

# 4th Biennial Mental Health and Primary Care Conference

October 2 - 4, 2008



*Practical Knowledge for  
Everyday Practice*

Bend, Oregon

St. Charles Medical Center - Bend



Pre-Conference Workshop  
*Dealing with Behavioral Health Issues  
in the Inpatient Medical Setting*  
October 2, 2008



## Program Schedule Friday, October 3, 2008

- 7:30 **Registration Desk Opens**
- 8:00 **Conference Welcome**
- 8:15 **Teens & Suicide: Warning Signs, Recognition, Treatments and Follow-up**  
— Robert Sears, MD
- 8:45 **Q & A — Teens & Suicide**  
— Robert Sears, MD
- 9:15 *Break*
- 9:30 **ADHD & Bi-Polar in Youth**  
— Craigan Usher, MD
- 10:30 **Q & A — ADHD & Bi-polar in Youth**  
— Craigan Usher, MD
- 11:00 *Exhibits and Break*
- 11:30 *Conference Luncheon*
- 11:45 **Chair Welcome**  
Co-chairs: James Calvert, MD and Magnus Lakovics, MD
- 11:55 **Panel Discussion: Integrated Models in Primary Care and Mental Health Treatments**  
— Steve Kliewer, D. Min., MS, James Phelps, MD, and John G. Gardin II, Ph.D.
- 12:40 **Q & A — Integrated Models**  
— Steve Kliewer, D. Min., MS, James Phelps, MD, and John G. Gardin II, Ph.D.
- 1:10 *Break*
- 1:30 **Part I Mood Disorders: Update including Medications**  
— David Dunner, MD, FACPpsych
- 1:50 **Part II Mood Disorders: Treatment Resistant/Non-Responsive Depressive Disorders**  
— David Dunner, MD, FACPpsych
- 2:15 **Part III Anxiety Disorders**  
— Mike Resnick, MD
- 2:40 **Part IV Mood & Anxiety Disorders: Complementary Non-Pharmaceutical Interventions**  
— Josie Juhasz, MA, LPC
- 3:00 **Q & A — Mood Disorders**  
— David Dunner, MD, FACPpsych, Michael Resnick, MD, and Josie Juhasz, MA, LPC
- 3:30 *Exhibits and Break*
- 3:45 **Addictions: Prescription Medications \***  
— Josh Boverman, MD and Michael Price, MD
- 4:35 **Q & A — Addictions Prescription Medications**  
— Josh Boverman, MD and Michael Price, MD
- 5:00 **Social Networking Reception/No-host Bar**



## At-A-Glance Saturday, October 4, 2008

- 7:15 *Networking & Breakfast Buffet*
- 7:45 **Facing Mental Health Issues in Primary Care Practice**  
**Topic A: Sleep Disorders**  
— Kyle Johnson, MD
- 8:15 **Facing Mental Health Issues in Primary Care Practice**  
**Topic B: Chronic Heart Disease & Depression**  
— Richard Gray, MD, FACC, FAHA
- 9:00 **Q & A — Sleep Disorders, Chronic Heart Disease & Depression**  
— Kyle Johnson, MD and Richard Gary, MD
- 9:15 *Exhibits and Break*
- 9:30 **Facing Mental Health Issues in Primary Care Practice**  
**Topic C: Dementia Screening (Oregon's Rural Practice-Based Research Network's Rural Oregon Adult Memory (ROAM) study)**  
— Lyle Fagnan, MD and Robert Law, MD—ORPRN
- 10:10 **Q & A — Dementia Screening**  
—Lyle Fagnan, MD and Robert Law, MD
- 10:30 *Exhibits and Break*
- 10:45 **Pain Management Panel\***  
— Josh Boverman, MD, Mike Price, MD and Jon Swift, Jr., DO, MA
- 11:45 **Q & A — Pain Management Panel**  
— Josh Boverman, Mike Price and Jon Swift, Jr.
- 12:15 *Lunch*
- 12:30 **Provider Well-Being**  
— Douglas Marlow, PhD
- 1:15 **Q & A — Provider Well-Being**  
— Douglas Marlow, PhD
- 1:45 **Prize Drawing/Conference Closing**

\*Meets pain education requirement.



## Stay and Play!

Earn continuing education credit and have time for play! Check out the many special events and activities taking place in Central Oregon on the conference weekend!

Bend is the outdoor recreation capitol of Oregon! So whether it's checking out the restaurants, shops, day spas, art galleries, playing golf at one of the many local courses, hiking or mountain biking down Mt. Bachelor, you'll never be at a loss for family activities here. Check out the many Fall activities at [www.visitcentraloregon.com/calendar.html](http://www.visitcentraloregon.com/calendar.html) and plan your getaway now! For additional events please visit the Bend Visitor and Convention Bureau at [www.VisitBend.com](http://www.VisitBend.com).

## LOCAL EVENTS

### Friday, October 3, 2008: First Friday Gallery Walk

Downtown Bend and Old Mill District art galleries stay open late .

### Saturday, October 4 –Sunday, October 5, 2008: 8th Annual Fall Festival.

This free downtown Bend event will feature artists, live music, street performers, beer, sausage and other foods with a harvest theme.

### September 27-Oct 2, 2008: 2008 Northwest Dodge Dealers Pacific Amateur Golf Classic

This is the largest amateur golf classic in the West. Hosted by Sunriver Resort and the Central Oregon Visitors Association. For more information visit [www.pacamgolf.com](http://www.pacamgolf.com) or call 541-389-0803.

## LOCAL THEATER

### Cascades Theatrical Company

Cascades Theatrical Company has earned its reputation for professional drama and comedy presentations at a reasonable cost. Performances are held at 148 NW Greenwood in Bend, and information and reservations are available by visiting [www.cascadestheatrical.org](http://www.cascadestheatrical.org) or calling 541-389-0803.

### 2nd Street Theater

2nd Street Theater is an intimate venue that brings the audience right into action. Presentations at 2nd Street Theater For more information on current and future productions, visit [www.central-oregon.com/2ndstreettheater/](http://www.central-oregon.com/2ndstreettheater/) or call 541-312-9626.

## 4th Biennial Mental Health and Primary Care Conference

**DESCRIPTION:** This program was designed to address top issues providers told us face them everyday in their practice. Each session has been designed to include time for you to ask your questions of our conference faculty. This year's conference is sure to be one of our best conferences yet!

### LEARNING OBJECTIVES:

- Improve the skills of the primary care provider to address unique mental health needs of patients in his/her care.
- Build collaborative relationships between primary care and behavioral health providers to improve patient outcomes.
- Recognize warning signs of suicide in adolescents and identify treatments and follow-up which can reduce likelihood of negative consequences.
- Use differential diagnosis for ADHD and bi-polar in children and review pharmaceutical and alternative treatments for children with these disorders.
- Utilize diagnostic criteria to differentiate types of mood and anxiety disorders and appropriate pharmaceutical and non-pharmaceutical interventions for these disorders.
- Identify management techniques and treatments for patients with addictions to prescription medications.
- Identify management techniques for patients with chronic physical health conditions and co-mingled behavioral health conditions including sleep disorders, heart disease, dementia and pain along a continuum.
- Manage patients complaining of chronic pain through multidisciplinary approaches.
- Identify advantages and disadvantages of integrated models of primary care and mental health treatment.
- Identify challenges to provider well-being, maintaining boundaries and identify techniques and methods for finding balance in your life.

## Accommodations

### COMFORT INN & SUITES

Less than a half mile from St. Charles Medical Center - Bend, Comfort Suites Inn & Suites is host for attendees to the 4th Biennial Mental Health and Primary Care Conference. A block of rooms has been reserved until Sept. 1, 2008. Please ask for the St. Charles Mental Health Conference rate when making reservations. Rates range from \$88 to \$110 per night, double occupancy. **Special rates through Sept. 1, 2008.**

Comfort Suites Inn & Suites offers a complimentary hot breakfast buffet, complimentary wireless internet, a business center in lobby, heated pool and hot tub. Check out additional amenities at Comfort Inn & Suites on the web at [www.comfortinnbend.com](http://www.comfortinnbend.com) or call toll free 866 326-0271 for reservations, and let them know you are attending the Mental Health & Primary Care Conference.

Address: 62065 SE 27th Street  
Bend, Oregon 97701  
Phone: 541-617-9696



### Additional Accommodations Options:

- **PHOENIX INN**— Located in historical downtown Bend. Rates from \$94 per night plus tax for a deluxe king or deluxe double queen. Ask for the St. Charles Corporate rate. [www.phoenixinns.com](http://www.phoenixinns.com) or call 541 317-9292
- **THE RIVERHOUSE HOTEL**—Nestled along the Deschutes River. Rates from \$78 per night for a queen and \$88 for a king plus tax. Ask for the St. Charles pre-registration rate. [www.riverhouse.com](http://www.riverhouse.com) or call 866 453-4480

## Conference Faculty

**Magnus Lakovics, MD**, Medical Director, Behavioral Health Services, Cascade Healthcare Community, Inc., **Mental Health & Primary Care Conference Co-Chair**

**James F. Calvert, Jr., MD**, Associate Professor, OHSU Family Practice Residency, Klamath Falls, **Mental Health & Primary Care Conference Co-Chair**

**Craig Usher, MD**, Assistant Professor for Child & Adolescent Psychiatry, OHSU, Portland, Oregon

**David Dunner, MD, FACP**, Director, Center for Anxiety & Depression, Mercer Island, Washington

**Douglas Marlow, PhD**, Private Psychologist, Hermiston, Oregon

**Gary Hickmann, RN**, Charge Nurse, Sage View and Psychiatric Emergency Services, Cascade Healthcare Community, Inc.

**James Phelps, MD**, Psychiatrist, Medical Director, Corvallis Psych Clinic/[www.PsychEducation.org](http://www.PsychEducation.org), Corvallis, Oregon

**John G. Gardin II, PhD**, Director of Behavioral Health & Research, ADAPT, Administrator, SouthRiver Medical Clinic, Clinical Assistance Professor, OHSU Medical School, Roseburg, Oregon

**Jon Swift, Jr., DO, MA**, Psychiatrist & Board Certified in Pain Medicine, The Center Orthopedic & Neurosurgical Care and Research, Bend, Oregon

**Joshua Boverman, MD**, Assistant Professor, Psychiatry & Family Medicine OHSU, Portland, Oregon

**Josie Juhasz, MA, LPC**, Counselor, Private Practice, Bend, Oregon

**Kristin Powers, MSW**, Manager, Psychiatric Emergency Services, Cascade Healthcare Community, Inc.

**Kyle Johnson, MD**, Associate Professor Departments of Psychiatry & Pediatrics, Co-Director OHSU Sleep Disorders Program, Portland, Oregon

**Lyle J. "LJ" Fagnan, MD**, Director and Investigator, Oregon Rural Practice-based Research Network OHSU, Portland, Oregon

**Michael Price, MD**, Medical Director, Best Care Treatment Services, Redmond, Oregon, Medical Staff, Serenity Lane, Eugene, Oregon

**Michael Resnick, MD**, Medical Director, Addiction Psychiatry Portland VA Medical Center, Consultant, Oregon Medical Board, Portland, Oregon

**Molly Wells, LCSW**, Manager, Sage View, Cascade Healthcare Community, Inc.

**Richard Gray, MD, FACC, FAHA**, Medical Director, California Pacific Medical Center, Heart & Vascular Center, San Francisco, California

**Robert Law, MD**, Physician, Dunes Family Health Care, Reedsport, Oregon

**Robert Sears, MD**, Pediatrician/Adult Psychiatrist/Child Adolescent Psychiatrist, Cascades East Family Practice Residency, Associate Professor Family Medicine, OHSU, Klamath Falls, Oregon

**Robin Henderson, PsyD**, Director, Behavioral Health Services, Cascade Healthcare Community, Inc.

**Stephen Kliewer, D.Min, MS**, Executive Director, Wallowa Valley Center for Wellness, Enterprise, Oregon

**Veronica Alotta, RN**, Registered Nurse, Sage View and Psychiatric Emergency Services, Cascade Healthcare Community, Inc.

St. Charles Medical Center encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact us at 541-706-2617 or 541-617-2617.

# Thursday, October 2, 2008 Pre-Conference: *Dealing with Behavioral Health Issues in the Inpatient Setting*

Caregivers must respond to a variety of needs and considerations when working with the Behavioral Health patient in the inpatient medical setting. These considerations can increase in complexity from understanding diagnosis, interventions and even providing de-escalation interventions to manage a potentially violent situation. In four dynamic hours, the pre-conference will address considerations for working with the behavioral health patient in the acute care inpatient setting. Robin Henderson, PsyD will discuss the range of symptoms a mental health diagnosis can portray, as well as considerations related to the interplay of mental health and medical diagnosis. Kristin Powers, MSW, and Veronica Alotta, RN, will introduce strategies and interventions for patients with co-morbid disorders in a general medical setting and provide practical case presentations. They will also discuss common psychiatric medications and their side effects. Finally, Molly Wells, LCSW and Gary Hickmann, RN will share observable signs and early interventions to decrease potentially violent situations. Useful examples will be discussed that demonstrate what can be done to prevent and/or de-escalate dangerous situations, some of their causes, and how staff attitudes can help or hinder the outcome.

### LEARNING OBJECTIVES:

- 1) Recognize the range of symptoms related to a mental health diagnosis
- 2) Recognize the therapeutic and adverse effects of commonly prescribed psychiatric medications
- 3) Identify common interventions that can be implemented for working with the mental health patient
- 4) Identify "warning signs" patients might show prior to a violent outburst
- 5) Demonstrate de-escalation, mediation, and other techniques to prevent aggression
- 6) Describe the underlying causes of threatening behaviors exhibited by individuals with mental illness
- 7) Describe how treatment provider behavior can affect the behavior of the individuals they serve

### ACCREDITATION:

Provider approved by the California Board of Registered Nursing, Provider Number 8050 for 4.0 contact hours.  
 Provided approved by the Oregon Chapter NASW and has been approved for 4.0 credit hours for the pre-conference workshop.  
 Application for Continuing Education credit has been filed with the National Board of Certified Counselors. Determination of credit is pending.

### Pre-Conference Schedule

AM Session	PM Session	
7:30	12:30	<b>Registration</b>
8:00	1:00	Common Diagnosis in the Acute Inpatient Setting — Robin Henderson, PsyD
8:45	1:45	Blending Mental Health and Medical Care in the Acute Inpatient Setting — Kristin Powers, MSW — Veronica Alotta, RN
10:15	3:15	Break
10:25	3:25	Recognizing, Intervening and Preventing Aggression in the Acute Inpatient Setting — Molly Wells, LCSW — Gary Hickmann, RN
12:00	5:00	Adjourn

**SCMC Staff: Please register with PNCC or Expense Voucher form.**

## Arriving In Central Oregon!

### Conference Directions

#### Arriving from the North

Follow Hwy 97 Business South to the intersection with Olney; turn left and follow Olney to St. Charles Medical Center (Olney will become Neff Road.) Turn left on Medical Center Dr. Follow signs to the education center and main hospital entrance.

#### Arriving from the South

Follow Hwy 97 Business North to the intersection with Olney; turn right and Olney to St. Charles Medical Center (Olney will become Neff Road.) Turn left on Medical Center Dr. Follow signs to the education center and main hospital entrance.

#### Arriving from the East

Follow Hwy 20 West to the intersection with 27th Street. Turn right on 27th; follow 27th to the intersection with Neff Road; turn left onto Neff. Turn right on Medical Center Dr. Follow signs to the education center and main hospital entrance.

#### Arriving from the West

Follow Hwy 20 East to the intersection with Hwy 97 Business (heading south). Proceed on Business 97 South to the intersection with Olney; turn left and follow Olney to St. Charles Medical Center (Olney will become Neff Road.) Turn left on Medical Center Dr. Follow signs to the education center and main hospital entrance.

#### Parking

Event parking is available at no charge to the left and right as you approach the education center and main hospital entrance.



# Registration Form—4th Biennial Mental Health and Primary Care Conference October 2-4, 2008

## “Practical Knowledge for Everyday Practice”

### St. Charles Medical Center - Bend

Name \_\_\_\_\_

Job Title \_\_\_\_\_

Last 4-Digits of Social Security # \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Cell \_\_\_\_\_ Fax \_\_\_\_\_

Organization/Agency \_\_\_\_\_

Mailing Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Profession  Physician - Family Practice

Physician - Psychiatrist

Physician –Emergency

Physician - Other (specify) \_\_\_\_\_

Physicians Assistant

Nurse Practitioner

LCSW/Case Manager/Counselor

Psychologist

Nurse

Allied Health Professional (specify) \_\_\_\_\_

\_\_\_\_\_

Other (specify) \_\_\_\_\_

Special Needs (e.g., dietary, disability) \_\_\_\_\_

\_\_\_\_\_

#### EXHIBIT INQUIRIES:

Exhibitor information is available upon request from the Cascades East AHEC office. Exhibit space is limited and the committee retains all rights to determine appropriateness of exhibits. For more information, call 541 706-6802 or email [RNbrown@cascadehealthcare.org](mailto:RNbrown@cascadehealthcare.org).

#### SCHOLARSHIPS:

This year we have travel, lodging and registration scholarships available. **For Scholarship Applications and Eligibility Information, visit our website at [www.cascadeseast.org/education.html](http://www.cascadeseast.org/education.html)** Scholarship deadline may be extended if available funds not expended earlier. Contact us with questions at: 541-706-2603 or 541-617-2617.

**REGISTRATION DEADLINE - September 24, 2008**

**PRE-CONFERENCE REGISTRATION (Select which session):**

- Morning Session (8:00-12:00pm)** limited to 60 participants  
 **Afternoon Session (1:00-5:00pm)** limited to 60 participants

**\$50 Pre-Conference Registration Fee**

**\$15 Reduced Registration Fee for employees of Cascade Healthcare Community or CONet Hospitals. Please list Hospital/Agency: \_\_\_\_\_**

**Coffee and snacks provided in pre-conference registration fee. CHC staff please register with PNCC or Expense Voucher Forms**

**CONFERENCE REGISTRATION RATES:**

**\$150 Conference Registration Fee (Both Fri and Sat)**

**\$100 Registration Fee for Friday ONLY**

**\$75 Registration Fee for Saturday ONLY**

**SCHOLARSHIP RECIPIENTS REDUCED CONFERENCE REGISTRATION RATES** (with approved scholarship from Cascades East AHEC only—see separate application due by Sept. 20, 2008)\*:

**\$95 Reduced Registration Fee (Friday and Saturday)**

**\$75 Reduced Registration Fee (Friday ONLY)**

**\$50 Reduced Registration Fee (Saturday ONLY)**

**Friday lunch and hors d'oeuvres reception, Saturday breakfast and lunch included in conference registration fee.**

**\$10 Each Guest Reception Tickets**  
Friday, October 3, 2008 5:00—6:00pm

**TOTAL SUBMITTED** \_\_\_\_\_

REGISTRATION DEADLINE: September 24, 2008

**Space limited. Conference may fill before deadline.**

**You WILL NOT be considered registered until payment is received.**

Please identify payment method:

- Check  Visa  MC  Discover  AMEX  
 EV (SCMC only)

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

FOR MORE INFORMATION CALL: (541)617-2617 or (541)706-2603

MAKE CHECK PAYABLE TO: **Cascades East AHEC**

DETACH and MAIL or FAX CREDIT CARD REGISTRATION TO:

Cascades East AHEC  
at St. Charles Medical Center - Bend  
2500 NE Neff Road  
Bend, Oregon 97701  
Fax # 541-706-6991

Online registration is available at  
[www.cascadehealthcare.org/classes\\_events](http://www.cascadehealthcare.org/classes_events) and select “Special Events”

**Cancellation Policy:** Paid fees less \$25 processing fee for cancellation if Cascades East AHEC is notified by September 20, 2008. No refund will be granted for requests received after September 20, 2008.

# Accreditation

## PHYSICIANS

Cascade Healthcare Community is accredited by the Oregon Medical Association to sponsor Continuing Medical Education for physicians. Cascade Healthcare Community designates this educational activity for a maximum of 11.25 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Please note that this applies for the conference only (Oct 3-4) and not to the pre-conference (Oct 2).

## AMERICAN ACADEMY OF FAMILY PHYSICIANS

This activity has been reviewed and is acceptable for up to 12.25 Prescribed credits by the American Academy of Family Physicians.

## REGISTERED NURSES AND NURSE PRACTITIONERS

Provider approved by the California Board of Registered Nursing, Provider Number 8050 for 11.25 contact hours. Pre-conference workshop for 4.0 hours.

## SOCIAL WORKERS

Application for CEU credit has been filed with the Oregon Chapter, NASW and has been approved for 11.25 credit hours for the conference (Oct 3-4) and 4.0 credit hours for the pre-conference workshop (Oct 2).

## PHARMACY

This course has been approved for 8.75 therapeutic credit hours and 2.5 pain management credit hours by the Oregon Board of Pharmacy.

Please note that this applies for the conference only (Oct 3-4) and not to the pre-conference (Oct 2).

## COUNSELORS

This program has been approved by the National Board for Certified Counselors.

## Pain Management Education for Physicians and other healthcare providers:

As a result of Senate Bill 885, the Oregon Board of Medical Examiners requires a one-hour pain management course specific to Oregon provided by the Pain Management Commission of the Department of Human Services; and a minimum of 6 (six) credit hours in the subjects of pain management and/or the treatment of terminally ill and dying patients. The following conference topics —prescription medication addictions and pain management— meet pain management education requirements for a total of 2.75 hours.

If you have any questions about CE credit, please call us at 541-617-2617 or 541-706-2603.

# Planning Committee

Magnus Lakovics, MD, Psychiatrist, Medical Director, Behavioral Health Services, Cascade Healthcare Community—Co-Chair

James Calvert, MD, Associate Professor, OHSU Family Practice Residency, Klamath Falls —Co-Chair

Robin Henderson, PsyD, Director, Behavioral Health Services, Cascade Healthcare Community

Vera Delevan MSN, RN, Clinical Education Coordinator, Cascade Healthcare Community

Kristin Powers, MSW, Manager Psychiatric Emergency Services Cascade Healthcare Community

Tracy Parmele, BA, CPMSM, CME Coordinator, Cascade Healthcare Community

Rebecca Brown, MS, NCC, Behavioral Health Intake and Referral Coordinator, Cascade Healthcare Community

Jennifer B. Valentine, MSPH, Executive Director, Cascades East AHEC, Bend

Sasha Bronson, AS, Education Assistant, Cascades East AHEC, Bend

Brian Evans, PsyD, Sleep Lab Resident Psychologist, Cascade Healthcare Community

Claire Tranchese, MPA:HA, Administrative Coordinator, Office of Rural Health, Oregon Health & Science University, Portland

Joseph Barrett, MD, Psychiatrist, Cascade Healthcare Community Inc.

Josh Boverman, MD, Assistant Professor, OHSU Dept. of Psychiatry and Family Medicine, Portland

Julie Ryder, APRN, BC, Psychiatric Nurse Practitioner, Klamath Health Partnership (Klamath Open Door Family Practice), Klamath Falls

Karen Tammings, MSW, LCSW, Supervisor, Deschutes County Mental Health Department, Bend

Megan M. Haase, FNP, Co-Medical Director, Ochoco Health Systems, Prineville

Molly Wells, MSW, LCSW, Manager, Sage View, Cascade Healthcare Community, Inc

Rick Treleaven, MSW, LCSW, Executive Director, Best Care Treatment Services, Central Oregon

Robert Sears, MD, Pediatrician/Psychiatrist, Cascades East Family Practice Residency, Associate Professor Family Medicine, OHSU, Klamath Falls

Sondra Marshall, PhD, Clinical Psychologist, Cascade Healthcare Community Inc

Steve Tackett-Nelson, MD, Psychiatrist, Oregon Psychiatric Association, OHSU, Portland

Thomas Dodson, MD, Chair of Public Information and Education Committee, Oregon Psychiatric Association, Portland

William S. Herz, MD, Psychiatrist, Crook and Jefferson Mental Health Programs and Private Practice, Bend



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Bend, Oregon 97701

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