

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 in Newark, New Jersey. Prior to Rutgers, Dr. Levounis was at Columbia University where he served as Director of the Addiction Institute of New York. His academic interests include the psychotherapy and psychopharmacology of addiction and co-occurring psychiatric disorders, the teaching of psychiatry, gay and lesbian mental health, mindfulness, and the behavioral addictions. Dr. Levounis has authored/edited thirteen books on addiction and other mental health topics including the "Pocket Guide to Addiction Assessment and Treatment" (2016) and "Becoming Mindful: Integrating Mindfulness into Your Psychiatric Practice" (2017).



Rashi Aggarwal, MD, is an Associate Professor and Associate Director of Residency Training, and a Consultation Liaison Psychiatrist in the Department of Psychiatry at Rutgers New Jersey Medical School in Newark, New Jersey. Dr Aggarwal served as a member of the Governing Council for the IMG section of the American Medical Association from 2013-2016. She is currently serving on the Council on Medical Education and Lifelong Learning, American Psychiatric Association. She is also an Assistant Editor for Academic Psychiatry. Dr. Aggarwal is an active researcher in the fields of stigma, resident empathy and wellness and has published extensively in these fields.

Speakers



Peter J. Economou, PhD, ABPP
Associate Professor,
Department of Graduate
Counseling Psychology,
Felician University



James Hill, PhD
Associate Dean for
Student Affairs,
Rutgers New Jersey
Medical School



Saba Afzal, MD
Third Year Resident,
Department of Psychiatry,
Rutgers New Jersey
Medical School



Alexandra Berliner, MD
Third Year Resident,
Department of Psychiatry,
Rutgers New Jersey
Medical School



Philip Bonanno
Second Year Medical Student,
Rutgers New Jersey
Medical School



Danilo Been Carrasco, MD
Third Year Resident,
Department of Psychiatry,
Rutgers New Jersey
Medical School



Jose Medina
Second Year Medical Student,
Rutgers New Jersey
Medical School



Uma Raman
Second Year Medical Student,
Rutgers New Jersey
Medical School

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Rutgers University
Behavioral Healthcare
Permit 5287

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

URBAN MENTAL HEALTH 2016

WELLNESS & RESILIENCE

Location: Rutgers New Jersey Medical School
Medical Sciences 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 Department of Psychiatry and Rutgers University Behavioral Health Care

The Department of Psychiatry at Rutgers New Jersey Medical School presents

URBAN MENTAL HEALTH 2016

WELLNESS & RESILIENCE



Friday, November 4, 2016
7:30 am - 3:00 pm

RUTGERS

NJMS.Rutgers.edu/Psychiatry



**Department of Psychiatry
Office of the Chair**

Dear Colleague,

We are very excited to announce the Fourth Annual Conference on Urban Mental Health sponsored by the Department of Psychiatry, Rutgers New Jersey Medical School.

This year we are turning the focus on enhancing wellness and resilience for both our patients and for ourselves as health care providers.

A panel of experts will discuss the most recent developments in the field, from the complexities of burnout and suicide in the workplace to breakthrough medical, psychosocial, and spiritual techniques to keep our bodies, minds, and spirits healthy. Each talk will be accompanied by a hands on practicum giving you valuable tools to incorporate in your day to day professional and personal life.

When you attend the Urban Mental Health 2016 conference, you will:

- ✓ Review the latest research on burnout and wellness in health care providers
- ✓ Learn about various evidence based interventions to foster wellness
- ✓ 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, certified counselors, researchers, students, and trainees who are involved in and/or interested in the field of medicine.

I'm looking forward to seeing you on November 4!

Best wishes,

Petros Levounis, MD, MA

AGENDA

- 7:30 am Continental Breakfast and Registration**
- 8:30 am Welcome and Conference Overview**
- 8:45 am Wellness and Resilience: Where Are We Really in 2016?**
- 9:15 am BODY: Nutrition, Exercise, Sex, and Sleep**
Practicum: Putting our bodies to work for us
- 10:30 am Healthy Snacks and Social Networking**
- 11:00 am MIND: Positive Psychology at Its Best**
Practicum: How do we train our minds to build resilience?
- 12:15 pm Delicious Lunch and Residents' Poster Symposium**
- 1:15 pm SPIRIT: Mindfulness and Meditation in Modern Medicine**
Practicum: Beyond yoga mats...
- 2:30 pm BODY, MIND, AND SPIRIT: Putting It All Together**

LEARNING OBJECTIVES:

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

1. Examine the literature on health care provider wellbeing or lack of wellbeing.
2. Identify three specific clinical tools for helping people improve their exercise regimen, diet, sex life and sleep hygiene.
3. Discuss the advancements in the field of positive psychology.
4. Identify the role of spirituality, including the role and benefits of mindfulness and meditation, in medicine.
5. Discuss strategies to enhance personal wellbeing.

IMPORTANT INFORMATION

REGARDING CE CREDIT/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 completed evaluation and CE Credit/Contact Hour Request forms at the end of the program.
- Partial credits will not be issued to participants arriving late or leaving early.

Speakers and planning committee members have declared that they have nothing to disclose. There is no commercial support for this activity.

Questions?

Please contact Ravi Maharajh at 732-235-9282 or by email at ravi.maharajh@ubhc.rutgers.edu with any questions or concerns regarding professional contact hours for this training, and the registration process.

For additional program information or if you require special arrangements to attend this activity, please contact Geeta Erry at 973-972-0614 or by e-mail at geeta.erry@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 732-235-2850). The fee includes continental breakfast, lunch, refreshment break, handout materials, CE credits/letters of attendance. Registration will only be accepted through our secure online website through **November 2, 2016**. Payment may be made with MasterCard or Visa only. Pre-registration is recommended. On-site registration will be accommodated on a space available basis. Checks will be the only method of payment available on-site.

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.

Refund Policy: A full refund, less a \$20 cancellation fee, will be granted if notice is received no later than November 1, 2016. Refunds will not be issued for any cancellation received after this date. Refunds cannot be given for "no shows."

How to Cancel: Please contact Ravi Maharajh, Program Manager for UBHC Center for Continuing Education, at (732) 235-9282.

ACCREDITATION:

Rutgers Biomedical and Health Sciences is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE) and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team.

Nurse: This activity is awarded **5.0 contact hours** (60 min CH). Nurses should only claim those hours actually spent participating in the activity.

Physician: Rutgers Biomedical and Health Sciences designates this live activity for a maximum of **5.0 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. 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 event/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 event. (**5 clock hours**). Approval Number 6198.

Certified Alcohol and Drug Counselor (CADC): This course is approved for renewal (recertification) credits by the Addiction Professionals Certification Board of NJ, Inc. (www.certbd.com) This course is approved for **5 hours of training** for course C404. Rutgers University Behavioral Health Care approval number is #1902010. Approval number for this course is #1902010 – C404.

Marriage and Family Therapist: This course will count for recertification credit towards NJ DCA Marriage and Family Board licenses and certifications (LFMT). Approved for **5 recertification credits**. Rutgers University Behavioral Health Care's Approval: 200201113.REC.

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 **6.0 general continuing education hours**. IMPORTANT NOTE: Social Workers must be prepared to write in their Social Work license/certification/registration 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, 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 6 continuing education clock hours. Targeted social work practice level: Beginning. Be prepared to write in your Social Work license/certification/registration 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