



The Department of Psychiatry at Rutgers New Jersey Medical School presents the:

13TH ANNUAL CONFERENCE ON URBAN MENTAL HEALTH

Friday, March 27, 2026



AGENDA

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| 8:00 am | Continental Breakfast and Registration |
| 8:45 am | Welcome and Opening Remarks |
| 9:00 am | Violence and Aggression in Our Communities: A Panel Discussion <i>Najeeb Hussain, MD, Rijul Asri, MD, Kathy Chen, DO, Mannet Dhaliwal, MD, and Taylor Anthony, MD</i> |
| 9:45 am | Invisible Wounds: Caring for Immigrant Patients Fleeing Violence <i>Aislinn Black, DO, MPH – Department of Emergency Medicine</i> |
| 10:30 am | Morning Snack Break and Networking |
| 11:00 am | Verbal De-escalation <i>Eric Jarmon, DO, MSW</i> |
| 11:45 am | Psychological and Physical De-escalation Techniques <i>Emmanuel Owuor, RN and Joselino Ulanday, RN, BSN</i> |
| 12:30 pm | Lunch and Residents Research Symposium |
| 1:15 pm | What Would You Do? Actor-Led Situational Simulations <i>Clement Chen, PharmD, Les Barta, MPA, and Eric Jarmon, DO, MSW</i> |
| 2:00 pm | Why Do I Laugh When You Fall Down? Humor and Violence <i>Douglas Opler, MD</i> |
| 2:45 pm | Closing Remarks |

CONFERENCE DIRECTORS



Petros Levounis, MD, MA, serves as professor and chair of the Department of Psychiatry and associate dean at Rutgers New Jersey Medical School. He is also the 150th president of the American Psychiatric Association and an honorary member of the World Psychiatric Association. Dr. Levounis has published sixteen books including the textbook of “Substance Dependence and Co-Occurring Psychiatric Disorders” and the self-help paperback “Sober Siblings: How to Help Your Alcoholic Brother or Sister—and Not Lose Yourself.” His books have been translated into Chinese, French, German, Hungarian, Japanese, Korean, Portuguese, Slovak, and Spanish.



Najeeb Hussain, MD, serves as associate professor, vice chair of clinical services, and program director of the Psychiatry Residency Training Program in the Department of Psychiatry at Rutgers New Jersey Medical School. He also works as an attending psychiatrist in the inpatient unit at University Hospital, specializing in addiction medicine, chronic mental illness, and neurocognitive disorders. Dr. Hussain has completed fellowships in Geriatric Psychiatry and Addiction Medicine and written book chapters in “The Behavioral Addiction” and “Pharmacology for Rehabilitation Professional.”

Learning Objectives

1. Identify common risk factors and triggers that contribute to aggressive and violent behaviors in different contexts.
2. Recognize the special needs of refugee and asylum-seeking patients who have experienced or witnessed violence in their country of origin.
3. Outline stages of behavior utilizing the Behaviorally Anchored Rating Scales criteria.
4. Demonstrate physical and verbal de-escalation techniques.
5. Discuss the psychological theories of humor and its connection to violence.

Questions?

If a participant or potential participant has a question or concern about their experience with this continuing education activity, they may e-mail the UBHC Center for Continuing Education at cce@ubhc.rutgers.edu. For additional program information or if you require special arrangements to attend this activity please contact Lisette Nazario at 973-972-9917.

SPEAKERS



Rijul Asri, MD, is a second-year psychiatry resident at Rutgers NJMS. He earned his medical degree from Rutgers NJMS, where he completed a post-doctoral fellowship in medical education. He is also a resident delegate to the American Medical Association endorsed by the American College of Legal Medicine. He is interested in correctional mental health, LGBTQ+ psychiatry, and psychiatric ethics.



Kathy Chen, DO, is a PGY-2 psychiatry resident at Rutgers NJMS. She attended medical school at Rowan Virtua School of Osteopathic Medicine and earned a bachelor’s degree in chemistry with a concentration in biochemistry from Monmouth University. She is also a part of the Violence Risk Reduction Committee at NJMS with hopes of improving the policies regarding violence and aggression in patient care at University Hospital.



Mannet Dhaliwal, MD, is a PGY-2 psychiatry resident at Rutgers NJMS. She attended Rutgers New Brunswick, majoring in cultural anthropology, where she developed a passion for social justice and indigenous cultures. This inspired her interest in healthcare for disenfranchised populations, leading her to medical school at the University of Virginia. At Inova Hospital, she discovered psychiatry aligned with her goal of caring for vulnerable, stigmatized individuals.



Taylor Anthony, MD, is a PGY-2 psychiatry resident at Rutgers NJMS where she also earned her medical degree in 2024. She is fascinated by psychopathology and the biopsychosocial roots of human behavior and is passionate about fighting the stigma surrounding discussion of mental health issues. She is currently interested in pursuing a fellowship in Forensic Psychiatry post residency.



Aislinn Black, DO, MPH, is an assistant professor of Emergency Medicine at Rutgers NJMS since 2016 with a special interest in emergency psychiatry. She completed her residency at Stony Brook and fellowship in global emergency medicine at George Washington University. She began working with the NJMS Human Rights Initiative in 2019, guiding medical students and residents in conducting forensic medical psychological evaluations of asylum seekers and has served as faculty advisor since 2023.



Eric Jarmon, DO, MSW, serves as psychiatry clerkship director and assistant professor of Psychiatry at Rutgers NJMS. He also serves as assistant clinical professor at the Icahn School of Medicine at Mount Sinai where he completed his fellowship in Consultation-Liaison Psychiatry. He is an active member at the American Psychiatric Association and the Academy of Consultation Liaison Psychiatry where he serves on the scientific planning committee and the pre-conference courses planning committee, respectively.



Emmanuel Owuor, RN, is the assistant director of nursing in the inpatient psychiatry unit at University Hospital. He’s been a nurse for 15 years with a concentration on mental health. His mental health career started when he was 19 years old, working with patients diagnosed with anxiety disorders, schizophrenia, and depression. The complexity naturally made him gravitate towards being a part of the greater mental health community.



Joselino “Joe” Ulanday, RN, BSN, has 32 years of experience as a psychiatric RN. He has been a Handle with Care Instructor at University Hospital since 2007 and earned the Daisy Award for Extraordinary Nurses in 2013. In 2025, he earned the University Hospital Nurse Hero of the Year Certificate of Excellence. He serves as the Health and Safety Officer for HPAE Local 5089 at University Hospital.



Clement Chen, PharmD, is the academic detailer and clinical pharmacist specialist at the Northern NJ Medication-Assisted Treatment Center of Excellence at Rutgers NJMS. He offers consultative support on substance use disorders to healthcare professionals through mentoring and education, conducts needs assessments, and develops strategies to improve providers’ knowledge and implementation of evidence-based care. He also contributes to research and quality improvement initiatives to enhance healthcare quality across New Jersey.



Douglas Opler, MD, has served as an attending psychiatrist on the Consultation-Liaison Psychiatry Service of University Hospital and a faculty member in the Department of Psychiatry at Rutgers NJMS since 2013. He has published works on depictions of PTSD in popular media, undeserved feelings of guilt among doctors, and implicit bias against psychiatric medications, among other topics. He is now beginning a new role as director of the Consultation-Liaison Psychiatry Service at Hackensack University Medical Center.

GENERAL INFORMATION

REGISTRATION:

General Registration Fee: \$100

TO REGISTER Please visit: NJMS.Rutgers.edu/Psychiatry

Additional Information:

1. Full-time students, interns, residents, and fellows may register for a reduced fee of \$50. Registration should be accompanied by a program director’s letter confirming the full-time trainee status. Please scan and email the letter to cce@ubhc.rutgers.edu.
2. Registration will be accepted through our secure online website until March 23, 2026.
3. Payment may be made via credit card only. Purchase orders will not be accepted for this program.
4. Once registered, you will receive confirmation and additional information to assist you with your plans to participate in the conference.
5. This is an in-person conference only, which will not be recorded.

Fee Includes: Continental breakfast, lunch, refreshment break, CEU credits/ letters of attendance. On-site registration will be accommodated on a space available basis payable by check or credit card only.

Refund Policy: A full refund, less a \$20 cancellation fee, will be granted if notice is received no later than **March 26, 2026**. Refunds will not be issued for any cancellation received after this date. Refunds cannot be given for “no shows.” For registration questions or issues, please e-mail cce@ubhc.rutgers.edu.

Continuing Education:

In support of improving patient care, Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Nurse: This activity is awarded **4.5 contact hours** (60 minute CH).

Physician: Rutgers Biomedical and Health Sciences designates this live activity for a maximum of **4.5 AMA PRA Category 1 Credits™**.

Pharmacist: The knowledge-based activity qualifies for 4.5 contact hours of continuing pharmacy education credit. UAN #: JA0000855-0000-26-004-L01-P.

Social Worker: As Jointly Accredited Organization, Rutgers Biomedical and Health Sciences is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards have the final authority on courses accepted for continuing education credit. Social workers completing this course receive 4.5 clinical social work continuing education credits.

Psychologist: Rutgers Biomedical Health Sciences is approved by the American Psychological Association to sponsor continuing education for psychologists. Rutgers Biomedical Health Sciences maintains responsibility for the program and its content. (4.5 CE Credits).

Certified Counselors: Rutgers University Behavioral Health Care has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6198. Programs that do not qualify for NBCC are clearly identified. Rutgers University Behavioral Health Care is solely responsible for all aspects of the program. (4.5 Clock Hours)

Licensed and Certified Alcohol and Drug Counselor: This course will count for 4.5 recertification credits for Addiction Professionals as approved by The Certification Board of NJ., Inc. Course approval number is #200032726RECs4.5.

Certified Recovery Support Practitioner: Each course will count for 4.5 recertification credits towards Certified Recovery Support Practitioner as approved by the Certification Board of NJ, Inc. Course approval number is #200032726RECs4.5

Marriage and Family Therapist: This course will count for 4.5 recertification for Marriage and Family Therapists as approved by the Certification Board of NJ, Inc. Course approval number is #200032726RECs4.5.



All individuals who affect the content of continuing education activities are required to disclose to the audience any real or apparent conflict of interest related to the activity. The activity faculty are further required to disclose discussion of off-label/investigational uses in their presentations. These disclosures will be made to the audience at the time of the activity. There is no commercial support for this activity.