



2022

3rd Annual Pediatric and Primary Care Behavioral Health Symposium



Welcome to the 3rd Annual, Pediatric and Primary Care Behavioral Health Symposium

Welcome and Purpose

Please plan to join the symposium 15-30 minutes before the Keynote speaker is scheduled. This will assure your timely virtual attendance and to trouble shoot any potential technical difficulty.

This virtual symposium will be hosted on WebEx. A link to the virtual platform will be sent to you prior to the symposium. WebEx can be run from a browser in most circumstances; however, you may want to allow for enough time to download WebEx if that is necessary where you are located.

Purpose:

Upon completion of this activity, the participant will have an increased awareness of cultural considerations in the treatment of mental health, deeper skill development in motivational interviewing, the importance of providing behavioral health screening of pediatric patients in the primary care setting. Additionally, the participant will be able to incorporate multiple mental health treatments into their clinical practice settings ranging from anxiety, attention deficit hyperactivity disorder, adolescent suicide, depression, strengths-based work.

Symposium Content Tracks:

The 3rd Annual Pediatric and Primary Care Behavioral Health Symposium is pleased to offer three distinct content tracks, please refer to the symposium schedule on page 15 and 16.

As an attendee, you will need to be in a virtual session within the first five minutes of the start. If attempting to enter the session after the first five minutes of the presentation you will not be able to enter. This is to assure all attendees are present for the entirety of the session to do the pretests, skills demonstration, and post session tests successfully.

Continuing Education Credits:

This activity has been planned and implemented in accordance with the Accreditation Requirements and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of North Dakota School of Medicine and Health Sciences, North Dakota Department of Health, Sanford Health and Sanford Research North. The University of North Dakota School of

Medicine and Health Sciences is accredited by the ACCME to provide continuing medical education for physicians.

The University of North Dakota School of Medicine and Health Sciences designates this Live activity for a maximum of 8.0 *AMA PRA Category 1 credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- To receive the full amount of continuing education credits you will need to attend all eight hours of the symposium in any track or combination of tracks that you prefer. You will verify the number of sessions you attended, and credits received on the evaluation form.
- Recorded Sessions: The sessions in the Trauma Track and the Skills Track will be recorded for later viewing and continuing education credit opportunity. The Suicide Prevention Track will not be recorded. Notification regarding the availability of the recorded sessions will be provided via email to all registrants at a later date. The link to view previously recorded educational offerings on the UND School of Medicine is [here](#).

The North Dakota Board of Social Work Examiners and the North Dakota Board of Counselor Examiners have approved this program for 8 credit hours of continuing education.

Session Titles and Learning Objectives

Keynote

Session: Healing the Healer: Integrating Self-Care into Our Real lives

Presented by: Dr. Ken Ginsburg, Children's Hospital Philadelphia

Objectives: Upon completion of this program, the learner will be able to:

1. Participants will better understand workplace factors that contribute to burnout.
2. Participants will better understand individual factors that contribute to burnout.
3. Participants will better understand how employing professional boundaries empowers the youth with whom they work.

Session: Mental Health Screening in Primary Care

Presented by: Dr. Robert Hilt, Seattle Children's Hospital

Objectives: Upon completion of this program, the learner will be able to:

1. Discuss some rating scales which can be efficiently utilized in primary care

2. Plan out practice flow changes to incorporate routine behavioral health screening tools
3. Review some routine interview questions which can help assess the likelihood of disorders

Cultural Considerations in the treatment of Mental Health Track:

Session 1: Cultural Considerations in the Treatment of Native American Youth

Presented by: Dr. Allison Kelliher, University of North Dakota

Objectives: Upon completion of this program, the learner will be able to:

1. Explain how behavioral health contributes to overall health.
2. Compare and contrast upstream vs downstream treatments for behavioral health.
3. Demonstrate the ability to access resources to better understand American Indian and Alaska Native behavioral health.

Session: Honoring Children, Mending the Circle, the Cultural Enhancement of TF-CBT

Presented by: Dr. Dee Bigfoot, University of Oklahoma Health Sciences Center

Objectives: Upon completion of this program, the learner will be able to:

1. Attendees will gain an overview of the cultural enhancement of Trauma Focused Cognitive Behavior Therapy
2. Attendees will gain an understanding of an evidence-based practice framework to compare with Indigenous perspectives of practice-based evidence
3. Attendees will receive a short introduction to one component of the TFCBT that has been culturally enhanced

Session: Caring for the LGBT+ Youth: Social Stress and Mental Health Issues

Presented by: Dr. Gabriela Balf, University of North Dakota

Objectives: Upon completion of this program, the learner will be able to:

1. Discuss the unique challenges of mental health issues of LGBT Youth – emphasis on transgender and gender-nonconforming youth (TGNC Youth)
2. Outline the root causes of mental health issues in the TGNC Youth: Neuroscience insights and Social Minority Stress
3. Outline the current guidelines for the care for TGNC youth continuum and the crucial role pediatrics and primary care have
4. Illustrate minimal strategies that pediatrics and primary care can implement with maximum impact for the mental health of LGBT Youth

Session: Know your Blindspot: Using Curiosity to Enhance our Lens and Improve Care and Outcomes for our Patients**Presented by: Dr. Kathy Anderson, Nurturing Wellness**

Objectives: Upon completion of this program, the learner will be able to:

1. Understand how Implicit Bias affects patient encounters and outcomes
2. Understand the distinction between cultural awareness, cultural sensitivity, cultural competence, and cultural safety
3. Review the AAP Policy Statement on the Elimination of Race Based Medicine

In-Depth Skill Development Track:**Session: Trauma Across Childhood: Clinical Presentation and Interventions****Presented by: Dr. Elissa Brown, St. John's University**

Objectives: Upon completion of this program, the learner will be able to:

1. Recognize the clinical presentation of trauma in different developmental groups
2. Describe interventions for each phase of trauma
3. Access further education and training on the interventions

Session: Motivational Interviewing: Connecting during Difficult Conversations**Presented by: Roxy Vandendries, Sanford Health**

Objectives: Upon completion of this program, the learner will be able to:

1. Review the Transtheoretical Stages of Change Model (TTM)
2. Identify Communication Styles/MI Communication Continuum
3. Describe MI Spirit (PACE)
4. Identify MI skills (OARS)
5. Examine Review MI Process
6. Review Change talk: Recognizing and evoking it

Behavioral Health in Primary Care Skills Track:**Session: Resilience in Action: A Strength-Based Approach to Working With Young People****Presented by: Dr. Ken Ginsburg, Children's Hospital Philadelphia**

Objectives: Upon completion of this program, the learner will be able to:

1. The participant will better understand how a strength-based approach combats the demoralization that can paralyze behavioral change progress.
2. The participant will be better prepared to eliminate shame from interactions by focusing on building confidence in youth. They

will understand that confidence must be rooted in existing competencies.

3. The participant will better understand how to communicate with youth in a way that enables their thinking and reasoning abilities to be accessed. This objective focuses on shifting away from approaching youth with lectures and giving control back to people from whom it has been taken away.

Session: Perinatal Mood and Anxiety Disorders

Presented by: Dr. Tiffany Moore Simas, University of Massachusetts

Objectives: Upon completion of this program, the learner will be able to:

1. Describe the **Patient Care Pathway** to be followed to address perinatal mental health conditions.
2. Determine how to **screen and evaluate** illness severity, including how to assess intrusive thoughts and risk of harm to self and/or baby.
3. Recognize the **risks of untreated** perinatal mental health conditions and the importance of providing evidence-based treatment.

Session: Adolescent Suicide, Signs, Screening/Interpretation, Treatment in Primary Care Settings

Presented by: Dr. Kathryn Gordon

Objectives: Upon completion of this program, the learner will be able to:

1. Learn the key components of effective screening and assessment of suicidal behavior in adolescents.
2. Formulate an effective safety plan for adolescents with suicidal ideation.
3. Apply therapy tools for helping adolescents to cope with emotional pain and distress.
4. Utilize interventions that increase hope and connection in the face of suffering

Session: Managing Anxiety in Youth: Less Talk More Action

Presented by: Dr. Philip Kendall, Temple University

Objectives: Upon completion of this program, the learner will be able to:

1. Review medical and physical manifestations of pediatric psychiatry.
2. Review DSM V criteria for the anxiety disorders of childhood.
3. Discuss therapies and medications appropriate for treatment of pediatric anxiety.

Session: Attention Deficit Hyperactivity Disorder Across the Lifespan

Presented by: Dr. Marilyn Benoit, Drexel Medical School

Objectives: Upon completion of this program, the learner will be able to:

1. ADHD is a real, brain-based, chronic neurobiological disorder.
2. ADHD and its sub-types.
3. The complexity of ADHD and its co-morbidities.
4. The longitudinal trajectory of ADHD.
5. The functional impairments & treatment options.
6. The importance of family involvement.

Session: Child and Adolescent Depression

Presented by: Dr. Richa Bhatia, Northern California Psychiatric Society

Objectives: Upon completion of this program, the learner will be able to:

1. To recognize the prevalence of childhood depression
2. To describe clinical presentations of childhood and adolescent depression
3. To describe differential diagnoses and comorbidities
4. To demonstrate an understanding of evidence-based treatment options for childhood depression

Keynote Speakers

Dr. Ken Ginsburg



Dr. Ken Ginsburg practices Adolescent Medicine at The Children's Hospital of Philadelphia and is a Professor of Pediatrics at the University of Pennsylvania School of Medicine. He directs Health Services at Covenant House Pennsylvania, where he serves Philadelphia's youth enduring homelessness.

Dr. Ginsburg practices social adolescent medicine -- service with special attention to prevention and the recognition that social context and stressors affect both physical and emotional health. His research over the last 30 years has focused on facilitating youth to develop their own solutions to social problems and to teach adults how to better serve them. He is the Founding Director of The Center for Parent and Teen Communications which works with key influencers to empower parents with the strategies and skill sets that will strengthen their family connections and position them to guide their teens to become their best selves. It works to shift the cultural narrative about adolescence from being a time to survive to one in which development is to be optimized and celebrated.

His books include, "Building Resilience in Children and Teens: Giving Kids Roots and Wings" as well as "Congrats- You're Having a Teen!: Strengthen Your Family and Raise a Good Person" both published by The American Academy of Pediatrics. His multimedia toolkit also published through the American Academy of Pediatrics "Reaching Teens: Strength-Based, Trauma-sensitive, Resilience-building Communication Strategies Rooted in Positive Youth Development" offers youth-serving professionals in multiple settings applied strategies to optimally serve young people.

He is the National Resilience Expert for The Boys and Girls Clubs of America and currently works with Covenant House International's 35 sites to solidify and magnify their practice model rooted in the healing power of loving and respectful adult connections with youth.

Dr. Robert Hilt

Dr. Robert Hilt is a Professor of Psychiatry at the University of Washington and Seattle Children's Hospital. Dr. Hilt has worked as a primary care pediatrician and as a pediatric hospitalist before training at the University of Massachusetts as a child psychiatrist. Dr. Hilt is the Program Director for the Partnership Access Line, a child mental health consultation service for primary care providers in Washington, Wyoming and Alaska. He is the Program Director for the Medicaid psychiatric Medication Second Opinion Programs of Wyoming, Washington and Alaska, and MDT Psychiatric Consult Service in Wyoming. He has served as a co-chair on the Committee on Collaboration with Medical Professions with the American Academy of Child and Adolescent Psychiatry, has served as the Mental Health Editor for the American Academy of Pediatrics' PREP-Self Assessment, and serves on the editorial boards for Pediatric Annals, Psychiatric Annals and Psychiatric Services. He has also co-authored the DSM-5 Pocket Guide for Child and Adolescent Mental Health.

Content Specialists**Dr. Allison Kelliher**

Dr. Allison Kelliher is said to be the first Koyukon Athabascan physician. Her family carries a tradition of healing, and she is the only MD trained as a Tribal Doctor in Alaska's health system. From Nome Alaska, she has built her own practice, allowing for her to utilize her training as a family doctor board certified in Integrative and Holistic Medicine. She has a background in biomedical research and received her BS in Indigenous Medicine from the University of Alaska Fairbanks in 2001. Dr. Kelliher graduated from the University of Washington School of Medicine in 2005 and the Alaska Family Medicine Residency in 2009. She has served on the AMA minority affairs commission, created an acupuncture program for primary care while working for the IHS in Sells AZ, and teaches and mentors medical students and residents as adjunct faculty at the University of Alaska Anchorage. Her chapter was recently published in the textbook *Wisdom Traditions: Walking Together, Working Together for Community Well-being*.

Dr. Dee Bigfoot

Dolores Subia BigFoot, PhD, a child psychologist by training, is a Presidential Professor who directs the Indian Country Child Trauma Center within the Center on Child Abuse and Neglect at the University of Oklahoma Health Sciences Center. Since 1993, she has directed Project Making Medicine, a clinical training program to training mental health providers in the treatment of child maltreatment using culturally based teachings. With the establishment of the Indian Country Child Trauma Center in 2004, she was instrumental in the cultural adaptations of four evidenced-based child treatment protocols. In

2020 Dr. BigFoot was awarded the national Suicide Prevention Resource Center from the Substance Abuse and Mental Health Services Administration to provide support and assistance to suicide prevention programs across the country. Dr. Bigfoot's clinical interests include suicide prevention; cultural application with American Indians and Alaskan Natives; Parent-Child Interactional Therapy; child abuse and neglect; parent training for parents with adolescent sexual behaviors, children and families responding to trauma, including death, loss, grief and bereavement; cultural enhancement of Trauma-Focused Cognitive Behavioral Therapy.

Dr. Elissa Brown

Dr. Brown is a Professor of Psychology and the Executive Director of the Child HELP (Heal, Empower, Learn, Prevent) Partnership at St. John's University. Her primary clinical and research interests include the prevention and treatment of child trauma and posttraumatic stress disorder. She has participated in research on the assessment and treatment of sexual assault, child physical abuse, and bereavement related to traumatic circumstances (such as September 11th, 2001). Dr. Brown has received funding from the National Institute of Mental Health, New York State Office of Mental

Health, Substance Abuse and Mental Health Services Administration, Department of Justice, and Private Foundations to evaluate treatments for traumatized children and adolescents, many of whom are from culturally diverse and economically disadvantaged populations. She is the Director of a Category III affiliate site of the National Child Traumatic Stress Network, housed at Child HELP Partnership. She is co-developer of Alternatives for Families: A Cognitive-Behavioral Therapy, a treatment for family conflict and physical abuse and a certified trainer of Trauma-Focused Cognitive-

Behavioral Therapy, a treatment for traumatized youth and their non-offending caregivers. Dr. Brown is a member of several national and international organizations dedicated to improving mental health services for traumatized children and has served on the Board of the American Professional Society on the Abuse of Children.

Dr. Philip Kendall



Philip C. Kendall, PhD, ABPP has over 800 publications and his treatments have been translated into over a dozen languages. He was identified as a most "Highly-Cited" individual in all of the social and medical sciences and was ranked 5th in an analysis of the faculty in the 157 American Psychological Association approved programs in clinical and psychology. His Google Scholar H-index is 144.

Dr. Kendall has been a Fellow at the Center for Advanced Study in the Behavioral Sciences, received a "Great Teacher" award and was named a Distinguished University Professor at Temple University, and was identified as a "top therapist" by Philadelphia Magazine. In 2022, he was awarded the "Gold Medal Award for Impact in Psychology" by the American Psychological Foundation of APA. His seminal works include the treatment of anxiety disorders in youth, cognitive-behavioral theory, research methodology, the conceptualization and understanding of psychopathology and treatment of children and adolescents. Dr. Kendall is known for his clinical sensitivity, rigorous research methodology, creative and integrative approaches, and commitment to graduate mentoring.

Dr. Gabriela Balf



Gabriela Balf wears many hats: mother to many, psychiatrist, internist, advocate for mental health, teacher, mentor, student, friend, a person with chronic illnesses, and a speck of stardust. She is a summa cum laude graduate of Carol Davila Univ in Bucharest, Romania. She pursued her internal medicine and psychiatry residencies at Yale Univ School of Medicine, and her Master's Degree in Public Health at Yale Public Health School in New Haven, Conn. She is a Clinical Associate Professor at UND Psychiatry Department and a student in Narrative Medicine at Columbia University in New

York.

Gabriela Balf is here to bring to focus a population that has

received oversized attention and deficient medical care; she will convince you that it does not take a lot of effort to make a big difference in someone's life.

Dr. Kathy Anderson

Dr. Kathy Anderson, MD, FAAP, IBCLC, CEIM is board certified in General Pediatrics and Integrative Medicine. She is committed to preserving, promoting, and optimizing the health, wellness, and safety of children by providing education, consultation, and most importantly, premium quality, compassionate, clinical care. Dr. Anderson attended Brown University and the Warren Alpert School of Medicine at Brown University through the Program in Liberal Medical Education (PLME). She completed her education in Pediatrics through the University of Hawaii at Kapiolani Medical Center for Women and Children in 2009 and graduated from her fellowship in Integrative Medicine from University of Arizona in 2015.

Dr. Kathy Anderson started practicing general pediatrics in Bismarck, North Dakota in 2009. She served as the Chief of the Department of Pediatrics at St. Alexius Medical Center and Mid Dakota Clinic, and is assistant professor at University of North Dakota School of Medicine where she teaches both medical students and residents. Dr. Anderson has been an active member of the American Academy of Pediatrics (AAP) since residency. She is immediate past president of the North Dakota Chapter of the American Academy of Pediatrics, Regional Champion of Equity, Diversity, and Inclusion for AAP, and former board member to the Section on Integrative Medicine. Dr. Anderson is an International Board Certified Lactation Consultant (IBCLC) and Certified Educator of Infant Massage (CEIM).

Dr. Tiffany Moore Simas

Dr. Moore Simas is the Donna M. and Robert J. Manning Chair of the Department of Obstetrics & Gynecology, and Professor of Ob/Gyn, Pediatrics, Psychiatry and Population & Quantitative Health Sciences at UMass Chan Medical School/UMass Memorial Health.

Dr. Moore Simas is an academic specialist in general Ob/Gyn, physician-scientist, educator, advocate, and leader. She is the founding Obstetric Engagement Liaison of the Massachusetts Child Psychiatry Access Program (MCPAP) for Moms, a first in nation state-wide program that enhances the capacity of obstetric care clinicians to address perinatal mental health and substance use disorders. MCPAP for Moms has impacted national policy resulting in 24 additional states having or developing similar programs, with current

legislation poised to sustain existing programs and to support the development of others.

Dr. Moore Simas is medical director of Lifeline for Moms, a program founded to provide technical assistance for others developing Perinatal Psychiatry Access Programs, like MCPAP for Moms, and as a research home to further advance innovations in integrating obstetric and mental health care. She is MPI of the Lifeline for Moms National Network of Access Programs, designed to facilitate peer-learning and sharing of resources with partners and collaborators, across the U.S., and to facilitate quality improvement and program evaluation within and across Access Programs.

Dr. Moore Simas has a long-standing federally funded research portfolio and author on well-over 100 peer-reviewed publications. She partners with and advises professional, advocacy, and governmental organizations to advance the equitable care of all pregnant and postpartum individuals. She serves her profession nationally as the Society of Academic Specialists in General Ob/Gyn's (SASGOG) President Elect, on the Alliance in Innovation in Maternal Health's (AIM) Perinatal Mental Health and Postpartum Discharge Transitions Safety Bundle Work Groups, on the American College of Ob/Gyn's (ACOG) Maternal Mental Health Expert Work Group (Co-Chair) and Clinical Practice Guidelines OB Committee, and as an American Board of Ob/Gyn (ABOG) oral examiner.

Dr. Moore Simas is passionate about mentoring and developing the next generation of women leaders in academic medicine, as such, she developed UMass' Empowering Mid-career PrOfessional Women for Executive Roles (EMPOWER) course which is in its 4th offering at UMass Chan/UMass Memorial Health.

Dr. Kathryn Gordon



Kathryn H. Gordon, Ph.D. is a licensed clinical psychologist who specializes in cognitive-behavioral therapy. Before becoming a full-time therapist, she was a North Dakota State University psychology professor who taught mental health-related courses, mentored graduate students, and published mental health research. Her clinical scientist approach is informed by her graduate training at Florida State University and predoctoral internship at the University of Chicago Medical Center. After working at a Sanford Women's Health clinic for three years, Dr. Gordon currently practices in the Boston area. She is

licensed in Massachusetts, Minnesota, and North Dakota. Dr. Gordon is the author of *The Suicidal Thoughts Workbook: CBT Skills to Reduce Emotional Pain, Increase Hope, and Prevent Suicide*.

Roxy Vandendries



Ms. Vandendries is an RN with a Master of Science degree in Nursing Education. She is a Lead RN Clinical Educator with Learning Education and Development (LEAD) at Sanford Health. Her service to Sanford spans nearly 25 years. Roxy has achieved a Registered Health Coach Level III status through Health Sciences Institute as well as obtained her certification as a Chronic Care Professional. In 2016 Roxy was accepted as a Motivational Interviewing Network of Trainers (MINT) member and completed the requirements to be a MINT member in Montreal, Canada. She has spent the past five years passionately teaching others the skill of motivational interviewing. Since January of 2017, Roxy has taught more than 320 sessions involving Motivational Interviewing to over 4000 participants.

Dr. Marilyn Benoit



Marilyn B. Benoit, M.D. is the past Chief Medical/Chief Clinical Officer and SVP of Clinical and Professional Affairs of Devereux Advanced Behavioral Health. She attended Georgetown University Medical School, where she is a Clinical Associate Professor. She is also a Clinical Associate Professor at Drexel Medical School. She holds a graduate degree in Health Services, Management & Policy from The George Washington University School of Public Health. Dr. Benoit's career includes academia, where she provided decades of training to medical students, psychiatric and pediatric residents, and fellows. She has worked in both the public and private sectors and maintains a small private practice to date. She is currently the child psychiatrist consultant to a therapeutic day school for students with severe emotional disabilities. She is past President of the American Academy of Child & Adolescent Psychiatry (2001-2003). Her presidential initiative focused on improving outcomes for children in foster care. She has served on several non-profit Boards, including The Field Center of Social Work & Social Policy at the University of Pennsylvania, the Child Welfare League of America, Devereux Behavioral Health, the Alliance for Childhood, which she co-founded and chaired, and Talisman Therapeutic Riding. She is currently a Trustee of the Chance Academy, a private non-profit school for underprivileged children in Washington, DC, and is the Chairwoman of Supporting Lifelong Solutions, a Northwest Arkansas non-profit that addresses the holistic needs of adults with neurodevelopmental

disabilities. Dr. Benoit currently serves on the Life members Committee of AACAP. She has been awarded Georgetown University's President's Vicennial Award for dedicated service, AACAP Virginia Q Anthony's Women in Leadership award, the AACAP Jeanne Spurlock Diversity Award, AACAP Mentorship Award, the Child Maltreatment Committee's Passion Award and has an AACAP endowed Marilyn B. Benoit Child Maltreatment award for child psychiatry trainees and early career child psychiatrists funded by a generous donor. Dr. Benoit is the proud grandmother of four children, two having been adopted from foster care. Dr. Benoit has published and presented nationally and internationally on topics pertaining to child development and mental health, including child maltreatment, ADHD, psychotherapy, family engagement. She led transformative and sustainable clinical improvement across a large national behavioral health organization.

Dr. Richa Bhatia



Richa Bhatia, MD, is a dual Board-Certified Child, Adolescent and Adult Psychiatrist, with extensive clinical experience treating children, adolescents, and adults suffering from a wide array of psychiatric conditions. Her professional opinions have been quoted by CNBC, the Guardian, US News and World Report, the Wall Street Journal, and other media. She serves as an Associate Editor of Current Psychiatry and as Section Editor for Current Opinion in Psychiatry. Additionally, she serves as Secretary of the Association of Women Psychiatrists and as Councilor at Large at Northern California

Psychiatric Society. She has been the recipient of awards such as the Marian Butterfield award and the Jerilyn Ross Clinician Advocate award. She has experience working in both academic and community settings. To spread awareness about psychiatric conditions among the public, she has authored 2 books: 'Demystifying Psychiatric Conditions and Treatments' and '65 Answers about Psychiatric Conditions'. She has been an invited speaker at national and regional conferences and academic and other institutions. Her other professional interests include integration of psychotherapy and psychopharmacology in clinical practice, anxiety disorders, depressive disorders, psychodynamic psychotherapy, and mindfulness-based interventions.

8 - 9 a.m.	Keynote Speakers Ken Ginsburg, MD, MS Ed, FAAP Children's Hospital Philadelphia Healing the Healer: Integrating Self-Care into Our Real Lives		
9-10 a.m.	Robert Hilt, MD Seattle Children's Hospital Mental Health Screening In Primary Care		
10:00 - 10:15	Break		
	Cultural Considerations in Mental Health Treatment Facilitator: Chelsea Christensen	In-Depth Skills Track Facilitator: Emily Gard	Behavioral Health in Primary Care Skills Track Facilitator: Nicole Cross-Hillman
10:15 - 11:15 a.m.	Allison Kelliher, MD University of North Dakota Cultural Considerations in the Treatment of Native American Youth	Elissa Brown, PhD St. John's University Trauma across Childhood: Clinical Presentation and Interventions	Ken Ginsburg, MD, MS Ed, FAAP Children's Hospital Philadelphia Resilience in Action: A Strength-Based Approach to Working with Young People
11:15 - 12:15 p.m.	Dee BigFoot, PhD University of Oklahoma Health Sciences Center Honoring Children, Mending the Circle, the Cultural Enhancement of TF-CBT	Elissa Brown, PhD St. John's University Trauma across Childhood: Clinical Presentation and Interventions	Tiffany Moore Simas, MD, MPH, MED, FACOG University of Massachusetts Perinatal Mood and Anxiety Disorders
12:15 - 12:45	LUNCH BREAK		
12:45 - 1:45 p.m.		Roxy Vandendries, RN Sanford Health Motivational Interviewing: Improving Client Conversations	Kathryn Gordon, PhD Adolescent Suicide, Signs, Screening/Interpretat ion, Treatment in Primary Care Settings
1:45 -		Roxy Vandendries, RN Sanford Health	Philip Kendall, PhD, ABPP Temple University

2:45 p.m.		Motivational Interviewing: Improving Client Conversations	Managing Anxiety in Youth: Less Talk More Action
2:45 – 3:00 p.m.	BREAK		
erations alth c : censen	Cultural Considerations in Mental Health Treatment Facilitator: Chelsea Christensen	In-Depth Skills Track Facilitator: Emily Gard	Behavioral Health in Primary Care Skills Track Facilitator: Nicole Cross-Hillman
3:00– 4:00 p.m.	Gabriela Balf, MD, MPH University of North Dakota Caring for the LGBTQ+ Youth: Social Stress and Mental Health Issues	Roxy Vandendries, RN Sanford Health Motivational Interviewing: Improving Client Conversations	Marilyn Benoit, MD Drexel Medical School Attention Deficit Hyperactivity Disorder Across the Lifespan
4:00– 5:00 p.m.	Kathy Anderson, MD, FAAP, IBCLC, CEIM Nurturing Wellness Know your Blindspot: Using Curiosity to Enhance our Lens and Improve Care and Outcomes for our Patients	Roxy Vandendries, RN Sanford Health Motivational Interviewing: Improving Client Conversations	Richa Bhatia, MD Northern California Psychiatric Society Child and Adolescent Depression

Disclosures:

Faculty disclosure of commercial support: In accordance with the Accreditation Council for Continuing Medical Education (ACCME) and the UND School of Medicine and Health Sciences CME Policy

Ken Ginsburg, MD, MS Ed has indicated that the presentations will not include discussion of commercial products or services. Neither he nor or any member of his immediate family have a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed. The presentations will not include discussion of off-label and/or investigational usage of any products or services. The presentations will not include discussion of trade names.

Robert Hilt, MD has indicated that the presentation will include discussion of commercial products or services. He has a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed (Other: "Book Royalty" "American Psychiatric Association Publishing - DSM-5 book"). The presentation will not include discussion of off-label and/or investigational usage of any products or services. The presentation will include discussion of trade names ["The name of a few rating scales which have a fee to use (like BASC, CBCC, MASC), though I will emphasize free to use scales."].

Allison Kelliher, MD and Julie Smith-Yliniemi, PhD have indicated that the presentation will not include discussion of commercial products or services. Neither they nor or any member of their immediate family have a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed. The presentation will not include discussion of off-label and/or investigational usage of any products or services. The presentation will not include discussion of trade names.

* Elissa Brown, PhD has indicated that the presentation will not include discussion of commercial products or services. Neither she nor or any member of her immediate family have a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed. The presentation will not include discussion of off-label and/or investigational usage of any products or services. The presentation will not include discussion of trade names.*

*Philip Kendall, PhD has indicated that the presentation will include discussion of commercial products or services. He has a relevant financial interest or other relationship with the manufacturer(s) of

any of the products or provider(s) or any of the services to be discussed ("Other: "I receive royalties and my wife is salaried in relation to sales of materials relate to the treatment of anxiety in youth."). The presentation will not include discussion of off-label and/or investigational usage of any products or services. The presentation will not include discussion of trade names.*

Dee Bigfoot, PhD has indicated that the presentation will not include discussion of commercial products or services. Neither she nor or any member of her immediate family have a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed. The presentation will not include discussion of off-label and/or investigational usage of any products or services. The presentation will not include discussion of trade names.

Tiffany Moore Simas, MD, MPH has indicated that the presentation will include discussion of commercial products or services. Neither she nor or any member of her immediate family have a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed. The presentation will not include discussion of off-label and/or investigational usage of any products or services. The presentation will not include discussion of trade names.

Kathy Gordon, PhD has indicated that the presentation will include discussion of commercial products or services. She has a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed (Other: "I wrote a book called, "The Suicidal Thoughts Workbook," which I may mention when discussing certain techniques in my presentation. I receive royalties for that book."). The presentation will not include discussion of off-label and/or investigational usage of any products or services. The presentation will not include discussion of trade names.

Roxy Vandendries, RN, has indicated that the presentation will not include discussion of commercial products or services. Neither she nor or any member of her immediate family have a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed. The presentation will not include discussion of off-label and/or investigational usage of any products or services. The presentation will not include discussion of trade names.

*Kathy Anderson, MD has indicated that the presentation will not include discussion of commercial products or services. Neither she

nor or any member of her immediate family have a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed. The presentation will not include discussion of off-label and/or investigational usage of any products or services. The presentation will not include discussion of trade names.*

Richa Bhatia, MD has indicated that the presentation will include discussion of commercial products or services. Neither she nor or any member of her immediate family have a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed. The presentation will include discussion of off-label and/or investigational usage of any products or services ("Potentially some discussion of off label antidepressant use. Could include discussion of sertraline as an off label for depression in children and adolescents. Could include answering questions from audience about off label use of medications for depression."). The presentation will include discussion of trade names ("May need to use, especially if participants ask questions using trade names").

Gabriela Balf, MD has indicated that the presentation will not include discussion of commercial products or services. Neither she nor or any member of her immediate family have a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed. The presentation will not include discussion of off-label and/or investigational usage of any products or services. The presentation will not include discussion of trade names.

Marilyn Benoit, has indicated that the presentation will include discussion of commercial products or services. Neither she nor or any member of her immediate family have a relevant financial interest or other relationship with the manufacturer(s) of any of the products or provider(s) or any of the services to be discussed. The presentation will include discussion of off-label and/or investigational usage of any products or services ("Use of anti-hypertensives in the treatment of ADHD"). The presentation will not include discussion of trade names.

* The Providing Units (University of North Dakota School of Medicine and Health Sciences, North Dakota Department of Health, Sanford Research North and North Dakota Pediatric Mental Health Care Access) have indicated no commercial support relationship exists, the presentation will not include discussion of commercial products or services, and there will be no mention of off-label or investigative usage of drugs or trade names.

The Planning Committee (Jenn Faul, Erika Lovaas, Kathy Lancaster, Kim Mertz, Krissie Guerard, Kelli Ulberg, Nicole Cross Hillman, Emily Gard, Chelsea Christensen, and Nancy Hostetter) have indicated no commercial support relationship exists.*