

General Registration:

One Day: \$90 / Two Days: \$175

UMass Faculty, Student and
Preceptor Rate:

One Day: \$45 / Two Days: \$90

Contact Hours (pending):

Mar. 30 – 6.75 contact hours

Mar. 31 – 6.5 contact hours

**Contact hours awarded upon completion of activity evaluation at the end of each day. No partial credit may be given.

*This activity has been submitted to the ANA Massachusetts for approval to award contact hours. ANA Massachusetts is accredited as an approver of continuing nursing Credentialing Center's Commission on Accreditation.

For more information regarding contact hours, please email

This inter-professional conference is sponsored by the University of Massachusetts Amherst College of Nursing.

Note: This conference is partially supported by HRSA ANE Grant # D09HP26943-03-00

Distinguished Speakers:

Keynotes:

Barry Sarvet, MD, Chair Dept. of Psychiatry, UMass Medical School-Baystate Medical Center

Carole Ann Dreck, PhD, RN, AHN-BC, President, American Holistic Nurses Association

Speakers:

Gabrielle P. Abelard, DNP, PMHNP, PMHCNS-BC
Assistant Clinical Professor & Coordinator, Psychiatric -Mental Health NP Program, UMass Amherst College of Nursing.

Lisa Chiodo, PhD, Associate Professor, UMass Amherst College of Nursing

Robert Davis, PsyD, Director, Brain Analysis & NeuroDevelopment (BAND) Center, Hadley, MA

Linda Gourlay, MSN, FNP, PMHNP, Baystate Medical Center and Springfield College Health Center

Raeann G. LeBlanc, DNP, AGPCNP-BC, CHPN, Assistant Clinical Professor, UMass Amherst College of Nursing

Gina Reiners, PhD, APRN, PMHNP, PMHCNS- Program Director, Psychiatric-Mental Health NP Program, University of Saint Joseph, Hartford, CT

Albert John Sargent, III MD, Chief, Child and Adolescent Psychiatry, Tufts Medical Center, Professor and Vice-Chair Child and Adolescent Psychiatry, Tufts School of Medicine

Wendy Sargeant, APRN-BC, PHMNP-BC, CAGS-PSYCH NP, MSN, MA, Nurse Practitioner, Bright Star Health, North Brookfield, MA

David Spound, M.Ed, Director, Valley Mindfulness, Florence, MA

Amanda Wilson, MD, Chairwoman of the Board and Founder, CleanSlate Centers, Northampton, MA

Moderators:

Linda A. Lewandowski, PhD, RN, FAAN, Professor and PI/Project Director, HRSA Advanced Nurse Education Grant, UMass Amherst College of Nursing.

Pam Aselton, PhD, FNP, Director, DNP and Masters Programs, UMass Amherst College of Nursing.



State of the Art and Science:

Behavioral Health in Primary Care: Issues, Challenges and Strategies

March 30 and 31, 2017

1500 Main Street, Suite 260

Tower Square

Springfield, MA 01115



Behavioral Health Symposium

March 30 and 31, 2017

- Many people seek help for behavioral health problems for themselves or their children in primary care settings.
- As many as 80% of patients with behavioral health problems present to primary care clinics or EDs and 60-70% of them leave without diagnosis or treatment of their behavioral health condition.
- Untreated or undertreated behavioral health problems lead to more physical health problems, higher use of hospital and medical resources over time, higher costs, and even premature death.

This conference will include the latest evidence-based information to better equip primary care providers to meet the challenges of screening for, diagnosing, and managing behavioral health problems, including substance abuse, in patients across the lifespan; highlighting the use of collaborative models and complementary and integrative modalities, as well as the importance of caring for the health and well-being of primary care providers. Day One will focus more on children and adolescents; Day Two on adults and the elderly.

Care for providers will be interspersed on both days.

Audience: Nurses, physicians, social workers, other healthcare providers, integrative health practitioners, educators, and students.

Thursday, March 30, 2017

- 8:00-8:30 Registration & Morning Refreshment
- 8:30-8:45 Opening Remarks and Welcome – Dr. Linda Lewandowski
- 8:45-9:15 Keynote: Challenges of Integrating Behavioral Health in Primary Care -- Dr. Barry Sarvet
- 9:15-10:00 Trauma-Informed Care for Children in Primary Care -- Dr. Barry Sarvet
- 10:00-10:30 Break and Posters
- 10:30-11:15 Motivational Interviewing with Children -- Dr. John Sargent
- 11:15-12:00 Diagnosing and Addressing ADHD in adolescents and College Age Students -- Linda Gourlay MSN, FNP, PMHNP
- 12:00- 1:00 Lunch
- 1:00-2:00 PANEL: Managing ADHD: Provider and Family Perspectives -- Dr. Robert Davis, Dr. Gabrielle Abelard, Parent
- 2:00-2:45 Identifying and Managing Asperger’s Syndrome and ADD – Dr. Robert Davis
- 2:45-3:15 Break and Posters
- 3:15-4:00 Assessing and Managing Mood Disorders in Children – Dr. Gina Reiners
- 4:00- 4:45 Caring for Ourselves as Providers: Mindful Self-Compassion -- David Spound
- 4:45-5:00 Closing Remarks and Summary

Friday, March 31, 2017

- 8:00-8:30 Registration & Morning Refreshment
- 8:30-8:45 Opening Remarks and Introductions — Dr. Pam Aselton & Dr. Gabrielle Abelard
- 8:45-9:45 Keynote: Self-Care for Primary Care Providers: The Foundation for a Successful Quadruple Aim – Dr. Carole Ann Drick
- 9:45-10:30 Behavioral Health in Primary Care: Some Pearls and “Options in Practice” Wendy Sargeant FNP & Dr. Gabrielle Abelard
- 10:30-11:00 Break and Posters
- 11:00-12:00 Cognitively Impaired Older Adults in Primary Care: Managing Medicare Changes and Other Challenges – Dr. Raeann Leblanc
- 12:00-1:00 Lunch
- 1:00-2:00 Successful models for Behavioral Health Integration in Primary Care-Panel
- 2:00-2:45 Alcohol Screening in Primary Care – Dr. Lisa Chiodo
- 2:45-3:00 Break
- 3:00-4:00 The Addicted Brain: Appropriate Screening and Referral for Opioid Dependency in Primary Care -- Dr. Amanda Wilson
- 4:00-4:15 Closing Remarks and Summary