant, or sign in if you already have an account (username is your e-mail).
5. When the conference name appears again, click on '**Checkout**' (again, think of this as 'continue')
6. **Continuing Education Credit** – Please use dropdown list for credential or choose **Not Applicable** (you must complete this). Click on 'continue'.
7. Enter your promotional code if applicable (please see above). **Click on 'Apply to Total'!**
8. Add credit card information if applicable, and click on 'Process Payment'.
9. Complete Transaction and print your receipt.

Only registration with credit card payments or waived fee can be made at: classes.upmc.com or <https://upmc.asapconnected.com/default.aspx>.

Registration (continued)

If not registering and/or paying online with a credit card, please send your check (payable to OERP/WPIC) or UPMC Account Transfer information with the registration form to:

Nancy Mundy

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

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

Full tuition must accompany registration. A \$25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please register by April 21, 2017.



*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.*

Registration Form - Register by April 21, 2017

An Update on Suicidal Behavior in Youth: Causes, Treatment, Prevention (MDO4)

May 3-4, 2017

Please type or print; photocopy for additional registrants

Social Security Number (Last five digits only):				
First Name:		Last Name:		
Degree(s) to be noted on name badge (e.g. MD, PhD)				
Institutional Affiliation:				
Address:				
Address 2:				
City:		State:	Zip	
County:				
Day Telephone:				
E-Mail Address:				
Please Complete:		I will attend on the following days: <input type="checkbox"/> Day One Only; <input type="checkbox"/> Day Two Only; <input type="checkbox"/> Days One and Two Please register me for: <input type="checkbox"/> Day One Lunch Presentation (Betsy Kennard, Kim Poling and Jae-Won Kim) <input type="checkbox"/> Day Two Lunch Presentation (Oscar Bukstein) <input type="checkbox"/> I am requesting a Vegetarian meal option		

For Continuing Education purposes, please check if you are:

- CADCC/CCDP NBCC Counselor Nurse Psychologist Physician/MD
 Social Worker (LSW/LCSW/LPC/LMFT) Certified Peer Specialist

Method of Payment:

Tuition amount \$ _____

Check (Payable to OERP/WPIC) Check# _____

UPMC Account Transfer Business Unit _____ Dept. ID _____

Administrator Name _____

Administrator Signature _____

Only registration with credit card payment can be processed online at <http://bit.ly/2eobHyP>. All other registrations and payments (check or UPMC Account Transfer) must be sent in with this form to:

Attn: Nancy Mundy, OERP/WPIC, 3811 O'Hara Street, Champion Commons Building, Rm. 322, Pittsburgh, PA 15213

Fax: 412-204-9110 Telephone: 412-204-9090
E-MAIL: mundynl@upmc.edu
www.wpic.pitt.edu/oerp