TREATING YOUNG ADULTS
Mental Health Risks and Challenges
APRIL 5-6, 2019

HYATT REGENCY HOTEL in Downtown Crossing
BOSTON, MASSACHUSETTS

offered by
THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION

under the direction of
Marla Eby
Judy Reiner Platt
Alan E. Siegel

Traditional economic and social markers of adulthood have changed radically, leaving a generation of youth in limbo. The traditional transition to adulthood - finishing high school or college and beginning lifelong jobs and marriages are no longer the norm. The psychological and sociological factors that have given rise to this new developmental stage of “emerging adulthood” will be examined and its implications for mental health explored. The emphasis will be on treatment challenges and solutions as the “emerging generation” transitions from adolescence to adulthood. Focus is on needs, risks, and treatment strategies. This course is designed for all health and mental health clinicians, educators, and researchers along with others interested in the treatment and transitions facing young adults. Teaching methods will include didactic lectures, panel discussions, case presentations, and audience Q and A.

Learning Objectives:
As a result of attending this course participants will be able to:
1. Identify and develop strategies to prevent and address high risk issues for young adults;
2. Explain the way Young Adults Seek Help;
3. Working with Substance Use Disorders in Young Adults;
4. Critical Issues in Therapy with Young Adults;
5. Assessing and Managing Violence Risk;
6. Working with Trauma;
7. (No) Harm in Asking: How Inequality Impacts the Way Young Adults Seek Help;
8. Assessing and Treating Anxiety and Mood Disorders;
9. Technology are Having on Millennial and Post-Millennial Generations;
10. What to Look For/What to Do.

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, APRIL 5, 2019
7:45 -  8:30 REGISTRATION AT THE HYATT REGENCY BOSTON
8:30 - 12:45 MORNING PROGRAM - Moderator: Marla Eby
United States of Anxiety: Understanding the Impact that Current Events and Technology are Having on Millennial and Post-Millennial Generations............................................. John Della Voce
“I’m Totally Fine….Just Really Stressed and Down”.......................................................... Aude Herin
Preparing Young People for Caring, Ethical, Romantic and Sexual Relationships................................................................. Richard Weissbourd
Sleep in Young Adults: How Can We Help............................................................................ Eric Zhou

12:45 -  2:00 BREAK
2:00 -  5:15 AFTERNOON PROGRAM - Moderator: Alan E. Siegel
(No) Harm in Asking: How Inequality Impacts the Way Young Adults Seek Help ............................................................ Anthony Abraham Jack
Working with Substance Use Disorders in Young Adults .............................................. Timothy Wilens
Body Image and the Developing Self in Young Adulthood .............................................. Lisa Citrin

SATURDAY, APRIL 6, 2019
8:30 - 12:45 MORNING PROGRAM - Moderator: Alan E. Siegel
Critical Issues in Therapy with Young Adults ................................................................. Abigail Judge
Assessing and Managing Violence Risk ........................................................................ James Barrett
Assessing Risk, Safety Planning, and Treating Suicidality.................................................. Barent Walsh
Working with Trauma ..................................................................................................... Kate Zona

12:45 -  2:00 BREAK
2:00 -  5:00 AFTERNOON PROGRAM - Moderator: Maria Eby
Assessing and Treating a First Psychotic Episode: ............................................................. Kirsten Bolton
What to Look For/What to Do......................................................................................... Kristen Bolton
Effective and Affirming Clinical Work with Transgender and Gender Diverse Young Adults................................................ Sebastian M. Barr
Discussion and Further Questions and Answers............................................................ Faculty

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

TREATING YOUNG ADULTS (#734240-1902)

Registration Fees:
Physicians $400
All Others: $300
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/Youngadults2019 (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 MCE at 617-806-8770; email: cme@challiance.org

2019 CAMBRIDGE/HARVARD CALENDAR
January 25-26  School Mental Health  November 1-2  Treating Couples
March 1-2  Treating the Addictions  November 15-16  Sex, Sexuality, and Gender
April 5-6  Treating Young Adults  December 6-7  Integrated Care
May 3-4  Meditation and Psychotherapy