



Idaho
Psychiatric Association

2021 ANNUAL CONFERENCE

***2021 Vision:
The Changing Lens of Psychiatry***

Title Sponsor:



Cottonwood Creek
BEHAVIORAL HOSPITAL

**March 12, 2021
Via Zoom**



2021 Virtual Annual CME Conference

2021 Vision: The Changing Lens of Psychiatry

FRIDAY
March 12, 2021

Virtual CME Conference Schedule

Friday, March 12, 2021

8:00 AM

Introduction & Housekeeping

● Speaker Sessions

8:15 AM - 9:15 AM

What about the children: Is social isolation harming my child?

Matthew Larsen, DO
Child and Adolescent Psychiatrist, Ascend Mental Health Center

9:15 AM - 10:15 AM

Avoidance is Addictive: Why are my patients eating, drinking and smoking more than ever? Addiction Medicine Trends

Nari Hsiu, DO
Chief Resident, University of Washington, Idaho Advanced Clinician's Track

10:15 AM - 10:30 AM

Break

● Panel Discussion: Perspectives on COVID-19 and Mental Health

10:30 AM - 12:00 PM

Jeremy Blanchard, MD
Family Medicine Physician
Rachel Kaschmitter, LCSW
Licensed Clinical Social Worker
James Piktel, MD
Clinical Psychiatrist
Letta Laux, RN
ER Nurse

● Wrap-up

12:00 PM

Closing Announcements

Find more conference info at:
www.idahopsychiatric.org



IPA Annual Conference Information

- **CME EVALUATION:** If you participate in all sessions of the conference, there are 3.5 credit hours of CME available. Make sure that your Zoom name that you use at the meeting is your full name so IPA can take your attendance, only people marked as attended will receive CME credit. **You must complete the following CME evaluation by March 15 in order to receive your CME certificate:** <https://www.surveymonkey.com/r/J9Z2FHP>. IPA will also email the survey to you after the conference. Once you submit the required CME survey, you will receive your CME certificate within 7-14 days. Failure to follow any of these steps could result in you not receiving credit for this activity. If you require CEU credit instead of CME credit, please take your supplied certificate to your licensing body for them to determine if you are able to receive credit or not. Easily navigate to the CME evaluation on your smartphone by taking a picture of this QR code:



- **SPONSOR MARKETPLACE AND RAFFLE:** Please be sure to visit the IPA Conference Marketplace: bit.ly/IPAMarketplace. If you contact FOUR sponsors through their contact information listed on the Marketplace, you will be entered into the Sponsor Raffle! Just email IPA at shelbi@idmed.org with which 4 sponsors you contacted, we'll check with the sponsors, and you'll be entered. We will be giving away TWO \$25 Amazon gift cards for that raffle, IPA will draw the winners on Friday, March 19 so contact sponsors before then! Sponsors are who make all our meetings possible and with a virtual event, we want to make sure they feel included in this conference so please reach out to them.
- **CONFERENCE DRAWING:** At the conclusion of the IPA Conference, we will be drawing the winner of a \$50 Amazon gift card to give to one lucky registrant! All registrants will be entered, the winner must be present at the conference drawing to receive the prize!
- **CONFERENCE WELLNESS PACKAGES:** Thanks to our conference sponsors, early-bird registrants will receive a wonderful IPA Conference Wellness Package in the mail before the conference. This package is full of some great goodies and includes items from each sponsor. On conference day, we hope you treat yourself to a morning snack or drink with the Starbucks gift card from Brick House Recovery, one of our Silver sponsors and later on, please treat yourself to lunch with your Door Dash gift card from ICOM, one of our Gold sponsors.
- **ZOOM REMINDERS:** Please be sure to stay muted throughout the conference unless it is your turn to speak. Please do not disconnect from the meeting at the break or any other time, if you need to step away simply turn off your audio and video. Directly message Shelbi in the Zoom chat if you are having technical issues, you can also email her at shelbi@idmed.org.



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IPA 2021 Virtual Annual CME Conference
“2021 Vision: The Changing Lens of Psychiatry “
Speaker Profiles

“What about the children: Is social isolation harming my child?” - Matthew Larsen, DO; Child and Adolescent Psychiatrist, Ascend Mental Health Center

Dr. Larsen is an Idaho native who briefly attempted a career as an actor and singer, but was broke with 5 roommates and quickly switched to medicine. He earned his medical degree from Des Moines University and completed his general psychiatry residency in Reno, Nevada in 2013. He enjoyed working with adults, but he really thrived working with teenagers, so he stayed in Reno for another two years to complete a fellowship in child and adolescent psychiatry. Dr. Larsen has a strong interest in suicide prevention, and was chairman of his local suicide prevention non-profit group for three years. Dr. Larsen had worked inpatient, residential, and recently opened his own practice in Idaho Falls. In his free time, he acts and sings... for free.

“Avoidance is addictive: Why are my patients eating, drinking, and smoking more than ever? Addiction medicine trends “- Nari Hsiu, DO; Chief Resident, University of Washington, Idaho Advanced Clinician’s Track

Dr. Nari Hsiu is a 4th-year psychiatry resident at the University of Washington, Idaho Advanced Clinician’s Track. She is originally from Tacoma, WA and is a graduate of the University of Washington. She obtained her osteopathic medical degree at Pacific Northwest University of Health Sciences in Yakima, WA. Following graduation from residency, she will begin a fellowship in addiction medicine at the University of Washington Boise. She plans to pursue a career in community psychiatry in Idaho where she will provide continuity of care for those with serious mental illness and/or struggling with addiction.

“Panel discussion: Perspectives on COVID-19 and mental health” - Jeremy Blanchard, MD;
Family Medicine Physician

Dr. Blanchard was born in San Diego, CA and grew up in Cleveland, TN. He attended Lee University where he obtained degrees in biochemistry and English. During his studies, he worked on NASA-funded research studying the effects of microgravity on bone loss in astronauts. He then obtained an MPH at Yale University focusing on the epidemiology of microbial diseases. While there he focused on the attenuation of influenza transmission as well as research funded by USAID assessing emerging pandemic threats.

Dr. Blanchard attended medical school at the James H. Quillen College of Medicine at East Tennessee State University. He then started his career in general surgery residency at the University of Maryland Medical Center before switching to family medicine at the same institution in order to facilitate his broad clinical and research interests. He served as chief resident. He is heavily involved in research and is completing his Ph.D. in population health at Thomas Jefferson University in Applied Health Economics and Outcomes Research. His research interests include health economics, infectious disease modeling, and economic mobility.

Dr. Blanchard is passionate about medical student and resident education. His clinical interests include procedural-based medicine, hospital medicine, viral hepatitis, HIV/AIDS, men's health, bone metabolism, and obstetrics.

“Panel discussion: Perspectives on COVID-19 and mental health” - Rachel Kaschmitter, LCSW;
Licensed Clinical Social Worker, St. Luke's Clinic – Behavioral Health Services: Twin Falls

Rachel Kaschmitter is a Licensed Clinical Social Worker. Rachel is trained in various evidenced-based therapy models including, and not limited to; Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing Therapy, Trauma-Focused Cognitive Therapy and Cognitive Behavioral Interventions for Substance Abuse, among others. Rachel received her bachelor's degree in social work from Lewis-Clark State College in Lewiston, Idaho and her Master's Degree in Social Work from Boise State University. Rachel enjoys being outdoors, reading, and spending time with her family.

“Panel discussion: Perspectives on COVID-19 and mental health” - James Piktel, MD;
In-Patient Psychiatric Physician, Sage Healthcare

James Piktel was born and raised in Edmonton, Canada. He graduated with an honors degree in microbiology from the University of Alberta before going on to medical school at St. George's University. He completed his residency in psychiatry at the University of Washington - Boise track. He then completed a fellowship in consultation/liaison psychiatry at the University of Washington. He has been working for Sage Healthcare in Boise since 2014 primarily as an inpatient hospitalist and consultation/liaison psychiatrist. He rotates at Cottonwood Creek Behavioral Hospital, Saint Alphonsus and St. Luke's.

“Panel discussion: Perspectives on COVID-19 and mental health” - Letta Laux, RN;
Emergency Room Nurse, St Luke's Magic Valley

My name is Letta Laux, RN and I have been a nurse in St. Luke's Magic Valley for 8 years working the last 3.5 years in the Emergency Department.