

PSYCHIATRIC SOCIETY OF VIRGINIA
2018 PSV Fall Meeting
 September 28 - 29, 2018
 Staunton, VA

FRIDAY, SEPTEMBER 28, 2018

1:00 PM – 6:00 PM	Registration
3:00 PM – 5:30 PM	Finding Balance and Avoiding Burnout Lynne Hughes <i>Learning Objectives:</i> 1. Understand what life in balance looks like. 2. Identify symptoms of burnout. 3. Develop strategies for leading balanced life. 4. Understand impact of burnout personally and professionally.
3:00 PM – 5:30 PM	Trainee and Early Career Psychiatrist Case Discussion: Transgender Health Jeremy Kidd, MD, MPH <i>Learning Objectives:</i> 1. Adopt more affirming and accepting attitudes toward the treatment of transgender and gender nonbinary patients. 2. Appreciate some common clinic scenarios that arise in treating transgender and gender nonbinary patients in psychiatric settings. 3. Implement concrete strategies for improving the experience of transgender and gender nonbinary individuals seeking psychiatric treatment.
5:30 PM – 7:00 PM	Reception with Area Legislators

SATURDAY, SEPTEMBER 29, 2018

7:00 AM – 2:00 PM	Registration
7:00 AM – 7:45 AM	Committee Breakfast Meeting/Visit Exhibits - Open to all Attendees
7:45 AM – 8:00 AM	Welcome / Overview / Introductions
8:00 AM – 9:00 AM	Special "T" Training: Providing Competent and Affirming Psychiatric Care to Transgender Individuals Jeremy Kidd, MD, MPH <i>Learning Objectives:</i> 1. Define concepts related to gender identity and transgender health, including "gender dysphoria" as both a symptom and a DSM-5 diagnostic construct. 2. Name several concrete strategies for providing gender-affirming care to transgender and gender nonbinary individuals. 3. Appreciate ways in which gender identity can influence common psychiatric presentations. 4. Describe some of the psychological, hormonal, and surgical options available to patients. 5. Implement concrete strategies for improving the experience of transgender individuals seeking psychiatric treatment.
9:00 AM – 9:45 AM	Stigma in Substance Use Disorders Stephany L. Peglow, DO, MPH <i>Learning Objectives:</i> 1. Identify recurrent trends in addiction policay and media portrayals of those affected by substance use disorders. 2. Explore personal views on addiction policy.
9:45 AM – 10:15 AM	Break / Visit Exhibitors
10:15 AM – 11:15 AM	Poster Presentations with Exhibitors
11:15 AM – 12:00 PM	Stigma in Global Mental Health Richard L. Merkel, Jr., MD, PhD, DFAPA <i>Learning Objectives:</i> 1. Gain a better understanding of how culture affects stigma. 2. Discuss how biomedical theories of psychiatric illness may increase stigma. 3. Describe efforts to try and reduce stigma and how difficult that is.
12:00 PM – 1:00 PM	Lunch / Business Meeting / Visit Exhibitors

- 1:00 PM – 1:45 PM **The Impact of Stigma in Society and the Treatment Relationship**
Rhonda Thissen, MSW
Learning Objectives:
To gain greater understanding of the impact of the stigma surrounding mental illness, including the impact to patients/consumers in the therapeutic relationship.
- 1:45 PM – 2:30 PM **Ageism in Mental Healthcare**
Kirsten Wilkins, MD
Learning Objectives:
1. Discuss the prevalence and impact of negative attitudes about aging.
2. Identify three ways that negative bias towards aging presents in society, in healthcare settings, and in medical education.
3. Describe three ways that negative attitudes about aging affect patient care
4. Discuss approaches to combating ageism.
- 2:30 PM – 3:15 PM **The Mental Health Parity Law: The Status of Compliance Within the Commonwealth of Virginia**
John Shemo, MD, DLFAPA
Learning Objectives:
1. Outline Parity Legislation
2. Provide Overview of the Milliman Report
3. Discuss solutions to disproportionately high MH/SUD vs Med/Surg out-of-network in Virginia
- 3:15 PM – 4:00 PM **Panel Discussion on the Future of Mental Healthcare**
Jeremy Kidd, MD, MPH; Richard L. Merkel, Jr., MD, PhD, DFAPA; Stephany L. Peglow, DO, MPH; John Shemo, MD, DLFAPA; Rhonda Thissen, MSW; Kirsten Wilkins, MD
- 4:00 PM **Closing Remarks**