



JOINTLY PROVIDED BY AMERICAN PSYCHIATRIC ASSOCIATION AND  
THE ARIZONA PSYCHIATRIC SOCIETY  
IN CONJUNCTION WITH THE ARIZONA CHAPTER OF THE  
ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY



Join us for the Arizona Psychiatric Society Annual Meeting - April 27-28, 2019, "Psychiatric Update 2019." The timely Saturday Agenda includes updates on topics currently relevant to psychiatry, such as latest developments in psychopharmacology, the use of technology to benefit treatment and work-life balance, considerations in telepsychiatry, addressing learning disorders over the lifespan, legislative update for the State of Arizona and APA advocacy update, and a Steven Pitt, DO Commemorative Forensic Lecture on Physician Safety. The meeting also offers peer physician and resident and medical student poster presentation opportunities and includes a social and networking reception at the conclusion of the education day on Saturday, April 27, 2019. Included as part of the registration for the 2019 Annual Meeting is also the opportunity to attend a separately accredited educational session on Sunday, April 28, 2019 designed to satisfy the State of Arizona continuing medical education requirement for opioid education (see the Rockpointe flyer for detailed information)\*.

**REGISTER TODAY** <http://aps-annual2019.eventbrite.com>

**Guest Faculty:** Melissa Spanggaard, DO, FAPA, and Tyler Dowling, DO; Kytja Voeller, MD; Joseph F. Abate, Esq., and Timothy Miller; Steven Chan, MD MBA; Peter Yellowlees MBBS, MD; and Rakesh Jain, MD, MPH.

**Conference Location:** The conference will be held at the Hilton Scottsdale Resort & Villas, 6333 North Scottsdale Road, Scottsdale, Arizona, 480-948-7750. Please use this [ONLINE BOOKING LINK](#) to receive the courtesy annual meeting rate of \$179 per night (while room availability lasts). Valet parking is available (fee applies); self-parking is free. (Daily Resort Charge will be added to the room rate and includes: Internet access; two bottled waters; valet parking; daily fitness class; dessert with restaurant entrée purchase; \$10 off golf; \$15 off spa; \$15 off activities; \$15 off Fleming's Steakhouse with \$100 purchase; local/toll-free calls).



**Arizona Psychiatric Society 2019 Annual Meeting Planning Committee Members:** Mona Amini, MD, MBA, FAPA, Planning Committee Chair; Gretchen Alexander, MD, FAPA; Jasleen Chhatwal, MD, FAPA; Maya Heck, MD; Amie Kafer, DO; Joanna Kowalik, MD, MPH, FAPA; Gurjot Marwah, MD, FAPA; Payam M. Sadr, MD, DFAPA; Noshene Ranjbar, MD; Ole Thienhaus, MD, DLFAPA; Kenneth Zwier, MD; and Teri Harnisch (Staff).

**TARGET AUDIENCE:** This program is targeted to Psychiatrists.

**\*Sunday, April 28, 2019 Rockpointe Opioid Education Session is separately accredited (see Rockpointe flyer for additional information on accreditation, opioid education content, and content available for ABIM maintenance of certification reporting). No additional fees apply, but registration for the Arizona Psychiatric Society 2019 Annual Meeting is required.**

## CONFERENCE SCHEDULE – SATURDAY, APRIL 27, 2019 PROGRAM

8:00 to 8:50 am - **Continental Breakfast**

8:10 to 8:50 am - **Physician Peer Poster Preview; RFM Poster Presentation**

8:50 to 9:00 am - **Welcome and Opening Remarks**

**Mona Amini, MD, MBA, FAPA**, President, Arizona Psychiatric Society

9:00 to 10:00 am - **Steven Pitt, DO Commemorative Lecture: Physician Safety**

**Melissa Spanggaard, DO, FAPA**, Director of the Division of Forensic Psychiatry;

Director, Forensic Psychiatry Fellowship; Assistant Professor of Psychiatry,

University of Arizona College of Medicine- Tucson

**Tyler Dowling, DO**, Forensic Psychiatry Fellow, University of Arizona College of

Medicine – Tucson

10:00 - 10:15 am - Q & A with Drs. Spanggaard and Dowling

10:15 – 10:35 am - **Break / Visit Exhibitors / Physician Peer Poster Voting / RFM**

**and Medical Student Poster Display**

10:35 – 11:35 am - **AACAP Lecture: Learning Disorders over the Lifespan**

**Kytja Voeller, MD**, Director, Western Institute of Neurodevelopment Studies and

Interventions (WINSi)

11:35 – 11:50 am - Q & A with Dr. Voeller

11:50 – 12:20 pm - **Legislative Update**

**Joseph F. Abate, Esq.**, Peters, Cannata & Moody, PLC (Of Counsel); Arizona

Psychiatric Society Lobbyist

**Timothy Miller**, Regional Director, State Government Affairs (West), American

Psychiatric Association

12:20 – 1:30 pm – **Lunch / Visit Exhibitors / Review Posters / AACAP Business**

**Meeting**

12:50 – 1:30 pm - **APS Business Meeting and Awards**

1:30 – 2:15 pm - **Boost Your Mental Health Practice with Technology**

**Steven Chan, MD MBA**, Physician, Palo Alto VA Health, Psychiatry, Addiction

Treatment Service; Affiliate Co-investigator, UC Davis Psychiatry, Asynchronous

Telepsychiatry Lab; Affiliate Co-investigator, UCSF, Accelerated Digital Clinical

Ecosystem Project

2:15 – 2:30 pm - Q & A with Dr. Chan

2:30 – 3:15 pm - **How the Sensible Use of Technologies Such as Telemedicine**

**Could Actually Reduce Physician Burnout and Improve Wellbeing**

**Peter Yellowlees MBBS, MD**, Chief Wellness Officer UCD Health; Professor of

Psychiatry, and Vice Chair for Faculty Development; Past President, American

Telemedicine Association; Department of Psychiatry, UC Davis

3:15 – 3:30 pm - Q & A with Dr. Yellowlees

3:30 – 3:50 pm - **Break / Visit Exhibitors / Poster Awards Announced**

3:50 – 4:50 pm - **Glorious Glutamate: An Update for Today's and Tomorrow's**

**Psychopharmacologist**

**Rakesh Jain, MD, MPH**, Clinical Professor, Department of Psychiatry Texas Tech

Health Sciences Center; School of Medicine Midland, Texas; Private Practice,

Austin, Texas

4:50 – 5:05 pm - Q & A with Dr. Jain

5:15 to 6:45 pm - **Annual Meeting Social Reception (Please RSVP)**

**SUNDAY, APRIL 28, 2019 (ROCKPOINTE OPIOID EDUCATION SESSION)\***

**8:30 to 8:50 am – Registration**

**9:00 to 10:30 am – Opioid Education Opening Session**

**10:30 to 10:45 am – Break**

**10:45 am to 12:15 pm – Opioid Education Concludes**

Following this activity, participants will be able to:

Educational Objectives Drs. Spanggaard and Dowling:

- Recognize clinical indicators for possible violence.
- Differentiate and define the common types and rates of workplace violence in psychiatric practice.
- Integrate simple steps that can improve safety as a mental health clinician.

Educational Objectives Dr. Voeller:

- Recognize the genetic, neurological, and environmental factors that underlie childhood learning disabilities and contribute to mental health issues in adulthood.
- Identify factors that affect the learning-disabled child's resilience and successful adaptation and contribute to poor adjustment and dysfunction in adulthood.
- Formulate specific questions that help to identify a childhood history of a learning disorder when interviewing adult patients.

Educational Objectives Messrs. Abate and Miller:

- Summarize the key legislative issues affecting the practice of psychiatry and other physicians.
- Distinguish the importance of physician involvement in the development of laws and regulations that impact the practice of psychiatry and mental health parity.
- Identify legislative issues on the horizon and effective ways in which to become involved at a grassroots level.

Educational Objectives Dr. Chan:

- Describe online practice delivery options, including telemental health video visits.
- Critically evaluate consumer and professional technologies for clinical practice and business operations.
- Discuss the challenges of developing, securing, and testing connected health technologies.

Educational Objectives Dr. Yellowlees:

- Identify how telemedicine can reduce physician burnout.
- Examine how EMR usability can be improved to enable better quality care.
- Assess how culture change in health systems can improve physician well-being.

Educational Objectives Dr. Jain:

- List tasks that glutamate performs and how in various psychiatric disorders this negatively impacts outcomes.
- Apply this emerging understanding to various currently, and soon to be released, pharmacological interventions.
- Assess how this emerging knowledge base regarding glutamate can be used in daily clinical practice to improve outcomes.

## ACCREDITATION

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

## DESIGNATION

The American Psychiatric Association designates this live activity for a maximum of 6.25 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.