

1st LARC Mental Health Summit

with a Focus on

Suicide Prevention

Thursday, April 22, 2021

(Virtual – Zoom)

LSU Health Shreveport

A Continuing Medical
Education Activity
Presented by

LSU Health Shreveport,
School of Medicine,
Department of
Psychiatry and
Behavioral Medicine
and Louisiana
Addiction Research
Center

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LSU Health Shreveport
LOUISIANA ADDICTION
RESEARCH CENTER

LSU Health
SHREVEPORT

School of
Medicine

1st LARC Mental Health Summit



with a Focus on Suicide Prevention

PROGRAM DESCRIPTION

The 1st Annual Louisiana Addiction Research Center Mental Health Summit will focus on understanding and addressing the mental health consequences of the COVID-19 pandemic, particularly as it relates to stress, social isolation, substance use, and suicide prevention. Speakers will discuss data from the national and local level and will provide structured discussions. Speakers will also present effective strategies for practicing clinicians to implement so as to identify those patients most at risk of suicide while preserving and protecting the mental health of these patients. Strategies such as telemedicine, promoting resiliency, and mindfulness training that can be implemented during social distancing will be highlighted. Opportunities for dealing with the compounding deleterious impact of social media will also be discussed. This summit will provide explanations of and tools for clinicians to use to protect young adults, essential healthcare workers, people of underserved minority communities, as well as the general community from suicide and other adverse mental health outcomes related to the COVID-19 pandemic.

OBJECTIVES

- Identify patients most at risk of suicide and other adverse mental health outcomes as it relates to COVID-induced stress and social isolation.
- Identify resources that will extend providers' knowledge of telemedicine and mindfulness training that can be used during social distancing.
- Describe the impact of social media on stress, social isolation, impaired mental health and suicide as well as techniques that promote digital wellness.

ACCREDITATIONS

CME ACCREDITATION & CREDIT DESIGNATION

Louisiana State University Health Shreveport, School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Louisiana State University Health Shreveport, School of Medicine designates this live activity for a maximum of **7.25 AMA PRA Category 1 Credit(s)^(TM)**. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

NURSING ACCREDITATION

Ochsner LSU Health Shreveport is approved as a provider of nursing continuing professional development by Louisiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
Provider Number: 1140

7.25 contact hours will be offered upon successful completion of the offering.

CE credit awarded commensurate with participation. Please claim the number of hours you attended when prompted in the evaluation.

LICENSED PROFESSIONAL COUNSELOR ACCREDITATION

The Louisiana Counseling Association is approved by the Louisiana Licensed Professional Board of Examiners to offer continuing education for Louisiana Licensed Professional Counselors and Provisional Licensed Professional Counselors. This program meets requirements up to 7.0 CE clock hours for Louisiana Licensed Professional Counselors.

PHYSICAL THERAPISTS/PHYSICAL THERAPY ASSISTANTS ACCREDITATION

Application for approved contact hours for Physical Therapists/Physical Therapy Assistants has been filed with the LaPT Board. Determination of credit hours is pending.

SOCIAL WORKER ACCREDITATION

Application for approved contact hours for social workers has been filed with NASW-LA Chapter. Determination of credit is pending.

TARGET AUDIENCE

The target audience for this course includes primary care providers, specialty physicians, psychologists, physician assistants, nurses, nurse practitioners, licensed professional counselors, social workers, physical therapists, therapists and other healthcare professionals who would benefit from an update on suicide prevention.

AGENDA

8:30 – 8:40 am	Introduction Nicholas Goeders, PhD
8:40 – 8:50 am	Welcome G. E. Ghali, DDS, MD, FACS, FRCS(Ed) Chancellor, LSU Health Shreveport
8:50 – 9:00 am	The National Picture on COVID and Mental Health Kevin S. Murnane, PhD
9:00 – 9:15 am	Depression and Anxiety in the Age of COVID Terry Davis, PhD
9:15 – 9:30 am	The Impact of Structural Racism and Discrimination Among Residents Living in Vulnerable Communities. Toni Thibeaux, EdD, MPH, CLS
9:30 – 9:45 am	Reflections on the NWLA Teen Advisory Committee Mental Wellness Survey Jazzlynn Temple, CMHS Student
9:45 – 10:30 am	Managing Clinician Stress During Covid and Beyond Roundtable: Moderator: Shawn McNeil, MD, FAPA Panel: Jacquelyn Bowers, MD; Wanda Thomas, MD, FAAP; Elizabeth Guice, PhD, LMFT; Mark Cogburn, DNP, APRN, PMHCNS-BC, CARN-AP, LPC, LMFT; Jan Hood, MD, DABFP
10:30 – 11:00	The Physician Support Line: Providing Emotional PPE for Physicians Smita Gautam, MD
11:00 – 11:30 am	Promoting Mental Health and Wellbeing at LSUHS in a Socially Distanced World: The Role of Institutional Wellness Maria Vazquez Morgan, PT, PhD
11:30 – 11:35 am	BREAK
11:35 – 12:35 pm	Reducing Stress and Increasing Resilience with Mind-Body Skills James Gordon, MD
12:35 – 1:00 pm	LUNCH
1:00 – 1:40 pm	Unpacking The Social Dilemma Documentary: Critique and Commentary Clips (No Education Credit) Johnette Magner, PhD
1:40 – 2:10 pm	Be Smart About Social Media Tara McPherson, PhD
2:10 – 2:40 pm	Information Resources for Managing Stress as a Healthcare Student or Provider Julia Esparza, MLS, AHIP
2:40 – 3:10 pm	Mental Health in the Age of COVID John H. Wagner III, MD
3:10 – 3:15 pm	BREAK
3:15 – 4:00 pm	The Social Dilemma Resolved: Taking Back Control Roundtable: Moderator: Johnette Magner, PhD; Panel: Valorie Lurry, BFA; Ryan Williams, LPC; Wanda Thomas, MD, FAAP; Pamela McPherson, MD, FAPA
4:00 – 5:00 pm	We Are the Medicine: Translating the Science of Childhood Adversity and Resilience to Take Flourishing to Scale Christina Bethell, PhD, MBA, MPH
5:00 – 5:15 pm	Evaluation/Wrap-Up/Closing Remarks Kevin Murnane, PhD

REGISTRATION INFORMATION

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Thursday, April 22, 2021

(Virtual – Zoom)

Office of Continuing Medical Education

LSU Health Shreveport
1501 Kings Highway
Shreveport, La 71103
318.675.4721

There is no fee to attend, however registration is required!

Space limited to 300 participants

Online Registration:

https://lsuhealthshreveport.formstack.com/forms/continuing_medical_education

Registration will close at
5:30 pm on April 19

Disclosure Statement

It is the policy of the Louisiana State University Health Sciences Center – Shreveport to ensure balance, independence, objectivity, and scientific rigor in all its educational activities. All individuals who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Mechanisms to ensure that presentations are free from commercial bias are in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Full disclosure of this information will be published in the conference materials.