



Managing Mental Health in Primary Care

October 5-6, 2023

Anschutz Medical Campus

Aurora, CO

**Anschutz Medical Campus
Fulginiti Pavilion
Gossard Forum
13080 E 19th Avenue
Aurora, CO 80045**

Provided by:

The University of Colorado College of Nursing
Office of Continuing Education

With Support from:

University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences



Target Audience

Advanced practice nurses, physician assistants, pharmacists, physicians, mental health counselors and other interested providers.

Course Description

This conference will provide evidence-based tools and skills that can be implemented into primary care practices and other clinical settings where patients may exhibit mental health concerns.

Learner Outcomes

Upon completion of this conference, participants will:

- Provide evidence of increased knowledge by stating at least one intended professional development change or practice change related to mental health in primary care.
- List at least 1 new "practical pearl" to implement when assessing the mental health of patients in primary care or other healthcare settings.

Learner Objectives

Upon completion of this conference, participants should be able to:

1. Describe key findings on mental health trends in adolescents in the US; extrapolate current concerns for adolescent mental health; and suggest potential preventive healthcare measures moving forward.
2. List risks versus benefits in common MH medications and considerations for changes.
3. Discuss pros and cons of "psychedelic" medications in MH therapy and describe potential physical/emotional responses.
4. Describe the importance of age considerations when caring for older adults and list treatment considerations for this population.
5. Express an understanding of common cognitive changes in older adults and suggest best practices for providing support.
6. Identify strategies for diagnosing common MH diagnoses seen in primary care and suggest treatment approaches.
7. List reasons why individuals who experience gender dysphoria are at higher risk for developing mental illness and will suggest interventions to promote health and well-being.
8. Describe the importance of a sense of belonging and why it is fundamental to managing stress and coping effectively.
9. Express an understanding of the importance of fostering collaborative research and education to promote innovative approaches and transform mental health world-wide.

Registration

In-person attendance is recommended, but videoconference capability is available.

Registration is online: <https://cucon.regfox.com/mhpc2023>

Registration Fees*	<u>1.5 Days</u>
Standard	\$200
Preceptor/Community	\$175
Student/UCH Employee	Free

*Group discounts available: contact nursingCE@cuanschutz.edu for details

Continental breakfast, lunch and snacks are included in the registration fee for both days.

Payment Options

Online credit card payment is preferred. Other options are available, contact nursingCE@cuanschutz.edu for assistance.

Cancellation Policy

If cancellation is requested by Friday, September 22, 2023, a refund will be issued minus a processing fee of \$40. No refunds will be granted after 9/22/23, although you may send a substitute. The Planning Committee reserves the right to modify the agenda or cancel the conference in the event of an unforeseen circumstance. If the event must be canceled, a full refund minus handling fees will be granted to participants.



Continuing Education Credit

Registered Nurses and APRNs

Nursing (NCPD Credit - will include pharmacology hours):
The University of Colorado College of Nursing is approved with distinction as a provider of nursing continuing professional development (NCPD) by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This educational offering for 10.75 contact hours is provided by the College of Nursing Office of Continuing Education. (Pharmacology credit to be determined.) An NCPD certificate will be available from the conference platform at the end of the conference.

Conference Planning Acknowledgement

The conference planning committee is pleased to bring participants this first annual program. Conference planning committee members include:

Jean Burnkrant, DNP, MSHS, AGNP-BC
Assistant Professor
University of Colorado College of Nursing

Ramon Chaparro, LPC, NCC
Instructor of Clinical Practice/Bilingual Behavioral Health Provider
University of Colorado Family Health Clinic
Sheridan Campus

Ann Froese-Fretz, MS, RN, CNS, CPNP-PC (Chair)
Program Director Continuing Education
University of Colorado College of Nursing

Kate LaPorta, PA-C, MHS
Assistant Professor, Pediatrics-CHA/PA Program
University of Colorado School of Medicine

Rosario Medina, PhD, FNP-BC, ACNP, CNS, FAANP
Associate Dean of Clinical and Community Affairs
Professor College of Nursing
Associate Clinical Professor, Dept. Family Medicine School of Medicine, University of Colorado



Pharmacists and Pharmacy Professionals: Pharmacy (CPE Credit)

The University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences (SSPPS) is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education (CPE). Once evaluations are completed, CPE will be uploaded to CPE monitor within 2 days.

Medical (AAFP Credit):

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Karen Mellis, BS
Program Coordinator, Office of Continuing Education
University of Colorado College of Nursing

Troy Moore, PharmD, MS, BCPP
Director, ASHP Accredited PGY-1 Residency Program
Clinical Pharmacist Practitioner, Mental Health
Rocky Mountain Regional VA Medical Center

Thida Thant, MD
Assistant Professor, Dept. of Psychiatry
Director, UCH Consultation-Liaison Psychiatry Service & Psychiatric Consultation for the Medically Complex Clinic
Assistant Medical Chief of Service
Psychiatry Community Practices
University of Colorado School of Medicine

Rachel Wagmaister
Program Director of Practitioner and International Development
University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences

Agenda

Thursday, October 5, 2023

- 7:30am** **Registration/Visit Exhibitors/
Continental Breakfast**
- 8:15** **Welcome and introductions**
- 8:30** **Opening Keynote**
**Adolescent Mental and Behavioral Health:
A Call to Action for an Integrated Approach
to Promoting the Mental Health & Well-
being of our Nation’s Youth Based on 10
years of Data**
Jorge M. Vallery Verlenden, PhD, MEd.
Senior Behavioral Scientist
Division of Adolescent and School Health
Centers for Disease Control and Prevention
- 10:00** **Break / Visit Exhibitors**
- 10:30** **Risks vs. Benefits of Mental Health
Medications – When to Consider
Deprescribing**
Jeffrey Gold, PharmD
Veterans Affairs Medical Center
Aurora, CO
- 11:30** **Lunch / Exhibitors / Product Theater**
- 12:30pm** **Psychedelic Assisted Psychotherapy – a new
therapy for psychiatric diseases**
Scott M. Thompson, PhD
Professor, Dept of Psychiatry
Director, Center for Novel Therapeutics
University of Colorado School of Medicine
- 1:30** **Break**
- 1:45** **Identifying Mental Health Needs and
Cognitive Changes in Older Adults**
1:45 **Mental Health Prevalence and
Treatment Considerations**
Nicole Reynolds, PsyD, ABPP
Clinical Psychologist
Board Certification in Geropsychology
Senior Instructor, Department of Psychiatry
University of Colorado School of Medicine
2:45 **Identifying and Supporting
Cognitive Changes in Older
Adulthood**
Dominique Chao, PsyD
Rehabilitation Neuropsychologist
Dept of Physical Medicine and Rehabilitation
Dept of Psychiatry
University of Colorado School of Medicine
- 3:45** **Q&A**
- 4:00** **Adjourn**

Friday, October 6, 2023

- 8:15** **Registration / Visit Exhibitors / Continental
Breakfast**
- 8:45** **Welcome / Introductions**
- 9:00** **Primary Care: Bridging the gap with mental
health services**
Thida Thant, MD
Assistant Professor, Dept. of Psychiatry
Assistant Chief of Service, CU Medicine
Psychiatry Community Practices
University of Colorado School of Medicine
- 10:15** **Gender identity and MH Needs**
Robert Davies, MD
Professor, Psychiatry and Medicine
Medical Director, CU Medicine LGBTQ Mental
Health Clinic
Co-Founder, UHealth Integrated
Transgender Program
Vice Chair of Education, Dept. of Psychiatry
Director, Psychiatry Residency Training
University of Colorado School of Medicine
- 11:15** **Break**
- 11:30** **Belonging and Mental Health: How to Foster
Meaningful Engagement with Patients**
Erika Freitas, PhD
Associate Professor
Assistant Dean for Equity, Diversity, and
Inclusion
University of Colorado Skaggs School of
Pharmacy & Pharmaceutical Sciences
- 12:30** **Pick up lunch and go to closing keynote**
- 12:50pm** **Introduction**
- 1:00** **Closing Keynote**
**Transforming Mental Health Care: Lessons
from the Global South**
Vikram Patel, PhD
Pershing Square Professor of Global Health
Harvard Medical School
- 2:00** **Q&A with Dr. Patel**
- 2:30** **Adjourn for 2023**

Conference Faculty

Dominique Chao, PsyD

Rehabilitation Neuropsychologist
Department of Physical Medicine and Rehabilitation
Department of Psychiatry
University of Colorado School of Medicine

Robert Davies, MD

Professor, Psychiatry and Medicine
Medical Director, CUMedicine LGBTQ Mental Health Clinic
Co-Founder, UHealth Integrated Transgender Program
Vice Chair of Education, Dept. of Psychiatry
Director, Psychiatry Residency Training
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Jorge M. Vallery Verlenden, PhD, MEd

Senior Behavioral Scientist
Division of Adolescent and School Health (DASH)
Centers for Disease Control and Prevention (CDC)

Further Information

If you have questions, or need special accommodations, please email NursingCE@ucdenver.edu, call 303-724-6883 or visit <https://nursing.cuanschutz.edu/academics/continuing-nursing-education>.

Hotel Information:

Hyatt Regency Aurora
hyatt.com/en-US/group-booking/DENHY/G-10PC

Booking Deadline: September 8, 2023

Location and Parking

The conference will be held on the Anschutz Medical Campus in the Fulginiti Pavilion, 1st Floor Gossard Forum. The address is 13080 e 19th Ave., Aurora, CO 80045.

Parking

Visitor parking is available in the Georgetown lot. Further information and a map will be provided to registered attendees the week prior to the program.



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