

## OUR SPEAKERS...

### **Frank Biro, MD**

*Professor of Pediatrics and Adolescent Medicine,  
Children's Hospital Medical Center, Cincinnati, Ohio*

### **Donna Finley**

*Education Specialist, The Jason Foundation*

### **Donald E. Greydanus, MD**

*Professor of Pediatrics and Human Development,  
and Residency Director of the Pediatrics Program,  
Michigan State University at Kalamazoo*

### **Marlene B. Huff, LCSW, PhD**

*Associate Professor of Adolescent Medicine, University  
of Kentucky*

### **Carolyn Lentzsch-Parcells, MD**

*Assistant Professor of Adolescent Medicine, University  
of Kentucky*

### **Kimberly McClanahan, PhD**

*Chief Executive Director of Pathways, Ashland,  
Kentucky*

### **Dilip Patel, MD, FACSM, FAAP, FAACPDM, FSAM**

*Professor of Pediatrics and Human Development,  
Michigan State University at Kalamazoo*

### **Michael Rieser, MD, PSC**

*Medical Director of The Ridge Behavioral Health  
System, Lexington, Kentucky*

### **I. Leslie Rubin, MD**

*Research Associate Professor, Department of Pediatrics  
at Morehouse School of Medicine, Atlanta, Georgia  
Co-director, Southeast Pediatric Environmental Health  
Specialty Unit, Emory University*

### **M. David Rudd, PhD, ABPP**

*Dean, College of Social and Behavioral Science, University  
of Utah*

### **Daniel Shek, PhD, FHKPS, BBS, JP**

*Chair Professor of Applied Social Sciences, Hong Kong  
Polytechnic University, China  
Associate Director in the Public Policy Research Institute,  
Hong Kong Polytechnic University, China*

### **Geoff D. Wilson, LCSW, CADC**

*Director of Business Development at The Ridge Behavioral  
Health System, Lexington, Kentucky  
Counselor at Private Practice, Lexington, Kentucky*

### **John A. Yozwiak, PhD**

*Assistant Professor of Adolescent Medicine, University of  
Kentucky*

### **MODERATED BY...**

#### **Hatim Omar, MD, FAAP**

*Professor of Pediatrics & Obstetrics/Gynecology,  
University of Kentucky  
Director of the Adolescent Medicine & Young Parents  
Program, University of Kentucky*

### CONTINUING EDUCATION UNITS PENDING

- ~ Certified Drug and Alcohol Counselors
- ~ Licensed Marriage and Family Therapists
- ~ Licensed Professional Counselors
- ~ Nurses
- ~ Psychologists
- ~ Social Workers

Programming Committee: Chair, Hatim Omar; and members:  
Marlene Huff, Carolyn Lentzsch-Parcells, and Leanne Mallory

## STAYING ALIVE KENTUCKY 2011

STOP YOUTH SUICIDE CAMPAIGN

## THE DRAMA OF IT ALL:

## THE TEENAGE YEARS

Presented by the

Stop Youth Suicide Campaign,  
in association with the

UK Department of Pediatrics and  
The Ridge Behavioral Health System

**Friday, November 4, 2011**

Ramada Conference Center  
2143 N. Broadway  
Lexington, KY 40505

## CONFERENCE REGISTRATION

To reserve a spot, email your name and organization to [Leanne.Mallory@uky.edu](mailto:Leanne.Mallory@uky.edu). After you receive confirmation that space is available, mail the completed form, with payment, within 1 week.

**Priority Pricing ends October 15, 2011:**

**Individual Rate: \$80 per person**

**\*Groups of 5 to 9: \$60 per person**

**\*Groups of 10 or more: \$50 per person**

**\*Those who choose group pricing must send all registrations and payment at one time.**

**Make checks payable to the Stop Youth Suicide Campaign.**

Sorry, no credit cards accepted.

Those who have not registered by 10/15/11 may do so prior to the conference or on-site, if spaces remain. Please note that priority pricing will have expired and cost of \$100 per person will apply.

~ Please Type in Form Fields ~

NAME: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

\_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE (including area code): \_\_\_\_\_

PLEASE LIST ANY ACCOMODATION CONCERNS: \_\_\_\_\_

### SUBMIT REGISTRATION & CONFERENCE FEE TO:

Leanne Mallory, MSW, CSW  
740 S. Limestone St.  
Kentucky Clinic J-420  
Lexington, KY 40536-0284

### Questions?

Contact Leanne Mallory  
[Leanne.Mallory@uky.edu](mailto:Leanne.Mallory@uky.edu)  
Phone: 859-323-6228  
Fax: 859-323-3795

## AGENDA

7:30	Registration and Breakfast
8:15	Opening Remarks & Welcome
8:30	Knowing What Works for Suicidal People with M. David Rudd, PhD, ABPP
9:15	Environmental Health Disparities with Leslie Rubin, MD
10:00	Break and Refreshments
10:15	Polycystic Ovarian Syndrome with Frank Biro, MD
10:55	Popular Youth Culture: The Road to Destruction or Understanding? with Marlene Huff, PhD, LCSW
11:35	Lunch
12:30	Teen Panel
1:30	Break; select your first workshop session
Choose to Attend One Presentation in Each Workshop Session. Admittance is First Come, First Serve.	
1:40	<u>Workshop Session I</u> Parenting Teenagers in Troubled Times: A Sisyphean Situation for Society with Donald Greydanus, MD The Female Athlete with Dilip Patel, MD Promoting Positive Youth Development & Reducing Adolescent Risk-Taking: The Project PATHS in Hong Kong with Daniel Shek, MD and Colleagues
2:40	Break and Refreshments
2:55	<u>Workshop Session II</u> Acting Out! Living with ADHD in Adolescents with Carolyn Lentzsch-Parcells, MD Does The Child I Am Seeing Really Have Bipolar Disorder? with Michael Rieser, MD The Silent Epidemic by Donna Finley
3:55	<u>Workshop Session III</u> The Impact of Weight on Polycystic Ovary Syndrome and Hypertension: Psychological Implications for Healthy Adolescent Development with Kimberly McClanahan, PhD Adolescents and Substance Abuse with Geoff Wilson, LCSW, CADC Adolescents and the Internet: Risks and Benefits with John Yozwiak, PhD
4:55	Conference Evaluation

## SPEAKER OBJECTIVES

### Dr. M. David Rudd

Understand the application of current suicide research to clinical practice; and Improve assessment skills with acute and chronically suicidal individuals.

### Dr. I. Leslie Rubin

Review environmental factors that affect the health, growth and development of children;

Discuss the impact of social and economic circumstances on the health, growth and development of children; and

Develop ideas on how to reduce environmental health disparities.

### Dr. Frank Biro

Discuss the definition and incidence of Polycystic Ovarian Syndrome; and Describe the diagnosis and treatment of Polycystic Ovarian Syndrome.

### Dr. Marlene Huff

Augment understanding of youth culture; and

Increase understanding of the centrality of youth culture in suicide prevention.

### Teen Panel

Discuss how teens view the current socioeconomic environment;

Review how teens view cyberspace and electronic media; and

Understand teen's view of parenting.

### Dr. Donald Greydanus

Define the role of parents in general and parenting adolescents specifically;

Describe roadblocks that parents of adolescents encounter; and

Provide tips on how to overcome these roadblocks.

### Dr. Dilip Patel

Review physiological & psychological aspects unique to young female athletes; and Discuss role of exercise in health and disease prevention for young female athletes.

### Dr. Daniel Shek; Dr. Rachel Sun; Dr. Ben Law

Understand the profiles of adolescent self-harm and suicide behaviors based on two waves of longitudinal data in Hong Kong;

Examine personal and family correlates of adolescent self-harm and suicide behaviors in Chinese adolescents in Hong Kong; and

Illustrate how the Project PATHS promotes positive youth development and reduces adolescent risk behavior in Chinese adolescents in Hong Kong.

### Dr. Carolyn Lentzsch-Parcells

Differentiate Attention Deficient-Hyperactivity Disorder in children and adolescents; Describe the diagnosis and treatment of ADHD in adolescents; and

Describe the social and educational impact of ADHD in adolescence.

### Dr. Michael Rieser

List at least 3 symptoms of childhood Bipolar Disorder each which can and cannot be used to distinguish it from other more common childhood conditions associated with severe mood dysregulation;

List at least 1 condition in childhood which can be extremely difficult to distinguish from childhood Bipolar Disorder; and

List 3 medications that have been approved for use in children with Bipolar Disorder.

### Ms. Donna Finley

Review statistical data concerning youth suicide rates in the U.S. & Kentucky;

Discuss the scope and magnitude of youth suicide; and

Learn signs of concern that a young person may be experiencing suicidal thoughts.

### Dr. Kimberly McClanahan

Review the impact of overweight and obesity on general physical and psychological health in adolescents;

Discuss the interactions between overweight and obesity in the development of

Polycystic Ovary Syndrome and hypertension in adolescents;

Identify tools to assess the psychological impact of obesity on adolescents; and

Provide recommendations for mitigating psychological difficulties for the overweight adolescent.

### Mr. Geoff Wilson

Discuss how adolescents development is impacted by drug and alcohol use;

Review continuum of care for addressing the needs of adolescents struggling with substance abuse; and

Identify the stages of change adolescents experience in recognizing a substance abuse problem may exist, and how professionals can address these stages.

### Dr. John Yozwiak

Provide a definition of cyberbullying, and discuss the difference between traditional bullying and cyberbullying;

Describe prevention and intervention strategies for cyberbullying;

Understand the potential problems associated with overuse of the Internet and the controversy surrounding "Internet Addiction;" and

Discuss the relationship between online communication and relationships with friends.