

Guest Presenters

Hao Vo, Ph.D.

Hoa Vo, Ph.D. is a clinical and research psychologist specializing in addiction and co-occurring disorders. She did her post-doctoral training in neurobehavioral aspects of addiction at the University of Texas, and then completed a Fogarty International Clinical Research Fellowship, studying heroin addiction in Vietnam. She now works as lead research scientist at Maryland Treatment Centers in Baltimore, MD.

She has authored and co-authored papers and chapters on addiction and its co-morbidities. She has special expertise in affective regulation, innovations in psychotherapy, co-morbid depression, as well as training and curriculum development.



c/o Four Winds Saratoga
30 Crescent Avenue
Saratoga Springs, NY 12866



C.A.P.E.S. Program for
Primary Care Physicians

Please join us for a full-day training event:

Friday, November 14, 2014

9:00 a.m. - 3:30 p.m.

Saratoga Springs City Center

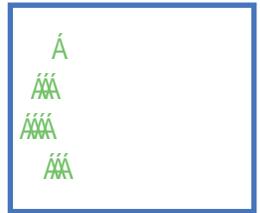
522 Broadway, Saratoga Springs, NY

Marc Fishman, M.D.

Marc Fishman, M.D. is an addiction psychiatrist and a member of the faculty of the Department of Psychiatry at the Johns Hopkins University School of Medicine. He is the medical director of Maryland Treatment Centers, a regional behavioral healthcare provider, which offers programs for residential and outpatient treatment of drug-involved and dual-diagnosis adolescents and adults. He is a national expert on addiction and co-occurring treatment, and in particular adolescent treatment, youth opioid addiction, placement and treatment matching strategies, psychiatric treatment for co-occurring disorders, and medication treatments for addiction.

Dr. Fishman graduated from Columbia University College of Physicians and Surgeons. He completed an Internal Medicine Internship at the University of Maryland and a Psychiatry Residency at Johns Hopkins University School of Medicine, where he also completed a Fellowship in Motivated Behaviors. Dr. Fishman is the chair of the Treatment Criteria and the Adolescent Committees of the American Society of Addiction Medicine and the immediate Past President of the Maryland Society of Addiction Medicine.

He is the author of numerous articles and book chapters on addiction and psychiatric treatment, and lectures widely on a variety of topics including adolescent treatment, placement and treatment matching strategies, treatment for co-occurring disorders and medication treatments for addiction. His academic work has focused on models of care and treatment outcomes for addictions in youth.



“Together We Can Help More Children”



Navigating Planet Teen: Exploring Development and Improving Treatment

A full-day conference for physicians, nurses, mental health practitioners and anyone who works with children and adolescents.

Navigating Planet Teen: Exploring Development and Improving Treatment

Schedule

The C.A.P.E.S. Program is pleased to invite you to our eighth annual full-day conference that is designed to provide expert education on current research and evidence-based treatment, as well as bring together professionals from the primary care and mental health fields.

This year we are honored to have two experts from Johns Hopkins University. Dr. Marc Fishman and Dr. Hao Vo will provide an innovative look at how brain development influences the choices that teens make, the behavioral health symptoms that are often exhibited during adolescence, and how addictions can begin at this age. In the morning, Dr. Fishman will discuss the developmental "how and why". Then, in the afternoon, Dr. Vo will discuss the ways that this information can be used to improve the treatment that we provide to both adolescents and families.

This presentation will explore aspects of adolescent development – brain, mind and spirit – with a focus on how developmentally informed perspectives can provide a guide for families and help clinicians improve treatment. Topics to be covered will include:

- Developmental vulnerability
- The perspective of brain development
- The concept of emotion regulation
- Lessons from cognitive science
- Developmentally informed intervention
- New directions: mindfulness, cognitive rehabilitation and incorporating technology
- Examples of mindfulness exercises for youth

- At the conclusion of this event, participants will be able to:
- Describe key features of adolescent brain development.
 - Recognize clinical applications of development on adolescent treatment.
 - Articulate important aspects of the concept of emotional regulation as a developmental process.



This event is sponsored by the Child and Adolescent Psychiatry Education and Support (C.A.P.E.S.) Program for Primary Care Physicians, a program funded by the Four Winds Foundation through a grant from the New York State Office of Mental Health's Project T.E.A.C.H. Initiative.

This program has been approved for 5 hours of continuing education under the auspices of the National Association of Social Workers New York State Continuing Education Recognition Program.

Friday, November 14, 2014

- 8:30 a.m. Registration**
Continental Breakfast will be provided.
- 9:00 a.m. Welcome**
Jeffrey M. Daly, M.D.
Medical Director, Child and Adolescent Outpatient Program, Four Winds Saratoga
- 9:15 a.m. Part One - Trying to Navigate Planet Teen: How Can Exploration of Adolescent Development Inform Treatment**
Marc Fishman, M.D.
- 10:30 a.m. Morning Break**
- 10:45 a.m. Part Two - Trying to Navigate Planet Teen**
Marc Fishman, M.D.
- 12:00 p.m. Lunch Break ***
- 1:00 p.m. Part One - Developmentally Informed Interventions**
Hao Vo, Ph.D.
- 2:30 p.m. Afternoon Break**
- 2:45 p.m. Part Two - Developmentally Informed Interventions**
Hao Vo, Ph.D.
- 3:45 p.m. Closing Remarks**
Jeffrey M. Daly, M.D.

* Lunch is not included with the tuition fee. We will provide a map to local dining establishments for you to enjoy.

For questions, directions, overnight accommodation information, educational credit information or if you would like to make a special request, please contact Jennifer at 518-581-5015, ext. 3115.

Registration Form

RSVP by November 7th

Name _____ Credential _____

Agency _____

Street Address _____

City _____ State _____ Zip Code _____

Telephone Number _____ Fax Number _____

Email Address _____

Tuition Fee: \$25 per person
Seating is limited. Receipt of payment or purchase order will guarantee your reservation.

Payment enclosed in the amount of \$ _____
(Make checks payable to Four Winds Foundation)

Credit Card VISA Mastercard

Card Number _____

Exp. Date _____

Name of cardholder as it appears on the card _____

Purchase Order #: _____

Return Form with Payment to:
Four Winds Saratoga, Attn: Community Relations
30 Crescent Avenue, Saratoga Springs, NY 12866

Registration can also be made by:
Faxing this form to: 518-583-2265
or Calling: 518-581-5015, ext. 3115

Refunds will not be granted for any cancellations after Tuesday, November 11th.