4th Annual Conference on ADHD and Executive Function

September 11, 2015
DoubleTree Hotel
Monroeville, Pennsylvania

Course Directors:
Srihari Bangalore, MD, MPH
Aaron Jennings, LCSW

Recovery and Wellness: The Journey Starts Here
A Joint Effort Sponsored by Community Care Behavioral Health Organization and Western Psychiatric Institute and Clinic of UPMC
ADHD and Executive Function:
DoubleTree Hotel
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Introduction

The ADHD Across the Lifespan Clinic of WPIC is proud to present the fourth annual ADHD and Executive Function conference. The keynote presentation this year will be given by Peg Dawson, EdD, a nationally known lecturer and co-author of the widely acclaimed Smart but Scattered, who will address “Why Parents, Teachers, and Treaters Need to Know about Executive Skills.” When the conversation turns to executive skills, teachers and parents often say, “We didn’t know anything about these when we were growing up—and we turned out just fine.” In this keynote, Dr. Dawson confronts that sentiment head on. The co-author of Smart but Scattered and other books on executive skills explains the executive skills framework she has been working with for over 20 years—why it’s a better way to describe struggling students than calling them lazy or unmotivated, and why the more parents and teachers understand about these skills, the better they’ll be able to help students strengthen these important habits of mind. She will paint a picture of the strategies she sees as holding the most promise for helping students of all ages develop, tune up, and master these critical life skills.

The afternoon will consist of presentations on topics for professionals who work with individuals with ADHD, adults living with ADHD and parents of children with ADHD. Each session will be available for anyone to attend but will concentrate on issues related to one or more of these groups. Participants should leave the conference with a greater understanding of the multitude of issues surrounding the diagnosis and treatment of ADHD across the lifespan.

Who Should Attend

The conference is designed to present the latest research and clinical knowledge regarding ADHD to a wide audience: psychiatrists and other mental health clinicians, including nurses, social workers, educators/teachers, and psychologists; service coordinators, researchers, patients and their relatives, mental health policy administrators and others who intend to keep current regarding etiology, treatment, and research regarding ADHD across the lifespan.

Objectives

At the conclusion of the program, participants should be able to:

- Explain why it is important to understand Executive Functions and strategies for helping individuals strengthen these important habits of mind.
- Discuss various differential diagnoses/conditions that can have an impact on the diagnosis and treatment of ADHD and how to identify these differentials.
- Identify several strategies for intervention with multiple populations of individuals with ADHD using traditional and non-traditional therapies.
COURSE DIRECTORS

Srihari Bangalore, MD, MPH
Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Medical Director, ADHD Across the Lifespan Program
Western Psychiatric Institute and Clinic

Aaron Jennings, LCSW
Program Manager
ADHD Across the Lifespan Program and
Center for Children and Families
Western Psychiatric Institute and Clinic

KEYNOTE SPEAKER
Peg Dawson, EdD
National Lecturer and Co-Author of Smart but Scattered
Staff Psychologist
Seacoast Mental Health Center
Portsmouth, NH

Dr. Peg Dawson worked as a school psychologist for many years before joining her colleague and co-author in establishing the Center for Learning and Attention Disorders in Portsmouth, New Hampshire. By specializing in the assessment of children and adults with learning and attention disorders, she developed an interest in executive skills and how they impact learning. With her colleague and co-author, Dr. Richard Guare, she has written several books for parents, educators, and clinicians on executive skills, including Executive Skills in Children and Adolescents, Smart but Scattered, Smart but Scattered Teens, and Coaching Students with Executive Skills Weaknesses.
FACULTY

John Carter Brooks, MD  
Psychiatrist, University Counseling Center  
Clinical Assistant Professor of Psychiatry,  
Department of Psychiatry  
University of Pittsburgh School of Medicine

Amy Chisholm, MS  
Clinician  
Center for Children and Families and  
ADHD Across the Lifespan Program  
Western Psychiatric Institute and Clinic

Judith Cohen, MD  
Medical Director  
Center for Traumatic Stress in Children and Adolescents  
Department of Psychiatry  
Allegheny General Hospital  
Professor of Psychiatry  
Temple University School of Medicine

William Davies, EdD  
Program Manager  
Child and Adolescent Education Services  
Western Psychiatric Institute and Clinic

Virginia Fargione, LCSW  
Clinician  
Center for Children and Families and  
ADHD Across the Lifespan Program  
Western Psychiatric Institute and Clinic

Benjamin L. Handen, PhD, BCBA-D  
Associate Professor of Psychiatry and Pediatrics  
University of Pittsburgh School of Medicine

Brant P. Hasler, PhD, CBSM  
Assistant Professor of Psychiatry  
Sleep and Chronobiology Center  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic

Lindsey Herman, LCSW  
Clinician  
Center for Children and Families and  
ADHD Across the Lifespan Program  
Western Psychiatric Institute and Clinic

Sarah Johnson, LCSW  
Clinician  
Center for Children and Families and  
ADHD Across the Lifespan Program  
Western Psychiatric Institute and Clinic

Shabana Khan, MD  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Western Psychiatric Institute and Clinic

Heidi Kipp, MEd, LPC  
Clinical Coordinator  
ADD Program  
Youth and Family Research Program  
Western Psychiatric Institute and Clinic
Shirley Lyle, MEd
Developmental Specialist
Adolescent Acute Partial Hospitalization Program
Western Psychiatric Institute and Clinic

Lisa Maccarelli, PhD
Associate Director
University of Pittsburgh Counseling Center

Noreen Mazzocca, MSEd
Disability Specialist
Disability Resources and Services
University of Pittsburgh

Brooke Molina, PhD
Professor of Psychiatry and Psychology
University of Pittsburgh School of Medicine
Director, ADHD Research Program
Western Psychiatric Institute and Clinic

Susan Morine, MD
Psychiatrist, Carnegie Mellon University
Psychiatrist, Carlow University Counseling Center
Psychiatrist, Kids Plus Pediatrics

Jessica Rhodes, PhD
Postdoctoral Scholar
University of Pittsburgh

Abigail Schlesinger, MD
Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic

Greg Slomka, PhD
Developmental Neuropsychologist
Center for Children and Families
Western Psychiatric Institute and Clinic

Greg Thorkelson, MD
Associate Medical Director, Center for Integrative Medicine
University of Pittsburgh Medical Center
Western Psychiatric Institute and Clinic and
Department of Gastroenterology, Hepatology, and Nutrition

Rebekah Ventura, LPC
Clinician
Center for Children and Families and
ADHD Across the Lifespan Program
Western Psychiatric Institute and Clinic

Brian Welles, MEd
Supervisor of Pupil Services
Baldwin-Whitehall School District

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The University of Pittsburgh is an affirmative action, equal opportunity institution.
## SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Registration</td>
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<tr>
<td>8:30 a.m.</td>
<td><strong>Background</strong>&lt;br&gt;Srihari Bangalore, MD, MPH and Aaron Jennings, LCSW</td>
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<tr>
<td>9:00 a.m.</td>
<td><strong>KEYNOTE:</strong> Why Parents, Teachers, and Treaters Need to Know about Executive Skills&lt;br&gt;<strong>Peg Dawson, EdD</strong></td>
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<tr>
<td>12:00 p.m.</td>
<td><strong>LUNCH (on your own)</strong></td>
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<td>1:00 p.m.</td>
<td><strong>Breakout Session 1:</strong></td>
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<tr>
<td>1.</td>
<td>Medical Practice (1): Treatment of ADHD in Primary Care Practice (p)&lt;br&gt;Abigail Schlesinger, MD</td>
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<td>2.</td>
<td>Sleep Disorders and ADHD (p, c, a, f)&lt;br&gt;Brant Hasler, PhD</td>
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<td>3.</td>
<td>The Triad of ADHD, Language Burden and Reading Disability (p, c, t)&lt;br&gt;Greg Slomka, PhD</td>
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<tr>
<td>4.</td>
<td>An Integrated Experience: Academic, Interpersonal, and Mental Health Considerations for the College Student (Panel Discussion) (c, t, a, f)&lt;br&gt;Lisa Macarelli, PhD, John Carter Brooks, MD, Susan Morine, MD, and Noreen Mazzocca, MSEd</td>
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<td>5.</td>
<td>ADHD, Smoking, and Drug Abuse: Understanding the Connections (p, c, a, f)&lt;br&gt;Brooke Molina, PhD and Jessica Rhodes, PhD</td>
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<td>6.</td>
<td>Differential Diagnosis (1) ADHD vs. Trauma (c, t, a, f)&lt;br&gt;Judy Cohen, MD and Sarah Johnson, LCSW</td>
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<td>2:30 p.m.</td>
<td><strong>Break – Refreshments</strong></td>
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<td>3:00 p.m.</td>
<td><strong>Breakout Session 2:</strong></td>
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<td>7.</td>
<td>Medical Practice (2): Pharmacological Challenges and ADHD (p)&lt;br&gt;Srihari Bangalore, MD, MPH and Shabana Khan, MD</td>
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<tr>
<td>8.</td>
<td>COPE Therapy Model: Parenting Strategies for Challenging Situations (c, f)&lt;br&gt;Heidi Kipp, MEd, LPC and Rebekah Ventura, LPC</td>
</tr>
<tr>
<td>9.</td>
<td>Mindfulness and ADHD: A Review of the Research and Practice (c, t, a, f)&lt;br&gt;Greg Thorkelson, MD, Virginia Fargione, LCSW and Lindsey Herman, LCSW</td>
</tr>
<tr>
<td>10.</td>
<td>Classroom Management: How to Engage Children with ADHD (c, t)&lt;br&gt;William Davies, EdD and Shirley Lyle, Med</td>
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<tr>
<td>11.</td>
<td>ADHD in the School Setting: A Parent’s Guide to Navigating the System(s) (c, f)&lt;br&gt;Brian Welles, MEd and Amy Chisholm, MS</td>
</tr>
<tr>
<td>12.</td>
<td>Differential Diagnoses (2) ADHD vs. Autism (c, t, f)&lt;br&gt;Benjamin Handen, PhD, BCBA-D</td>
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<tr>
<td>4:30 p.m.</td>
<td><strong>Adjournment</strong></td>
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(Sessions geared to the following groups: p – physicians, c – clinicians/therapists, t – teachers, a – adults, f – families)
Continuing Education Credit

Physicians
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 6.5 continuing education credits.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP
The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for 6.5 continuing education credits.

Counselors
Western Psychiatric Institute and Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program. This program is being offered for 6.5 continuing education hours.

Certified Psychiatric Rehabilitation Practitioners: CPRP
A total of 6.5 credit hours can be applied to training hours for the Certified Psychiatric Rehabilitation Practitioner (CPRP).

Certified Rehabilitation Counselors: CRC
Western Psychiatric Institute and Clinic is approved by the Commission on Rehabilitation Counselor Certification (CRCC) and accredited by the National Commission for Certifying Agencies to provide continuing education credits to certified rehabilitation counselors (CRC). WPIC adheres to the CRCC Continuing Education guidelines; 6.5 hours have been approved for participation in this conference.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT
This program is offered for 6.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Act 48
Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. WPIC adheres to the Act 48 Continuing Education Guidelines.

Other Healthcare Professionals
Nurses and other health care professionals are awarded 0.65 Continuing Education Units (CEU’s). One CEU is equal to 10 contact hours. **Nurses:** For attending this program you will receive a Certificate of Attendance confirming 6.5 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biennial nursing re-licensure in Pennsylvania. **Peer Specialists:** This program fulfills requirements for Certified Peer Specialist continuing education.
Location

DoubleTree Hotel
101 Mall Boulevard
Monroeville, PA  15146
Telephone: (412) 373-7300

A block of rooms has been reserved at the DoubleTree Hotel in Monroeville where the conference will be held. The room rate is $124, plus tax. When calling for reservations, please identify yourself as being with the "4th Annual Conference on ADHD and Executive Function" to benefit from these reduced rates. Room availability cannot be guaranteed after August 21, 2015

Registration Information

Fee Schedule (Please circle the appropriate fee)

<table>
<thead>
<tr>
<th></th>
<th>Before 7/28/15</th>
<th>After 7/28/15</th>
<th>After 8/28/15</th>
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</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>$125</td>
<td>$150</td>
<td>$175</td>
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<tr>
<td>UPMC Affiliated Physicians</td>
<td>$ 80</td>
<td>$ 95</td>
<td>$120</td>
</tr>
<tr>
<td>Other Professionals</td>
<td>$ 85</td>
<td>$100</td>
<td>$125</td>
</tr>
<tr>
<td>UPMC/WPIC Affiliated Professionals</td>
<td>$ 70</td>
<td>$ 85</td>
<td>$100</td>
</tr>
<tr>
<td>Residents/ Medical Students</td>
<td>$ 25</td>
<td>$ 35</td>
<td>$ 50</td>
</tr>
<tr>
<td>Individuals/ Family Members</td>
<td>$ 20</td>
<td>$ 25</td>
<td>$ 30</td>
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</tbody>
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Tuition includes:

* All registration and conference materials
* Refreshments
* Continuing education credits *

*(Continuing Education Credit is not included at the Individual/Family Member Rate. If you wish to receive Continuing Education Credit, please select the appropriate registration for your discipline.)*

Full tuition must accompany the form. A $25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please return the registration form and tuition by **July 28** to take advantage of the lowest tuition rate. After that, discounted rates are available through **August 28**.

Please make your check payable to OERP/WPIC and send it with the registration form to:

Nancy Mundy
OERP/WPIC
Champion Commons Building, Room 322
3811 O'Hara Street
Pittsburgh, PA  15213

Telephone: 412-204-9090
FAX: 412-204-9110
E-MAIL: mundynl@upmc.edu
www.wpic.pitt.edu/oerp

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least **two** weeks in advance of the program by calling Nancy Mundy at 412-204-9090.
Registration Form
ADHD and Executive Function (MC94)
Friday, September 11, 2015

Please type or print; photocopy for additional registrants.

Social Security Number (Last five digits only): _____ -- _____ _____ _____
First Name: ___________________________ Last Name: ___________________________
Degree(s) to be noted on name badge (e.g. MD, PhD)
Institutional Affiliation: ___________________________
Address: __________________________________________
Address 2: _________________________________________
City: __________________ State: __________ Zip: _________
County: ___________________________________________
Day Telephone: ____________________________
E-Mail Address: ____________________________

Please indicate which workshops you plan to attend (Please circle):
Breakout Session I: 1 2 3 4 5 6
Breakout Session II: 7 8 9 10 11 12

For Continuing Education purposes, please check if you are:
☐ CADC/CCDP  ☐ CPRP  ☐ CRC  ☐ NCC Counselor  ☐ Educator/Act 48
☐ Nurse  ☐ Psychologist  ☐ Physician/MD  ☐ Social Worker (LSW/LCSW/LPC/LMFT)
☐ Individual/Family Member  ☐ Certified Peer Specialist

Method of Payment:
Total $________________
☐ Check (Payable to OERP/WPIC)  Check#________________________
☐ VISA  ☐ MasterCard  ☐ AMEX  ☐ Discover  ☐ UPMC Account

To be completed by Credit Card Users ONLY:
Card Number: ____________________________
Expiration Date: __________________________
Signature: ________________________________
Security Code (three digits in back of card): __________________

To be completed for UPMC account transfers ONLY:
Business Unit: __________________________ Account #: ____________________________
Administrator’s Name: __________________________ Administrator’s Signature: __________________________

Please send your fee with this form to:
Attn: Nancy Mundy
OERP/WPIC  Telephone: 412-204-9090
3811 O’Hara Street  E-MAIL: mundynl@upmc.edu
Champion Commons Building, Room 322  www.wpic.pitt.edu/oerp
Pittsburgh, Pa 15213
Fax: 412-204-9110
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Office of Education and Regional Programming
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