Staying Alive Kentucky 2018

Building Youth for the Future

Presented by:

Stop Youth Suicide Campaign
in association with the
UK Division of Adolescent Medicine
&
Kentucky Youth Health Network

November 8-9, 2018
DoubleTree Suites by Hilton
2601 Richmond Rd
Lexington, KY 40509
Top Level Sponsors

UK Healthcare
Passport Health Plans
KY Department of Public Health
Kentucky Youth Health Network
The Ridge Behavioral Health
Wellcare Health Insurance
Lindsey Wilson College
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>12:00p</td>
<td>Registration/Thursday CEU Sign in</td>
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<tr>
<td>1:00p</td>
<td>Welcome/Opening Remarks – Hatim Omar, MD</td>
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<tr>
<td>1:15p</td>
<td>Understanding Children and Adolescents with Gender Dysphoria - Susan Kingery, MD</td>
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<td>2:00p</td>
<td>Anxiety in Teenagers - David Wood, MD, MPH &amp; Matthew Tolliver, PhD</td>
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<tr>
<td>2:45p</td>
<td>Break and Refreshments</td>
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<tr>
<td>3:15p</td>
<td><strong>Breakout Session #1</strong></td>
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<td></td>
<td>Autism, Adolescence and Suicide - Daniel Larrow, MD &amp; Melanie Tyner Wilson, MS</td>
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<td>Eating Disorders in Adolescence - Mandakini Sadhir, MD &amp; Taryn Solomon, RDN, LD, CNSC</td>
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<td>Integrative Medicine to Depression - Shawn Sorrell, MD &amp; Cori Morgan, APRN</td>
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<td>4:15p</td>
<td><strong>Breakout Session #2</strong></td>
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<td></td>
<td>Helping Adolescents Who Refuse School - Nicole Begg, PhD</td>
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<td></td>
<td>Assessment, Diagnosis, and Treatment of Depression in Adolescents – John Yozwiak, PhD &amp; Robyn Morris, LCSW</td>
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<td>Menstrual Disorders in Teens: Evaluation and Management - S. Paige Hertweck, MD</td>
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<td><strong>Optional:</strong></td>
<td>Mindfulness - Embracing the moment - Mandakini Sadhir, MD &amp; Margaret Murphy, PhD, RD, LD</td>
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<td>(Please sign up at the registration desk for this workshop)</td>
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<td>5:15p</td>
<td>Thursday CEU Sign out</td>
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<tr>
<td>8:00a</td>
<td>Breakfast (provided)/Registration/Friday CEU Sign in</td>
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<tr>
<td>8:45a</td>
<td>Opening Remarks - Hatim Omar, MD &amp; Benita Decker, RN, BS</td>
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<tr>
<td>9:00a</td>
<td>Drugs, Depression and the Developing Brain - Frank Biro, MD</td>
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<td>9:50a</td>
<td>Eating Disorders - Catherine Gordon, MD</td>
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<td>10:40a</td>
<td>Break</td>
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<tr>
<td>11:00a</td>
<td>Teen Panel, Moderated by Hatim Omar, MD, FAAP &amp; Joav Merrick, MD</td>
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<tr>
<td>12:15p</td>
<td>Lunch (provided)</td>
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<tr>
<td>1:30p</td>
<td><strong>Breakout Session #1</strong></td>
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<tr>
<td></td>
<td>Application of Integrated Behavioral Health in Pediatric and Adolescence Medicine Practice - Dilip Patel, MD, MBA, MPH &amp; Roger Apple, PhD</td>
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<td>Youth Gun Violence - Amy Burnett, APRN &amp; Sergeant Daniel Burnett</td>
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<td>Identifying and Responding to Suicidal Ideation in Youth - Alissa Briggs, PhD</td>
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<td>Supporting Well-Being of LGBTQIA+ Youth - Alissa Briggs, PhD &amp; Colleen Cornelius</td>
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<td>Intro to THRIVE: Framework for Supporting Families and Youth - Laura Beard</td>
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<td>ADHD Assessment and Treatment in Primary Care - David Wood, MD, MPH &amp; Matthew Tolliver, PhD</td>
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<td>Break</td>
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<td>3:45p</td>
<td><strong>Breakout Session #3</strong></td>
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<td>What’s on the Streets: Current Trends in Substance Use with Teens – Geoff Wilson, LCSW, CADC</td>
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<td>Adolescent Anxiety - Cori Morgan, APRN &amp; Jennifer Perry, LCSW</td>
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<td>Self Harm - Mandakini Sadhir, MD &amp; Stephanie Stockburger, MD</td>
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<td>4:45p</td>
<td>Conference Evaluation/CEU Sign out</td>
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Presentations and Objectives

Thursday Conference Speakers
(listed in order of presentation times)

Susan Kingery, MD
Title: Understanding Children and Adolescents with Gender Dysphoria
Objectives:
• Explore gender development and gender dysphoria
• Recognize the unique healthcare needs of gender expansive youth
• Explore the current healthcare management options for gender expansive youth using evidence based medicine studies and current practice guidelines

David Wood, MD & Matthew Tolliver, PhD
Title: Anxiety in Teenagers
Objectives:
• Review the epidemiology and pathophysiology of anxiety in adolescence
• Discuss an approach to the management of anxiety and adolescent using ACT: acceptance and commitment therapy framework
• Participate in some brief mindfulness exercises to demonstrate the ACT approach

Daniel Larrow, MD & Melanie Tyner Wilson, MS
Title: Autism, Adolescence and Suicide
Objectives:
• Review the basic behavioral and cognitive presentations of an individual on the Autism spectrum
• Describe the concept of “Two Hit” model of Autism: Adolescence as the second hit
• Recognize the increased risk for suicide for adolescents on the Autism spectrum

Mandakini Sadhir, MD & Taryn Solomon, RDN, LD, CNSC
Title: Eating Disorders in Adolescence
Objectives:
• Identify complications associated with poor nutrition in adolescents with eating disorders
• Describe nutritional needs of adolescents and approach to nutritional rehabilitation
• Summarize psychological intervention for treatment of eating disorders
Presentations and Objectives

Thursday Conference Speakers
(listed in order of presentation times)

Shawn Sorrell, MD & Cori Morgan, APRN
Title: Integrative Medicine to Depression
Objectives:
- Discuss current approaches to anxiety and depression in teens
- Review non-pharmacologic approaches to anxiety and depression in teenagers
- Describe instilling resilience in teens

Nicole Begg, PhD
Title: Helping Adolescents Who Refuse School
Objectives:
- Define school refusal behavior
- List potential reasons why adolescents refuse school
- Select assessment methods for adolescents with school refusal behavior
- Describe interventions for school refusal behavior

John Yozwiak, PhD & Robyn Morris, LCSW
Title: Assessment, Diagnosis, and Treatment of Depression in Adolescents
Objectives:
- Discuss causes and risk factors for depression
- Discuss depression symptoms and diagnostic criteria
- Review when to seek help for depression and treatment options

S. Paige Hertweck, MD
Title: Menstrual Disorders in Teens: Evaluation and Management
Objectives:
- Describe what constitutes normal vs. abnormal menarche
- Discuss when and how to address menstrual deviations in the first gynecologic years
Presentations and Objectives

Thursday Conference Speakers
(listed in order of presentation times)

Mandakini Sadhir, MD & Margaret Murphy, PhD, RD, LD
Title:  Mindfulness - Embracing the moment
Objectives:
• Describe recent advances in research and clinical practice of mindfulness based interventions
• Discuss mindful exercises as self-care strategy

Friday Conference Speakers
(listed in order of presentation times)

Frank Biro, MD
Title:  Drugs, Depression and the Developing Brain
Objectives:
• Describe the neurophysiologic changes in the adolescent brain
• Describe the relation between depression and illicit drug use
• Describe how the adolescent brain is impacted by drugs and the interaction of drugs and depression

Catherine Gordon, MD
Title:  Eating Disorders
Objectives:
• Review the clinical presentation and different types of eating disorders
• Discuss the medical sequelae and management of each type of eating disorder
• Describe the importance of a multidisciplinary model to treat these disorders

Hatim Omar, MD, FAAP & Joav Merrick, MD
Title:  Teen Panel
Objectives:
• Review teens’ perspective on parenting
• Describe teens’ perspective on risk taking
• Discuss teens; perspective on prevention
Presentations and Objectives

Friday Conference Speakers
(listed in order of presentation times)

Dilip Patel, MD, MBA, MPH & Roger Apple, PhD
Title: Application of Integrated Behavioral Health in Pediatric and Adolescent Medicine Practice
Objectives:
• Define Integrated Behavioral Health.
• List common problems seen by Integrated Behavioral Health
• Develop a plan outline for participants own organization

Amy Burnett, APRN & Sergeant Daniel Burnett
Title: Youth Gun Violence
Objectives:
• Review the current trends in youth gun violence
• Discuss indicators in identifying those at risk for gun violence
• Identify interventions to assist with prevention of gun violence

Alissa Briggs, PhD
Title: Identifying and Responding to Suicidal Ideation in Youth
Objectives:
• Identify common correlates of suicidal ideation in youth
• Identify strategies for assessing suicidal ideation in youth
• Identify strategies for responding to suicidal ideation in youth

Alissa Briggs, PhD & Colleen Cornelius
Title: Supporting Well-Being of LGBTQIA+ Youth
Objectives:
• Identify common threats to the safety and well-being for LGBTQIA+ youth
• Identify strategies for assessing the mental health and safety of LGBTQIA+ youth
• Identify common strategies for promoting wellness for LGBTQIA+ youth
Presentations and Objectives

Friday Conference Speakers
(listed in order of presentation times)

Laura Beard
**Title:** Intro to THRIVE: Framework for Supporting Families and Youth
**Objectives:**
- Review a set of guiding premises that support the Youth Thrive Framework
- Explore the Youth Thrive Protective Factor Framework and the research each of its five components.
- Assess attitudes and knowledge of the premises and protective factors

David Wood, MD, MPH & Matthew Tolliver, PhD
**Title:** ADHD Assessment and Treatment in Primary Care
**Objectives:**
- Describe the epidemiology and pathophysiology of ADHD
- Review the treatment options for ADHD including pharmacology and nonpharmacological interventions
- Review comorbidities that are common with ADHD in adolescence and discuss an approach to their management

Geoff Wilson, LCSW, CADC
**Title:** What’s on the Streets: Current Trends in Substance Use with Teens
**Objectives:**
- Discuss current trends in specific substances used by youth
- Review most recent results of Monitoring the Future Survey in the US
- Discuss pertinent aspects of assessment and treatment with teens using drugs and alcohol

Cori Morgan, APRN & Jennifer Perry, LCSW
**Title:** Adolescent Anxiety
**Objectives:**
- Describe normal and abnormal stress responses
- Explain how to manage stress responses
- Review common stressors
- Describe how to create a healthy environment
- Indicate the importance of psychological safety in the home and school
Presentations and Objectives

Friday Conference Speakers
(listed in order of presentation times)

Mandakini Sadhir, MD & Stephanie Stockburger, MD

Title: Self Harm

Objectives:
- Describe the common types of self-harm
- Identify the relationship between self-harm and suicide
- Summarize prevention and treatment of self-harming behaviors
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<th>Speakers</th>
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<tbody>
<tr>
<td>Roger Apple, PhD</td>
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<tr>
<td>Assistant Professor, Department of Pediatric and Adolescent Medicine, Western Michigan University, Homer Stryker MD School of Medicine</td>
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<tr>
<td>Laura Beard</td>
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<td>Family Consultant, Kentucky Department for Public Health</td>
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<td>Nicole Begg, PhD</td>
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<td>Assistant Professor of Adolescent Medicine, University of Kentucky</td>
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<td>Frank Biro, MD</td>
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<td>Director of Research, Adolescent and Transition Medicine and Professor, University of Cincinnati Department of Pediatrics</td>
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<td>Alissa Briggs, PhD</td>
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<td>Assistant Professor of Adolescent Medicine, University of Kentucky</td>
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<td>Amy Burnett, APRN</td>
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<td>Advanced Practice Provider, Adolescent Medicine, University of Kentucky</td>
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<td>Daniel Burnett</td>
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<td>Intelligence Unit Sergeant, Lexington Police Department</td>
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<td>Colleen Cornelius</td>
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<td>Psychology Intern</td>
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<td>Benita Decker, RN, BS</td>
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<td>Nurse Service Administrator, Department for Public Health, Division of Women’s Health, Kentucky Family Planning/Adolescent Health Program Director</td>
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<td>Catherine Gordon, MD, M.Sc</td>
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<td>Adolescent Chief, Boston Children’s Hospital</td>
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<td>S. Paige Hertweck, MD</td>
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<tr>
<td>Director of Pediatric and Adolescent Gynecology, Chief of Gynecology, Fellowship Director, Pediatric Adolescent Gynecology, Clinical Professor, Pediatrics, Obstetrics, Gynecology &amp; Women’s Health, University of Louisville</td>
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<tr>
<td>Susan Kingery, MD</td>
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<td>Assistant Professor of Pediatric Endocrinology, University of Louisville</td>
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<td>Daniel Larrow, MD</td>
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<td>Associate Professor of Developmental Behavioral Pediatrics, University of Kentucky</td>
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<td>Joav Merrick, MD, MMedSci, DMSc</td>
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<tr>
<td>Division for Intellectual and Developmental Disabilities, Ministry of Social Affairs, Jerusalem, Israel</td>
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| **Cori Morgan, APRN**  
Advanced Practice Provider, Adolescent Medicine, University of Kentucky |
| **Robyn Morris, LCSW**  
Social Worker Principal, Adolescent Medicine, University of Kentucky |
| **Margaret Murphy, PhD, RD, LD**  
Registered Dietician, Pediatric Nephrology, University of Kentucky |
| **Hatim Omar, MD, FAAP**  
Professor of Pediatrics & Obstetrics/Gynecology, Director of the Adolescent Medicine & Young Parents Program, University of Kentucky, Founder of the Stop Youth Suicide Campaign |
| **Dilip Patel, MD, MBA**  
Professor in the Department of Pediatric and Adolescent Medicine, Adjunct Professor in the Department of Speech Pathology and Audiology, Western Michigan University |
| **Jennifer Perry, LCSW**  
Social Worker Principal, Adolescent Medicine, University of Kentucky |
| **Mandakini Sadhir, MD**  
Assistant Professor of Adolescent Medicine, University of Kentucky |
| **Taryn Solomon, RDN, LD, CNSC**  
Registered Dietician, Adolescent Medicine, University of Kentucky |
| **Shawn Sorrell, MD**  
Associate Professor of Adolescent Medicine, University of Kentucky |
| **Stephanie Stockburger, MD**  
Associate Professor of Adolescent Medicine, University of Kentucky |
| **Matthew Tolliver, PhD**  
Assistant Professor, Department of Pediatrics, East Tennessee State University |
| **Melanie Tyner Wilson, MS**  
Parent Support Specialist/Outreach Navigator, Developmental Behavioral Pediatrics, University of Kentucky |
| **Geoff Wilson, LCSW, CADC**  
Outpatient Therapist/Trainer, The Offices of Paul Daulton |
| **David Wood, MD, MPH**  
Professor and Chair Department of Pediatrics at the East Tennessee State University and Chief Medical Officer for Niswonger Children's Hospital |
| **John Yozwiak, PhD**  
Associate Professor of Adolescent Medicine, University of Kentucky |
Conference Information

Hotel Accommodations

DoubleTree Suites by Hilton
2601 Richmond Rd
Lexington, KY  40509
Phone: 859-268-0060

Group Rate: King or Double Suites $109.00

Complimentary Courtesy Bus from Blue Grass Airport

If you would like to reserve a room, please contact DoubleTree Suites by Hilton and request the Stop Youth Suicide Campaign group block prior to October 8, 2018. Reservation requests received after the cutoff date will be reviewed by the hotel based on space and rate availability.

Continuing Education Credits are pending for the Following Professions:

~ Certified Drug and Alcohol Counselors
~ Licensed Marriage and Family Therapists
~ Licensed Professional Counselors
~ Nurses
~ EILA
~ Psychologists
~ Social Workers
~ Medical Doctors
~ FRYSC
~ Certified Health Education Specialist (CHES)
  (To apply for Category II CECH, you must complete the Category II Claim Form within 90 days following completion of an event)

In order to be eligible for CEU’s, each participant must attend the entire conference. Partial CEUs are not available.
## Conference Pricing

**Priority Pricing ends October 1, 2018.**

### November 8-9, 2018
**SYS Conference – Priority Pricing**
- Teen - Free (Children under the age of 16 must be accompanied by a parent/guardian)
- Parent, Minister $30
- UK Employee, Educator, DCBS, DJJ - $80
- Medical or Health Professional $100
- Group Rate (5 or more) - $80
  (Registration is required)

### After October 1, 2017, prices will be:
- Teen - Free (Children under the age of 16 must be accompanied by a parent/guardian)
- Parent, Minister $40
- UK Employee, Educator, DCBS, DJJ - $100
- Medical or Health Professional $125
- Group Rate (5 or more) - $100
  (Registration is required)

Please make your check or money order payable to the “Stop Youth Suicide Campaign”.

We are not able to accept credit card or online payments.

Registration will be confirmed upon receipt of payment.

Questions?

Contact Laura Whitehouse at lbwhit00@uky.edu or 859-218-1504
Conference Registration

NAME/CREDS as you would like it to appear on your name badge:

_____________________________________

ORGANIZATION:

_____________________________________

MAILING ADDRESS:

_____________________________________

_____________________________________

EMAIL: ______________________________

PHONE: (      )_________________________

Conference Dates are November 8-9, 2018

Online Registration:
http://stopyouthsuicide.com/registration.htm

Submit Registration & Conference Fees to:
Laura Whitehouse
Adolescent Medicine
740 S. Limestone Street
Kentucky Clinic, L442
Lexington, KY 40536

We are not able to accept credit card or online payments. Please send conference fees to the address listed above.

Special Services

If you require special assistance to attend this event, please contact Laura Whitehouse at lbwhit00@uky.edu or (859) 218-1504.

An Equal Opportunity University.
CME

The University of Kentucky College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Kentucky College of Medicine designates this live activity for a maximum of 9.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The University of Kentucky College of Medicine presents this activity for educational purposes only. Participants are expected to utilize their own expertise and judgment while engaged in the practice of medicine. The content of the presentations is provided solely by presenters who have been selected for presentations because of recognized expertise in their field.

ACGME Competencies

- Patient care
- Medical knowledge
- Interpersonal and communication skills
- Professionalism

Target Audience
Parents, Teachers, School Counselors, Social Workers, Mental Health Professionals, Nurses, Healthcare Providers

Faculty Disclosure
All planners, speakers, authors, and reviewers involved with content development for continuing education activities provided by the University of Kentucky are expected to disclose any real or perceived conflict of interest related to the content of the activity. Detailed disclosures will be included in participant materials or given prior to the start of the activity.