

Elevate
Your Knowledge
Your Career
Your Profession.



San Francisco

Elevate 
by Psych Congress

March 3—5
2017



SCHEDULE

THIS IS WHERE GROUNDBREAKING
IDEAS TAKE ROOT —
WHERE THE POTENTIAL BECOMES
THE POSSIBLE

Inspired education

for early career mental health clinicians.

March 3–5, 2017 | San Francisco, CA

Three days. 200+ early career professionals just like you. One powerful experience. Featuring the nation's leading minds in psychiatry and mental health, combined with breakout thinkers who challenge convention.

Whether it is translating the latest research findings into practical application, connecting with a mentor that gets your story and can provide guidance, or delving into emerging clinical research, tools, and technology, you will leave Elevate equipped to take on new opportunities and new challenges, and be prepared to **MAKE YOUR MARK.**

**Designed and
accredited for the entire
mental health team:**

- ▶ Psychiatrists
- ▶ Nurse Practitioners
- ▶ Physician Assistants
- ▶ Advanced Practice Nurses
- ▶ Other Mental Healthcare Providers

DAY 1 Friday, March 3

It begins here. Elevate will bring together a community of like-minded professionals with great ideas who are committed to improving mental healthcare. The powerful lineup on Day 1 will provide you with the necessary tools and understanding to overcome both diagnostic and treatment challenges commonly faced by providers of mental healthcare. Topics explored will include major depressive disorder, substance use disorder, schizophrenia, and more.

DAY 2 Saturday, March 4

Day 2 offers attendees opportunities to move forward on their career path. Elevate is an educational experience that not only focuses on what you know, but who you know. We know how important it is to have someone to turn to when you are building your career. On Day 2, you can connect with the mentor you've been looking for in our **Meet the Mentors** and **Elevate with the Experts** sessions.

DAY 3 Sunday, March 5

Day 3 begins with an “Aha” presentation by Thomas R. Insel, MD, on the future of mental healthcare. This is followed by our slate of top faculty, singular minds who will present forward thinking sessions that aim to revolutionize the future treatment of mental health.



Elevate is a conference for clinicians practicing mental healthcare for 10 years or less. For info on other fantastic educational opportunities, visit psychcongress.com

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ARE YOU READY TO ELEVATE?
psychcongress.com/elevate
877.878.3101

25 educational sessions

20 globally renowned faculty

Improving mental healthcare together



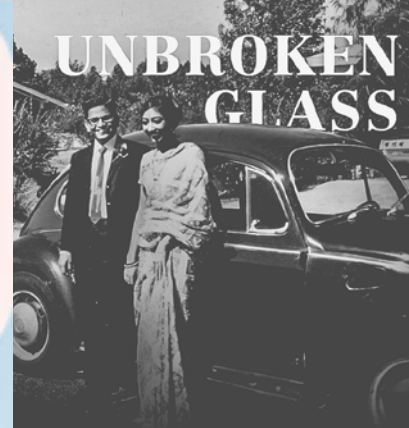
The dynamic program will help you elevate your knowledge, your career, and your profession. Topics explored will include:

Connected Health Technologies
Substance Use Disorder
Schizophrenia
Tardive Dyskinesia
Telepsychiatry
Social Media and Psychiatry
The Future of Depression Treatment



Featured Session: Psychiatry in 2030

Thomas R. Insel, MD, Director of Clinical Neuroscience at Verily Life Sciences, LLC (formerly Google Life Sciences) and former Director of the National Institute for Mental Health is our featured speaker. His session titled “Psychiatry in 2030” will review major changes in science and technology relevant to the diagnosis and treatment of mental disorders, and will suggest some directions and changes to expect over the next decade.



Documentary Film Screening and Q&A

Deeply personal, *Unbroken Glass* follows filmmaker Dinesh Sabu’s emotional journey to piece together the story of the death of his parents twenty years earlier. Over the course of his journey, Dinesh uncovers a silenced family history of mental illness. He will screen his documentary and engage with attendees in an enlightening Q&A session.



Networking, Mentoring and More

Move forward on your career path by focusing on not only *what* you know, but *who* you know. At this conference, you will be connected with a mentor, a leader in the field who gets your story and can share insight and guidance. This is your opportunity to elevate with the experts.



Exhibit Hall

Engage with the world’s leading companies showcasing the latest devices, tools, and services in support of cutting-edge mental health treatment strategies. On the exhibit floor, you will connect with employee recruiters, discover locum tenens opportunities, meet with pharmaceutical companies, and receive valuable giveaways.

The Bridge Between Suicide and Life

SERGEANT KEVIN BRIGGS

“Guardian of the Golden Gate,” retired California patrol officer

KEVIN BERTHIA

Suicide prevention advocate

March 3, 2017 | 5:30 PM

In March 2005, Kevin Berthia wanted to take his own life. He climbed over the railing of the Golden Gate Bridge and was prepared to take a fatal jump into the San Francisco Bay when he heard a voice calling out to him from above. It was the voice of California Highway Patrol Officer Kevin Briggs. The two talked for 96 life-changing minutes before Berthia decided to climb back up the bridge and give life another chance.

Join us as these two men share their story from past crisis to current inspiration, forever united for suicide prevention.

About Kevin Briggs

After serving in the United States Army and as a correctional officer at Soledad State Prison and San Quentin State Prison, Kevin Briggs entered the California Highway Patrol (CHP) academy in 1990. After 23 years with multiple commendations for service, Sgt. Kevin Briggs retired in the Fall of 2013. Nicknamed the “Guardian of the Golden Gate,” Briggs predominately worked on the Bridge — an assignment that would prove to be very challenging as the Golden Gate Bridge produced an average of four to six suicidal persons, multiple traffic collisions, and dozens of other law enforcement “calls” each month. Today, Mr. Briggs is active in efforts to promote crisis management, crisis intervention training, leadership skills, and suicide intervention and prevention worldwide.

About Kevin Berthia

Kevin Berthia is a grateful suicide survivor and a suicide prevention advocate. Kevin was born with a genetic major depression disorder that he inherited from his biological mother. In 2005 at the age of 22, Kevin attempted to take his own life by jumping from the Golden Gate Bridge. After jumping the railing, he stood on a 4-inch narrow cord about 220 feet in the air. For 96 minutes, with nothing to stop him from falling except a listening ear, Kevin spoke with a first responder, Sgt. Briggs, who eventually talked him back to safety.

Faculty

ERIC ARAUZ, MLER

President, Trauma Institute of New Jersey, LLC; Adjunct Instructor, Department of Psychiatry, Rutgers University/Robert Wood Johnson Medical School, New Brunswick, New Jersey

JAMES CANNON, PHD, PA-C, CAQ-PSY

Associate Professor, A.T. Still University, Mesa, Arizona; Senior Psychiatric Physician Assistant, Community Health Systems, Southern Virginia Regional Medical Center, Emporia, Virginia

JULIE CARBRAY, PHD, FPMHNP, PMHCNS

Clinical Professor of Psychiatry and Nursing, University of Illinois at Chicago; Administrative Director, Pediatric Mood Disorder Clinic, Pediatric Brain Research and Intervention Center, Department of Psychiatry, Chicago, Illinois

STEVEN CHAN, MD, MBA

Clinical Informatics Fellow, University of California, San Francisco, San Francisco, California

ERICK HUNG, MD

Director, Curriculum Affairs, Associate Professor of Psychiatry, University of California, San Francisco, San Francisco, California

THOMAS R. INSEL, MD

Director of Clinical Neuroscience, Verily Life Sciences LLC (formerly Google Life Sciences), Mountain View, California; Former Director of the National Institute of Mental Health

RAKESH JAIN MD, MPH

Clinical Professor, Department of Psychiatry, Texas Tech Health Sciences Center School of Medicine, Midland, Texas

SAUNDRA JAIN, MA, PSYD, LPC

Adjunct Clinical Affiliate, University of Texas at Austin, School of Nursing, Austin, Texas

CATHERINE JUDD, PA-C, CAQ-PSY, DFAPA

Clinical Assistant Professor, UT Southwestern Medical Center; Senior Physician Assistant, Mental Health Services, Parkland Health and Hospital System, Dallas, Texas

JOHN M. KANE, MD

Chairman and Professor of Psychiatry, Hofstra North Shore Long Island Jewish School of Medicine, Hempstead, New York; Vice President for Behavioral Health Services, North Shore – Long Island Jewish Health System, Queens, New York; Chair, Department of Psychiatry, The Zucker Hillside Hospital, Glen Oaks, New York

JOHN LUO, MD

Clinical Professor of Psychiatry, Director of Psychiatry Residency Program, Interim Chief Medical information Officer, University of California, Riverside, Riverside, California

VLADIMIR MALETIC, MD, MS

Clinical Professor of Neuropsychiatry and Behavioral Science, University of South Carolina School of Medicine, Greenville, South Carolina; Consulting Associate, Division of Child and Adolescent Psychiatry, Department of Psychiatry, Duke University, Durham, North Carolina

JOSEPH P. MCEVOY, MD

Professor of Psychiatry and Health Behavior, I. Clark Case Chair in Psychotic Disorders, Medical College of Georgia, Augusta, Georgia

CHARLES P. O'BRIEN, MD, PHD

Kenneth E. Appel Professor of Psychiatry, University of Pennsylvania Treatment Research Center, Philadelphia, Pennsylvania

ANDREW PENN, RN, MS, NP, APRN-BC

Psychiatric Nurse Practitioner, Kaiser Permanente, Redwood City, California; Assistant Clinical Professor, University of California, San Francisco, San Francisco, California

CHARLES RAISON, MD

Professor, School of Human Ecology, Professor, Department of Psychiatry, School of Medicine and Public Health, University of Wisconsin-Madison, Madison, Wisconsin

YELIZAVETA SHER, MD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences, Stanford University, Stanford, California

JAY SHORE, MD, MPH

Associate Professor of Psychiatry, University of Colorado, Denver, Denver, Colorado; Chair, APA Committee on Telepsychiatry

EVA M. SZIGETHY, MD, PHD

Director, Medical Coping Clinic, Children's Hospital of Pittsburgh of UPMC; Associate Professor of Psychiatry and Pediatrics, University of Pittsburgh School of Medicine, Pittsburgh, Pennsylvania

DAWN I. VELLIGAN, PHD

Director, Division of Community Recovery, Research, and Training, Henry B. Dielmann Chair, Department of Psychiatry, University of Texas Health Science Center, San Antonio, Texas



For full faculty bios, please visit psychcongress.com/elevate/faculty.

Elevate Program

The scientific program focuses on sessions that will help you elevate your knowledge, your career, and your field. Whether it's gaining new perspective to overcome diagnostic and treatment challenges, connecting with a mentor who can answer those “how-to” or “what-if” questions, or being exposed to groundbreaking ideas that will revolutionize mental health, Elevate is where the potential becomes the possible.

Elevate Style

Quick-hitting, rapid fire sessions at Elevate are designed to cut through the noise and deliver the information you need to know in order to improve your practice and advance your career.

Interact with your education like never before. Each desk in the Elevate classroom is equipped with a tablet which gives you full control over your education.

Take notes, participate in polls, ask questions, and so much more.

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Day 1 Discover

Elevate
by Psych Congress
San Francisco
2017

FRIDAY, MARCH 3

Registration & Continental Breakfast

6:30 AM—8:00 AM

Welcome Address

8:00 AM—8:15 AM

Deep Dive into Schizophrenia

This multi-part interactive session will take you through understanding, diagnosis, and treatment of schizophrenia. From understanding the neurobiology of schizophrenia and key receptor pharmacology, to translating that knowledge into meaningful pharmacologic treatment interventions, to working with patients to ensure positive treatment outcomes, this session will explore it all.

Neurobiology of Schizophrenia and Receptor Pharmacology: Pathways to Managing Symptoms and Side Effects

8:15 AM—8:45 AM

Advances in the understanding of the neurobiology of mental health disorders, and schizophrenia in particular, are revealing key pathways that may impact clinical presentation and treatment effects. Dr. Maletic will teach you how to integrate current data surrounding the neurobiology of schizophrenia and receptor pharmacology into therapeutic decision making.

SPEAKER: VLADIMIR MALETIC, MD, MS

The Positives and Negatives of Schizophrenia Management: Treatment Across the Spectrum of Symptom Domains

8:45 AM—9:10 AM

Evolving best practices in the management of schizophrenia now rank negative, cognitive, and mood symptomatology on par with classic positive symptoms. However, negative symptoms are more persistent, are more difficult to treat, and may contribute more to poor functional outcomes than positive symptoms. Dr. McEvoy will compare and contrast conventional oral schizophrenia pharmacotherapies as well as newer antipsychotic agents in terms of mechanism of action, safety/tolerability, ability to address the spectrum of symptom domains, and impact on functional outcomes.

SPEAKER: JOSEPH P. MCEVOY, MD

Addressing Adherence: Assessing, Monitoring, and Evaluating New Formulations and Dosing Regimens to Improve Outcomes

9:10 AM—9:35 AM

This session will explore the emerging consensus and recent data supporting the use of long-acting injectable (LAI) antipsychotics for ameliorating the progressive nature of schizophrenia symptoms. Dr. Kane will review recent clinical data on current and newer second-generation antipsychotics in terms of safety, efficacy, side effects, and dosing regimens to individualized therapeutic selection.

SPEAKER: JOHN M. KANE, MD

Keeping Hope Alive: Shared Decision Making Strategies in Patients with Reduced Decision Capacity

9:35 AM—9:45 AM

Employing a shared decision-making (SDM) model in somatic conditions has been shown to improve outcomes and patient satisfaction; however, in mental health, only recently has this strategy been employed and patient participation been advanced. Dr. Velligan will wrap up this session by identifying areas of schizophrenia care where SDM may be effective in translating to positive clinical outcomes, particularly among patients with reduced cognitive capacity.

SPEAKER: DAWN VELLIGAN, PHD

Advancing the Management of Cognitive Symptoms in Major Depressive Disorder

10:00 AM—11:00 AM

This educational session will focus on the use of validated assessment tools to identify and differentiate MDD symptoms, and the challenges of traditional therapies in managing MDD and its symptoms will be discussed. Further, novel molecular targets as a means to prevent/treat cognitive dysfunction in MDD will be evaluated. Strategies to integrate novel, multi-targeted agents to improve cognition into patient-centered, individualized treatment plans will be explored utilizing clinical scenarios.

SPEAKER: RAKESH JAIN, MD, MPH

Breakthroughs in the Management of Tardive Dyskinesia

11:00 AM—11:45 AM

Research into tardive dyskinesia (TD) pathophysiology and the identification of potential treatment targets has led to the advancement of vesicular monoamine transporter 2 (VMAT2) inhibitors with two new agents recently granted breakthrough status by the FDA. While both agents inhibit dopamine release, key differences in pharmacokinetic/pharmacodynamic properties exist, and more consistent blood levels and less frequent dosing have been established with a deuterated form. Key clinical data with these agents, including ARM-TD, AIM-TD, and KINECT 3 trials, will be reviewed and updates on additional clinical trials, including KINECT-4, will be provided.

SPEAKERS: RAKESH JAIN, MD, MPH; JOSEPH P. MCEVOY, MD

Lunch Innovation Theater

NON-ACCREDITED

11:55 AM—1:05 PM

Uncover the latest information, data, and research findings with disease-state or product-specific presentations. Ask questions of key experts and industry representatives, and assess the value to your patient care. Innovation Theater presentations are not intended or eligible for CME/CE credit.

Tackling the Toxic Remainder: Enhancing Mental Health Outcomes by Optimizing the Recognition and Treatment of Adult Attention Deficit Hyperactivity Disorder

1:15 PM—2:15 PM

Adults struggling with a range of psychiatric conditions may also have undiagnosed comorbid ADHD — a “toxic remainder” — that will negatively impact treatment outcomes if not recognized and appropriately treated. The moderator of this interactive panel discussion will walk the audience through a difficult patient case with two panel experts who will review the case with interspersed presentations of relevant scientific and clinical data. This innovative session format will clearly connect scientific data with relevant clinical applications, leading to positive outcomes for your patients who may be suffering from this disorder.

SPEAKERS: RAKESH JAIN, MD, MPH; VLADIMIR MALETIC, MD, MS; CHARLES RAISON, MD

Evidence-Based Approach to Medication-Assisted Treatment of Substance Use Disorders

2:15 PM—3:00 PM

The prevalence of substance use disorders (SUDs) is rising dramatically in the United States with rates as high as 17 million for alcohol use disorder (AUD) and over 2 million for opioid use disorder (OUD). More than 100 American deaths per day are attributable to OUD alone. Despite available treatments, SUDs remain undertreated, perpetuating poor patient outcomes. Recent advances in the management of OUDs are providing opportunities to improve treatment outcomes. This session will examine the latest research and evidence surrounding SUD treatment advances including differences among oral and depot formulations, efficacy of available options within long-term management, implications on patient adherence, potential for illicit diversion, and associated genetic predilections to treatment response. In addition, as it is common for SUDs to coexist with psychiatric disorders, evidence-based strategies for addressing concomitant SUD and other psychiatric disorders will be explored.

SPEAKER: CHARLES O'BRIEN, MD, PHD

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Updates to the Diagnosis and Management of Bipolar Depression: Have We Been Going About This All Wrong?

3:00 PM—4:00 PM

Bipolar disorder is a common, chronic psychiatric condition that should be identified and treated early to reduce the burden of illness and potentially inhibit disease progression. However, misdiagnosis is common, and recent changes to diagnostic recommendations further complicate the issue. This session will explore the latest diagnostic criteria, current understanding of bipolar disorder/depression pathophysiology, as well as the latest published evidence on pharmacologic treatment strategies. Further, the management of bipolar depression utilizing traditional antidepressants, antipsychotic medications, combination regimens, and emerging modalities will be evaluated using evidence-based methods. Lastly, an individualized approach to the treatment of bipolar depression that considers symptoms, specifiers, and other medical and psychiatric comorbidities will be discussed.

SPEAKER: VLADIMIR MALETIC, MD, MS

Exhibit Hall Grand Opening Reception

4:00 PM—5:30 PM

Join your peers in the Exhibit Hall on the opening night to engage with recruiters and future employers, and learn about available pharmaceuticals and devices for your patients.

KEYNOTE ADDRESS

The Bridge Between Suicide and Life

5:30 PM—6:30 PM

In March 2005, Kevin Berthia wanted to take his own life. He had climbed over the railing of the Golden Gate Bridge and was prepared to take a fatal jump into the San Francisco Bay when he heard a voice calling out to him from above. It was the voice of California Highway Patrol Officer Kevin Briggs. The two talked for 96 life-changing minutes before Berthia decided to climb back up the bridge and give life another chance.

Join us as these two men share their story from past crisis to current inspiration, forever united for suicide prevention.

Elevate Takes San Francisco

6:30 PM—9:00 PM

Take time to enjoy San Francisco with your colleagues and new friends. More information coming soon.

Elevate features out-of-the-box education for a job that never fits within the lines.

— CHARLES RAISON, MD





Day 2 Advance

Elevate
by Psych Congress
San Francisco
2017

SATURDAY, MARCH 4

Coffee Talk and Breakfast in the Exhibit Hall

7:00 AM—8:00 AM

FEATURED SESSION

Meet the Mentors

8:00 AM—9:15 AM

We're kicking off the day with an interactive panel discussion featuring mental health professionals who transcend professional categories and practice settings. Hear from professionals who work in busy psychiatric hospitals, run successful private practices, teach residents, partake in clinical trial research discoveries, and more. Learn insights from experts to help shape your career. At the end of the day, you'll also have a chance to meet with many of these faculty members in an intimate round table setting with your peers to have your specific questions answered.

Telepsychiatry: Best Practices

9:15 AM—9:45 AM

There are many advantages to adding telepsychiatry to your practice, but there are also many hurdles to its implementation. Dr. Shore, Chair of the American Psychiatric Association Telepsychiatry Committee, will discuss the things you need to know before getting started with telepsychiatry in order to help you determine whether or not telepsychiatry should be added to your practice.

SPEAKER: JAY SHORE, MD, MPH

Working with Patients and their Families: Best Practices and Helpful Hints

10:00 AM—10:30 AM

Whether it's your patients' parents, spouse, children, or other cherished loved ones, more often than not, you are going to find yourself in a position where you need to balance the needs of the patient and the expectations of his or her family. This session will review the literature of evidence-based family interventions across psychiatric illnesses and the lifespan, and will identify key communication strategies to utilize when working with patients and their families to ensure continued success for your patient in between visits.

SPEAKER: JULIE CARBRAY, PHD, FPMHNP, PMHCNS

'Low Effort, High Yield': Incorporating Scales and Screeners into a Busy Mental Health Practice

10:30 AM—11:00 AM

The consequences of a missed or inaccurate diagnosis can be quite severe. The burden of differentiating and identifying these conditions falls to the clinician. Psychiatric scales and screeners are often overlooked in terms of their usefulness in gathering important clinical information. The goal of this session is to provide an overview of several psychiatric scales and screeners highlighting their value to clinicians in clinical practice. Dr. Jain will discuss the pros and cons of using these clinical tools as well as availability, scoring, ease of use, and time efficiency.

SPEAKER: SAUNDRA JAIN, MA, PSYD, LPC

Social Media and Psychiatry: Best Practices for Maintaining a Professional Online Presence

11:00 AM—11:30 AM

Many psychiatrists experience difficulty deciding how to best embrace the digital age with regard to their practice. From maintaining personal social media accounts to responding to negative patient reviews online, this session will equip you with the knowledge you need to make important decisions regarding your credibility and professionalism on the internet.

SPEAKER: JOHN LUO, MD

Connected Health Technologies and Mobile Apps for Mental Health

11:30 AM—12:00 PM

Mobile devices and wearable technology have the potential to change the way we approach the diagnosis, treatment, and monitoring of our patients with mental health disorders. Discover apps and devices you can use today, and learn about emerging technologies to anticipate within the near future.

SPEAKER: STEVEN CHAN, MD

Lunch Innovation Theater

NON-ACCREDITED

12:10 PM—1:20 PM

Uncover the latest information, data, and research findings with disease-state or product-specific presentations. Ask questions of key experts and industry representatives, and assess the value to your patient care. Innovation Theater presentations are not intended or eligible for CME/CE credit.

Ethical Dilemmas in Psychiatric Practice

1:30 PM—2:00 PM

At times, you may find yourself inundated with difficult decisions to make regarding the treatment of your patients, some of which have the potential to impact the future of your practice and reputation as a provider of mental healthcare. Dr. Sher will explore some of the most common ethical dilemmas mental health professionals face and will equip you with the knowledge you need when contemplating these difficult circumstances.

SPEAKER: YELIZAVETA SHER, MD

Clinician Self-Defense: Protecting Yourself and Your Patients

2:00 PM—2:30 PM

When patients become violent, you need to be prepared to protect yourself as well as your patient from harm. Eric Arauz will demonstrate several techniques to minimize the risk of injury to yourself, your staff, as well as your patient during violent psychotic episodes.

SPEAKER: ERIC ARAUZ, MLER

Beating Burnout Bootcamp

2:30 PM—3:00 PM

Burnout can take a devastating toll on both the physical and mental health of any healthcare provider. In this session, learn about the common causes of burnout as well as ways to avoid ever feeling this way.

SPEAKER: EVA M. SZIGETHY, MD, PHD

FEATURED SESSION

Elevate with the Experts

3:10 PM—4:10 PM

Mingle with leading minds in mental health, ask questions, and get them answered. Seek advice on your professional path and make lasting connections. Jump in on discussions about new advances and uncharted possibilities. This is your opportunity to elevate with the experts.

Exhibit Hall Reception and Networking Bingo

4:15 PM—5:45 PM

Join your peers for Day 2 of the Exhibit Hall and participate in fun activities like 'Networking Bingo' and 'Passport to Prizes,' and be entered for a chance to win exclusive giveaways.

Dinner Innovation Theater

NON-ACCREDITED

5:55 PM—7:05 PM

Uncover the latest information, data, and research findings with disease-state or product-specific presentations. Ask questions of key experts and industry representatives, and assess the value to your patient care. Innovation Theater presentations are not intended or eligible for CME/CE credit.

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Day 3 Transform

Elevate
by Psych Congress
San Francisco
2017

SUNDAY, MARCH 5

Coffee Talk and Breakfast in the Exhibit Hall

7:00 AM—8:00 AM

FEATURED SESSION

Psychiatry in 2030: An Exclusive Look at the Future of Mental Healthcare

8:00 AM—8:45 AM

Morbidity and mortality for people with mental illness have not improved over the past 5 decades. We cannot continue providing psychiatric care in the same ways and expect different outcomes. The recent revolution in technology is leading to a new approach to diagnosing, treating, and monitoring patients with mental health disorders. Dr. Insel, former NIMH Director and now Director of Clinical Neuroscience at Verily Life Sciences LLC (formerly Google Life Sciences), will provide you with an exclusive look on changes you can expect to see within the next decade.

SPEAKER: THOMAS INSEL, MD

‘Got Wellness?’: Incorporating Mental Wellness Strategies into Your Clinical Practice Matters

8:45 AM—9:15 AM

Achieving true mental health is more than just a reduction of symptoms. The importance of wellness in mental health is an accepted and well-documented strategy, but interestingly, it is seldom a routine part of our treatment interventions. Clinicians endorse wellness, but putting it into practice is often easier said than done. The goal of this session is to consider the importance of integrating wellness into a busy clinical practice by reviewing five well-studied and researched wellness elements: exercise, mindfulness, sleep, social connectedness, and nutrition. Dr. Jain will also present data from a pilot study that integrates all five of these elements into a simple, prescriptive, and trackable 30-day program.

SPEAKER: SAUNDRA JAIN, MA, PSYD, LPC

Elevated, Not High: The Promise of Psychedelic-Assisted Psychotherapy

9:15 AM—10:00 AM

Increasingly, psychedelic medicines such as MDMA and psilocybin are being studied as adjuncts to psychotherapy for intractable PTSD and the psycho-spiritual distress experienced at the end of life. These protocols represent a novel marriage of psychopharmacology as a means of enhancing psychotherapy. This provocative session will briefly review the latest findings in this exciting field, and use a case of a patient treated in a clinical trial with MDMA for PTSD as a way of better understanding the healing journey of psychedelics in psychotherapy.

SPEAKERS: ANDREW PENN, RN, MS, NP, APRN-BC, CHARLES RAISON, MD

Brunch Innovation Theater

NON-ACCREDITED

10:10 AM—11:20 AM

Uncover the latest information, data, and research findings with disease-state or product-specific presentations. Ask questions of key experts and industry representatives, and assess the value to your patient care. Innovation Theater presentations are not intended or eligible for CME/CE credit.

Childhood Trauma and Its Effect Across the Lifetime

11:30 AM—12:00 PM

ACEs are adverse childhood experiences that harm children's developing brains so profoundly that the effects show up decades later; they cause much of chronic disease, most mental illness, and are at the root of most violence. Speaker, Eric Arauz is an international behavior health consumer advocate, trainer, and a person with the lived experience of bipolar I disorder, PTSD, addiction and suicidality, much of which stems from his own adverse childhood experiences.

SPEAKER: ERIC ARAUZ, MLCR

Ancient Therapeutics and Sensory Pathways as Deep Brain Stimulators: Implications for the Treatment of Major Depression

12:00 PM—12:30 PM

This talk will take us to one of the cutting-edge areas of psychiatry, where the possibility that sensory pathways that communicate bodily states to the brain may hold unique promise for the treatment of major depressive disorder (MDD). Although many such pathways exist, in this talk, Dr. Raison will focus on three that have shown early therapeutic promise: thermoregulation, facial feedback and immunity. We examine these pathways by reviewing data on the anti-depressant effects of whole body hyperthermia (WBH), botulinum toxin and the co-evolved micro-organism *Mycobacterium vaccae*, concluding with a discussion of what will be required to bring these experimental interventions into the clinic.

SPEAKER: CHARLES RAISON, MD

Emergence of Opioid, Glutamate and Immune Modulators as the Next Wave of Antidepressants

12:30 PM—1:00 PM

Serotonin and norepinephrine-based therapies for major depression appear to have hit the glass ceiling in terms of efficacy. These three new mechanisms of action therapies (opioid, glutamate, and anti-cytokine interventions) are being studied in depression and may end up being the new mechanism of action drugs in decades. This presentation will examine the scientific basis of their putative benefits in depression, and offer a peek at emerging research data from each of these research programs. Clinicians may soon be using medications from these classes to help their patients suffering from major depression.

SPEAKER: RAKESH JAIN, MD, MPH

DOCUMENTARY SCREENING

Unbroken Glass

1:00 PM—2:15 PM

Deeply personal, Unbroken Glass follows the filmmaker's emotional journey to finally piece together the story of the death of his parents twenty years earlier. Dinesh's parents died when he was just six years old. Raised by his siblings, he had little idea who his parents were or where he came from. Now as an adult with a burning curiosity, Dinesh travels across the United States and India to piece together his parents' story. Uncovering a silenced family history of mental illness, Dinesh confronts the legacy of having a schizophrenic mother who died by suicide, the reality of growing up an orphaned immigrant, and the trauma of these events.

SPEAKER: DINESH SABU

Conference Closing Session

2:15 PM—2:30 PM

“
Elevate is a
real game
changer for how
mental health
education is
delivered,
absorbed and
activated.”

— RAKESH JAIN, MD, MPH

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HOST HOTEL

Hilton San Francisco Union Square

333 O’Farrell Street

San Francisco, CA 94102

415-771.1400

Located in the heart of downtown San Francisco and offering easy access to Nob Hill, Chinatown and fantastic shopping, dining and entertainment options, the Hilton San Francisco Union Square is also situated just 30 minutes from San Francisco International Airport.

Check-in is 3:00 p.m. Check-out is 12:00 p.m.

Room Rate: \$249 single/double plus tax.

psychcongress.com/elevate/hotel-and-travel

Hotel Reservations Deadline

A limited number of rooms are being held at a discounted room rate of \$249 single/double plus tax, and rooms may sell out before the booking deadline of Friday, February 3, 2017, One night’s deposit plus tax is required to hold your reservation and is non-refundable for any cancellation. Additional guest charges will apply for more than two occupants per room. Reservations may be made by contacting the hotel directly at 415.771.1400 and asking for Elevate.

For more information on airline discounts, hotel changes or cancellations, and ground transportation options, go to psychcongress.com/elevate/hotel-and-travel.

Intended Learners

This activity is intended for early career psychiatrists, nurse practitioners, physician assistants, advanced practice nurses, and other healthcare professionals who seek to improve the care of patients with mental health disorders.

Learning Objectives

After attending Elevate by Psych Congress, participants should be able to:

- Integrate the most current pharmacologic and nonpharmacologic interventions to improve patient outcomes in the acute and long-term management of mental illness
- Utilize new skills and understanding of key strategies, resources, and opportunities available to optimize a career in mental healthcare
- Analyze emerging clinical and technological research and tools, and their current and potential future impact on revolutionizing mental healthcare

Accreditation Information

In support of improving patient care, North American Center for Continuing Medical Education (NACCME) 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.

CME NACCME designates this live activity for a maximum of 16.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CNE This continuing nursing education activity awards 16.0 contact hours.

Provider approved by the California Board of Registered Nursing, Provider #13255 for 16.0 contact hours.

APA North American Center for Continuing Medical Education, LLC (NACCME) is approved by the American Psychological Association to sponsor continuing education for psychologists. NACCME maintains responsibility for this program and its content.

For faculty bios, call 609.371.1137.

INSTRUCTIONAL LEVEL: Advanced Requirements for Credit

To be eligible for documentation of credit, participants must attend the educational activity and complete the evaluation form. After successful completion of the evaluation form online, participants may immediately print their documentation of credit. Physician assistants, nurse practitioners, and nurses may participate in this educational activity and earn a certificate of completion as AAPA and AANP accept AMA PRA Category 1 Credits™ through their reciprocity agreements. Other healthcare professionals treating patients with mental health disorders should check with their state licensing and certification boards to determine if Elevate by Psych Congress meets their continuing education requirements.

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Cancellation/Refund Policy

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Contact Information

For questions regarding this educational activity, please call 800.205.8233.

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First Name	Last Name	Suffix/Credentials
NPI/License #	Title	Licensing State
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Professional Category

☐ Psych MD ☐ Psych DO ☐ PCP MD ☐ PCP DO ☐ Psychologist ☐ NP ☐ APN

☐ PA ☐ RN ☐ Social Worker ☐ Therapist ☐ PharmD ☐ Other MD/DO ☐ Other Nurse

☐ Other Allied ☐ Fellow/Resident/Student ☐ Industry ☐ Other _____

Primary Specialty

☐ Psychiatry ☐ General Practice ☐ Family Practice ☐ Psychology ☐ Internal Medicine

☐ Neurology ☐ Other _____

How many years have you been in mental health practice?

☐ Less than 5 years ☐ 6–10 years ☐ 11–15 years ☐ 16–20 years ☐ 20+ years

In which care setting is the majority of your time spent?

☐ Office-based: Solo Practice ☐ Office-based: Group Practice ☐ Hospital Staff: Private Hospital

☐ Hospital Staff: State/VA ☐ Hospital Staff: Community ☐ Hospital Staff: Other (specify)

☐ Teaching ☐ Research ☐ Other _____

Rates	Total Payment Enclosed
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