About the Course
This course is designed to address a prioritized sample of mental health conditions commonly seen in primary care. Attendees will receive information on evaluation and useful management strategies for those conditions. The course content will be clinically oriented and interactive with case presentations and opportunities for questions and comments.

Target Audience
Primary Care physicians, advanced practice nurses, physician assistants, and members of the health care team who seek to advance their knowledge in this area.

Course Objectives
At the end of the conference, attendees will be able to:

- Review options for maintaining long-term mood stability in patients with bipolar disorder and preventing further episodes of depression and mania.
- Effectively treat patients with major depressive disorder and to help them manage their symptoms.
- Describe the relationship between insomnia and mood and anxiety disorders.
- Discuss treatments to help patients with substance use disorders achieve and maintain a meaningful and sustained recovery.
- Explain to patients simplified behavioral conceptualizations of depression and anxiety, develop at least three new tricks in brief counseling, and discuss psychoactive medication (or don’t) without reinforcing patient passivity.
- Cite the correlation between ACES and adverse health effects and the difference between stress and toxic stress.
- Discuss practical approaches to adult Attention Deficit Hyperactivity Disorder diagnosis and management.
- Recall when and how to appropriately refer patients to Mental Health & Wellness.

Agenda
a.m.
8:00 - 8:15 Introduction – Tobias Dang, MD
8:15 - 9:15 Maintaining Mood Stability in Bipolar Disorder – Stanley Shyn, MD, PhD
9:15 - 10:00 Major Depressive Disorder: Beyond one antidepressant – Stanley Shyn, MD, PhD
10:00 - 10:15 Break
10:15 - 11:15 Anxiety and Insomnia – Eric Greenman, MD
11:15 - 12:00 Substance Use Disorders – Ryan Caldeiro, MD

p.m.
1:00 - 2:00 Strategies for Brief Counseling – Tom Linde, MSW
2:00 - 2:45 Historical Traumas, Adverse Childhood Experiences – Susanna Block, MD
2:45 - 3:00 Break
3:00 - 4:00 Adult ADHD – Amado Daylo, MD
4:00 - 4:45 When to Refer to MHW and How to Ask a Good Referral Question - Faculty Panel

Faculty
Susanna Block MD, MPH
Pediatrics, Capitol Hill Medical Center
Washington Permanente Medical Group

Ryan Caldeiro, MD
Chief of Chemical Dependency Services and Consultative Psychiatry, Addiction Psychiatry Mental Health & Wellness
Washington Permanente Medical Group

Tobias Dang, MD
Course Chair
Medical Director, Mental Health & Wellness
Washington Permanente Medical Group

Amado Daylo, MD
Assistant Medical Director, Mental Health & Wellness
Washington Permanente Medical Group
Registration, Accreditation and Disclosure

Tuition includes all educational sessions, electronic course syllabus, and refreshments the day of the course. To receive Category 1 credit, providers are required to attest to how many hours they were actually present at the given activity by electronically completing a Verification of Hours provided by the CME office.

Kaiser Foundation Health Plan of Washington is accredited by the Washington State Medical Association to provide continuing medical education for physicians.

Kaiser Foundation Health Plan of Washington designates this live activity for a maximum of **7.00** AMA PRA Category 1 Credit(s)™. This activity meets the criteria for up to **7.00** hours of Category I CME credit to satisfy the relicensure requirements of the Washington State Medical Quality Assurance Commission.

Individuals listed above have disclosed that their participation/presentation includes no promotion of any commercial products or services, they do not have any financial relationships with a commercial interest, and they do not anticipate discussing any off-label uses of a product.

**Tuition**
- Medical Staff: $245
- Resident: $205
- Locum Tenens, ARNPs, Nursing, Others: $225

**Location**
Cedarbrook Lodge
18525 36th Ave. S, SeaTac Wash. 98188
Phone: 206-901-9268
Driving Directions and Map: [https://www.cedarbrooklodge.com/contact.php](https://www.cedarbrooklodge.com/contact.php)

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