

29th ANNUAL
MOOD DISORDERS
RESEARCH/EDUCATION
SYMPOSIUM

Tuesday, April 21, 2015

Back to the Basics

Presented by

Department of Psychiatry and
Behavioral Sciences

and



THE JOHNS HOPKINS
MOOD DISORDERS CENTER

Thomas B. Turner Building
Johns Hopkins University School of Medicine
Baltimore, Maryland

This activity has been approved for *AMA PRA Category 1 Credits™*.



JOHNS HOPKINS
MEDICINE

DESCRIPTION

Each year the Mood Disorders Research/Education Symposium strives to improve knowledge and treatment of mood disorders. Speakers have been selected this year who can specifically address the treatment of these disorders, both the medication management and the psychotherapeutic interventions available to clinicians, patients, and their families.

Mood Disorders are among the most common illnesses in the world. An estimated 20 percent of adults suffer from depression or bipolar disorder and in the United States the lifetime prevalence of mood disorders is 31.4 percent. Mood disorders are also one of the leading causes of disability worldwide. Despite the availability of effective treatments, the majority of individuals never receive adequate treatment. There is a critical need for improved knowledge about mood disorders and their consequences which informed this year's Symposium theme, "Back to the Basics".

Dr. Lisa Townsend from the Johns Hopkins University Bloomberg School of Public Health, Department of Mental Health will present about dialectical behavior therapy (DBT) and share its applicability and effectiveness in treating youth and adults with mood disorders and share its promise as a treatment for depression and an adjunctive treatment to medication management of bipolar disorder.

While lithium has been recognized as the gold standard in the treatment of bipolar disorder, one area of emerging knowledge has been in the recognition of the decrease in suicide rates in both major depression and bipolar disorder in those treated with lithium. Meta-analysis of studies also support the efficacy of lithium used to augment both first and second generation antidepressants. Dr. Karen Swartz, the Medical and Education Director of the Johns Hopkins Mood Disorders Center will address symposium participants' need for continuing education about the medication management of mood disorders.

Families are integral to the Johns Hopkins Mood Disorders Center annual Symposium. Many patients with serious mental illness suffer high rates of comorbid medical conditions. Although families play a critical role in psychiatric illness management among patients with serious mental illness, their contributions to improving health outcomes in this population receives little attention. As a result, this year's Symposium will include a Johns Hopkins Primary Care physician who will address the importance of the collaborative relationships between primary care providers, psychiatric providers, patients and families.

Dr. Kay Redfield Jamison, an internationally recognized author and Professor of Psychiatry at Johns Hopkins, will present her research related to her upcoming publications on the life and treatment experiences of acclaimed author Robert Lowell.

Remaining with the theme of "Back to the Basics," Dr. Karen Swartz will interview a patient. Finally, Dr. Ray DePaulo, Chairman of the Johns Hopkins University Department of Psychiatry and Behavioral Sciences will interview Jennifer Michael Hecht, author of *Stay: A History Of Suicide And The Philosophies Against It*, about her personal experience of loss, secondary to suicide. During these interviews Dr. Swartz and Dr. DePaulo will demonstrate methods of examination and application of the Perspectives of Psychiatry to the interview.

WHO SHOULD ATTEND

This activity is intended for a broad audience including psychiatrists, psychologists, nurses, nurse practitioners, physician assistants, social workers, therapists, counselors, educators, primary care physicians, family members, patients with mood disorders, and all those interested in this topic.

OBJECTIVES

After attending this activity, the participant will demonstrate the ability to:

- Explain comprehensive and current information to patients and families to promote recovery from mood disorders.
- Discuss the importance of early treatment during mood disorders and best evidence based practice.
- Identify Dialectical Behavior Therapy (DBT) as a psychotherapy treatment option to treat mood disorders.
- Discuss the importance of family networks and collaborations between primary care providers, mental health providers, patients and families, in the treatment of depression.

ACCREDITATION STATEMENT

The Johns Hopkins University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The Johns Hopkins University School of Medicine designates this live activity for a maximum of 3.75 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

OTHER CREDITS

American Academy of Nurse Practitioners National Certification Program

American Academy of Nurse Practitioners National Certification Program accepts *AMA PRA Category 1 Credit*[™] from organizations accredited by the ACCME.

American Academy of Physician Assistants

American Academy of Physician Assistants (AAPA) accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*[™] from organizations accredited by ACCME. Physician assistants may receive a maximum of 3.75 AAPA Category 1 CME credits for completing this program.

American Nurses Credentialing Center

American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credit*[™] from organizations accredited by the ACCME.

Contact Hours for Non-Physicians

The Johns Hopkins University has approved this activity for 3.75 contact hours for non-physicians.

POLICY ON SPEAKER AND PROVIDER DISCLOSURE

It is the policy of the Johns Hopkins University School of Medicine that the speaker and provider disclose real or apparent conflicts of interest relating to the topics of this educational activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). The Johns Hopkins University School of Medicine OCME has established policies in place that will identify and resolve all conflicts of interest prior to this educational activity. Detailed disclosure will be made in the activity handout materials.

Professional Counselors and Therapists

This CE Program has been approved by the Maryland Board of Professional Counselors and Therapists for Category A CEUs.

Psychologists

The Johns Hopkins University School of Medicine is authorized by the Maryland State Board of Examiners of Psychologists as a provider of continuing education. The Johns Hopkins University School of Medicine maintains responsibility for this program. A certificate for 3.75 CEUs will be awarded upon completion of this symposium.

Social Workers

The Maryland Board of Social Work Examiners certifies that this program meets the criteria for 3.75 credit hours of Category 1 or 3.75 CEUs of continuing education for social workers and associates licensed in Maryland. The Johns Hopkins University School of Medicine is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland.

DEAR PROSPECTIVE REGISTRANT:

Over 20 million Americans suffer from depression or bipolar disorder. All of them could be helped but only 25 percent get any professional treatment.

For more than 28 years, Johns Hopkins has provided clinical care to thousands of patients with depression and bipolar illness. In addition, our faculty is involved in research initiatives in the genetics and the treatment of mood disorders. From lessons learned in the clinical and research settings, our faculty is also committed to reaching out in innovative and proactive ways to those in a position to influence treatment standards and public understanding of mood disorders.

An important part of our activities for 2015 will be the Johns Hopkins Mood Disorders Research/Education Symposium, discussed in this brochure, to be held on April 21, 2015 in Baltimore, Maryland. This year the Symposium's theme is "Back to the Basics." Speakers have been selected to address innovations that speak to the knowledge gaps in diagnosis, clinical care, and research about mood disorders.

We hope you will be with us on Tuesday, April 21st.

Sincerely,



J. Raymond DePaulo Jr., MD
Henry Phipps Professor of Psychiatry and Behavioral Sciences
Director, Department of Psychiatry and Behavioral Sciences
Johns Hopkins University
School of Medicine



Karen L. Swartz, MD
Director, 29th Annual Mood Disorders Research/Education Symposium
Associate Professor of Psychiatry and Behavioral Sciences
Director, Mood Disorders Clinical Programs
Johns Hopkins University
School of Medicine

TO REGISTER or FOR FURTHER INFORMATION

Register Online (credit card and eCheck)

Register by Phone (credit card only)

Register by Fax

Confirmation/Certificates

General Information

E-mail the Office of CME

Follow us on Twitter: <http://twitter.com/HopkinsCME>

Facebook: <http://www.facebook.com/HopkinsCME>

Sponsoring Department Website:

http://www.hopkinsmedicine.org/psychiatry/specialty_areas/moods/

For general information, the direct link for this CME activity web page is:

<http://www.hopkinscme.edu/CourseDetail.aspx/80035989>.

www.HopkinsCME.edu

(410) 502-9634

(866) 510-7088

(410) 502-9634

(410) 955-2959

cmenet@jhmi.edu

PROGRAM

- 11:00 - 12:30 Registration
- 12:30 - 12:40 **Welcome and Conference Goals**
Announcement of the Sallie Province Mink Community Education Award
Karen L. Swartz, MD
- 12:40 - 1:05 **Reasons to Still Love Lithium**
Karen L. Swartz, MD
- 1:05 - 1:15 **Questions and Answers**
- 1:15 - 1:40 **The Recognition and Treatment of Depression in Primary Care Settings**
Rosalyn Walker Stewart, MD, MS, MBA
Associate Professor of Medicine
Associate Track Director, Osler Urban Health Primary Care Residency Program
Associate Director, Medicine-Pediatrics Urban Health Residency Program
Johns Hopkins University School of Medicine
- 1:40 - 1:50 **Questions and Answers**
- 1:50 - 2:20 Refreshment Break
- 2:20 - 2:45 **Dialectical Behavior Therapy: The Basics and Beyond?**
Lisa Townsend, PhD
Assistant Professor of Mental Health
Johns Hopkins Bloomberg School of Public Health
- 2:45 - 2:55 **Questions and Answers**
- 2:55 - 3:20 **A Family Member's Perspective**
Jennifer Michael Hecht
Author of *Stay: A History Of Suicide And The Philosophies Against It*
Interviewed by J. Raymond DePaulo, Jr., MD
- 3:20 - 3:30 **Questions and Answers**
- 3:30 - 4:00 Refreshment Break
- 4:00 - 4:25 **Writing a Life**
Kay Redfield Jamison, PhD
Dalio Family Professor in Mood Disorders
Professor of Psychiatry and Behavioral Sciences
Co-Director, Johns Hopkins Mood Disorders Center
Johns Hopkins University School of Medicine
- 4:25 - 4:35 **Questions and Answers**
- 4:35 - 5:00 **A Patient's Perspective**
Interview by Karen L. Swartz, MD
- 5:00 - 5:10 **Questions and Answers**
- 5:10 - 5:15 **Summary**
- 5:15 Adjourn – Please complete and return the Evaluation and Credit Report Form.
The Registration Desk will remain open during conference hours.

The Johns Hopkins University School of Medicine takes responsibility for the content, quality and scientific integrity of this CME activity. This schedule is subject to change.

ACKNOWLEDGEMENT

We wish to acknowledge the following foundation that has pledged a donation in support of this activity.

Kristin Rita Strouse Foundation

COMMERCIAL SUPPORT

The Johns Hopkins University School of Medicine did not solicit or receive commercial funding from any commercial entity, including pharmaceutical and medical device manufacturers, for this activity.

GENERAL INFORMATION

REGISTRATION

Tuesday, April 21, 2015 • 11:00 a.m. – 12:30 p.m.

LOCATION

Thomas B. Turner Building
Johns Hopkins University School of Medicine
720 Rutland Avenue
Baltimore, Maryland 21205

Johns Hopkins is smoke-free.

DIRECTIONS AND PARKING

The Turner Building is located on Rutland Avenue at Monument Street. Parking at Johns Hopkins is at a premium. The closest public parking garage is the Washington Street Garage, located at E. Mounument and Washington Streets, two blocks from the Turner Building. Other parking garages on campus could require up to 10-20 minutes to walk to the Turner Building. Directions and campus parking information are available on our website under the contact and travel section at www.HopkinsCME.edu.

Handicapped parking is available in the nearby Rutland Garage. Only those vehicles with handicapped license plates will be able to park in the Rutland Garage, space permitting.

FEES

REGISTRATION CUT-OFF DATE:

April 15, 2015

Methods of Payment: Payment by check or credit card must accompany the registration form prior to the activity. On-site payments by credit card only. Foreign payments must be by credit card or with a U.S. Dollar World Money Order. The registration fee includes instructional materials and a refreshment breaks.

Physicians \$ 150
Residents*/Fellows*/Nurses/Nurse Practitioners/
Physician Assistants/
Allied Health Professionals \$ 100
*with verification of status

Patients/Family Members and Other Non-Clinical
Attendees \$ 30

The registration fee includes instructional materials and refreshment break. For registrations received after 5:00 p.m. ET on April 15, 2015, include a \$50 late fee. On-site registrations are payable only by credit card.

You will receive a confirmation by e-mail if you have provided your e-mail address. Otherwise confirmation will be sent by mail. If you have not received it by April 15, 2015, call (410) 502-9634 to confirm that you are registered. A certificate of attendance will be sent by June 5, 2015 to the e-mail address you provide on the registration form.

The Johns Hopkins University reserves the right to cancel or postpone any activity due to unforeseen circumstances. In this event, the University will refund the registration fee but is not responsible for travel expenses. Additionally, we reserve the right

to change the venue to a comparable venue. Under such circumstances registrants will be notified as soon as possible.

LATE FEE AND REFUND POLICY

A \$50 late fee applies to registrations received after 5:00 p.m. ET on April 15, 2015. A handling fee of \$50 will be deducted for cancellation. An additional fee may apply for cancellation of other events, including workshops and social activities. Refund requests must be received by fax or mail by April 15, 2015. No refunds will be made thereafter. Transfer of registration to another Johns Hopkins conference in lieu of cancellation is not possible.

BOX LUNCH – Optional, Available for Purchase

A light afternoon snack will be included in your registration fee. Lunch is not provided, however, there are several eateries close to the meeting facility to purchase a lunch, if you choose to do so. You may also bring your own lunch to consume during the registration period or afternoon breaks.

Attendees have the option to purchase a box lunch at \$15 each, which includes a choice of sandwich: Turkey and Cheese, Ham and Cheese, Tuna Salad, or Vegetarian, chips, whole fruit, cookie and choice of drink. Please indicate your preference on the registration form. Box lunches must be pre-ordered by the registration cut-off date. No on-site orders will be accepted.

SYLLABUS

All registrants will receive a folder with handouts and paper for note-taking. This is included in the cost of your registration.

EVALUATION

A form will be available to attendees to evaluate each session and each speaker's presentation, as well as to identify future educational needs.

OUTCOMES SURVEY

A survey will be sent to all physician attendees within three months post activity to assist us in determining what impact this activity had on the attendee's practice.

EMERGENCY CALLS

On April 21, 2015, direct emergency calls to the Hopkins registration desk, (410) 955-3673. Messages will be posted for participants.

AMERICANS WITH DISABILITIES ACT

The Johns Hopkins University School of Medicine fully complies with the legal requirements of the ADA and the rules and regulations thereof. *Please notify us if you have any special needs.*

REGISTRATION FORM

Course Number 80035989

29th ANNUAL MOOD DISORDERS RESEARCH/EDUCATION SYMPOSIUM

Tuesday, April 21, 2015

To Register: Online (credit card and eCheck): www.HopkinsCME.edu **By fax:** (866) 510-7088
By phone (credit card only): (410) 502-9634

Or mail this form to the Johns Hopkins University, Office of Continuing Medical Education, P.O. Box 64128, Baltimore, Maryland 21264-4128. Include check payable to **HOPKINS/80035989**, or include credit card information below.

PAYMENT MUST ACCOMPANY FORM TO CONFIRM YOUR REGISTRATION.

I am a Johns Hopkins speaker for this activity.

Please type or print clearly:

last name		first name	m.i.
highest degree	primary specialty		Hopkins faculty/staff only JHED ID
For Physicians Only: NPI – 10 digits		State License #	State of License
mailing address			
city		state	ZIP
daytime telephone		fax number	
e-mail			

You will receive a confirmation notice and your attendance certificate by e-mail if you provide your e-mail address.

Check here if you wish to receive e-mail notices about upcoming CME activities.

What do you hope to learn by attending this activity? _____

Please notify us if you have any special needs. _____

Registration Fees:

- Physicians\$ 150
- Residents*/Fellows*/Nurses/Nurse Practitioners/Physician Assistants/Allied Health Professionals\$ 100
*with verification of status
- Patients/Family Members and Other Non-Clinical Attendees\$ 30

Optional Box Lunch:

Please check Yes or No:

Yes, I will purchase a Box Lunch at \$15 each. \$ _____

Please choose one:

Turkey and Cheese Ham and Cheese Tuna Salad Vegetarian

No, thank you, I will not be purchasing a box lunch.

The registration fee includes instructional materials and refreshment breaks. For registrations received after 5:00 p.m. ET on April 15, 2015, include a \$50 late fee. On-site registrations are payable only by credit card.

Total amount enclosed \$ _____

Payment Type:

JHU Faculty/Staff Only: If you are using your Tuition Remission Benefit or an ION budget, please complete this registration form and return with appropriate payment processing form to OCMC, Turner 20.

Forms can be found on-line at <http://www.hopkinscme.edu/Resources/resources.aspx>.

Check (See instructions on top of form.)

Credit Card: VISA MASTERCARD DISCOVER AMEX

Card # _____ - _____ - _____ - _____ Exp. Date _____

Name on Card

Signature & Date



JOHNS HOPKINS
M E D I C I N E

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