

“Increase in Adolescent and Physician Suicides: Hiccup or Trend?
360° View, Challenges, Discussion”



Jointly provided by the American Psychiatric Association and the Oklahoma Psychiatric Physicians Association

Course Description

In Oklahoma, *suicide* is the second leading cause of death for ages 15-34. According to the American Foundation for Suicide Prevention, on average, one person dies by suicide every 12 hours in Oklahoma. That is two each day! Also, alarming is the fact that **one physician dies by suicide** every day in the United States, according to findings presented at the American Psychiatric Association 2018 Annual Meeting. New research shows the number of physician suicides is more than twice that of the general population.

The stigma and undesirable professional and social repercussions of mental illness are formidable obstacles to seeking help. It is time for serious in-depth thinking and responding to the critical needs of our colleagues and teenagers who may continue to face self-inflicted damage and lose their lives prematurely from preventable causes.

Learning Objectives

At the end of this activity, the participants should be able to:

- Discuss the most recent understanding of etiology and neuroscientific mediators leading to suicides in adolescents and physicians.
- Describe the possible causes for recent trend in the increased rate of suicides in adolescents and physicians.
- Explain the role of substance abuse in causation and contribution to suicides in adolescents and physicians and reasonable approaches to address both the treatment of psychopathology, social and work-related issues, and management of substance abuse.

Conflict of Interest

The CME Course Director has reviewed this activity’s speakers and planner disclosures and resolved all identified conflicts of interest, if applicable.

Target Audience

This activity was developed as a complimentary membership benefit for members of the Oklahoma Psychiatric Physicians Association through a 2019 American Psychiatric Association Expedited Grant. OPPA members may attend at no cost. Other non-member psychiatrists and mental health professionals are welcome to attend this activity, but will pay a registration fee.

Disclosures

The participating faculty and planners have no financial relationships or affiliations to disclose: Shree Vinekar, MD, Chair; Jason Beaman, DO; Robyn Cowperthwaite, MD; Swapna Deshpande, MD; Heather Geis, MD; S. Jay Lensgraf, MD; Tessa Manning, MD; Britta Ostermeyer, MD; Jed Perdue, MD; Phebe Tucker, MD; Ashley Walker, MD; Renée Mixon and Christine Cotter. Sara Coffey, DO has the following relationship to disclose: Eli Lilly & Company, Consultant.

Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by the American Psychiatric Association (APA) and the Oklahoma Psychiatric Physicians Association (OPPA). The American Psychiatric Association (APA) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Designation Statement

The American Psychiatric Association (APA) designates this live activity for a maximum of **6 AMA PRA Category 1 Credit™**. Physicians should claim only credit commensurate with the extent of their participation in the activity.



Evaluation & Claiming Credit

At the conclusion of this activity, participants will be provided with a link to use the APA’s Learning Management System (LMS) in order to complete an evaluation and claim credit. After completing the activity evaluation, attendees may print their certificate. CME credit must be claimed within 60 days of the conference.

Seminar Locations

Laureate Psychiatric Hospital and Clinic, 6655 S. Yale Avenue, Tulsa, is the location of the seminar. Free parking is available.

The nearby **Doubletree Hotel at Warren Place**, 6110 S. Yale Avenue, is the location of the evening annual meeting and buffet dinner symposium.

Registration Details

Registration is required for this seminar symposium and dinner. Thanks to a 2019 *Expedited Grant* from the American Psychiatric Association, this seminar is **FREE to all OPPA/APA members**.

Non-member psychiatrists and psychiatric residents, other physicians and mental health providers are welcome to attend, but will be charged a registration fee.

Register NOW

SYMPOSIUM REGISTRATION FEES

OPPA/APA Member	FREE
Non-Member Psychiatrist/Physician	\$180.00
Other providers: PA, NP, RN, Ph.D.	\$200.00
Non-Member Psychiatric Resident	\$75.00
Dinner Guest	\$75.00

The registration fee includes the CME seminar plus dinner symposium.

Seminar Symposium Agenda

11:30 pm **Registration/Visit Exhibits**
Laureate Psychiatric Hospital & Clinic
12:25 pm **Welcome**, Tessa Manning, MD

12:30-1:30 pm
“Adolescent Suicide Trends and Risk Assessment”
Swapna Deshpande, MD

1:30-2:30 pm
“Neuroscience of Suicide”
Ashley Walker, MD

2:30 pm **Break, Visit Exhibits**

2:45-3:45 pm
“Treatment Approaches to Suicidal Adolescents”
Sara Coffey, DO

3:45-4:45 pm
“Physician Suicide: Why the Increase and Why Now?”
Swapna Deshpande, MD

4:45 pm **Break, Visit Exhibits**

5:00-6:00 pm
“Substance Use and Suicide”
Jason Beaman, DO, MS, MPH, FAPA

6:30-7:30 pm
OPPA Annual Meeting & Awards Dinner Buffet & Cash Bar
Doubletree Hotel-Warren Place

7:30-8:30 pm **Interactive Symposium: 360° View, Challenges, Discussion**
Swapna Deshpande, MD, Moderator