



TREATING THE ADDICTIONS

MARCH 6-7, 2020

**FAIRMONT COPLEY PLAZA HOTEL
BOSTON, MASSACHUSETTS**

offered by

**THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION**

under the direction of

Mark J. Albanese Janice F. Kauffman Edward J. Khantzian Judy Reiner Platt

We will offer an overview of the latest clinical, theoretical, and research findings on addictive behaviors for adolescents and adults. At its conclusion, participants will be able to describe and categorize major issues in addictions and the recovery process, as well as delineate recent advances in treatment. Highlighted will be working with the opioid epidemic and strategies for treating other substances. Educational formats include didactic lectures, panel discussions, case presentations, and Q&A. The course is intended for all mental health and health care clinicians, addiction specialists, and others concerned with the care and treatment of addicted individuals. **Learning Objectives:** As a result of attending this course participants will be able to: identify boundaries between healthcare and law enforcement in addiction treatment; examine strategies for changing addictive behaviors and understanding racism in opioid treatment; summarize the self-medication hypothesis; evaluate the risks of vaping, e-cigarettes, cannabis, methamphetamines, and opioid use; recognize the impact of pharmacogenetics, trauma, and adolescent addiction; and explain the stigma associated with substance abuse and the myths and realities of substance use in and after pregnancy.

For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770; Fax: 617-806-8777; Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY MARCH 6, 2020

7:45 - 8:30 REGISTRATION AT FAIRMONT COPLEY PLAZA HOTEL, BOSTON

8:30 - 12:45 MORNING PROGRAM - Moderator: Mark J. Albanese

- Race and Racism in the Opioid Epidemic Mary Bassett
- Blurring Boundaries between Healthcare and Law Enforcement:
The Impact of the Opioid Crisis on Professional Work Liz Chiarello
- Norman E. Zinberg Memorial Lecture:**
Vaccines and Pharmacogenetics in Addictions:
Matching Patients to Treatments..... Thomas R. Kosten
- It's Not About Supply, It's About Demand:
Why the Self-Medication Hypotheses is Still So Important..... Edward J. Khantzian

12:45 - 2:00 BREAK

2:00 - 5:15 AFTERNOON PROGRAM - Moderator: Robert G. Dello Russo

- Myths and Realities of Substance Use During and After Pregnancy Sarah Bernstein and Jessica Gray
- Bridging the Streams of Trauma, Addiction, and Suicide Joanna Bridger
- Leveraging Positive Psychology to Support Addictive Behavior Change:
Why and How..... Bettina Hoepfner

SATURDAY MARCH 7, 2020

8:30 - 12:45 MORNING PROGRAM - Moderator: Janice F. Kauffman

- The Vaping Epidemic: Challenges and Opportunities for
Reducing Tobacco-Related Harm Vaughan Rees
- Cannabis Use: An Update on What We Know and Should Know Randi Schuster
- Methamphetamine: The Future and Past Drug Crisis Bertha Madras
- Treatment of Opioid Use Disorder in the Emergency Department:
Building a System-Wide Response Christopher Fischer and Melisa Lai-Becker

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Lolita Roland

- Using Peer to Peer Interaction:
Where the Treatment of One Becomes the Prevention of Many..... Joseph A. Shrand and Drug Story Theater
- Discussion Faculty

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

TREATING THE ADDICTIONS (#732398-2002)

Registration Fees: **Physicians \$425 All Others: \$310**
Plus a processing fee of \$10 (all fees in US dollars)

Secure Online Registrations can be made by credit card or check at

<https://cmeregistration.hms.harvard.edu/TreatingAddictions2020> (directly into browser) or www.cambridgecme.org

Inquiries may be made to Harvard Medical School - Department of Continuing Education at 617-384-8600

(Monday to Friday - 9:00 am to 5:00 pm EST); email: CEPrograms@hms.harvard.edu or

Cambridge CME at 617-806-8770; email: cme@challiance.org

2019-2020 CAMBRIDGE/HARVARD CALENDAR

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|--------------------------|----------------|----------------------|---------------|
| Treating Couples | November 1-2 | Treating Anxiety | January 24-25 |
| Sex, Sexuality, & Gender | November 15-16 | School Mental Health | February 7-8 |
| Integrated Care | December 6-7 | Addictions | March 6-7 |
| | | Meditation | May 1-2 |

GENERAL INFORMATION

REGISTRATION: Please use the secure online website as shown at the bottom of the front page. Credit cards accepted are Amex, MasterCard, and Visa. If paying by check, register online and you will be prompted to download a check submission form. A “pending” email will be sent to you. Final confirmation will be received after processing your check. All foreign payments must be made by a draft on a United States bank or paid by credit card. *Telephone and fax registrations are not accepted.*

COURSE LOCATION AND ACCOMMODATIONS: All sessions will be held at **The Fairmont Copley Plaza Hotel, 138 St. James Avenue, Boston, MA 02116 (617) 267-5300 or (866) 540-4417. Rooms in Boston are limited; you are urged to make your reservation early.** A block of rooms has been reserved at the Fairmont Copley Plaza until **February 12, 2020.** Please specify you are enrolled in this course to receive a conference rate. For a direct link: <https://book.passkey.com/go/addictions2020>

REFUND POLICY: Refunds, less a \$75 administrative fee, will be issued for all cancellations received two weeks prior to the start of the course. No refund will be made thereafter. “No-Shows” are subject to the full course fee.

CONTINUING EDUCATION:

PHYSICIANS: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 14.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

RISK MANAGEMENT: This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 6.00 credits of Risk Management Study. This includes 6.00 Credits of Opioid Education and Pain Management Training. Please check your individual state licensing board requirements before claiming this credit.

NURSES: The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements. This course offers a total of 16.8 hours.

PSYCHOLOGISTS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance, Psychiatry Continuing Education Division, maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

SOCIAL WORKERS and FAMILY THERAPISTS: Application for social work continuing education credit has been submitted to the Collaborative of NASW and the Boston College and Simmons Schools of Social Work (contact The Cambridge Health Alliance, Psychiatry Continuing Education Division, for the status of social work credits) and to New England Association for Family and Systemic Therapy for LMFT professional continuing education for a total of 14 credits (7 credits/hours per day). The Division of Continuing Education in Psychiatry at Cambridge Health Alliance/CHA Physicians Organization is recognized by the **New York State** Education Department’s State Board for Social Work as an Approved Provider (#0038) of continuing education for licensed social workers; 14 contact hours have been approved. The states of CT and RI accept NBCC and NASW approval for marriage and family therapists.

COUNSELORS and EDUCATORS: The Cambridge Health Alliance, Psychiatry Continuing Education Division (CHAPO), has been approved by NBCC as an approved Continuing Education Provider, ACEP No. 5444. Programs that do not qualify for NBCC credit are clearly identified. This program meets the requirements for 14 continuing education hours. CHAPO is solely responsible for all aspects of the program. This offering is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator accreditation for a total of 14 credits.

ADDICTION SPECIALISTS: This program is approved by the American Academy of Health Care Providers in the Addictive Disorders. Application has been made to NAADAC (the Association for Addiction Professionals, Provider #148258) and to the Massachusetts Board of Substance Abuse Counselor Certification (MCVCAC/MBSACC) for 14 continuing education credits toward recertification.

FACULTY

MARK J. ALBANESE, MD, Director, Adult Outpatient Psychiatry and Addiction Services and Faculty, Division on Addictions, Cambridge Health Alliance; Recipient: A. Clifford Barger Excellence in Mentoring Award, Office for Diversity Inclusion and Community Partnership, Harvard Medical School and Lifetime Achievement Award, Lowell House, Inc., Lowell; Assistant Clinical Professor of Psychiatry, Harvard Medical School; Co-Author, *Understanding Addiction as Self Medication: Finding Hope Behind the Pain*

MARY BASSETT, MD, MPH, Director of the François-Xavier Bagnoud Center for Health and Human Rights and François-Xavier Bagnoud Professor of the Practice of Health and Human Rights, Department of Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health; Former Commissioner of Health, New York City

SARAH BERNSTEIN, MD, Maternal Fetal Medicine Specialist and Medical Director, Obstetrics Clinic, Department of Obstetrics and Gynecology, Massachusetts General Hospital; Clerkship Director, Subinternship in Maternal Fetal Medicine and Clinical Instructor, Harvard Medical School

JOANNA BRIDGER, LICSW, Clinical Director, Riverside Trauma Center, Needham

LIZ CHIARELLO, PhD, Associate Professor of Sociology, Department of Sociology and Anthropology, Saint Louis University, Saint Louis, Missouri; Recipient of numerous awards from the American Sociological Association; 2019-20 Radcliffe Institute for Advanced Study at Harvard University Fellow; Contributor to many publications including: *Social Science & Medicine; Mobilization; Annual Review of Sociology*

ROBERT G. DELLO RUSSO, PhD, LADC-1, Associate Executive Director, North Charles Mental Health and Addiction Services, Cambridge

DRUG STORY THEATER, An improvisational theater education group led by teens in recovery from drug and alcohol abuse

CHRISTOPHER FISCHER, MD, Site Chief, Cambridge and Somerville Hospitals Emergency Department, Cambridge Health Alliance; Assistant Professor of Emergency Medicine, Harvard Medical School

JESSICA GRAY, MD, Family Medicine Physician, Addiction Specialist, Associate Program Director of the Addiction Medicine Fellowship, and Clinical Director of the HOPE Clinic, Departments of Medicine and Pediatrics, Massachusetts General Hospital and Massachusetts General Hospital for Children; Instructor in Medicine, Harvard Medical School; Consultant, Massachusetts Consultation Service for Treatment of Addiction and Pain Team

BETTINA HOEPFNER, PhD, MS, Director of Biostatistics, Center for Addiction Medicine and Associate Director (Research), Recovery Research Institute, Massachusetts General Hospital; Associate Professor of Psychology, Department of Psychiatry, Harvard Medical School

JANICE F. KAUFFMAN, RN, MPH, CAS, LADC 1, Vice-President, Addiction Treatment Services, North Charles Foundation, Cambridge; Director of Addictions Consultation, Department of Psychiatry, Cambridge Health Alliance; Assistant Professor of Psychiatry, Harvard Medical School; Massachusetts Delegate and First Vice President, American Association for the Treatment of Opioid Dependence; Founder and President, Massachusetts Methadone Treatment Providers Association; Contributor to: *Primary Psychiatry; Harvard Review of Psychiatry;* and *SAMHSA/CSAT Treatment Improvement Protocol #43 & 63 and the Use of Medication for Opioid Use Disorder in the Emergency Departments*

EDWARD J. KHANTZIAN, MD, Associate Chief *Emeritus* of Psychiatry, Tewksbury Hospital; Professor of Psychiatry, (part-time), Harvard Medical School at Cambridge Health Alliance; Past President and Chairman, Physician Health Services, Massachusetts Medical Society; Author: *Treating Addiction as a Human Process; Treating Addiction: Beyond the Pain;* Co-Author: *Addiction and The Vulnerable Self: Modified Dynamic Group Therapy for Substance Abusers; Understanding Addiction as Self Medication: Finding Hope Behind the Pain*

THOMAS R. KOSTEN, MD, Professor of Behavioral Sciences and Epidemiology, MD Anderson Cancer Center and Jay H. Waggoner Endowed Chair and Professor of Psychiatry, Pharmacology, Immunology, Pathology and Neuroscience, Baylor College of Medicine, Houston, Texas; Distinguished Professor of Psychiatry, Peking University Medical School; Founding Vice Chair for Addiction Psychiatry, American Board of Psychiatry and Neurology; Past President of the American Academy of Addiction Psychiatry and the College on Problems of Drug Dependence; Editor, *American Journal on Addictions;* Author of over 750 publications

MELISA LAI-BECKER, MD, Chief, Everett Emergency Department and Site Chief, Department of Emergency Medicine, Cambridge Health Alliance; Instructor in Emergency Medicine, Harvard Medical School

BERTHA MADRAS, PhD, Professor of Psychobiology, Department of Psychiatry, Harvard Medical School at McLean Hospital; Former Deputy Director for Demand Reduction, Office of National Drug Control Policy, The White House and Former Member, President’s Commission on Combating Drug Addiction and the Opioid Crisis; Recipient of many awards and author of numerous publications including: *Update of Cannabis and its Medical Use; The Health and Social Effects of Nonmedical Cannabis Use; Cell Biology of Addiction; The Effects of Drug Abuse on the Human Nervous System; Imaging of the Human Brain in Health and Disease*

JUDY REINER PLATT, EdD, Director, Division of Continuing Education, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

VAUGHAN REES, PhD, Director, Center for Global Tobacco Control and Lecturer on Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health

LOLITA ROLAND, BSN, MAPT, Certified Addiction Registered Nurse (CARN); Nurse Care Manager, Office Based Opioid Addiction Program and Recipient of the Circle Award, Cambridge Health Alliance; Awards include Excellence in Nursing, Massachusetts Nursing Association and New England Regional Black Nurses Association

RANDI SCHUSTER, PhD, Director of Neuropsychology, Center for Addiction Medicine, Department of Psychiatry, Massachusetts General Hospital; Assistant Professor, Department of Psychiatry, Harvard Medical School; Recipient of numerous research awards; Contributor to: *Contemporary Health Issues on Marijuana; Negative Affective States and Cognitive Impairments in Nicotine Dependence*

JOSEPH A. SHRAND, MD, President and Founder, Drug Story Theater; Chief of Child and Adolescent Psychiatry, High Point Treatment Centers; Creator and Medical Director, CASTLE (Clean and Sober Teens Living Empowered); Lecturer in Psychiatry, Harvard Medical School at Boston Children’s Hospital; Host of the weekly radio show, *The Dr Joe Show: Exploring Who We are and Why We Do What We Do;* Books include: *Do You Really Get Me? Outsmarting Anger; The Fear Reflex; Manage Your Stress*