



WORKING TOGETHER: INTEGRATING BEHAVIORAL HEALTH AND PRIMARY CARE

DECEMBER 6-7, 2019

**HYATT REGENCY BOSTON
in Downtown Crossing**

offered by

**THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION**

under the direction of

Marshall Forstein

Hsiang Huang

Colleen J. O'Brien

Judy Reiner Platt

This course will demonstrate the integration of care by mental health, substance abuse, and medical practitioners. The role of each team member and how they can work together will be described. Strategies will be offered to provide the best evidence-based treatment, the essential skills needed, and ways to create effective teams in order to work within integrated care systems. The interactive educational format will consist of case studies, panel discussions, and individual lectures with q/a. This course is intended for mental health and health practitioners as well as healthcare administrators, policy creators, addiction specialists, and others interested in improved healthcare through carefully coordinated care. **Learning Objectives:** As a result of attending this course participants will be able to: determine how mental health and primary care teams can work together to provide improved access to treatment for children, adults, and families; define key principles of population-based mental health care; incorporate integrated treatments for high-prevalent conditions, such as depression, anxiety, trauma, or addiction; evaluate different interventions used in integrated care settings; and examine the role of technology, and programs for women's health and the seriously mentally ill.

For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770 Fax: 617-806-8777; Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY, DECEMBER 6, 2019

7:45 - 8:30 REGISTRATION AT THE HYATT REGENCY BOSTON in Downtown Crossing

8:30 - 12:45 MORNING PROGRAM - Moderator: Hsiang Huang

- The Necessity of Integrated Care Patrick R. Aquino
- Overcoming the Clash of Custom and Culture
between Behavioral Health and Primary Care Robert C. Joseph
- Enhancing Mental Health Clinical Interventions through Mobile App Technology Liza Hoffman
- Integrating Services for Children, Adolescents, and Families Shireen Cama
- Promoting Maternal and Child Health:
Preventing, Identifying, and Managing Perinatal Depression Nancy Byatt

12:45 - 2:00 BREAK

2:00 - 5:15 AFTERNOON PROGRAM - Moderator: Marshall Forstein

- Behavioral Health Integration: A Primary Care Perspective Kirsten Meisinger
- Integrated Care in Action:
Case One: Working with Depression Ellie Grossman
Case Two: Working with Panic Disorder Kate Zona
- Discussants:
Behavioral Care Manager Liza Hoffman
Primary Care Provider Ellie Grossman
Consult Psychiatrist David Van Norstrand
Integrated Care Psychologist Kate Zona

SATURDAY, DECEMBER 7, 2019

8:30 - 12:45 MORNING PROGRAM - Moderator: Colleen J. O'Brien

- Practical Skills for Population-Based Mental Health Care Justin Lacasse
- Applying Motivational Interviewing for Clinical Care Aaronson Chew
- Addictions in an Integrated Care Context:
Opioid Use Disorder Ellie Grossman
Alcohol Use Disorder David Van Norstrand

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Liza Hoffman

- Clinical Guidance for Working with Traumatic Stress Leah Soumerai,
Kate Zona
- Addressing Health Disparities for Patients with Serious Mental Illness Miriam Tepper
- Working with Older Patients: Eight Common Geriatric Mental Health Topics Rachel Kester

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

INTEGRATING BEHAVIORAL HEALTH AND PRIMARY CARE (#734727-2001)

Registration Fees: Physicians \$425 All Others: \$310
Plus a processing fee of \$10 (all fees in US dollars)

Secure Online Registrations can be made by credit card or check at
<https://cmeregistration.hms.harvard.edu/IntegratedCare2019> (directly into browser)
or www.cambridgecme.org for a direct link to the course website

Inquiries may be made to Harvard Medical School – Department of Continuing Education at 617-384-8600
(Monday to Friday - 9:00 am to 5:00 pm EST); email: CEPrograms@hms.harvard.edu
or Cambridge CME at 617-806-8770; email: cme@challiance.org

2019-2020 CAMBRIDGE/HARVARD CALENDAR

Treating Couples	November 1-2	Treating Anxiety	January 24-25
Sex, Sexuality, & Gender	November 15-16	School Mental Health	February 7-8
Integrated Care	December 6-7	Addictions	March 6-7
		Meditation and Psychotherapy	May 1-2

GENERAL INFORMATION

REGISTRATION: Please use the secure online website as shown at the bottom of the front page. Credit cards accepted are Amex, MasterCard, and Visa. If paying by check, register online and you will be prompted to download a check submission form. A “pending” email will be sent to you. Final confirmation will be received after processing your check. **All foreign payments must be made by a draft on a United States bank or paid by credit card. Telephone and fax registrations are not accepted.**

COURSE LOCATION AND ACCOMMODATIONS: All sessions will be held at **The Hyatt Regency Boston in Downtown Crossing. Rooms in Boston are limited; you are urged to make your reservations early.** A block of rooms has been reserved at the Hyatt Regency, One Avenue de Lafayette, Boston, MA 02111; 617-912-1234 until **November 13, 2019.** Please specify that you are enrolled in this course to receive a conference rate.

REFUND POLICY: Refunds, less a \$75 administrative fee, will be issued for all cancellations received two weeks prior to the start of the course. No refund will be made thereafter. "No-Shows" are subject to the full course fee.

CONTINUING EDUCATION:

PHYSICIANS: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 14 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

RISK MANAGEMENT: This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 1.0 credit of Risk Management Study. This includes 1.0 credit of Opioid Education and Pain Management Training. Please check your individual state licensing board requirements before claiming these credits.

PSYCHOLOGISTS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance, Psychiatry Continuing Education Division, maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

SOCIAL WORKERS and FAMILY THERAPISTS: Application for social work continuing education credit has been submitted to the Collaborative of NASW and the Boston College and Simmons Schools of Social Work (contact The Cambridge Health Alliance, Psychiatry Continuing Education Division, for the status of social work credits) and to New England Association for Family and Systemic Therapy for LMFT professional continuing education for a total of 14 credits (7 credits/hours per day). The Division of Continuing Education in Psychiatry at Cambridge Health Alliance/CHA Physicians Organization is recognized by the **New York State** Education Department's State Board for Social Work as an Approved Provider (#0038) of continuing education for licensed social workers; 14 contact hours have been approved. The states of CT and RI accept NBCC and NASW approval for marriage and family therapists.

COUNSELORS and EDUCATORS: The Cambridge Health Alliance, Psychiatry Continuing Education Division (CHAPO), has been approved by NBCC as an approved Continuing Education Provider, ACEP No. 5444. Programs that do not qualify for NBCC credit are clearly identified. This program meets the requirements for 14 continuing education hours. CHAPO is solely responsible for all aspects of the program. This offering is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator accreditation for a total of 14 credits.

NURSES: The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements. This course offers a total of 16.8 hours.

ADDICTION SPECIALISTS: Application has been made to the Massachusetts Board of Substance Abuse Counselor Certification (MCVCAC/MBSACC) for 14 continuing education credits/contact hours toward recertification.

FACULTY

PATRICK R. AQUINO, MD, Medical Director, Ambulatory and Integrated Services, Lahey Behavioral Health Services and Chair, Department of Psychiatry, Lahey Hospital and Medical Center; Assistant Clinical Professor, Tufts University School of Medicine

NANCY BYATT, DO, MS, MBA, FACLP, Medical Director, Massachusetts Child Psychiatry Access Program for Moms; Executive Director, Lifeline4Moms; Director of Women's Mental Health Division and Associate Professor of Psychiatry, Obstetrics & Gynecology and Population and Quantitative Health Sciences, University of Massachusetts Medical Center and UMass Medical School; Recipient of several national awards and author of over 60 peer-reviewed publications and book chapters.

SHIREEN CAMA, MD, Associate Training Director, Child and Adolescent Psychiatry Fellowship and Psychiatrist in Child and Adolescent Primary Care Behavioral Health Integration, Cambridge Health Alliance; Honors include: Congressional Hunger Fellow and Laughlin Fellow, American College of Psychiatrists

AARONSON CHEW, PhD, Clinical Psychologist and Director of Training, Primary Care Behavioral Health Integration, Cambridge Health Alliance; Instructor in Psychiatry, Harvard Medical School; Member, Motivational Interviewing Network of Trainers; Awards include: Harold Amos Faculty Diversity Award, Harvard Medical School and Scholar, Harvard Macy Institute Program for Education in Health Professions

MARSHALL FORSTEIN, MD, Acting Chairperson and Director, Adult Residency Training, Department of Psychiatry, Cambridge Health Alliance; Associate Professor of Psychiatry, Harvard Medical School; Co-Editor, *Therapists on the Front Line: Challenges in Psychotherapy with Gay Men in the Age of AIDS*; Contributing Author: *Comprehensive Textbook of AIDS Psychiatry*; *Contemporary Perspectives on Psychotherapy with Lesbians and Gay Men*; *Clinical Manual of Cultural Psychiatry*

ELLIE GROSSMAN, MD, MPH, Primary Care Lead, Behavioral Health Integration, Cambridge Health Alliance; Instructor in Medicine, Harvard Medical School

LIZA HOFFMAN, MSW, LICSW, Clinical Director and Clinical Social Worker, Digital Psychiatry Division, Beth Israel Deaconess Medical Center

HSIANG HUANG, MD, MPH, Training Director, Consultation-Liaison Fellowship, Cambridge Health Alliance; Instructor in Psychiatry, Harvard Medical School; Collaborator, Global Burden of Disease Study, Seattle, Washington; Master Trainer in Collaborative Care, Transforming Clinical Practice Initiative; Publications include over 50 peer reviewed articles

ROBERT C. JOSEPH, MD, MS, Vice-Chair, Integrated Behavioral Health, Department of Psychiatry and Co-Program Director, Combined Family Medicine and Psychiatry Residency, Boston Medical Center

RACHEL KESTER, DO, Geriatric Psychiatrist, Geriatric Inpatient Unit, Everett Hospital, Cambridge Health Alliance; Clinical Instructor in Psychiatry, Harvard Medical School

JUSTIN LACASSE, MD, Staff Psychiatrist, Psychiatric Consultation and Emergency Service, Newton-Wellesley Hospital; Clinical Assistant Professor of Psychiatry, Tufts University School of Medicine

KIRSTEN MEISINGER, MD, Medical Staff President and Family Medicine Practitioner, Union Square Family Center, Somerville, Cambridge Health Alliance; Faculty, Harvard Medical School and Tufts School of Medicine; Core Faculty, Latin American Team, Institute for Healthcare Improvement; International and National Consultant on healthcare transformations

COLLEEN J. O'BRIEN, PsyD, Clinical Director, Accountable Care Organization Behavioral Health Programs and Associate Director, Primary Care Behavioral Health, Cambridge Health Alliance; Instructor in Psychology, Department of Psychiatry, Harvard Medical School; Private Practice, Belmont

JUDY REINER PLATT, EdD, Director, Division of Continuing Education, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

LEAH SOUMERAI, LICSW, Clinical Social Worker, Primary Care Behavioral Health Integration and Victims of Violence Programs; Cambridge Health Alliance; Teaching Associate, Harvard Medical School

MIRIAM TEPPER, MD, Medical Director: Health Integration Program and RISE (Recovery in Shared Experiences-a clinic for first episode psychosis), and Clinical Director of Behavioral Health, Accountable Care Organization, Cambridge Health Alliance; Instructor in Psychiatry, Harvard Medical School

DAVID VAN NORSTRAND, MD, PhD, Consultation-Liaison Psychiatrist, Department of Psychiatry, Lahey Hospital and Medical Center; Assistant Clinical Professor, Tufts University School of Medicine; Private Practice, Cambridge; Author of numerous publications

KATE ZONA, PhD, Psychologist, Primary Care Behavioral Health Integration and Victims of Violence Program, Cambridge Health Alliance; Instructor in Psychology, Department of Psychiatry, Harvard Medical School