

provided at four additional satellite locations. CenterPointe has the region's only private residential chemical dependency treatment program for adults.

Event Co-sponsors

CenterPointe Hospital welcomes and thanks the following co-sponsors, each with interests in substance abuse and mental illness education, prevention, intervention, treatment and/or research, who join in recognizing National Alcohol and Drug Addiction Recovery Month: National Council on Alcoholism and Drug Abuse—St. Louis Area, Missouri Recovery Network, Mental Health America of Eastern Missouri, Alliance on Mental Illness/NAMI—St. Louis, Missouri Nurses Association—District 15, Employee Assistance Professionals Association—St. Louis Chapter and Psych Care Consultants Research.

Registration

The presentation is free of charge, but **registration is required** as seating is limited. You may register by completing the form on this brochure and returning it to the address listed on the form. For more information, call 636-477-2176 or email mlhart@cpma.net.

Participants applying for continuing education credit **must** complete the registration form and indicate the type of CE credit desired. Please include payment by check when mailing the registration form. Make checks payable as indicated on the CE section of the form. Credit card payment is not available.

Registration is not considered complete until payment (as required) and a completed registration form are received. Participants will receive registration confirmation by mail.

Additional Information

Seminar location: Doubletree Hotel and Conference Center, 16625 Swingley Ridge Rd., Chesterfield, Mo. For driving directions or hotel information, contact Doubletree Hotel and Conference Center at 636-532-6000.

Complete this form and mail to:
Understanding Dual Diagnosis:
 CenterPointe Hospital
 5701 Highway 54 South
 St. Charles, MO 63304

If paying for continuing education credit, check the appropriate box and include a check for the amount indicated. **Registration is not considered complete until payment for required and optional CE credit registration form are received.**

Psychologist (pending approval)
 Social Worker
 3 CEUs (3 contact hrs.)
 \$15 payable to UN-SL, Louis

CEAP (pending approval)
 3 PDHs
 No charge

Substance Abuse (pending professional approval)
 3 CEUs
 No charge

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CenterPointe
 HOSPITAL
 5701 HIGHWAY 54, SOUTH
 ST. CHARLES, MISSOURI 63304

**Understanding
 Dual Diagnosis:**
 Assessment, Treatment
 and Clinical Outcomes
Friday, Sept. 25, 2009

In recognition of National Alcohol
 and Drug Addiction Recovery Month



Understanding Dual Diagnosis:

Assessment, Treatment
 and Clinical Outcomes

**8 a.m. to Noon
 Friday, Sept. 25, 2009**

Co-sponsored by
 National Council on Alcoholism and Drug Abuse—
 St. Louis Area
 Missouri Recovery Network
 Mental Health America of Eastern Missouri
 Alliance on Mental Illness/NAMI St. Louis
 Missouri Nurses Association - District 15
 Employee Assistance Professionals Association—
 St. Louis Chapter
 Psych Care Consultants Research

Understanding Dual Diagnosis: Assessment, Treatment and Clinical Outcomes

When it comes to understanding dual diagnosis (concurrent psychiatric and addiction/substance abuse disorders), there's no relying on the necessary roles that science and, more specifically, research, data, neuropsychiatry, pathology and pharmacology play. Although allopathic medicine is soundly based on science, many individuals in or related to the field readily acknowledge that the practice of medicine... particularly in reference to psychiatry... sometimes is more of an art. Thus, many treatment professionals providing successful dual diagnosis assessment, diagnostic, treatment and recovery services attest to the frequent necessity of employing both the art and science of medicine.

To achieve effective assessment and treatment, and in hopes of achieving the best clinical outcome for patients with a dual diagnosis, some experts believe that time... and ample consideration for it... is of the essence. Behavioral health treatment professionals must employ careful scrutiny and patience to determine the true root of symptoms that can mimic other disorders with uncanny accuracy.

Given the nature of its duality and the frequency of occurrence, it's no surprise the havoc this diagnosis wreaks on the individuals it affects. From the patient and family perspective in the "Co-occurring Disorders" section of its website, the nonprofit advocacy group Mental Health America describes the challenges of dual diagnosis in frank, real-life terms:

"For people struggling with co-occurring mental health and substance abuse disorders, physical safety and overall health risks are greater; the impairment of life skills is greater; and the chances for successful treatment are much less... all of which contribute to stigma."

However, the good news about dual diagnosis is that some of that is changing:

- researchers are developing new theories about certain types of the concurrent illnesses believed to stem from a common cause: developmental changes in the amygdala, a walnut-shaped part of the brain linked to fear, anxiety and other emotions;²
- treatment professionals are becoming increasingly aware of the time required to understand the nuances of these co-occurring disorders and are more adeptly assessing the symptoms of each individual, yet concurrent disease;

- pharmacologic breakthroughs are assisting with increasingly symptom-specific and process-targeted medication management of both psychiatric and addiction disorders.

As the melding of both the art and science of assessing and treating the phenomenon of these concurrent illnesses reveals, progress is being made and clinical outcomes are improving as we draw even closer to understanding dual diagnosis.

Learning Objectives

Learning objectives for *Understanding Dual Diagnosis: Assessment, Treatment and Clinical Outcomes* include: **Dual Diagnosis Treatment Protocols: Which Illness Should be Treated First?**

An overview of the importance of using not just DSM-IV criteria, but common-sense treatment protocols when assessing, diagnosing and treating dual diagnosis.

Seminar participants will learn about:

- the incidence and types of dual diagnosis
- assessment and treatment goals
- treatment models for dual diagnosis
- substance-induced psychiatric disorders vs. dual diagnosis.

Substance Abuse and Bipolar Disorder: Are We Missing the Bipolar Diagnosis?

An overview of how bipolar disorder complicates the assessment, diagnosis and treatment of substance abuse disorder in many patients.

Seminar participants will learn about:

- identifying bipolar disorder in patients who abuse alcohol and other drugs
- identifying the characteristics of bipolar I and II disorders
- the approach to treating patients diagnosed with bipolar and substance abuse disorders
- enhancing recovery for substance abuse while simultaneously treating bipolar disorder.

The Pharmacology of Dual Diagnosis: How, When and Why Drugs Work to Treat Addiction

An overview of how new medications are improving outcomes (recovery from and management of) addictions through proven pharmacotherapeutic options and complementary therapies. Seminar participants will learn about:

- the medications indicated for treating addictions... including Suboxone (buprenorphine), Vivitrol (naltrexone) and others... and the pharmacology of their effectiveness
- determining in which patients the pharmacotherapy is indicated

- potential side effects and recommended duration/limitations of use
- treatment success rates using pharmacotherapy solely vs. in conjunction with psychotherapy.

Agenda

Registration and Continental Breakfast 7:15 to 8 a.m.

Welcome and Introductions
Azfar Malik, MD 8 to 8:15 a.m.

Dual Diagnosis Treatment Protocols
David Ohlms, MD 8:15 to 9:45 a.m.

Break 9:45 to 10 a.m.

Substance Abuse and Bipolar Disorder
James Slaughter, MD 10 to 11 a.m.

The Pharmacology of Dual Diagnosis
Azfar Malik, MD 11 to 11:45 a.m.

Q&A Session 11:45 a.m. to Noon

The Presenters



David L. Ohlms, MD, is medical director of chemical dependency services at CenterPointe Hospital in St. Charles. He has been a practicing physician in the fields of general psychiatry and addiction disease for 35 years and is one of the world's most respected authorities on addiction. He is president of Mid-County Physicians, Inc., partner of Ohlms Institute, LLC, medical director for Arheuse-Busch employee assistance program, and an international consultant and lecturer on addiction disease.

James R. Slaughter, MD, is board-certified in psychiatry with secondary certification in geriatric psychiatry and is board-eligible in neurology. He is clinical associate professor of neurology, psychiatry, and family and community medicine at University of Missouri School of Medicine.



Azfar Malik, MD, MBA, DFAPA, is board-certified in psychiatry and neurology with secondary certification in both addiction and geriatric psychiatry. He is chief executive officer of CenterPointe Hospital, board chairman of his private practice group, Psych Care Consultants, assistant clinical professor, department of psychiatry at Saint Louis University Health Science Center, and principal investigator and president of Psych Care Consultants Research (PCCR).

Malik directs the St. Louis area's largest psychiatric private practice group. Through PCCR, he directs and conducts clinical research on new medications and alternate/combined applications of current medications used to treat psychiatric disorders.

Continuing Education

The *Understanding Dual Diagnosis* seminar has been submitted for approval for:

- continuing education units (CEUs) for psychologists, social workers and counselors through University of Missouri-St. Louis. Participants may earn .3 CEUs (3 contact hours) for attendance.
- professional development hours (PDHs) through the Employee Assistance Certification Commission, CEAP. Participants may earn 3 PDHs for attendance.
- CEUs through the Missouri Substance Abuse Professional Credentialing Board (MSAPCB). Participants may earn 3 CEUs for attendance.

CenterPointe Hospital

CenterPointe Hospital is a 104-bed, private psychiatric hospital serving the inpatient and outpatient behavioral health needs of children, adolescents and adults in the metropolitan St. Louis area, southeastern and central Missouri, and southern and central Illinois.

Inpatient and outpatient treatment services are available at the St. Charles facility, and outpatient services are

² published in 2007, American Psychological Association