



# TREATING YOUNG ADULTS

## Mental Health Risks and Challenges

### APRIL 5-6, 2019

**HYATT REGENCY HOTEL**  
in Downtown Crossing  
**BOSTON, MASSACHUSETTS**

*offered by*

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

**Marla Eby**

*under the direction of*  
**Judy Reiner Platt**

**Alan E. Siegel**

Traditional economic and social markers of adulthood have changed radically, leaving a generation of youth in limbo. The traditional transition to adulthood – finishing high school or college and beginning lifelong jobs and marriages are no longer the norm. The psychological and sociological factors that have given rise to this new developmental stage of “emerging adulthood” will be examined and its implications for mental health explored. The emphasis will be on treatment challenges and solutions as the “emerging generation” transitions from adolescence to adulthood. Focus is on needs, risks, and treatment strategies. This course is designed for all health and mental health clinicians, educators, and researchers along with others interested in the treatment and transitions facing young adults. Teaching methods will include didactic lectures, panel discussions, case presentations, and audience Q and A. **Learning Objectives:** As a result of attending this course participants will be able to: identify and develop strategies to prevent and address high risk issues for young adults; explain problems of addiction, suicidality, psychosis, and violence; assess mental health issues associated with trauma, sleep and sleep disorders, relationships, anxiety and mood disorders, body-image, and gender identity; describe complications stemming from inequality; and summarize young adults social and digital media needs and habits.

**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](mailto:cme@challiance.org); Web: [www.cambridgecme.org](http://www.cambridgecme.org)

#### FRIDAY, APRIL 5, 2019

**7:45 - 8:30 REGISTRATION AT THE HYATT REGENCY BOSTON**

**8:30 - 12:45 MORNING PROGRAM** - Moderator: Marla Eby

- United States of Anxiety: Understanding the Impact that Current Events and Technology are Having on Millennial and Post-Millennial Generations ..... John Della Volpe
- “I’m Totally Fine....Just Really Stressed and Down”:  
Assessing and Treating Anxiety and Mood Disorders..... Aude Henin
- Preparing Young People for Caring, Ethical, Romantic  
and Sexual Relationships..... Richard Weissbourd
- Sleep in Young Adults: How Can We Help..... Eric Zhou

**12:45 - 2:00 BREAK**

**2:00 - 5:15 AFTERNOON PROGRAM** - Moderator: Alan E. Siegel

- (No) Harm in Asking: How Inequality Impacts  
the Way Young Adults Seek Help ..... Anthony Abraham Jack
- Working with Substance Use Disorders in Young Adults ..... Timothy Wilens
- Body Image and the Developing Self in Young Adulthood ..... Lisa Citrin

#### SATURDAY, APRIL 6, 2019

**8:30 - 12:45 MORNING PROGRAM** - Moderator: Alan E. Siegel

- Critical Issues in Therapy with Young Adults ..... Abigail Judge
- Assessing and Managing Violence Risk ..... James Barrett
- Assessing Risk, Safety Planning, and Treating Suicidality ..... Barent Walsh
- Working with Trauma ..... Kate Zona

**12:45 - 2:00 BREAK**

**2:00 - 5:00 AFTERNOON PROGRAM** - Moderator: Marla Eby

- Assessing and Treating a First Psychotic Episode:  
What to Look For/What to Do..... Kirsten Bolton
- Effective and Affirming Clinical Work with  
Transgender and Gender Diverse Young Adults ..... Sebastian M. Barr
- Discussion and Further Questions and Answers..... Faculty

**PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE**

#### TREATING YOUNG ADULTS (#734240-1902)

**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/Youngadults2019> (directly into browser) or [www.cambridgecme.org](http://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](mailto:CEPrograms@hms.harvard.edu) or

Cambridge CME at 617-806-8770; email: [cme@challiance.org](mailto:cme@challiance.org)

#### 2018-2019 CAMBRIDGE/HARVARD CALENDAR

Treating Couples	November 16-17	School Mental Health	January 25-26
Autism Spectrum Disorders	December 7-8	Treating the Addictions	March 1-2
Self-Harming Behaviors	December 14-15	Treating 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 Hyatt Regency Boston. Rooms in Boston are limited; you are urged to make your reservations early.** A block of rooms has been reserved at the Hyatt Regency, One Avenue de Lafayette, Boston, MA 02111; 617-912-1234 until **March 11, 2019.** Please specify that you are enrolled in this course to receive a conference rate.

**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 *AMA PRA Category 1 Credits*<sup>™</sup>. 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.

**RISH MANAGEMENT: This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 3.00 credits of Risk Management Study. This includes: 1.00 Credits of Opioid Education and Pain Management Training.**

**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:** Application has been made to the Collaborative of NASW and the Boston College and Simmons Schools of Social Work (contact the Cambridge Health Alliance Continuing Education office for information on approval) and to the MA Board of Registration of Allied Mental Health and Human Services Professions for LMFT professional continuing education for a total of 14 credits (7 credits/hours per day). 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. 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.

**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.

## FACULTY

**SEBASTIAN M. BARR, PhD** Candidate in Counseling Psychology, University of Louisville; Postdoctoral Fellow, Program for Psychotherapy, Cambridge Health Alliance; Research Assistant Graduate Student in Psychiatry, Harvard Medical School; Research Consultant, Trans and Sexuality Teaching, Advocacy and Research (T\*STAR); Communications Co-Chair, Society for the Psychology of Sexual Orientation and Gender Diversity, Division 44, American Psychological Association

**JAMES BARRETT, PhD**, Director, Clinical and Support Services, Cambridge Police Department; Instructor in Psychology (part-time), Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Author and Developer, Fight Navigator, addressing retaliatory violence in youth; Contributor to: *Psychological Services; Adolescent Psychiatry; The Community Psychologist; The Handbook of Human Development for Health Professionals*

**KIRSTEN BOLTON, LICSW**, Program Director, McLean OnTrack, Psychotic Disorders Division, McLean Hospital

**LISA CITRIN, LICSW**, Teaching Associate in Psychiatry, Harvard Medical School at Cambridge Health Alliance; Psychoanalyst, Boston Psychoanalytic Society and Institute; Private Practice, Cambridge

**JOHN DELLA VOLPE, BA**, Director of Polling, Institute of Politics, Harvard University Kennedy School; Founder and Chief Executive Officer, SocialSphere, Cambridge; Recipient, Eisenhower Fellowship; Frequent appearances and citations in the media including: *The Daily Show with Trevor Noah* and *Morning Joe*

**MARLA EBY, PhD**, Associate Director of Psychology and Psychology Training and Recipient, Leston Havens Teaching Award, Department of Psychiatry, Cambridge Health Alliance; Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School; Instructor, Department of Psychology, Harvard University

**AUDE HENIN, PhD**, Co-Founder and Co-Director, Child Cognitive Behavioral Therapy Program and Staff Psychologist, Massachusetts General Hospital; Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School; Private Practice, Cambridge; Author of numerous articles

**ANTHONY ABRAHAM JACK, PhD**, Junior Fellow, Harvard Society of Fellows; Assistant Professor, Harvard Graduate School of Education; Shutzer Assistant Professor, Radcliffe Institute for Advanced Study, Harvard University; Recipient of numerous awards including the American Sociological Association, Eastern Sociological Society, and the Society for the Study of Social Problems; Author, *The Privileged Poor* (forthcoming)

**ABIGAIL JUDGE, PhD**, Clinical and Child Forensic Psychologist, Massachusetts General Hospital; Instructor in Psychology (part-time), Department of Psychiatry, Harvard Medical School; Private Practice, Cambridge; Author: *Overcoming Parent-Child Contact Problems: Family-Based Interventions for Resistance, Rejection, and Alienation; Adolescent Sexual Behavior in the Digital Age: Considerations for Clinicians, Legal Professionals, and Educators*

**JUDY REINER PLATT, EdD**, Director, Continuing Education in Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

**ALAN E. SIEGEL, EdD**, Clinical Supervisor, Department of Psychiatry, Cambridge Health Alliance; Assistant Professor of Psychology (part-time) Department of Psychiatry, Harvard Medical School; Former Chief of Mental Health and Counseling, MIT Medical

**BARENT WALSH, PhD, LICSW**, Executive Director *Emeritus* and Senior Clinical Consultant, The Bridge, Worcester; Lecturer on Psychiatry, Harvard Medical School at Cambridge Health Alliance; Author, *Treating Self-Injury: A Practical Guide*, 2<sup>nd</sup> Edition; Co-Developer with Screening for Mental Health, *ACT to Prevent Self-Injury*, a program for high schools

**RICHARD WEISSBOURD, EdD**, Senior Lecturer, Director of the Human Development and Psychology Program, and Director, Making Caring Common Project, Harvard Graduate School of Education; Founder of interventions for at-risk children including ReadBoston and WriteBoston; Author of numerous articles and books including: *The Parents We Mean to Be* (named by *New Yorker* as one of the top books of 2009); *The Vulnerable Child*

**TIMOTHY WILENS, MD**, Chief, Division of Child and Adolescent Psychiatry and Co-Director, Center for Addiction Medicine, Massachusetts General Hospital; Associate Professor of Psychiatry, Harvard Medical School; Consultant on substance abuse to the National Football League, Major League Baseball, Bay Cove Human Services Substance Abuse Clinic, and Phoenix/Gavin House Detoxification Unit; Author of over 300 publications including the books: *Straight Talk about Psychiatric Medications for Kids* and *Attention Deficit Hyperactivity Disorder in Adults and Children*

**ERIC ZHOU, PhD**, Staff Psychologist: Sleep Center, Boston Children’s Hospital and Sleep Clinic, Dana-Farber Cancer Institute; Instructor in Pediatrics, Harvard Medical School; Contributor to many articles and books

**KATE ZONA, PhD**, Staff Psychologist, Victims of Violence and Primary Care Behavioral Health Integration Programs, Cambridge Health Alliance; Instructor in Psychology, Department of Psychiatry, Harvard Medical School