

SPEAKERS



Lancer Naghdechi, MD, is a PGY II Psychiatry Resident at Rutgers New Jersey Medical School. He obtained a B.A. in psychology from UCLA, an M.S. in Biomedical Sciences at Rosalind Franklin University of Medical Sciences in Chicago, and studied medicine at Western University of Health Sciences in California. Dr. Naghdechi plans to complete fellowships in child and adolescent psychiatry and forensic psychiatry.



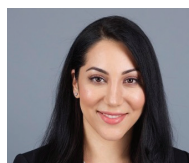
Robert Rymowicz, MD, is Chief Resident at the Department of Psychiatry, Rutgers New Jersey Medical. Robert obtained an undergraduate degree in psychology and went on to study medicine at Western University of Health Science in Pomona, California. Robert was selected as a 2016 Ruth Fox Scholar by the American Society of Addiction Medicine, and as a 2019-2021 APA Leadership Fellow. After residency, Robert plans to return to California for fellowship training in addiction psychiatry.



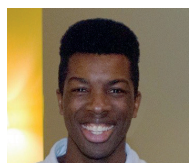
Diego Garces Grosse, MD, is a PGY II Psychiatry Resident at Rutgers New Jersey Medical School. Diego obtained his medical degree in Universidad Peruana Cayetano Heredia, in Lima, Peru. Diego worked in the Jungle of Peru helping underserved populations and became very interested in mental health in the context of public policy. He also has big interest in mental health related to sports, including eating disorders and body dysmorphia.



Rafael Coira, MD, is a PGY III Psychiatry Resident at Rutgers New Jersey Medical School. He was born in Puerto Rico and grew up in New York City and Bergen County New Jersey. He attended college at Montclair State University, law school at Seton Hall University School of Law and Medical School at St. George's University. He is the creator and co-host of "The Psychiatrists Guide" podcast. His research focuses on Equine Therapy.



Donya Nazery, MD, is a PGY I Psychiatry Resident at Rutgers New Jersey Medical School. Donya received her undergraduate degree from University of California Davis, where she took part in Autism research studying different brain areas using functional MRIs. She went onto study medicine at Touro College of Osteopathic Medicine in New York, where she was recognized for both humanism and academic achievements. She is interested in consultation-liaison psychiatry.



Lukmanafis Babjide, MD, is a PGY III Psychiatry Resident at Rutgers New Jersey Medical School. Dr. Babjide went to Davidson College where he graduated with honors in Sociology. He was an officer of his institution's Psychiatric interest group, President of his institution's Student National Medical Association, and active in community activist groups such as the Dallas Coalition Against Bigotry and Mothers Against Police Brutality.



Heather Wurtz, MD, is a PGY II Psychiatry Resident at Rutgers New Jersey Medical School. Heather obtained an undergraduate degree in psychology at Grinnell College. After graduation, she worked on a Duke University Medical Center study examining psychiatric issues in rural children. During medical school at Rutgers NJMS, Heather was an editor for a Psychiatry Clerkship review book, and volunteered with the Student Family Health Care Center.



Parham Khalili, MD, is an Addiction Medicine fellow in the Rutgers Psychiatry department. He attended the University of Chicago for medical school and graduate school in public policy analysis. He previously completed a residency in Family Medicine at Columbia University and a Geriatrics (IM) fellowship at Weill Cornell. He has provided primary, geriatric and palliative care across a variety of settings, and his academic interests include substance use disorders among older adults and neurocognitive disorders.



Faisal Kagadkar, MD, is a PGY II Psychiatry Resident at Rutgers New Jersey Medical School. He obtained his MD from Terna Medical College, Navi Mumbai, India. Faisal gained rich clinical experiences at Yale, Case Western Reserve University, St. Elizabeth's and Kings County hospitals, and was a research scholar in Child and Adolescent psychiatry prior to beginning residency. His interests include Diagnostic Decision making in Psychiatry, Integrated care, Child and Adolescent and Forensic psychiatry.



Muhammad Aadil, MD, is a PGY II Psychiatry Resident at Rutgers New Jersey Medical School. He graduated from FMH College of Medicine in Lahore, Pakistan. After graduation, he worked at an Addiction Treatment Center in Lahore. He is the recipient of Jay G. Hirsch Award for his review paper on mindfulness-based cognitive behavioral therapy. His future goals are to pursue a fellowship in either addiction or forensic psychiatry.

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

Seventh Annual Conference on Urban mental health

- Location:** Rutgers New Jersey Medical School
Medical Science Building, Auditorium 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 Rutgers New Jersey Medical School campus can be found at njms.rutgers.edu/about_njms/directions.cfm
- Provided by:** Rutgers New Jersey Medical School Psychiatry and Rutgers University Behavioral Health Care

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

Seventh Annual Conference on Urban mental health



Friday, November 1, 2019
8:00 am - 3:00 pm

RUTGERS

New Jersey Medical School

NJMS.Rutgers.edu/Psychiatry

RUTGERS

New Jersey Medical School

Department of Psychiatry
Office of the Chair

Dear Colleague,

We are very excited to announce "Urban Mental Health 2019," the Seventh Annual Conference of Rutgers New Jersey Medical School Psychiatry. This year we are turning the focus on the technological addictions, which are emerging as major problems affecting the mental health of our urban communities.

A panel of experts will present updates on a wide range of technological addictions, from Internet gaming to cybersex to online shopping and "e-baying."

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

- ✓ Review the latest research on the assessment and treatment of various psychiatric disorders.
- ✓ Learn about various mindfulness techniques through interactive exercises.
- ✓ Develop practical skills that can be readily applied to your professional lives.
- ✓ Receive a complete set of the conference handout materials.
- ✓ Participate in the Rutgers NJMS Psychiatry Residents Research Symposium.
- ✓ Earn Continuing Education credits.
- ✓ Enjoy a delicious lunch and network with your colleagues.

This activity is designed for physicians, nurses, psychologists, social workers, counselors, researchers, students, and trainees who are interested in improving the mental health of our urban communities.

I'm looking forward to seeing you on November 1st!

Best wishes,



Petros Levounis, MD, MA

AGENDA

8:00 am	Continental Breakfast and Registration
8:50 am	Welcome and Opening Remarks
9:00 am	Video Games: From Fun and Games to Internet Gambling Disorder James Sherer, MD, Rafael Coira, MD, and Diego Garces Grosse, MD
10:30 am	Healthy Snacks and Social Networking
11:00 am	Cybersex and Online Porn Petros Levounis, MD, MA, and Lancer Naghdechi, DO
11:45 am	Internet Gambling Robert Rymowicz, DO, and Heather Wurtz, MD
12:30 pm	Delicious Lunch and Residents' Poster Symposium
1:15 pm	Social Media Lukmanafis Babajide, MD, and Donya Nazery, MD
2:00 pm	Online Auctions and Shopping Parham Khalili, MD, Faisal Kagadkar, MD, and Muhammad Aadil, MD
2:45 pm	Closing Remarks and Good-Byes

CONFERENCE DIRECTORS



Petros Levounis, MD, MA, is Professor and Chair of the Department of Psychiatry at Rutgers New Jersey Medical School, and Chief of Service at University Hospital. He is a Betty Ford Scholar, a recipient of a U.S. State Department Speaker and Specialist Award, and an honorary member of the World Psychiatric Association. Dr. Levounis has published fourteen books including the self-help paperback "Sober Siblings: How to Help Your Alcoholic Brother or Sister—and Not Lose Yourself."



James Sherer, MD, is a PGY III Psychiatry Resident at Rutgers New Jersey Medical School. He studied English Literature and Law at NYU where he graduated cum laude. During college, he worked for The Legal Aid Society of Manhattan and NYC Council. He attended Rutgers NJMS, where he received the Psychiatry Faculty Award for Outstanding Achievement and has presented posters at several annual meetings of the American Psychiatric Association.

LEARNING OBJECTIVES:

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

1. List five forms of Technological Addictions as they appear in the scientific literature of 2019.
2. Describe the psychology and culture surrounding non-pathological use of technology.
3. Distinguish between normal use and addiction.
4. Discuss adverse consequences of the Technological Addictions on the mental health of vulnerable populations in urban communities.
5. Treat Technological Addictions with evidence-based pharmacological and psychosocial interventions.

Questions?

If a participant or potential participant has a question or concern about their experience with this continuing education activity, they should e-mail the UBHC Center for Continuing Education at cce@ubhc.rutgers.edu.

For additional program information or if you require special arrangements to attend this activity, please contact Diane Nieves at 973-972-9917.

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 973-972-2850. Purchase orders will not be accepted for this program.

To register, please visit: 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.

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 **October 29, 2019**. Payment may be made via credit card only. On-site registration will be accommodated on a space available basis. Checks will be the only method of payment available on-site.

Refund Policy: A full refund, less a \$20 cancellation fee, will be granted if notice is received no later than **October 24, 2019**. Refunds will not be issued for any cancellation received after this date. Refunds cannot be given for "no shows." For cancellation requests, please e-mail cce@ubhc.rutgers.edu.

CONTINUING EDUCATION:



In support of improving patient care, Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Participants must sign in at the beginning of the lecture in order to receive Continuing Education credits.

Nurse: This activity is awarded **4.6 contact hours**. (60 minute CH)

Physician: Rutgers Biomedical and Health Sciences designates this live activity for a maximum of **4.6 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Psychologist: Rutgers University Behavioral Health Care is approved by the American Psychological Association to offer continuing education for psychologists. Rutgers University Behavioral Health Care maintains responsibility for the program and its content. Instructional Level: Introductory. (**4.6 CE Credits**)

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-6.4 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for **4.6 general continuing education hours**.



Certified Alcohol and Drug Counselor (CADC): This course will count for **4.6 recertification credits** Addiction Professionals Certification Board Inc., Approval number for this course is #200110119REC4.6

Certified Recovery Support Practitioner (CRSP): This course is approved for **4.6 recertification credits** by the Certification Board of NJ, Inc. Rutgers University Behavioral Health Care is an approved provider with Addiction Professionals Certifications Board, Inc., Approval number for this course is #200110119REC4.6

Licensed Professional Counselor (LPC): This course will count for **4.6 continuing education credits** towards NJDCA Marriage and Family Board licenses and certifications (LMFT, LPC etc). Rutgers University Behavioral Health Care provider by the the Certification Board of NJ, Inc., Approval number for this course is #200110119REC4.6

Marriage and Family Therapist (MFT): This course will count for **4.6 recertification credits** toward NJDCA Marriage and Family Board licenses and certifications (LMFT, LPC etc). Rutgers University Behavioral Health Care is an approved provider with Addiction Professionals Certifications Board, Inc., Approval number for this course is #200110119REC4.6

All individuals who affect the content of continuing education activities are required to disclose to the audience any real or apparent conflict of interest related to the activity. The activity faculty are further required to disclose discussion of off-label/investigational uses in their presentations. These disclosures will be made to the audience at the time of the activity. There is no commercial support for this activity.