A CME Conference
jointly sponsored by
The American Psychiatric Association
and
The New Jersey Psychiatric Association
A District Branch of the American Psychiatric Association

Psychiatry and Technology in the 21st Century

“. . . We shape our tools

and afterwards our tools shape us.”

Renaissance Woodbridge Hotel
Iselin, New Jersey
Saturday March 26, 2011
Technology has made such rapid advances in the last 20 years that it is hard to keep up with changes in every aspect of our lives. It has facilitated communication so that by pressing “send” we can send an email to all our friends, family and colleagues. At the same time it has become more distant and impersonal when an email substitutes for a telephone conversation or an in-person meeting. One can easily become swamped by the sheer volume of information coming at one and sorting out really important stuff from the fluff is not always easy. It is much easier to have cyber meetings instead of driving hours to meet in person, but do we lose out on the personal contact? Using Skype we can enhance personal contact from a distance, seeing our loved ones half way across the world as we converse with them. More and more people can work from home, increasing time with family but decreasing time with colleagues. What impact does this have on our relationships? We see our younger colleagues and children with iPods and all manner of gadgets and wonder at the creativity and complexity of all this. How does this influence the way we think? Do we rule technology or does it rule us? Now 11 years into the new century, it seems timely to take stock and review the impact of technology on our practices and our lives, as well as looking forward to what the future holds.

Technology is playing an increasing role in our lives and medical practices. In November 2010, the American Medical Association adopted a social media policy for its members. Technology can be both a blessing and a curse in our lives and practices. “Using social media can help physicians create a professional presence online, express their personal views and foster relationships, but it can also create new challenges for the patient-physician relationship,” said Dr Mary Anne Mcafee, an AMA board member. This CME conference with a faculty composed of psychiatrists, sociologist, psychologist and a pediatrician, will review the opportunities that the new technologies bring to health care professionals and the risks inherent in these. While the use of technology is inevitable in today’s psychiatric practice this conference will provide information to decrease fear of it and improve meaningful use of technology.

In the first symposium “The Digital Doctor,” John Luo, MD and Scott Monteith, MD, focus on the meaningful use of technology, e-prescribing, and use of technology for running our practices and communicating with our patients. This symposium addresses benefits, risks and pitfalls of using telepsychiatry, social media and other electronic communication.

The second symposium entitled “Digital World: Impact on Behavior and Development,” Paula C Rodriguez Rust, PhD focuses on cyberbullying and understanding why “nice” people can do such “nasty” things to others. Next, Kaveri Subrahmanyam, PhD, addresses the overuse of technology, “internet addiction”, multi-tasking and the use of technology for therapeutic purposes.

We have Dr Michael Rich, MD a nationally acclaimed expert in this field as our keynote speaker. Dr Rich presents on “Mental Health in the Digital Age: Potentials and Perils.” He looks at strategies we can use to help people who overuse technology and asks the question, “Are we making a mistake in filling every waking moment with stimulation?” He will review the evidence for both positive and negative effects of media, and research being done on changes in the brain due to excessive use of technology.

Educational Objectives . . .

At the end of the educational activity, the learner will be able to:

- implement psychiatric practice secure electronic communication; and improve prescribing patterns by decreasing duplication and avoiding drug-interactions with the use of electronic prescribing software alerts
- utilize social networking for professional purposes,
- describe and utilize Cloud Computing
- appraise the risks and benefits of EHRs
- appreciate the pitfalls of incentives and “meaningful use” and learn strategies for successfully using HIT (Health Information Technology) in psychiatric practices
- identify different types of cyber bullying and common issues facing parents of teens who have been cyber bullied, and teens who cyber bully others, and improve counseling skills to help the victims of cyber bullying
- acquire tools and strategies for helping parents protect their children from cyber bullying, for discussing cyber bullying with their children, and for responding to cyber bullying, including information about the role and responsibilities of school personnel and law enforcement in addressing cyber bullying
- increase awareness and understanding of the risks and opportunities in newer forms of digital technologies used by adolescents and emerging adults
- identify when young peoples’ technology use is excessive and possibly even addictive and understand concept of “Internet Addiction;” and appreciate different areas of excessive internet use/online “addictive” behaviors and to identify those most likely at risk.
- determine practical applications and risks of telepsychiatry
- appreciate the new opportunities that technology brings
- grasp the powerful environmental influence that media use/exposure has on physical, social and mental health
- become more aware of positive applications of media technologies to health and education

Accreditation . . .

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the American Psychiatric Association (APA) and the New Jersey Psychiatric Association. The American Psychiatric Association is accredited by the ACCME to provide continuing medical education for physicians. The APA designates this educational live activity for a maximum of 5.25 category 1 credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.
### Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 – 8:45 am</td>
<td>Registration, Continental Breakfast, and Exhibits Open</td>
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<tr>
<td>8:45 am</td>
<td>Welcome and Introduction</td>
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<tr>
<td>9:00 – 10:30 am</td>
<td><strong>Symposium 1: The Digital Doctor</strong>&lt;br&gt;<strong>Moderator: Consuelo Cagande, MD</strong>&lt;br&gt;<strong>Use of Technology in Clinical Practice</strong>&lt;br&gt;John Luo, MD, DFAPA&lt;br&gt;<strong>Health Information Technology: Pros &amp; Cons</strong>&lt;br&gt;Scott Monteith, MD</td>
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<tr>
<td>10:30 – 11:00 am</td>
<td>Break and Exhibits</td>
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<td>11:00 – 12:30 pm</td>
<td><strong>Symposium 2: Digital World – Impact on Behavior, Development and Relationships</strong>&lt;br&gt;<strong>Moderator: Steve Resnick, MD</strong>&lt;br&gt;<strong>Cyber Bullying: Nothing Virtual about It</strong>&lt;br&gt;Paula C Rodriguez Rust, PhD&lt;br&gt;<strong>Use and Abuse of Technology: Impact on Behavior and Development,</strong>&lt;br&gt;Kaveri Subrahmanyam, PhD</td>
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<tr>
<td>12:30 pm</td>
<td>Break and Exhibits</td>
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<td>1:00 – 3:00 pm</td>
<td>Lunch &amp; Awards&lt;br&gt;<strong>Resident and Medical Student Best Paper Awards</strong>&lt;br&gt;Presented by William Greenberg, MD&lt;br&gt;<strong>Keynote Lecture</strong>&lt;br&gt;Introduction by Margaret Tompsett, MD&lt;br&gt;<strong>Mental Health in the Digital Age: Potentials and Perils</strong>&lt;br&gt;Michael Rich, MD, MPH</td>
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<td>3:00 pm</td>
<td>Break</td>
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<td>3:15 – 4:15 pm</td>
<td><strong>Symposium 3: Resident, Fellow and Early Career Psychiatrist</strong>&lt;br&gt;<strong>Moderator: William M Greenberg, MD, DFAPA</strong></td>
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### DIRECTIONS TO RENAISSANCE WOODBRIDGE HOTEL

**515 US Highway One South, Iselin, NJ 08830**<br>**Phone: 732-634-3600**

**Garden State Pkwy South** to Exit 130 to Route 1 North. After passing the Renaissance Woodbridge Hotel on the left, go through the intersection, take the Gill Lane jug handle. Take the middle lane to turn left on to Route 1 South, the Hotel is immediately on your right.

**Garden State Pkwy North** to Exit 131A on Wood Ave, South. At 3rd light make a right turn onto Middlesex- Essex Tpke. At 3rd light take right turn on Gill Lane. Approximately 2 miles to Renaissance Woodbridge Hotel on right.

**NJ Turnpike** go to Exit 11 and follow signs to Garden State Pkwy North to Exit 131A and follow directions above.

**From Newark Intl. Airport** take Route 1 and 9 South toward Woodbridge. Follow Route 1 South to Renaissance Woodbridge Hotel on right (approx. 12 miles).
**Reservations ...**

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Renaissance Woodbridge Hotel, Iselin, New Jersey
Saturday March 26, 2011

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<th>Before March 18</th>
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<tr>
<td><strong>Members and Spouses</strong></td>
<td>$100.00</td>
<td>$115.00</td>
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<td><strong>Non-member</strong></td>
<td>$130.00</td>
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<td><strong>Members-in-Training</strong></td>
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<td><strong>Members-in-Training Spouse</strong></td>
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Contribution to Resident, Fellow and Early Career Psychiatrist Door Prize: Amount $ __________

Please reserve _____ places
Enclosed please find check in the amount of $ _______

_____ Members
_____ Non-members
_____ Members-in-Training
_____ Members-in-Training Spouses

**Online Registration is available at** [www.psychnj.org](http://www.psychnj.org)

**Name:** ______________________________________

Make check payable to: New Jersey Psychiatric Association

**Mail to:** P O Box 428
Bedminster  NJ  07921

**Phone:** _________________________

**Email:** _________________________

Phone: 908-719-2222  Email: njpaoffice@optonline.net  Deadline: March 22, 2011