

## Conference Directors



**Petros Levounis, MD, MA**, is Chair of the Department of Psychiatry at Rutgers New Jersey Medical School and Chief of Service at University Hospital in Newark, New Jersey. Dr. Levounis has published nine books on mental health and addiction topics and is currently working on the American Psychiatric Association's DSM-5 "Pocket Guide to Addiction Assessment and Treatment" edited by Drs. Levounis, Zerbo, and Aggarwal.



**Douglas Opler, MD**, is an Assistant Professor at Rutgers New Jersey Medical School. Recent publications include an essay and image which explores artist Andy Warhol's view on psychiatrists. Dr. Opler will be presenting on the role of humor in consultation liaison psychiatry at the Academy of Psychosomatic Medicine's 2015 annual meeting.

## Faculty



**Rashi Aggarwal, MD**, is an Associate Professor and Associate Residency Program Training Director in the Department of Psychiatry at Rutgers New Jersey Medical School. Dr. Aggarwal is an active researcher in the fields of stigma and discrimination; empathy and IMG education; and training and acculturation, and has published extensively in these fields.



**Jack Farrell, MSW, LCSW**, holds an advanced degree in Social Work from the Hunter College School of Social Work. He is a Program Analyst for the Rutgers-University Behavioral HealthCare Violence Institute of New Jersey, where he provides training on gangs. He has received many community, state and federal awards for his commitment to community service.



**Kacy Richmond, MS-4**, a Fulbright scholar, is a fourth year medical student at Rutgers New Jersey Medical School. She received her MA in Molecular Biology from the University of Wyoming and her BA in Comparative Literature and Spanish from Haverford College. She has a special interest in cross-cultural psychiatry and the expressive arts in psychiatry.



**Joselino "Joe" Ulanday, RN, BSN**, has 22 years of experience in psychiatric nursing. Since 2007, he has been providing "Handle With Care" training to University Hospital staff in non-violent verbal and physical de-escalation techniques to protect both patients and staff. In 2013, he received the prestigious DAISY Award for Extraordinary Nurses.



**Erin A. Zerbo, MD**, is an Assistant Professor in the Department of Psychiatry at Rutgers New Jersey Medical School, and the Associate Director of Medical Student Education in Psychiatry. She currently works on the inpatient psychiatry unit at University Hospital. She will serve as the Director of the Wellness Center, an outpatient addiction clinic, when it opens in Winter 2015.

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**RUTGERS**

Department of Psychiatry - New Jersey Medical School  
Rutgers, The State University of New Jersey  
Behavioral Health Sciences Building, Room F-1440  
183 South Orange Avenue  
Newark, NJ 07103

## Third Annual Conference on Urban mental health

**Location:** Rutgers New Jersey Medical School  
Medical Sciences Building, Room B-552  
185 South Orange Avenue, Newark, NJ 07103

**Parking:** On-campus parking is available at a daily rate of \$7.50 at the P2 Parking Deck on the corner of South Orange Ave. and Bergen St.

**Directions:** Directions to the New Jersey Medical School campus can be found at [njms.rutgers.edu/about\\_njms/directions.cfm](http://njms.rutgers.edu/about_njms/directions.cfm)

**Provided by:** Rutgers New Jersey Medical School Department of Psychiatry and Rutgers University Behavioral Health Care

The Department of Psychiatry at  
Rutgers New Jersey Medical School presents the

## Third Annual Conference on Urban mental health



Friday, November 6, 2015  
7:30 am - 3:00 pm

**RUTGERS**

[NJMS.Rutgers.edu/Psychiatry](http://NJMS.Rutgers.edu/Psychiatry)



New Jersey Medical School

Department of Psychiatry  
Office of the Chair

Dear Colleague,

I'm very excited to announce the Third Annual Conference on Urban Mental Health at The Department of Psychiatry at Rutgers New Jersey Medical School.

This year we are focusing on violence in our communities.

A panel of experts will discuss the most recent developments in the field, from the complexities of gang cultures in urban settings to breakthrough medical and psychosocial treatments of Post-Traumatic Stress Disorder. We are also going to discuss vicarious re-traumatization and how humor can act as a coping mechanism against extreme violence.

A practicum, led by one of the most experienced trainers in psychological and physical de-escalation techniques, will engage the conference participants in interactive and hands-on exercises with each other.

When you attend the Urban Mental Health conference, you will:

- ✓ Learn the latest research developments in urban mental health and addiction medicine
- ✓ Develop practical skills that can be readily applied to everyday clinical practice
- ✓ Receive a complete set of the conference handout materials
- ✓ Participate in the Rutgers NJMS Psychiatry Resident Research Symposium
- ✓ Earn Continuing Education credits
- ✓ Enjoy a delicious lunch with your colleagues

This activity is designed for physicians, nurses, psychologists, social workers, certified counselors, certified alcohol and drug counselors, marriage and family therapists, researchers, students, and trainees who are involved in and/or interested in the intersection of violence and urban mental health.

I'm looking forward to seeing you on November 6!

Best wishes,

Petros Levounis, MD, MA

## AGENDA

7:30 am	Continental breakfast and registration	
8:30 am	Welcome and conference overview	
8:45 am	<b>The Culture of Street Violence and Street Gangs</b>	Jack Farrell, MSW, LCSW
9:30 am	<b>Violence and Humor</b>	Douglas J. Opler, MD
10:15 am	Healthy (and not-so-healthy) snacks and networking	
10:45 am	<b>PRACTICUM</b> <b>In the Middle of It: Violence in the Workplace</b> <b>Psychological and Physical De-escalation Techniques</b>	Joselino Ulanday, RN, BSN Kacy Richmond, MS-4 Erin A. Zerbo, MD
12:15 pm	Delicious lunch and Resident Research Symposium	
1:15 pm	<b>Vicarious Re-Traumatization</b>	Rashi Aggarwal, MD
2:00 pm	<b>Violence and PTSD</b>	Petros Levounis, MD, MA
2:45 pm	Closing remarks and evaluations	

### LEARNING OBJECTIVES:

At the conclusion of this program the participants should be able to:

1. Assess patients who suffer from PTSD and use updated DSM-5 criteria to accurately diagnose PTSD.
2. Implement non-violent crisis intervention techniques to de-escalate threats from potentially violent patients and maintain safety.
3. Identify specific vectors by which violence is channeled locally by expanding knowledge of local street gangs and their function.

### IMPORTANT INFORMATION

#### REGARDING PROFESSIONAL CONTACT HOURS:

- Please note that participants may not be eligible for continuing education credits if they are not on time and present for the entire session.
- Participants must sign in at the beginning of the lecture.
- Participants must submit a completed evaluation form at the end of the program.
- Partial credits will not be issued to participants arriving late or leaving early.
- Participants should complete the Contact Hour Request form and submit.

### Questions?

Please contact Sharon Eaton at 732-235-9282 with any questions or concerns regarding professional contact hours for this training.

For additional information on the registration process, please call 973-972-4267 or e-mail: [ccoe@ca.rutgers.edu](mailto:ccoe@ca.rutgers.edu).

For additional program information or if you require special arrangements to attend this activity, please contact Ed Warhola at 973-972-5401 or by e-mail at [Ed.Warhola@rutgers.edu](mailto:Ed.Warhola@rutgers.edu).

## GENERAL INFORMATION

### REGISTRATION:

General registration fee: \$95. Full-time Students, Interns, Residents and Fellows registration fee: \$50\* (\*registration must be accompanied by program director's letter confirming your full-time trainee status. Please fax the letter to 973-972-3371). The fee includes continental breakfast, lunch, refreshment break, handout materials, CEU credits/letters of attendance. Registration will only be accepted through our secure online website through **November 3, 2015**. Payment may be made with MasterCard or Visa only. Pre-registration is recommended. On-site registration will be accommodated on a space available basis.

To register, please visit: [NJMS.Rutgers.edu/Psychiatry](http://NJMS.Rutgers.edu/Psychiatry)

Once registered, you will receive a confirmation and additional information to assist you with your plans to participate in the conference.

**Refund Policy:** A full refund, less a \$20 cancellation fee, will be granted if notice is received no later than November 3, 2015. Refunds will not be issued for any cancellation received after this date. Refunds cannot be given for "no shows."

**How To Cancel:** Go to <http://ccoe.rbhs.rutgers.edu/portal>. Click "Login" and enter your email address and password. Select "Current Schedule" on the top menu, and select "Cancel Registration."

### ACCREDITATION:

**Nurse:** Rutgers University Behavioral Health Care is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission On Accreditation. Accredited status does not imply endorsement by Rutgers University Behavioral Health Care, NJSNA or ANCC of any commercial products or services. P#204-10/12-15 (5 contact hours)

**Psychologist:** Rutgers University Behavioral Health Care is approved by the American Psychological Association to sponsor continuing education for psychologists. Rutgers University Behavioral Health Care maintains responsibility for the program and its content. Provider# 1532. Instructional Level: Introductory. (5 CE Credits)

**Certified Counselor:** Rutgers University Behavioral Health Care is an NBCC Approved Continuing Education Provider (ACEP™) and a co-sponsor of this program. Rutgers University Behavioral Health Care may award NBCC approved clock hours for events or programs that meet NBCC requirements. The ACEP™ maintains responsibility for the content of this program. (5 clock hours). Approval Number 6198.

**Certified Alcohol and Drug Counselor (CADC):** This course is approved for renewal (re-certification) credits by the Addiction Professionals Certification Board of NJ, Inc. ([www.certbd.com](http://www.certbd.com)) This course is approved for 5 hours of training for course C203. Rutgers University Behavioral Health Care approval number is #1902010. Approval number for this course is #1902010 - C203.

**Marriage and Family Therapist:** This course will count for recertification credit towards NJ DCA Marriage and Family Board licenses and certifications. Approved for 5 recertification credits. Rutgers University Behavioral Health Care's Approval: 20020113.5REC.

**Social Worker (The New Jersey Board of Social Work Examiners):** This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G and recognized by The New Jersey Board of Social Work Examiners. This program is approved for 5.7 general continuing education hours. IMPORTANT NOTE: Social Workers must be prepared to write in their Social Work license/certification/registraton number and license jurisdiction on the sign in sheet. Please be sure to bring this information with you to the training. Check with your local state board to inquire about accepting NJ Board of Social Work credits.

**Social Worker (Association of Social Workers Board):** Rutgers University Behavioral Health Care, provider #1173, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program from August 10, 2015 to August 10, 2018. Rutgers University Behavioral Health Care maintains responsibility for the program. Social workers participating in this course will receive 5 continuing education clock hours. Targeted social work practice level: Beginning. Be prepared to write in your Social Work license/certification/registraton number and license jurisdiction on the sign in sheet. Please be sure to bring this information with you to the training. Check with your state board to ensure ACE credits are accepted.