

2023 PaPS-Pittsburgh Chapter Spring Symposium

Saturday, February 25, 2023
7:30 a.m. - 1:00 p.m.

Pittsburgh Marriott North



<https://www.papsych.org>

2023 PaPS-Pittsburgh Chapter Spring Symposium Schedule

7:30 AM - 8:00 AM	Check in / Breakfast / Visit Exhibitors	
8:00 AM - 9:00AM	PRESENTER Sarah Homitsky, MD Medical Director Women's Behavioral Health Allegheny Health Network	PRESENTATION/TITLE Identification and Management of Perinatal Anxiety Disorders
9:15 AM - 10:15 AM	Shinnyi Chou, MD, PhD Staff Psychiatrist University of Pittsburgh Medical Center Abigail Schlesinger, MD Associate Professor University of Pittsburgh Medical Center	Collaborative Care 101
10:15 AM - 10:45 AM	Break / Visit Exhibitors	
10:45 AM - 11:45 AM	Merrideth Leggat, MD Interventional Service Line Lead New Directions Mental Health (A Member of Transformations Care Network)	Transcranial Magnetic Stimulation for Major Depressive Disorder: What Is the Ideal Prescription?
12:00 - 1:00 PM	John "Jack" Rozel, MD, MSL, DFAPA Medical Director, resolve Crisis Services UPMC Western Psychiatric Hospital	Too Close for Comfort: Personal Security Considerations for Psychiatrists

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychiatric Association (APA) and Pennsylvania Psychiatric Society. The APA is accredited by the ACCME to provide continuing medical education for physicians.

The APA designates this live activity for a maximum of 4 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Sarah Homitsky, MD

8:00-9:00 AM - Identification and Management of Perinatal Anxiety Disorders

Presenter: Sarah Homitsky, MD

Sarah Homitsky is the medical director for Women's Behavioral Health at Allegheny Health Network and a pediatrician with Greentree Medical Associates. Her clinical expertise is in providing psychiatric services for women across the lifespan, with a focus on perinatal psychiatry. She is an advocate for diversity-conscious recruitment and the expansion of mother-baby treatment nationwide.

Session Overview:

It is well known that mental health provider shortage continues to limit treatment access for mental health conditions, which is the foremost contributor to disability, loss of productivity, lower quality of life, and economic burden for communities across the world. Patients receiving healthcare services in other settings may be able to share their concerns but may not have access to the expertise required for appropriate treatment. Collaborative care models aim to fill this service gap by lending support to clinicians outside of the mental health specialty treatment setting. Variations exist in the establishment of collaborations between mental health specialists and other members in a patient's care team, but overarching principles of team-based, evidence-based, and measurement-based carry across most models. Key components often include education, consultation, and care coordination. Understanding the feasibilities and limitations of collaborative care in its present form will allow mental health specialists to advocate for the expansion of this service model in order to increase treatment access for individuals.

9:15-10:15 AM - Collaborative Care 101

Presenters: Shinnyi Chou, MD and Abigail Schlesinger, MD



Shinnnyi Chou, MD

Shinnnyi Chou is a staff psychiatrist with the UPMC Integrated Behavioral Health in Primary Care service, as well as the staff psychiatrist for the UPMC Obstetrics/Gynecology Behavioral Health Collaborative Care pilot program.

Abigail Schlesinger is the Chief of Child & Adolescent Psychiatry and Integrated Care UPMC Western Psychiatric Hospital and Children's Hospital of Pittsburgh, and the Medical Director of Children's TiPS. Dr. Schlesinger is an Associate Professor of Psychiatry & Pediatric University of Pittsburgh School of Medicine.



Abigail Schlesinger, MD

Session Overview:

On a daily basis, patients with major depressive disorder are remitting as a result of treatment with transcranial magnetic stimulation. It is an evidence-based intervention for chronic partial responders, and it can save the lives of the most treatment refractory. More recent outcome studies indicate that psychiatric practitioners should be incorporating TMS even earlier into treatment protocols. This lecture will provide an update regarding patient selection, treatment location, stimulation parameters, and ways to improve efficacy based on a review of the current literature. Following participation, attendees will be better able to select and counsel patients, consider a lower threshold for interventional treatment, and therefore, demonstrate improved outcomes in those with major depressive disorder. Specific attention will be paid to the more intriguing aspects of TMS for MDD in hopes of highlighting the exciting and rapidly evolving field of brain stimulation.



Merrideth Leggat, MD

10:45-11:45 AM - Transcranial Magnetic Stimulation for Major Depressive Disorder: What Is the Ideal Prescription?

Presenter: Merrideth Leggat, MD

Merrideth Leggat is a board-certified psychiatrist currently practicing in Washington County, Pennsylvania. Recently, Dr. Leggat has transitioned to a new position as the Interventional Service Line Lead for New Directions Mental Health (a Member of Transformations Care Network).

Session Overview:

On a daily basis, patients with major depressive disorder are remitting as a result of treatment with transcranial magnetic stimulation. It is an evidence-based intervention for chronic partial responders, and it can save the lives of the most treatment refractory. More recent outcome studies indicate that psychiatric practitioners should be incorporating TMS even earlier into treatment protocols. This lecture will provide an update regarding patient selection, treatment location, stimulation parameters, and ways to improve efficacy based on a review of the current literature. Following participation, attendees will be better able to select and counsel patients, consider a lower threshold for interventional treatment, and therefore, demonstrate improved outcomes in those with major depressive disorder. Specific attention will be paid to the more intriguing aspects of TMS for MDD in hopes of highlighting the exciting and rapidly evolving field of brain stimulation.



Jack Rozel, MD

12:00-1:00 PM - Too Close for Comfort: Personal Security Considerations for Psychiatrists

Presenter: Jack Rozel, MD

Jack Rozel started his experience in emergency mental health as a suicide hotline volunteer more than 30 years ago. He is an Associate Professor of Psychiatry and Adjunct Professor of Law at the University of Pittsburgh. Dr Rozel has been the medical director of resolve Crisis Services of UPMC Western Psychiatric Hospital since 2010 and is the immediate Past President of the American Association for Emergency Psychiatry.

Session Overview:

Health professionals have high rates stalking and harassment victimization. As many as 70% of health professionals will be stalked at least one point in their career. Unexpected communications from patients and their family members, especially those with threatening, harassing or sexualized tone, or involving contact outside of a work setting, can be extremely distressing; disrupted functioning in personal and work domains and need for psychological counseling are frequently reported by healthcare professionals who are stalked. More concerning, stalking behavior is a potential harbinger of even more dangerous behavior including physical assault, sexual assault, or homicide. This presentation will begin with a basic description of stalking and harassing behavior including examples from actual cases, identify possible reasons why some professionals may be at heightened risk, and discuss basic strategies to reduce risk of being harassed. Attendees will also be led through essential steps if they believe they are being stalked or harassed. Special considerations relating to intimate partner violence risk will also be explored.