



A CME Conference

jointly sponsored by

The American Psychiatric Association

and

The New Jersey Psychiatric Association

A District Branch of the American Psychiatric Association

Healthy Minds in Healthy Bodies: Psychiatry and Primary Care Working Together

Psychiatry



*... a sound mind in a sound body
In necessary things, unity ...*

Primary Care

Renaissance Woodbridge Hotel
Iselin, New Jersey

Saturday March 27, 2010

Overview...

"... a sound mind in a sound body." Juvenal (circa 55 – 130 A.D.)

"In necessary things, unity . . ." Richard Baxter (1615-1691)

People with serious mental illness treated in the public system die, on average, 25 years younger than the general population. Medical disorders such as cardiovascular, pulmonary and infectious diseases cause 60% of the deaths of people with schizophrenia. Cigarette smoking is greater among those with mental illness compared to the general population – 75% vs. 23%. The new generation antipsychotics are associated with weight gain and elevated blood sugar, cholesterol and triglycerides. Individuals with mental illness have greater rates of diabetes, hypertension and obesity but lower rates of screening and care for these conditions. Depression is under-recognized (only identification of 30-40% of cases) and under-treated in primary care settings. In primary care patients with diabetes, severity of depressive symptoms correlates to poorer adherence to diet and medication regimen and greater functional impairment.

Achieving *Healthy Minds in Healthy Bodies* necessitates reversing these appalling statistics by a unified effort of psychiatry and primary care. Psychiatry needs to be integrated into primary care in order to correct healthcare disparities and improve healthcare quality for those with mental illness, and reduce the mortality and morbidity associated with co-morbid mental and other medical disorders.

This CME conference with a faculty composed of psychiatrists and family physicians is a model for clinical collaboration. The first symposium will present the different perspectives of a psychiatrist and a family physician and highlight common ground for working together to eradicate the epidemic of obesity and prevent and manage metabolic syndrome. The values that promote a healthy mind in a healthy body should be cultivated early in life and be embraced throughout life. We look to athletics to inculcate these values and develop healthy minds and bodies but can participating in sports be harmful? Exercise is considered a means to enhance health but does it actually have the favorable effects that we believe it has? What is the evidence that exercise increases neurotransmitter activity and causes physiological changes that benefit a person's health? The second symposium will address these questions.

What about the mental health and healthcare policies that will structure and support this clinical collaboration? There is a major movement to implement models of patient-centered collaborative care such as Medical Home and to enhance treatment of those with mental illness and promote mental health by collaborating with primary care. The latter was the theme of the 2009 World Federation for Mental Health's World Mental Health Day and the subject of a World Health Organization (WHO) and World Organization of Family Doctors report. Various organizations including the New Jersey Academy of Family Physicians are engaged in Medical Home pilot programs. In the keynote lecture, Dr Eliot Sorel will address these policy issues and offer recommendations for working together.

Leadership is necessary to successfully advance and implement an integrated healthcare model to achieve *Healthy Minds in Healthy Bodies*. This undertaking includes building upon existing collaborations, enlisting the participation of stakeholders, fostering further collaboration, combating healthcare disparities and stigma, advocating for funds, and institutionalizing achievements to create sustainability. These ongoing endeavors will require the leaders of today and the leaders of tomorrow. The Resident, Fellow and Early Career Psychiatrist Symposium will focus on enhancing leadership skills.

Educational Objectives...

At the end of the educational activity, the learner will be able to:

- Describe the etiology of obesity and causes of metabolic syndrome in psychiatric patients
- Apply strategies to prevent and manage problem of obesity and metabolic syndrome
- Appreciate the relationship between exercise and mental health
- Describe the positives and negatives of youth sports participation and become aware about the impact of youth sports experience on adults
- Appreciate the stress of sports on athletes, coaches and parents and acquire strategies to help patients in effectively preventing and coping with the stress of sports
- Appreciate the importance of relationship between mind and body and the need for integration between psychiatry and primary care
- Acquire strategies towards integration between psychiatry and primary care
- Apply leadership strategies to advance and implement an integrated health care model

Who Should Attend ...

This educational activity is intended for psychiatrists, family physicians and other primary care physicians, and psychiatric residents and fellows. Other mental health professionals and health professionals are welcome.

Accreditation ...

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 New Jersey Psychiatric Association. The American Psychiatric Association is accredited by the ACCME to provide continuing medical education for physicians. The APA designates this educational activity for a maximum of 5.5 category 1 credits toward the AMA Physician's Recognition Award and for the CME requirement of the APA. Each physician should claim only those credits that he/she actually spent in the activity.

Acknowledgement...

We gratefully acknowledge our exhibitors and the Medical Society of New Jersey for sponsoring the breakfast.

Disclosure Policy: The American Psychiatric Association requires disclosure by faculty at CME activities of any significant financial interest(s) or other affiliation (s) with commercial organization(s) that may have a direct or in-direct interest in the subject matter of the educational activity. A "financial interest" may include, but is not limited to, being a shareholder in the organization, being on retainer with the organization, or having research or honoraria paid by the organization. An "affiliation" may include holding a position on an advisory committee or some other role or benefit to a supporting organization.

Agenda

President

Theresa M Miskimen, MD, DFAPA

Program Director

Vasudev N Makhija, MD, DFAPA
Chair, NJPA Program Committee

Faculty

Asad Amir, MD
Resident
Bergen Regional Medical Center

Hind Benjelloun, MD
President
Washington Psychiatric Society

Christoph U Correll, MD
Assoc Professor of Psychiatry
and Behavioral Sciences,
Long Island Jewish Medical Center

William M Greenberg, MD, DFAPA

Ronald L Kamm, MD, DLFPA
Private Practice in NJ

Mark S Johnson, MPH, MD
Chair, Department of Family
Medicine; UMDNJ-Medical School

Thomas Newmark, MD, DLFPA
Chief, Department of Psychiatry;
Professor of Psychiatry
UMDNJ-RWJ Cooper University
Hospital, Camden
NJPA Sports Psychiatry Committee

Stewart R Reiter, MD
Integrated Behavioral Care, PA
Psychiatrist, NFL Program for
Substances of Abuse & NFL
Players Assistance Program

Eliot Sorel, MD, DLFAPA
Professor
Global Health
Health Services Management
and Leadership
Psychiatry and Behavioral Sciences
School of Medicine;
George Washington University

Jeffrey A Zlotnick, MD, CAQ,
FAAFP

8:00 – 8:45 am Registration, Continental Breakfast, and Exhibits Open

8:45 – 9:00 am Welcome and Introduction

9:00 – 10:30 am Symposium 1

**Psychiatrists and Family Physicians Meeting the Challenge
of the Metabolic Syndrome and Obesity**

Moderator: Dr Asad Amir

**Metabolic Syndrome: Causes and Interventions - Psychiatric
Perspective - Focus on Adolescents and Adults**

Dr Chrisoph Correll

**Metabolic Syndrome: Causes and Interventions - Primary Care
Perspective**

Dr Mark Johnson

10:30 – 11:00 am Break and Exhibits

11:00 – 12:30 pm Symposium 2

Sports: Are They Hurting or Helping?

Moderator: Dr Thomas Newmark

Pros and Cons of Youth Sports Participation

Dr Ronald Kamm

**Role of Exercise in Mental Health - Current Evidence
and Applications**

Dr Jeffrey Zlotnick

The Professional Athlete as a Role Model

Dr Stewart Reiter

12:30 – 1:00 pm Break and Exhibits

1:00 – 3:00 pm Luncheon Buffet, Awards and Keynote

Resident and Medical Student Best Paper Awards

Presented by Dr William Greenberg

Keynote Lecture

Introduction by Dr Theresa Miskimen

**No Health Without Mental Health:
Clinical Practice and Health Policy Implications**

Dr Eliot Sorel

3:00 – 3:15 pm Break

3:15 – 4:15 pm Symposium 3

Resident, Fellow and Early Career Psychiatrist

Moderator: Dr William Greenberg

Drs Hind Benjelloun & Eliot Sorel

DIRECTIONS TO RENAISSANCE WOODBRIDGE HOTEL

515 US Highway One South, Iselin, NJ 08830 Phone: 732-634-3600

Garden State Pkwy South to Exit 130 to Route 1 North. After passing the Renaissance Woodbridge Hotel on the left, go through the intersection, take the Gill Lane jug handle. Take the middle lane to turn left on to Route 1 South, the Hotel is immediately on your right.

Garden State Pkwy North to Exit 131A on Wood Ave. South. At 3rd light make a right turn onto Middlesex- Essex Tpke. At 3rd light take right turn on Gill Lane. Approximately 2 miles to Renaissance Woodbridge Hotel on right.

NJ Turnpike go to Exit 11 and follow signs to Garden State Pkwy North to Exit 131A and follow directions above.

From Newark Intl. Airport take Route 1 and 9 South toward Woodbridge. Follow Route 1 South to Renaissance Woodbridge Hotel on right (approx. 12 miles).

Reservations ...

Healthy Minds in Healthy Bodies: Psychiatry and Primary Care Working Together
Renaissance Woodbridge Hotel, Iselin, New Jersey
Saturday March 27, 2010

Before March 17 After March 17

Members and Spouses (per person)

\$ 95.00

\$ 110.00

(includes members of the NJ Council of Child and Adolescent Psychiatry,
Medical Society of NJ, NJ Academy of Family Physicians,
American Academy of Pediatrics-NJ)

Non-members

\$ 130.00

\$ 145.00

Members-in-Training

\$ 95.00 (to be refunded on day of event.)

Members-in-Training Spouses

\$ 95.00

\$ 110.00

(Members-in-Training must send in reservation form to reserve space.)

Contribution to Resident, Fellow and Early Career Psychiatrist Door Prize: Amount \$ _____

Please reserve _____ places

_____ Members

Enclosed please find check in the amount of \$ _____

_____ Non-members

_____ Members-in-Training

_____ Members-in-Training Spouses (s)

Online Registration is available at www.psychnj.org

Name: _____

Phone: _____

Make check payable to: New Jersey Psychiatric Association

Email: _____

Mail to:

P O Box 428
Bedminster NJ 07921

Phone: 908-719-2222

Email: deb_psychnj@optonline.net

Deadline: March 23, 2010