

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC  
HOSPITAL

UPMC Western Psychiatric Hospital  
Department of Psychiatry  
Education and Consultative Services  
University of Pittsburgh School of Medicine  
Center for Continuing Education in the Health Sciences  
Community Care Behavioral Health Organization

## **“10th Annual Behavioral Health and Aging Conference Looking Back and Planning for the Future: The Year of COVID-19 and the Future of Alzheimer’s Disease” (MD66)**

**October 29, 2020 – 8:30 AM to 4:45 PM**

**ZOOM Live Streaming Event**

**ZOOM Sign-in – 8:15 to 8:30 AM**

### **Course Directors:**

**LalithKumar K. Solai, MD**

*Service Chief & Medical Director, Geriatric Psychiatry Service*

*Medical Director, Center for Interventional Psychiatry*

*Medical Director, Patient Safety*

*Director, Geriatric Psychiatry Fellowship*

*UPMC Western Psychiatric Hospital*

*Associate Professor of Psychiatry, University of Pittsburgh School of Medicine*

**Ellen Whyte, MD**

*Medical Director, Psychiatric Services, UPMC Benedum Geriatric Center*

*Medical Director, Integrated Behavioral Health – Primary Care, UPMC Western Psychiatric Hospital*

*Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine*

***Recovery and Wellness: The Journey Starts Here***

**A Joint Effort Sponsored by Community Care Behavioral Health Organization and**

**UPMC Western Psychiatric Hospital**

[www.oerp.pitt.edu](http://www.oerp.pitt.edu)

### **Program Description**

The two themes of this conference are understanding the impact COVID-19 had on the elderly and their caregivers in 2020, and planning for the future as new therapeutics for dementia are anticipated in 2021. This program is designed for all providers serving the aging population.

### **Educational Objectives**

**At the completion of this program participants should be able to:**

1. Describe the impact of COVID-19 and its associated isolation on elders at risk for depression
2. Describe the impact COVID-19 has had on the caregivers of the elderly.
3. Discuss two emerging therapeutics for mild cognitive impairment and early Alzheimer's disease.
4. Review the clinical presentation of common non-Alzheimer's dementia syndromes and how to differentiate them from Alzheimer's.
5. Describe basic behavioral interventions for the management of behavioral disturbances in dementia and how to teach families/informal caregivers these interventions.

### **Target Audience**

Providers working with older adults including physicians, nurses, front-line staff, case managers/service coordinators, therapists, and clinicians. Family and caregivers are welcome to attend.

## Course Directors

### **LalithKumar K. Solai, MD**

Service Chief & Medical Director  
Geriatric Psychiatry Service  
Medical Director, Center for Interventional Psychiatry  
Medical Director, Patient Safety  
Director, Geriatric Psychiatry Fellowship  
UPMC Western Psychiatric Hospital  
University of Pittsburgh Medical Center  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

### **Ellen M. Whyte, MD**

Medical Director, Psychiatric Services, UPMC  
Benedum Geriatric Center  
Medical Director, Integrated Behavioral Health –  
Primary Care  
UPMC Western Psychiatric Hospital  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

## Faculty

### **Sarah B. Berman, MD, PhD**

Associate Professor  
University of Pittsburgh  
Departments of Neurology and Clinical and  
Translational Science  
Pittsburgh Institute for Neurodegenerative Diseases  
Pittsburgh, PA

### **Megan E Hamm, PhD**

General Internal Medicine  
Assistant Professor of Medicine  
Director of Qualitative, Evaluation, and Stakeholder  
Engagement Research Services (Qual EASE)  
University of Pittsburgh Dept. of Medicine  
Pittsburgh, PA

### **Taafai Kamara, MPH**

Director, Innovation, Education & Outreach  
UPMC Senior Services  
Pittsburgh, PA

### **Carol M. Leach, LCSW**

Supervisor, Behavioral Health  
UPMC Benedum Geriatric Center  
UPMC Palliative Care/Supportive Care  
Pittsburgh, PA

### **Oscar L. Lopez, MD, FAAN**

Professor of Neurology, Psychiatry, and Clinical and  
Translational Sciences  
Levidow - Pittsburgh Foundation Endowed Chair in  
Alzheimer's Disease and Related Dementias  
Director, Alzheimer's Disease Research Center  
Chief, Cognitive and Behavioral Neurology Division  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

### **Rick Morycz, PhD, LCSW, QCSW, FGSA**

Associate Professor of Psychiatry, Medicine, and  
Social Work  
University of Pittsburgh  
Section of Geriatrics  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Riddhi Patira, MD**

Assistant Professor  
Cognitive Division of Neurology  
UPMC  
Investigator at the Alzheimer's Disease Research  
Center  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

**Stefanie Small, LCSW**

Director of Clinical Services  
Jewish Family & Community Services  
Pittsburgh, PA

**Daniel Varon, MD**

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Jon Weingarden, PsyD**

Program Director, WPH Inpatient  
12<sup>th</sup> Floor Integrated Health and Aging Program  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any 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.***

**2020 Behavioral Health and Aging Conference  
October 29, 2020**

<b>8:30-8:45 AM</b>	<b>Welcome Remarks</b> <i>LalithKumar K. Solai, MD</i>
<b>8:45-11:30 AM</b>	<b>COVID-19 AND THE ELDERLY</b>
8:45-10:00 AM	<b>Has COVID-19 Isolation Lead to More Depression in Late Life? /Q&amp;A</b> <i>Megan E. Hamm, PhD</i>
10:00-10:15 AM	Break (15 minutes)
10:15-11:30 AM	<b>Roundtable Discussion: COVID-19 Impact on Caregivers / Q&amp;A</b> <i>Moderator: Richard Morycz, PhD</i> <i>Panelists:</i> <i>Tafoi Kamara, MPH; Carol Leach, LCSW; Stefanie Small, LCSW; Ellen Whyte, MD</i>
<b>11:30 AM-12:15 PM</b>	<b>LUNCH (45 MINUTES)</b>
<b>12:15-12:25 PM</b>	<b>ANNOUNCEMENTS</b>
<b>12:25-4:15 PM</b>	<b>DEMENTIA UPDATE</b>
12:25-1:40 PM	<b>Emerging treatment for Alzheimer's Disease / Q&amp;A</b> <i>Oscar L. Lopez, MD, FAAN</i>
1:40-1:50 PM	Break (15 minutes)
1:50-3:05 PM	<b>Update on Other Dementia Syndromes / Q&amp;A</b> <ul style="list-style-type: none"><li>❖ <b>LATE: A Newly Identified Etiology of Dementia</b> <i>Daniel Varon, MD</i></li><li>❖ <b>Dementia of the Lewy Body Type</b> <i>Sarah B. Berman, MD, PhD</i></li><li>❖ <b>Frontal Temporal Dementia</b> <i>Riddhi Patira, MD</i></li></ul>
3:05-3:15 PM	Break (10 minutes)
3:15-4:30 PM	<b>Helping the Helper: Teaching Dementia Caregivers: Behavioral Approaches to Managing Behavioral Issues / Q&amp;A</b> <i>Jonathan Weingarden, PhD</i>
<b>4:30-4:45 PM</b>	<b>Wrap up and Adjourn</b> <i>Ellen Whyte, MD</i>

For additional information about the speakers or presentations, please contact  
Doreen Barkowitz at [barkowitzdh@upmc.edu](mailto:barkowitzdh@upmc.edu).

## Continuing Education Credit Information

In support of improving patient care, the University of Pittsburgh 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.

### Physician (CME)

The University of Pittsburgh 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.

### Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 6.5 contact hours.

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

### Psychologists



Education and Consultative Services of UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. Education and Consultative Services of UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for 6.25 continuing education credits per day of attendance.

### Counselors



UPMC Western Psychiatric Hospital 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. UPMC Western Psychiatric Hospital is solely responsible for all aspects of this program. This program is being offered for 6.25 continuing education hours.

### Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP

The Office of Education and Regional Programming, UPMC Western Psychiatric Hospital 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 6.25 continuing education credits.

### Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT

This program is offered for 6.0 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.

### Other Healthcare Professionals

Nurses and other health care professionals are awarded 0.625 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 6.25 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. *Peer Specialists:* This program fulfills requirements for Certified Peer Specialist continuing education.

- \* *Please retain your certificates in a safe place. Replacements cost \$30.*
- \* *Continuing education credits will be reduced if the participant chooses to leave before the end of the event.*
- \* *The participant will be awarded a continuing education contact hour(s) certificate four to six weeks post-conference via e-mail upon completion and submission of the online evaluation form, and continuing education application.*

**Registration Information (online at [10th Annual Behavioral Health and Aging Conference-2020](#))  
By October 23, 2020**

Physicians	\$60
UPMC Physicians and non-UPMC Professionals Please use online discount code: <b>agingprof.2020</b>	\$50
UPMC Professionals/Employees - Please use online discount code: <b>agingupmc.2020</b>	\$40
Students/Residents - Please use online discount code: <b>agingstudent.2020</b> <i>No continuing education credits</i>	\$20
Families/Caregivers - Please use online discount code: <b>agingfamily.2020</b> <i>No continuing education credits</i>	No fee

**Tuition Includes:**

- Registration and course materials
- Continuing education credit (at professional rate only).

UPMC employees who would like to be sponsored by their department can opt to request a paper registration form (electronic journal transfer form) with appropriate approval from the department manager. To request this form, contact Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu).

**Online Registration Instructions at [10th Annual Behavioral Health and Aging Conference-2020](#). All participants need to register individually:**

1. Click on 'Register Now' for the appropriate fee level (scroll all the way down the page to the small box at bottom)
2. If '10<sup>th</sup> Annual Behavioral Health and Aging Conference' appears under 'Shopping Cart', click on '**Checkout**' (think of this as 'continue').
3. Register as a new registrant or sign in if you already have an account (username is your e-mail).
4. When the conference name appears again, click on '**Checkout**' (again, think of this as 'continue').
5. **Continuing Education Credit** – Please use dropdown list for credential or choose **Not Applicable** (you must complete this). Click on 'continue'.
6. **If applicable, please add in your discount code, and click 'apply to total'**.
7. Complete Transaction and print your registration receipt.

- \* Full tuition must accompany your registration. Please register by October 23, 2020. A \$25 administrative fee will be deducted from all refunds for cancellations (for professional fee levels). No refunds can be issued once the program has begun.
- \* Contact Nancy Mundy ([mundnl@upmc.edu](mailto:mundnl@upmc.edu)) if you are registering with a department account transfer payment or if you have any questions.



*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.*

**Registration Form (This form is to be used for departmental transfers only.)**

**“10th Annual Behavioral Health and Aging Conference**

**Looking Back and Planning for the Future: The Year Of COVID-19 and the Future of Alzheimer’s Disease” (MD66)**

**October 29, 2020 – Please register by October 23, 2020**

*Please print or type legibly. If we cannot read your form, you may not receive your confirmation.*

Birthdate (MM/DD/YYYY)		
Name:		
Institutional Affiliation:		
Address1:		
Address2:		
City:	State:	Zip Code:
County:		
Day Telephone: (____)		
Credentials (i.e. MSW, MA, LCSW, PhD):		
E-mail Address:		

**For Continuing Education, please check if you require a certificate for:**

- CME     CNE     NCC Counselor     Nurse     Psychologist     (LSW/LCSW/LPC/LMFT)     CADC/CCDP
- General CEU (nurses/peers/other professionals)

UPMC Physicians	\$50
UPMC Professionals/Employees	\$40

<b>Tuition amount \$_____</b>  <input type="checkbox"/> <b>UPMC Account Transfer</b> Business Unit _____ Dept. ID _____ Administrator Name _____ Administrator Signature _____ <b>One name per registration, please.</b>
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Registration will not be accepted without payment. One registration form per person, please. Telephone registrations CANNOT be accepted. Please contact Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu) with any questions about registration.

Please send completed form to Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu)