

FY23 Behavioral Health Grand Rounds

Sponsored by: Children's National, Division of Psychiatry and Behavioral Sciences and Division of Psychology and Behavioral Health

Community Health Improvement Week

Wednesday, June 7, 2023
@ 11:00am – 12:30pm

Dr. Komal Sharma-Patel

Assistant Professor of Pediatrics and Psychiatry and Behavioral Health

Komal Sharma-Patel is a psychologist in the Mood and Trauma Clinic at Children's National Hospital in DC. She has extensive expertise in researching, assessing and treating trauma responses in children, adolescents and adults, and has been providing clinical and supervisory services to individuals with trauma histories across the lifespan for more than 10 years. She is a certified therapist and supervisor of Trauma-Focused CBT, as well as a trainer of Alternatives for Families: CBT (an evidence-based trauma treatment designed to address child trauma symptoms/behavioral problems, parent-child conflict and harsh parenting).

Presentation: Ecological momentary assessment of homework adherence and treatment outcome: a pilot study among youth

Learning Objectives:

At the end of this presentation, the attendee will be able to:

- List the basic components of CBT intervention for depressed youth
- Explain the importance of skill practice in CBT
- Describe ecological momentary data collection

Dr. Lenore Jarvis

Associate Professor of Pediatrics

Dr. Jarvis has successfully implemented universal perinatal mood and anxiety disorders (PMADs) screening within the CNH ED and NICU, in collaboration with Dr. Soghier in the neonatal intensive care unit. The PMADs Team utilizes collaborations with hospital stakeholders and community partners to provide real-time interventions for caregivers experiencing PMADs. Dr. Jarvis is a Mary's Center Perinatal Mental Health Regional Champion. She has also served on DC Mayor Bowser's Thrive By Five Coordinating Council (2019-2022) to address maternal health and early childhood supports within the District and was just appointed to DC's Perinatal Mental Health Taskforce. She has been a consultant for Mary's Center Annual Perinatal Mental Health Regional Conferences and for the Perinatal Mental Health Screening Project for the Maternal Mental Health Leadership Alliance and March of Dimes.

To improve child and maternal health, Dr. Jarvis has been interviewed by C-SPAN, CNBC, SiriusXM "Doctor Radio," The Washington Post, Reuters, ABC News, and Politico. She has also given a national web seminar on "How to Speak to a Mother about Postpartum Depression" for the Safety Action Series on Maternal Mental Health held by the American College of Obstetricians and Gynecologists.

Presentation: Perinatal Mood and Anxiety Disorders Screening in the ED and NICU

Learning Objectives:

- Recognize the importance of screening for PMADs in multiple pediatric settings
- Describe the experience of one freestanding pediatric hospital in instituting universal screening of caregivers for PMADs

Audience:

Psychiatrists, Psychologists, Neuropsychologists, Child and Adolescent Psychiatry fellows, Psychology Doctoral Interns

Text code WUPPUT to 703-260-9391

Accreditation Information: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of INOVA and Children's National Medical Center. The INOVA Office of Continuing Medical Education is accredited by the MSV to provide continuing medical education for physicians. Children's National Medical Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Psychology Registration and CE credit: All confirmed participants will earn one (1) CE credits (Instructional Level, Intermediate Learning) upon successful completion of the seminar and evaluation. Any questions, please email PsychologyCE@childrensnational.org.

Credit Designation: Children's National Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. Children's National Hospital maintains responsibility for this program and its content.



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Register at:

https://childrensnational.zoom.us/webinar/register/WN_DaqcQDq3TR-arsysZMB_nw

Dr. Deborah Zlotnik

Clinical Assistant Professor at George Washington University

Dr. Deborah Zlotnik is the attending psychologist on the Child and Adolescent Psychiatric Inpatient Units since January 2019. Dr. Zlotnik has expertise in Dialectical Behavior Therapy (DBT), Cognitive Behavior Therapy (CBT), and Trauma-Focused Therapies. Dr. Zlotnik has spearheaded the creation of a DBT program on the inpatient units as well as creating a small comprehensive outpatient DBT program at CNH. She provides individual and group therapy on the units, supervises psychology interns/externs/fellows and psychiatry fellows, and provides consultation and weekly DBT training to unit staff and trainees. Prior to starting at Children's National, Dr. Zlotnik was a psychologist, supervisor, and team leader at the John L. Gildner Regional Institute for Children and Adolescents (JLG-RICA), a therapeutic day school and residential program in Rockville, MD where she received training in DBT. Originally from the Washington, DC area, Dr. Zlotnik graduated with a Bachelor's degree in psychology from the University of Rochester, received her Ph.D. in Clinical Psychology from St. John's University, and completed her predoctoral internship at La Rabida Children's Hospital in Chicago. For her postdoctoral fellowship, Dr. Zlotnik continued pursuing her interest in trauma at the Audrey Hepburn Children's House in Hackensack, New Jersey.

Presentation: Implementing Clinical Screening Battery in A Psychiatric Inpatient Setting

Learning Objectives:

- Discuss suicidality and ADHD in the inpatient population.
- Discuss clinical screening development and implementation on our acute inpatient psychiatric units.
- Share preliminary results of screening program.

Jessica E. Nash, MD, IBCLC, FAAP

Assistant Professor

Dr. Jessica Nash is a board certified pediatrician and community pediatric physician at the Children's Health Center at Anacostia in Washington, DC. Dr. Nash is also a member of the District of Columbia chapter of the American Academy of pediatrics and an Assistant professor at George Washington University School of Medicine. Dr. Nash is the physician champion for HealthySteps a mental health and developmental program to support infants and children in her health center.

She completed her pediatric training from Children's National Medical Center in the community health track, which focuses on preparing pediatricians to be leaders in their community, to be advocates on pediatric issues, and to be culturally competent in medicine. Dr. Nash received her Doctorate of medicine from Howard University College of Medicine (2007) in Washington, DC and her Bachelor of Science in Chemistry from Xavier University of Louisiana (2003) in New Orleans, LA.

Dr. Nash hopes to continue to serve her community of underserved and disadvantaged youth by being a positive role model and ensuring pediatric issues are on the top of the agenda for all involved parties. She is passionate about health disparities and how it affects pediatric and African American populations. She hopes to continue to be a resource and an advocate for this issue, as communities all over this country continue to combat illnesses related to health disparities.

Dr. Nash is married and she and her husband love traveling and spending time with and creating experiences for their adventurous 7 year old and clever 2 year old.

Presentation: HealthySteps stepping up to mental health in a busy pediatric office

Learning Objectives:

- Describe three aspects that HealthySteps helps families with childhood mental health issues
- Describe how HealthySteps is incorporated into a busy community pediatric office
- Describe how HealthySteps works with different clinical staff to help with issues of development and mental health.