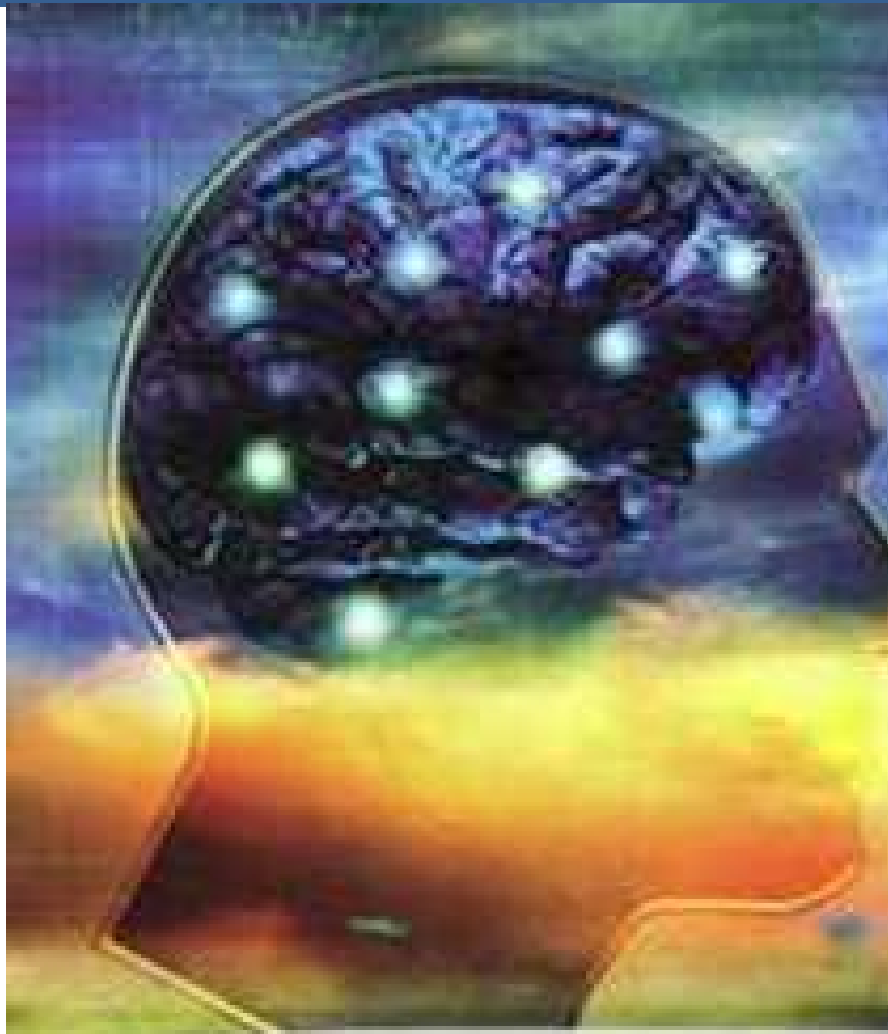


# *Treatment-Refractory Mood Disorders: Evidence-Based Treatments and Future Directions*



*Annual Psychiatric Update—2012*

**Sunday, March 4**

Hilton Columbus at Easton



OHIO  
PSYCHIATRIC  
PHYSICIANS  
ASSOCIATION

# Overview

## WHO SHOULD ATTEND

This program is designed specifically for Psychiatrists, other Physicians, including Primary Care and Pediatricians, as well as Psychologists, Nurses, Social Workers, Counselors and other Mental Health Professionals.

## THE NEED

Mental disorders are widespread in the population. The main burden of illness is concentrated in a much smaller proportion of the population; about 6 percent, or 1 in 17, people suffer from a serious mental illness. Mental disorders are the leading cause of disability in the United States and Canada for persons ages 15 to 44.3 Many people suffer from more than one mental disorder at a given time. Nearly half (45 percent) of those with any mental disorder meet criteria for two or more disorders, with severity strongly related to comorbidity (Report of the National Advisory Mental Health Council's Workgroup, 2010).

Clinical controversies related to treatment-resistant depression refer not only to its definition but also to the way this latter is conceived: the "adequacy" of a trial as well the definition of "non response" seem to be misleading concepts. Remission from depressive symptoms can be elusive.

According to the STAR-D, only approximately 30% of depressed patients achieve remission following 12-weeks of treatment with an SSRI (Clin Pract Epidemiol Ment Health. 2010; 6: 20–24).

The link between treatment-resistant depression and bipolar disorder also merits consideration. Bipolar depression is very common among patients with bipolar disorder. Further, there is little research to guide a patient and clinician in matching the best treatment strategy for treatment-resistant mood disorders to the patient's genetic, physiological, or behavioral characteristics

This activity will provide participants with the opportunity to develop evidence-based treatment strategies for the management of treatment-resistant major depression and bipolar disorder. Attention will be directed to new therapeutic targets, candidates and neuromodulation.

## CONTINUING EDUCATION CREDIT

### PHYSICIANS

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of American Psychiatric Association (APA) and Ohio Psychiatric Physicians Association. The APA is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychiatric Association designates this live activity for a maximum of 5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### PSYCHOLOGISTS

The OPPA is an approved provider (#346558859) of the Ohio Psychological Association of Mandatory Continuing Education (OPA-MCE). A certificate for five hours of continuing education hours will be provided to psychologists who sign the on-site attendance sheet on the day of the event.

### COUNSELORS, SOCIAL WORKERS AND MARRIAGE AND FAMILY THERAPISTS

The Counselor, Social Worker & Marriage and Family Therapist Board has approved this activity for 4.75 hours of credit. Approval number: MCST031211.

## OVERALL LEARNING OBJECTIVES

- ◆ Describe the assessment and classification of treatment resistant depression and develop targeted treatment plans.
- ◆ Acquire new insights into the recognition of the most common clinical presentations of bipolar disorder.
- ◆ Describe new strategies for the clinical management of treatment resistant bipolar disorder.
- ◆ Discuss the evolving and radical paradigm shift in the pharmacology of refractory depression.
- ◆ Review the recent advances and future promise of neuro-stimulation techniques in depression.
- ◆ Discuss the evolution of evidence-based psychotherapy for depression.

## EVALUATION

This educational activity will be evaluated utilizing a written evaluation form to evaluate the effectiveness of the CME activity in meeting the identified educational needs and stated learning objectives in terms of satisfaction, knowledge, skills and any perceived commercial bias.

## DISCLOSURE

It is the policy of the American Psychiatric Association to comply with the ACCME Standards for Commercial Support of CME. Planning Committee members and related staff disclosures are on file and disclosed on program materials. Faculty participating in sponsored or jointly sponsored programs by the APA are required to disclose to program participants any real or apparent financial relationship(s) with commercial interests related to the content of their presentation(s). Faculty disclosures are identified on each faculty cover sheet with syllabus/handouts materials. Faculty are also responsible for disclosing any discussion of off-label or investigational use of a product.

## PLANNING COMMITTEE

Stephen Pariser, MD

Eileen McGee, MD

Henry Nasrallah, MD

Kristi Williams, MD

Janet Shaw, MBA

# Agenda – Sunday, March 4, 2012

- 7 – 8 a.m. *Registration/Visit Exhibits*
- 8 – 9 a.m. **OPPA Business Meeting with Installation of Officers** (sit-down, buffet breakfast)  
OPPAC Annual Meeting and OPPF Annual Meeting  
(Non-members can register & visit exhibits during this time; continental breakfast will be provided)
- 9 – 9:15 a.m. Welcome & Presentation of Distinguished Psychiatrist Awards  
Stephen F. Pariser, MD, Program Chair & Eileen McGee, MD, President
- 9:15 – 10 a.m. **Treatment Resistance: Definitions, Assessment & Classifications**  
*Michael E. Thase, MD*  
Professor of Psychiatry  
University of Pennsylvania School of Medicine
- 10 – 10:45 a.m. **Phenomenology of Treatment-Resistant Bipolar Disorder**  
*Joseph R. Calabrese, MD*  
Co-Director, Bipolar Disorders Research Center  
Director, Mood Disorders Program  
University Hospitals Case Medical Center  
Case Western Reserve University
- 10:45 – 11:15 a.m. BREAK and Visit Exhibits
- 11:15 a.m. – Noon **Unipolar Depression: The Role of Second Generation Antipsychotics and Other Adjunctive Strategies**  
*Michael E. Thase, MD*
- Noon – 12:30 p.m. **Panel Discussion**
- 12:30 – 1:30 p.m. *Lunch – “Caucus/Topic” Discussions and Recognition of OPPF Research Award Honorees*
- 1:30 – 2:15 p.m. **Management of Treatment-Resistant Bipolar Depression**  
*Joseph R. Calabrese, MD*
- 2:15 – 2:30 p.m. BREAK and Visit Exhibits
- 2:30 – 3:15 p.m. **Recent Advances, Paradigm Shifts and Bold New Vistas of Treatment in Depression**  
*Henry A. Nasrallah, MD*  
Professor of Psychiatry and Neuroscience  
Vice Chair for Education  
University of Cincinnati College of Medicine
- 3:15 – 3:45 p.m. **Panel Discussion**
- 3:45 p.m. Adjourn

# Registration

Please print

Name \_\_\_\_\_  
 Degree \_\_\_\_\_ Specialty \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Fax \_\_\_\_\_  
 E-mail \_\_\_\_\_

**Please check here \_\_\_\_\_ if you would like a vegetarian lunch**

Please check which of the following groups (please provide three choices) you would like to be seated with for discussion and networking opportunities over lunch:

- |  |   |
|--|---|
| <input type="checkbox"/> Women Psychiatrists                                   | <input type="checkbox"/> International Medical Graduate Psychiatrists |
| <input type="checkbox"/> Non-Judeo Christian Religion Psychiatrists            | <input type="checkbox"/> African American Psychiatrists               |
| <input type="checkbox"/> Latino/Spanish/Hispanic Psychiatrists                 | <input type="checkbox"/> Asian Psychiatrists                          |
| <input type="checkbox"/> Geriatric Psychiatrists                               | <input type="checkbox"/> Child and Adolescent Psychiatrists           |
| <input type="checkbox"/> College/University Psychiatrists                      | <input type="checkbox"/> Private Practice Psychiatrists               |
| <input type="checkbox"/> Gay, lesbian, bisexual, and transgender Psychiatrists |   |
| <input type="checkbox"/> Community Mental Health Center (CMHC) Psychiatrists   |   |

Educational program fees include: full, sit-down breakfast for OPPA members attending annual business meeting from 8 to 9 a.m. OR continental breakfast for all others, lunch, and handouts.

Cancellation policy: If you are not able to attend, we encourage you to send someone in your place. Refund of the registration fee, minus a \$50 administrative charge will be allowed if request for cancellation is received in writing by Feb. 27. After this date, no refund will be made. Please note: because we cannot always control the temperature in hotel meeting space, we encourage you to dress in layers to better accommodate personal comfort needs.

Americans with Disabilities Act. If you need assistance related to sight, sound or mobility, please contact the OPPA office as soon as possible so that we may accommodate reasonable requests.

**Mail to:** **Ohio Psychiatric Physicians Association**  
**3510 Snouffer Road, Suite 101**  
**Columbus, OH 43235-4217**  
**Fax to:** **(614) 481-7559**  
**Or Register by phone:** **(614) 763-0040**

	Early Before Jan. 15	Regular Jan. 15 - Feb. 15	Late After Feb. 15
<b>Sunday, March 4, educational meeting:</b>			
OPPA Member	\$129	\$149	\$179
OPPA Resident Member	\$39	\$49	\$69
Resident Non-Member	\$59	\$69	\$89
Non-OPPA Member (non-psychiatric physicians, psychologists, social workers, mental health community, etc.)	\$169	\$199	\$229

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**Total Enclosed:** \$ \_\_\_\_\_

Method of Payment:

Check made payable to OPPA  Bill me

Credit Card

Account # \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3 or 4-digit security code \_\_\_\_\_

Billing Address (if different from registration address)  
 \_\_\_\_\_  
 \_\_\_\_\_

Signature \_\_\_\_\_

## Hotel

A **LIMITED** number of rooms has been set aside until Feb. 11, 2012 at the rate of \$169 single/double plus applicable tax. Phone the Hilton Columbus at Easton **ASAP** at (614) 414-5000 and ask for the OPPA's room block.

Hilton Columbus at Easton  
 3900 Chagrin Drive, Columbus, OH 43219  
[www.columbusoh.hilton.com](http://www.columbusoh.hilton.com)

Thank you to our sponsors and exhibitors!

