

CONFERENCE DIRECTORS



Petros Levounis, MD, MA, serves as Professor and Chair of the Department of Psychiatry and Associate Dean for Professional Development at Rutgers New Jersey Medical School. 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 textbook of *Substance Dependence and Co-Occurring Psychiatric Disorders* and a self-help paperback on *Sober Siblings: How to Help Your Alcoholic Brother or Sister—and Not Lose Yourself*. His books have been translated into French, German, Hungarian, Japanese, Portuguese, and Spanish.



Chun Tong, MD, graduated summa cum laude with highest honors in Chemistry from Rutgers University in 2012 and received his MD from Rutgers New Jersey Medical School in 2018. He remained at Rutgers NJMS for his residency in psychiatry where he continues his training toward a fellowship in addiction psychiatry. A member of the American Psychiatric Association and the American Academy of Addiction Psychiatry (AAAP), he currently serves on the scientific program committee of AAAP and on several committees of the New Jersey Medical School Psychiatry Residency Training Program including the Didactic Curriculum Committee and the Preceptorship Program for the medical school.

KEYNOTE SPEAKERS



Frank A. Ghinassi, PhD, ABPP, President and CEO of Rutgers Health University Behavioral Health Care, is responsible for a statewide system of academically based mental health and addiction services. Dr. Ghinassi functions as senior vice president of Behavioral Health and Addictions Service Line at RWJBarnabas Health. Dr. Ghinassi also holds the following faculty appointments: Professor at Rutgers Graduate School of Applied and Professional Psychology; Adjunct Professor of Psychiatry at Rutgers Robert Wood Johnson Medical School; Adjunct Associate Professor of Psychiatry at the University of Pittsburgh School of Medicine; and Core Faculty Member at Rutgers Global Health Institute.



Cheryl A. Kennedy, MD, Professor of Psychiatry at Rutgers New Jersey Medical School, has expertise in General and Emergency Psychiatry, Consultation-Liaison Psychiatry, Neuropsychiatric Conditions, Trauma and Disaster Medicine, Addiction Medicine, and Child and Adolescent Psychiatry. She is an elected member of the American College of Psychiatrists, a Distinguished Life Fellow of the American Psychiatric Association, and a Fellow of the American Society of Addiction Medicine. She serves on the New Jersey Department of Health Medicinal Marijuana Review Panel and the Board of Trustees of Integrity House. Dr. Kennedy chairs the Rutgers Biomedical Health Sciences Institutional Review Board, Newark and Camden.



Rashi Aggarwal, MD, is Associate Professor, Residency Program Director, and Consultation Liaison Attending Psychiatrist at Rutgers New Jersey Medical School Psychiatry. She completed her residency in psychiatry at Maimonides Medical Center and her fellowship in Consultation Liaison Psychiatry at Mount Sinai in New York. Dr. Aggarwal is an active researcher in the areas of wellness, empathy, stigma, and addiction disorders in Consultation Liaison settings. She currently serves on the American Psychiatric Association's Council on Medical Education and Lifelong Learning and is the co-chair of the Taskforce on Workforce of the American Association of Directors of Psychiatric Residency Training. She is a Deputy Editor for *Academic Psychiatry*.



Grace Ro, is a fourth-year student at Rutgers New Jersey Medical School. She obtained a B.S. degree in psychology from Boston College where she investigated the neurobiology of social behavior. At NJMS, Grace serves as editor-in-chief of *Ward Wisdom 2021: Psychiatry Questions for Medical Students Written by Medical Students*. She began playing violin at the age of seven and has since incorporated music in her community and clinical service. Grace established the Classical Music Society at New Jersey Medical School and has been recognized by faculty and peers for her humanism in medicine. She has a passion for music, mentorship, and education, and hopes to incorporate them in her future career as a psychiatrist.

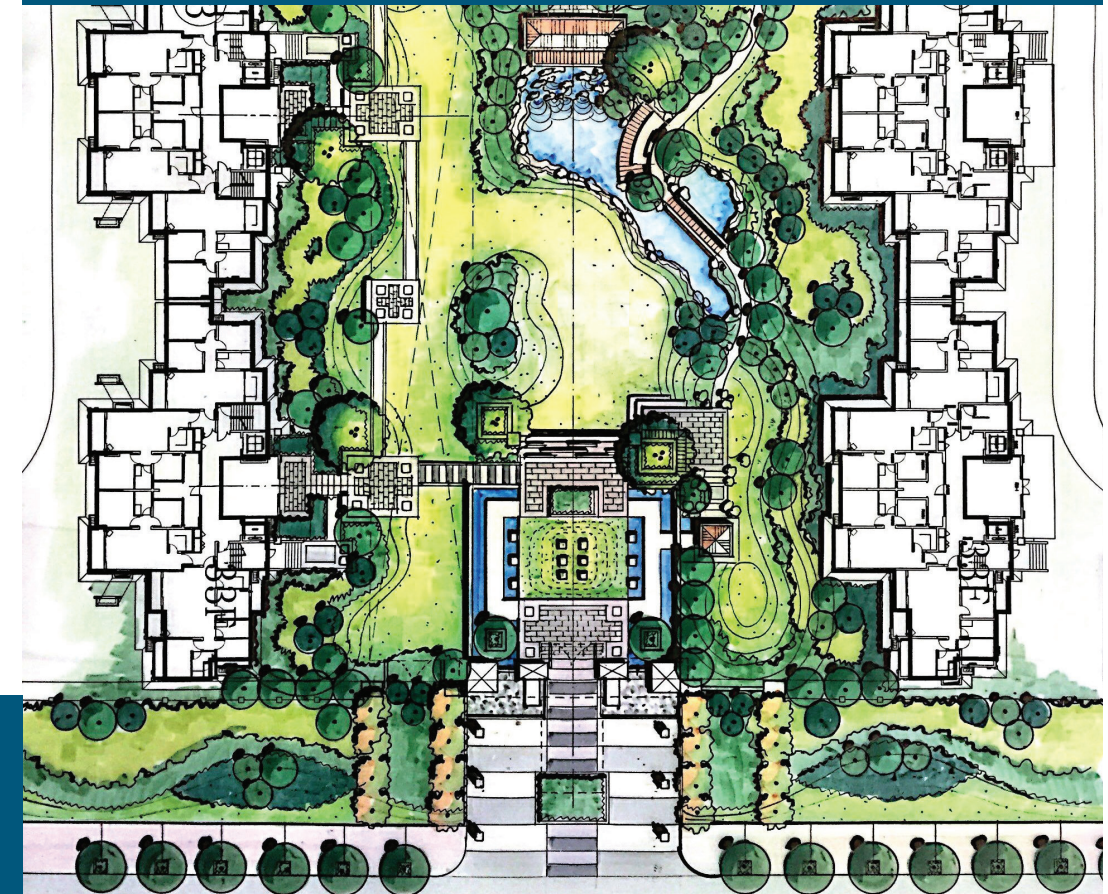
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Newark, NJ 07103

Eighth Annual Conference on Urban mental health

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

Eighth Annual Conference on Urban mental health



Friday, November 6, 2020

9:00 am - 3:00 pm

RUTGERS

New Jersey Medical School

NJMS.Rutgers.edu/Psychiatry

Dear Colleague,

We are very excited to announce Virtual Urban Mental Health 2020, the Eight Annual Conference of Rutgers New Jersey Medical School Psychiatry. This year we are turning the focus on the pandemic and its psychological dimensions, both normal and pathological. We will present the latest scientific developments in this new field, as well as effective approaches in navigating and negotiating the new reality.

When you attend the Virtual Urban Mental Health 2020 conference, you will:

- ✓ Review the latest research on the assessment and treatment of various psychiatric disorders.
- ✓ Learn through interactive exercises such as “Taking Care of Our Patients” and “Taking Care of Ourselves” led by our psychiatry residents and addiction medicine fellows.
- ✓ Participate in our first ever LIVE MUSIC PERFORMANCE and LECTURE by our talented senior medical student Grace Ro.
- ✓ Develop practical skills that can be readily applied to your professional lives.
- ✓ Receive a complete set of the conference handout materials.
- ✓ Earn Continuing Education credits.
- ✓ Enjoy a delicious lunch and network with your colleagues—sorry, this last one may have to wait until Urban Mental Health 2021. Crossing fingers.

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 am looking forward to seeing you on November 6th!

Best wishes,



Petros Levounis, MD, MA

AGENDA

Navigating and Negotiating the COVID World

- 9:00 – 9:15 Welcome and Opening Remarks (what? no breakfast?)
- 9:15 – 10:00 **Behavioral Health and Addiction**
Frank Ghinassi, PhD
- 10:00 – 10:45 **Children and Families**
Cheryl Kennedy, MD
- 10:45 – 11:00 Morning Break (sorry, no delicious snacks)
- 11:00 – 11:45 **Sexuality—LGBTQ+ and Otherwise**
Chun Tong, MD
- 11:45 – 12:30 **Taking Care of Our Patients during COVID**
Petros Levounis, MD, MA, and a panel of resident psychiatrists
- 12:30 – 1:00 Virtual Lunch Break (promise, double portions next year)
- 1:00 – 1:45 **Music and Healing**
LECTURE and LIVE PERFORMANCE
Grace Ro, BS
- 1:45 – 2:30 **Taking Care of Ourselves during COVID**
Rashi Aggarwal, MD, and a panel of resident psychiatrists
- 2:30 – 2:45 Closing Remarks and Good-Byes
(We hope to see you in person in 2021!)

LEARNING OBJECTIVES:

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

1. Describe how COVID-19 has changed the landscape of behavioral health and addiction services in the US including the increasing use of telehealth.
2. Identify three unique challenges in addressing the mental health needs of children and adolescents.
3. Discuss two best practices in providing culturally informed and culturally sensitive counseling to LGBTQ+ patients.
4. Discuss three interventions that healthcare workers can use to help our patients navigate and negotiate the COVID world.
5. List two evidence-based healing effects of music in treating people with mental illness.
6. Discuss three interventions that healthcare workers can use to take care of ourselves.

Questions?

If a participant or potential participant has a question or concern about their experience with this continuing education activity, they may 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 Tara Brockett at 973-972-0614.

GENERAL INFORMATION

REGISTRATION:

General Registration Fee: \$40.

To register, please visit: NJMS.Rutgers.edu/Psychiatry

Additional Information:

1. Full-time students, interns, residents, and fellows may register for a reduced fee of \$20. Registration should be accompanied by a program director's letter confirming the full-time trainee status; please scan and email the letter to cce@ubhc.rutgers.edu.
2. Registration will be accepted through our secure online website until November 3, 2020.
3. Payment may be made via credit card only. Purchase orders will not be accepted for this program.
4. Once registered, you will receive a confirmation and additional information to assist you with your plans to participate in the conference.
5. A full refund, less a \$10 cancellation fee, will be granted if notice is received no later than November 3, 2020. For cancellation requests, please e-mail cce@ubhc.rutgers.edu.

CONTINUING EDUCATION:



In support of improving patient care, this activity has been planned and implemented by Rutgers Biomedical and Health Sciences and Joint Provider. 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.

Nurse: This activity is awarded **4.5** contact hours (60 minute CH).

Physician: Rutgers Biomedical and Health Sciences designates this live activity for a maximum of **4.5 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Psychologist: This course is approved for **4.5** CE Credits. Continuing Education (CE) Credits for Psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs. Introductory level course.

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 **4.5** continuing education hours in Ethics.

Professional Counselor LAC/LPC: Continuing education content for this course has been submitted to The Certification Board Inc., of New Jersey for LAC/LPC; LCADC/ CADC; MFT/LMFT; and CRSP.



Alcohol and Drug Counselor LCADC/CADC: Continuing education content for this course has been submitted to The Certification Board Inc., of New Jersey for LAC/LPC; LCADC/ CADC; MFT/LMFT; and CRSP.

Marriage and Family Therapist MFT/LMFT: Continuing education content for this course has been submitted to The Certification Board Inc., of New Jersey for LAC/LPC; LCADC/ CADC; MFT/LMFT; and CRSP.

Recovery Support Practitioner (CRSP): Continuing education content for this course has been submitted to The Certification Board Inc., of New Jersey for LAC/LPC; LCADC/ CADC; MFT/LMFT; and CRSP.

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.