

**Date: MARCH 21<sup>st</sup> 2019**

**THURSDAY EVENING**

***Managing Behavioral Health Problems Across Disciplines: How Can Pediatricians,  
Therapist and Child Psychiatrists Work Together?***

**5:00 PM – 6:00 PM Registration - Exhibitor Display – Networking Reception – Buffet Dinner**

**6:00 PM – 7:00 PM Panel:**

*Child Psychiatrist Perspective:* **Mark Chenven, M.D. DFAACAP, DFAPA**  
*Executive Medical Director- Vista Hill Foundation  
Smart Care Behavioral Health Consultation Services*

*Pediatric Perspective:* **Hilary M. Bowers, M.D. FAAP**  
*Director of Behavioral and Mental Health Services  
Children's Primary Care Medical Group*

**Stephen Carson, M.D.**  
*Medical Director-Children's Healthcare Medical Associates*

*Psychotherapist Perspective:* **Angie Rosenberg, LMFT, MAT**  
*President- California Association of Marriage & Family Therapist  
SD Chapter*

*Child Psychologist Perspective:* **Abby Brewer Johnson, Ph.D.**  
*Chair, Child Youth Committee San Diego Psychological Association*

**7:00 PM – 8:00 PM Case #1: Complex Mood Disorder Presentation – Adolescent**

- a. Case Review
- b. Tabletop Dialogue
- c. Group Dialogue

**8:00 PM – 9:00 PM Case #2: Complex Disruptive Behavior Disorder--Child**

- a. Case Review
- b. Tabletop Dialogue
- c. Group Dialogue

**9:00PM – 9:15PM Closing Statement/Discussion by Course Director – Mark Chenven M.D**

**Please Click on the Arrows Below for the rest of the Agenda**

**Date: MARCH 22nd 2019**

**FRIDAY**

7:00 AM – 8:00 AM Continental Breakfast  
Registration / Exhibitor Displays.

8:00 AM – 8:30 AM Introduction by Course Directors:

**Anoop Karippot, M.D. DFAPA, FAASM, DFAACAP**

President- California Sleep Society

Chairman- Dept. of Psychiatry, Scripps Mercy Hospital, San Diego

Chair- Child & Adolescent Psychiatry section, San Diego Psychiatry Society

Outgoing President- San Diego Academy of Child and Adolescent Psychiatry

**Mark Chenven, M.D. DFAACAP, DFAPA**

Executive Medical Director- Vista Hill Foundation

Smart Care Behavioral Health Consultation Services

Assembly Delegate- San Diego Academy of Child and Adolescent Psychiatry

8:30 AM – 10:00AM **Torn Apart: How Our Immigration System is Affecting Families**  
**Brief Overview of Immigration Laws and How They Impact Our Children**

**Mariela G. Shibley, Ph.D.**

Clinical Psychologist

Bicultural Immigration Assessment/ Intervention Specialist

*Discussant: Jean Guerrero*

*KPBS Border Reporter*

*Author: Crux: A Cross Border Memoir*

**10:00 AM – 10:30 AM Break – Visit Exhibitors**

10:30 AM - 12:00 PM **iGen: Understanding the Smartphone Generation**  
**Trends Shaping the Mental Health and Development of Adolescents and Young Adults**

**Jean Twenge, Ph.D., M.B.A.**

Professor of Psychology, San Diego State University

*Author: iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy- and Completely Unprepared for Adulthood- and What That Means for the Rest of Us.*

*Author: The Me Generation*

*Discussant: Jeff Rowe M.D., DFAACAP*

*Associate Clinical Professor, UCSD*

*Fellow, Child Trauma Academy*

**12:00 PM – 1:00 PM Lunch Buffet - Tent and Outside Tables**

## BREAKOUT SESSIONS

This special arrangement is designed to meet professional's requirement for an advanced training in a small group format with a "hands-on" approach and/or demonstration.

### **1:00 PM- 2:00 PM BREAKOUT SESSION - A**

#### **Breakout A-I**

##### **Impact of Sleep Disorders in Children and Adolescents**

**Anoop Karippot, M.D., DFAPA, FAASM, DFAACAP**

President, California Sleep Society

Chair, Child & Adolescent Psychiatry section, San Diego Psychiatry Society

**Ankita Nair. Student, University of California, Los Angeles.**

*Moderator: Rebecca Bierman, D.O. Child & Adolescent Psychiatrist*

#### **Breakout A-II**

##### **Best Interest of the Child: How to Minimize Collateral Damage During High Conflict Divorce**

**Susan Griffin, MS, MA, LMFT, CADC-CS, DOT-SAP**

Founder & Executive Director, Hannah's House

Author: Co-Parenting for the Sake of the Kids & Parents are Forever

*Moderator: Shelle Wisdom-Lazar, LCSW*

#### **Breakout A- III**

##### **Why Not Pot? A Critical Examination of Contemporary Cannabis Controversies**

**Kai MacDonald, M.D., FACP**

Diplomat, American Board of Psychiatry and Neurology

Addiction Medicine Specialist

Asst. Clinical Professor, UCSD School of Medicine, Dept. of Psychiatry and Family Medicine

*Moderator: Mark Chenven, M.D. Child & Adolescent Psychiatrist*

#### **Breakout A- IV**

##### **Riding the Crimson Wave: Menstrual Disorders & Mental Health in Adolescents**

**Maya Kumar, M.D., FAAP, FRCPC**

Adolescent Medicine Pediatrician

Asst. Professor, UCSD School of Medicine, Dept. of Pediatrics

*Moderator: Jason Schweitzer, M.D. Child & Adolescent Psychiatrist*

#### **Breakout A-V**

##### **The Power of Threat Assessment in Today's Schools**

**Andrija Lopez, J.D.**

**Barbara Higgins, M.A.**

**Jim Crittenden, B.A.**

San Diego Unified Threat Assessment Team

*Moderator: Jeff Rowe, M.D., Child & Adolescent Psychiatrist*

**2:00 PM to 2:15 PM: Break: Tea /Coffee – Networking**

**2:15 PM- 3:15 PM BREAKOUT SESSION - B**

**Breakout B-I**

**CBT-I: Cognitive Behavioral Therapy for Insomnia & Sleep Disorders**

**Anoop Karippot, M.D. DFAPA, FAASM, DFAACAP**

President, California Sleep Society

Chair, Child & Adolescent Psychiatry section, San Diego Psychiatry Society

*Moderator: Rebecca Bierman, D.O. Child & Adolescent Psychiatrist*

**Breakout B- II**

**Who am I? How to Provide Affirming Support to Transgender and Gender-Nonconforming Youth**

**Huong Diep, Psy.D.**

Specialist, Intersection of Gender, Identity & Culture

Trainer, SDSU School of Social Work, Academy of Professional Excellence

*Moderator: Annette Conway, Psy.D.*

**Breakout B-III**

**From SafeTAY to Trauma Informed Care: Support, Resources and Mental Health Care for Unsheltered Youth**

**Vanessa Arteaga, MA, LMFT**

Program Manager, TAY Academy – San Diego Youth Services

**Priti Ojha, M.D.**

Associate Physician, UCSD Dept. of Psychiatry

*Moderator: Jason Schweitzer, M.D., Child & Adolescent Psychiatrist*

**Breakout B-IV**

**Play Therapy: Seriously Effective Assessments/Intervention for Attachment & Emotional Regulation**

**Kathryn De Bruin, MA, LMFT**

Emotionally Focused Therapy Trainer

Registered Play Therapy Supervisor

*Moderator: Mary Punttenney, LMFT, LPCC, RPT*

**Breakout B- V**

**A Child's Journey: Supporting Children and Teens When a Loved One Dies**

**Melissa Lunardini, M.A.**

Children's Bereavement Manager, The Elizabeth Hospice

*Moderator: Nasim Bavar, MS, MA, LMFT*

**3:15 PM to 3:30 PM: Break: Tea /Coffee – Networking.**

## **CLOSING PLENARY**

**3:30 PM- 4:30 PM**

**Imagination to the Rescue: How To Use Superheroes to Heal Trauma and Empower Kids of All Ages.**

**Janina Scarlet, PhD**

San Diego Center for Stress & Anxiety Management

Author: Superhero Therapy. Happy Potter Therapy. Therapy Quest.

**4:30 PM - 5:00 PM**

**CLOSING STATEMENTS / WRAP UP**

**Course Directors:**

**Anoop Karippot, MD, DFAACAP**

**Mark Chenven, MD, DFAACAP**

**Information Regarding CME and CEU Certificates**

### ***CEs Accreditation***

California Association of Marriage and Family Therapists San Diego (CAMFT- SD Chapter) is approved by the California association of marriage and family therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. CAMFT-SD Chapter maintains responsibility for the program and all its contents. This course meets the qualifications for 9 hours of continuing education.

### ***CME's Accreditation***

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and San Diego Psychiatric Society. The APA is accredited by the ACCME to provide continuing medical education for physicians.

### ***-Designation Statement***

The APA designates this live activity for a maximum of *9 AMA PRA Category 1 Credit TM*. Physicians should claim only the credit commensurate with the extent of their participation in the *AMA PRA Category 1 Credit* activity."