

MENTAL HEALTH CONFERENCE



Mental Health Conference: The Changing Landscape of Mental Health Care

November 4, 2019

8 A.M. TO 4:30 P.M.

Holiday Inn & Suites
200 W. 1st Street, Duluth, Minnesota

THE PATIENT. ABOVE ALL ELSE.®



Pictured above: 'Hurt. Abandoned....loneliness and uncertainty,' an image from the exhibit and soon-to-be released book "If You Only Knew," revealing what mental illness feels like through interviews and images.

—Barb Kellogg, photographer and accidental author from Avon, Minnesota

MENTAL HEALTH CONFERENCE



About the Conference

St. Luke's is proud to host its fifth annual Mental Health Conference at the Great Lakes Ballroom at Holiday Inn and Suites in beautiful downtown Duluth, Minnesota. Join us as we bring together local and regional experts to explore the relationship between mental and physical health, practical application of DBT, mental illness in the criminal justice system, integrative mental health care, drug interactions and polypharmacy, as well as delirium and psychosis.

Who Should Attend

This conference is relevant for all health care professionals interested in or involved in the care of individuals with mental and/or behavioral health disorders including, but not limited to, physicians, nurses, social workers, psychologists, counselors, therapists and behavioral health workers.

Learning Objectives

At the conclusion of this conference, participants should be able to:

- Describe the four core elements of Dialectical Behavior Therapy and identify skills that can be employed in a practice or personal setting.
- Describe ways in which physical health can be impacted by mental health and vice versa.
- Examine the dangers and benefits of polypharmacy in psychiatric disorders.
- Differentiate the etiology, presentation and management of psychosis and delirium.
- Discuss evidence-based complementary and alternative therapy options for the treatment of psychiatric disorders.
- Describe the role of mental health courts in reducing recidivism of individuals with serious mental illnesses.

AGENDA*

- 7:30 a.m. Registration/Continental Breakfast**
- 8:00 a.m. Welcome**
- 8:05 a.m. Integrative Mental Health Care**
Michalene Stevermer, DO
St. Luke's Psychiatry Associates
- 9:05 a.m. Mental Illness in the Criminal Justice System**
Jacqueline Buffington, PhD, LP
Sixth Judicial District Courts Consultant
- 10:05 a.m. BREAK**
- 10:20 a.m. Psychiatric Drug Interactions & Polypharmacy**
Sara Shuster, PharmD
St. Luke's Pharmacy Services
- 11:20 a.m. Panel discussion with morning presenters**
- 11:50 a.m. LUNCH**
- 12:50 p.m. Dialectical Behavior Therapy**
Kelly Chaudoin-Patzoldt, PsyD, LP
St. Luke's Outpatient Mental Health Services
- 1:50 p.m. Delirium & Psychosis**
David Gish, MD
St. Luke's Psychiatry Associates
- 2:50 p.m. BREAK**
- 3:05 p.m. Psychological and Medical Comorbidities: Impact and Interventions**
Bari Hillman, PhD, LP
St. Luke's Outpatient Mental Health Services
- 4:05 p.m. Panel discussion with afternoon presenters**
- 4:30 p.m. Closing Remarks & Evaluations**

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CONTINUING EDUCATION

Physicians

St. Luke's is accredited by the Minnesota Medical Association (MMA) to provide continuing medical education for physicians.

St. Luke's designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: This live activity, Mental Health Conference: The Changing Landscape of Mental Health Care, with a beginning date of 11/4/2019, has been reviewed and is acceptable for up to 7.00 prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Work

St. Luke's is a Minnesota Board of Social Work approved provider of continuing education. This activity provides a maximum of 7.0 clock hours.

Psychology

This activity has been approved by the Minnesota Board of Psychology for 7.0 continuing education hours.

LMFT

This activity has been approved by the Minnesota Board of Marriage and Family Therapy for 7.0 hours of continuing education.

Nursing

This activity has been designed to meet the Minnesota Board of Nursing requirements for continuing education and provides a maximum of 7.0 contact hours for nurses.

Other Professionals

This activity offers a maximum of 7.0 contact hours of continuing education for full conference attendance. Most medical professional organizations accept *AMA PRA Category 1 Credits*[™]. It is the responsibility of the participant to determine whether an education activity meets the continuing education requirements of their respective licensure and/or professional boards. Each participant will be issued a certificate of attendance at the conclusion of the conference.

Faculty Disclosure

To comply with the ACCME Standards for Commercial Support, St. Luke's requires everyone who is in a position to control the content of an education activity to disclose all relevant financial relationships with any commercial interest to the provider. A commercial interest is any entity producing, marketing, re-selling or distributing health care goods or services consumed by, or used on, patients.

Everyone who is in a position to control the content of this education activity has submitted a signed disclosure form indicating no relevant financial relationships exists.

Additional Information

For additional conference information, contact Sarah Backstrom, St. Luke's Education Department, Sarah.Backstrom@slhduluth.com

If you have special dietary, vision or hearing needs, contact St. Luke's Education Department at **218.249.5139**.

*Faculty and program are subject to change.

NOTE: Temperatures within the conference facility may vary. Please dress accordingly.

REGISTRATION



Online registration available at slhduluth.com/MentalHealthConference

Physician:.....	\$200
Non-Physician:.....	\$150
St. Luke's Employee Non-Physician:.....	\$100
Resident/Retired/Student:.....	\$75
Group Discount**:.....	20% off (3 or more participants)

***For all group registrations contact St. Luke's Education directly at 218.249.5139.*

You will receive an email confirming your registration and payment. Fee includes continental breakfast, lunch, course materials and a certificate of attendance. Please note that attendance is limited to health care professionals. We are unable to accommodate guests, spouses or children.

Cancellation Policy

Conference may be canceled and/or rescheduled due to not enough registrants.

Registration is refundable if written or telephone cancelation is received by October 21, 2019. If this conference is canceled for any reason, St. Luke's liability is limited to a full refund of registration fees.

Accommodations

A block of rooms is reserved at Holiday Inn & Suites beginning Sunday, November 3. To reserve your room, call 218.722.1202 and mention St. Luke's. To reserve online, visit www.hiduluth.com and enter group code STL. Blocked rooms will be released if not reserved by October 4.

Parking

Free parking is available in the Holiday Inn & Suites covered parking ramp. The ramp can be accessed from West First Street between Second and Third Avenue West.