CentraCare Collaborative Care Institute
Bridging the Gap Between Primary Care and Mental Health

February 28—March 1, 2020
Grand View Lodge
Nisswa, Minnesota

Target Audience:
This program is designed for primary care physicians, psychiatrists, residents, advanced practice providers, nurses, and other mental health and health care professionals.

Credits:
CentraCare is accredited by the Minnesota Medical Association to provide continuing medical education for physicians.

CentraCare designates this live activity for a maximum of 14.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

This education offering has been designed to meet the Minnesota Board of Nursing continuing education requirements for 14.00 contact hours. It is the personal responsibility of each participant to determine whether this activity meets the requirements for acceptable continuing education by the licensing organization.

St. Cloud Hospital/CentraCare has been approved as a provider by the State of Minnesota Board of Social Work - CE Provider Approval Number CEP-77. Participants will earn 14.00 contact hours for the entire session.

Acknowledgments:
Thank you to the following planning committee members:
Melissa Chapman, PA
Clarice Konshok, MD
Ryan Engdahl, PhD, LP
Alison Sikes, MD
Larry Hook, MD
John Schmitz, MD
Jody Kirchner, MSW, LICSW

This conference is supported in part by an educational grant from the CentraCare Foundation.
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This conference is supported in part by an educational grant from the CentraCare Foundation.
Faculty:
Stephanie Baas, PsyD, LP—CentraCare River Campus Internal Medicine
Bette Bakke, PhD—St. Cloud Hospital Behavioral Health
Lisa Bershok, MSW, LCSW—Sartell Behavioral Health Clinic
Barb Carver, PsyD, LP—CentraCare Family Health Clinic
Summer Coleman, MSW, LGSW—St. Cloud Hospital Behavioral Health
Rachel Delaney Geier, MSW, LICSW—CentraCare Family Health Clinic
Jennifer Harris, RD, LD, CEDRD—CentraCare Specialty Clinic
Elizabeth LaRusso, MD—Abbott Northwestern Hospital
Margaret Dwyer Lee, PsyD—CentraCare Plaza Internal Medicine
Kate LePage—Lutheran Social Service
Kelsey Lynch, MSW, LGSW—Sartell Behavioral Health Clinic
Toni Mahowald, PsyD—St. Cloud Hospital Heart and Vascular Center
Alison Sikes, MD—St. Cloud Hospital Behavioral Health

Schedule:
Friday, February 28, 2020
7:30-7:50 AM
CHECK-IN

7:50-8:00 AM
WELCOME & OPENING REMARKS

8:00-8:45 AM
UNTIE THE CAPE!
Alison Sikes, MD

OBJECTIVES:
At the conclusion of this session, participants should:

• Be more familiar with women’s history in the United States.
• Be more conscious of how the media portrays women.
• Learn strategies to help women release themselves from the Superwoman Syndrome.

8:45-9:45 AM
EVERYTHING YOU NEED TO KNOW ABOUT PERINATAL PSYCHIATRY YOU CAN LEARN FROM A NEW YORKER CARTOON
Elizabeth LaRusso, MD
OBJECTIVES:  
At the conclusion of this session, participants should be able to:  
- Understand the risks of untreated perinatal mood and anxiety disorders (PMADs) for women and children.  
- Identify an approach to the treatment of PMADs, focusing on medication.  
- Identify elements of a comprehensive treatment plan that can be initiated by family practitioners.

9:45-10:00 AM  
BREAK

10:00-11:00 AM  
UPDATE ON EATING DISORDERS  
Bette Bakke, PhD

OBJECTIVES:  
At the conclusion of this session, participants should be able to:  
- Have a basic understanding of eating disorders.  
- Describe the medical complications of eating disorders.  
- Describe the risk factors for eating disorders.  
- Describe the current interventions.

11:00-12:00 PM  
FEEDING PRACTICES IN EATING DISORDER PREVENTION AND TREATMENT  
Jennifer Harris, RD, LD, CEDRD

OBJECTIVES:  
At the conclusion of this session, participants should be able to:  
- Understand childhood antecedents for adult eating problems.  
- Understand the 4 domains of Eating Competence.

12:00-1:00 PM  
LUNCH

1:00-2:00 PM  
"THE TIME TO REPAIR THE ROOF IS WHEN THE SUN IS SHINING*” OR ANTICIPATORY GUIDANCE FOR WOMEN WITH PERINATAL MOOD AND ANXIETY DISORDERS (PMADs) * - JOHN F. KENNEDY  
Elizabeth LaRusso, MD
OBJECTIVES:
At the conclusion of this session, participants should be able to:

- Identify the elements of a comprehensive plan for women with PMADs before, during, and after pregnancy.
- Provide pre-conception evaluations to patients with utilizing psychiatric medications for uncomplicated mood and anxiety disorders.
- Understand the role of non-medication interventions in preventing relapse in women with PMADs.

2:00-2:15 PM  BREAK

2:15-3:45 PM
ACCEPTANCE AND COMMITMENT THERAPY (ACT): HOW TO MAKE CHANGE WHEN OUR BRAIN IS HIJACKED BY EMOTIONS
Barb Carver, PsyD, LP ♦ Rachel Delaney Geier, MSW, LICSW

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

- Describe the six core processes of Acceptance and Commitment Therapy (ACT).
- Understand the role of value clarification in helping patients make behavior changes in a variety of health care settings.
- Know how to use at least two ACT techniques to decrease cognitive fusion and increase ability to be present in the moment.

Saturday, February 29, 2020
7:50-8:00 AM
ANNOUNCEMENTS

8:00-10:00 AM
SAFE HARBOR: IDENTIFYING AND RESPONDING TO COMMERCIAL SEXUAL EXPLOITATION
Kate LePage

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

- Have a better understanding of the dynamics of commercial sexual exploitation.
- Know more about the demographics we see in Minnesota.
- Identify and respond to victims/survivors using best practices.

10:00-10:15 AM  BREAK
10:15-11:15 AM
APPROACH TO THE IDENTIFICATION AND TREATMENT OF PSYCHIATRIC ISSUES ASSOCIATED WITH THE MENSTRUAL CYCLE AND THE MENOPAUSAL TRANSITION
Elizabeth LaRusso, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Describe the psychiatric symptoms associated with premenstrual disorders and the menopausal transition.
• Understand medication treatment options (psychiatric and hormonal therapy) for premenstrual disorders and perimenopausal psychiatric symptoms.
• Understand the role of complementary, alternative, and biological interventions for the treatment of the above disorders.

11:15-12:15 PM
SUICIDE PREVENTION IN HEALTHCARE
Lisa Bershok, MSW, LCSW

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand implications of physical health diagnoses on increased suicide risk in primary care patients.
• Identify patients at increased risk of suicide.
• Document patient warning signs and referral for further evaluation.

Sunday, March 1, 2020
7:50-8:00 AM
ANNOUNCEMENTS
8:00-9:00 AM
BPD MASQUERADING AS EVERYTHING
Margaret Dwyer Lee, PsyD

OBJECTIVES:
• Understand Borderline Personality Disorder (BPD) and the effects on treatment relationships.
• Utilize tools to help BPD patients engage in effective treatments and behavior changes.
• Have a basic understanding of Dialectical Behavior Therapy (DBT) and appropriate referral options.
9:00-10:00 AM
IT'S A BIRD, IT'S A PLANE, IT'S MY ADD, NO WAIT, IT'S MY BIPOLAR!
Alison Sikes, MD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Recognize patients with borderline personality disorder.
• Know the risks and benefits of medication therapy in BPD.
• Know how to set limits with a patient with BPD.

10:00-10:15 AM
BREAK

10:15-11:00 AM
INTEGRATED BEHAVIORAL TELEHEALTH
Summer Coleman, MSW, LGSW • Kelsey Lynch, MSW, LGSW

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Understand the impact of integrated behavioral telehealth on behavioral healthcare in rural communities.
• Identify ways telehealth can be incorporated into family practice.
• Recognize how collaboration with primary care providers and healthcare professionals through integrated behavioral telehealth impacts patient care in rural communities.

11:00-12:00 PM
TAKING A TEAM APPROACH TO TREATING SLEEP DISORDERS
Stephanie Baas, PsyD, LP • Toni Mahowald, PsyD

OBJECTIVES:
At the conclusion of this session, participants should be able to:
• Identify common sleep concerns in patients.
• Identify appropriate interventions for patients presenting with sleep problems.
• Identify secondary treatment options for patients who have engaged in primary sleep treatment and continue to report ongoing sleep disturbances.
Registration:

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<thead>
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<th>Prior to 01/27/20</th>
<th>After 01/27/20</th>
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<tbody>
<tr>
<td>Physicians</td>
<td>$500</td>
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<tr>
<td>Non- Physicians &amp; Residents</td>
<td>$350</td>
<td>$450</td>
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The registration fee includes course materials, CME credit, all breaks, and lunch on Friday.

REGISTRATION DEADLINE/CANCELLATIONS
Registration deadline is February 17, 2020.
Refunds will be issued, less a $50 processing fee prior to this date.

Lodging:
Grand View Lodge offers a variety of accommodations overlooking Gull Lake. Please plan to stay on-site to take full advantage of networking opportunities with other conference participants and family members.

Special conference rates are available by submitting the Grand View Lodge registration form. Follow these steps to the form:

1. Visit [https://vs.centracare.com/events/](https://vs.centracare.com/events/)
2. Select Continuing Medical Education (CME) for Physicians
3. Select Bridging the Gap Between Primary Care and Mental Health

The link to this form will be included in your confirmation letter. Deluxe lodging, daily breakfast, use of fitness center, indoor pool, and resort amenities are available to participants and family members staying onsite.

Deadline for guaranteed lodging is January 27, 2020.

Questions, call 218-963-8798.

Special Accommodations:
Please contact the Medical Staff Development Office if you have special mobility, dietary, vision, hearing or other needs.

Phone: 320-255-5836 Email: stcloudhospitalcme@centracare.com
Registration Form:

COLLABORATIVE CARE INSTITUTE—
FEBRUARY 28–MARCH 1, 2020

PARTICIPANT INFORMATION: (PLEASE PRINT)
Participant Name: ________________________________________________
Title: ☐ MD ☐ DO ☐ PA ☐ NP ☐ Other: ____________________________
Name Badge (First, Last): _________________________________________
Specialty: _______________________________________________________
Office Name: ____________________________________________________
Office Address: __________________________________________________
City: ____________________________ State: _________ Zip: ____________
Phone: (______) ____________________ ☐ Cell ☐ Work
Email: __________________________________________________________

Will you be staying at Grand View Lodge? ☐ Yes ☐ No

REGISTRATION FEES
EARLY BIRD (PRIOR TO 01/27/20)
Physicians ($500)    Non-Physicians & Residents ($350) $_________
STANDARD RATE (AFTER 01/27/20)
Physicians ($600)    Non-Physicians & Residents ($450) $_________

REGISTRATION DEADLINE—FEBRUARY 17, 2020
REFUNDS WILL NOT BE ISSUED AFTER THIS DATE

PAYMENT OPTIONS:
☐ Check (Payable to St. Cloud Hospital CME)
☐ Credit Card
☐ Visa ☐ MasterCard ☐ Discover
        Card Number: ______________________________________________
        Expiration Date: _____/_____ CVV Code: ____________
        Cardholder’s Name: _______________________________________

Mail to: Medical Staff Development
        St. Cloud Hospital
        1406 6th Ave. N.
        St. Cloud, MN 56303

Fax to: 320-255-5923

Questions:
320-255-5836 or stcloudbhospitalcme@centracare.com
REGISTRATION FORM:

COLLABORATIVE CARE INSTITUTE

FEBRUARY 28 – MARCH 1, 2020

PARTICIPANT INFORMATION: (PLEASE PRINT)

Participant Name: ________________________________________________

Title: MD DO PA Other: ______________________

Name Badge (First, Last): __________________________________________

Specialty: _______________________________________________________

Office Name: ____________________________________________________

Office Address: __________________________________________________

City: ________________________________ State: _________  Zip: ________

Phone: (______) ____________________ Cell Work

Email: __________________________________________________________

Will you be staying at Grand View Lodge?

Yes No

REGISTRATION FEES

EARLY BIRD (PRIOR TO 01/27/20)

Physicians ($500) Non-Physicians & Residents ($350) $_________

STANDARD RATE (AFTER 01/27/20)

Physicians ($600) Non-Physicians & Residents ($450) $_________

REGISTRATION DEADLINE — FEBRUARY 17, 2020

REFUNDS WILL NOT BE ISSUED AFTER THIS DATE

PAYMENT OPTIONS:

Check (Payable to St. Cloud Hospital CME)

Credit Card

Visa MasterCard Discover

Card Number: ______________________________________

Expiration Date: __ __/ __ __  CVV Code: __________

Cardholder's Name: __________________________________

Mail to: Fax to:

Medical Staff Development

320-255-5923

St. Cloud Hospital

1406 6th Ave. N.

stcloudhospitalcme@centracare.com

St. Cloud, MN 56303

Questions:

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