Upstate Mental Health
REACH Intensive Workshop

Saturday, March 16th, 2024 • 7:30am – 4:00pm

In-Person Event: The Schoolhouse Loft at the Inns of Aurora
371 Main St, Aurora, NY 13026

SPONSORED BY:
Department of Psychiatry • SUNY Upstate Medical University
SUNY Upstate Medical University • Office of Continuing Medical Education
Patrick Lee Foundation • Mother Cabrini Foundation
COURSE OBJECTIVES

Upon completion of this course, participants should be able to:

WHEN SSRI’S FAIL TO TREAT DEPRESSION AND ANXIETY: TREATMENT RESISTANT STRATEGIES IN ANXIETY AND DEPRESSIVE DISORDERS

Thomas Schwartz, MD, SUNY Upstate Medical University, Syracuse, NY

Description: Anxiety and depression are most often treated pharmacologically in primary care settings across the USA. Approximately 70% of SSRI antidepressants are prescribed by primary care clinicians relative to psychiatrists. Unfortunately, many anxious or depressed patients will not respond to this first line treatment approach. Guidelines and evidence-based approaches exist for these treatment resistant cases and they will be discussed in this lecture in hope it will help primary care clinicians achieve better outcomes in patients with these disorders.

• Diagnose treatment resistant anxiety and depressions.
• Describe typical treatment guidelines when treating anxiety and depression.
• Utilize a basic treatment algorithmic approach when treating these disorders.

DIAGNOSIS AND TREATMENT OF BIPOLAR DISORDER IN THE PRIMARY CARE SETTING

Nevena Radonjic, MD, PhD, SUNY Upstate Medical University, Syracuse, NY

Description: Diagnosis of bipolar disorder can represent a challenge in any setting as patients often initially present with depression. Here we will discuss how to differentiate between unipolar and bipolar depression and how to adequately treat bipolar disorder.

• Identify risk factors for bipolar disorder.
• Diagnose bipolar disorder and differentiate between common psychiatric disorders.
• Discuss screening, management, and pharmacotherapy of the bipolar disorder.

SUICIDE PREVENTION IN PRIMARY CARE

Seetha Ramanathan, MD, MPA, SUNY Upstate Medical University, Syracuse, NY

Description: Suicide is an important public health problem, with one individual dying by suicide approximately every 11 minutes. The primary care physician’s office is often the first healthcare setting that identifies and manages mental health issues. In this presentation, we will discuss the critical role of the primary care setting in suicide prevention.

• Recognize the need to systematically evaluate for suicide in the primary care setting.
• Describe strategies to identify suicidality in primary care.
• Discuss strategies to manage suicidality in primary care.

BORERLINE PERSONALITY DISORDER

Robert Gregory, MD, SUNY Upstate Medical University, Syracuse, NY

Description: Borderline personality disorder is common in primary care settings and associated with significant morbidity and mortality when left untreated. However, it usually goes undiagnosed or misdiagnosed as bipolar disorder. Dr. Gregory’s presentation will review the prevalence, etiology, diagnosis and management of this challenging condition.

• List the diagnostic criteria for borderline personality disorder and be able to differentiate it from bipolar disorder.
• Be aware of the implications for accurate diagnosis.
• Employ screening strategies for borderline PD.
• Effectively manage the disorder.

TREATMENT OF SUBSTANCE USE DISORDERS IN PRIMARY CARE SETTINGS

Tolani Ajagbe, MD, FASAM, SUNY Upstate Medical University, Syracuse NY

Description: According to the National Institute on Drug Abuse (NIDA), only 10% of people with past year substance use disorder (SUD) received SUD treatment in 2022. This is partially due to inadequate screening and management in primary care settings, as well as low access to specialty SUD care. This presentation aims to explore effective approaches to identifying and addressing substance use disorders in primary care settings.

• Define addiction and explore common risk factors for addiction.
• Discuss the process of screening, brief intervention, and referral to treatment (SBIRT) in primary care settings.
• Discuss the treatment modalities for commonly seen substance use disorders in primary care settings.

ADHD IN ADULTS: DIAGNOSIS, TREATMENT, AND MANAGEMENT

Prashant Kaul, MD, SUNY Upstate Medical University, Syracuse, NY

Description: This presentation is intended for the generalist looking to better understand the diagnostic picture, treatment options and overall management of patients under their care endorsing symptoms of Adult ADHD. We will discuss practical aspects of the management of this condition in a non-specialist setting. We will also look at common pitfalls and warning signs to watch out for while using stimulant medications.

• Identify opportunities to treat vs refer to psychiatry.
• Learn uncomplicated treatment pathways using mainstream on-label prescribing.
• Treat co-morbid or underlying disorders contributing to symptoms of ADHD.

Disclosure: None of the planners or speakers have relevant financial relationships with ineligible companies.
AGENDA

REGISTRATION DEADLINE
Given the format of workshop, number of participants is limited and registration will be closed when target number of participants reached.

REGISTRATION FEE
FREE

CONFERENCE INFO
For further information, please contact Rosemarie Earle at (315) 464-4464 or EARLER@upstate.edu

ACCREDITATION
SUNY Upstate Medical University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT DESIGNATION
SUNY Upstate Medical University designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ONLINE REGISTRATION
To register, please use the following link:
https://upstate.zoom.us/meeting/register/tJUrc-CorTMpHNZ8bg7I5aVM1aLZR9LkI3Mg

7:30 - 8:30am
Registration and Breakfast

8:30 - 9:25am
When SSRI’s Fail to Treat Depression and Anxiety: Treatment-Resistant Strategies in Anxiety and Depressive Disorders
Thomas Schwartz, MD

9:25 - 10:20am
Diagnosis and Treatment of Bipolar Disorder in the Primary Care Setting
Nevena Radonjic, MD, PhD

10:20 - 10:35am
Break

10:35 - 11:30am
Suicide prevention in Primary Care
Seetha Ramanathan, MD, MPA

11:30 - 12:30pm
Lunch

12:30 - 1:25pm
Borderline Personality Disorder
Robert Gregory, MD

1:25 - 2:20pm
Treatment of Substance Use Disorders in Primary Care Setting
Tolani Ajagbe, MD, FASAM

2:20 - 2:35pm
Break

2:35 - 3:30pm
ADHD in Adults: Diagnosis, Treatment, and Management
Prashant Kaul, MD

3:30 - 4:00pm
Q & A
All Speakers

REGISTRATION

PROGRAM DIRECTOR
Nevena Radonjic, MD, PhD, Assistant Professor of Psychiatry,
SUNY Upstate Medical University

RECOMMENDED AUDIENCE
MDs, DO’s, PAs, & NPs

COURSE DESCRIPTION
Upstate Mental Health REACH Initiative funded by Patrick Lee Foundation and Mother Cabrini Foundation aims to increase the capacity of primary and family medicine providers of all profiles (MD, DO, NP, PA) in New York to systematically screen, identify, treat, and refer patients suffering from mental health disorders.

COURSE CONTENT LEVEL
Intermediate

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REACH
Upstate Medical University

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