34th Annual Pittsburgh Schizophrenia Conference
(MD17)
November 3, 2017
Sheraton Station Square
Pittsburgh, Pennsylvania

Course Director:
KN Roy Chengappa, MD
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Introduction

The Pittsburgh Schizophrenia Conference is an annual meeting at which the advances in schizophrenia research are reviewed by experts in the field. This year’s meeting will cover a range of topics including neuroimaging in schizophrenia and how it applies to clinical practice, the use of herbal botanical medicines in the treatment of schizophrenia and an afternoon panel that comprises psychiatrists, clinicians and individuals receiving services who speak to the post-hospital care they receive and how these may assist in their integration into the community. Presentation by the faculty awardee of the 2017 Gerard Hogarty Research Excellence Prize will also take place during the meeting.

Who Should Attend

The conference is designed to disseminate the latest research findings to a wide audience: psychiatrists and other mental health clinicians, including nurses, social workers, psychologists, service coordinators, researchers, patients and their relatives, mental health policy administrators and others who intend to keep current regarding etiologic and treatment research in schizophrenia.

Learning Objectives

At the conclusion of the program, participants should be able to:

1. Explain the rationale for using a standardized extract of Withania somnifera as adjunctive treatment for persons with schizophrenia experiencing break through symptoms.

2. Evaluate the data and results of a randomized double-blind, placebo-controlled clinical trial that evaluated this herbal medication.

3. Review key findings related to the prefrontal cortex in schizophrenia.

4. Recognize recent work that utilizes functional connectivity to understand schizophrenia.

5. Identify the reduction of certain brainwaves in persons with schizophrenia.

6. Explain how neuro-inflammation and oxidative stress may impair cortical function.
Course Director:

K.N. Roy Chengappa, MD
Professor of Psychiatry
University of Pittsburgh School of Medicine
Chief, Comprehensive Recovery Services
Western Psychiatric Institute and Clinic of UPMC

Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Award Winner

Lisa Beth Dixon, M.D., M.P.H.
Professor of Psychiatry at Columbia University Medical Center
Director, Division of Mental Health Services and Policy Research and Center for Practice Innovations New York State Psychiatric Institute

Dr. Lisa Dixon is a Professor of Psychiatry at the Columbia University Medical Center where she directs the Division of Behavioral Health Services and Policy Research and the Center for Practice Innovations (CPI) at the New York State Psychiatric Institute. Dr. Dixon is an internationally recognized health services researcher with over 25 years of continuous research funding from the National Institute of Mental Health, the VA and foundations. As CPI director, she oversees activities for the New York State Office of Mental Health in implementing evidenced based practices in behavioral health programs throughout the state. She leads the innovative program, OnTrackNY, a statewide initiative designed to improve outcomes and reduce disability for the population of individuals experiencing their first episode of psychosis. Dr. Dixon’s grants have focused on improving the quality of care for individuals with serious mental disorders with a particular emphasis on services that include families, reducing the negative impact of co-occurring addictions and medical problems, and improving treatment engagement and adherence. Dr. Dixon’s work has joined individuals engaged in self-help, outpatient psychiatric care, as well as clinicians and policy makers in collaborative research endeavors. Dr. Dixon assumed the role of editor in chief of the journal, Psychiatric Services in January, 2017. She has published more than 200 articles in peer-reviewed journals and has received numerous awards including the 2009 American Psychiatric Association Health Services Senior Scholar Award and the Wayne Fenton Award for Exceptional Clinical Care. In 2014, the National Alliance on Mental Illness (NAMI) Metro NYC recognized her with the Adele Anshien Volunteer of the Year Award, and NAMI national recognized her with its annual Scientific Research Award. In 2016, the Mental Health Section of the American Public Health Association recognized her work with the Carl A. Taube Award.
Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Lecture:
“Before, During and After: From Research to Practice in Early Psychosis Care”

The promise of early detection and intervention for individuals diagnosed with psychotic disorders is transforming the delivery of services for young people experiencing the onset of schizophrenia-spectrum illnesses. International research and the US Recovery After an Initial Schizophrenia Episode (RAISE) projects were followed by federal funding via the Community Mental Health Block Grant programs to jump start the delivery of so-called Coordinated Specialty Care (CSC) programs. CSC programs are multi-disciplinary and multi-element team based services. Program elements include tailored pharmacotherapy and primary care coordination, individual or group cognitive behaviorally oriented psychotherapy, family support and education and supported employment and education. Some programs include peer support.

The presentation will consider the goals and challenges of moving research into practice for this population with a focus on the New York State experience. It will divide the pathway to and through care into three parts. “Before” CSC will consider the imperative to reduce the duration of untreated psychosis and illness. “During” CSC will discuss the task of delivering high quality CSC and the limits of CSC. “After” will tackle the issue of what comes next and the durability of benefits of CSC programs. Examination of the expansion of CSC reveals the potential and pitfalls of hastening the application of research to practice. It requires the creation of an orientation to learning and quality improvement so the programs evolve as research provides more answers.

By the completion of this session, participants should be able to:

1. Recognize the importance of early detection in implementing early psychosis care.
2. Identify the key components of coordinated specialty care.
3. Explain the long-term outcomes of coordinated specialty care.
Faculty

Shaun M. Eack, PhD
David E. Epperson Professor of Social Work and Professor of Psychiatry
School of Social Work and Department of Psychiatry
University of Pittsburgh
Western Psychiatric Institute and Clinic of UPMC

Jessica Gannon, MD
Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Outpatient Medical Director, Comprehensive Recovery Services
Western Psychiatric Institute and Clinic of UPMC

Dean F. Salisbury, PhD
Associate Professor, Department of Psychiatry
University of Pittsburgh School of Medicine
Director, Clinical Neurophysiology Research Laboratory
Western Psychiatric Institute and Clinic of UPMC

Deepak K. Sarpal, MD
Assistant Professor, Department of Psychiatry
University of Pittsburgh School of Medicine
Medical Director, Services for the Treatment of Early Psychosis (STEP) Clinic
Western Psychiatric Institute and Clinic of UPMC

Panel Moderator:

William D. Cutlip, MD, MPH
Clinical Assistant Professor of Psychiatry
University of Pittsburgh School of Medicine
Medical Director, Community Treatment Teams
Western Psychiatric Institute and Clinic of UPMC

Ana M. Lupu, Pharm D
Adjunct Instructor of Pharmacy and Therapeutics
University of Pittsburgh School of Pharmacy
Clinical Pharmacist, Forbes Pharmacy
Western Psychiatric Institute and Clinic of UPMC

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The University of Pittsburgh is an affirmative action, equal opportunity institution.
Schedule

7:30-8:30 a.m.  
Registration and Continental Breakfast

8:30 a.m.  
Introduction and Background  
K.N. Roy Chengappa, MD

8:30-9:30 a.m.  
The Past, Present, and Future of Functional Neuroimaging in Schizophrenia Research / Q & A  
Deepak Sarpal, MD

9:30-10:30 a.m.  
The Science of Ashwagandha / Q & A  
Jessica A Gannon, MD

10:30-10:45 a.m.  
Break

10:45-11:45 a.m.  
Ashwagandha – A Herbal Extract of a Medicinal Plant for the Treatment Of Symptoms of Schizophrenia / Q & A  
K.N. Roy Chengappa, MD

11:45 a.m.-1:00 p.m.  
Lunch

1:00-2:00 p.m.  
Ashwagandha May Recover Brain Function in Schizophrenia / Q & A  
Dean Salisbury, PhD

2:00-2:15 p.m.  
The Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Award  
Presentation of plaque to Lisa Beth Dixon, MD, MPH  
Susan Hogarty, RN, MSN  
Review of Dr. Dixon’s work  
Shaun M. Eack, PhD

2:15-3:15 p.m.  
Gerard E. Hogarty Excellence in Schizophrenia Research Memorial Lecture  
“Before, During and After: From Research to Practice in Early Psychosis Care” / Q & A  
Lisa Beth Dixon, MD, MPH

3:15-3:30 p.m.  
Break

3:30-4:30 p.m.  
Panel with Q & A: After the Hospital… The Road to Recovery  
Moderated by: William D. Cutlip, MD, MPH  
Ana M. Lupu, Pharm D

Individuals receiving services and their family members will participate as panel members.

4:30 p.m.  
Closing Remarks and Adjournment  
K.N. Roy Chengappa, MD
Continuing Education Credit

Physicians
The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistants
This program has been reviewed and is approved for a maximum of 6.0 hours of AAPA Category 1 CME credit by the Physician Assistant Review Panel. Physician assistants should claim only those hours actually spent participating in the CME activity.

This program was planned in accordance with AAPA’s CME Standards for Live Programs and for Commercial Support of Live Programs.

Psychologists
Western Psychiatric Institute and Clinic of UPMC is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic of UPMC maintains responsibility for this program and its content. This program is being offered for 6.0 continuing education credits.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP
The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic of UPMC is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for 6.0 continuing education credits.

Counselors
Western Psychiatric Institute and Clinic of UPMC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic of UPMC is solely responsible for all aspects of this program. This program is being offered for 6.0 continuing education hours.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT
This program is offered for 6.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Other Healthcare Professionals
Nurses and other health care professionals are awarded 0.6 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. Nurses: For attending this program you will receive a Certificate of Attendance confirming 0.6 units of continuing education. These units may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.
Location

Sheraton Hotel at Station Square
300 West Station Square Drive
Pittsburgh, Pa 15219
Telephone: 412.261.2000

A block of rooms has been reserved at the Sheraton Station Square where the conference will be held. The room rate is $189, plus tax, for a single or a double room. When calling for reservations, please identify yourself as being with the "34th Annual Pittsburgh Schizophrenia Conference" to benefit from these reduced rates. Room availability cannot be guaranteed after October 18, 2017.

Registration Information

Registration with credit card payments are made at:

Fee Schedule

<table>
<thead>
<tr>
<th></th>
<th>Before 10/23/17</th>
<th>After 10/23/17</th>
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</thead>
<tbody>
<tr>
<td>Physicians and Allied Health Professionals</td>
<td>$160</td>
<td>$185</td>
</tr>
<tr>
<td>UPMC, WPIC, PA</td>
<td>$85</td>
<td>$110</td>
</tr>
<tr>
<td>State Hospital and VA Employees</td>
<td>Online Registration-Use Promo Code: employee.schizophrenia</td>
<td></td>
</tr>
<tr>
<td>Psychiatry Residents and Students</td>
<td>$25</td>
<td>$25</td>
</tr>
<tr>
<td>Consumers and Family Members</td>
<td>no charge</td>
<td>no charge</td>
</tr>
</tbody>
</table>

Online Promo Codes must be utilized to adjust the fee to the appropriate amount as indicated above.

Tuition includes:

- All registration and conference materials
- Refreshments
- Continuing education credits except at the student, resident, family member and consumer rate.

Instructions for registering online:

1. Click A-Z on classes.upmc.edu and look for the conference name. Or, go directly to: https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=150630
2. Click on ‘Register Now’ (at bottom of page)
3. If the name of the conference you want appears under ‘Shopping Cart’, click on ‘Checkout’ (think of this as ‘continue’).
4. Register as a new registrant, or sign in if you already have an account (username is your e-mail).
5. When the name of your conference or class appears, click on ‘Checkout’ (again, think of this as
6. Continuing Education Credit – Use dropdown list for credential or choose Not Applicable (you must complete this). Click on ‘continue’.
7. Enter your promotional code if applicable (please see above). Please don’t forget to click on ‘Apply to Total’!
8. Add credit card information if applicable, and click on ‘Process Payment’.
9. Complete Transaction and print your receipt.

Full tuition must accompany registration. A $25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please return the registration form and tuition by **October 23, 2017** to take advantage of the lowest tuition rate.

For check payments or account transfers, please send your check (payable to OERP/WPIC) or UPMC Account Transfer information with the registration form below to:

Nancy Mundy  
OERP/WPIC  
3811 O’Hara Street  
Champion Commons Building, Room 322  
Pittsburgh, PA  15213

Telephone: 412-204-9090  
FAX: 412-204-9110  
E-MAIL: mundynl@upmc.edu  
www.wpic.pitt.edu/oerp

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least **two weeks** in advance of the program by calling Nancy Mundy at 412-204-9090.
Registration Form
34th Annual Pittsburgh Schizophrenia Conference (MD17)
Friday, November 3, 2017

Please type or print; photocopy for additional registrants.
Register by October 23, 2017 for lowest tuition rate.

Social Security Number (Last five digits only): _______--_______
First Name: ___________________________ Last Name: ___________________________
Degree(s) to be noted on name badge (e.g., MD, PhD)
Institutional Affiliation: ___________________________
Address: ________________________________________________
Address 2: ________________________________________________
City: ___________ State: ___________ Zip: ___________
County: ___________________________
Day Telephone: ___________________________
E-Mail Address: ___________________________

For Continuing Education purposes, please check if you are:
☐ CADC/CCDP ☐ NBCC Counselor ☐ Nurse ☐ Psychologist
☐ CME (Physician) ☐ Social Worker (LSW/LCSW/LPC/LMFT) ☐ Certified Peer Specialist

Method of Payment:

Tuition amount $________________________
☐ Check (Payable to OERP/WPIC) Check#________________________

☐ UPMC Account Transfer Business Unit _______________________ Dept. ID _______________________
Administrator Name ___________________________
Administrator Signature ___________________________

Check or UPMC Account Transfer payments must be sent in with this form to:

Attn: Nancy Mundy
WPIE/OERP
3811 O'Hara Street
Champion Commons Building, Room 322
Pittsburgh, PA 15213

Fax: 412-204-9110
Telephone: 412-204-9090
E-MAIL: mundynl@upmc.edu
www.wpic.pitt.edu/oerp