

Using Nutrition in Psychiatry: Options and Outcomes

presented by

Johnice F. Littlejohn, DO, MPH

Dr. Johnice F. Littlejohn, DO MPH, is currently a resident physician in the Psychiatry Residency Program at Western Michigan University Homer Stryker M.D. School of Medicine in Kalamazoo, Michigan. She is a graduate of the University of Detroit Mercy, where she majored in Biology and minored in Theatre. She earned her Master of Public Health from Michigan State University and is also a graduate of Michigan State University College of Osteopathic Medicine. Her professional interests include geriatric psychiatry, neuromodulation therapies, as well as working to minimize disparities across racial and socioeconomic status in healthcare and in medical training.

Erica E. Watson, DHSc, MS, Cert-EID, DiplACLM CNC

Dr. Erica E. Watson is a clinical nutritionist and lifestyle medicine practitioner, and an educator and advocate committed to culturally competent and trauma-informed health practices for patients, students, and community members. She loves sharing and learning about healing foods and ancestral meal practices, and hopes to inspire health through science, medicine, and culture. Dr. Watson emphasizes empathy, interdisciplinary care models, and health equity throughout all care and teaching, and truly enjoys supporting providers and learners by using these approaches.

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<https://hartfordhealthcare.zoom.us/j/92554190283>

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

- 1. Explore the intersection between clinical care and vitamin C supplementation while reviewing a unique clinical story.*
- 2. Consider food-derived nutrients' impacts on mental illness by exploring nutrition options.*
- 3. Illuminate the significance of lifestyle support in psychiatry by discussing outcomes.*

Accreditation: 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.

Physicians: Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is designated for a maximum **1.25 ANCC** contact hours.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Social Workers: 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 general** continuing education credits.

Other Learners: All other learners will receive a Certificate of Participation for **1.25** hours of education. 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:

- Johnice F. Littlejohn, DO: Nothing to disclose - 02/02/2026
- Dr. Erica E Watson, DHSc: Nothing to disclose - 01/28/2026

