

# WI CPCP PEDIATRIC MENTAL HEALTH IN PRIMARY CARE CONFERENCE



Friday, November 7, 2025

8:00 a.m.– 2:30 p.m.

In-person at the Ingleside Hotel or Live Online

## FEATURED SPEAKERS

### Rada Drca, M.A., LPC

Rada Drca, M.A., LPC, is a Licensed Professional Counselor at Wraparound Milwaukee. She is certified in TF-CBT, trained in narrative attachment therapy, and skilled in identifying youth at clinical high risk for psychosis. Her work focuses on building awareness and support for individuals experiencing psychosis.

### Jennifer Zaspel, MD

Dr. Jennifer Zaspel serves as the Medical Director of Emergency Mental and Behavioral Health at Children's Wisconsin and is an Assistant Professor of Psychiatry and Behavioral Medicine at the Medical College of Wisconsin. Board-certified in General Psychiatry and Child & Adolescent Psychiatry, she has been integral to the Children's Wisconsin Emergency Department and Trauma Center's Mental and Behavioral Health Crisis Response Team since its inception.

### Martha Karlstad, MD

Dr. Martha Karlstad is the Medical Director of Behavioral Health at Vernon Memorial Healthcare, a Child Psychiatrist on the WI CPCP team, and the president-elect for the Wisconsin Council of Child and Adolescent Psychiatry. She is board-certified in General Psychiatry and Child & Adolescent Psychiatry. Dr. Karlstad is passionate about rural access to high-quality care and treating diverse populations.

### John Hayes, DO

Dr. John Hayes is the Program Director of the MCW-Prevea Green Bay Family Medicine Residency and an Associate Professor of Family and Community Medicine at the Medical College of Wisconsin. Board-certified in Family Medicine and Addiction Medicine, he leads community-focused initiatives addressing substance use and mental health in primary care settings.

## AGENDA

FRIDAY, NOVEMBER 7, 2025 • 8:00 a.m.– 2:30 p.m.

8:00-8:45 a.m. Registration, Breakfast, and Exhibitors  
(In-person attendees)

8:45-8:50 a.m. Welcome  
**Kia Kjensrud**

8:50-9:00 a.m. Opening Remarks  
**Jon Lehrmann, MD**

9:00-10:00 a.m. Community Response Across the Spectrum of Psychosis  
**Rada Drca, MA, LPC**

- Recognize signs and symptoms of psychosis and the importance of early intervention.
- Identify those at Clinical High Risk for Psychosis (CHR-P) and First Episode of Psychosis (FEP).
- Understand assessment and resources for those meeting CHR-P and FEP criteria.

10:00-10:15 a.m. Break

10:15-11:15 a.m. Next Steps with Suicidal Patients in the Office  
**Jennifer Zaspel, MD**

- Review suicide screening practices and evidence-based tools.
- Explore brief and comprehensive suicide risk assessment strategies.
- Identify next steps in patient care based on risk and available resources.

11:15-12:15 p.m. From Pre-K to SGAs: Pediatric Psychopharmacology Beyond the Basics  
**Martha Karlstad, MD**

- How to approach using medications (clonidine, guanfacine, methylphenidate, mixed amphetamine salts) in children under 6 years old.
- When to consider using more than one medication (fluoxetine, sertraline, escitalopram, buspirone, bupropion, lamotrigine, mirtazapine) to treat a single mental illness in children.
- When to consider using a second-generation antipsychotic (aripiprazole, risperidone, olanzapine, lurasidone), and what to consider first.

12:15-1:15 p.m. Lunch & Exhibitors

1:15-2:15 p.m. "Carts, Wax, Shatter, Dabs, and Zinners": Decoding and Treating Nicotine and Cannabis Use Disorders  
**John Hayes, DO**

- Recognize the signs, symptoms, and patterns of nicotine and cannabis use in adolescents, including vaping, nicotine pouches, edibles, and smoking while understanding the social and developmental factors contributing to dependence.
- Learn about evidence-based treatment approaches for adolescent nicotine and cannabis dependence, including behavioral counseling, pharmacotherapy options, and prevention techniques tailored to the unique challenges of this population.

2:15-2:30 p.m. Closing Remarks

**REGISTER:**

Log on to [ocpe.mcw.edu](https://ocpe.mcw.edu) and create an account or log in with an existing account. Enter all of the required (\*) information.

Under **Featured Courses**, select **Pediatric Mental Health in Primary Care** or **CLICK HERE**.

**FEES**

*Registration is required, and fees are non-refundable. Fee includes registration, course materials, CME certification, and MOC part II credits for pediatricians.*

General Attendees	☐ \$150
Fellows and residents	☐ \$50
Students	No charge*

\*This course is complimentary for students; however, registration is required.

For instructions on how to receive your complimentary registration, contact [wicpcp@mcw.edu](mailto:wicpcp@mcw.edu)

**CONFERENCE LOCATION**

**Ingleside Hotel, Oakton Ballroom**  
**2810 Golf Rd Pewaukee, WI 53072**

Participants have until Thursday, November 6, 2025, to book a room at the Ingleside Hotel.

**Click here to book your room online, or contact the hotel at 262-547-0201.**

**SPECIAL NEEDS OR FOR MORE INFORMATION**

Please contact [wicpcp@mcw.edu](mailto:wicpcp@mcw.edu) if you require special accommodations or have additional questions.

**COURSE PLANNING COMMITTEE**

*Co-Directors of Activity:*

Rosa Kim, MD

Colleen Manak, MD

*Committee Members:*

Grace Bayer

Francisco Enriquez, MD

David Graf, PA

Melissa Hayes, MEd

Matthew Jandrisevits, PhD

Kia Kjensrud

Kristen Krause

Christina Lium, MPH

Betsy Manor, MD

Lauren Mayer, APNP

Elizabeth Nelson, MA

Kimberly Nesseth, RN



CONTINUING PROFESSIONAL  
DEVELOPMENT

**ACCME ACCREDITATION STATEMENT**

The Medical College of Wisconsin is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

**AMA CREDIT DESIGNATION STATEMENT**

The Medical College of Wisconsin designates this live activity for a maximum of 4.25 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**HOURS OF PARTICIPATION FOR ALLIED HEALTH CARE PROFESSIONALS**

The Medical College of Wisconsin designates this activity for up to 4.25 hours of participation for continuing education for allied health professionals.

Participation shared with ABP through PARS: Individual participants' information will be shared with ABP through the ACCME Program and Activity Reporting System (PARS).

**NURSE PRACTITIONER**

Medical College of Wisconsin, Inc. is approved as a provider of nurse practitioner continuing education by the American Association of Nurse Practitioners: AANP Provider Number 150930. This program has been approved for up to 4.0 contact hours of continuing education (which includes 1 hour(s) of pharmacology). Nurse Practitioners should claim only those hours actually spent participating in the CME activity.

**ABP MOC POINTS**

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn up to 4 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

**AAFP ACCREDITATION STATEMENT**

The AAFP has reviewed WI CPCP 2025 Pediatric Mental Health In Primary Care Conference and deemed it acceptable for up to 4.00 Live AAFP Prescribed credit(s). Term of Approval is from 11/07/2025 to 11/07/2025. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**PHYSICIAN ASSISTANT**

This activity has been reviewed by the American Academy of Physician Associates Review Panel and is compliant with AAPA CME Criteria. This activity is designated for 4 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation. Approval is valid from 11/7/2025 to 11/7/2025. AAPA reference number: CME-2013717.