“CONTEMPORARY ISSUES IN ADOLESCENT MENTAL HEALTH”

FOTHERINGHAM ADDRESS
“ANXIETY DISORDERS – Clinical Characteristics, Biology and Treatment”

Presented by:  
Boris Birmaher, MD
Endowed Chair in Early Onset Bipolar Disease  
Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Director of the Child & Adolescent Anxiety Program  
Western Psychiatric Institute & Clinic, Pittsburgh, PA, USA

The Hospital for Sick Children  
HOLLYWOOD THEATRE (Main Auditorium)  
555 University Avenue  
Division of Child and Adolescent Psychiatry  
Faculty of Medicine  
University of Toronto
**“CONTEMPORARY ISSUES IN ADOLESCENT MENTAL HEALTH”**

**Date:**    Thursday, April 15, 2010  
**Time:**    8:15 a.m. to 4:00 p.m.  
**Location:**    Hollywood Theatre, Room 1246  
The Hospital for Sick Children

**FORMAT**

Each presentation during the conference will devote 25 percent to interactive discussion. A question and answer period will be followed by a panel discussion to further enhance interactivity.

**ABOUT THE DAY**

The focus of the Faculty Symposium will be on understanding adolescent mental health issues from a comprehensive scope of perspective and expertise.

**Dr. Leora Pinhas** will present evolving new perspectives on assessment, diagnosis and management of eating disorders in children and adolescents. She will review current gaps in the knowledge base and the resultant debates in the literature about what direction the field of eating disorders should take. The focus will be on how to conceptualize eating disorders in children and adolescents so as to inform the approach to care.

*The Learning Objectives:*

1. Participants will understand the current perspective on assessment and diagnosis  
2. Participants will be able to describe the current evidence based treatment of eating disorders in adolescents  
3. Participants will be able to conceptualize an approach to the treatment of eating disorders in adolescents

**Dr. Lindley Bassarath** will examine a subgroup of children and youth who tend to have more serious conduct problems – those with callous and unemotional traits. He will review recent research that validates the existence of this subgroup and describe newest research concerning neurobiological aspects. Clinical case vignettes will be used to illustrate salient features of these children. The attendees should be able to choose appropriate assessment tools and treatments.

*The Learning Objectives:*

1. Learn about subtypes of Conduct Disorder  
2. Review clinical aspects of callous youth  
3. Discuss relevant research findings
Dr. Karen Leslie will focus on an overview of trends in adolescent substance use and will focus on identification and assessment of adolescents with substance abuse, including tools that can be used in an office setting. These tools include the CRAFFT and the GAIN-SS, both of which have been validated for use with the adolescent population. There will also be a discussion about adolescents with concurrent substance abuse and other mental health disorders and the implications for assessment and treatment of these adolescents.

The Learning objectives:
At the end of this presentation you will be able to:
1. Describe the prevalence of substance use in adolescents
2. Identify 2-3 screening tools that can be used with adolescents
3. Discuss treatment of substance use in adolescents

Dr. Ian Dowbiggin will explore social construction of anxiety in adolescence. He will focus on reviewing the history of the anxiety diagnosis and examine social forces and trends which have shaped the anxiety diagnosis. Anxiety has always been part of the human condition with accounts of its various manifestations dating back to classical antiquity. Nonetheless, since World War II reported rates of anxiety have arisen alarmingly. At the beginning of the twenty-first century anxiety disorders constitute the most prevalent mental health problem around the globe. What accounts for this stunning development? A large body of evidence suggests that the prevalence of anxiety is also due to a pervasive social ethos that teaches people that anxiety-related symptoms are a socially and medical legitimate response to life in the new millennium. Participants will be able to identify what history can teach us about reducing rates of anxiety in adolescents.

The Learning Objectives:
1. Review the history of the anxiety diagnosis
2. Examine the social forces and trends which have shaped the anxiety diagnosis
3. Reflect on what history can teach us about reducing rates of anxiety in adolescents
Dr. Boris Birmaher will discuss Clinical characteristics, Biology and Treatment of Anxiety Disorders in adolescents. Anxiety disorders are one of the most common forms of psychopathology that usually aggregate in families and increase risk for other psychiatric disorders. Academic and occupational functioning as well as issues of self-esteem will be addressed. The objective of this presentation is to review the current literature on biology and treatment of anxiety disorders using cognitive behavioural therapy and/or medication.

The Learning objectives:

At the conclusion of this presentation; participants will be up to date regarding the following issues for separation anxiety, general anxiety, and social anxiety disorders.

1. Prevalence and common clinical characteristics.
2. Current ideas regarding neural circuits that may be associated with increased risk to develop anxiety disorders.
3. Contemporary psychosocial and pharmacological treatments for anxiety disorders.


PROGRAM AGENDA

Thursday, April 15, 2010

8:15 a.m.  Registration – (Rotunda – The Hospital for Sick Children)

9:00 a.m.  Welcome and Introduction
          Dr. Joseph H. Belschman

9:05 a.m.  Dr. Tatyana Barankin
          Course Director

FACULTY SYMPOSIUM

9:10 a.m.  Dr. Leora Pinhas
          “Assessment and Management of Eating Disorders: An Update”
          Question and Answer Period and Discussion

9:50 a.m.  Dr. Lindley Bassarath
          “Callousness: Clinical & Conceptual Constructs”
          Question and Answer Period and Discussion

10:30 a.m.  COFFEE BREAK

11:00 a.m.  Dr. Karen Leslie
          “Adolescents and Substance Use: What’s going on?”
          Question and Answer Period and Discussion

11:40 a.m.  Dr. Ian Dowbiggin
          “High Anxieties: The Social Construction of Anxiety Disorders in the 20th Century”
          Question and Answer Period and Discussion

12:30 - Lunch and Poster Presentations – Rotunda

2:00 p.m.  Poster Presentations by Fellows within the Division of Child Psychiatry, University of Toronto

2:00 p.m.  FOTHERINGHAM ADDRESS
          Dr. Boris Birmaher
          “ANXIETY DISORDERS - Clinical Characteristics, Biology and Treatment”
          Question and Answer Period and Discussion

3:15 - PANEL DISCUSSION - All Presenters

4:00 p.m.  An interactive, practical discussion addressing in-depth assessment and needs of the audience in the areas of Contemporary Issues in Adolescent Mental Health reflecting the theme of the day
REGISTRATION FORM

PLEASE PRINT CLEARLY
(early response is appreciated due to limited space)

Designation for badge (circle one): MD PhD SW CYC RN
Other: ___________________________

Name: ___________________________

Address: ___________________________

City: ___________________________

Province/State: ___________________________

Postal (Zip) code: ___________________________

Telephone (+ area code): ___________________________

Fax (+area code): ___________________________

Confirmation will be emailed, please include your email address: ___________________________

PLEASE CHECK ALL THAT APPLY:

□ Psychiatrist  □ Paediatrician  □ Family Physician  □ Psychologist
□ Social Worker  □ Nurse  □ Child & Youth Counsellor
□ Other: ___________________________

FEES (INCLUDES LUNCH)

Conference: $185.00
*Students: $75.00 (15 seats available)
*Please enclose a photocopy of your valid student ID card.

I HAVE ENCLOSED MY CHEQUE PAYABLE TO:

Divisional Conference Fund, Child Psychiatry Day- 2010

Please process payment using my credit card (check one)

□ Visa  □ Mastercard  □ American Express

Card # ___________________________ Exp. Date ___________________________

Signature: ___________________________

PLEASE RETURN REGISTRATION FORM AND PAYMENT TO:

Grace Iyer
The Hospital for Sick Children
Department of Psychiatry,
555 University Avenue
Toronto, ON M5G 1X8
Tel: 416-813-7530
Fax: 416-813-5326
email: grace.iyer@sickkids.ca

If your organization wishes to participate via videoconference, please contact Grace Iyer as above.
At the end of this presentation you will be able to:

Dr. Joseph H. Beitchman, MD, FRCPC
Assistant Professor, Department of Psychiatry
Staff Psychiatrist
Division of Child and Adolescent Psychiatry

Dr. Leora Pinhas, MD, FRCPC
The Hospital for Sick Children
Assistant Professor, Department of Psychiatry
Academic Educator, CFD
Division of Child and Adolescent Psychiatry

Dr. Tatyana Barankin, MD, FRCPC, DCP
GUEST FACULTY

Dr. Boris Birmaher
Western Psychiatric Institute and Clinic, Pittsburgh, PA, USA
Director of the Child & Adolescent Anxiety Program

Thursday, April 15, 2010

The Hospital for Sick Children
Leora Pinhas, MD, FRCPC
The Hospital for Sick Children
Joseph H. Beitchman, MD, FRCPC
University of Toronto
Assistant Professor, Department of Psychiatry
Staff Psychiatrist
Division of Child and Adolescent Psychiatry

Tatyana Barankin, MD, FRCPC, DCP
GUEST FACULTY

UNIVERSITY OF TORONTO FACULTY

PEI, Canada
University of Prince Edward Island

North York General Hospital
Including the RDO Children’s Centre
Embracing Health

St. Joseph’s Health Centre
Toronto

Sunnybrook Health Sciences Centre
Youthdale Treatment Centres
Youthdale Foundation
YDL Institute for Pediatric Neurosciences

FOTHERINGHAM ADDRESS

“CONTEMPORARY ISSUES IN ANXIETY”

Dr. Joseph H. Beitchman
Assistant Professor, Department of Psychiatry
Staff Psychiatrist
Division of Child and Adolescent Psychiatry

Dr. Tatyana Barankin
The Hospital for Sick Children
Assistant Professor, Department of Psychiatry
Academic Educator, CFD
Division of Child and Adolescent Psychiatry

Dr. Leora Pinhas
The Hospital for Sick Children
Assistant Professor, Department of Psychiatry
Academic Educator, CFD
Division of Child and Adolescent Psychiatry

Dr. Boris Birmaher
Western Psychiatric Institute and Clinic, Pittsburgh, PA, USA
Director of the Child & Adolescent Anxiety Program

The Learning Objectives:

1. Prevalence and common clinical characteristics.
2. Review clinical aspects of callous youth
3. Discuss relevant research findings

Ques tion and Answ er P er iod and Discussion

8:15 a.m. Registration – (Rotunda – The Hospital for Sick Children)

9:00 a.m. Welcome and Introduction

9:05 a.m. Dr. Tatyana Barankin
“Assessment and Management of Eating Disorders: An Update”

9:10 a.m. Dr. Leora Pinhas
“High Anxieties: The Social Construction of Anxiety in Adolescents”

9:30 a.m. Coffee Break

9:45 a.m. Dr. Joseph H. Beitchman
“Callousness: Clinical & Conceptual Constructs”

10:30 a.m.

11:00 a.m. Dr. Karen Leslie
“Adolescents and Substance Use: What’s going on?”

11:30 a.m. Lunch

12:30 p.m. Dr. Lindsay Bassarath
“Mental Health in Children and Youth: A Clinician’s Perspective”

1:30 p.m. Coffee Break

2:00 p.m. FOTHERINGHAM ADDRESS
“Contemporary Issues in Anxiety”

Dr. Boris Birmaher
Western Psychiatric Institute and Clinic, Pittsburgh, PA, USA
Director of the Child & Adolescent Anxiety Program

The focus will be on how to conceptualize eating disorders in adolescents associated with increased risk to develop anxiety disorders.

At the conclusion of this presentation; participants will be up

Mas t er car d
Card #                                    Exp. Date

If your organization wishes to participate via

I HAVE ENCLOSED MY CHEQUE PAYABLE TO:

Conf er ence: $1 85.00

Please process payment using my credit card (check one)

Check one: Yes or No

ACCREDITATION

This education event is approved as an Accredited Group

Physicians of Canada and has been accredited for 5.0

Learning Activity under Section 1 of the Framework of CPD

Options for the Maintenance of Certification Program of the

Faculty of Medicine, University of Toronto, and the Division

PSYCHIATRY, UNIVERSITY OF TORONTO SITES
Dr. Karen Leslie will focus on an overview of trends in adolescent substance use and will focus on identification and assessment of substance use and other mental health disorders and the implications for assessment and treatment of these adolescents.

The learning objectives:

1. Participants will understand the current perspective on the history of the anxiety diagnosis
2. Review clinical aspects of callous youth
3. Discuss relevant research findings

The focus of the faculty symposium will be on understanding adolescent mental health issues from a comprehensive scope of perspective and expertise.

Dr. Boris Birmaher will discuss clinical characteristics, current ideas regarding neural circuits that may be involved, and the implications for treatment. He will focus on reviewing the history of the anxiety diagnosis and examine social forces and trends which have shaped the anxiety diagnosis. Anxiety has always been part of the human condition with accounts of its various manifestations. At the beginning of the twentieth century, rates of anxiety were relatively low, since World War II reported rates of anxiety have arisen alarmingly. At the beginning of the twenty-first century anxiety disorders constitute the most prevalent mental health problem around the globe. What accounts for this stunning prevalence is also due to a pervasive social ethos that teaches people that anxiety-related symptoms are a socially and medically legitimate response to life in the new millennium.

Participants will be able to identify what history can teach us about reducing rates of anxiety while understanding the impact of social forces that have shaped our current understanding of the condition. This understanding will be broadened to consider the impact of social forces on the new millennium that continues to shape the anxiety diagnosis. The presentation will also consider how anxiety disorders co-occur with other mental health problems and the implications for assessment and treatment.

By the conclusion of this presentation, participants will be updated regarding the following issues for separation anxiety, general anxiety, and social anxiety disorders.

Pre-registration: website www.sickkids.ca/cme

Location: Hollywood Theatre, Room 1246

Date: Thursday, April 15, 2010

Time:
9:00 a.m. Welcome and introduction
9:05 a.m. Dr. Tatyana Barankin
9:10 a.m. Dr. Leora Pinhas
9:50 a.m. Dr. Lindley Bassarath
11:00 a.m. Dr. Karen Leslie
12:30 lunch and poster presentations – Rotunda

FORMAT

PANEL DISCUSSION

THEME: 'ADOLESCENT MENTAL HEALTH'

1. Current ideas regarding neural circuits that may be involved in the treatment of eating disorders in adolescents
2. Review clinical aspects of callous youth
3. Discuss relevant research findings

The presentation will conclude with a question and answer period and discussion period.
ACCREDITATION

This course is held under the auspices of Continuing Education, Faculty of Medicine, University of Toronto, and the Division of Child Psychiatry.

This program has been reviewed by the College of Family Physicians of Canada and has been accredited for 5.0 MAINPRO-M1 credits.

This education event is approved as an Accredited Group Learning Activity under Section 1 of the Framework of CPD Options for the Maintenance of Certification Program of the Royal College of Physician Surgeons of Canada. (5 hours).

ORGANIZING COMMITTEE

Tatyana Barankin, MD, FRCPC, DCP
Course Director and Chair of the Organizing Committee, Division of Child and Adolescent Psychiatry

Carolyn Boulos, MD, FRCPC
Claire DeSouza, MD, FRCPC
John Langley, MD, FRCPC
Arlette Lefebvre, MD, FRCPC
Greg Lodenquai, MD, FRCPC
Sherri Mackay, MD, FRCPC
Tony Pignatiello, MD, FRCPC
Ruth Stirtzinger, MD, FRCPC
John Teshima, MD, FRCPC
Diane Sacks, MD, FRCPC

Patricia Mousmanis, MD, CCFP, FCFP
Coordinator of the Healthy Child Development Program
Ontario College of Family Physicians

Education Manager
Mark Sumner

SENIOR SECRETARY

Grace Iyer

Going Green!

Conference material will be made available one week prior to the event on:
www:cepd/utoronto.ca
Thursday, April 15, 2010

9:00 a.m. Welcome and Introduction

9:15 a.m. Dr. Joseph H. Beitchman

9:40 a.m. Dr. Karen Leslie

10:05 a.m. Dr. Lindley Bassarath

10:30 a.m. Coffee Break

11:00 a.m. Dr. Tatyana Barankin

11:45 a.m. Dr. Boris Birmaher

12:30 p.m. Lunch and Poster Presentations – Rotunda

1:15 p.m. Dr. Ian Dowbiggin

2:00 p.m. FOTHERHAM ADDRESS

2:15 p.m. Dr. Leora Pinhas

2:30 p.m. Dr. Greg Lodenquai

3:15 p.m. Panel Discussion - All Presenters

4:00 p.m. End of Day

Dr. Ian Dowbiggin

At the end of this presentation you will be able to:

1. Participants will understand the current perspective on anxiety in adolescents
2. Participants will be able to describe the current evidence available to date regarding the following issues for separation anxiety, general anxiety, and social anxiety disorders.
3. Contemporary psychosocial and pharmacological treatments for anxiety disorders.
4. Learn about subtypes of Conduct Disorder and youth who tend to have more serious conduct problems – those with callous and unemotional traits. He will review the history of the anxiety diagnosis and examine social forces and trends which have shaped the anxiety diagnosis. Anxiety has always been part of the human condition with accounts of its various manifestations dating back to classical antiquity. Nonetheless, only relatively recently has anxiety been recognized as a clinical entity. How did this happen? A large body of evidence suggests that the development of anxiety disorders is both a biological and a psychosocial process. Various factors can increase the risk of developing anxiety disorders. Social factors include parental characteristics (e.g., anxiety, psychopathology), family dynamics, and family history of anxiety disorders. Most research on social factors has focused on the role of family characteristics (e.g., an anxious parent, anxious siblings) and family dynamics (e.g., high levels of conflict and low levels of communication). Recent studies have also focused on the role of peer influences and socialization experiences. The research on social factors is beginning to contribute to our understanding of the etiology of anxiety disorders, but more research is needed. In addition to social factors, biological factors also play a role in the development of anxiety. Gender differences in the prevalence of anxiety disorders may stem from biological factors. Although the exact mechanisms are not well understood, it is likely that biological factors play a role in the development of anxiety disorders. The biological factors that have been studied include genetic factors, brain structure and function, and endocrine and immune system function. The biological factors that have been studied include genetic factors, brain structure and function, and endocrine and immune system function. While the biological factors that have been studied include genetic factors, brain structure and function, and endocrine and immune system function. While the biological factors have been studied, there is still much to be learned about the role of biological factors in the development of anxiety disorders.

The focus of the Faculty Symposium will be on understanding adolescent mental health issues from a comprehensive scope of perspective and expertise.

The Learning Objectives:

1. Learn about subtypes of Conduct Disorder and youth who tend to have more serious conduct problems – those with callous and unemotional traits. He will review the history of the anxiety diagnosis and examine social forces and trends which have shaped the anxiety diagnosis. Anxiety has always been part of the human condition with accounts of its various manifestations dating back to classical antiquity. Nonetheless, only relatively recently has anxiety been recognized as a clinical entity. How did this happen? A large body of evidence suggests that the development of anxiety disorders is both a biological and a psychosocial process. Various factors can increase the risk of developing anxiety disorders. Social factors include parental characteristics (e.g., anxiety, psychopathology), family dynamics, and family history of anxiety disorders. Most research on social factors has focused on the role of family characteristics (e.g., an anxious parent, anxious siblings) and family dynamics (e.g., high levels of conflict and low levels of communication). Recent studies have also focused on the role of peer influences and socialization experiences. The research on social factors is beginning to contribute to our understanding of the etiology of anxiety disorders, but more research is needed. In addition to social factors, biological factors also play a role in the development of anxiety. Gender differences in the prevalence of anxiety disorders may stem from biological factors. Although the exact mechanisms are not well understood, it is likely that biological factors play a role in the development of anxiety disorders. The biological factors that have been studied include genetic factors, brain structure and function, and endocrine and immune system function. The biological factors that have been studied include genetic factors, brain structure and function, and endocrine and immune system function. While the biological factors have been studied, there is still much to be learned about the role of biological factors in the development of anxiety disorders.

The focus will be on how to conceptualize eating disorders in children and adolescents so as to inform the approach to care.