

A photograph of four medical professionals in a clinical setting. A woman in blue scrubs is gesturing while speaking to a group of three people (two men and one woman) who are wearing white lab coats. The background is a blurred hospital environment.

TRAIN NEW TRAINERS

# ESSENTIALS OF PRIMARY CARE PSYCHIATRY

**HYBRID CONFERENCE**

*Psychiatric Clinical Skills for Primary Care Providers*

**JANUARY 28-29, 2022**

**UCI** School of Medicine

## Course Description

This two-day conference for primary care providers and other health providers will integrate recent scientific data with current clinical practice regarding mood and anxiety disorders, substance misuse, personality disorders, collaborative care, pain psychiatric management, pandemic psychiatry, and how to do a primary care psychiatric interview.

## Target Audience

Primary care physicians and allied health professionals interested in mental health.

## Educational Needs

Primary care providers provide the most behavioral health care, and many have not been trained in the area of primary care based psychiatry. While guidelines for treatment of common psychiatric disorders within the primary care exist, many providers are uncomfortable implementing them due to perceptions of risk and stigma.

## Syllabus

The syllabus will be available to pre-registered attendees via PDF (WHOVA) prior to the conference to download and print. Hard copies will NOT be available for purchase.



## Learning Objectives

At the conclusion of this activity, the participant should be able to:

- Effectively diagnose and treat depression and other common psychiatric conditions in the primary care setting
- Identify when it is appropriate to seek mental health consultation/referral
- Effectively screen for substance misuse
- Utilize motivational interviewing to assess readiness for change and activate motivated patients along the continuum of change behavior
- Identify evidence-based treatments available in primary care settings for substance use disorders
- Develop/adapt new models of care to integrate mental health care into primary care settings
- Review and compare the DSM-IV and DSM-5 diagnostic criteria for disorders related to somatization
- Discuss evidence-based management for somatic symptom disorders and review the core features of cognitive behavioral therapy
- Understand the importance of screening for other psychiatry disorders when considering management for somatic symptoms





# SPEAKERS (FACULTY)

## COURSE CHAIR



### Robert McCarron, DO

Founding Director, Train New Trainers Primary Care Psychiatry Fellowship

Robert McCarron, D.O. completed a dual residency in internal medicine and psychiatry at Rush University and received board certification in psychiatry, psychosomatic medicine and internal medicine. While on faculty at the University of California, Davis and Irvine Schools of Medicine, he started the only two California based combined internal medicine / psychiatry residency programs. In these roles, he received grant support to create and implement a “Med Psych” curriculum that can be used in the public mental health system by psychiatry residency training programs. Dr. McCarron served as Director of the only Sacramento County Crisis Stabilization Unit and started the Pain Psychiatry Clinic and Med/Psych Clinic, within the UC Davis Division of Pain Medicine and Internal Medicine, respectively. Dr. McCarron is the Founding Director for the UC Davis Train New Trainers (TNT) Primary Care Psychiatry (PCP) Fellowship. Dr. McCarron now serves as Professor, Department of Psychiatry and Behavioral Medicine and Assistant Dean, Continuing Medical Education at the University of California, Irvine School of Medicine. He is also Director of Education for the UCI Susan Samueli Integrative Health Institute. He serves on the ACGME Residency Review Committee for Psychiatry and is Medical Director for Mind OC. Dr. McCarron is a California National Alliance on Mental Illness (NAMI) Board Member.

## TNT FACULTY

**Jeremy DeMartini, MD**, UC Davis

**Jane Gagliardi, MD**, Duke Health

**Jaesu Han, MD**, UCI

**Shawn Hersevoort, MD**, LifeStance Health

**John Onate, MD**, UC Davis

**Amir Ramezani, PhD**, Center for Cognition & Compassion

**Lorin M. Scher, MD**, UC Davis

**Shannon Suo, MD**, LifeStance Health

**Nisha Warikoo, MD**, Monarch Psychiatry of CA

**Glen Xiong, MD**, UC Davis

# CONFERENCE SCHEDULE

- Pre-recorded:**
- Substance Misuse: Update on Assessment and Treatment** (1.0 CME)  
Marty Leamon, MD
  - Psychotic Disorders: Diagnosis and Treatment Considerations** (1.0 CME)  
Lorin Scher, MD
  - CAP Topic** (1.0 CME)
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## FRIDAY, JANUARY 28, 2022

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|-----------------------|---|
| <b>7:45 am</b>        | Welcome - Robert McCarron, DO   |
| <b>8:00-9:00 am</b>   | <b>Practical Approaches to Doing a Primary Care Psychiatric Assessment</b> (1.0 CME)<br>Robert McCarron, DO   |
| <b>9:00-10:15 am</b>  | <b>Anxiety Disorders: Diagnosis and Treatment Considerations</b> (1.25 CME)<br>Jaesu Han, MD  |
| <b>10:15-10:30 am</b> | Break   |
| <b>10:30-11:45 am</b> | <b>Mood Disorders: Diagnosis and Treatment Considerations</b> (1.25 CME)<br>Shawn Hersevoort, MD  |
| <b>11:45-12:45 pm</b> | Lunch break   |
| <b>12:45-1:45 pm</b>  | <b>Q&amp;A with Speakers - Prerecorded and Morning Lectures</b> (1.0 CME)   |
| <b>1:45-2:00 pm</b>   | Break   |
| <b>2:00-3:00 pm</b>   | <b>Breakout Case Discussions</b> (1.0 CME) <ul style="list-style-type: none"><li>■ Mood Disorders</li><li>■ Management of Substance Use Disorder</li><li>■ Treating the Anxious Patient</li><li>■ Management of Chronic Pain/Somatic Symptom Disorder</li></ul> |
| <b>3:00-3:15 pm</b>   | Break   |
| <b>3:15-4:15 pm</b>   | <b>Breakout Case Discussions</b> (1.0 CME) <ul style="list-style-type: none"><li>■ Mood Disorders</li><li>■ Management of Substance Use Disorder</li><li>■ Treating the Anxious Patient</li><li>■ Management of Chronic Pain/Somatic Symptom Disorder</li></ul> |

## SATURDAY, JANUARY 29, 2022

8:00-9:00 am	<b>Personality Disorders in Primary Care – Just What You Need to Know</b> (1.0 CME) Shannon Suo, MD
9:00-10:00 am	<b>Psychiatry and Chronic Pain Management</b> (1.0 CME) Robert McCarron, DO
10:00-10:15 am	Break
10:15-11:15 am	<b>Collaborative Care</b> (1.0 CME) Jane Gagliardi, MD
11:15-12:15 pm	<b>Primary Care Child &amp; Adolescent Psychiatry – Just What You Need to Know</b> (1.0 CME) Melissa Hopkins, MD
12:15-1:15 pm	Lunch break
1:15-2:15 pm	<b>Q&amp;A Panel - Morning Lectures</b> (1.0 CME)
2:15-2:30 pm	Break
2:30-3:30 pm	<b>Breakout Case Discussions</b> (1.0 CME) <ul style="list-style-type: none"><li>■ Mood Disorders</li><li>■ Management of Substance Use Disorder</li><li>■ Treating the Anxious Patient</li><li>■ Management of Chronic Pain/Somatic Symptom Disorder</li></ul>
3:30-3:45 pm	Break
3:45-4:45 pm	<b>Breakout Case Discussions</b> (1.0 CME) <ul style="list-style-type: none"><li>■ Mood Disorders</li><li>■ Management of Substance Use Disorder</li><li>■ Treating the Anxious Patient</li><li>■ Management of Chronic Pain/Somatic Symptom Disorder</li></ul>



► **Total: (16.5 CME)**

### CME EVALUATION

Please be sure to complete the Evaluation Survey in order to receive appropriate credit. We will send you an email with the survey at the end of the conference.

## Accreditation

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### Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and the California Psychiatric Association. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

### Credit Designation:

The University of California, Irvine School of Medicine designates the live activity for a maximum of *16.5 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in this activity.



## Registration Information

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### Hybrid Event

#### In-Person

Newport Beach Marriott Resort & Spa  
900 Newport Center Dr, Newport Beach, CA, 92660

#### Fees:

**\$295 Physicians**  
**\$265 Other Healthcare Professionals**  
**\$100 Medical Students, Residents**

#### ► To register

**For more information**, please contact Careesa Garcia at [careesap@hs.uci.edu](mailto:careesap@hs.uci.edu) or visit our webpage at: [psychiatry.uci.edu/tnt](http://psychiatry.uci.edu/tnt)

### **AMA PRA Category 1 Credits™ can be used by multidisciplinary team members:**

**Nurse:** For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME.

For the purpose of relicensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credits™ (report a maximum of 16.5 hours of credit and fill in “CME Category 1” for the provider number).

**Physician Assistant:** The National Commission of Certification of Physician Assistants (NCCPA) states that AMA PRA Category 1 Credits™ are acceptable for continuing medical education requirements for recertification.

**Psychologists:** You may petition the California Board of Psychology for CE credit for this symposium. Please see [http://www.psychology.ca.gov/licensees/ce\\_reporting\\_form.pdf](http://www.psychology.ca.gov/licensees/ce_reporting_form.pdf) for details.

### Disclosure

All those in control of content will provide full disclosure information to participants prior to the activity.

### Assembly Bill 1195

This activity is in compliance with California Assembly Bill 1195, which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. For specific information regarding Bill 1195 and cultural and linguistic competency, please visit CME website <http://www.meded.uci.edu/CME/>.

### Virtual via WHOVA

#### Fees:

**\$195 Physicians**  
**\$165 Other Healthcare Professionals**  
**\$50 Medical Students, Residents**