

# Maternal & Child Health Collaborative Office Rounds (COR)

a series of monthly meetings for the primary care community of Washington County

## *Charting the Turbulent Seas of Adolescent Sleep*

Tuesday, January 7th 2020 | 7:30 - 8:45 AM

Attend Via Live Webcast or in Person at Thundermist Health Center Conference Room | Wakefield, RI

### Faculty:

**Judith A. Owens, MD, MPH**

Professor of Neurology | Harvard Medical School  
Director, Center for Pediatric Sleep Disorders  
Boston Children's Hospital | Boston, MA

**Katherine Sharkey, MD, PhD**

Assistant Dean for Women in Medicine and Science  
Associate Professor of Medicine & Psychiatry & Human Behavior  
Warren Alpert Medical School of Brown University  
Rhode Island Hospital | Providence, RI  
Bradley Hospital | East Providence, RI

### Program Description:

This presentation will focus on normal changes in sleep and circadian biology in adolescence, outline the performance, health and safety consequences of deficient sleep in teens and examine healthy school start times as a potential mitigator of those consequences

### Learning Objectives:

*At the conclusion of this session, attendees should be able to:*

1. Describe normal changes in sleep during adolescence
2. Define deficient sleep as it pertains to adolescents
3. List 3 potential consequences of deficient sleep in adolescents

### Target Audience:

Physicians, Psychologists, Physician Assistants, Nurse Practitioners and Nurses specializing in Primary Care and Pediatrics.

### Accreditation:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Warren Alpert Medical School of Brown University and South County Healthy Bodies, Healthy Minds. The Warren Alpert Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### Credit Designation

**Physicians:** The Warren Alpert Medical School designates this live activity for a maximum of 1.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Psychologists:** The Warren Alpert Medical School of Brown University is approved by the RI Psychological Association to offer continuing education for psychologists. The Alpert Medical School maintains responsibility for the program. This activity is approved for 1.25 Category 1 CE Credits. Credits available to RI licensed psychologists only.

### Parking:

- Guests are allowed to park at:
- ♦ Wakefield Baptist Church: 236 Main Street, Wakefield  
18 parking spaces (back 2 rows)
  - ♦ Columbia Street/Main Street: Two municipal parking lots on Main St (behind Mary Murphy's and Phil's)

Absolutely no parking in the patient parking lot in the front of the building or in the staff parking garage underneath the building. Also, no parking in the lot directly in back of the building. Those spots do not belong to Thundermist and are paid for by other surrounding community businesses. Anyone parking in these spaces will be asked to move their vehicles.

Register Online at: <https://cme-learning.brown.edu/CORJAN20>

There is no fee to attend COR sessions, but registration is required. Attendees have the option of attending the live session at Thundermist or viewing the live online webcast.

Jointly Provided By:



In Collaboration with:

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**2019 - 2020 Series**

The overarching goal of the **Maternal & Child Health Collaborative Office Round (COR)** series is to improve pediatric and adolescent health in the region and increase the capacity of primary care providers to accurately diagnose and treat developmental and behavioral health issues. COR will strive to ensure that physicians have a greater understanding of child development, behavioral and mental health issues and the resources available to them.

### **COR Objectives are:**

1. To increase primary care providers' usage of culturally competent, evidence-based and family-centered community resources.
2. To increase participant knowledge about how to handle mental, developmental and behavioral health issues within their practices.
3. To increase participants' relationships with providers of other specialties, thus enhancing referral capabilities, effectiveness of therapies and community knowledge.

### **Locations:**

Each session will be held live at either:

#### **Thundermist Health Center**

1 River Street, Wakefield, RI 02879

#### **Westerly Hospital**

25 Wells Street, Westerly, RI 02891

*If you are unable to attend a session in person, an online webcast option is available.*

### **Planning Committee:**

#### **Louise Kiessler MD, FAAP**

#### **COR Co-Course Director**

*Professor Emerita of Pediatrics,*

*Professor Emerita of Family Medicine*

Warren Alpert Medical School of Brown University  
Providence, RI

#### **Ellen Flannery-Schroeder PhD, ABPP**

#### **COR Co-Course Director**

*Professor, Director of Training in Clinical Psychology,*

*Clinical Psychology | University of Rhode Island*

Kingston, RI

#### **Susan Orban LICSW**

*Director of Community Health & Wellness*

South County Health | *Coordinator*

Washington County Coalition for Children  
South County, RI

#### **Maria Sullivan | Director**

Office of Continuing Medical Education

Warren Alpert Medical School of Brown University  
Providence, RI

## Save the Date for these Upcoming COR events

### Sessions held at Thundermist Health Center

**Jan. 7, 2020**

Katie Sharkey MD, PhD & Judi Owens MD, MPH

**Feb. 4, 2020**

Jeffrey Hunt MD

**March 3, 2020**

Daniel Morena De Luca MD

**May 5, 2020**

Justin W. Martino-Harms PsyD  
Jason R. Rafferty MD, MPH, EdM

### Sessions held at Westerly Hospital

**Dec. 3, 2019**

TBD

**April 7, 2020**

Jeffrey Bratberg, Pharm.D., FAPhA  
Kelly Matson, Pharm.D., BCPPS

**June 2, 2020**

Aude Henin PhD