



Annual Burlingame Award Lecture

Burlingame Awardee Boris Birmaher, M.D.

Risk of Developing and Having Recurrent Mood Episodes in Youth with Bipolar Disorder

presented by

Boris Birmaher, M.D.

Dr. Birmaher is the Endowed Chair in Early Onset Bipolar Disease and Distinguished Professor of Psychiatry at the University of Pittsburgh, School of Medicine and the Director of the Child and Adolescent Bipolar Spectrum Services. He received his medical degree from Valle University in Cali, Colombia; completed training in general psychiatry at the Hebrew University in Jerusalem, Israel, and child psychiatry at Columbia University, New York. Dr Birmaher is a leader in the study and treatment of pediatric mood and anxiety disorders. In addition, his research has concentrated in describing the predictors, risk factors, course and treatment of childhood-onset bipolar disorder. Throughout his career, he has served as the Principal, Co-Principal or co-investigator for over 25 federally-sponsored research grants and projects. He has authored or co-authored more than 500 publications, numerous book chapters as well as his own book, *New Hope for Children and Teens with Bipolar Disorder*. Dr. Birmaher has been the recipient of numerous awards over the years including the Colvin Prize for Outstanding Achievement in Mood Disorders Research from the Brain and Behavior Research Foundation (2013), the Ittleson Award for Research in Child and Adolescent Psychiatry (2014), the Gerald L Klerman Senior Investigator Award (2018), The Lifelong Fellow Award from the American Psychiatric Association (2018), The Leadership in Child, Adolescent and Young Adult Psychiatry Award from the American College of Psychiatrists (2022), and the Ruane Prize from the Brain and Behavior Research Foundation (2022). For four years and until 10/2018 he was the Program Chair of the American Academy of Child and Adolescent Psychiatry and recently was named Counselor-At-Large of the same association. Through his research, clinical and mentoring activities, Dr. Birmaher has increased our understanding of the risk factors for mood and anxiety disorders, developed and implemented innovative treatments to improve the lives of patients and their families, and trained the next generation of educators, clinicians, and researchers.

Thursday, October 27, 2022 @ 8am

<https://hartfordhealthcare.zoom.us/j/96923691001>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

1. Understand the importance of diagnosing correctly bipolar disorder (BD) in youth.
2. Identify who is at high risk to develop bipolar disorder.
3. Identify the longitudinal course of bipolar disorder and factors associated with increased risk for recurrences.

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statements: Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*[™].

- **Physicians:** Physicians should only claim credit commensurate with their participation. Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit*[™].
- **Nurses:** This activity is approved for 1.25 ANCC contact hours.
- **Social Work:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 other continuing education credits.
- **Other Learners:** All other learners will receive a Certificate of Participation. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*[™] from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures: *Nothing to disclose:* Ellen Blair (Nurse Planner); Boris Birmaher (Speaker); Michael Dewberry (Course Director); Bharat Narapareddy (Program Director); Erica Iyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Javeed Sukhera (Sponsor & Co-Director);



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