DEAR COLLEAGUES,

St. Louis Children’s Hospital is proud to present our 11th Annual Perspectives in Pediatrics Conference on April 27-28, 2017. As a top ranked children’s hospital we are continually striving to improve pediatric health care locally and across the country. Nationally there has been an increasing incidence of behavioral and mental health challenges among children and youth in recent years. St. Louis Children’s Hospital has been no exception to this trend, as we have seen record numbers of youth presenting in our emergency department with these problems.

As a result of this increased demand and inadequate resources for treatment in our community, St. Louis Children’s Hospital is taking action to develop our competencies and resources to care for this population effectively. As a safety net provider for children in our own region, we believe this is part of our responsibility to the community. This year’s conference will provide you with some insight into the challenges youth and families in our community face, the role of trauma in mental health, and specific strategies for patient care that can be applied in your daily practice.

In addition, representatives from some of our key community agencies will share information about the resources available in the community outpatient setting, as well as how the overall system of mental health is structured.

If you are from one of the other pediatric organizations in the region, or from out of the area, the topics in this conference will be just as relevant to your practice and community, as the challenges of behavioral and mental health are present in almost every setting today. As pediatric health care providers we need to have a deep understanding of these issues and the evidence base for addressing them. We hope that you will join us for an exciting time of learning and networking with your colleagues!

Peggy Gordin, MS, RN, NEA-BC, FAAN
Vice President, Patient Care Services
St. Louis Children’s Hospital

Conference Objectives
Increased knowledge of:
- Pediatric behavioral health conditions
- The relationship between behavioral health conditions and other medical conditions.
- Strategies to prevent or mitigate mental health disorders in a pediatric setting
- Strategies and/or skills used in bedside or clinical situations to support patients with behavioral health conditions

Contact Hours and Trauma Hours
10.4 Nursing Contact Hours provided by St. Louis Children’s Hospital for participants attending the entire session.

St. Louis Children’s Hospital is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Program qualifies for 3.5 trauma hours.
THURSDAY, APRIL 27, 2017

0730-0750  Conference Opening/Poster Presentations/Breakfast
0750-0800  Welcome
0800-0930  Keynote Address
0930-0950  Break/Poster Presentations/Vendor Display
0950-1050  General Session
1050-1150  General Session
1150-1230  Lunch (provided)/Poster Presentations/Vendor Display
1230-1350  General Session
1350-1410  Break/Poster Presentations/Vendor Display
1410-1440  General Session
1440-1540  Closing Session
1540-1600  Closing

FRIDAY, APRIL 28, 2017

0730-0750  Conference Opening/Breakfast
0750-0800  Welcome
0800-0830  General Session
0830-0930  General Session
0930-0945  Break
0945-1015  General Session
1015-1145  General Session
1145-1200  Closing/Evaluations

KEYNOTE SPEAKER

David J Schonfeld, MD, FAAP

Dr. Schonfeld is a developmental-behavioral pediatrician and Director of the National Center for School Crisis and Bereavement, located at the University of Southern California Suzanne Dworak-Peck School of Social Work.

He is a Professor of the Practice in the School of Social Work and Pediatrics at the University of Southern California and Children’s Hospital Los Angeles. Dr. Schonfeld is also a member of the American Academy of Pediatrics Disaster Preparedness Advisory Council and served as the Commissioner for both the National Commission on Children and Disasters and the Sandy Hook Advisory Commission in CT; he was the President of the Society for Developmental and Behavioral Pediatrics from 2006-7.

Dr. Schonfeld has provided consultation and training on school crisis and pediatric bereavement in the aftermath of a number of school crisis events and disasters within the United States and abroad, including school and community shootings in Newtown, CT, Marysville, WA, Aurora, CO and Chardon, OH; flooding from Hurricanes Sandy in NYC and NJ, Katrina in New Orleans and Ike in Galveston; tornadoes in Joplin, MO, and AL; the 2008 earthquake in Sichuan, China; and the terrorist attacks on the World Trade Center in 2001.
7:30-7:50 a.m.  
CONFERENCE OPENING/POSTER PRESENTATIONS/VENDOR DISPLAY

7:50-8:00 a.m.  
WELCOME

8:00-9:30 a.m.  
KEYNOTE ADDRESS  
Supporting Children, Families, and Ourselves at Times of Crisis  
Crises have the potential to cause short- and long-term effects on the psychological functioning, emotional adjustment, health and developmental trajectory of children. This session will provide practical suggestions on how to identify common adjustment difficulties in children at times of crisis and to promote effective coping strategies. Crisis events often impact health care providers to at least the same degree they impact others in the community. In addition, being with children and families who are in distress can be distressing for providers, so the importance of professional self-care and strategies to address this need will be included.

David J Schonfeld, MD, FAAP  
Director, National Center for School Crisis and Bereavement  
Professor of the Practice in the Suzanne Dworak-Peck School of Social Work and Pediatrics at the University of Southern California and Children’s Hospital Los Angeles

9:30-9:50 a.m.  
BREAK/POSTER PRESENTATION/VENDOR DISPLAY

9:50-10:50 a.m.  
GENERAL SESSION  
Trauma Informed Care  
• What are the effects of childhood trauma?  
• How do I apply trauma awareness in my job?  
Amy Wobbe LPC, MA  
Outpatient Supervisor for BJC Behavioral Health

10:50-11:50 a.m.  
GENERAL SESSION  
Depression and Suicide, It is Time to Talk!  
This presentation will shine a light on depression and suicide among our pediatric population. Marian McCord, a former pediatric nurse herself, will share her story and her passion. She will inspire and equip you with tools to help you recognize and support youth struggling against the grip of mental illness. She will also address anxiety, depression and suicidal ideation in our youth population and why your compassionate role is so important.

Marian McCord BSA, RN  
Founder and Executive Director of CHADS

11:50-12:30 p.m.  
LUNCH (provided)

12:30-1:50 p.m.  
GENERAL SESSION  
Community Mental Health as a System of Care  
This session will allow participants a glimpse into the complexities surrounding pediatric mental/behavioral health locally and regionally. A variety of agency representatives will highlight their specific area of expertise. Learn how multiple agencies are working together to identify solutions that can better support the needs of these patients and families.

Jaime Hook, MD  
Associate Medical Director, BJC Behavioral Health  
Child Psychiatrist  
Eric Winkles, Ed.D.  
VP/Chief Program Officer-Education  
Great Circle  
Misty Snodgrass, MPA  
Director of Public Policy  
Missouri Coalition for Community Behavioral Healthcare  
Connie Cahalan, MSW, LCSW  
Missouri Department of Mental Health

2:40-3:40 p.m.  
GENERAL SESSION  
Being your Best Self: Managing Stress and Finding Happiness  
As a health care provider, it is equally important that you address your own well-being while seeking to address the needs of those you serve. Exploring ways to improve your performance and state of being during stress or dysfunction requires strategies. This presentation seeks to expand your toolkit for managing daily life as a health care provider. Using mindfulness and behavioral approaches to address daily challenges can yield positive results.

Courtney C. Metzinger, OTD, MFA, OTR/L  
St. Louis Children’s Hospital Occupational Therapist

3:40-4:00 p.m.  
CLOSING
7:30-7:50 a.m.  
CONFERENCE OPENING/BREAKFAST

7:50-8:00 a.m.  
WELCOME

8:00-8:30 a.m.  
GENERAL SESSION  
Pulling It Together: A Mother’s Journey of Parenting in a Family Affected by Autism

The presenter will discuss her son’s challenges with high functioning autism and its impact on their family dynamics throughout his childhood.  
*Donna Poelker, RN, CPNP  
Parent Representative

8:30-9:30 a.m.  
GENERAL SESSION  
A Multidisciplinary Approach to Inpatient Care for Children with Autism

Hospital admissions can be stressful for children and youth. Admission to a medical floor can pose significant challenges for children with autism spectrum disorder or significant sensory processing challenges. A multidisciplinary team approach can provide support to help the patient cope and promote a successful admission. This presentation will discuss integrated intervention of the patient’s behavioral, communication and sensory needs provided throughout the patient’s day.  
*St. Louis Children’s Hospital Autism Task Force  
Kasey Davis, PsyD, ABPP  
Clinical Psychologist  
Claire Francin, MS, CCC-SLP  
Speech Pathologist  
Janet Hamill, MOT, OTR/L  
Occupational Therapist

9:30-9:45 a.m.  
BREAK

9:45-10:15 a.m.  
GENERAL SESSION  
Common Clinical Challenges of Patients with Behavioral Emergencies

This session focuses on clinical challenges as well as opportunities for patients who come through the Emergency Department with diagnoses such as depression, anxiety, PTSD, substance abuse and suicide attempts. It will include discussions about the Emergency Department provider role in treatment, when to admit, de-escalation techniques, commonly used medications and appropriate restraint usage.  
*T. Eric Spiegel, MD  
St. Louis Children’s Hospital  
Pediatric Psychiatry

10:15-11:45 a.m.  
GENERAL SESSION  
Create the Environment that Promotes Success

In this session the St. Louis Children’s Hospital staff panel will discuss the advantages of behavioral plans, sensory regulation strategies, as well as the adaptive screening tool.  
Stacey Berry, PsyD  
Clinical Psychologist  
Linda Casper, M.S.Ed  
School Teacher  
Jamie Cook, CCLS  
Child Life Specialist  
Christina Klasing, RN, MSN, CPN  
Clinical Education Specialist  
Behavioral Health  
Kim Sauder BSN, RN, CPN  
Assistant Nurse Manager  
Zach Williams  
Patient Safety Assistant  
Melanie Wood, MS, OTR/L, ATP  
Occupational Therapy  
Becky Stolle RN, BSN, CPN  
Staff Nurse

11:45-noon  
CLOSING

They will explain the process they went through to create a positive environment for a long-term patient and the successes they had in making his stay much better than originally anticipated.

Stacey Berry, PsyD  
Clinical Psychologist  
Linda Casper, M.S.Ed  
School Teacher  
Jamie Cook, CCLS  
Child Life Specialist  
Christina Klasing, RN, MSN, CPN  
Clinical Education Specialist  
Behavioral Health  
Kim Sauder BSN, RN, CPN  
Assistant Nurse Manager  
Zach Williams  
Patient Safety Assistant  
Melanie Wood, MS, OTR/L, ATP  
Occupational Therapy  
Becky Stolle RN, BSN, CPN  
Staff Nurse
Conference Fees
Fees include educational program, continental breakfast, lunch, and snacks.

**Fees**
- Early bird registration (postmarked on or before March 20, 2017) .................................................. $150
- Registration (postmarked after March 20, 2017) ............................................................................ $175
- Conference pricing for BJC employees/students ............................................................................ $125

Registration/Payment Method
Online registration is available/preferred at stlouischildrens.org/classes-events/perspectives-in-pediatrics-conference

If registering by mail, fees must accompany the registration fee in the form of check or money order. Registrations received without fee payment will not be processed. A confirmation e-mail will be sent approximately two weeks after payment is received. Please make your check payable to St. Louis Children’s Hospital.

Cancellations
Cancellations must be made in writing. A full refund will be given prior to March 20, 2017. Cancellations between March 20 and April 20, 2017, will incur a $25 processing fee. After April 20, 2017, all cancellations will be non-refundable.

Registration Deadline
Registrations will be accepted until April 20, 2017. After April 20, 2017, please contact Susan Marten at St. Louis Children’s Hospital, 314-286-0385 or susanjm@bjc.org, to verify availability.

Please Note
- Sessions are open to paid conference attendees only.
- Conference room temperature may be variable, so please dress in layers for comfort.

Questions regarding this conference may be directed to: Sue Marten at St. Louis Children’s Hospital, 314-286-0385 or susanjm@bjc.org

Hotel Information
The conference will be held at the Eric P. Newman Education Center located in the City of St. Louis’ central corridor, in a cosmopolitan area known as the Central West End. For hotel accommodations please contact the Parkway Hotel at 866.314.7700 or 314.256.7777. For more information on the hotel and its services, please visit theparkwayhotel.com.

Parking
Conference attendees can park at the Metro parking garage located on Children’s Place. All BJC central campus employees should park at their designated garages and ride the employee shuttle. Please note you will be responsible for any fees obtained from parking in non-designated areas.
REGISTRATION INFORMATION

Name:  

Phone Number:  

Title:  

Place of Employment:  

City:  
State:  
ZIP code:  

Please indicate your mailing address below:

Street:  

City:  
State:  
ZIP code:  

Email (Required for Communication):  

Fees: Make check or money order payable to: St. Louis Children’s Hospital  
Attention: Susan Marten, Clinical Education  
One Children’s Place, St. Louis, MO 63110  

Registration Deadline: April 20, 2017  

After April 20, 2017, contact Sue Marten at 314.286.0385 or susanjm@bjc.org to verify availability.  

• Early Bird (post-marked on or before March 20, 2017).................................................................$150  
• Postmarked after March 20, 2017.......................................................................................................$175  
• BJC/SLCH/students conference pricing...............................................................................................$125  
• Total amount due: ...................................................... $ ____________________________  

Registrations received WITHOUT fee payment will NOT be processed.  

If employed by BJC/SLCH, please enter your employee ID number: ____________________________