



# C.A.P.E.S. Program for Primary Care Physicians

## Program Newsletter and Event Schedule - October, 2012

A program funded by a grant to Four Winds Foundation from the New York State Office of Mental Health.

We want to take this opportunity to thank the 340 Primary Care Providers who are participating with the C.A.P.E.S. Program. We hope that you continue to use the telephone consultation service and invite you to attend our training events. If you have not been able to participate with the program

thus far, please know that membership is always open and the rewards are great! As we begin planning for 2013, please let us know if you have any ideas for training topics or ways in which we can improve our services. Don't forget that you can find our event calendar, physician resources and program forms online at [www.CAPESProgram.org](http://www.CAPESProgram.org).

### Evening Event with Sharon Alger, M.D.

**Wednesday, October 24<sup>th</sup>** • 6 p.m. - 8 p.m.

#### “Assessment and Management of Eating Disorders in Pediatric Patients”

**Parson’s Child and Family Center, Albany, NY**

Using pediatric case studies and the most current diagnosis and treatment guidelines from the Academy for Eating Disorders\*, Dr. Sharon Alger will help PCP’s better assess, diagnose, and treat children and adolescents with eating disorders. Throughout this program, participants should:

- Learn strategies to earlier identify individuals with eating disorders.
- Be able to incorporate guidelines for the evaluation and management of eating disorder patients within a primary care practice.
- Understand treatment interventions for children and adolescents with eating disorders.

\* We are pleased to have included in this mailing the recently published *Academy for Eating Disorders Report 2012: Critical Points for Early Recognition and Medical Risk Management in the Care of Individuals with Eating Disorders*. Written with primary care physicians in mind, Dr. Alger will review the portions of this guide that will be of greatest benefit to your clinical practice. Please contact us if you would like additional copies of this resource.

### Morning Event with Mary Fristad, M.D.

**Friday, November 30<sup>th</sup>** • 9 a.m. - 10:30 a.m.

#### “A PCP’s Guide to Working With Bipolar Children and Their Families”

**The Desmond Hotel, 660 Albany Shaker Road, Albany, NY**

This event is offered in conjunction with the C.A.P.E.S. Program’s full-day conference titled “Diagnosing and Treating Bipolar Disorder in Children and Adolescents.” As an option to the full-day program, this morning event is designed for and being offered only to primary care physicians. PCPs are also welcome to join the full-day conference.\*

With an expert understanding of pediatric bipolar disorder, Dr. Fristad will provide insight to current research in the field, as well as strategies that can be utilized by PCPs to better assess and treat pediatric bipolar patients and their families. Dr. Fristad will also provide an overview of an evidence-based, psychosocial treatment for children and adolescents with mood disorders. During this event, participants should:

- Understand the conceptual basis for comprehensive care in the context of a bipolar child’s family and school system.
- Become familiar with resources that will help families cope.
- Become familiar with the advances in the research of early onset bipolar disorder.

\* To obtain a copy of the full-day conference brochure, please contact Timothy Serviss at 518-581-5015, ext. 3115.

## Registration Form

Registration is requested for these programs. Please fax this form to 518-583-2265 or call Timothy Serviss at 518-581-5015, ext. 3115.

Name \_\_\_\_\_ Credential \_\_\_\_\_

Agency Affiliation \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ Fax Number \_\_\_\_\_

Email Address \_\_\_\_\_

### I would like to register for the following events:

(The programs are free of charge for C.A.P.E.S. Program members and dinner or breakfast will be provided.)

\_\_\_ Wednesday, October 24<sup>th</sup> at 6 p.m.  
(Parson’s - Pediatric Eating Disorders)

\_\_\_ Friday, November 30<sup>th</sup> at 9 a.m.  
(The Desmond - Treatments for Bipolar Disorder)