SUBSTANCE USE DISORDERS:
A COMPREHENSIVE REVIEW AND UPDATE
From the Best Innovations in Science to the Best Standards of Practice

SUNDAY – TUESDAY • FEBRUARY 14-16, 2016
Disney’s Grand Floridian Resort & Spa

COURSE DIRECTORS:

John F. Kelly, PhD
Founder and Director, Recovery Research Institute
Program Director, Addiction Recovery Management Service (ARMS)
Associate Director, Center for Addiction Medicine
Massachusetts General Hospital
Elizabeth R. Spallin Associate Professor of Psychiatry in Addiction Medicine
Harvard Medical School

David H. Rubin, MD
Executive Director, Massachusetts General Hospital Psychiatry Academy
Director of Child and Adolescent Psychiatry Residency Training
Massachusetts General Hospital

Sarah E. Wakeman, MD
Medical Director for Substance Use Disorders
Center for Community Health Improvement
Massachusetts General Hospital
Instructor in Medicine
Harvard Medical School

Timothy E. Wilens, MD
Chief, Division of Child and Adolescent Psychiatry
Director, Center for Addiction Medicine
Massachusetts General Hospital
Associate Professor of Psychiatry
Harvard Medical School
WELCOME
Welcome to the Massachusetts General Hospital Psychiatry Academy’s Substance Use Disorders: A Comprehensive Review and Update course.

This conference provides updates in the latest innovations in science and a complete update across the entire spectrum of substance use disorders. The agenda’s high-impact sessions focus on all facets of substance use, from neuroscience and developmental perspectives all the way through recovery-oriented systems of care. Interactive panel discussions throughout the day will foster a dialogue with the course’s expert faculty, and ensure that you have the opportunity to find guidance on any clinical questions. Many of the program’s sessions will address complex topics that impact health care professionals across all disciplines and practice settings including, treating addiction as a chronic disease, managing complicated withdrawal, engaging nursing in addiction, management of marijuana addiction, innovative models of inpatient and outpatient care, motivational interviewing, and engaging young people with addiction.

Thank you for joining us at this important conference!

TARGET AUDIENCE
This program is intended for psychiatrists, primary care and family practice physicians, internal and general medicine physicians, psychologists, pharmacists, nursing professionals, and social workers.

COMPLIMENTARY BREAKFAST AND COFFEE BREAKS
Complimentary breakfast and coffee breaks will be available to course participants. Please note: lunch and dinner are not provided and are on your own.

EVALUATION FORMS/CME/CEU CERTIFICATES
Every participant needs to complete the activity evaluation online to claim CME/CEU credits for this course. Please refer to the Evaluation and CME Information document in this syllabus for more information. We strongly encourage you to complete the evaluation, even if you do not require a certificate. Your comments are important to us as we plan future programs. The link to claim credit is as follows: www.mghcme.org/substanceuse

QUESTIONS
Opportunity for questions will be provided at the end of each module during the panel discussion. Please write your questions on the index cards provided. Cards will be collected during the last 15 minutes of the lecture prior to the start of the panel discussion. Experience has shown that this method is preferable to that of spontaneous questions.

COPYRIGHT
The course materials and PowerPoint presentations are copyright protected by Massachusetts General Hospital, Department of Psychiatry, Division of Postgraduate Education, the faculty members and the appropriate authors. Videotaping and audiotaping are not allowed. Thank you for your cooperation.
CELLULAR TELEPHONES & PAGERS
During the lectures, we ask that you turn your cell phones and pagers to vibrate or off. We also ask that you do not talk on your cell phones inside the meeting room. Thank you for your cooperation.

CONTACT INFORMATION
For questions or comments, please contact MGH Psychiatry Academy member services at 866-644-7792 or mghcme@mgh.harvard.edu.

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

- Determine the best practices for treatment of substance use disorders
- Evaluate how to properly screen and diagnose substance use disorders
- Identify rational, evidence based pharmacologic and non-pharmacologic therapies for patients with substance use disorders
- Assess relative utility and strengths of innovative methods of inpatient and outpatient care
- Analyze the progression of the disease from childhood through adolescence
- Assess and treat patients with co-morbid substance use, mood disorders, ADHD, HEP C/HIV
- Determine how to manage complicated withdrawal
- Implement motivational interviewing, CBT and contingency management techniques when working with patients suffering from substance use disorders
- Analyze the effects of and interventions for marijuana and synthetics
- Identify the different approaches and challenges associated with opioid, alcohol, and nicotine treatment

ACCREDITATION
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of McLean Hospital and Massachusetts General Hospital. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians.

McLean Hospital designates this live activity for a maximum of 18.25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS
The Massachusetts General Hospital Department of Psychiatry is approved by the American Psychological Association to sponsor continuing education (CE) for psychologists. The Massachusetts General Hospital Department of Psychiatry maintains responsibility for this program and its content. This offering meets the criteria for 18.25 Continuing Education (CE) credits for psychologists.

REGISTERED NURSES
This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 18.25 contact hours of nursing continuing education credit. Advance practice nurses, please note: Educational activities which meet the requirements of the ACCME (such as this activity) count towards 50% of the nursing requirement for ANCC accreditation.

SOCIAL WORKERS
This program has been approved for 17.00 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D 71338.
AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP)
This Live activity, Substance Use Disorders: A Comprehensive Review and Update, with a beginning date of 02/14/2016, has been reviewed and is acceptable for up to 17.25 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMERICAN BOARD OF ADDICTION MEDICINE MOC PROGRAM
This course has been approved by the American Board of Addiction Medicine (ABAM). Physicians enrolled in the ABAM Maintenance of Certification (MOC) Program can apply a maximum of 18.25 AMA PRA Category 1 Credit(s) for completing the Substance Use Disorders: A Comprehensive Review and Update.

AMERICAN BOARD OF PSYCHIATRY & NEUROLOGY MOC PROGRAM
The American Board of Psychiatry and Neurology has reviewed Substance Use Disorders: A Comprehensive Review and Update and has approved this program as part of a comprehensive program, which is mandated by the ABMS as a necessary component of Maintenance of Certification.

Other CE Licenses: Other Providers can claim a Participation Certificate upon successful completion of this course. Participation Certificates will specify the title, location, type of activity, date of activity, and number of AMA PRA Category 1 Credits™ associated with the activity. Providers should check with their regulatory agencies to determine ways in which AMA PRA Category 1 Credits™ may or may not fulfill continuing education requirements. Providers should also consider saving copies of brochures, agenda, and other supporting documents.
# AGENDA

**SUNDAY, FEBRUARY 14, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:00 – 8:00 AM</td>
<td>Registration &amp; Continental Breakfast</td>
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<tr>
<td>8:00 – 8:10 AM</td>
<td>Welcome</td>
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<tr>
<td></td>
<td>David H. Rubin, MD</td>
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<tr>
<td>8:10 – 8:20 AM</td>
<td>Introduction</td>
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<td></td>
<td>John F. Kelly, PhD</td>
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<tr>
<td><strong>MODULE TOPIC 1: OVERVIEW</strong></td>
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<tr>
<td>8:20 – 8:40 AM</td>
<td>Epidemiology, Language and Stigma</td>
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<td>Laura G. Kehoe, MD, MPH</td>
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<td>8:40 - 9:00 AM</td>
<td>Diagnostic Considerations</td>
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<td>John F. Kelly, PhD</td>
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<tr>
<td>9:00 - 9:20 AM</td>
<td>Screening and Assessment</td>
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<td>Christopher J. Shaw, NP</td>
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<td>9:20 - 9:40 AM</td>
<td>Panel Discussion</td>
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<td>Moderator: John F. Kelly, PhD</td>
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<td>Panelists: Christopher J. Shaw, NP, Laura G. Kehoe, MD, MPH</td>
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<td>9:40 – 10:00 AM</td>
<td>Coffee Break</td>
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<td><strong>MODULE TOPIC 2: NEUROSCIENCE</strong></td>
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<td>10:00 – 10:20 AM</td>
<td>Neurobiology of Addiction</td>
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<td>Domenic A. Ciraulo, MD</td>
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<td>10:20 - 10:40 AM</td>
<td>Neurobiology of Alcohol</td>
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<td>Domenic A. Ciraulo, MD</td>
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<td>10:40 – 11:00 AM</td>
<td>Genetics of Substance Use Disorders</td>
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<td>Robert R. Althoff, MD, PhD</td>
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<td>11:00 – 11:40 AM</td>
<td>Panel Discussion</td>
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<td>Moderator: David H. Rubin, MD</td>
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<td>Panelists: Domenic A. Ciraulo, MD, Robert R. Althoff, MD, PhD</td>
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<td>11:40 – 1:00 PM</td>
<td>Lunch (on your own)</td>
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<td><strong>MODULE TOPIC 3: RECOVERY ORIENTED SYSTEMS OF CARE</strong></td>
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<tr>
<td>1:00 – 1:20 PM</td>
<td>In Concept: Recovery Oriented Systems of Care</td>
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<td>John F. Kelly, PhD</td>
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<td>1:20 – 1:40 PM</td>
<td>In Practice: Treating Addiction as a Chronic Disease</td>
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<td>Laura G. Kehoe, MD, MPH</td>
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1:40 – 2:20 PM  
**Panel Discussion**  
Moderator: David H. Rubin, MD  
Panelists: Laura G. Kehoe, MD, MPH, John F. Kelly, PhD  

2:20 – 2:40 PM  
**Coffee Break**  

**MODULE TOPIC 4: PHARMACOTHERAPY**  

2:40 – 3:00 PM  
**Nicotine**  
Domenic A. Ciraulo, MD  

3:00 – 3:20 PM  
**Opioids**  
Laura G. Kehoe, MD, MPH  

3:20 – 3:40 PM  
**Alcohol**  
Domenic A. Ciraulo, MD  

3:40- 4:00 PM  
**Panel Discussion**  
Moderator: David H. Rubin, MD  
Panelists: Domenic A. Ciraulo, MD, Laura G. Kehoe, MD, MPH  

4:00 PM  
**Adjourn**
MONDAY, FEBRUARY 15, 2016

7:00 - 8:00 AM Continental Breakfast

8:00 – 8:20 AM Introduction
John F. Kelly, PhD

MODULE TOPIC 5: DEVELOPMENTAL PERSPECTIVES

8:20 – 8:40 AM Childhood Precursors
Robert R. Althoff, MD, PhD

8:40 – 9:00 AM Adolescence
Timothy E. Wilens, MD

9:00 - 9:20 AM Early Adulthood
Paola Pedrelli, PhD

9:20 – 10:00 AM Panel Discussion
Moderator: Timothy E. Wilens, MD
Panelists: Paola Pedrelli, PhD, Robert R. Althoff, MD, PhD

10:00 – 10:20 AM Coffee Break

MODULE TOPIC 6: COMORBIDITY

10:20 – 10:40 AM Mood Disorders
Shamim H. Nejad, MD

10:40 – 11:00 AM ADHD
Timothy E. Wilens, MD

11:00 – 11:20 AM HEP C/HIV
James A. Morrill, MD, PhD

11:20 – 12:00 PM Panel Discussion
Moderator: Timothy E. Wilens, MD
Panelists: Shamim H. Nejad, MD, James A. Morrill, MD, PhD

12:00 – 1:00 PM Lunch (on your own)

MODULE TOPIC 7: INPATIENT CARE

1:00 – 1:20 PM Withdrawal
Shamim H. Nejad, MD

1:20 – 1:40 PM Overcoming Barriers to Inpatient Care of Addiction
James A. Morrill, MD, PhD

1:40 – 2:00 PM Addiction Consultation: Engaging Nursing in Addiction Care
Christopher J. Shaw, NP
2:00 – 2:40 PM  
**Panel Discussion**  
Moderator: James A. Morrill, MD, PhD  
Panelists: Shamim H. Nejad, MD, Christopher J. Shaw, NP

2:40 – 3:00 PM  
**Coffee Break**

**MODULE TOPIC 8: ALCOHOL**

3:00 – 3:20 PM  
**Managing Binge Drinking In College Students**  
Paola Pedrelli, PhD

3:20 – 3:40 PM  
**Self-Help Treatments**  
John F. Kelly, PhD

3:40 – 4:00 PM  
**Managing Complicated Withdrawal**  
Shamim H. Nejad, MD

4:00 – 4:40 PM  
**Panel Discussion**  
Moderator: Shamim H. Nejad, MD  
Panelists: John F. Kelly, PhD, Paola Pedrelli, PhD

4:40 PM  
**Adjourn**
TUESDAY, FEBRUARY 16, 2016

7:00 – 8:00 AM  Continental Breakfast

8:00 – 8:20 AM  Introduction
Timothy E. Wilens, MD

MODULE TOPIC 9: MARIJUANA AND SYNTHETICS- LEGAL AND ILLEGAL

8:20 – 8:40 AM  Medical Marijuana
Timothy E. Wilens, MD

8:40 – 9:00 AM  Management of MJ Addiction
Martha T. Kane, PhD

9:00 - 9:20 AM  Synthetics: K2, Spice, Bath Salts
Timothy E. Wilens, MD

9:20 – 10:00 AM  Panel Discussion
Moderator: David H. Rubin, MD
Panelists: Timothy E. Wilens, MD, Martha T. Kane, PhD

10:00 – 10:20 AM  Coffee Break

MODULE TOPIC 10: INNOVATIVE MODELS OF OUTPATIENT CARE

10:20 – 10:40 AM  Engaging Parents of Young People with Addiction
Martha T. Kane, PhD

10:40 – 11:00 AM  Engaging Young People with Addiction
James W. McKowen, PhD

11:00- 11:40 AM  Panel Discussion
Moderator: Timothy E. Wilens, MD
Panelists: Martha T. Kane, PhD, James W. McKowen, PhD

11:40– 12:40 PM  Lunch (on your own)

MODULE TOPIC 11: EVIDENCE-INFORMED PRACTICES

12:40 – 1:00 PM  Motivational Interviewing
Martha T. Kane, PhD

1:00 – 1:20 PM  CBT
James W. McKowen, PhD

1:20 – 1:40 PM  Contingency Management
Robert R. Althoff, MD, PhD

1:40 – 2:00 PM  Trauma-informed Care
Martha T. Kane, PhD
Panel Discussion
Moderator: Martha T. Kane, PhD
Panelists: Robert R. Althoff, MD, PhD, James W. McKown, PhD

Adjourn

Thank you for attending! We hope to see you next time!
FACULTY

Course Directors:

John F. Kelly, PhD
Founder and Director, Recovery Research Institute
Program Director, Addiction Recovery Management Service (ARMS)
Associate Director, Center for Addiction Medicine
Massachusetts General Hospital
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Instructor in Medicine
Harvard Medical School

Timothy E. Wilens, MD
Chief, Division of Child and Adolescent Psychiatry
Director, Center for Addiction Medicine
Massachusetts General Hospital
Associate Professor of Psychiatry
Harvard Medical School

Faculty:

Robert R. Althoff, MD, PhD
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Psychology and Pediatrics
Director, Division of Behavioral Genetics
Vermont Center for Children, Youth, & Families
University of Vermont College of Medicine

James A. Morrill, MD, PhD
Associate Physician
Massachusetts General Hospital
Chief, Adult Medicine Unit
MGH Charlestown HealthCare Center

G. N. Nejad, MD
Director, MGH Burns & Trauma
Psychiatry Consultation
Chief, MGH Addiction Consultation Team
Massachusetts General Hospital

Martha T. Kane, PhD
Clinical Director, Center for Addiction Medicine
Co-Founder and Director, Addiction Recovery Management Service
Associate Director, Ambulatory Psychiatry
Massachusetts General Hospital

Shamim H. Nejad, MD
Director, MGH Burns & Trauma
Psychiatry Consultation
Medical Director, MGH Addiction Consultation Team
Massachusetts General Hospital

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Massachusetts General Hospital
Assistant Professor of Medicine
Harvard Medical School

Paola Pedrelli, PhD
Director, Dual Diagnoses Studies
Assistant in Psychology
Massachusetts General Hospital

James W. McKowen, PhD
Program Director, Addiction Recovery Management Service
Assistant in Psychology
Massachusetts General Hospital

Sarah E. Wakeman, MD
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Harvard Medical School
FACULTY DISCLOSURE STATEMENTS

In accord with the disclosure policy of McLean Hospital as well as guidelines set forth by the Accreditation Council on Continuing Medical Education, speakers have been asked to disclose any relationship they have to companies producing pharmaceuticals, medical equipment, devices, etc. that might be germane to the content of their lectures. Such disclosure is not intended to suggest or condone bias in any presentation, but is elicited to provide participants with information that might be of potential importance to their evaluation of a given talk. In addition, faculty have been asked to describe any “off label” uses of pharmaceutical products and devices.

1. The following speakers and/or planners and/or their spouses/partners have reported no relevant financial relationship with a commercial interest:

   **Planners:**
   - James Althoff, MD (Reviewer)
   - David H. Rubin, MD (Reviewer/ Speaker)
   - Jane Pimental, MPH
   - Sarah E. Wakeman, MD

   **Speakers:**
   - Domenic A. Ciraulo, MD
   - Martha T. Kane, PhD
   - John F. Kelly, PhD
   - James W. McKowen, PhD
   - James A. Morrill, MD
   - Shamim H. Nejad, MD
   - Paola Pedrelli, PhD
   - Christopher J. Shaw, NP

2. The following speakers and/or planners and/or their spouses/partners have reported relevant financial relationships with commercial interests:

   **Robert R. Althoff, MD, PhD**
   - **Research Support:** NIMH, Klingenstein Third Generation Foundation, NIGMS.
   - **Salary/Research Support:** Research Center for Children, Youth, and Families (non-profit) which publishes the ASEBA family of instruments.

   **Laura G. Kehoe, MD, MPH**
   - **Speaker Honoraria:** Reckitt Benckiser

   **Timothy E. Wilens, MD**
   - **Grant Support and Consultant:** NIH NIDA
   - **Licensing Agreement:** Dr. Wilens is co/owner of a copyrighted diagnostic questionnaire Before School Functioning Questionnaire (BSFQ). Dr. Wilens has a licensing agreement with Ironshore BSFQ Questionnaire.

RESOLUTION OF CONFLICT OF INTEREST (COI)

McLean Hospital has implemented a process to resolve COI for each CME activity. In order to help ensure content objectivity, independence, fair balance and ensure that the content is aligned with the interest of the public, McLean Hospital has resolved the conflict by External Content Review.

* “Something of value” refers to an equity position, receipt of royalties, consultanship, funding by a research grant, receiving honoraria for educational services elsewhere, or to any other relationship to a company that provides sufficient reason for disclosure, in keeping with the spirit of the stated policy.
PLEASE NOTE THAT THIS IS NOT THE OFFICIAL PROGRAM EVALUATION

Substance Use Disorders: A Comprehensive Review and Update

Use this page to take notes on the speakers for their presentations. Evaluations will be available for completion online at mghcme.org/substanceuse

Rating scale: 1 = Strongly Disagree, 2 = Disagree, 3 = Agree, 4 = Strongly Agree.

<table>
<thead>
<tr>
<th>Talk Time and Speaker</th>
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The quality of the following presentations met or exceeded my expectations:

**Sunday, February 14, 2016**

**Module Topic – Overview**

8:20am – Laura G. Kehoe, MD, MPH  
8:40am – John F. Kelly, PhD  
9:00am – Christopher J. Shaw, NP  
9:20am – Panel Discussion

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**Module Topic – Neuroscience**

10:00am – Domenic A. Ciraulo, MD  
10:20am – Domenic A. Ciraulo, MD  
10:40am – Robert R. Althoff, MD, PhD  
11:00am – Panel Discussion

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**Module Topic – Recovery Oriented Systems of Care**

1:00pm – John F. Kelly, PhD  
1:20pm – Laura G. Kehoe, MD, MPH  
1:40pm – Panel Discussion

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MGHCME.org
### Module Topic – Pharmacotherapy

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<td>2:40pm</td>
<td>Domenic A. Ciraulo, MD</td>
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<td>3:00pm</td>
<td>Laura G. Kehoe, MD, MPH</td>
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<td>Domenic A. Ciraulo, MD</td>
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#### Monday, February 15, 2016

### Module Topic – Developmental Perspectives

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<tr>
<td>8:20am</td>
<td>Robert R. Althoff, MD, PhD</td>
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<td>8:40am</td>
<td>Timothy E. Wilens, MD</td>
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<td>9:00am</td>
<td>Paola Pedrelli, PhD</td>
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### Module Topic – Comorbidity

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<td>11:00am</td>
<td>James A. Morrill, MD, PhD</td>
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### Module Topic – Inpatient Care

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<td>1:40pm</td>
<td>Christopher J. Shaw, NP</td>
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### Module Topic – Alcohol

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<tr>
<td>3:40pm</td>
<td>Shamim H. Nejad, MD</td>
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<tr>
<td>4:00pm</td>
<td>Panel Discussion</td>
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Tuesday, February 16, 2016

Module Topic – Marijuana and Synthetics - Legal and Illegal
8:20am – Timothy E. Wilens, MD 1 2 3 4
8:40am – Martha T. Kane, PhD 1 2 3 4
9:00am – Timothy E. Wilens, MD 1 2 3 4
9:20am – Panel Discussion 1 2 3 4

Module Topic – Innovative Models of Outpatient Care
10:20am – Martha T. Kane, PhD 1 2 3 4
10:40am – James W. McKowen, PhD 1 2 3 4
11:00am – Panel Discussion 1 2 3 4

Module Topic – Evidence-informed Practices
12:40pm – Martha T. Kane, PhD 1 2 3 4
1:00pm – James W. McKowen, PhD 1 2 3 4
1:20pm – Robert R. Althoff, MD, PhD 1 2 3 4
1:40pm – Martha T. Kane, PhD 1 2 3 4
2:00pm – Panel Discussion 1 2 3 4

** Complete the course evaluation in full online at mghcme.org/substanceuse**
Three Steps to Claiming your CME Credit...

1: Visit www.mghcme.org/substanceuse and click on the orange ‘Register’ button.

2: Enter your ‘Academy Login’ username and password then click the ‘Login’ button. If you have forgotten your password, please click the ‘Reset Your Password?’ button. Once logged in, select your certificate type.

3: Click on the ‘Evaluation’ button. Once you have completed your evaluation, and attested to the number of sessions you attended, your certificate will be generated. You should claim only the credit commensurate with the extent of your participation in the activity. Complete the evaluation and claim your credit by March 14, 2016.
How to reset your password...

Please visit www.mghcme.org/reset and enter the email address that you used to set up your account, and then click Submit. You will receive an email with instructions to reset your password. The email will also include your username. If you do not receive an email within 2-3 minutes, please check your Spam/Junk Mail folder. After resetting your password, return to the activity, enter your login information, and you will be able to complete the evaluation and claim your credit!