



In November 2000, Dr. Frank Shontz generously donated the family home in honor of Nancy's mental health work. It was called Nancy's House, and it expressed the spirit of Nancy's love for Lawrence as her home by providing family-style housing—a home—to individuals recovering from mental illness.

In early 2005, significant changes in clients' housing needs required reconsidering the best means by which to honor Nancy's memory. Dr. Shontz and members of the Center's executive team determined that training for the Center's staff and other professionals, as well as for the larger community, was a pressing concern and that supporting such an activity was an appropriate way to continue to redirect the funds generated from the sale of Nancy's House.

The purpose of the Nancy Shontz Educational Series is to promote educational excellence in the area of community mental health for our staff, colleagues and community at large with the goals of developing competence and emphasizing ongoing evidence-based training. The educational series honors and memorializes Nancy, whose commitment to community and education was vital to Lawrence, and Frank, whose vision for community mental health sustains our educational commitment.

For information about lodging in Lawrence, visit www.visitlawrence.com/accommodations
On-site registration will be available depending on availability of seats. We strongly encourage you to pre-register to ensure a seat. Seminar fees include training handouts, attendance certificate, agenda and continental breakfast. There is a \$10 administrative fee for cancellation and a \$25 fee for all returned checks.



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The Bert Nash Center does not discriminate in admission or provision of services based on religion, sex, race, color, national origin, disability or age. The Bert Nash Center is committed to becoming a culturally competent health care provider. We strive to develop a workforce and services that address the needs of consumers and families with diverse values, beliefs, racial and ethnic backgrounds, languages and sexual orientations.

The Bert Nash Center is an equal opportunity employer and service provider. A private, not-for-profit organization, the Bert Nash Center contracts with, and may receive grants from, city, county, state and federal governments.



The Bert Nash Center presents

Bipolar Disorder in Children & Adolescents: Diagnosis and Treatment

MARCH 4-5, 2010



featuring

Mary A. Fristad, PhD, ABPP

PROFESSOR OF PSYCHIATRY & PSYCHOLOGY

DIRECTOR OF RESEARCH
& PSYCHOLOGICAL SERVICES
DIVISION OF CHILD AND
ADOLESCENT PSYCHIATRY
THE OHIO STATE UNIVERSITY

Series Sponsored by:



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Bipolar Disorder in Children & Adolescents: Diagnosis and Treatment

This two-day professional training program is designed to provide an up-to-date summary of evidence-based assessment and treatment of bipolar disorder in youth. First, Dr. Fristad will describe how depressive and manic symptoms appear in children and adolescents, with particular focus on differential diagnosis and patterns of comorbidity. Next, Dr. Fristad will provide an overview of the available biological interventions, emphasizing what non-prescribing clinicians need to know about these treatments. Then, she will focus on psychosocial interventions—how to conceptualize and deliver them. The second day will focus more specifically on implementation of therapeutic techniques with children and their parents. Audience questions are welcomed throughout the program. This program will utilize lecture format, case presentations, demonstrations, role plays and questions and answer periods.



Dr. Fristad is a 1986 University of Kansas graduate; Dr. Frank Shontz was an invaluable member of her dissertation committee. She interned at Brown University and is board certified in clinical psychology and clinical child and adolescent psychology. Dr. Fristad

is Professor of Psychiatry and Psychology at the Ohio State University, where she has been on faculty since 1986. Dr. Fristad has had 135 publications and over two dozen federal, state and local grants focused on assessment and treatment of childhood mood disorders. Dr. Fristad recently co-wrote two books for professionals, *A Clinical Manual for the Management of Bipolar Disorder in Children and Adolescents* and *Childhood Mental Health Disorders: Evidence Base and Contextual Factors for Psychosocial, Psychopharmacological and Combined Interventions*, and one for families, *Raising a Moody Child: How to Cope with Depression and Bipolar Disorder*. She has been a member and president of the Executive Board for the Society of Clinical Child and Adolescent Psychology (APA Division 53). Dr. Fristad has served on and chaired numerous NIMH review committees, APA Task Forces, and Boards of Directors for web-based education and support groups for children and families with mood disorders.

DAY 1: March 4th (6 CEUs)

- 8:00-8:30** Registration/Continental Breakfast
- 8:30-8:45** Introduction/Announcements
- 8:45-10:00** Recognizing the Symptoms of Depression and Mania
- 10:00-10:15** Break
- 10:15-11:30** Differential Diagnosis & Comorbidities/Case Presentations
- 11:30-12:30** Lunch
- 12:30-1:45** Biological Interventions
- 1:45-2:00** Break
- 2:00-3:15** Predictable Problems & Promising Possibilities - Building Therapeutic Teams & Working with Families
- 3:15-3:30** Q&A/Summary/Evaluations

DAY 2: March 5th (6 CEUs)

- 8:00-8:30** Registration/Continental Breakfast
- 8:30-10:00** Therapeutic Exercises with Children
- 10:00-10:15** Break
- 10:15-11:30** Therapeutic Exercises with Children Continued
- 11:30-12:30** Lunch
- 12:30-2:00** Therapeutic Exercises with Parents/Families
- 2:00-2:15** Break
- 2:15-3:15** Therapeutic Exercises with Parents/Families Continued
- 3:15-3:30** Q&A/Summary/Evaluations

IN-SERVICE OBJECTIVES

Participants will learn the following in regard to bipolar disorder in youth:

- 1) To identify symptoms of depression and mania and how they appear in various age groups
- 2) To be aware of differential diagnoses and common comorbidities
- 3) To learn about currently available biological interventions and their role in treatment
- 4) To develop a conceptual basis for comprehensive care in the context of the child's family and school system
- 5) To learn specific therapeutic techniques
- 6) To identify resources that will help families cope

Registration Form

Name _____

Address _____

Phone _____

Email _____

Please add me to your email list to be notified about future workshops.

___ **\$195 PROFESSIONAL EARLY REGISTRATION (2-Days)**
(Registration on Day 1 of seminar = \$235)

___ **\$110 PROFESSIONAL EARLY REGISTRATION**
(1st Day Only) (Registration on Day 1 of seminar = \$130)

___ **\$150 STUDENT EARLY REGISTRATION (2-Days)***

___ **\$75 STUDENT EARLY REGISTRATION(1st Day Only)***

*Limited number of slots for students. Must fax a copy of current student ID.

Method of Payment

Check Visa Mastercard

Name on Card _____

Credit Card # _____ Exp. Date _____

Signature _____ CVC Code _____



Please mail or fax this registration form along with payment to the Bert Nash Center:

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