September 23 - Virtual Only
The Secret Your Patient Might be Hiding: Identifying Substance Use Disorders in Primary Care
Bruce Springer, MD and John Budnick, PA-C, Pine Rest Christian Mental Health Services

Substance use disorders have a tremendous impact on a patient’s health, not to mention their relationships and ability to function. Yet, much of the time primary care providers are unaware that their patient has an alcohol or drug use disorder. Bruce Springer, MD and John Budnick, PA-C of Pine Rest’s Substance Use Services will share screening tools, tips, and strategies to help primary care teams do a better job catching when their patients have a substance use disorder.

October 21 - Virtual Only
Teasing out Panic Attacks Versus Heart Attacks
Chadwick Furness, MD, Pine Rest Christian Mental Health Services

Many patients think they are experiencing a heart attack when they are actually experiencing a panic attack. Even many medical providers can find it tricky to tell the difference which can lead to inappropriate or delayed treatment. Dr. Chadwick Furness, who has experience working in both a psychiatric and a primary care setting will help attendees learn to accurately identify heart problems and panic attacks. Additionally, Dr. Furness will cover how cardiac health and mental health interact and how they affect each other.

November 18 - Virtual Only
Hope for Patients with Treatment Resistant Depression
Louis Nykamp, MD, Pine Rest Christian Mental Health Services

Some patients continue to experience difficult depression symptoms despite standard treatment interventions. Dr. Louis Nykamp will do an overview of additional treatment options for these patients including Ketamine Infusion Therapy and Brain Stimulation Therapies such as Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS). Dr. Nykamp will also cover how ECT is helping patients who are older adults who are experiencing dementia with behavioral disturbances.