



FY24 Behavioral Health Grand Rounds

Lambert Pilot Grant

Virtual (Zoom)

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Unstuck and On Target Feasibility and Acceptability in Children with NF1

Karin Walsh, PsyD
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The George Washington University School of Medicine
Pediatric Neuropsychologist, Division of Neuropsychology
Children's National Hospital

Dr. Walsh, Psy.D. holds a doctoral degree in Clinical Psychology and received advanced post-doctoral training in pediatric neuropsychology. She has 16 years' experience as a clinical neuropsychologist and scientist caring for and studying children with blood disorders including leukemia and hemophilia, pediatric brain tumors, and genetic disorders such as neurofibromatosis type 1 and other RASopathies. She is the current president of the Posterior Fossa Society, current chair of the Neurocognitive Committee within the NF Clinical Trials Consortium, and previous chair of the neurocognitive committee for the Response Evaluation in Neurofibromatosis and Schwannomatosis (REINS) working group. She is also a member of multiple working groups and scientific committees focused on developing and carrying out high level research that will ultimately benefit children and families affected by acquired and congenital disorders. Finally, Dr. Walsh is an active participant in the education and mentorship of pre- and post-doctoral students and junior faculty in psychology, neuropsychology, and medicine.

Abstract:
The primary aims of this study were to examine the feasibility and acceptability of the Unstuck and On Target (UOT) executive function intervention in school-aged children with Neurofibromatosis Type 1 (NF1). Exploratory aims were to examine cognitive and psychosocial outcomes following intervention.

- Learning Objectives:**
1. Explain the primary manifestations of NF1
 2. Describe 3 primary areas of executive function
 3. List the most common cognitive deficits in children with NF1
 4. Describe the primary goals of Unstuck and On Target

Examining the role of screen time as a determinant of concurrent ADHD and Substance use

Sivabalaji Kaliyamurthy, MD
Assistant Professor, Psychiatry and Behavioral Sciences and of Pediatrics
The George Washington University School of Medicine and Health Sciences
Children's National Hospital

Dr. Kaliyamurthy is a physician with board certifications in general psychiatry, child and adolescent psychiatry, addiction psychiatry, and addiction medicine. Currently, he works between Children's National Hospital and Howard University Hospital. At Children's National, he established the Addiction Clinic, a specialized outpatient clinic providing tailored support to children grappling with co-occurring psychiatric and substance use disorders. At Howard University, he oversees psychiatric and substance use services at the Mental Health Clinic on select days of the week. Beyond his clinical responsibilities, Dr. Kaliyamurthy also serves as a faculty member at The George Washington University, Howard University and Yale University, where he shares his knowledge with trainees from various specialties, with a primary emphasis on pediatric addictions.

Abstract:
Children with ADHD are more likely to experiment with substance use and are more likely to have the experimentation with substances progress to problematic use. It is also well established that adults with ADHD struggle to engage in treatment for substance use disorders and are more likely to have poor outcomes from their struggles with substance use. Screen time which negatively impacts ADHD symptoms and substance initiation is on the rise in children. Little is known about the impact of ADHD in pediatric substance use disorder patients. This presentation will discuss the implementation of a pilot study that initially aimed to understand the associated of screen time and its impact on ADHD and substance use and how it navigated challenges in recruitment. The presenter will also share preliminary data that is part of a working paper yet to be published on the characteristics of children with opioid use disorder and their treatment outcomes.

- Objectives:**
- At least 3 learning objectives (verbiage guideline attached)
 - Review the impact of ADHD on Substance use disorders.
 - Discuss the implementation of the research project to examine role of screen time in co-occurring ADHD and substance use.
 - Analyze preliminary findings from the project.

Implementing a Clinical Screening

Deborah Zlotnik, PhD
Clinical Assistant Professor
The George Washington University School of Medicine and Health Sciences
Children's National Hospital

Dr. Zlotnik is a faculty psychologist at Children's National Hospital and a Clinical Assistant Professor at George Washington University. She is the attending psychologist on the Child and Adolescent Psychiatric Inpatient Units since January 2019. Dr. Zlotnik has expertise in Dialectical Behavior Therapy (DBT) and is Linehan-Board Certified. Additionally, she has experience with 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 pursued her interest in trauma at the Audrey Hepburn Children's House in Hackensack, New Jersey.

Abstract:
Of children with ADHD, approximately 67 to 69% also have comorbid diagnoses which leads to more complex sequelae, including increased suicidality. In 2018, the first study looked at prevalence of ADHD in an adult inpatient psychiatric facility and showed an increased prevalence of ADHD compared to the general population. Current research does not adequately address the association between ADHD and suicidality in inpatient youth. This presentation discusses the development of a clinical screening battery on a psychiatric inpatient unit for youth. Furthermore, the presenter will share preliminary results from the screening related to acceptability and feasibility of the screening process. Additionally, the presenter will share about the prevalence of ADHD in this population and unique factors associated with ADHD and youth on an inpatient unit. Finally, the presenter will discuss next steps and lessons learned.

- Objectives:**
- Discuss suicidality and ADHD in the inpatient psychiatric population.
 - Discuss the development and implementation of a clinical screening program on acute inpatient psychiatric units.
 - Share preliminary results from the screening process including stakeholder feedback and the impact of ADHD on this population.

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Society of Virginia (MSV) through the joint providership of Inova Office of Continuing Medical Education and Children's National Medical Center. The Inova Office Continuing Medical Education is accredited by the Medical Society of Virginia to provide continuing education for physicians.

Credit designation: The Inova Office of Continuing Medical Education designates this live educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 1.0 credit in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.

