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

Eighth Annual Conference on

Friday, November 6, 2020
9:00 am - 3:00 pm

NJMS.Rutgers.edu/Psychiatry

Department of Psychiatry
Rutgers, The State University of New Jersey
Behavioral Health Sciences Building, Room F-1440
183 South Orange Avenue
Newark, NJ 07103

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Rutgers University
Behavioral Healthcare
Permit 5287

CONFERENCE DIRECTORS

Petros Levounis, MD, MA, serves as Professor and Chair of the Department of Psychiatry and Associate Dean for Professional Development at Rutgers New Jersey Medical School. He is a Betty Ford Scholar, a recipient of a U.S. State Department Speaker and Specialist Award, and an honorary member of the World Psychiatric Association. Dr. Levounis has published fourteen books including the textbook of Substance Dependence and Co-Occurring Psychiatric Disorders and a self-help paperback on Sober Siblings: How to Help Your Alcoholic Brother or Sister—and Not Lose Yourself. His books have been translated into French, German, Hungarian, Japanese, Portuguese, and Spanish.

Chun Tong, MD, graduated summa cum laude with highest honors in Chemistry from Rutgers University in 2012 and received his MD from Rutgers New Jersey Medical School in 2016. He remained at Rutgers NJMS for his residency in psychiatry where he continues his training toward a fellowship in addiction psychiatry. A member of the American Psychiatric Association and the American Academy of Addiction Psychiatry (AAP), he currently serves on the scientific program committee of AAP and on several committees of the New Jersey Medical School Psychiatry Residency Training Program including the Didactic Curriculum Committee and the Preceptorship Program for the medical school.

KEYNOTE SPEAKERS

Frank A. Ghinassi, PhD, ABPP, President and CEO of Rutgers Health University Behavioral Health Care, is responsible for a statewide system of academically based mental health and addiction services. Dr. Ghinassi functions as senior vice president of Behavioral Health and Addictions Service Line at RWJBarnabas Health. Dr. Ghinassi also holds the following faculty appointments: Professor at Rutgers Graduate School of Applied and Professional Psychology; Adjunct Professor of Psychiatry at Rutgers Robert Wood Johnson Medical School; Adjunct Associate Professor of Psychiatry at the University of Pittsburgh School of Medicine; and Core Faculty Member at Rutgers Global Health Institute.

Cheryl A. Kennedy, MD, Professor of Psychiatry at Rutgers New Jersey Medical School, has expertise in General and Emergency Psychiatry, Consultation-Liaison Psychiatry, Neuropsychiatric Conditions, Trauma and Disaster Medicine, Addiction Medicine, and Child and Adolescent Psychiatry. She is an elected member of the American College of Psychiatrists, a Distinguished Life Fellow of the American Psychiatric Association, and a Fellow of the American Society of Addiction Medicine. She serves on the New Jersey Department of Health Medicinal Marijuana Review Panel and the Board of Trustees of Integrity House. Dr. Kennedy chairs the Rutgers Biomedical Health Sciences Institutional Review Board, Newark and Camden.

Rashi Aggarwal, MD, is Associate Professor, Residency Program Director, and Consultation Liaison Attending Psychiatrist at Rutgers New Jersey Medical School. She completed her residency in psychiatry at Maimonides Medical Center and her fellowship in Consultation Liaison Psychiatry at Mount Sinai in New York. Dr. Aggarwal is an active researcher in the areas of wellness, empathy, stigma, and addiction disorders in Consultation Liaison settings. She currently serves on the American Psychiatric Association’s Council on Medical Education and Lifelong Learning and is the co-chair of the Taskforce on Workforce of the American Association of Directors of Psychiatric Residency Training. She is a Deputy Editor for Academic Psychiatry.

Grace Ro, is a fourth-year student at Rutgers New Jersey Medical School. She obtained a B.S. degree in psychology from Boston College where she investigated the neurobiology of social behavior. At NJMS, Grace serves as a Co-Chair of the Writing in Psychiatry Group and the Manuscripts Written by Medical Students. She began playing violin at the age of seven and established the Classical Music Society at New Jersey Medical School and has been recognized by faculty and peers for her humanism in medicine. She has a passion for music, mentorship, and education, and hopes to incorporate them in her future career as a psychiatrist.

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RUTGERS
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Dear Colleague,

We are very excited to announce Virtual Urban Mental Health 2020, the Eight Annual Conference of Rutgers New Jersey Medical School Psychiatry. This year we are turning the focus on the pandemic and its psychological dimensions, both normal and pathological. We will present the latest scientific developments in this new field, as well as effective approaches in navigating and negotiating the new reality.

When you attend the Virtual Urban Mental Health 2020 conference, you will:

- Review the latest research on the assessment and treatment of various psychiatric disorders.
- Learn through interactive exercises such as “Taking Care of Our Patients” and “Taking Care of Ourselves” led by our psychiatry residents and addiction medicine fellows.
- Participate in our first ever LIVE MUSIC PERFORMANCE and LECTURE by our talented senior medical student Grace Ro.
- Develop practical skills that can be readily applied to your professional lives.
- Receive a complete set of the conference handout materials.
- Earn Continuing Education credits.
- Enjoy a delicious lunch and network with your colleagues—promise, double portions next year.

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- Receive a complete set of the conference handout materials.
- Earn Continuing Education credits.
- Enjoy a delicious lunch and network with your colleagues—promise, double portions next year.

LEARNING OBJECTIVES:

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

1. Describe how COVID-19 has changed the landscape of behavioral health and addiction services in the US including the increasing use of telehealth.
2. Identify three unique challenges in addressing the mental health needs of children and adolescents.
3. Provide culturally informed and culturally sensitive counseling to LGBTQ+ patients.
4. Discuss three interventions that healthcare workers can use to help our patients navigate and negotiate the COVID world.
5. Describe the evidence-based healing effects of music in treating mental illness.
6. Discuss three interventions that healthcare workers can use to take care of ourselves.

Questions?
If a participant or potential participant has a question or concerns about their experience with this continuing education activity, they should 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 Tara Brockett at 973-972-0614.

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