

Exciting News...Our hotel room rates include daily buffet breakfast!

Please look inside this brochure for more details.

2nd Annual Conference on Challenges in Mental Healthcare for the Primary Care Provider

Loews Coronado Bay Resort
San Diego, California
(on Coronado Island)

JULY 10-13, 2019

SPONSORED BY



A Non-Profit Corporation for
Continuing Medical & Nursing Education



"It's fantastic to have a mental health conference for primary care. I love it! Very practical advice and information for my everyday practice." – E. Bruhl, MD

"This is the second time I am attending a Symposia Medicus conference. I am very satisfied with the conference and will continue to attend for my continuing education." – A. DeGolier, APRN-CNP

"This was an excellent conference! Symposia Medicus planned a nice balance of lectures and group discussions." – J. Lemke, MD

Register On-Line...

**for this conference or view other educational conferences at
www.symposiamedicus.org**

CONFERENCE DESCRIPTION

Our **2nd Annual Conference on Challenges in Mental Healthcare for the Primary Care Provider** is designed to provide practical, evidence-based care tips for treating the primary care patient with challenging psychiatric and psychosocial problems. The course has been designed for physicians, certified nurse midwives, nurse practitioners, PAs, nurses, and other healthcare professionals who care for patients of all ages. The goal of this conference is to increase knowledge and enhance the competence of attendees, emphasizing the practical application of evidence-based behavioral care.

Topics for this year's conference have been selected based on the educational needs determined from the identified professional practice gaps. The gaps were derived from a variety of sources including evaluations and outcomes data from past participants; clinical expert input; Symposia Medicus' online survey; and other medical and nursing data.

Conference format will include didactic lectures, smaller group breakout and interactive sessions, case studies, and question and answer sessions.

An outstanding faculty has been assembled for this conference. Each member was selected based on their individual area of expertise and ability to communicate current, evidence-based, and practical information to participants.

You are sure to enjoy our **2nd Annual Conference on Challenges in Mental Healthcare for the Primary Care Provider** while sharing ideas and experiences with colleagues from across the country in the beautiful setting of San Diego.

CONFERENCE OBJECTIVES

As a result of participating in this conference, you should have increased knowledge and enhanced competence to...

- Outline an enhanced approach to the biopsychosocial care of patients
- Discuss the practical management of challenging patients with and without multiple somatic complaints
- Describe managing mood, anxiety, and chronic pain disorders
- Articulate the practical management of cognitive and emotional disorders in the elderly
- Discuss options for managing substance abuse
- Outline the practical management of behavioral issues in children and adolescents
- Manage emergency interventions, office psychotherapy, and lifecycle issues in women

ATTENDEE REQUIREMENTS

At the conclusion of attending this conference, participants are entitled to a certificate of credit which will be available online. Successful completion of this activity is determined by attending the live activity, review of the educational session materials, and submission of the case studies test, surveys, and attendance verification form. Each participant should only claim credit commensurate with the extent of their participation in the activity.

ACCREDITATION

This educational activity was planned and produced in accordance with the **ACCME** and **ANCC** Essentials and Standards relating to continuing medical and nursing education.

Symposia Medicus is accredited by the **Accreditation Council for Continuing Medical Education (ACCME)** to provide continuing medical education for physicians.

Symposia Medicus is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

CONTINUING EDUCATION CREDIT

Physicians

Symposia Medicus designates this live activity for a maximum of *18 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

AAFP

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending. Please check our website for updated credit information.**

ACOG

Application has been made with the **American College of Obstetricians & Gynecologists (ACOG)** for cognates, Formal Learning. **Please check our website for updated credit information.**

Certified Nurse Midwives

The **American Midwifery Certification Board (AMCB)** accepts Category 1 CME approval from organizations accredited by the ACCME.

PAs

NCCPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of 18 hours of Category 1 credit for completing this program.

Nurse Practitioners/Nurses

The **ANCC** contact hours awarded for completion of this conference are 18.

Provider is also approved by the **California Board of Registered Nursing**, Provider #CEP2335, for 21.6 contact hours.

Pharmacists

The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit™*

Pharmacology Content for Prescriptive Authority

A maximum of 4 hours in pharmacology content for prescriptive authority may be earned by attending this educational conference. Sessions awarding pharmacology content for prescriptive authority are denoted with an Rx in the schedule. Please contact your state's Board of Nursing for specific educational requirements as requirements may vary state to state.

Pain Management and Care

The approved credits shown above include 1 credit toward meeting the requirement under California Assembly Bill 487, Pain Management and Care.

SMALLER GROUP BREAKOUT SESSIONS

Smaller group sessions will be held Saturday morning. These breakout sessions are organized to provide **greater participant/faculty interaction**, and will give you an opportunity to participate in discussions on subjects relating to your particular area of interest. **Please indicate your breakout session topic choices on the conference registration form in this brochure.** Space is limited so please reserve early.

EDUCATIONAL RESOURCES

Each registrant will have online access to session materials. **The session materials will be available for download approximately two weeks prior to the conference (you'll receive an email with instructions).** If you wish to receive a hard copy of the session materials, please check the box on the registration form in this brochure.

If you are unable to attend this conference, extra copies of the session materials (either paper, flash drive, or digital copy) will be available one week after the conference. The cost is \$65 for a hard copy, \$30 for a flash drive, and \$25 for the digital copy. To place your order, please email publications@symposiamedicus.org

NEARBY ATTRACTIONS / GROUND TRANSPORTATION

To receive additional information about the conference hotel, location, and/or nearby attractions, and ground transportation, please visit our website at www.symposiamedicus.org.

CONFERENCE FACULTY

Heidi Combs, MD, MS

Associate Professor
Department of Psychiatry
& Behavioral Sciences
University of Washington
Seattle, Washington

Jesse D. Markman, MD, MBA

Assistant Professor
Department of Psychiatry
& Behavioral Sciences
University of Washington
Seattle, Washington

Edward A. Walker, MD, MHA

Conference Chairman
Professor, Departments of
Psychiatry, Behavioral Sciences,
and Health Services
University of Washington
Seattle, Washington

DISCLOSURE STATEMENT

Consistent with ACCME and ANCC guidelines, it is the policy of Symposia Medicus to ensure balance, independence, objectivity, and scientific rigor in all educational activities. Prior to the planning of this educational activity, all individuals in a position to influence and/or control the content of continuing education activities have been asked to disclose all relevant financial relationships within the past 12 months. Beyond disclosure of relevant financial relationships, faculty are required to disclose when they plan to discuss pharmaceuticals and/or medical devices that are not approved by the FDA and/or medical or surgical procedures that involve an unapproved or "off-label" use of an approved device or pharmaceutical. Symposia Medicus is committed to providing learners with commercially unbiased continuing education activities. This information is intended to assist learners in forming their own judgments about the content presented. Disclosure information will be included in the session materials for this activity, and speakers will provide a slide disclosure for each presentation, and will also verbally disclose on-site.

CONFERENCE SCHEDULE

Wednesday, July 10

- 7:00am Registration & Check-in
- 8:00 **Welcome & Introduction: Team Icebreaker**
Faculty Panel
- 8:15 **Making Behavioral Care Easier & More Enjoyable: A Course Overview**
Faculty Panel
- 9:00 **Oh, By the Way...: Managing the Multi-Positive Review of Symptoms**
(Rx = 15 minutes)
Edward A. Walker, MD, MHA
- 10:30 Break
- 10:45 **Oh No, Not That One Again...: The Challenging Patient**
Edward A. Walker, MD, MHA
- 12:30pm **Wrap Up: What Did We Learn This Morning? Questions & Answers with Group Discussion**
Faculty Panel
- 1:00 Adjourn for the Day
- 5:30- Group Reception
6:30 (Faculty, Participants, and Guests)

Thursday, July 11

- 8:00am **When Patients Sing the Blues: Mood Disorders** (Rx = 60 minutes)
Heidi Combs, MD, MS
- 9:30 Break
- 9:45 **Another Note from the Teacher: Pediatric & Adolescent Patients**
(Rx = 15 minutes)
Heidi Combs, MD, MS
- 10:45 Break
- 11:00 **I'm Worried, You Should Be Too: Anxiety Disorders** (Rx = 30 minutes)
Heidi Combs, MD, MS
- 12:30pm **Wrap Up: What Did We Learn This Morning? Questions & Answers with Group Discussion**
Faculty Panel
- 1:00 Adjourn for the Day

Friday, July 12

- 8:00am **Mom Can't Find Her Keys: Cognitive Disorders in Older Patients**
(Rx = 30 minutes)
Jesse D. Markman, MD, MBA
- 9:00 Break
- 9:15 **Substance Abuse Disorders: Everyone Else is Worried About My Substance Use** (Rx = 60 minutes)
Jesse D. Markman, MD, MBA
- 10:45 Break
- 11:00 **Do You Have Anything Stronger?: Chronic Pain Management**
(Rx = 30 minutes)
Jesse D. Markman, MD, MBA
- 12:30pm **Wrap Up: What Did We Learn This Morning? Questions & Answers with Group Discussion**
Faculty Panel
- 1:00 Adjourn for the Day

Saturday, July 13

- 8:00am **Smaller Group Breakouts – Session One**
- A. **Office Microtherapy: What You Can Do in 5 Minutes**
Edward A. Walker, MD, MHA
- B. **When Your Patients Make You Anxious: Emergency Interventions**
Jesse D. Markman, MD, MBA
- C. **The Joys of Hot Flashes & Swollen Ankles: Special Issues for Women**
Heidi Combs, MD, MS
- 9:30 Break
- 9:45 **Smaller Group Breakouts – Session Two**
(Session One Topics Repeated)
- 11:15 Break
- 11:30 **Smaller Group Breakouts – Session Three**
(Session One Topics Repeated)
- 1:00pm *Conference Adjourns*

Rx = Pharmacology Content for Prescriptive Authority will be granted for these sessions

CONFERENCE REGISTRATION, LODGING, & TRAVEL INFORMATION

Enrollment for this conference is limited in order to provide the best possible learning environment. **Early registration is advised.**

You can register the following ways:

- On-line at our website, www.symposiamedicus.org; OR
- Call Monday-Friday, 8:30am-5:00pm (Pacific Time), (925) 969-1789 with Visa, MasterCard, American Express, or Discover; OR
- By mail, make check payable to Symposia Medicus and send with registration form to 399 Taylor Blvd., Suite 201, Pleasant Hill, CA 94523-2287

Visit www.symposiamedicus.org or call (925) 969-1789 for additional questions or information.

CONFERENCE REGISTRATION INFORMATION

TUITION:	EARLY <i>If postmarked by May 1, 2019</i>	REGULAR <i>If postmarked after May 1, 2019</i>
Physicians	\$685	\$785
Residents, Nurses, PAs & All Others	\$585	\$685

- Discounts are available for retired healthcare providers, active U.S. military, and groups of three or more. For more information, please contact Symposia Medicus prior to registering.
- Tuition includes continuing education, online access to session materials, and break refreshments for conference registrants. Tuition also includes group reception for faculty, registrants, and their guests.
- Conference registration will be confirmed via email

AIR TRAVEL INFORMATION

You will fly into **San Diego International Airport (SAN)**, which is approximately 40 minutes from the **Loews Coronado Bay Resort**. For information on ground transportation, please visit our website.

Symposia Medicus has arranged for discount fares with **Alaska, Delta, and United airlines** for this conference. Reservations can be made either through your travel agency or through the airlines at the website or Convention Desk numbers listed below.

In order to receive the discounted rate, you or your travel agent must refer to the Symposia Medicus Group ID number listed here.

Alaska Airlines	For discounts on Alaska Airlines flights, please book online at www.alaskaair.com and click on the link "Use Discount Code," located at the bottom of the "Book Flights" box. Once you click on this link, another page will appear. On this page, you will need to insert ECMC206 in the "Discount Code" box, located at the right-hand side of the page.
Delta Airlines	For discounts on Delta Airlines, please visit www.delta.com and click on the link "Advanced Search," located at the bottom of the "Book a Trip" box. Once you click on this link, another page will appear. On this page, you will need to insert NMS74 in the "Meeting Event Code" box, located at the right-hand side of the page. For questions, please call the Delta Airlines Convention Desk at (800) 328-1111.
United Airlines	For discounts on United Airlines, please visit www.united.com and click on All Search Options, located on the bottom left corner of the "Book Travel" box. Once you click on this link, another page will appear. At the bottom of this page, you will insert ZFMB292493 in the "Promotions and Certificates" box. For questions, please call the United Airlines Convention Desk at (800) 426-1122.

CAR RENTAL DISCOUNT

For conference discounts, Symposia Medicus has made arrangements with **AVIS and Budget Car Rentals**. Reservations can be made by phone; please refer to the conference code and the conference/airport location when making your reservations. Please see below:

AVIS	www.avis.com	800-331-1600	AWD # B766625
Budget	www.budget.com	800-772-3773	BCD # U076767

CONFERENCE LODGING INFORMATION

Symposia Medicus has **conference group rates at Loews Coronado Bay Resort**.

These special rates will only be available until **Tuesday, June 11, 2019** and will only be available after that date on a space and rate available basis. We recommend you reserve your lodging **as soon as possible, as rooms at the conference group rates are limited and on a first come, first served basis**. Rooms may sell out and/or room rates may increase prior to the release date.

Loews Coronado Bay Resort
4000 Coronado Bay Road
Coronado, California 92118
Direct: (619) 424-4000

To make your reservations online, please visit
<https://www.loewshotels.com/coronado-bay-resort/sm-1498-mental-health-conference>

To make your reservations by phone, please call (877) 872-8559
You must refer to the group code **SMP714** to receive conference group rates.

The conference group rates will also be available three days before and three days after the conference (based on availability) if you wish to extend your stay in San Diego.

GROUP RATES STATED BELOW INCLUDE DAILY BUFFET BREAKFAST FOR TWO PEOPLE

Room Type	Group Rates (Single/Double Occupancy)	Description
Resort View (King Bed only, Two beds not available)	\$329/night	Rooms differ by view and are approximately 430 sq. ft. and include mini-refrigerators, coffeemaker, work desk, arm chair with ottoman, bath amenities, stone-top vanity, tub and shower, hair dryer, flat-screen TV, and include a balcony or patio.
Pool View (King Bed)	\$354/night	
Partial Bay View (King Bed)	\$404/night	
Coronado Bay View (King Bed)	\$424/night	
<p>If you require a room with two beds there will be an additional charge of \$10 per night added to the above group room rates.</p> <p>To book a room with two beds (based on availability), you must call (877) 872-8559.</p> <p>By booking your lodging under the Symposia Medicus group code, the Resort Fee (normally \$30 per room, per night, discounted to \$10 per room, per night) is included in the conference group rates.</p> <p>The Resort Fee includes in-room coffee, unlimited local and toll-free telephone calls, access to fitness center and studio, airline boarding pass printing, daily newspaper, seasonal pool deck games, daily yoga and aerobics classes, 24-hour shoe shine service, turndown service upon request, use of tennis courts (based on availability), and shuttle service to Silver Strand State Beach via hotel beach shuttles. You will also receive complimentary basic in-room internet access. Items listed are subject to change.</p>		

TERMS & CONDITIONS

Hotel Policies

- A credit card or debit card is required upon making your reservation
- Above conference group rates are per room, per night and **do not** include the following (*subject to change*):
 - 10% Occupancy Tax
 - 1% CTID Assessment
 - 1% Environmental Protection Fee
 - 0.55% CA Tourism Assessment Fee
- **Maximum occupancy in a room with one king bed is three, and in a room with two beds, the maximum occupancy is four, regardless of age**
- **Mandatory additional occupant charges, listed below, include additional occupant fee, daily buffet breakfast, taxes and gratuities (not to exceed maximum occupancy stated above)**
 - Adult(s) 18 years & older are \$50 each, per night
 - Children 13-17 years old are \$30 each, per night
 - Children 5-12 years old are \$18 each, per night
 - Children 4 years & under are complimentary
- **Rollaways & Cribs:** Rollaway beds and cribs are both complimentary (based on availability and subject to change). **Only one rollaway bed is allowed in rooms with a king bed.**
- **Check-in time is 4:00pm and check-out time is noon.** A late check-out can only be confirmed on the date of departure by the front desk. Additional charges may apply for late check-outs and are based upon availability.
- **Early Departure Fee:** If you check-out prior to your confirmed departure date, you will be charged 50% of the room rate for each night you are departing early. To avoid this fee, you must confirm your departure date with the hotel at or before check-in.
- **Credit/Debit Card Policy:** Upon check-in, the hotel requires a credit card or debit card to ensure that funds are available. Holds are placed on your account for your entire stay; however, the amount may be immediately deducted from your account. The length of time for which these holds remain on your credit or debit account varies from bank to bank.
- **Parking:** Self-parking is discounted to \$15 per day (normally \$31 per day) for conference guests. Valet is \$35 per day (subject to change).
- **Hotel Cancellations** must be made directly with the hotel at least 72 hours prior to your confirmed arrival date or you will be charged a cancellation fee equal to one night's room rate and tax

Cancellation Policies

- Conference cancellations must be made **in writing (via email or mail) to Symposia Medicus** and a refund, less a 10% processing fee, will be given. No refunds will be made if cancellation is received after **June 5, 2019**; however, tuition, less 10% processing fee, may be applied to a future Symposia Medicus conference.
- **All cancellations must be emailed to registrar@symposiamedicus.org OR mailed to Symposia Medicus. If mailed, it must be postmarked by the date stated above.**
- In the unlikely event of conference cancellation by Symposia Medicus, full tuition refunds will be made. Symposia Medicus will not be responsible for refunding travel or any other expenses.



CONFERENCE LOCATION

Come visit San Diego! Friendly locals create a welcoming vibe in California's second largest city, where blue skies keep watch over 70 miles of majestic coastline and a gentle Mediterranean climate. Bordered by the Pacific Ocean to the west, the Anza-Borrego Desert and the Laguna Mountains to the east, and Mexico to the south, the diverse neighborhoods of San Diego are spread out over 4,200 square miles, offering endless opportunities for exploration and activities.

Spend one day relaxing on a beach (there are dozens around the city), then the next hiking in the east San Diego County mountains. Visit the quaint and charming island town of Coronado or the picturesque village of La Jolla. You won't want to miss favorites like the **San Diego Zoo, SeaWorld, USS Midway Museum, Birch Aquarium, or LEGOLAND**, all located nearby. San Diego is so diverse and unique; there are plenty of options to discover something new!

Perched on its own 15-acre peninsula, **Loews Coronado Bay Resort** is a private oasis of tranquility. This Coronado resort offers views of both the shimmering bay waters and the San Diego skyline. Enjoy three heated pools, a hot tub spa and dry sauna. Dine at the **Mistral Restaurant, which serves a global-fusion menu showcasing exquisite Mediterranean flavors and seafood. Relax and recharge at the Sea Spa that offers luxurious treatments including island-inspired body wraps, tropical sea stone massages, energizing facials, and a relaxing Vichy Rain Shower.**

Whatever your pleasure, you'll be sure to find it in San Diego, at our **2nd Annual Conference on Challenges in Mental Healthcare for the Primary Care Provider.**

For our complete calendar of conferences, please visit www.symposiamedicus.org. Brochures are available 6-8 months prior to the conference.

2019 CALENDAR OF FUTURE CONFERENCES

1488	26th Annual Spring Conference on Women's Health	Kauai, Hawaii	Mar 20-23
1489	30th Annual Spring Conference on Pediatrics	Grand Cayman, Cayman Islands	Apr 3-6
1493	6th Annual Spring Conference on Integrative Medicine in Women's Health	Santa Ana Pueblo, New Mexico (between Santa Fe & Albuquerque)	May 8-11
1495	4th Annual Conference on Challenges in Sexual Healthcare	Newport Beach, California	May 15-18
1496	21st Annual Summer Conference on Pediatrics	Oahu, Hawaii	Jul 17-20
1500	Challenges in Obstetrics & Gynecology	Alaska Cruise (<i>Celebrity Cruises – Solstice</i>)	Jul 19-26
1501	20th Annual Summer Conference on Women's Health	Big Sky, Montana	Jul 24-27
1502	Summer Conference on Acute Care of the Critically Ill Patient	Big Sky, Montana	Jul 24-27
1503	20th Annual Fall Conference on Integrative Medicine in Women's Health	Napa, California	Sep 4-7
1505	Hot Topics in Pediatric Emergencies	Amalfi Coast & Greek Isles Cruise (<i>Celebrity Cruises – Edge</i>)	Sep 9-20
1504	30th Annual National Conference on Women's Health Care	Las Vegas, Nevada	Sep 16-18
1506	7th Annual Fall Conference on Current Concepts in Neonatal Care	Washington, DC	Sep 25-28
1509	30th Annual Fall Conference on Hot Topics in Primary Care	Maui, Hawaii	Oct 16-19
1511	27th Annual Fall Conference on Issues in Women's Health	Grand Cayman, Cayman Islands	Oct 23-26
1514	Current Issues in OB/GYN	Danube River Cruise (<i>AMA Waterways – AmaLea</i>)	Nov 8-15
1515	Hot Topics in Urgent & Emergent Care	Danube River Cruise (<i>AMA Waterways – AmaLea</i>)	Nov 8-15
1517	25th Annual Conference on Women's Health: Care of Women Over 50	Guanacaste, Costa Rica	Nov 20-23
1518	11th Annual Conference on Emergencies & Challenges in Pediatrics	New York City, New York	Dec 13-14
1520	2nd Annual Conference on Hot Topics in Urgent & Emergent Care	New York City, New York	Dec 13-14

CONFERENCE REGISTRATION FORM

Register on-line at www.symposiamedicus.org

OR COMPLETE THIS FORM AND MAIL WITH APPROPRIATE PAYMENT TO:



Symposia Medicus
 399 Taylor Blvd., Suite 201
 Pleasant Hill, CA 94523-2287
 Phone: (925) 969-1789

SYMPOSIA MEDICUS
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Challenges in Mental
Healthcare for the
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Loews Coronado Bay Resort
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JULY 10-13, 2019

PLEASE PRINT LEGIBLY: (Show name and one degree as you would like it printed on your conference materials):

Registrant's Name: _____ Degree: _____
First Last

Registrant Email Address (required): _____

All registrants must provide their individual email address in order to register for this conference. Confirmation/receipt will be emailed to this address.

Email an additional copy of my confirmation/receipt to: _____
(Provide additional email address)

Mailing Address: _____
Street City State Zip

Check if above address is: Work _____ Home _____ Provide office/workplace name here: _____

Primary Work: (_____) _____ Home: (_____) _____

Cell: (_____) _____ Fax: (_____) _____

Professional Specialty: _____

The session materials will be available (for all participants) to download from our website approximately two weeks before the conference.

If you prefer to **also** receive a hard copy of the session materials, please check here

#1498

SATURDAY BREAKOUT PREFERENCE (Please refer to schedule and select one breakout for each session):

Session One: ___ A ___ B ___ C **Session Two:** ___ A ___ B ___ C **Session Three:** ___ A ___ B ___ C

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Physicians	\$685	\$785
Residents, Nurses, PAs & All Others	\$585	\$685

TUITION AMOUNT DUE

\$

Payment Type (Please Check One): _____ Check (Please Enclose)

Cardholder Name: _____
First Last

Signature: _____

Billing Address: _____
(if different from above) Street City State Zip

Card Number	Expiration Date Month/Year	Security # <small>(on front or back of card)</small>
	/	

By registering, you agree to the Terms & Conditions as stated in this brochure.
Please note that all information contained in this brochure is subject to change without notice.
ALL INFORMATION PROVIDED BY REGISTRANTS WILL REMAIN CONFIDENTIAL TO SYMPOSIA MEDICUS.