



Welcome to the Pediatric Psychiatry Round Up

Reviewing Up to Date Child Psychiatric Information for a Post Pandemic World

Friday, May 5, 2023



LEARNING OBJECTIVES AND OUTCOMES

Hosted by Carle Health, University of Iowa Stead Family Children's Hospital, and Child Health Specialty Clinics, learners will be expected to identify one new strategy or performance change to implement into their clinical practice for the care of pediatric psychiatric patients.

- Identify the impact of the pandemic on children and caregivers with regards to mental health, review recommendations for families struggling with mental health concerns, and describe strategies caregivers can take to improve their relationships with children in a post pandemic world.
- Review high yield tips and tricks in evaluating and treating ADHD, mood disorders, and trauma/PTSD.
- Define and review with parents and kids what normal total sleep times are at different stages from birth through teen years, diagnosing OSA in toddlers to teens, and practical solutions for insomnia in children with Autism Spectrum Disorder.
- Recognize the role of attachment in healthy development, how to promote healthy attachment, and learn about resources for parent-child relationship difficulties.
- Describe in what ways an unresolved childhood abuse history emerges in the context of parenting, explain how parental unresolved trauma impacts the emotional development of the child, and identify ways we can support the parent to minimize the intergenerational transmission of trauma.
- Name two autism screening measures, autism diagnostic measures, and evidence-based interventions frequently used with autistic individuals.
- Review AAP Mental Health Competencies, Mental Health Teaching and Training opportunities, practice tools and resources, and locate AAP mental health resources for families and apply to clinical cases.

Schedule

8:00 – 8:45 a.m.	Family Mental Health in a Post Pandemic World Burgundy Johnson, DO <i>Physician Lead, Child and Adolescent Psychiatry, Carle BroMenn Medical Center Adjunct Assistant Clinical Professor, University of Iowa Hospitals and Clinics</i>
8:45 – 9:45 a.m.	Tips and Tricks for Evaluating and Treating ADHD, Mood Disorders, Trauma and PTSD Burgundy Johnson, DO
9:45 – 10:00 a.m.	Break
10:00 – 11:00 a.m.	Pediatric Sleep: Normal or Not and What to Do About It Rachel Immen, MD <i>Psychiatry, Carle BroMenn Medical Center</i>
11:00 a.m. – 12:00 p.m.	Supporting Attachment Relationships Beth Troutman, PhD, ABPP, ECMH-E® <i>Clinical Professor of Psychiatry, University of Iowa Hospitals and Clinics</i>
12:00 – 12:45 p.m.	Lunch
12:45 – 1:45 p.m.	When the Child is a Trigger: The Plight of the Parent with a History of Childhood Abuse Maria Angeles Morcuende, MD <i>Clinical Associate Professor of Psychiatry, University of Iowa Hospitals and Clinics</i>
1:45 – 2:45 p.m.	Autism: Screening, Diagnosis and Beyond! Kelly Pelzel, PhD <i>Psychiatrist and Clinical Professor, University of Iowa Stead Family Children's Hospital Child & Adolescent Psychiatry Clinical Coordinator, University of Iowa Autism Center</i>
2:45 – 3:00 p.m.	Break
3:00 – 4:00 p.m.	In Case of Emergency, Dial A-A-P: An Overview of AAP Mental Health Initiatives, Practice Tools, and Resources Amy Shriver, MD, FAAP <i>General Pediatrician, Blank Children's Hospital Assistant Professor of Specialty Medicine, Des Moines University Medical Director, Reach Out and Read Iowa Iowa AAP Vice President Iowa AAP CATCH Facilitator</i>
4:00 – 4:30 p.m.	Closing Remarks Burgundy Johnson, DO

Handouts of available presentations are located through [box.com](#) – [click here to access!](#)

Continuing Education Credit



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Carle Health System 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.

Credit available for this activity:

- **For Physicians:** Carle Health System designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- **For Nurses:** Carle Health System designates this live activity for a maximum of 7.25 ANCC contact hours.
- **For Occupational Therapy:** The Carle Foundation is approved as a sponsor of continuing education credit for occupational therapy workers by the Department of Professional Regulations of the State of Illinois (License #224.000180). This event has been approved for 7.25 contact hours.
- **For Physical Therapy:** Carle Foundation Hospital is an approved provider of PT continuing education through the Illinois Department of Professional Regulation. PT CEU Provider (IDFPR License # 216000061). This course is approved for 7.25 CE hours for PT and PTA.
- **For Social Workers:** As a Jointly Accredited Organization, Carle Health System is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Carle Health System maintains responsibility for this course. Social workers completing this course receive 7.25 CEs (.725 CEUs)
- **For Psychology:** Carle Health System is approved by the American Psychological Association to sponsor continuing education for psychologists. Carle Health System maintains responsibility for this program and its content. Carle Health System designates this live activity for a maximum of 7.25 continuing education hours.
- **For Physician Assistants:** Carle Health System has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 7.25 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



Continuing Education Credit

The credit claim period will be open until **May 19, 2023**. Certificates requested after this date will require a processing fee. No certificates will be issued 6 months after the deadline. All persons attending must also complete the applicable portions of the program evaluation form before the certificate of attendance is issued.

To earn CE credit, learners must:

1. Login to their CMETracker portal: <https://cmetracker.net/CARLE> or follow this direct link: <https://cmetracker.net/CARLE/Publisher?page=pubOpen#/getCertificate/5476>
2. Click on “Claim Credit”
3. Enter the activity code: 5476
4. Take the evaluation & claim credit hours
5. Certificates will not be emailed to you but will remain in your portal indefinitely.
6. Learners have 2 weeks at the end of the activity to complete the above steps. After 2 weeks the system will no longer allow them to claim credit.

Questions? Email Continuing.Education@carle.com

Disclosures

In order to assure the highest quality of certified CME programming, and to comply with the ACCME Standards for Commercial Support, Carle Foundation Hospital requires that all faculty and planning committee members disclose relevant financial relationships with any commercial or proprietary entity producing health care goods or services relevant to the content being planned and presented. This educational activity is being presented without the provision of commercial support. All planners and presenters have indicated they have no relevant financial or non-financial relationships to disclose except:

Amy Shriver, MD: Ambassador and content writer for Sesame Street in Communities

Beth Troutman, PhD, ABPP, ECMH-E®: Royalties from Attachment-Informed Parent Coaching

Speakers

FAMILY MENTAL HEALTH IN A POST PANDEMIC WORLD

TIPS AND TRICKS FOR EVALUATING AND TREATING ADHD, MOOD DISORDERS, TRAUMA AND PTSD

Burgundy Johnson, DO



Dr. Burgundy Johnson has dual board certifications in both general psychiatry as well as child and adolescent psychiatry from the American Board of Psychiatry and Neurology. She is the physician lead of child and adolescent psychiatry in behavioral health at the Carle BroMenn outpatient center in Bloomington, IL. In her role at Carle she provides virtual evaluation and treatment of patients in addition to her leadership role of shaping and promoting the growth of programs to support pediatric mental health. Dr. Johnson serves as an Adjunct Clinical Assistant Professor in Psychiatry at the University of Iowa where she provides ongoing didactics on multiple topics. Recently she became Adjunct Clinical Assistant Professor of Psychiatry at the

University of Illinois and will provide education to rotating medical students interested in child and adolescent psychiatry. Dr. Johnson has clinical interests in attachment theory, trauma, preschool mental health, therapeutic approaches, psychoeducation and is a strong advocate for promoting pediatric mental health services and resources. She lives in Iowa City with her husband, two sons, and two cats.

AUTISM: SCREENING, DIAGNOSIS AND BEYOND!

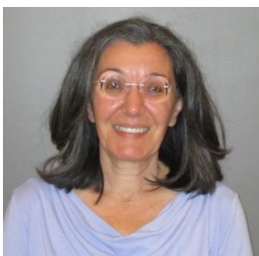
Kelly Pelzel, PhD



Dr. Kelly Pelzel is a licensed psychologist and a clinical assistant professor working in University of Iowa Stead Family Children's Hospital Child & Adolescent Psychiatry division. She received her BA from the University of Northern Iowa. Dr. Pelzel received her PhD from the University of Utah. She completed her pre-doctoral psychology internship at Primary Children's Hospital in Salt Lake City. Dr. Pelzel completed her post-doctoral fellowship at the University of Iowa Center for Disabilities and Development. She provides assessment and treatment services for youth with and without autism. Dr. Pelzel also serves as the clinical coordinator for the University of Iowa Autism Center and the psychology consultant for Iowa's Regional Autism Assistance Program (RAP).

WHEN THE CHILD IS A TRIGGER: THE PLIGHT OF THE PARENT WITH A HISTORY OF CHILDHOOD ABUSE

Maria Angeles Morcuende, MD



Dr. Maria Angeles Morcuende is an adult psychiatrist who currently works as a psychotherapist at Prairie Ridge Integrated Behavioral Healthcare in Mason City, Iowa. For 15 years, Dr. Morcuende provided didactic training and psychotherapy supervision to psychiatrists in training at University of Iowa Hospitals and Clinics in her role as Clinical Associate Professor. She also ran a psychotherapy clinic providing reflective parenting to adult patients with small children and a history of unresolved childhood trauma. She is currently providing agency-wide Trauma and Attachment training at Prairie Ridge.

Speakers

SUPPORTING ATTACHMENT RELATIONSHIPS

Beth Troutman, PhD, ABPP, ECMH-E®



Beth Troutman, PhD, ABPP, ECMH-E® is a Clinical Professor in Psychiatry at the University of Iowa Carver College of Medicine. Dr. Beth Troutman trains providers in Parent-Child Interaction Therapy, an evidence-based practice developed to reduce disruptive behavior. She has developed a modification of PCIT called Integration of Working Models of Attachment into Parent-Child Interaction Therapy (IoWA-PCIT), which integrates findings from attachment theory research into PCIT. Dr. Troutman's research on attachment and infant mental health has been published in peer-reviewed developmental and clinical journals and presented at national and international meetings. Her book, *Integrating Behaviorism and Attachment Theory in Parent Coaching*, published in 2015, has been widely read by researchers and mental health providers. The Korean translation of this book was published in 2019. *Attachment-Informed Parent Coaching* was published in 2022.

IN CASE OF EMERGENCY, DIAL A-A-P: AN OVERVIEW OF AAP MENTAL HEALTH INITIATIVES, PRACTICE TOOLS, AND RESOURCES

Amy Shriver, MD, FAAP



Amy Shriver, MD, is a general pediatrician at Blank Children's Pediatric Clinic and an Assistant Professor of Specialty Medicine at Des Moines University. She is the Medical Director of the statewide nonprofit Reach Out and Read Iowa, which partners with pediatric primary care providers to give books and shared reading guidance to children and families at health maintenance visits. Dr. Shriver is the Vice President of the Iowa Chapter of the American Academy of Pediatrics and a member of the AAP's national Council on Early Childhood. She heads the chapter's mental health committee and is the Iowa Chapter CATCH grant facilitator, providing funding for community access to child health initiatives. Dr. Shriver collaborates across the state with organizations such as Iowa ACES 360, Prevent Child Abuse Iowa, and IAEYC to promote relational health and mitigate the effects of stress on children and families. She is most excited about her role as an Abby's Ambassador, working with the Iowa Alliance for Healthy Kids to educate stakeholders on how to use the fuzzy, friendly resources on Sesame Street in Communities for providers, parents, and children.

PEDIATRIC SLEEP: NORMAL OR NOT AND WHAT TO DO ABOUT IT

Rachel Immen, MD



Dr. Rachel Immen is currently a physician who is Board Certified in Psychiatry from the American Board of Psychiatry and Neurology at Carle BroMenn Medical Center. Her undergraduate education was completed locally at the University of Illinois at Urbana-Champaign in 2013. She completed her family medicine residency in psychiatry through the University of Iowa in 2018. Dr. Immen specialized in sleep medicine through a fellowship at the University of Iowa in 2019 and became Board Certified in Sleep Medicine through the American Board of Psychiatry and Neurology. She holds additional certifications in Cognitive Behavioral Therapy for Insomnia, Circle of Security Core Sensitives, and Rural Medical Education Program.



Notes

Lined area for notes, consisting of 30 horizontal grey lines.



Notes

Lined area for taking notes, consisting of multiple horizontal lines.

Carle Continuing Education

Upcoming 2023 Conferences at Carle

For more information and to register, visit cmetracker.net/CARLE

BEHAVIORAL HEALTH SYMPOSIUM

August 30, 2023

BUETOW FAMILY CHILD MALTREATMENT AND HEALTH DISPARITIES SYMPOSIUM

September 14, 2023

RESPIRATORY FALL FORUM

September 15, 2023

ILLINOIS CANCER SYMPOSIUM AT CARLE

September 22, 2023

HOME CARE SYMPOSIUM

September 23, 2023

REGIONAL SEMINAR ON DIABETES

October 6, 2023

ECHO SYMPOSIUM

October 14, 2023

SKIN, WOUND, AND OSTOMY SYMPOSIUM

October 19, 2023

FOUNDATION DAY

November 2, 2023

CLINICAL INQUIRY CONFERENCE

December 5, 2023