



2024 PaPS-Pittsburgh Chapter Spring Symposium		
7:30-8:00 AM	Check in; Breakfast; Visit Exhibitors	
	PRESENTER	PRESENTATION TITLE
8:00-9:00 AM	Mayank Gupta, MD CPE FAPA Medical Director, Southwood Psychiatric Hospital	<i>Advances in Suicide Prevention: Critical Overview of the Gaps in Suicide Risk Assessments, Multimodal Strategies, Medicolegal Risks and the Emerging Evidence</i>
9:15-10:15 AM	Aileen Oandasan, MD Chief Medical Officer/Medical Director, Nulton Diagnostic & Treatment Center, Allegheny Health Network	<i>Conundrums in the management of adult ADHD. Is Tik Tok to blame?</i>
10:15-10:45 AM	Break; Visit Exhibitors	
10:45-11:45 AM	Kavita Fischer, MD DFAPA Medical Director, Community Care Behavioral Health Organization, University of Pittsburgh Medical Center	<i>The Rise of Gambling Disorder: Significance, Assessment, and Treatment in an Era of Exploding Access</i>
12:00--1:00 PM	Emily Cottrell, MD Vice Chair, Psychiatry & Behavioral Health Institute, Allegheny Health Network	<i>Management of Obesity in the Context of Managing Psychiatric Illness</i>
<p align="center"><u>Accreditation and Designation Statement</u></p> <p>In support of improving patient care, this activity has been planned and implemented by American Psychiatric Association (APA) and the Pennsylvania Psychiatric Society (PaPS.) APA is jointly accredited by the American Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. The APA designates this live activity for a maximum of 4 <i>AMA PRA Category 1 Credit™</i>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.</p>		

8:00-9:00 AM - Advances in Suicide Prevention: Critical Overview of the Gaps in Suicide Risk Assessments, Multimodal Strategies, Medicolegal Risks and the Emerging Evidence

Presenter: Mayank Gupta, MD CPE FAPA



Dr. Mayank Gupta is Triple Board-Certified in Adult, Child, and Adolescent Psychiatry and Addiction Medicine. He is the Medical Director of Southwood Psychiatric Hospital, in Pittsburgh Pennsylvania. Formerly the President of the Western Pennsylvania Psychiatric Society (PaPS), the District Branch of the American Psychiatric Association (APA), Dr. Gupta currently holds the position of Secretary/Treasurer of the Pittsburgh Psychiatric Society. Additionally, he is the President-Elect of The American Society for Adolescent Psychiatry (ASAP), an affiliate of the APA, representing the organization through ACROSS in the APA assembly.

Actively engaged in various committees, Dr. Gupta contributes to the APA assembly as a representative of ASAP through the Area 3 APA District Branch. Notably, he serves on the DSM committee in the APA assembly and is a dedicated member of the History and Archives Committee of the American Academy of Child and Adolescent Psychiatry.

Dr. Gupta's academic journey includes completing Basic Specialist Training in Psychiatry from Charing Cross Psychiatry Training Scheme, London Deanery, UK, in 2008. Subsequently, he accomplished a Psychiatry Residency from NY Medical College in 2011, followed by a Child and Adolescent Fellowship from Rutgers University in 2013. His diverse research interests encompass neurodevelopmental disorders, suicide prevention, and healthcare policies. Dr. Gupta is an avid academic contributor, having published over 50 peer-reviewed articles and showcasing his work at national conferences.

Session Overview:

This session offers a comprehensive exploration of suicide risk assessment in clinical practice, a critical component for clinicians across diverse settings. Over the past decade, critiques and emerging evidence have revealed gaps in assessment tools and clinical evaluations. The discussion emphasizes the importance of critically appraising these gaps to foster a global understanding of challenges, diagnostics, and long-term risk mitigation. Key topics include ongoing debates, critical questions, and the barriers to the incorporation of extensively researched empirical evidence in clinical practice. The session covers changing terminologies, a review of suicide risk assessment tools, guideline implementation, documentation, and the development of effective risk management strategies with a focus on medical-legal considerations. Addressing clinical dilemmas, emerging research, current policies, strategies for risk assessments, utilizing diverse resources and thorough documentation are integral aspects of this comprehensive session.

9:15-10:15 AM - Conundrums in the management of adult ADHD.

Is Tik Tok to blame?

Presenters: Aileen Oandasan, MD



Dr. Oandasan received her medical degree from Texas A&M College of Medicine. She completed general adult psychiatry training at Georgetown University and subsequently, completed Child Psychiatry Fellowship at the Johns Hopkins Hospital. Dr. Oandasan started began her career in academic psychiatry at the University of Texas Medical Branch in Galveston, reaching the stature of Clinical Associate Professor prior to her move to Pennsylvania. In Pennsylvania, Dr. Oandasan has attended various institutions including Conemaugh Memorial Medical Center, The Children's Institute of Pittsburgh, Nulton Diagnostic and Treatment Center and Allegheny Health Center. She currently provides leadership and clinical support as the Chief Medical officer at Nulton Diagnostic and Treatment Center and as a medical director at Allegheny Health Network's Jefferson Outpatient Clinic.

Aileen Oandasan, MD

Session Overview:

As there are no formal guidelines in the treatment of Adult Attention Deficit Disorder, clinicians are often left extrapolating from their experiences in treating children. Guidance from current literature will be provided to the audience in reviewing current prevalence rates, diagnostic and treatment challenges. In addition, a review of current factors responsible for the increase in written stimulant prescriptions will be discussed.

10:45-11:45 AM - The Rise of Gambling Disorder: Significance, Assessment, and Treatment in an Era of Exploding Access

Presenter: Kavita Fischer, MD DFAPA



Kavita Fischer, MD DFAPA

Dr. Fischer attended the University of Rochester School of Medical School and Dentistry and completed her training in general and child and adolescent psychiatry at Western Psychiatric Hospital of University of Pittsburgh Medical Center. She is the upcoming president-elect of the Pennsylvania Psychiatric Society (PaPS). She serves as a regional medical director with Community Care Behavioral Health Organization in affiliation with University of Pittsburgh Medical Center/Health Plan where she works on projects involving quality and substance use identification and treatment. She has been interviewed by local and state radio shows as well as nationally renowned journalists for her expertise in child and adolescent psychiatry, the science surrounding marijuana use in medicine, and on concerns related to the increased availability of online gambling.

Dr. Fischer is also board certified in general psychiatry and child and adolescent psychiatry and delivers care to the emergency room at Western Psychiatric Hospital.

Session Overview:

Limited studies and data exist on the extent of gambling disorder in the setting of legalization and the explosion of online casinos and sports betting platforms in Pennsylvania. However, available research including international research is disturbing and suicide rates are extremely high in this population. The importance of screening, assessment, and potential treatment options in our patients will be discussed as well as important considerations across the age spectrum and among genders.

12:00-1:00 PM - Management of Obesity in the Context of Managing Psychiatric Illness

Presenter: Emily Cottrell, MD



Emily Cottrell, MD

Dr. Cottrell is board-certified in Psychiatry and Family Medicine, having completed combined residency training at UPMC in 2019. She currently provides outpatient psychiatric medication management for adolescent and adult primary care patients referred by their primary care providers utilizing collaborative and co-located behavioral health models.

She specializes in the assessment and short-term psychiatric stabilization of patients with depressive, anxiety, trauma, somatic, personality, chronic pain, neurocognitive, and neurodevelopmental disorders in interdisciplinary teams with behavioral health therapists and medical providers.

Dr. Cottrell also practices outpatient family medicine one day per week. Her special clinical interests include integrating behavioral health treatment into primary care and other medical settings and psychiatric care for patients with complex medical needs.

She was appointed Vice Chair of the Psychiatry Behavioral Health Institute at Allegheny Health Network in 2023 and also serves as the Institute's Clinical Director of Integrated Behavioral Health.

Session Overview:

Primary care, obesity medicine, and bariatric surgical providers commonly treat obesity, metabolic syndrome, and their sequelae. As patients with obesity often display highly co-occurring psychiatric comorbidities, psychiatric providers increasingly benefit from developing expertise in the pharmacologic obesity treatment modalities employed by primary care and medical specialist colleagues.