

# **Bipolar Spectrum Disorders in Youth (MC96)**

**Thursday, October 15, 2015**

**8:30 a.m. to 4:15 p.m.**

**University Club**

**Pittsburgh (Oakland Section), Pennsylvania**

This conference conducted by the Child and Adolescent Bipolar Spectrum Services (CABS) of WPIC will focus on the assessment, differential diagnosis, and treatment of bipolar spectrum disorders in youth. Early and correct diagnosis is critical in youth with mood dysregulation; however, it can often take up to ten years to identify and treat bipolar disorders. During the meeting, faculty from CABS will cover various topics including high risk populations, assessment methods, early diagnosis, psychosocial and medication interventions, and management of bipolar spectrum disorders in youth.

**KEYNOTE: Does Bipolar Disorder Exist in Youth?**

**Boris Birmaher, MD**

**Professor of Psychiatry**

**Endowed Chair in Early Onset Bipolar Disease**

**University of Pittsburgh School of Medicine**

**Director, Child and Adolescent Bipolar Spectrum Services (CABS)**

**Western Psychiatric Institute and Clinic of UPMC**

## **ADDITIONAL PRESENTATIONS**

**Differential Diagnosis in Youth with Bipolar Spectrum Disorders**

***Rasim Somer Diler, MD***

**Psychosocial Strategies that Can Help Youth with Bipolar Spectrum Disorders**

***Tina Goldstein, PhD***

## **BREAKOUT SESSIONS**

- **Family Interventions for Youth with Bipolar Spectrum Disorders-***Amy Schlonski, LCSW, BCD and Tim Winbush, LCSW*
- **Assessment and Monitoring of Youth with Bipolar Spectrum Disorders-***Christine Hoover, RN, MSN and Sue Wassick, RN*
- **Key Elements of Individual Therapies for Youth with Bipolar Spectrum Disorders-***Rachel Fersch-Podrat, LCSW and Nina Hotkowsky, LCSW*
- **Medications for Children with Bipolar Spectrum Disorders-***Danella Hafeman, MD, PhD and Dara Sakolsky, MD, PhD*

Details can be found on the website, <http://www.wpic.pitt.edu/oerp/conferences>

**For additional information or to receive a brochure, please contact Nancy Mundy at [mundynl@upmc.edu](mailto:mundynl@upmc.edu) or (412) 204-9090.**

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