

Young Adult Mental Health Symposium

Sponsored by

The Academy for Behavioral Health and Continuing Education



Date:

October 22 from 9am to 12pm

Cost:

Registration and attendance to the live and online conference are **free**.

Instructional Level:

This event is appropriate for all audiences (introductory, intermediate, and advanced).

CE:

3 Continuing Education credits are available to those who register online or scan the QR code to register their attendance in person.

To receive CE credits, participants must register with their full name, provide a valid email address, and attend the majority of the conference.

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WITH WORLD-CLASS DOCTORS FROM



Program Schedule

- 9:00-9:15** Opening Remarks — Leonardo Lopez, MD
- 9:15-9:30** Young Adult Services at NYP and WCM — Patricia Marino, PhD, and Chris Ceccolini, PhD
- 9:30-10:00** Emerging Substance Misuse Trends — Jonathan Avery, MD
- 10:00-10:30** Understanding & Preventing Suicidality in Young Adults — Stephanie Cherestal, PhD, and Patricia Marino, PhD
- 10:30-11:00** Coping with Impostor Syndrome — Megan Mendoza, MD, and Chris Ceccolini, PhD
- 11:00-11:30** Attention Deficit/Hyperactivity Disorder: Diagnosis, Treatment, & Challenges in Young Adults — Alma Spaniard, MD
- 11:30-11:50** Panel Q&A - Benjamin Brody, MD; Patricia Marino, PhD; Nina Mazurenko, LCSW; Smita Agarkar, MD; Gaelen Stejbach, LCSW; and Tim McGarvey MSN, LMSW, RN, NEA-BC
- 11:50-12:00** Closing Remarks — Rebecca Rendleman, MD

Abstract

Approximately three-quarters of lifetime mental health disorders have first onset by young adulthood, a period that coincides developmentally with enrollment into higher education. This correlation underscores the urgent need to address mental health concerns among college students and young adults. The intersection of academic pressures and the onset of mental health disorders highlights the importance of targeted interventions and support systems for the young adult college student population. Due to the growing needs of this population, young adults require a range of mental health services, including inpatient level of care. In this symposium, we will discuss the inpatient experience and treatment services available for young adults at NewYork-Presbyterian-Westchester Behavioral Health and Gracie Square Hospital.

We will cover issues that preferentially affect young adults, including emerging substance abuse trends, suicidality, and coping with impostor syndrome and with attention deficit hyperactivity disorder (ADHD). Specifically, we will discuss emerging trends in, and novel treatments for, substance use disorders. We will also focus on understanding and preventing suicidal behaviors within this population, as suicide is the third leading cause of death for individuals 15 to 19 years old according to the World Health Organization. We will then discuss impostor syndrome, a condition characterized by self-doubt and attribution of earned success to perceived fraudulence or external factors and which is often reported by college and graduate students. We will discuss the history, presentation, and epidemiology of impostor syndrome, as well as review evidence-based treatments for addressing impostor syndrome in college-aged and graduate students. Finally, we will provide an overview of ADHD as it presents in the young adult population, including the evolving nature of ADHD symptoms from childhood to adulthood. The importance of accurate diagnosis and treatment approaches, including both pharmacological and behavioral interventions, will be highlighted, with a focus on tailoring these strategies to meet the developmental and social needs of young adults. Our symposium will conclude with a panel discussion with faculty and staff experts in assessing and treating young adult mental health issues and on the nature of the specific inpatient services that we provide.

Learning Objectives

1. Describe the program resources available within the psychiatric inpatient College Student Program
2. Describe strategies for effectively assessing suicide risk in young adults
3. Discuss intervention strategies at various levels for targeting suicidal behaviors in young adults
4. Describe three emerging trends in youth substance abuse
5. Describe elements of impostor syndrome
6. Identify two ways that impostor syndrome affects various socially marginalized groups differently
7. Explain differences between treatments for opioid use disorder and other substance use disorders
8. Identify ways to diagnose attention-deficit hyperactivity disorder in young adults
9. Explain the challenges of identifying and treating ADHD in young adults

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Speakers



Jonathan Avery, MD, is the Vice Chair for Addiction Psychiatry, the Stephen P. Tobin and Dr. Arnold M. Cooper Associate Professor in Consultation-Liaison Psychiatry, and the Program Director for the Addiction Psychiatry Fellowship. Dr. Avery's primary academic focus has been to examine and help develop interventions to improve clinician attitudes toward patients with substance use disorders. He is also focused on educating all physicians on how to treat individuals with co-occurring substance use disorders and mental illness. Dr. Avery has no disclosures.



Alma Spaniard, MD, Assistant Professor of Clinical Psychiatry, Weill Cornell Medicine; Attending Psychiatrist, NewYork-Presbyterian/Weill Cornell Medical Center; Ambulatory Chief Child and Adolescent Outpatient Department, Weill Cornell. Dr. Spaniard served as an attending physician on the adolescent inpatient unit at NYP-Cornell Westchester and later became the Service Chief of the Payne Whitney Child Outpatient Department in Manhattan. Currently, she is the Ambulatory Chief of the Child and Adolescent Department at Weill Cornell, overseeing operations at both the Manhattan and Westchester campuses. She regularly lectures primary care physicians and trainees on ADHD diagnosis and treatment. Dr Spaniard has contributed to several books on ADHD, including the chapter on Attention-Deficit/Hyperactivity Disorder in Kaplan and Sadock's *Comprehensive Textbook of Psychiatry, Tenth Edition*. Dr. Spaniard has no disclosures.



Patricia Marino, PhD, is an Associate Professor of Psychology, Department of Psychiatry Weill Cornell Medical College; Associate Attending Psychologist, The Horizon Unit and The Young Adult Unit; Program Coordinator, College Student Program; Director of Weill Cornell Medical College Student Mental Health Program. Dr. Marino is trained as a clinical psychologist. Dr. Marino has developed the WBH inpatient College Student Program and works collaboratively with families and college/university administration. Additionally, Dr. Marino has developed an outpatient program for Weill Cornell Medical College Student Mental Health Program for graduate and medical students. Dr. Marino has no disclosures.



Megan Ann Mendoza, MD, is an Assistant Professor of Clinical Psychiatry at Weill Cornell Medicine. She works extensively with transition age and student populations, including treating medical and graduate students within the Weill Cornell Student Mental Health Program, as well as working in a collaborative care model to provide psychiatric consultation and support to Cornell Health Primary Care Providers caring for Cornell University undergraduate students. She also works in the Payne Whitney Adult and Child Outpatient Clinic, the faculty practice seeing patients of all ages, and enjoys supervising adult and child psychiatry trainees. Other clinical interests include ADHD across the lifespan, cultural psychiatry, and psychiatric training and education. Dr. Mendoza has no disclosures.



Christopher Ceccolini, PhD, is an Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and an Assistant Attending Psychologist at NewYork-Presbyterian's Gracie Square Hospital. At Gracie Square Hospital, Dr. Ceccolini is the Director of Psychology Programs & Training for the Young Adult-College Track, an inpatient unit focused on the needs of college students and young adults using a DBT- and ACT-based milieu and daily DBT groups. He spearheads ongoing therapeutic programming for patients, coordinates assessments and treatment, and supervises psychology externs and interns from Weill Cornell Medicine. Beyond his clinical and supervisory responsibilities, Dr. Ceccolini's research focuses on strengths-based care for LGBTQ+ young adults and patients managing serious mental illness. Dr. Ceccolini has no disclosures.



Stephanie Cherestal, PhD, is an Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and an Assistant Attending Psychologist at New York-Presbyterian Hospital Westchester Behavioral Health. As a licensed clinical psychologist, Dr. Cherestal specializes in cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT) for adults and adolescents with anxiety, mood, and personality disorders. As Director of NYP-Westchester Behavioral Health Outpatient Adult and Adolescent DBT programs, she provides individual and group DBT to patients and supervises trainees in DBT. She also serves as Director of Health Justice in the Department of Psychiatry at Weill Cornell Medicine, a role that involves the promotion of educational initiatives surrounding diversity, equity, inclusion, as well as recruitment policies and efforts to increase diversity within the psychiatry and psychology departments at Weill Cornell Medicine. Dr. Cherestal has no disclosures.

Panel Discussants

Leonardo Lopez, MD, is an Associate Professor of Psychiatry at Weill Cornell Medicine and Vice Chair for Psychiatric Inpatient Services at NewYork-Presbyterian Hospital. Dr. Lopez has no disclosures.

Benjamin Brody, MD, is an Associate Professor of Psychiatry at Weill Cornell Medicine and Service Chief of Acute Care services at New York Presbyterian Hospital/ Weill Cornell Medicine and Westchester Behavioral Health. Dr. Brody has no disclosures.

Smita Agarkar, MD, CPE, FAAPL, is an Associate Clinical Professor in Psychiatry and Service Chief of Gracie Square Hospital. Dr. Agarkar has no disclosures.

Rebecca Rendleman, MD, is an Associate Professor of Clinical Psychiatry at Weill Cornell Medicine, the Vice Chair for Child and Adolescent Psychiatry in the Weill Cornell Medicine Department of Psychiatry, and the Program Co-Director at the Center for Youth Mental Health at NewYork-Presbyterian Hospital. Dr. Rendleman has no disclosures.

Nina Mazurenko, LCSW Nina Mazurenko, LCSW, has no disclosures.

Gaelen Stejbach, LCSW Gaelen Stejbach, LCSW, has no disclosures.

Tim McGarvey MSN, LMSW, RN, NEA-BC Tim McGarvey, MSN, LMSW, RN, NEA-BC, has no disclosures.

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