

## Student Mental Health: High School, College, and Beyond

**May 11, 2019**  
**8:00 am - 12:30 pm**

► **Registration Link:**

[cme.utsouthwestern.edu/rp1907a-051119](http://cme.utsouthwestern.edu/rp1907a-051119)

Student Diversity

Transition

Social Emotional Learning

Interventions

Psychiatric Care

Crisis Management

This program is open to providers who screen, treat, and/or refer for student mental health services within high school, college, and graduate environments. During this activity, the focus will be primarily on mental health issues that commonly arise in this context.

Speakers will address the importance of the transition period, collaborating within and outside of systems to improve student mental health care, and recognizing unique needs of various student populations. Case vignettes will be used throughout to illustrate these issues in real-world settings.

### Event Location

UT Southwestern Medical Center

"D" Lecture Hall Building - D1.700

5323 Harry Hines Blvd

Dallas, TX 75390

Phone: 214.648.2166

[cmeregistrations@utsouthwestern.edu](mailto:cmeregistrations@utsouthwestern.edu)



## AGENDA

<b>7:30-8</b>	<b>Coffee, Light Breakfast, &amp; Registration</b>	
8-8:15	Introduction: Student Mental Health	Laura Howe-Martin, PhD
8:15-8:45	The Importance of Transition	Preston Wiles, MD
8:45-9:30	The Crossroads between Social Emotional Learning & Mental Health Treatment	Jennifer Hughes, PhD, MPH
<b>9:30 - 9:45</b>	<b>BREAK</b>	
9:45-10:30	Unique Needs for Minority and First Generation Students in Higher Education	Jessica Moore, MD
10:30-11:15	Psychiatric Challenges: Base Rates & Referral Red Flags	Timothy Wolff, MD
<b>11:15-11:30</b>	<b>BREAK</b>	
11:30-12:15	Psychiatric Emergencies: Hospitalization 101 & Building Relationships with Local Hospitals	Robert Kinney, PhD
12:15-12:30	Conclusion and Self-Assessment	Laura Howe-Martin, PhD



## OBJECTIVES

- Identify at least two challenges to successful transition from high school to college.
- Summarize at least three ways social-emotional learning programs can interface with existing mental health services.
- Recognize the importance of creating partnerships with other organizations and institutions to improve overall mental health care options.
- Explain at least one situation that would reflect a need for psychiatric treatment referral.
- Identify at least two needs that are unique to minority and/or first generation students in higher education.



## CREDIT DESIGNATION

### Accreditation

The University of Texas Southwestern Medical Center is accredited by the **Accreditation Council for Continuing Medical Education (ACCME)** to provide continuing medical education for physicians.

The University of Texas Southwestern Medical Center designates this live activity for a maximum of **4.0 AMA PRA Category 1 Credit(s)<sup>TM</sup>**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

UT Southwestern Medical Center can provide professional development per the Texas State Board of Examiners of Psychologists per TSBE rule 461.11. This activity is designated for 4.0 hours of professional development. *Please Note: Texas State Board of Examiners of Psychologists does not pre-approve professional development credit. It is therefore the responsibility of the licensee to submit their attendance certificate and associated materials to the Texas State Board of Examiners of Psychologists for consideration of credit toward licensure renewal as applicable.*

UT Southwestern Medical Center has automatic status as an approved provider of continuing education credits for social workers per the Texas State Board of Social Work Examiners rule 781.511(c). This activity is designated for 4.0 hours of continuing education. *Please Note: Regarding entities that receive automatic status as approved providers under this section, the Texas State Board of Social Work Examiners will not provide documentation of board-approved status nor will the board include such entities in its roster of board-approved providers.*



## SPEAKER BIOGRAPHIES

### Course Director:

#### **Laura Howe-Martin, PhD**

Associate Professor at UT Southwestern Medical Center, and Director of Continuing Education in the Department of Psychiatry

**Jennifer Hughes, PhD, MPH.** Jennifer L. Hughes, Ph.D., M.P.H., is an Assistant Professor and Licensed Psychologist at the UT Southwestern Center for Depression Research and Clinical Care (CDRC). She is the head of the CDRC Risk and Resilience Network, which aims to build partnerships with local schools and youth community organizations to implement mental health promotion and suicide prevention programs, as well as to work together to better understand resilience and risk in youth. Dr. Hughes is currently on the Executive Board of the American Psychological Association Division 53 Society of Clinical Child and Adolescent Psychology (SCCAP) and serves as the Past-Chair of the Association for Behavioral and Cognitive Therapies (ABCT) Child and Adolescent Depression Special Interest Group (SIG). Broadly, Dr. Hughes' research explores the efficacy and effectiveness of psychosocial treatments for building resilience, the prevention and treatment of youth depression, and addressing suicide in youth.

**Robert Kinney, PhD.** Robert Kinney, Ph.D. works in the UT Southwestern Center for Depression Research and Clinical Care (CDRC), and teaches in the division of psychology. Dr. Kinney leads the CDRC Mood Disorders Network. This Network aims to create and maintain partnerships with primary care and specialty clinics with the goals of identifying and treating mental health concerns, as well as garnering understanding of mood disorders. Dr. Kinney holds a doctorate in counseling psychology from Seton Hall University as well as an MA in Mental Health and Wellness from New York University. His experience includes the APA accredited Student Counseling Center at UT Dallas, community mental health, university health centers, hospitals, and outpatient practice. His areas of expertise include depression, mood disorders, risk assessment, psychodynamics, and lifespan development.

**Jessica Moore, MD.** Jessica Moore, MD is a second year child and adolescent psychiatry fellow at UT Southwestern (UTSW) Medical Center in Dallas, Texas. Dr. Moore served as one of the psychiatry chief residents during both residency and fellowship. She is the co-founder of the UTSW Psychiatry Race, Diversity and Inclusion task force. During residency, Dr. Moore helped develop an initiative at Paul Quinn College to provide and engage students in mental health and wellness services. She also serves on the American Academy of Child and Adolescent Psychiatry's (AACAP) College Mental Health and Transitional Age Youth Committee. Dr. Moore has presented at several national meetings on topics of diversity in college mental health and wrote on book chapter on helping first-generation college students with mental health disorders succeed.

**Preston Wiles, MD.** Dr. Wiles is the Drs. Anne and George Race Professor of Student Psychiatry at UT Southwestern Medical Center and Director of Student Wellness and Counseling program there. He completed his residency in Psychiatry at Harvard and Yale Medical Schools. Dr. Wiles served on the clinical faculty at Yale Medical School since 1992, teaching medical students, residents, and fellows in the areas of child development, psychopharmacology, and children and the law. He was a guest lecturer at Yale Law School and was elected Fellow at Branford College at Yale, where he served as a freshman advisor at Yale College. Dr. Wiles is a recognized expert in the treatment of young people with neuropsychiatric disorders including autism spectrum disorders, ADHD, and learning disability.

**Timothy Wolff, MD.** Dr. Timothy Wolff is a professor of psychiatry at UT Southwestern. He is the Medical Director of the Paul Quinn College Student Wellness and Counseling Service, Assistant Medical Director of the Parkland Psychiatric Outpatient Clinic, and Associate Residency Training Director for the general adult psychiatry residency program at U.T. Southwestern. He has been a staff psychiatrist for the UT Southwestern Student Wellness and Counseling Service for over 30 years. His undergraduate degree was from Brown University and medical degree from U.T. Southwestern. He did his residency at Baylor College of Medicine where he also worked at Rice University Student Mental Health for 6 months.



**DRIVING DIRECTIONS**  
**5323 Harry Hines Blvd**  
**"D" building—D1.700**

*\*Note—The UT MBA Program is also taking place on the same weekend in the same area of campus. Please arrive early to ensure parking.*

- ♦ From Harry Hines Blvd, turn West onto Senator Kay Bailey Hutchinson Drive
- ♦ Turn right after the Info Booth
- ♦ Either turn left into the Faculty Garage (park in any space that is not reserved) or park in the Visitor Parking, Lot 7
- ♦ Walk across the Donald Seldin Plaza, down the stairs next to the Visitor Information Center, and into the D Building

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