

49th MEMA
Mental Health across the Lifespan
American University of Beirut
April 19 – 22, 2018

Program

Thursday April 19th, 2018

❖ **Issam Fares Lecture Hall**

Mental Health and Conflict

Moderators: Dr. Yousef Shahin and Dr. Michael Clinton

11:20 – 11:40 Mental Health and Human Rights
Saths Cooper, MD

11:40 - 12:00 In the shoes of refugees: psychosocial context and mental health
consequence
Levent Kuey, MD

12:00 - 12:20 Holistic model of care for weapon wounded and PRP patients: The
role of a MH professional in adherence to treatment and
rehabilitation
Ms. Yasmine Tayba

12:20 – 12:35 BREAK

Moderators: Dr. Yousef Shahin and Dr. Michael Clinton

12:35 - 12:55 From the Child to the Family: Supporting Refugee Children's Mental
Health by Through Parent-Focused interventions
Kenneth Miller, PhD

12:55 - 13:10 MSF experience in providing care to victims of torture along the
migration route
Gianfranco De Maio, MD

13:10 - 13:25 Psychological Consequences of Ambiguous Loss
Roubina Tahmazian, MA

13:25 – 13:40 Providing key community actors with MHPSS tools to reinforce their
helping role during humanitarian crisis
Carla Uriarte, PhD

13:40 - 14:00 Weaving the fabric of resilient Levantine wellness: Integrating strongest bio-, psycho-, and social threads
William Slaughter, MD, MA

14:00 – 14:20 BREAK

Sleep and Mental Health

Moderators: Dr. Pierre Bou Khalil and Dr. George Juvelekian

14:20 – 15:00 Khalil Abu Faisal Memorial Lecture: Sleep: A forgotten pathway to resilience and mental health
Anne Germain, PhD

15:00 - 15:20 Sleep Disorders in psychiatric inpatients
Farid Talih, MD

15:20 - 15:40 Cognitive and emotional disturbances of patients with obstructive sleep apnea
Ahmad Husari, MD

15:40 - 16:00 Sleep Disorders in patients with headache
Emad Estemalik, MD

16:00 – 16:20 Sleep habits and disorders in greater Beirut
Hasan Chami, MD

17:30 – 18:30 OPENING CEREMONY in Issam Fares Lecture Hall

❖ Hisham Jaroudi Auditorium

Live Webinar

Moderator: Ms. Nour Kik

10:45 – 11:30 Hidden Burdens of Conflict – Mental Health Challenges in the
Lebanese Health System
Rabih Chammay, MD

Brain Health in 2017 and Beyond: Prevention, Care and a Hopeful Cure

Moderators: Dr. Samir Atweh and Dr. Ziad Nahas

11:30 - 12:00 Attachment and neuroinflammation: Where it all starts in the brain
Gregory Fricchione, MD, MPH

12:00 - 12:30 Neuroinflammation across the spectrum of neuropsychiatric disease:
Cases, pathophysiology and treatment
Rani Sarkis, MD, MSc and Zeina Chemali, MD, MPH

12:30 - 12:50 When two storms collide: seizures in neurodegenerative conditions
Rani Sarkis, MD, MSc

12:50 -13:10 Gender differences in Alzheimer’s disease: One size does not fit all
Diler Acar, MD

13:10 - 13:40 Non-motor symptoms of Motor Neuron Disease and other Dementias
Johnny Salameh, MD

13:40 - 14:00 “When it looks like depression but it ain’t”: Sounding Board in Early
Onset Dementia
Zeina Chemali, MD, MPH

14:00 - 14:45 BREAK

**14:45 – 15:30 Khalil Abu Feisal Memorial Lecture in Issam Fares Lecture Hall: Sleep:
A forgotten pathway to resilience and mental health**
Anne Germain, PhD

Mental Health in the Workplace

Moderators: Dr. Steve Harvey and Dr. Carine Sakr

15:30 – 15:50 The multilevel model of workers' mental health: A framework for
understanding the problem in a global perspective
Alain Marchand, PhD

15:50 – 16:10 Burnout among university faculty members
Monique Chaaya, PhD

- 16:10 – 16:20 Burnout among medical staff
Farid Talih, MD
- 16:20 – 16:40 Successful health and stress management practices to prevent mental health problems in the workplace: What we have learned from the Salveo Study
Alain Marchand, PhD
- 16:40 – 17:10 How to preserve mental health of the staff working in difficult circumstances: The last years of MSF experience
Barbara Laumont, MA
- 17:10 – 17:30 Substance use and mental health in the workplace: Screening, Brief Intervention, and Referral to Treatment
Nour Alayan, PhD, RN
- 17:30 – 18:30 OPENING CEREMONY in Issam Fares Lecture Hall**

❖ Jaber Sawaya

09:00 – 11:00 Workshop: CHILD ABUSE: How to recognize it and what to do with it? (1)

Workshop leaders: Rasha Sawaya MD; Marianne Majdalani MD

Workshop facilitators: Leila Dirani, PhD; Aida Habbal, RN

Description: Child abuse whether it be physical, sexual, verbal or child neglect is serious and in some instances requires immediate intervention. Medical providers are often the first line of encounter with these children. Yet it remains a challenge to recognize abused children, and even more daunting knowing what to do when the suspicion of abuse is raised.

Objectives:

This workshop aims to help medical providers recognize the signs and symptoms of child abuse, and to know what next steps to take. Specifically, by the end of the workshop, the attendee will be able to:

1. Recognize the signs and symptoms of child abuse in a medical setting.
2. Understand the referral system (medical, social and legal) available in Lebanon for children with suspected child abuse.
3. Know his/her legal rights and the child's legal rights in such situations.

Format: The above goals will be reached through 2 parts:

1. An interactive, small group, case based discussion highlighting the different types of abuse encountered
2. A round table discussion with leaders in the field including a social worker from UPEL, a representative from the Lebanese Security Forces, a child psychologist/psychiatrist and a judge or prosecutor working with juvenile cases of abuse.

Target Audience: Participation is open to physicians/nurses/social workers

Minimum/maximum number of participants: 10/20

Mental Health and Technology

Moderator: Dr. Ghassan Hamadeh

16:20 - 16:50 From Virtual Reality Therapy to Artificial Intelligence Therapy: The Telepsychiatry Revolution

Elias Abou Jaoude, MD, MA

16:50 – 17:10 Technology Applications in Child Mental Health: School Mental Health as an Example

Hesham Hamoda, MD, MPH

17:10 – 17:30 Apps in healthcare: What does the clinician need to know

Nidal Moukaddam, MD, PhD

❖ ACC building Multipurpose Room 1

09:00 – 11:00 Workshop: Mental Health in Palliative Care (2)

Moderator: Dr. Hiba Osman

Speakers:

- Dignity Therapy – Dr. Micheal Khoury
- Diagnosing depression in the seriously ill – Dr. Ziad Nahhas
- Grief and bereavement – Ms. Joelle Bassila
- The experience of caregivers – Dr. Monique Chaya

Overview: This workshop will explore mental health topics related to patients, their family members and their caregivers in the setting of serious illness.

Objectives:

1. To initiate a dialogue about common issues related to mental health in palliative care among health care providers working in the field
2. To introduce interventions and tools that providers can use to reduce the burden of suffering in patients and families with serious illness
3. To raise awareness about the experience of family members and caregivers in the setting of serious illness and explore ways the health care team can support them

Target audience: Physicians and medical students, nurses and nursing students, social workers and students, and psychologist and students.

Minimum/Maximum number of participants: 15/60

❖ ACC building Multipurpose Room 1

11:30 – 13:30 Motivational Interviewing: An empirically-based humanistic journey to improve health (3)

Dr. Antoine Douaihy

Overview: Lifestyle choices and chronic conditions are now the biggest threats to public health and sustainable health care costs. Motivational Interviewing (MI) is a collaborative, goal-oriented style of communication with a particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion" (Miller & Rollnick, 2013). MI is an empirically supported practice for a wide variety of patients and conditions that originated in the drug and alcohol field. However, there are now more than 300 clinical trials that showed its efficacy and effectiveness in a wide range of culturally diverse populations and for a wide variety of target behaviors in the context of chronic medical problems, psychiatric disorders, medication adherence, diet and exercise, smoking cessation, treatment engagement and adherence, etc.

Continuing Medical Education Office

This workshop will provide participants with a strong understanding of the Spirit of MI and a core foundation of the basic skills. It is appropriate for all helping professionals who are working with people to make and sustain healthy behavioral changes: mental health professionals, physicians, nurses, psychiatrists, psychologists, social workers, counselors, health coaches/educators, dieticians, physician assistants, life coaches, etc. This workshop is appropriate for those with a minimal understanding of MI.

Objectives: Participants will

- Become familiar with the empirical support for MI.
- Understand and demonstrate the spirit of MI.
- Become familiar through practice and role play with the core skills of MI

Format of the workshop: 30 minutes of didactic (and questions), followed by a short break and then role-play and other activities incorporated with the didactic piece. I will be demonstrating some of the skills and strategies of MI. Activities include camera-man, reflections, OARS response to change and non-change statements, and a group interactive role play.

Minimum/maximum number of participants: 30/50

❖ **ACC building Multipurpose Room 1**

15:30-17:00 Round Table Discussion: Media, Ethics and Mental Health

Moderator: *Leyla Akoury Dirani, PhD*

Guests: Thalia Arawi, PhD, Sami Richa, MD, Ms. Nada Merhi, Ms. Samia Nakhoul and Ms. Riwa Al Atrash

Mental health topics and mental illnesses descriptions and treatments are increasingly easily accessible to the large public through all media channels, being TV, social media, press, billboards. The aim of this round table discussion is to open the conversation about the opportunities and the ethical challenges this amazing tool presents. Sequences of movies and news bulletins will be projected, followed by the comments of our guests.

❖ **ACC building Multipurpose Room 2**

09:00 – 13:00 Workshop: Crisis prevention and intervention (4)

Ms. Saydeh Hammouch

Overview: A crisis situation is where “violence and aggression behaviors or actions that can result in harm, hurt or injury to another person, regardless of whether the violence or aggression is behaviorally or verbally expressed”, (NICE guidelines, 2015).

The national institute for health and care excellence estimated the prevalence of crisis situation or aggression in the healthcare workplace constitutes around 25% (Iennaco et al., 2013).

Therefore the need of having a crisis intervention and prevention program workshop emerged. The workshop will provide skills and techniques in how best to handle an escalating situation.

The crisis prevention and intervention program is given to all professionals dealing with customers including but not limited to medical staff and health care provider, in order to maintain professionalism and safety in the working environment. These techniques will provide staff with the needed tools to defuse escalating behaviors and to provide safety measures to all parties who are involved in a crisis situation. Participant number can range between 5 to 20 individuals in each group.

Objectives: The main objective of this training program is to provide evidence based care and safety grounded interventions to health care providers, to appropriately defuse a crisis situation while maintaining safety and dignity for both customers and staff. Moreover, this program will provide necessary skills for:

- Effective communication
- Appropriate emotional detachment
- Effective ways in approaching an acting out person, and
- Non-harmful strategies when handling an individual in a crisis situation.

This program will guide health care providers in effectively responding to a crisis and assertively keep limits and boundaries when dealing with service users. Implementing the crisis prevention strategies has been effective in reducing the frequency and severity of the clients' disruptive and dangerous situations, and increasing employee confidence and morale (CPI, training program, 2009).

Program:

Part 1 (120min)

1. Overview: Crisis development model
2. Nonverbal Behavior: Nonverbal behavior are important in defusing a crisis situation, this part will illustrate how space and body posture will affect our anxiety level.
 - a. Proxemics (space game)
 - b. Kinesics (Motion invading space, and the L shape stance, how our gestures can increase or decrease the other response)
3. Paraverbal Communication: this part will explain the importance of not only what we say during a crisis but how we say it
 - a. Definition and exercise (what we say and how we say it, state one sentence in different tonality?)
4. Verbal Intervention during an escalation continuum
 - a. Verbal intervention techniques
 - b. Setting limits
 - c. Empathetic listening
5. Rational Detachment, Integrated Experience (balloon exercise, perfect client, booklet)
 - a. Controllable factors to avoid a crisis

6. Staff Fear and Anxiety (dividing the group some will yell observe others response)
 - a. Brief definition of fear and anxiety symptoms

Part 2 (120min):

7. CPI's personal safety Techniques
 - a. Safety rules
 - b. Personal safety demonstration and practice
8. Nonviolent Physical Crisis Intervention and Team Intervention
 - a. Nonviolent physical crisis intervention demonstration and practice

Teaching Methods: The teaching methods used will be power point presentation, white board, role-play exercise, group discussion, and return demonstration.

Friday April 20th, 2018

❖ **Issam Fares Lecture Hall**

School Mental Health

Moderators: Dr. Vivian Khamis and Dr. Alissar Rady

09:00 - 09:30 Building emotional resilience in Lebanese youth within schools
Fadi Maalouf, MD

09:30 - 09:50 Expanding Youth Mental Health Care Access: Lesson from a School-based Study in Haiti
Anne Becker, MD, PhD

09:50 - 10:10 The long-term impact of being bullied in childhood and adolescence.
Louise Aresenault, PhD

10:10 - 10:30 Predictors of mental health problems among adolescents in Saudi Arabia: Time to promote adolescent mental health and wellbeing
Fadia Al Buhairan, MD

10:30 - 10:40 Q&A

Moderator: Dr. Liliane Ghandour

10:40 – 11:30 Panel discussion on challenges and opportunities to implement school-based mental health interventions
Mr. Fadi Yarak, Rima Nakkash, DrPH and Ms. Thuraya Ismail

11:30 - 12:00 BREAK

College Mental Health

Moderators: Dr. Fadi Maalouf and Dr. Talal Nezameddin

12:00 – 12:10 College mental Health: A President's Perspective
Fadlo Khuri, MD

12:10 - 12:30 Student Mental Health and Counseling Service Practice in U.S. Higher Education
Gregory Eells, PhD

12:30 - 12:50 Substance use in college students: What do we know, why does it matter?
Lilian Ghandour, PhD

12:50 - 13:10 Building from the ground up: Key concepts for establishing mental health services on a university campus.
Holly Harmon, MSW

Moderator: Dr. Fadi Maalouf

13:10 - 14:00 Panel Discussion: College Mental health services: What works, what doesn't
Holly Harmon, Gregory Eells, MD, Antoine Khabbaz, Ph.D., Rana Salloum, and Adnan Farah, MD

14:00 - 14:30 BREAK

Moderator: Dr. Samia Khoury

14:30 - 15:15 Wilder Penfield Memorial Lecture in Issam Fares Lecture Hall
Brain Abnormalities and Disease Progression in Bipolar Disorder
Jair Soares, MD, PhD

Mood Disorders

Moderators: Dr. Munir Khani and Dr. Rami Bou Khalil

15:15 – 15:45 Longitudinal Studies in Bipolar Disorder: Integrating Data from multiple modalities to predict outcomes
Melvin McInnis, M.D.

15:45 - 16:15 Update on Treatment of Bipolar Disorder
Jair Soares, M.D.

16:15 – 16:45 Mood disorders in Lebanon
Elie Karam, M.D.

16:45 - 17:00 BREAK

Moderators: Dr. Munir Khani and Dr. Rami Bou Khalil

17:00 - 17:20 Suicide in mood disorders
Wadih Naja, M.D.

17:20 - 17:40 Detecting Mood and Emotion from Speech and Behavior Assessments in Bipolar Disorder
Melvin McInnis, M.D.

17:40 - 18:00 Neuromodulation in Mood Disorders
Ziad Nahas, M.D.

18:00 - 18:20 Igniting the Fire: Bipolar Disorder and Creativity
Mohammad Al Suwaidan, M.D.

18:20 - 18:30 Q&A

❖ **Hisham Jaroudi Auditorium**

Mental Health and Multiple Sclerosis

Moderators: Dr. Bassem Yamout and Dr. Rima Sassine

09:00 - 09:20 Assessment and management of neuropsychiatric manifestations of multiple sclerosis
Elias Khawam, MD

09:20 - 09:40 Cognitive performance as an early indicator of MS
Samia Khoury, MD

09:40 - 10:00 Comprehensive Mental Health Care in MS: Pharmacological and non-pharmacological
June Halper, APN-C (via Skype/pre-recorded)

10:00 - 10:20 Evidence Based adherence guidelines for MS patients with depression and anxiety
Astrid Slettenaar, NP, MS and Monique Booji, MSc- MANP

10:20 - 10:40 Retinal measures and cognitive performance in MS
Nabil El Ayoubi, MD

10:40 – 11:10 BREAK

Mental Health and Physical Health

Moderators: Dr. Arafat Tfayli and Ms. Iman Kouatly

11:10 - 11:30 An Internist's road map for treating depression and anxiety in the medical ill
Leopoldo Pozuelo, MD

11:30 - 11:50 Emotional distress: An update on psychiatric disorders in cancer patients
Elias Khawam, MD

11:50 – 12:10 Coping responses, strategies and mental health in breast cancer patients
Ghada Najjar Assaf, PhD, BSN, MS

12:10 - 12:30 Headache and Mental health
Emad Estemalik, MD

12:30 - 12:50 Update on Emotions and Cardiovascular Health
Leopoldo Pozuelo, MD

12:50 - 13:10 Depression in congestive heart failure
Angela Massouh, RN, PhD

Continuing Medical Education Office

13:10 - 13:30 Q&A

13:30 - 14:30 BREAK

Moderator: Dr. Samia Khoury

14:30 - 15:15 Wilder Penfield Memorial lecture in Issam Fares Lecture Hall

Brain Abnormalities and Disease Progression in Bipolar Disorder

Jair Soares, MD, PhD

Mental Health in Primary Care

Moderators: Dr. Nadim Karam and Dr. Khalil Ashkar

15:15 - 15:45 The burden of disease, injuries and risk factors in the EMR: Past, present and future in a changing environment

Ali Mokdad, PhD

15:45 – 16:00 Mental health services in primary care in humanitarian settings (a community based approach)

Ms. Milena Osorio

16:00 – 16:15 Integrating Mental Health in primary care settings in Lebanon

Mr. Wissam Kheir

16:15 – 16:30 Supporting Lebanon's community Mental Health strategy: a collaborative pilot project in RHUH

Nada Zahreddine, MD and Ms. Marie Darmayan

16:30 - 17:00 BREAK

Moderators: Dr. Mona Osman and Dr. Rana Sharara-Chami

17:00 - 17:20 Learning and Communication Disorders in Primary Care

Antonio Hardan, MD

17:20 - 17:40 Psychogenic Nonepileptic Seizures in Children and Adolescents: Complex Etiology and Management

Rolla Shbarro, MD

17:40 - 18:00 Adverse childhood experiences and their relation to future adult health: The life course lens to health in Saudi Arabia

Fadia AlBuhairan, MD

18:00 - 18:20 Screening for depression in older adults

George Karam, MD

18:20 - 18:30 Q&A

❖ **Halim and Aida Daniel ACC Multipurpose room**

ICD: International Classification of Diseases

Moderators: Dr. Nasser Loza and Dr. Ann Watts

09:00 – 09:15 The revision of the ICD-11
Geoffrey Reed, PhD

09:15 – 09:30 Updates from ICD-11 on psychoses
Wolfgang Gaebel, MD

09:30 – 09:45 The trauma- and stress-related disorder spectrum in ICD-11
Andreas Maercker, MD, PhD

09:45 – 10:00 Arab Regional Data for ICD-11 revision
Brigitte Khoury, PhD

10:00 – 10:15 Users' perspective for the ICD-11 Revision
Sami Richa, MD, PhD

10:15 – 10:30 Q&A

10:30 – 11:30 BREAK

Genetic, Imaging and Neuropsychological Implications

Moderators: Dr. Cynthia Roukoz and Dr. Maryse Hayek

11:30 – 11:50 Autism in Lebanon 2018
Rose-Mary Boustany, MD

11:50 – 12:10 Neuroimaging in Psychiatry
Roula Hourani, MD

12:10 – 12:30 Exploring the role of cognitive reserve in dementia among Lebanese older adults
Hala Darwish, RN, PhD

12:30 – 12:50 Using Neuropsychological Tests as Clinical Outcomes in Arab Countries: Issues of Validity
Pia Zeinoun, PhD

12:50 – 13:10 Neuropsychology and cross-cultural issues in low resource settings
Ann Watts, MD

Oral Abstract Presentations

Moderators: Dr. Farid Talih and Dr. Leila Dirani

13:10 – 13:17 Assessing Health-Related Quality of Life and Cultural Appropriateness of International Surveys for a Population of Palestinian Refugees
Meira Yasin, DNP, APRN, FNP-BC, PMHNP-BC

13:17 – 13:24 MSF Mental Health Program in Iraq, Challenges and Opportunities
Andres Barkil-Oteo, MD

13:24 – 13:31 Embrace Lifeline: Lebanon's First National Suicide Prevention Helpline
Ms. Mia Atoui

13:31 – 13:38 Evaluation of the Leadership in Mental Health Course, Eastern Mediterranean Region
Kate Ellis, PhD

13:38 – 13: 45 Alleviating Mental Health Symptoms: Community Connectedness among Transgender Women in Beirut
Cynthia El Khoury, MPH

13:45 – 13:52 I had it coming: Female's internalized sexism predicts acceptance of emotional abuse
Reem Mroueh

13:52 – 13: 59 Psychosocial Cognitive Behavioural Program for Children at Risk
Solfrid Raknes, PhD

13:59 – 14:06 Sensitivity and specificity of an Arabic verbal memory test in distinguishing normal aging, mild cognitive impairment, and dementia
Omar Mahmood, MD

14:06 – 14: 13 Sexual Violence against Women in Tunisia
Majda Cheour, MD

14:13 – 15:15 BREAK

Mental Health of LGBT

Moderator: Dr. Hala Kerbage and Dr. Faysal El Kak

15:15 - 15:30 Hidden from happiness: The epidemic of LGBT depression and the science of the closet
John Pachankis, PhD

15:30 - 15:45 Voices of transgender individuals in Lebanon: A psychosocial perspective
Brigitte Khoury, MD

15:45 - 16:00 A unified intervention for stigma-related stress, mental health, and related health risks for LGBT individuals
John Pachankis, PhD

16:00 – 16:15 Mental health and stigma-related stress among Middle Eastern gay and bisexual migrants in Sweden
Richard Branstrom, PhD

16:15 - 16:30 Mental health issues among LGBT people: An overview of achievements over the past decade and current challenges
Chady Ibrahim, MD

16:30 – 16:50 Break

Women Mental and Sexual Health

Moderators: Dr. Majda Cheour and Dr. Anwar Nassar

16:50- 17:10 Preconception counselling for women with serious mental illness
Felice Watt, MBBS, FRANZCP

17:10 - 17:30 Women sexuality: Naturalization, problematization, and psychosomatization
Faysal El Kak, MD

17:30 - 17:50 Girls and Women Sexual and Reproductive Rights in the twenty First Century
Josyan Madi-Skaff, MD

17:50 – 18:10 When the wedding night is a disaster: Unconsummated marriage and its treatment
Elke Reissing, PhD, C.PSYCH

18:10 – 18:20 Q&A

❖ **Jaber Sawaya Lecture Hall**

12:00 – 14:00 Workshop: Interpersonal Psychotherapy (IPT) for Primary Care settings (5)

Dr. Lena Verdeli

Overview: This workshop aims to offer a foundational knowledge of Interpersonal Psychotherapy (IPT) as adapted for use in Primary care settings.

Objectives:

1. Familiarize the audience with basic principles, strategies and techniques of IPT, and
2. Share and advance understanding through interactions with the audience of adaptations in cultural context and delivery structures for use of IPT in Primary Care settings in Lebanon.

Format: Through an interactive format and using active learning principles, the workshop will use hand-outs, role-plays and case presentations.

Minimum/maximum number of participants: 10/20

Saturday April 21st 2018

❖ **Issam Fares Lecture Hall**

Child Mental Health

Moderators: Dr. Hana Azar and Ms. Carla Najem

09:00 - 09:30 Novel Treatments Targeting Social Deficits in Autism
Antonio Hardan, MD

09:30 - 10:00 Treatment for Eating Disorders in Children and Adolescents
James Lock, MD, PhD

10:00 - 10:20 Persistence, remission and emergence of ADHD in young adulthood:
New findings and controversy
Louise Arseneault, PhD

10:20 - 10:40 Depression in Children and Adolescents: An Update
Muhammad Azeem, MD

10:40 - 11:00 Psychological treatment of youth with suicidal behavior
Holly Harmon, MSW

11:00 - 11:20 Cultural Adaptation of Universal Prevention Programs for Children
Amanda Clinton, PhD

11:20 – 11:30 Q&A

11:30 - 12:00 BREAK

Mental Health Research in the Arab World: Challenges and Opportunities to Collaborate

Moderator: Hala Darwish, RN, PhD

12:00 - 12:10 Mental Health in the Arab World: State of the Problem
Ali Mokdad, PhD

12:10 - 12:25 Bibliometric study of mental health research in the Arab World
Lokman Mehio, MLS, PhD

12:25 - 12:40 Why do we need homegrown research in Mental Health
Elie Akl, MD, MPH, PhD

12:40 - 13:30 Panel discussion 1: Lessons Learned: Challenges in research in the Arab World
Moderator: Brigitte Khoury, PhD
Panelists: Elie Karam, MD, Suhaila Ghuloum, MD, Majda Cheour, MD, Pia Zeinoun, PhD and Bibi Al Amiri, MD, PhD

13:30 - 13:45 BREAK

Moderator: Liliane Ghandour, PhD

13:45 - 14:00 Establishing the largest network of mental health collaborators across the world

Geoffrey Reed, PhD

14:00 - 14:15 Frameworks for networking and collaboration in the Arab region

Eman Sbeity, MD

14:15 - 14:30 How psychiatry journals can contribute to mental health research in the Arab world

Joan Marsh, PhD

14:30 - 15:15 Panel discussion 2: Opportunities to mental health research in the Arab world and call for action

Moderator: Fadi Maalouf, MD

Panelists: Joan Marsh, PhD, Mouin Hamze, PhD, Samia Khoury, MD, Anne Becker, MD, PhD, and Tarek Okasha, MD

15:15 – 16:00 BREAK

Updates in Substance Use disorders

Moderators: Dr. Ramzi Haddad and Dr. Charles Yacoub

16:00 - 16:20 The burden of mental and substance use disorders in the EMR: Findings from the Global Burden of Disease 2016 Study

Raghid Charara, MD

16:20 - 16:40 Substance abuse and Mood disorders

Mohammad Al Suwaidan, MD

16:40 - 17:00 Opioid replacement therapy and the Lebanese experience

Joseph El Khoury, MD, MRCPsych

17:00 - 17:20 Opioid epidemic and chronic pain: Regional experience

Ghassan Kanazi, MD

17:20 - 17:40 Pharmacogenomics in addiction

Nathalie Zgheib, PhD

❖ Hisham Jaroudi Auditorium

Updates in Psychotic Disorders

Moderators: Dr. Dany Khalaf and Dr. Tarek Okasha

09:00 - 09:30 Diagnostic challenges in psychotic disorders
Wolfgang Gaebel, MD

09:30 - 09:50 Prodrome identification and management
Wael Shamsedeen, MPH, MD

09:50 - 10:10 Early intervention and the evidence for intensive community
intervention
Joseph El-Khoury, MD, MRCPsych

10:10 - 10:30 The role of Long Acting injectables antipsychotics in the treatment of
schizophrenia
Fouad Tahan, MD

10:30 - 10:50 Metabolic, inflammatory and sleep changes in patients receiving
antipsychotics
Hassen Al-Amin, MD

10:50 – 11:20 BREAK

Special Lecture

Moderator: Dr. Samir Atweh

11:20 - 11:40 The Perspectives of a Car Accident Traumatic Brain Injury from the
Two Sides of the Bed
Ghassan Abou Alfa, MD, MBA

Eating Disorders

Moderators: Dr. Ghina Ismail and Dr. Lara Nasreddine

11:40 – 12:00 The Emergence of Eating Disorders and Socio-Economic Changes: An
Example from Fiji
Anne Becker, MD, PhD

12:00 – 12:20 The Invisible Reality of Eating Disorders: A Clinical Perspective
Ghina Ismail, PsyD

12:20 – 12:40 Treatments for Eating Disorders in Adults
James Lock, MD, PhD

12:40 – 13:00 Screening for Eating Disorders: Responsibility of the Health Care
Provider
Lama Mattar, PhD

13:00 – 13:10 Q&A

13:10 - 15:30 BREAK

Trauma and Related disorders

Moderators: Dr. Aimee Karam and Dr. Wael Shamseddine

15:30 - 15:50 Recent advances in the detection and treatment of PTSD and other trauma-related disorders

Anne Germain, PhD

15:50 - 16:10 Biopsychosocial models of PTSD etiology and its treatment implications

Andreas Maercker, MD, PhD

16:10 - 16:30 Impact of extreme adversity: Beyond PTSD

Lena Verdelli, PhD, MSc

16:30 - 16:50 War Exposure, Daily Stressors, and the Importance of Ecological Interventions with Conflict-Affected Children

Kenneth Miller, PhD

16:50 - 17:10 Evidence from Resilience-Building Interventions in Lebanese Schools

John Fayyad, MD

17:10 - 17:30 PTSD, Depression & Mediating Factors from Multiple Studies in Lebanon: A Research Trajectory

Leila Farhood, RN, PhD

17:30 - 17:50 Development, Piloting and Evaluation of a Phone-Delivered Psychological Intervention (t-CETA) for Syrian Refugee Children in Lebanon

Tania Bosqui, PhD

17:50 - 18:00 Q&A

❖ ACC building Multipurpose Room 1

15:30 – 17:30 Practical Tips for Working with Suicidal Teens Workshop (6)

Dr. Holly Harmon

Overview: This program will focus on the assessment and intervention of suicidal thoughts in young adults. The first hour will cover methods of assessment, focusing on specific questions to ask and understanding barriers to reporting suicidal thoughts. We will discuss cultural influences on reporting suicidal thoughts and how to address them. The second hour will focus on the resulting interventions, including safety planning, involving family and other supports, and means restriction. We will discuss the critical importance of developing an onsite consultation team when treating suicidal teens. Throughout the workshop, participants will be encouraged to actively develop their own templates for assessing suicidal thoughts and for safety planning.

Detailed Program:

- I. Introduction
 - a. Speaker background and training
 - b. Assumptions and biases in clinical care
- II. Cultural considerations of the workshop material, including presentation model
 - a. Interruptions are fine, will also address questions at the end
 - b. Interaction between participants is encouraged
- III. Agenda
 - a. Topic overview
 - b. Worksheet development concept

Part One: Assessing Suicidal Thinking and Self-injury

- I. What biases do we bring to the table and why are they relevant?
- II. Why are teenagers/young adults suicidal?
 - a. Trauma, problem-solving deficits, psychobiological vulnerability, etc.
- III. Thwarted belongingness – Joiner model (very brief) overview
- IV. The role of self-injury
 - a. Suicidal gesture versus maladaptive coping skill
 - b. Assessing self-injury
- V. Suicide continuum
- VI. Opening the door to discuss suicidal thoughts – making the conversation “safe”
 - a. Education about why you are asking
 - b. Body language
- VII. The suicide question
 - a. What to avoid
 - b. What to ask
 - c. Phrasing the question to encourage an honest answer
 - d. Reading the clues
- VIII. Why having a team matters

Part Two: Safety Planning

- I. Conceptualization of a safety “plan” versus a promise or contract
- II. Function of a safety plan
- III. Chain analysis/frame stop (brief)
- IV. Essential elements
 - a. Triggers
 - b. Levels of support
 - c. Coping skills
 - d. Flexibility
 - e. Means restriction
- V. Allies in safety planning

Objectives:

Participants will:

- 1) Learn specific questions to use/techniques to use when assessing suicidal thoughts in teens
- 2) Assess the role that cultural and religious beliefs may play on reporting suicidal thoughts
- 3) Learn the basic elements of a robust safety plan, and when to modify for a client

Minimum/Maximum number of participants: 5/50

❖ **ACC building Multipurpose Room 2**

15:30 – 17:30 Eating Disorders Workshop (7)

Ghina Ismail, PsyD, Jihane Naous, MD and Ms. May Sakr Maalouf

Overview: The Eating Disorders workshop is a 2-hour workshop led by Dr. Ismail, Director of the AUBMC Treatment and Outreach Program for Eating Disorders (TOP-ED). The workshop is also co-led by Dr. Jihane Na’ous, MD, family and adolescent medicine and Ms. May Sakr Maalouf, registered dietician both of whom are also members of TOP-ED. All of the team members have received specialized training in the treatment and assessment of different types of eating disorders including Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorders, and Other Specified Feeding and Eating Disorders.

Objectives:

1. Provide health professionals with information that help them better detect the presence of eating disorders
2. Introduce health professionals to tools that may aid them in their interventions with individuals with eating disorders
3. Address stereotypes and assumptions often made about eating disorders

Format: The workshop format will include power point presentations interjected with small exercises (e.g. mini group discussions).

Target Audience: The audience may include health professionals, dieticians, interns and residents.

Minimum/Maximum number of attendees: 15/50

❖ **ACC building Multipurpose Room 3**

Workshops open to the Public (Non-CME)

14:00 – 15:00 Workshop on “Homework Time Made Easy”

Hala Raad, M.Ed and Rasha Mashmoushi, DEdPsy

**15:00 – 16:00 Workshop on “Promoting Children’s Positive Behavior at Home:
Parenting Tips”**

Joumana Ammar, MA and Carla Najem, MA

Sunday April 22nd 2018

❖ **Issam Fares Lecture Hall**

A Glance on Mental Health Related Conditions – Pharmacy Perspective

Moderators: Dr. Ulfat Usta and Dr. Rony Zeenny

10:00 - 10:20 Depression and Anxiety in Ambulatory Care and Community Settings:
The Role of the Pharmacist
Dr. Maya Zeineddine

10:20 - 10:40 Strategies and Procedures to Ensure the Safe Use of Controlled
Substances in Lebanon
Dr. Ulfat Usta

10:40 - 11:00 Smoking Cessation: What the Pharmacist Needs to Know
Dr. Ghida Halik

11:00 - 11:20 Alcohol Withdrawal Management for Pharmacists
Dr. Dania Ghaziri

11:20 - 11:40 BREAK

11:40 - 12:00 Clinical Pharmacists in Mental Healthcare: Their Role in Managing
Adverse Events and Preventing Drug-Drug Interactions
Dr. Therese Saad

12:00 - 12:20 The Impact of Immunosuppressive Drugs on Mood, Cognition and
Quality of Life
Dr. Hiba Koleilat, PharmD, MA, MSc, BCPS

❖ ACC building Multipurpose Room 1

10:00 – 12:00 Metacognitive Theory-Theory and Foundation Skills Workshop (8)

Speaker: Dr. Yasmine Nassif

Overview: The workshop aims at presenting the theory behind metacognitive therapy (MCT, Wells, 1995) and looks at basic foundation skills for MCT as well as at its distinctive features.

Objectives:

By the end of the workshop, participants will be able to:

- Describe basic metacognitive theories and principles
- Describe the Cognitive attentional syndrome (CAS) and metacognitive beliefs (beliefs about thoughts, both positive and negative)
- Discuss the levels of changes brought by MCT
- Explore the main therapeutic techniques used in MCT
- Describe the disorder-specific formulations for Generalised Anxiety Disorder and Depression

Target audience: mental health professionals or allied professionals

Minimum number of participants: 10

Maximum number of participants: 30

❖ Hisham Jaroudi Auditorium

Sessions open to the public (NON-CME)

10:00 – 13:00 How to take care of my Emotional well-being

Depression, Anxiety & Stress management

Laila Farhood, PhD

Eating Disorders and warning signs of serious mental Disorders

Rassil Ghazzaoui, MA

Substance use

Pascale Nakhle, MA