



**Texas Society of Child and Adolescent Psychiatry**

# **“Mood Dysregulation and Evolving Modalities in the Delivery of Psychiatric Care”**

**VIRTUAL LIVE CME WEBINAR  
JULY 18, 2020**



# Texas Society of Child and Adolescent Psychiatry

## **“Mood Dysregulation and Evolving Modalities in the Delivery of Psychiatric Care”**

**SATURDAY, JULY 18**

**(Presented in Central Time Zone)**

### SCIENTIFIC PROGRAM SCHEDULE

#### **Saturday, July 18** (6 Hours Category I CME Credit Hours™)

**9:00 am-9:30 am** Opening Remarks and Welcome

**9:30 am-10:30 am** **Disruptive Mood Dysregulation Disorder**

KEYNOTE SPEAKER: James J. McGough, MD

Objectives: The learning objectives for this activity has been designed to address clinician competence.

Upon conclusion of the activity participants should be able to:

- Identify aggression in DMDD
- Increase knowledge of current research on DMDD
- Identify pharmacological treatment of target symptoms of DMDD
- Identify differences and similarities between Bipolar DO, ADHD and DMDD

**10:30 am-11:30 am** **How to Treat Children with DMDD – Medications and Psychotherapy – Resident Case Presentation and Faculty Discussant**

Sonia Popatia, MD (Resident) and  
Dana Bradley, MD (Faculty Discussant)

Objectives: The learning objectives for this activity has been designed to address clinician competence.

Upon conclusion of the activity participants should be able to:

- Accurately diagnose DMDD in Children and Adolescents
- Identify known pharmacologic treatments of aggression associated with DMDD
- Diagnose Comorbid Disorders with DMDD

**11:30 am-11:40 am** Break

**11:40 am-12:40 pm** **Mental Health Urgent Care Panel**

Phillip Balfanz, MD, MBA and Melissa Deuter, MD

Objectives: The learning objectives for this activity has been designed to address clinician competence.

Upon conclusion of the activity participants should be able to:

- Describe mental health urgent care model in private practice setting.
- Discuss the delivery of care in the urgent care model, its advantages and disadvantages, and identify specific issues that psychiatrists may face.

**12:40 pm-12:50 pm** Break

**12:50 pm-1:50 pm** **ETHICS: Transgender and Gender Dysphoria**

Walter J. Meyer, III, MD

Objectives: The learning objectives for this activity has been designed to address clinician competence.

Upon conclusion of the activity participants should be able to:

- Identify and improve the clinical competency in understanding ethical issues involving transgender patients.
- Identify and discuss best practices for Transgender youth/teens and hormone therapy (when/why/how to refer)
- Discuss how Transgender Youth Issues are being addressed in mental health settings.

**1:50 pm - 2:00 pm** Break

**2:00 pm-3:00 pm** **PANEL: Texas Child Mental Health Care Consortium and Preliminary Data/ Engagement**

Sarah Wakefield, MD, Melissa DeFilippis, MD,  
Nhung Thi-Vien Tran, MD

Objective: The learning objective for this activity has been designed to address clinician competence. Upon

conclusion of the activity participants should be able to:

- Describe the goals of the Texas Child Mental Health Care Consortium (TCMHCC).
- Discuss the Child Psychiatry Access Network (CPAN) and how pediatric healthcare providers can access it.
- Discuss the goals and components of Texas Child Health Access Through Telemedicine (TCHAT).

**3:00 pm-4:00 pm** **University / Student Health Psychiatric Services**

Melissa Eshelman, MD

Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:

- Understand special diagnostic challenges of college student mental health treatment and limits of treatment: number of visits, availability of psychiatrists, psychologists, masters-level mental health practitioners.
- Identify different interventions and evidence based treatments in delivering care to college students.
- Discuss confidentiality issues pertaining to the interface between the university and the college student.

**4:00 pm-4:20 pm** Closing Remarks

#### **ACCREDITATION STATEMENT**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association (TMA) through the joint providership of the Texas Society of Psychiatric Physicians and the Texas Society of Child and Adolescent Psychiatry. The Texas Society of Psychiatric Physicians is accredited by TMA to provide continuing education for physicians.

#### **CREDIT STATEMENT**

The Texas Society of Psychiatric Physicians designates this Virtual Live Activity for a maximum of six (6) AMA PRA Category I Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### **ETHICS DESIGNATION STATEMENT**

The Ethics Presentation: “Transgender and Gender Dysphoria” have been designated by the Texas Society of Psychiatric Physicians for a total of one (1) credit of education in medical ethics and/or professional responsibility.

#### **TARGET AUDIENCE/PROGRAM OBJECTIVES**

This live activity has been designed with didactic lectures supplemented with panel discussion, clinical vignettes, audiovisual presentations, direct discussion and case presentation and discussion in multiple educational sessions.

The program is designed to provide its’ target audience of Child and Adolescent Psychiatrists, Adult Psychiatrists, Pediatricians and Primary Care Physicians with clinically relevant information to advance the physicians’ competence and provide them with effective use of targeted skills so that they may develop strategies to apply the knowledge, skills and judgement of the information presented in the educational activity into their practice.

#### **NEEDS ASSESSMENT**

TSCAP has incorporated into this CME activity the relevant educational needs concerning competence that underlie the professional practice gaps of the participants.

#### **FACULTY AND PLANNERS DISCLOSURE POLICY**

In compliance with the ACCME/TMA Standards for Commercial Support of CME, to assure balance, independence, objectivity and scientific rigor in all of its CME activities, prior to the education activity being delivered to the learners, the Texas Society of Psychiatric Physicians implemented a mechanism to identify and resolve personal conflicts of interest from everyone who was in a position to control the content of the education activity.

TSPP will disclose to learners the existence (or non-existence) of all relevant financial relationship(s) that the faculty and planners did (or did not) have with any commercial interest concerned with the content of the educational presentation.

Disclosure will occur at the beginning of the Virtual CME Activity through verbal and written slide display.



Texas Society of Child and Adolescent Psychiatry  
***“Mood Dysregulation and Evolving Modalities  
in the Delivery of Psychiatric Care”***

**SATURDAY, JULY 18**

**(Presented in Central Time Zone)**

**ABOUT THE SPEAKERS**

**Phillip Balfanz, MD, MBA**

Medical Director  
Sigma Mental Health Urgent Care Clinic  
Boerne, Texas  
Secretary-Treasurer  
Texas Society of Child and Adolescent Psychiatry  
President  
Bexar County Psychiatric Society (2020-2021)  
Kerr-Bandera Medical Society Delegate  
Texas Medical Association

**Dana Bradley, MD**

Faculty, Department of Psychiatry  
Baylor College of Medicine  
Houston, Texas

**Melissa DeFilippis, MD**

Associate Professor  
Department of Psychiatry  
Director, Child and Adolescent Division  
University of Texas Medical Branch  
Galveston, Texas

**Melissa Deuter, MD**

Medical Director  
Sigma Mental Health Urgent Care  
San Antonio, TX  
Clinical Assistant Professor  
UT Health Science Center  
San Antonio, Texas

**Melissa Eshelman, MD**

Associate Director for Psychiatric Services  
Counseling and Mental Health Center  
Associate Professor, Department of Psychiatry  
Dell Medical School  
University of Texas at Austin  
Past President  
Texas Society of Psychiatric Physicians  
Austin, Texas

**James J. McGough, MD**

Professor of Clinical Psychiatry  
Semel Institute for Neuroscience and Human Behavior and  
David Geffen School of Medicine at UCLA  
Los Angeles, California  
Chair of the Program Committee  
American Academy of Child and Adolescent Psychiatry  
Chair  
UCLA Medical Institutional Review Board for Neuroscience  
Former Member, US Food and Drug Administration  
Psychopharmacology Advisory Panel  
Principal or Co-Principal Investigator in over 50 Clinical Trials,  
including NIH-Funded Projects on Severe Mood  
Dysregulation and Trigeminal Nerve Stimulation for ADHD  
Author of Book Entitled: ADHD  
Published by Oxford University Press

**Walter J. Meyer, III, MD**

Professor Emeritus in Psychiatry  
University of Texas Medical Branch  
Galveston, Texas

**Sonia Popatia, MD**

Second Year Child and Adolescent Psychiatry Fellow  
Baylor College of Medicine  
Houston, TX

**Nhung Thi-Vien Tran, MD**

Associate Professor  
Developmental-Behavioral Pediatrics  
McLane Children's Hospital, Baylor Scott & White Health  
Temple, Texas

**Sarah Wakefield, MD**

Chair, Department of Psychiatry  
Director of Child and Adolescent Psychiatry Services  
Texas Tech University Health Sciences Center  
Lubbock, Texas