

EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC
HOSPITAL

The 5th Child and Adolescent Bipolar Services Conference

“Irritability and Bipolar Spectrum Disorders in Youth: Facts and Myths- Assessment, Monitoring and Treatment”

(EC12)



Friday, March 15, 2024 Program – 8:30 AM to 4:00 PM

Registration – 8:00 AM

*Wyndham Pittsburgh University Center
100 Lytton Avenue, Pittsburgh, PA, 15213*

*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**

“Irritability and Bipolar Spectrum Disorders in Youth: Facts and Myths-Assessment, Monitoring and Treatment” Friday, March 15, 2024

Introduction

The Child and Adolescent Bipolar Spectrum Services (CABS) of UPMC Western Psychiatric Hospital is proud to present its fifth conference on Pediatric Bipolar Spectrum Disorders, with special emphasis on irritability. Discussions of new research, clinical techniques, and practical interventions as well as facts and myths about “irritability” in youth and its association with pediatric bipolar disorders. This 5th conference aims to provide a one-day intensive training around many of the topics of assessment, monitoring, and treatment of irritability in youth “with and at risk for bipolar spectrum disorders,” and to disseminate the information about the most recent research (within our Child & Adolescent Bipolar Spectrum Services-CABS and other recent studies).

The keynote presentation will be offered by Robert Althoff, MD, PhD. Dr. Althoff is an Associate Professor of Psychiatry, Pediatrics, and Psychological Science at the University of Vermont. With a background in cognitive neuroscience and behavioral genetics, Dr. Althoff studies self-regulation, adversity, and resilience. He and his colleagues have demonstrated that children with problems in self-regulation go on to have severe problems in adulthood. His research aims to identify modifiable genetic and environmental factors to reduce depression, personality disorders, and substance use in adolescence and adulthood. Most recently, he has examined the metabolic consequences of impaired self-regulation and possible underlying environmental, genetic, psychophysiological, and epigenetic mechanisms along with a research program to develop novel assessments for suicide risk prediction. He is also the Associate Editor for JAACAP, the leading journal in child and adolescent psychiatry and was Co-Chair of the AACAP Presidential Taskforce on Childhood Emotion Regulation. Since 2021, he has been Chair of Psychiatry across the University of Vermont Health Network.

Who Should Attend?

The conference is designed to present the latest research and clinical knowledge about treatment of bipolar disorder and comorbid conditions 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, Peer Specialists, Patients, and their Families.

Learning Objectives

At the completion of the program, participants will:

1. Recognize the importance of “irritability” in differential diagnoses in youth and differentiate it from other core clinical features of bipolar spectrum diagnoses.
2. Identify long term courses of irritability and risk of developing bipolar spectrum diagnoses in youth.
3. Utilize available diagnostic/monitoring tools and mental health resources in treatment of irritability in youth with and at risk for bipolar spectrum diagnoses.

For additional information on Child and Adolescent Bipolar Spectrum Services (CABS), please visit the website at www.pediatricbipolar.pitt.edu.



Keynote Speaker

Robert R. Althoff, MD, PhD

Associate Professor of Psychiatry, Pediatrics, & Psychological Science

Chair, Department of Psychiatry

Director, Child Emotion Regulation Laboratory

Larner College of Medicine at the University of Vermont

Burlington, VT

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

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

Course Coordinator:

Kelly Monk, BSN, RN

Clinical Research Supervisor

Department of Psychiatry

UPMC Western Psychiatric Hospital

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Faculty and Presenters

Tina Goldstein, PhD

The Pittsburgh Foundation Endowed Professor in Psychiatry Research
Associate Director, Services for Teens at Risk (STAR),
Child and Adolescent Bipolar Spectrum Services (CABS),
Director of Psychotherapy Training, Pediatric Mood Disorders
UPMC Western Psychiatric Hospital
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Danella Hafeman, MD, PhD

Associate Professor of Psychiatry,
University of Pittsburgh School of Medicine
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Nina Hotkowski, LCSW

DBT-Linehan Board of Certification, Certified Clinician
Private Practice-Clinical Social Work and Psychotherapy
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Emily Kolk, BSN, RN

Nurse Clinician
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Nicolette Kreatsoulas, NCC, LPC

Behavioral Health Therapist II
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Jessica Levenson, PhD

Assistant Professor of Psychiatry and Pediatrics
University of Pittsburgh School of Medicine
UPMC Western Psychiatric Hospital
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Leslie Phillips, LPC

Behavioral Health Therapist III

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Dara Sakolsky, MD, PhD

Associate 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)

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Susan Wassick, RN

Nurse Clinician

Child and Adolescent Bipolar Spectrum Services (CABS)

UPMC Western Psychiatric Hospital

Pittsburgh, PA

ACKNOWLEDGEMENTS

We would like to thank the National Institute of Mental Health and all our youth and their families for their great support of our clinical, educational and research activities.

Agenda

- 8:00 to 8:30 a.m.** **Registration**
- 8:30 to 8:45 a.m.** **Welcome, Background & Introduction**
Kelly Monk & Rasim Somer Diler, MD
- 8:45 to 9:00 a.m.** **Developing Bipolar Spectrum Disorders: From the Perspective of a Young Adult**
Presentation by young adult
- 9:00-10:00 a.m.** **Keynote Presentation: Irritability and Broad Dysregulation in Youth-Intersection and Crossroads with Pediatric Bipolar Disorder**
Robert R. Althoff, MD, PhD
- 10:00-10:35 a.m.** **Topic: Irritability, Depression and the Differential Diagnosis of Bipolar Spectrum Disorders**
Rasim Somer Diler, MD
- 10:35-10:50 a.m.** **Break**
- 10:50-11:25 a.m.** **Risk Calculation and Predicting the Development of Bipolar Spectrum Disorders**
Danella Hafeman, MD, PhD
- 11:25-11 :40 a.m.** **Developing Bipolar Spectrum Disorders: From the Perspective of a Family Member**
Presentation by family member
- 11 :40 a.m. -12:30 p.m.** **Discussion forum - Q&A session: "Irritability and Bipolar Spectrum Disorders in Youth: Facts and Myths-Assessment, Monitoring and Treatment"**
Moderators: *Rasim Somer Diler, MD; Tina Goldstein, PhD*
Discussants: *Boris Birmaher, MD; Danella Hafeman, MD, PhD, Dara Sakolsky, MD, PhD*
- 12:30-1:45 p.m.** **LUNCH (on your own)**
- 1:45-2:45 p.m.** **Breakout Session 1:**
 A. Navigating Care Options
 Leslie Phillips, LPC
 Emily Kolk, BSN, RN
- Breakout session 2:**
 B. DBT for Teens with Irritability--Managing irritable moods in the context of Bipolar Disorder, Borderline Personality Disorder or both!
 Nina Hotkowski, LCSW
- 2:45-3:00 p.m.** **Break**

3:00-4:00 p.m.

Breakout Session 2:

A. Navigating the Transition to Adulthood: Confidentiality, Systems of Care, Treatments and Beyond

Tina Goldstein, PhD

Sue Wassick, RN

Dara Sakolsky, MD, PhD

B. Eat, Sleep, and Bipolar Spectrum: The Impact of Regulated Sleep and Eating on Mood

Jessica Levenson, PhD

Nicolette Kretsoulas, NCC, LPC

4:00 p.m.

Adjournment

Continuing Education Unit/Continuing Medical Education Credits

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 5.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Healthcare Professionals

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.

Counselors



Education and Consultative Services of 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 a maximum of 5.0 continuing education hours.

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

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 5.0 continuing education credits.

PA Educators (Act 48):

UPMC Western Psychiatric Hospital is recognized by the Pennsylvania Department of Education to offer Continuing Education Credits under the Act 48 guidelines. UPMC Western Psychiatric Hospital adheres to the Act 48 Continuing Education Guidelines. PA educators will receive 5.0 hours of Act 48 credit for completing this program.

Psychologists



As a Jointly Accredited Organization, University of Pittsburgh is approved to offer psychology continuing education by the American Psychological Association. University of Pittsburgh maintains responsibility for this course. Psychologists completing this course receive 5.0 continuing education credits.

Other Healthcare Professionals

Nurses and other health care professionals are awarded a maximum of 0.50 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 a maximum of 5.0 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.

1. *Completing the evaluation is not required, however it is encouraged.*
2. *Please retain your certificates in a safe place. Replacements for General CEU and NCC are \$30. Others are kept in your account on the site you registered at.*
3. *Continuing education credits are awarded when a participant attends for the full day. Partial credits are only available for those needing CME credits.*

Registration Information

Please register by March 1, 2024 at: [The 5th Child and Adolescent Bipolar Services Conference | UPMC - Center for Continuing Education in the Health Sciences](#)

Tuition

Non-UPMC Physicians	\$75
UPMC Physicians and Non-UPMC Professionals	\$65
UPMC/WPH and Affiliated Professionals	\$55
Community Members/Students/Residents (No continuing education credit)	\$25
Youth with Bipolar Spectrum Disorder and their Families (No continuing education credit)	No fee

Departmental Journal Transfers for UPMC participants can be found [HERE](#) Please have your supervisor complete it.

Tuition includes Continuing Education/Medical Credits at the professional fee.

Full tuition must accompany your registration. A \$15 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun.

Hotel Accommodations:

The Wyndham Hotel is offering a room rate of \$149 (plus tax) per room for one night, checking in on Thursday, March 14 and checking out on Friday, March 15. Please mention “**The 5th Child and Adolescent Bipolar Conference**” when making your reservation. Rooms must be reserved on or before 2/22/2024.



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 emailing Nancy Mundy at mundnl@upmc.edu.

Directions:

Click [here](#) for Google map to hotel