

Presented by the Osher Center for Integrative Medicine
University of California San Francisco, School of Medicine

Integrative Mental Health for the Pediatric Provider

1440 Multiversity • Scotts Valley, CA



UCSF

Friday - Sunday

February 21-23, 2020



REGISTER NOW!

2020

Integrative Mental Health for the Pediatric Provider

1440 Multiversity • Scotts Valley, CA

This immersive, three-day course will cover common mental health issues that pediatric providers routinely face. Drawing from the related but distinct expertise of three faculty who have been teaching integrative medicine approaches to these conditions for more than a decade each, you will have the opportunity to learn about current approaches to treating neurodevelopmental disorders (autism and ADHD), mood disorders (anxiety and depression), and behavioral aspects of chronic pain through lectures, case discussions, and experiential demonstrations. Integrative approaches to these conditions will include mind-body techniques, nutrition and supplements, and coordinating care among medical and mental health providers.

Educational sessions are enhanced by hands-on learning opportunities, including nutrition-based cooking and herb preparation in a state-of-the-art teaching kitchen, and meditation and mindful movement among the redwoods. This course, offered by the UCSF Osher Center for Integrative Medicine, is designed for general and subspecialty pediatricians, nurse practitioners, and physician assistants who are interested in employing the practice of evidence-based integrative medicine as it applies to the mental health of children and teens.

TARGET AUDIENCE

Target audience consists of general and subspecialty pediatricians as well as pediatric nurse practitioners and physician assistants.

OBJECTIVES

Upon completion of the activity, an attendee will be able to:

- Develop a knowledge base of integrative assessment models of a range of common pediatric mental health problems and evidence-based interventions;
- Develop an approach to critically assess the integrative medicine literature in these topic areas, achieve competency in evaluating these interventions, and be able to assess the efficacy and appropriateness of these interventions in particular clinical situations;
- Explain how to develop an integrative plan, incorporating evidence-based modalities into patient care.



FRIDAY, FEBRUARY 21, 2020

2:00 – 4:00 pm *Registration*

2:30	Introduction to Integrative Pediatric Mental Health	Drs. Sanford Newmark and David Becker
3:00	Nutrition, the Gut, and Mental Health	Dr. Scott Shannon
3:45	<i>Break</i>	
4:00	Mind-Body Practices – Which, When, How?	Dr. David Becker
4:45	<i>Break</i>	
5:00	1440 Wellness Class Option	1440 Instructor
6:30	<i>Dinner (Kitchen Table)</i>	
7:30	Mind-Body Medicine in Practice: Experiential Q&A	Dr. David Becker

SATURDAY FEBRUARY 22, 2020

7:00 am	1440 Wellness Class Option	1440 Instructor
8:15	<i>Breakfast (Kitchen Table)</i>	
8:45	Autism	Dr. Sanford Newmark
9:45	Anxiety	Dr. David Becker
10:30	<i>Break</i>	
10:45	Depression	Dr. Scott Shannon
11:30	ADHD	Dr. Scott Shannon
12:30 pm	<i>Lunch (Kitchen Table)</i>	
1:30	Case Discussions and Q&A Breakouts	Drs. Sanford Newmark, Scott Shannon, and David Becker
3:45	<i>Adjourn</i>	
5:00	1440 Wellness Class Option	1440 Instructor
6:30	<i>Dinner (Kitchen Table)</i>	

SUNDAY, FEBRUARY 23, 2020

7:00 am	1440 Wellness Class Option	1440 Instructor
8:15	<i>Breakfast (Kitchen Table)</i>	
8:45	Chronic Pain	Dr. David Becker
9:45	<i>Break</i>	
10:00	Case Discussions and Q&A Breakouts: ADHD Nutrition/Supplements Chronic Pain	Dr. Sanford Newmark Dr. Scott Shannon Dr. David Becker
12:15 pm	<i>Lunch (Kitchen Table)</i>	Dr. Scott Shannon
1:00	Integration and Wrap-Up	Drs. Sanford Newmark, Scott Shannon, and David Becker
2:30 pm	<i>Adjourn</i>	

program



ACCREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UCSF designates this live activity for a maximum of **13.5 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME.

Physician Assistants: AAPA accepts category 1 credit from AOACCME, Prescribed Credit from AAFP, and *AMA Category 1 Credit™* for the PRA for organizations accredited by the ACCME.

Pharmacy: The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit™*.



Center for xxxxxxxx xxxxxxxx

GENERAL INFORMATION

Integrative Mental Health for the Pediatric Provider is an all-inclusive conference which includes guestroom accommodations, meals, parking and more. Registration closes on **February 14, 2020**, or until spots run out. Due to limited capacity, pre-registration is required for this activity and on-site registration will not be offered. Rates quoted are for single occupancy.

HOW TO ENROLL

Tuition: \$1600

GREENER MEETING (optional)
We're saving paper! The syllabus will be available electronically two weeks prior to the course. Optional purchase of a printed syllabus is available for an additional \$50. Payment can be made by Visa, MasterCard, AmEx or check.

Register via:

Online: **cme.ucsf.edu**

Mail: Complete course registration form and send with payment to:
UCSF Office of CME
3333 California Street Suite 450
San Francisco CA 94118

Fax: Fax completed registration form to:
(415) 502-1795 (be sure to include your credit card number)

Phone: To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808

PRE-REGISTRATION REQUIRED

On-site registration is not available because of the limited space and all-inclusive nature of the course.

Registration fee includes:

- Course tuition and electronic syllabus
- Overnight accommodations (single occupancy)
- Organic meals locally sourced and served daily in Kitchen Table – dinner on Friday 2/21/20; breakfast, lunch, and dinner on Saturday 2/22/20; and breakfast and lunch on Sunday 2/23/20
- Access to campus amenities including the Healing Arts Center steam room, Infinity soaking tub,

fitness center, trails, and adjunct wellness classes offered in the morning and afternoon

* Daily Parking

Additional fees are required by the venue if you bring a guest, as all guests must be registered. Guests are not intended to participate in the educational activities. Please contact the venue directly to add a guest.

If two guests are sharing a room and both are attending the conference, please call 415-476-5808 to register. **The cost is \$1600 per person (\$3,200 total)**

REFUND POLICY

Cancellations received in writing before February 1st will be refunded, less the cost of accommodations and a \$75 administrative fee. No refunds will be made on cancellations received after that date.

CONFERENCE LOCATION

Nestled in the redwoods of Northern California near Santa Cruz, **1440 Multiversity** is a holistic learning destination devoted to building collaborative and compassionate communities around the world. The beautiful 75-acre campus is 90 minutes from San Francisco and only 30 minutes south of Silicon Valley and San Jose International Airport.

1440 Multiversity
800 Bethany Drive
Scott's Valley CA 95066
Website: <https://1440.org/>

AIR TRANSPORTATION AND RENTAL CAR

UCSF has negotiated special fares with airlines and car rental agencies. Please visit the TRAVEL AND LODGING section on the course webpage at cme.ucsf.edu for more information and discount codes.

For more information or to register online visit our website at **cme.ucsf.edu**

You may also reach us by calling the Office of Continuing Medical Education at (415) 476-4251 or emailing: info@ocme.ucsf.edu.

For full agenda and to register, please visit our website at cme.ucsf.edu
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0569 • Office of Continuing Medical Education
 3333 California Street, Suite 450 San Francisco, CA 94118



Sanford Newmark, MD

COURSE CHAIRS

Sanford Newmark, MD

Integrative Pediatrician and Director of Clinical Programs,
 UCSF Osher Center for Integrative Medicine Osher Foundation
 Endowed Chair in Clinical Programs in Integrative Medicine
 Professor of Pediatrics
 University of California, San Francisco



David Becker, MD

David Becker, MD

Integrative Pediatrician and Behavior Specialist,
 UCSF Osher Center for Integrative Medicine
 Co-Medical Director,
 UCSF Pain Management Clinic
 Professor, Department of Pediatrics
 University of California, San Francisco



Scott Shannon, MD

COURSE FACULTY

Scott Shannon, MD

Child & Adolescent Psychiatrist,
 Wholeness Center, Ft. Collins, CO
 President, American Board of Integrative Holistic Medicine

faculty

REGISTRATION • **MOS20001**

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3333 California Street, Suite 450
San Francisco, CA 94118
Fax: (415) 502-1795

Register online: cme.ucsf.edu
Registration Information: (415) 476-5808
Course Information: (415) 476-4251

Dr. Ms. Mr. Mrs. Mx.

LAST NAME FIRST M.I.

DEGREE SPECIALTY

ADDRESS

CITY STATE ZIP

DAYTIME PHONE FAX

EMAIL

Address Label Code Letter (see address label: example, A, B, C, D, etc.) _____

Would you like to be on our priority email list? Yes No

Date of birth to be used as OCME registrant number: ____ / ____ / **XX**
Month Day

 Please indicate if you have any special needs or dietary restrictions: _____

Registration Fee (including accommodations)

- \$1600**
- \$50** Printed Syllabus

Make checks payable to *UC Regents*

Please charge my credit card: Visa MasterCard AmEx for \$ _____

CARD # _____ / _____ / _____
EXPIRATION DATE

NAME ON CARD (PLEASE PRINT) _____ AUTHORIZED SIGNATURE _____

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