

SPEAKERS



Petros Levounis, MD, MA, is Professor and Chair of the Department of Psychiatry at Rutgers New Jersey Medical School, and Chief of Service at University Hospital. 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 thirteen books including the self-help paperback "Sober Siblings: How to Help Your Alcoholic Brother or Sister—and Not Lose Yourself." His books have been translated into German, Hungarian, Japanese, Portuguese, and Spanish.



Rashi Aggarwal, MD, is an Associate Professor, the Program Director of Residency Training, and a Consultation Liaison Psychiatrist in the Department of Psychiatry at Rutgers New Jersey Medical School. Dr. Aggarwal is an active researcher in the fields of stigma, resident empathy and wellness, IMG education, training and acculturation, and addiction disorders in the consult-liaison setting. Dr. Aggarwal is the recipient of numerous awards for teaching excellence. She is a passionate advocate for education and wellbeing, and serves on many national committees and councils.



Sebastian Cisneros-Trujillo, MD, obtained his medical degree at the Pontifical Xavierian University in Bogota, Colombia. He is doing his residency training in Psychiatry at Rutgers New Jersey Medical School. His research focuses on suicidal behavior, exploring the neurobiology of stress, inflammation, and serotonergic dysfunction. His achievements and awards include the 2017 American Psychiatric Association award for the best poster in the psychosocial and biomedical category, the 2018 Humanism and Excellence in teaching award and the 2018-2019 American Psychiatric Association Diversity Leadership Fellowship award.



Zain Khalid, MD, is Chief Resident at the Department of Psychiatry, Rutgers New Jersey Medical. He has a keen interest in psychiatric education and has taught courses on psychopharmacology, clinical neuroscience and the history of Psychiatry among other subjects. For his clinical and academic work, he has received multiple awards including the Consultation-Liaison Services Award from the Department of Psychiatry at Rutgers New Jersey Medical School. Dr. Khalid will be pursuing a fellowship in Forensic Psychiatry at Brown University in 2019.



Cheryl Kennedy, MD, DLFAPA, is a Professor of Psychiatry at Rutgers New Jersey Medical School and is expert in several areas such as trauma, addictions, and transplant medicine. She has extensive cross-cultural experience in Asia, Latin America and Eastern Europe. Dr. Kennedy trains professionals around the state, the U.S. and globally. Dr. Kennedy is Board Certified in Psychiatry and Addiction Medicine and elected to the American College of Psychiatrists. She is Chair of the Rutgers Institutional Review Board for the Newark Biomedical Health Sciences Schools.



Erin Zerbo, MD, received her B.S. in Brain and Cognitive Sciences from the Massachusetts Institute of Technology in 2003 and her M.D. from New York University School of Medicine in 2007. She is an Assistant Professor in the Department of Psychiatry at Rutgers New Jersey Medical School and the Associate Director of Medical Student Education in Psychiatry. Dr. Zerbo serves as the Vice President of the New Jersey Psychiatric Association, and she has published a number of chapters and peer-reviewed journal articles on the subject of addiction.



James Sherer, MD, is a PGY II Psychiatry Resident at Rutgers New Jersey Medical School. He grew up around psychiatry and medicine: his mother is a licensed clinical social worker and father is an infectious disease physician. He attended Rutgers NJMS and has presented posters at several annual meetings of the American Psychiatric Association. He is the co-author of the review book *Ward Wisdom: Psychiatry Questions for Medical Students*, Written by Medical Students (2017). Dr. Sherer is the recipient of the Psychiatry Faculty Award for Outstanding Achievement and the Outstanding Intern of the Year Award.



Lukmanafis Babajide, MD, is a resident physician currently attending Rutgers New Jersey Medical School residency program in Psychiatry. Dr. Babajide went to Davidson College where he graduated with honors in Sociology. While at Davidson, he wrote a thesis on how queer individuals navigate through hip hop culture. He was an officer of his institution's Psychiatric interest group, President of his institution's Student National Medical Association, and active in community activist groups such as the Dallas Coalition Against Bigotry and Mothers Against Police Brutality.



Joshua Taffet, LCSW, CASAC, is a Mental Health Clinician in the Department of Psychiatry at Rutgers New Jersey Medical School and also supervises Psychiatry residents. He is a second-year Doctoral student at NYU's Silver School of Social Work and specializes in the treatment of addiction and dual-diagnosis patients. Prior to joining Rutgers, he worked at the Addiction Institute at Mount Sinai West, providing individual and group counseling to substance misuse patients. Joshua utilizes mindfulness, meditation, systems theory and psychodynamic theory to inform his clinical practice.

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New Jersey Medical School

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

Sixth Annual Conference on **Urban mental health**

- Location:** Rutgers New Jersey Medical School
Medical Sciences Building, Auditorium B-552
183 South Orange Avenue, Newark, NJ 07103
- Parking:** On-campus parking is available at a daily rate of \$7.50 at the P2 Parking Deck on the corner of South Orange Ave. and Bergen St.
- Directions:** Directions to the Rutgers New Jersey Medical School campus can be found at njms.rutgers.edu/about_njms/directions.cfm
- Provided by:** Rutgers New Jersey Medical School Psychiatry and
Rutgers University Behavioral Health Care

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

Sixth Annual Conference on **Urban mental health**



Friday, November 2, 2018
8:00 am - 3:00 pm

RUTGERS
New Jersey Medical School

NJMS.Rutgers.edu/Psychiatry

RUTGERS

New Jersey Medical School

Department of Psychiatry
Office of the Chair

Dear Colleague,

We are very excited to announce "Urban Mental Health 2018," the Sixth Annual Conference of Rutgers New Jersey Medical School Psychiatry.

This year we are turning the focus on the latest scientific, clinical, and cultural developments affecting the mental health of our urban communities.

A panel of experts will present updates on a wide range of diverse topics, from depression to advocacy, as well as lead the group in wellness exercises to keep us all relatively happy and sane.

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

- ✓ Review the latest research on the assessment and treatment of various psychiatric disorders.
- ✓ Learn about various mindfulness techniques through interactive exercises.
- ✓ Develop practical skills that can be readily applied to your professional lives.
- ✓ Receive a complete set of the conference handout materials.
- ✓ Participate in the Rutgers NJMS Psychiatry Residents Research Symposium.
- ✓ Earn Continuing Education credits.
- ✓ Enjoy a delicious lunch and network with your colleagues

This activity is designed for physicians, nurses, psychologists, social workers, counselors, researchers, students, and trainees who are interested in improving the mental health of our urban communities.

I'm looking forward to seeing you on November 2nd!

Best wishes,



Petros Levounis, MD, MA

AGENDA

8:00 am	Continental Breakfast and Registration
8:50 am	Welcome and Opening Remarks
9:00 am	Depression and Suicide Rashi Aggarwal, MD, and Sebastian Cisneros-Trujillo, MD
9:40 am	Borderline Personality Disorder Zain Khalid, MD
10:20 am	Practicum: Taking Care of Ourselves
10:30 am	Healthy Snacks and Social Networking
11:00 am	Trauma and Migrant Mental Health Cheryl Kennedy, MD
11:40 am	Cannabis and Medical Marijuana Erin Zerbo, MD
12:20 am	Practicum: Taking Care of Ourselves
12:30 pm	Delicious Lunch and Residents' Poster Symposium
1:20 pm	LGBTQ Mental Health Petros Levounis, MD, MA
2:00 pm	Advocating for our Patients James Sherer, MD, Lukmanafis Babajide, MD, Joshua Taffet, LCSW, CASCA
2:40 am	Practicum: Taking Care of Ourselves
2:50 pm	Closing Remarks and Adjournment

LEARNING OBJECTIVES:

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

1. Discuss the concept of internalized homophobia and its consequences for the mental health of LGBTQ people.
2. Understand the rapidly changing policies regarding cannabis and the evidence base for its medical use.
3. Describe advances in the treatment of Major Depressive disorder and borderline personality disorder.
4. Recognize trauma and migrant mental health issues.

IMPORTANT INFORMATION:

Regarding CE credit/Professional contact hours:

1. Please note that participants may not be eligible for continuing education credits if they are not on time and present for the entire session.
2. Participants must sign in at the beginning of the lecture.
3. Participants must submit a completed evaluation form at the end of the program.
4. Partial credits will not be issued to participants arriving late or leaving early.
5. Participants should complete the Contact Hour Request form and submit.

All individuals who affect the content of continuing education activities are required to disclose to the audience any real or apparent conflict of interest related to the activity. The activity faculty are further required to disclose discussion of off-label/investigational uses in their presentations. These disclosures will be made to the audience at the time of the activity. There is no commercial support for this activity.

Questions?

If a participant or potential participant has a question or concern 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 Diane Nieves at 973-972-9917.

GENERAL INFORMATION

REGISTRATION:

General Registration Fee: \$95. Full-time Students, Interns, Residents and Fellows registration fee: \$50. Registration must be accompanied by program director's letter confirming your full-time trainee status. Please fax the letter to 973-972-2850. Purchase orders will not be accepted for this program.

To register, please visit: NJMS.Rutgers.edu/Psychiatry

Once registered, you will receive a confirmation and additional information to assist you with your plans to participate in the conference.

Fee Includes: Continental breakfast, lunch, refreshment break, handout materials, CEU credits/letters of attendance. Registration will only be accepted through our secure online website through **October 30, 2018**. Payment may be made via credit card only. On-site registration will be accommodated on a space available basis. Checks will be the only method of payment available

Refund Policy: A full refund, less a \$20 cancellation fee, will be granted if notice is received no later than October 25, 2018. Refunds will not be issued for any cancellation received after this date. Refunds cannot be given for "no shows." For cancellation requests, please e-mail cce@ubhc.rutgers.edu.

CONTINUING EDUCATION:



In support of improving patient care, Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation 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.

Nurse: This activity is awarded **4.6 contact hours**. (60 minute CH)

Physician: Rutgers Biomedical and Health Sciences designates this live activity for a maximum of **4.6 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Psychologist: Rutgers University Behavioral Health Care is approved by the American Psychological Association to offer continuing education for psychologists. Rutgers University Behavioral Health Care maintains responsibility for the program and its content. Instructional Level: Introductory. (**4.6 CE Credits**)

Social Worker (The New Jersey Board of Social Work Examiners): This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G-6.4 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for **4.6 general continuing education hours**.



Certified Alcohol and Drug Counselor (CADC): This course will count for **4.6 recertification credits** Addiction Professionals Certification Board Inc., Approval number for this course is #200110218REC6

Certified Recovery Support Practitioner (CRSP): This course is approved for **4.6 recertification credits** by the Certification Board of NJ, Inc. Rutgers University Behavioral Health Care is an approved provider with Addiction Professionals Certifications Board, Inc., Approval number for this course is #200110218REC6

Licensed Professional Counselor (LPC): This course will count for **4.6 continuing education credits** towards NJDCA Marriage and Family Board licenses and certifications (LMFT, LPC etc). Rutgers University Behavioral Health Care provider by the the Certification Board of NJ, Inc., Approval number for this course is #200110218REC6

Marriage and Family Therapist (MFT): This course will count for **4.6 recertification credits** toward NJDCA Marriage and Family Board licenses and certifications (LMFT, LPC etc). Rutgers University Behavioral Health Care is an approved provider with Addiction Professionals Certifications Board, Inc., Approval number for this course is #200110218REC6