

# 4th Annual Critical Issues in Child & Adolescent Mental Health Conference

## Managing Change in a Changing World

We invite you to join us for the 4<sup>th</sup> Annual Critical issues in Child and Adolescent Mental Health Conference in San Diego, CA. We live in a changing world with unique challenges. This is an exceptional conference born from a collaborative approach with contributions from San Diego Academy of Child and Adolescent Psychiatry, San Diego Psychiatric Society, American Academy of Pediatrics, CA 3, San Diego Psychological Association, San Diego Chapter of California Association of Marriage and Family Therapists, County of San Diego, and clinicians practicing in the County of San Diego.

In an effort to provide child and adolescent psychiatrists, psychologists, child therapists, mental health clinical practitioners, pediatricians, family physicians, educators, behavioral health and child welfare and community organizations with the most up-to-date information on complex issues facing youth, families and communities, we have arranged an exceptional group of speakers to address the challenges of the changing world. The 4<sup>th</sup> Annual Critical Issues in Child and Adolescent Mental Health Conference will focus on the theme of “Managing Change in a Changing World” with attention on today’s current stressors and best practices for evaluating and intervening for health. The meeting will be held on March 21-22, 2019 at the Doubletree Hotel – Hazard Center in San Diego, CA.

By request, this conference is a cost-effective two-day format with opportunity to register and attend either or both days based upon the registrants’ interests and availability. The program components will feature nationally and locally known clinicians, authors, experts and mentors on cutting-edge topics.

### *Thursday March 21<sup>st</sup> 5:00 PM- 9:00 PM Dinner Conference*

#### **Managing Behavioral Health Problems Across Disciplines: How Can Pediatricians, Therapists and Child Psychiatrists Work Together:**

#### **A Multidisciplinary Round Table Discussion of 2 Complex Clinical Cases Exploring Opportunities and Challenges in Providing Collaborative Care**

Thursday evening’s dinner conference will focus on the clinical and pragmatic opportunities of integrating and coordinating care across discipline boundary lines, with a specific focus on engaging the primary care providers including the pediatricians and family practitioners in collaborative care discussion with behavioral health providers, including child and adolescent psychiatrists, psychologists and behavioral health therapists. Presentations by academic and clinical leaders in the local community will describe the opportunities and challenges in working jointly in the delivery of behavioral health care of youth and families in California, especially the San Diego region. Following discussion of the models currently in development in the community, the program will engage attendees in small and large group multidisciplinary case-focused dialogues exploring treatment approaches relevant to the care of youth with mood and behavior disorders. The event will be an exceptional opportunity for learning about community resources, for meeting and networking

with professionals in other disciplines, and for skill building in support of more effective care for children and youth with behavioral health difficulties. Special focus will be given to the topics of collaborative care, when and who to refer, and optimal utilization of local and regional resources. This is an outstanding opportunity to learn, network and improve quality of care by your active involvement in the discussion of mental health care in a small group setting.

***Friday March 22<sup>nd</sup> 8:00 AM – 5:00 PM All Day Conference***

***Managing Change in a Changing World***

**A full day conference of keynotes and break out presentations addressing the stresses and difficulties faced by children and youth and their families in today's changing and challenging world.**

In recognition of the extraordinary changes and challenges faced by youth and families in our rapidly changing world, this year's Critical Issues in Child and Adolescent Mental Health Conference will offer attendees informed and valuable information to enhance their ability to understand and intervene effectively to address problems within the context of their unique life circumstances. Rooted in a multidisciplinary context and focused on the resources and strategies that can address today's unique issues, this daylong event will offer keynote and breakout sessions by distinguished local and national experts, to include:

**Immigration and Families: iGen- Generational Study of 11 million teens – Superhero Therapy**

**Sleep Disorders: Gender Non-Conforming Youth Menstrual Disorders & Mental Health**

**Contemporary Cannabis Controversies: Grief Support Unsheltered Youth**

**Play Therapy for Emotional Regulation wSchool Threat Assessmentw Insomnia and Disruptive Sleep**

**Learning Objectives:**

Attendees will be able to:

- Explore the opportunities and challenges in providing team focused collaborative care across professional disciplines.
- Understand normal sleep and the various disorders of sleep that may impact children and youth and know the preferred treatment interventions to address these problems.
- Identify and describe characteristics of the upcoming generations of youth within the context of the electronic information world.
- Examine the impact of immigration, family separations and stigma on emotional functioning, social development and functionality.
- Explore how parents, mental health providers, schools can assess and intervene for positive outcomes in the arena of school threat and bullying behaviors.
- Appreciate the challenges faced by youth who are gender non-conforming, unsheltered and coping with physiologic change in menarche.
- Analyze the benefits a variety of therapeutic interventions.
- Manage child and adolescent health care with multidisciplinary approach and collaborative care.
- Value interdisciplinary interventions and enhance the quality of physical and mental health care delivery.

**Target Audience:**

The target audience includes those involved in providing assessment, treatment, education, support, and advocacy for children, adolescents, transitional age youth and families. The purpose of this conference is to engage professionals, consumers, advocates, educators, and government representatives in learning about nature vs nurture and new knowledge and methods to improve resiliency and increase protective factors that affect the development of children, youth, families and communities.

**Attendees will include:**

Psychiatrists, Pediatricians, Family Practitioners, Psychologists, Nurse Practitioners, Physician Assistants, Marriage Family Therapists, Social Workers, Mental Health Workers, Substance Abuse and Addiction Professionals, Counselors and Case Managers, Nurses, Teachers/Educators, Speech Therapists, OT/PT, Child Welfare Workers, Probation Officers, Mental Health Administrators and other healthcare staff, educational providers, and more.

**Attendance Options:** Prospective attendees may register for both days' sessions or may attend either day separately.