

Jointly sponsored by the American Psychiatric Association
and the Ohio Psychiatric Physicians Association

Addressing Issues of Critical Importance
for Clinicians who Treat Children and Adolescents

Cyber Bullying and Adolescent Substance Abuse



Sat., Sept. 17, 2011

Ohio State Medical Association Offices
3401 Mill Run Drive,
Hilliard, Ohio 43026 (Columbus)



Healing Lives for a Healthy Ohio



Research • Education • Enlightenment

Advancing the Understanding of
Mental Illness for a Healthy Ohio

Registration

Mail to: OPPA
3510 Snouffer Rd., Suite 101
Columbus, OH 43235-4217

Please print

Name _____

Degree _____ Specialty _____

Address _____

City/State/Zip _____

Phone _____ Fax _____

E-mail _____

Please check here _____ if you would like a vegetarian lunch

Educational program fee includes: Light morning refreshments, lunch (unless you are registering for ONLY a half-day session), handouts and continuing education credit as identified on page 2. Cancellation policy: Refund of the registration fee, minus a \$25 administrative charge will be allowed if request for cancellation is received by Sept. 12. No refunds after that date.

Sept. 17, 2011 educational meeting:

	Early (Before June 30)	Regular (July 1 - Aug. 31)	Late (After Sept. 1)
OPPA Member	\$100	\$120	\$140
OPPA Resident Member	40	40	50
Resident Non-Member	70	70	90
Non-OPPA Member (non-psychiatric physicians, psychologists, social workers, etc.)	180	200	240

If you are able to attend only a half-day session WITHOUT LUNCH, please check here:
 ___ AM ONLY or ___ PM ONLY And pay half (50%) of the above registration amounts)

Method of Payment:

___ Check payable to OPPA ___ Bill me ___ Credit Card (Visa, MasterCard or American Express)

Account # _____ Exp. Date _____ 3 or 4 digit Security Code _____

Billing Address (if different from registration address) _____

Signature _____

Overview

WHO SHOULD ATTEND

This program is designed for Child & Adolescent Psychiatrists, General Psychiatrists, other Physicians, including Pediatricians and Family Physicians, as well as Psychologists, Nurses, Social Workers, Counselors, Marriage and Family Therapists and other Mental Health Professionals.

THE NEED

Cyber bullying, known commonly as any form of electronic communication, on or off school grounds, with the intent of causing harm or serious emotional distress, can be very damaging to adolescents and teens. Also, once things are circulated on the Internet, they may never disappear, resurfacing at later times to renew the pain of cyber bullying. Children and adolescents who are bullied experience real suffering that can interfere with their social and emotional development. Cyber bullying can lead to anxiety, depression, low self-esteem, poor grades, health problems, and even suicide. And, according to a new study, there is a link between girls who are bullied being at risk for substance use as a result of depression.

Adolescent Substance Use/Abuse. According to a report by the Substance Abuse and Mental Health Services Administration (SAMHSA), on "an average day" in the year 2006 more than 630,000 American adolescents (between ages 12 and 17) consumed alcohol and 586,000 ingested marijuana. Additionally, approximately 49,000 teens used inhalants, 27,000 took hallucinogens (such as Ecstasy), 13,000 ingested cocaine and 3,800 used heroin. Opioid use and abuse has increased markedly in the US starting in the 1990s and continuing through at least 2006. Increased opioid abuse coincides with the availability of high-purity heroin, which allows users to begin use by snorting or smoking, rather than by IV. Abuse of prescription opioids has grown particularly explosive during this time as well. Each day, nearly four Ohioans die because of drug-related overdoses.

CONTINUING EDUCATION CREDIT

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the American Psychiatric Association (APA) and the Ohio Psychiatric Physicians Association (OPPA). 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 4 *AMA PRA Category 1 Credits™*. **Physicians** should only claim credit commensurate with the extent of their participation in the activity.

CONTINUING PROFESSIONAL EDUCATION

This activity has been approved for 4 clock hours for **Councilors, Social Workers and Marriage and Family Therapists**. Approval number: MCST091106.

This activity has been approved for 4 hours MCE for **psychologists** by the Ohio Psychological Association Office of Mandatory Continuing Education. Approved Provider # 346558859.

EVALUATION

This educational activity will be evaluated utilizing a written evaluation form to determine 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

Members of the OPPA Child and Adolescent Committee, including: Suzanne Sampang, MD, Program Chair, Eileen McGee, MD, Steve Jewell, MD, William Klykylo, MD, and Ronald Lee, MD and staff members: Janet Shaw and Linda Smith.

Agenda – Sat. Sept. 17, 2011

8:30 – 9:55 a.m. Registration/ Light Refreshments/Network and Visit Exhibits

9:55 a.m.

Welcome and Opening Remarks

Suzanne Sampang, MD, Program Chair

10 a.m. to Noon

Addressing Cyber Bullying as Clinicians

Elizabeth K. Englander, PhD

Professor of Psychology and Founder and Director of the Massachusetts Aggression Reduction Center Bridgewater University, Massachusetts

Dr. Englander is a nationally recognized expert in the area of bullying and cyber bullying, childhood causes of violence, aggression and abuse, and child development. Dr. Englander shared her experience and expertise with a packed room of clinicians at the AACAP meeting.

During this presentation, Dr. Englander will describe what exactly cyber bullying is, how it affects children emotionally and how clinicians can develop and/or enhance skills to address the increasing problem. Utilizing the *Massachusetts Aggression Reduction Center* research and field work, Dr. Englander will assist clinicians in translating the key findings into practical discussion points with their patients.

Noon to 12:55 p.m.

Lunch and networking with colleagues

1 – 3 p.m.

Current Trends & Emerging Patterns in Adolescent Substance Use

Peter D. Rogers, MD, MPH, FASAM

Dr. Rogers has been working in Addiction Medicine since 1985. He is Board Certified in Addiction and Pediatric Medicine. Dr. Rogers was a member of the Committee on Substance Abuse of the American Academy of Pediatrics for six years and wrote their Policy Statement on marijuana. Most of his clinical work in Addiction Medicine has been with adolescents, and more recently, with healthcare professionals, during his time as President and Medical Director of the Ohio Physicians Health Program.

During his presentation, Dr. Rogers will identify the current, most popular drugs of abuse used by adolescents and will discuss the trend in the use of alcohol in adolescents. In addition, Dr. Rogers will describe the pattern of heroin and other opiate use for the typical adolescent. Finally, Dr. Rogers will discuss the pattern of deceit and denial that keeps the addiction active. To enhance the learning for clinicians, Dr. Rogers may be accompanied by a recovering young person.

The Ohio Psychiatric Physicians Foundation (OPPF) is pleased to support this excellent conference with an unrestricted grant from the Janet Orttung-Morrow, MD Memorial Fund for Child Psychiatry