

The 28th Annual Premier Conference of the California Psychiatric Association — 2015



September 25-27, 2015
Laguna Cliffs Marriott Resort
Dana Point, California

Possible 14.5 AMA PRA Category 1 Credits

Jointly provided by the American Psychiatric Association,
and the California Psychiatric Association

California Psychiatric Association
921 11th Street, Suite 502 • Sacramento, CA 95814
916-442-5196 • Fax 916-442-6515
Email: calpsych@calpsych.org • Web site: www.calpsych.org

FRIDAY, SEPTEMBER 25, 2015

2:00 P.M. Registration Opens

Registration Opens
(Pick up syllabus, name badges, meal tickets)

4:00 P.M. Exhibits Open

We encourage you to visit the Exhibit Room to meet with the exhibitors who support your conference. Please show them how much you appreciate their support by spending time with them to learn about their products and services.

5:00-6:30 P.M. President's Reception in Exhibit Area

Hosted beer, wine and soft drinks
Meet and Greet Your Colleagues

6:30-7:30 P.M. Friday Night Buffet Dinner (tickets must be purchased in advance)

Wind down from your trip and meet other attendees. Enjoy a convenient full dinner buffet before the Friday night movie.

7:30 – 9:30 P.M. 2 CME

The Exercise of Ethical Practice in Medical Research, Then and Now
Yvonne Ferguson, MD, Discussant

This presentation will cover the historical abuse of African-American research subjects and the covering up of this chapter of medical history. The discussant will address the evolution of safeguards and protections of subjects in contemporary medical research brought about in part because of the lasting legacy of the Tuskegee Experiment.



SATURDAY, SEPTEMBER 26, 2015

7:00 A.M. "Fun Run"

Entrants meet at CPA registration desk

6:30-8:00 A.M.

Continental Breakfast in Exhibit Area (**For Registrants Only**)

7:00-8:00 A.M.

No prior registration needed. All are welcome!

Please get your breakfast from the Exhibit Area
Resident Fellow Member Caucus
Psychiatry Residency Training Director Caucus
Women in Psychiatry Caucus
Senior Psychiatrists Caucus
Psychotherapy Caucus

8:00-8:15 A.M.

Welcome and Opening Remarks
Timothy Murphy, MD CPA President
Robert McCarron, DO, CPA CME Chair

8:15-9:15 A.M. 1 CME

Updates in the Diagnosis and Treatment of Delirium
Jose Maldonado, MD, Associate Professor of Psychiatry, Medicine & Surgery, Stanford University

Delirium is a neurobehavioral syndrome caused by the transient disruption of normal neuronal activity due to disturbances of systemic physiology. It is also the most

common psychiatric syndrome found in the general hospital setting; causing widespread adverse impact to medically ill patients. This lecture will review: delirium's diagnostic criteria (including new DSM-5 criteria), subtypes, clinical presentation and characteristics, and available diagnostic tools; the theories attempting to explain its pathogenesis; the reciprocal relationship between delirium and cognitive impairment; and summarize behavioral and pharmacological evidence-based techniques associated with successful prevention and treatment techniques.

9:15-10:15 A.M. (Concurrent) 1 CME

Legal and Legislative Updates in Psychiatry
Dan Willick, JD, PhD, CPA Legal Counsel
Saul Levin, MD, MPA, CEO and Medical Director, American Psychiatric Association

This presentation will include a review of clinically relevant statewide medical / psychiatric legal updates for mental health providers. As well as introduce important medical legal considerations for clinicians. There will also be discussion regarding recent national medical legal updates and the relevance to practicing psychiatrists.

9:15-3:45 P.M. (Concurrent) 3 CME

Early Career Mentorship and Career Planning Symposium (pre-registration suggested)
Symposium Schedule on page 8

Renee Binder, MD, President, APA, Professor of Psychiatry and Associate Dean, University of California San Francisco School of Medicine

Saul Levin, MD, MPA, CEO and Medical Director APA

Timothy Murphy, MD, CPA President

Jake Behrens, MD, Assistant professor, University of Wisconsin School of Medicine and Public Health, Department of Psychiatry

Charles D. Cash, JD, LLM, Assistant Vice President, Risk Management, Professional Risk Management Services, Inc. (PRMS)

Brian S. Hart, MD, Staff Psychiatrist, Midtown Community Mental Health Center/Assistant Professor of Clinical Psychiatry, Indiana University School of Medicine

David Safani, MD, MBA, Chief Child and Adolescent Psychiatry Fellow, UC Irvine

While residency and fellowship training programs do an excellent job creating intelligent and highly-qualified clinical psychiatrists, seldom do they have the time or resources to prepare them for the full experience of what the transition into practice will mean. We invite residents, fellows and early career psychiatrists to attend and actively participate in our new Residency and ECP Symposium.

Programming will review:

- Board preparation and expectations
- Financial tips and tools critical to minimizing debt and maximizing long-term returns
- Contract jargon, keys to good negotiation, and medical malpractice
- Maintenance of certification (MOC) requirements and how the American Psychiatric Association can make keeping up with MOC simple and easy
- What to expect when transitioning from residency into practice and how to prepare
- How the American Psychiatric Association and the California Psychiatric Association can help you professionally

10:15-10:45 A.M.

Come and meet your Exhibitors

Refreshment Break in Exhibit Area (**For Registrants Only**)

10:45-12:15 NOON (Concurrent)

1.5 CME

Chronic Pain and Psychiatry

Scott Fishman, MD, Professor and Chief, Division of Pain Medicine, UC Davis

This presentation will address the role of primary care

providers in pain care and the emerging guidelines around opioid prescribing.

12:15-1:45 P.M.

Legislative Luncheon

Presiding: **Timothy Murphy, MD**, CPA President
Presentation of the Edward Rudin, MD & Warren Williams MD Awards

Keynote Speaker, Dave Jones, Insurance Commissioner for the State of California

1:45-3:15 P.M.

(Concurrent)

1.5 CME

Updates in Medicine and Psychiatry

Jabe Best, MD, University of California, San Diego

Dave Folsom, MD, Associate Professor Psychiatry and Family Medicine, UC San Diego

Rachel Robitz, MD, University of California, San Diego

Jessica Thackaberry, MD, University of California, San Diego

This session will provide a medical update about issues relevant to psychiatric issues. Topics discussed will be medical side effects of psychiatric medications, contraception, and metabolic syndrome as it relates to psychiatric patients.

3:15-4:00 P.M.

Refreshment Break in Exhibit Area Registrants Only

Come join your exhibitors for some conversation and snacks!

4:00-5:30 P.M.

1.5 CME

The Future of Psychiatry

Renee Binder, MD, President, American Psychiatric Association, Professor of Psychiatry and Associate Dean, University of California San Francisco School of Medicine

The new era of psychiatric practice includes new models of health care delivery. This includes embedding psychiatric services in medical clinics, integrated/collaborative care, increasing use of physician extenders, and the increased use of technologies such as telepsychiatry. In addition, future changes in psychiatric practice relate to increased uses of quality measures, because insurers want to pay for value and not just service. Moreover, psychiatrists of the future will need to incorporate new scientific discoveries into their treatment of patients. The challenges and opportunities of the future will be discussed in this presentation.

5:30-7:00 P.M.

PAC Reception (any contribution level)

Larry Malak, MD, Chair CPPAC

14.5 AMA PRA Category 1 Credits

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 California Psychiatric Association (CPA). The APA is accredited by the ACCME to provide continuing medical education for physicians."

The APA designates this live activity for a maximum of 14.5 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

SUNDAY, SEPTEMBER 27, 2015

7:00-8:00 A.M. Continental Breakfast in Foyer (For Registrants Only)

8:00-9:00 A.M. 1 CME

Firearm Law and Mental Illness: What Every Psychiatrist Should Know

Amy Barnhorst, MD, Assistant Clinical Professor, University of California, Davis Department of Psychiatry and Behavioral Sciences

This presentation will look at the history of federal firearm prohibition legislation, especially pertaining to people with mental illness as well as important events that contributed to new legislation (Reagan assassination attempt, Virginia Tech shooting, Sandy Hook shooting).

The presenter will provide an analysis of the Isla Vista shooting and how easily mass shooters can fall through the cracks in the current system. Future developments to close up some of those cracks will be highlighted.

9:00-10:00 A.M. 1 CME

The App Revolution and Its Impact on Psychiatric Practice

John Luo, MD, Clinical Professor of Psychiatry, UC Riverside

Today's 'apps' on smartphones and online websites have become a primary source of medical information, education and even delivery of treatment in medicine. This lecture will review the current state of apps in healthcare, exploring benefits and pitfalls, as well as highlight future directions.

10:00-10:15 A.M. Refreshment Break in Registration Area (For Registrants Only)

10:15-12:15 NOON 2 CME

Updates in Treatment of Alcohol Misuse and Withdrawal

Jose Maldonado, MD, Associate Professor of Psychiatry, Medicine & Surgery Stanford University

Alcohol is the second most abused substance worldwide with lifetime prevalence of alcohol dependence or abuse in general population being 13.6%. Withdrawal from alcohol might lead to seizures or delirium tremens and be lethal. While benzodiazepines are still considered to be the "gold standard" treatment for alcohol withdrawal syndrome (AWS), there are several problems associated with their use in the medical setting. We challenge the notion of benzodiazepines as the treatment of choice for alcohol withdrawal syndromes based on ethanol's effects in the brain function and neuromodulation and offer rationale

for the use of safe and effective treatment alternatives. A comprehensive overview on the evidence based management of alcohol withdrawal will be discussed.

12:15-12:30 P.M. Wrap up and Closing Remarks

Robert McCarron, DO, CPA Annual Meeting Chair

FACULTY

Amy Barnhorst, MD, Assistant Clinical Professor, University of California, Davis Department of Psychiatry and Behavioral Sciences

Jake Behrens, MD, Assistant professor, University of Wisconsin School of Medicine and Public Health, Department of Psychiatry

Jabe Best, MD, University of California, San Diego

Renee Binder, MD, President, American Psychiatric Association, Professor of Psychiatry and Associate Dean, University of California San Francisco School of Medicine

Charles D. Cash, JD, LLM, Assistant Vice President, Risk Management, Professional Risk Management Services, Inc.

Yvonne B. Ferguson, MD, MPH, Vice-Chair Department of Psychiatry, Cottage Hospital and former Robert Wood Johnson Clinical Fellow

Scott Fishman, MD, Professor and Chief, Division of Pain Medicine, UC Davis

David Folsom, MD Associate Professor Psychiatry and Family Medicine, UC San Diego

Brian S. Hart, MD, Staff Psychiatrist, Midtown Community Mental Health Center/Assistant Professor of Clinical Psychiatry, Indiana University School of Medicine

Saul Levin, MD, MPA, CEO and Medical Director American Psychiatric Association

John Luo, MD, Clinical Professor of Psychiatry, UC Riverside

José R. Maldonado, M.D., FAPM, FAFCE, Associate Professor of Psychiatry, Internal Medicine, Surgery, Emergency Medicine & Law, Medical Director, Psychosomatic Medicine Service Chief, Medical Psychotherapy Clinic Stanford University School of Medicine

Timothy Murphy, MD, CPA President

Rachel Robitz, MD, University of California, San Diego

David Safani, MD, MBA, Chief Child and Adolescent Psychiatry Fellow, UC Irvine

Jessica Thackaberry, MD, University of California, San Diego

Dan Willick, JD, PhD, CPA Legal Counsel

CONFERENCE COMMITTEE

Robert McCarron, DO, CPA CME Chair
Steven Chan, MD, NCPS
Yvonne Ferguson, MD, MPH, CPA Newsletter Chair
David Fogelson, MD, SCPS
Larry Malak, MD, CPA PAC Chair
Bruce Milin, MD, NCPS
Timothy Murphy, MD, CPA President
David Safani, MD, OCPS
Mary Ann Schaepper, MD, SCPS Assembly Rep.
Shannon Suo, MD, CCPS
Maria Tiamson-Kassab, MD, SDPS
Ronald Thurston, MD, CPA Immediate Past President
Barbara Yates Weissman, MD, Area 6 Assembly Dep. Rep.

CPA STAFF

Lila Schmall, CPA Executive Director
Randall Hagar, CPA Government Affairs Director
Vanessa Smith, CPA Associate Executive Director
Julie Morris, CPA Administrative Assistant

We encourage you to visit the Exhibit Room to meet with the exhibitors who support your conference. Please show them how much you appreciate their support by spending time with them to learn about their products and services.



WEEKEND ACTIVITIES

Discover the Exciting Dana Point Attractions

Discover the many exciting, world-famous attractions within close proximity to the Laguna Cliffs Marriott Resort & Spa. Trips to the San Diego Zoo, Sea World, and Disneyland are perfect for families, while movie fans will enjoy the many sights of Hollywood. The famous harbor that surrounds the Laguna Cliffs Marriott Resort & Spa is the gateway to Doheny State Park - one of California's most popular beach areas. Step back in time at the Mission San Juan Capistrano, with guided tours available nearby. Or savor the present with a leisurely afternoon of shopping or an invigorating round on the green. You'll find our exclusive Dana Point resort just moments from some of Southern California's most notable attractions, including:

- Doheny State Beach (0.5 M)
- Ocean Institute (1 M)
- Monarch Beach Golf Links (1 M)
- Captain Dave's Dolphin and Whale Safari (1.1 M)
- Dana Wharf Whale Watching (1.1 M)
- Wassman Fine Arts Gallery (1.2 M)
- Dana Point Coastal Arts (1.2 M)
- Mission San Juan Capistrano (4 M)
- Shops at Mission Viejo (5 M)
- Laguna Beach (6 M)
- Bella Collina Towne & Golf Club (7.5 M)
- Talega Golf Club (8 M)

- Tijeras Creek Golf Club (15 M)
- Strawberry Farms Golf Club (15 M)
- Pelican Hill Golf Club (15 M)
- Newport Beach/Fashion Island (17 M)
- South Coast Plaza (20 M)
- Catalina Island (26 M) by ferry from harbor
- Disney's new California Adventure®/Disneyland® (30 M)
- Knott's Berry Farm® (30 M)
- Outlet shopping at Carlsbad (35 M)
- LEGOLAND® California Resort (35 M)
- San Diego Wild Animal Park (40M)
- San Diego Zoo (60 M)
- Sea World® (60 M)



**Conference Registration Form CPA's
28th Annual Premier Conference at
Laguna Cliffs Marriott Resort & Spa,
Dana Point, CA
September 25-27, 2015**

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Circle one: **CPA/APA Members:** \$355
Non-Members: \$430 **ECP:** \$275
Residents: \$100.00 - RFM registration price will be refunded
after completion of program.

Yes _____ **No** _____ Attending the Early Career Mentorship and
Career Planning Symposium lunch will be included

**Tickets for the Legislative Luncheon are included in
your registration fee. However, all other tickets for
yourself and family or friends must be ordered below
and included with your payment.**

***Please include the number of tickets needed in the
space provided.***

_____ # of Tickets for Friday Night Buffet \$45.00 each

_____ # of **Guest tickets** for Legislative Luncheon \$45.00
each

_____ Late Registration Charge of \$25 **after September 10,
2015**

_____ Cancellation Fee of \$75 **after September 10, 2015**

_____ **PAC Donor Reception.** Any contribution level is
welcome. Or contribute online at www.calpsych.org

_____ # of guest tickets for PAC reception \$30

_____ Charge for Printed Syllabus \$30.00, PDF is included in
registration fee.

REGISTER ONLINE AT WWW.CALPSYCH.ORG

Or

*Please make checks payable to California Psychiatric
Association or charge your VISA or MasterCard by calling CPA
at 800-772-4271 or filling in the information needed below and
return this form to:*

California Psychiatric Association

921 11th Street, Suite 502

Sacramento, CA 95814

(916) 442-5196 1-800-772-4271 FAX: (916) 442-6515

Check Enclosed for Total Amount of \$ _____

Please Charge My: (circle one) **VISA / MasterCard**

Credit Card # _____

Expiration Date: _____

HOTEL RESERVATIONS

Please make hotel reservations early. The hotel has
reserved a number of rooms for the California Psychiatric
Association's Annual Meeting, September 25-27. **After
these rooms are filled, reservations are accepted
only if additional space is available and may be at a
higher cost.**

Laguna Cliffs Marriott Resort
25135 Park Lantern
Dana Point, CA 92629
800-228-9290 for reservations
949-661-5000 directly to the resort

\$215.00 Single or Double Occupancy. Hotel room rates
are subject to applicable state and local taxes in effect at
time of check in. **Please note, the hotel website states
a Resort Fee of \$25.00- this is inaccurate. This
charge will not be included in your final payment.**

The conference rate applies to 3 days prior and 3 days after
the conference, based on availability. **Please specify that
you are with the California Psychiatric Association
to get this special rate.**

**RESERVATIONS MUST BE MADE
BEFORE SEPTEMBER 4, 2015**

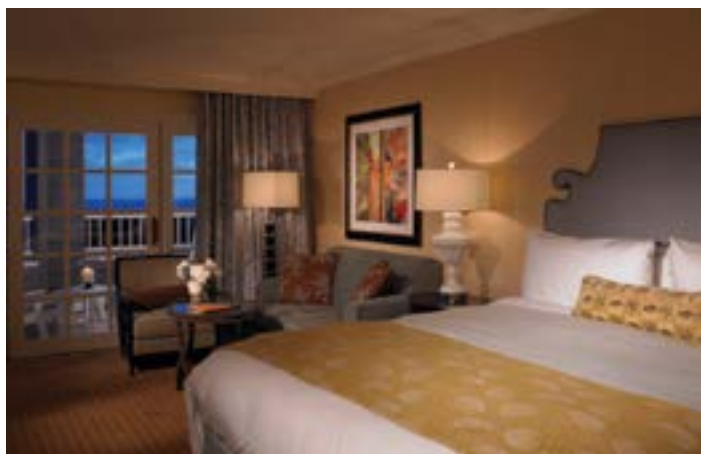
Reservation requests are subject to availability.

**To book your room directly with the hotel via their
website please log onto: [http://www.calpsych.org/
conferences/2015HotelReservations.pdf](http://www.calpsych.org/conferences/2015HotelReservations.pdf)**

CHECK-IN AFTER 4:00 P.M.

CHECK-OUT TIME IS 11:00 AM

Reservations must be guaranteed with one night's advance
deposit by credit card or personal check. **You may
cancel reservations by 4 p.m., 48 hours prior to
arrival.**



Quick-Look Conference Time Schedule



➤FRIDAY SCHEDULE

2:00	PM	Registration Open
4:00	PM	Exhibits Open
5:00-6:30	PM	President's Reception in Exhibit Area - Hosted beer, wine and soft drinks "Meet/Greet" your colleagues
6:30-7:30	PM	Friday Night Buffet Dinner (Please purchase tickets in advance)
7:30-9:30	PM	The Exercise of Ethical Practice in Medical Research, Then and Now <i>Yvonne Ferguson, MD</i> , Discussant

➤SATURDAY SCHEDULE

7:00	AM	"Fun Run" (Participants meet at CPA registration table)
6:30-8:00	AM	Breakfast in Exhibit Area (registrants only)
7:00-8:00	AM	Caucus Meetings Resident Fellow Member Caucus Psychiatry Residency Training Director Caucus Women in Psychiatry Caucus Senior Psychiatrists Caucus Psychotherapy Caucus
8:00-8:15	AM	Welcome <i>Timothy Murphy, MD</i> , CPA President <i>Robert McCarron, DO</i> , CPA CME Chair
8:15-9:15	AM	Updates in the Diagnosis and Treatment of Delirium <i>Jose Maldonado, MD</i> , Associate Professor of Psychiatry, Medicine & Surgery Stanford University
9:15-10:15 (Concurrent)	AM	Legal and Legislative Updates in Psychiatry <i>Daniel Willick, JD</i> , CPA Legal Counsel <i>Saul Levin, MD, MPA</i> , CEO and Medical Director American Psychiatric Association
9:15-3:45 (Concurrent)	PM	Early Career Mentorship and Career Planning Symposium (pre-register) Symposium Schedule on page 8 <i>Renee Binder, MD</i> , President, APA, Professor of Psychiatry and Associate Dean, University of California San Francisco School of Medicine <i>Saul Levin, MD, MPA</i> , CEO and Medical Director APA <i>Timothy Murphy, MD</i> , CPA President <i>Jake Behrens, MD</i> , Assistant professor, University of Wisconsin School of Medicine and Public Health, Department of Psychiatry <i>Charles D. Cash, JD, LL.M.</i> , Assistant Vice President, Risk Management, Professional Risk Management Services, Inc. (PRMS) <i>Brian S. Hart, MD</i> , Staff Psychiatrist, Midtown Community Mental Health Center/Assistant Professor of Clinical Psychiatry, Indiana University School of Medicine <i>David Safani, MD, MBA</i> , Chief Child and Adolescent Psychiatry Fellow UC Irvine
10:15-10:45	AM	Refreshment Break in Exhibit Area
10:45-12:15	noon	Chronic Pain and Psychiatry <i>Scott Fishman, MD</i> , Professor and Chief, Division of Pain Medicine, UC Davis
12:15-1:45	PM	LEGISLATIVE LUNCHEON Keynote Speaker: <i>Dave Jones</i> , Insurance Commissioner for the State of California
1:45-3:15 (Concurrent)	PM	Updates in Medicine and Psychiatry <i>Jabe Best, MD</i> <i>Dave Folsom, MD</i> , Associate Professor Psychiatry and Family Medicine UC San Diego <i>Rachel Robitz, MD</i> <i>Jessica Thackaberry, MD</i>
3:15-4:00	PM	Refreshment Break in Exhibit Area (registrants only)
4:00-5:30	PM	The Future of Psychiatry <i>Renee Binder, MD</i> , President, American Psychiatric Association, Professor of Psychiatry and Associate Dean, University of California San Francisco School of Medicine
5:30-6:30	PM	PAC Reception (any contribution level welcome) <i>Larry Malak MD</i> , Chair CPPAC

➤SUNDAY SCHEDULE

7:00-8:00	AM	Breakfast in Foyer (registrants only)
8:00-9:00	AM	Firearm Law and Mental Illness: What Every Psychiatrist Should Know <i>Amy Barnhorst, MD</i> , Assistant Clinical Professor, University of California, Davis Department of Psychiatry and Behavioral Sciences
9:00-10:00	AM	The App Revolution and Its Impact on Psychiatric Practice <i>John Luo, MD</i> , Clinical Professor of Psychiatry, UC Riverside
10:00-10:15	AM	Break in Foyer (registrants only)
10:15-12:15	noon	Updates in Treatment of Alcohol Misuse and Withdrawal <i>Jose Maldonado, MD</i> , Associate Professor of Psychiatry, Medicine & Surgery Stanford University
12:15-12:45	PM	Wrap Up and Closing Remarks

Early Career Mentorship & Career Planning Symposium

September 26, 2015

Laguna Cliffs Marriott Resort & Spa, Dana Point, CA

9:15 – Welcome and Comments

Dr. Renee Binder, President, American Psychiatric Association

Dr. Timothy Murphy, President, California Psychiatric Association

9:30 – Forum with the CEO

Dr. Saul Levin, CEO and Medical Director, American Psychiatric Association

9:50 – Resident, Fellow, and Early Career Psychiatrist Opportunities with American Psychiatric Association

Stella Cai, MD

10:20 – Break with exhibitors

10:45 – Choosing a Career Path

Brian Hart, MD

11:30 – Keeping up with Maintenance of Certification (MOC)

Jake Behrens, MD

12:15 – Legislative Luncheon

1:45 – Contracts and Malpractice Coverage

David Cash, JD, LLM

2:30 – Financial Considerations in Career Planning

David Safani, MD, MBA

3:15 – Preparing for the Boards

Panel featuring Stella Cai, Brian Hart, Dave Safani, and Jake Behrens

3:45 – Adjournment and break with exhibitors

**accredited for 3.5 AMA PRA Category 1 Credits™*



HOW TO GET THERE

From Orange County / John Wayne Airport:

Take 405 Freeway South, which merges into the 5 Freeway South. Traveling past Mission Viejo and San Juan Capistrano, exit at Pacific Coast Highway on the right, heading north. Proceed through two sets of stoplights to Dana Point Harbor Drive, and turn left. Proceed a short block and turn right onto Street of the Park Lantern. Proceed to the top of the hill, and enter the resort's property.

From LAX:

Take 405 Freeway South, which merges into the 5 South. Traveling past Mission Viejo and San Juan Capistrano. You will be looking for the Pacific Coast Highway Exit. Exit Pacific Coast Highway to the right, heading north. Proceed two sets of stoplights to Dana Point Harbor Drive, and turn left. Proceed a short block to the next stoplight, and turn right onto Street of the Park Lantern. Proceed to the top of the hill, and enter the resort's property.

From San Diego Airport:

Take the 5 Freeway North. Shortly after passing the City of San Clemente, exit at Beach Cities, Highway 1, to the left heading north. Proceed two sets of stoplights to Dana Point Harbor Drive, and turn left. Proceed a short block to the next stoplight, and turn right onto Street of the Park Lantern. Proceed to the top of the hill, and enter the resort's property.

From Ontario Airport:

Take Highway 10 West to the 57 Freeway South. Stay on the 57 South to the 5 Freeway South, all the way to Dana Point. Exit at Pacific Coast Highway, veering right. Proceed two sets of stoplights to Dana Point Harbor Drive, and turn left. Proceed a short block to Street of the Park Lantern, and turn right. Proceed to the top of the hill, and enter the resort's property.