



TREATING THE ADDICTIONS

MARCH 1-2, 2019

**FAIRMONT COPLEY PLAZA HOTEL
BOSTON, MASSACHUSETTS**

offered by

**THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION**

under the direction of

Mark J. Albanese Janice F. Kauffman Edward J. Khantzian Judy Reiner Platt

This course will present the latest clinical, theoretical, and research findings on addictive behaviors for adolescents and adults. At its conclusion, participants will be able to describe and categorize major issues in addictions and the recovery process, as well as delineate recent advances in treatment. Highlighted will be working with the opiate epidemic. Educational formats include didactic lectures, panel discussions, case presentations, performance, and Q & A. The course is intended for mental health and health care clinicians, addiction specialists, and others concerned with the care and treatment of addicted individuals. **Learning Objectives:** As a result of attending this course participants will be able to: identify treatment strategies for opioid and cocaine dependency and e-cigarettes and vaping; evaluate the impact of pain, self-control, and contingency management on treatment; recognize medical issues in substance abusers; determine how to work with gender minorities and minority communities; and explain the latest toxicology issues and how the arts can help with healing.

For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770; Fax: 617-806-8777; Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY MARCH 1, 2019

7:45 - 8:30 REGISTRATION AT FAIRMONT COPLEY PLAZA HOTEL, BOSTON

8:30 - 12:45 MORNING PROGRAM - Moderator: Mark J. Albanese

Addiction and Urban Life Laurence Ralph

The Brain and Self-Control:

How Circuits Go Awry in Addicted Individuals Joshua W. Buckholtz

Norman E. Zinberg Memorial Lecture:

Cocaine Use Disorders:

A Persistent Problem in Need of New Therapeutic Options Frances R. Levin

Contingency Management with Cocaine and Opioid Use..... Amy Sobieszczyk

12:45 - 2:00 BREAK

2:00 - 5:15 AFTERNOON PROGRAM - Moderator: Eileen P. Rush

Recovery and Resilience in Adolescent Treatment Elizabeth Driscoll Jorgensen

E-Cigarettes and Vaping: What Clinicians Need to Know..... Nancy Rigotti

Medical Issues in Addicted Patients..... Gérard Coste

SATURDAY MARCH 2, 2019

8:30 - 12:45 MORNING PROGRAM - Moderator: Edward J. Khantzian

An Update on Addiction Toxicology Katherine Boyle

From Pain to Addiction Janice F. Kauffman

Understanding and Overcoming Racial/Ethnic Disparities

in Substance Use and Substance Use Treatment Benjamin L. Cook

Addiction Treatment for Gender and Sexual Minority Populations Jennifer Putney

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Nancy Costikyan

Four Legs to Stand On:

Eradicating the Opioid Epidemic through the Arts Ana Bess Moyer Bell
and actors from COAST

Questions and Discussion Faculty

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

TREATING THE ADDICTIONS (#732398-1902)

Registration Fees: Physicians \$400 All Others: \$300

Plus a processing fee of \$10 (all fees in US dollars)

Secure Online Registrations can be made by credit card or check at

<https://cmeregistration.hms.harvard.edu/TreatingAddictions2019> (directly into browser) or www.cambridgecme.org

Inquiries may be made to Harvard Medical School - Department of Continuing Education at 617-384-8600

(Monday to Friday - 9:00 am to 5:00 pm EST); email: CEPrograms@hms.harvard.edu or

Cambridge CME at 617-806-8770; email: cme@challiance.org

2018-2019 CAMBRIDGE/HARVARD CALENDAR

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|-----------|----------------|------------------------------|---------------|
| Couples | November 16-17 | School Mental Health | January 25-26 |
| Autism | December 7-8 | Addictions | March 1-2 |
| Self-Harm | December 14-15 | Young Adults | April 5-6 |
| | | Meditation and Psychotherapy | May 3-4 |

GENERAL INFORMATION

REGISTRATION: Please use the secure online website as shown at the bottom of the front page. Credit cards accepted are Amex, MasterCard, and Visa. If paying by check, register online and you will be prompted to download a check submission form. A “pending” email will be sent to you. Final confirmation will be received after processing your check. All foreign payments must be made by a draft on a United States bank or paid by credit card. *Telephone and fax registrations are not accepted.*

COURSE LOCATION AND ACCOMMODATIONS: All sessions will be held at **The Fairmont Copley Plaza Hotel, 138 St. James Avenue, Boston, MA 02116 (617) 267-5300 or (866) 540-4417. Rooms in Boston are limited; you are urged to make your reservation early.** A block of rooms has been reserved at the Fairmont Copley Plaza until **February 8, 2019.** Please specify you are enrolled in this course to receive a conference rate. For a direct link: <https://book.passkey.com/go/addictions2019>

REFUND POLICY: Refunds, less a \$75 administrative fee, will be issued for all cancellations received two weeks prior to the start of the course. No refund will be made thereafter. “No-Shows” are subject to the full course fee.

CONTINUING EDUCATION:

PHYSICIANS: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 14.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

RISK MANAGEMENT: This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 7.00 credits of Risk Management Study. This includes 7.00 Credits of Opioid Education and Pain Management Training. Please check your individual state licensing board requirements before claiming this credit.

NURSES: The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements. This course offers a total of 16.8 hours.

PSYCHOLOGISTS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance, Psychiatry Continuing Education Division, maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

SOCIAL WORKERS and FAMILY THERAPISTS: This program has been approved for 14 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work, Authorization Numbers D80022-3 (Friday) and D80022-4 (Saturday). The Division of Continuing Education in Psychiatry at Cambridge Health Alliance/CHA Physicians Organization is recognized by the **New York State** Education Department’s State Board for Social Work as an Approved Provider (#0038) of continuing education for licensed social workers. 14 contact hours have been approved. This activity has been certified by the Massachusetts Board of Registration of Allied Mental Health & Human Services Professions for 14 contact hours for LMFT professional continuing education, Certification #PC 034188. The States of CT and RI accept NBCC and NASW approval for marriage and family therapists.

COUNSELORS and EDUCATORS: The Cambridge Health Alliance, Psychiatry Continuing Education Division (CHAPO), has been approved by NBCC as an approved Continuing Education Provider, ACEP No. 5444. Programs that do not qualify for NBCC credit are clearly identified. This program meets the requirements for 14 continuing education hours. CHAPO is solely responsible for all aspects of the program. This offering is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator accreditation for a total of 14 credits.

ADDICTION SPECIALISTS: This program is approved by the American Academy of Health Care Providers in the Addictive Disorders, NAADAC (the Association for Addiction Professionals, (Provider #148258) and the Massachusetts Board of Substance Abuse Counselor Certification (MVCAC/MBSACC) for 14 continuing education credits/contact hours toward recertification.

FACULTY

MARK J. ALBANESE, MD, Director, Adult Outpatient Psychiatry and Addiction Services and Faculty, Division on Addictions, Cambridge Health Alliance; Recipient: A. Clifford Barger Excellence in Mentoring Award, Office for Diversity Inclusion and Community Partnership, Harvard Medical School and Lifetime Achievement Award, Lowell House, Inc., Lowell; Assistant Clinical Professor of Psychiatry, Harvard Medical School; Co-Author, *Understanding Addiction as Self Medication: Finding Hope Behind the Pain*

ANA BESS MOYER BELL, MA, Founder and Executive Director, COAAST (Creating Outreach About Addiction Support Together) and Private Practice Drama Therapist, Beachwood Center for Wellbeing, Wakefield, Rhode Island; Drama Therapy Consultant, Betes Organization

KATHERINE BOYLE, MD, Medical Toxicologist, Beth Israel Deaconess Medical Center; Clinical Instructor in Emergency Medicine, Harvard Medical School

JOSHUA W. BUCKHOLTZ, Ph.D., Associate Professor of Psychology, Center for Brain Science, Harvard University; Faculty Member: Center for Law, Brain and Behavior and Department of Psychiatry, Massachusetts General Hospital; Former Network Scholar, MacArthur Foundation Research Network on Law and Neuroscience; Recipient of awards from: Association for Psychological Science, Sloan Foundation, Society for the Science of Clinical Psychology, and Brain and Behavior Research Foundation

COAAST, (Creating Outreach About Addiction Support Together); A non-profit community centered organization whose mission is to eradicate the opioid epidemic through arts-based educational, therapeutic, and community driven approaches; *Four Legs to Stand On* is an original therapeutic theater piece exploring family dynamics, shame, guilt, and communication

BENJAMIN L. COOK, PhD, MPH, Director, Health Equity Research Lab and Director of Research, Department of Psychiatry, Cambridge Health Alliance; Assistant Professor of Psychiatry, Harvard Medical School

GÉRARD COSTE, MD, Primary Care Physician, Windsor Street Health Center and Zinberg Clinic, Cambridge Health Alliance; Assistant Professor of Medicine, Harvard Medical School

NANCY COSTIKYAN, MSW, LICSW, Director, Office of Work/Life, Harvard University; Teaching Associate in Psychiatry, Harvard Medical School at Cambridge Health Alliance

ELIZABETH DRISCOLL JORGENSEN, CADC, Director, Insight Counseling, Ridgefield, Connecticut; Consultant to schools and agencies; Recipient of Congressional Award for Treatment Innovation and Prevention and numerous community honors; Featured in Netflix Documentary, *Take Your Pills*; Author, *Delay Your Gray: How to Keep Teens Safe and Yourself Sane* (in press)

JANICE F. KAUFFMAN, RN, MPH, CAS, LADC 1, Vice-President, Addiction Treatment Services, North Charles Foundation, Cambridge; Director of Addictions Consultation, Department of Psychiatry, Cambridge Health Alliance; Assistant Professor of Psychiatry, Harvard Medical School; Massachusetts Delegate and First Vice President, American Association for the Treatment of Opioid Dependence; Founder and President, Massachusetts Methadone Treatment Providers Association; Contributor to: *Primary Psychiatry*; *Harvard Review of Psychiatry*; and *SAMHSA/CSAT Treatment Improvement Protocol #43*

EDWARD J. KHANTZIAN, MD, Associate Chief *Emeritus* of Psychiatry, Tewksbury Hospital; Professor of Psychiatry, Part-time, Harvard Medical School at Cambridge Health Alliance; Immediate Past President and Chairman, Physician Health Services, Massachusetts Medical Society; Author: *Treating Addiction: Beyond the Pain*; *Treating Addiction as a Human Process*; Co-Author: *Addiction and The Vulnerable Self: Modified Dynamic Group Therapy for Substance Abusers*; *Understanding Addiction as Self Medication: Finding Hope Behind the Pain*

FRANCES R. LEVIN, MD, Chief, Division on Substance Use Disorders, Addiction Psychiatry Fellowship Program, New York Presbyterian Hospital; Kennedy-Leavy Professor, Columbia University; Past Chair, Council on Addiction Psychiatry, American Psychiatric Association; Past President and Recipient of Founders Award, American Academy of Addiction Psychiatry; Author of over 200 publications and member of several editorial boards including, *American Journal on Addictions* and *Journal of Attention*

JUDY REINER PLATT, Ed.D., Director, Division of Continuing Education, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

JENNIFER PUTNEY, Ph.D., MSW, Assistant Professor, Simmons College School of Social Work; Adjunct Instructor, Fenway Institute; Contributor to: *LGBT Health: Meeting the Health Needs of Gender and Sexual Minorities*; *Implementing the Grand Challenge of Reducing and Preventing Alcohol Misuse and its Consequences*

LAURENCE RALPH, Ph.D., John L. Loeb Associate Professor of Social Sciences, Departments of Anthropology and African and American Studies, Harvard University; Editor: *Current Anthropology* (as of 2019); Author of numerous publications including *Torture Trees: Police Violence from Chicago to the War on Terror* (forthcoming) and the award winning book, *Renegade Dreams: Living through Injury in Gangland Chicago*

NANCY RIGOTTI, MD, Director, Tobacco Research and Treatment Center and Associate Chief, Division of General Internal Medicine, Massachusetts General Hospital; Professor of Medicine, Harvard Medical School; Committee Member, National Academies of Science, Engineering and Medicine Report, *Public Health Consequences of E-cigarettes*

EILEEN P. RUSH, MA, LMHC, Director, Addiction Treatment Services, North Charles Institute for the Addictions (the opioid treatment program of North Charles Foundation) and Private Practice, Cambridge

ALISON SCHONWALD, MD, Co-Training Director, Division of Developmental Medicine, Boston Children’s Hospital; Assistant Professor of Pediatrics, Harvard Medical School; Creator: www.developmentalscreening.org and www.autismscreening.org; Committee Member: Massachusetts Department of Early Education and Care, American Board of Pediatrics, and American Academy of Pediatrics; Author of numerous publications including the book, *Pocket Idiot’s Guide to Potty Training Problems*

AMY SOBIESZCZYK, LICSW, Program Leader, Outpatient Addictions Service, Cambridge Health Alliance; Teaching Associate in Psychiatry, Harvard Medical School