

January 2005

Show Me The Evidence!

QRTips

Let the reader beware!

The recent findings with regard to cardiovascular risks related to use of the arthritis pain medication, Celebrex, coming only two months after even more definitive findings with regard to the similar medication, Vioxx, have raised questions about the independence of published biomedical research. Much of the biomedical research, particularly the clinical studies, being conducted in the United States is done by researchers who either work directly for or are substantially supported by pharmaceutical companies.

These findings raise issues with regard to data regarding the tools and treatments we use in mental health. The closest finding to those now surfacing about arthritis medications have been the studies of the side effects of SSRIs, and specifically whether they increase the risk of suicide in depressed children and adolescents. The data have not been entirely clear on this issue, but studies reported in the British Medical Journal and Lancet found that some SSRI's were less effective in treating child and adolescent depression than had been touted by their manufacturers and that adverse side effects were either minimized, or not reported because studies with negative results were not brought to publication. These studies raised questions about the independence of the researchers publishing the studies.

Researchers who study the effects of psychotherapy are not immune to the same challenges with regard to their independence, particularly if they are promoting a particular therapy, developed it themselves, or stand to make money by attracting followers to its use, as in many therapies that now require going through a costly "certification" procedure by the therapies' developers before the practitioner uses them. Groups such as the evidence-based practice study group in the American Psychological Association require that positive findings come from more than one research group before a therapy is designated as efficacious.

Even more suspect than publications appearing in peer-reviewed scientific journals, however, are those claims and findings reported on internet websites, in popular publications and book chapters, and in workshops. Before accepting a report as valid, a consumer should always ask if the person doing the reporting stands to benefit from a positive or negative report and, if so, what guarantee can be given that the results are free from contamination. Our workshop presenters at HCA are required to sign a form disclosing any financial or product interests in the topic they are talking about so we can let the audience be aware of such interests.

Reminder:

The CYS Annual Provider Training **must** be completed by January 14, 2005.

1. The 2-Disc training is available at each program site.
2. The 2-Disc training will also be presented to a group of clinicians who prefer in-person training. It is scheduled for January 10th, 2005 from 8:30 a.m.-12:30 p.m.

Location: 405 W. 5th St.
Rm. 433 A - D
Santa Ana, CA

Space limited to 40 clinicians only.

Presenters: Aida Sánchez-Nunez, LCSW and Cort Curtis, Ph.D.

4 CE Credits have been approved for Psychologists, LCSW, MFT and MD

Development of Severe Mental Illness

Presenter: Casey Dorman, Ph.D. OCHCA, BHS, CYS
When: January 19, 2005 9:00 a.m.-11:00 a.m.
Where: 744 N. Eckoff, Orange, CA

Schizophrenia and schizoaffective disorder are rare in children but by late adolescence and early adulthood, many persons have developed this disorder. What is known about the precursors of such severe mental illness and can we identify them in clinical populations? If we can, can we do anything to prevent such disorders emerging or from become chronic? This seminar will explore what is known about this topic and review recent research on both the brain-related factors that are involved in early onset schizophrenia, the clinical factors that predict later development of schizophrenia and schizoaffective disorder, and the evidence for the effectiveness of early intervention in reducing the severity and chronicity of the disorder.

2 CE credits have been applied for for Psychologists, MFTs and LCSWs

Your Culture and Mine: A Monthly Column About Culture and Mental Health

Cultural Differences in Child Rearing

The National CASA Volunteer Training Curriculum on Cultural Awareness has some important tips for those working with families. The following is excerpted from their training materials.

The CASA training reminds us that there is no universal standard for child rearing, nor for what is considered child abuse or neglect. What may seem abusive or neglectful or even ideal in one culture, may be just the opposite in another. This is not to say that values about harming children are entirely relative to one's culture, but if we ignore the fact that we color our perceptions of child rearing from our own cultural perspective, we may find ourselves in the position in which our own set of cultural beliefs and practices are presumed to be preferable, and in fact superior, to another. At the same time, the CASA training reminds us, we cannot take the stance of accepting inhumane treatment of children in the name of cultural sensitivity.

In some non-Western cultures for instance, coming-of-age rites may involve skin mutilation or scarring. If such practices took place within Western society, they would be considered abusive, but may not be within the societies from which they originated. In many societies, strict adherence to rules about family hierarchies, respect for elders, precise forms for addressing relatives and older strangers are rigidly enforced, though in the United States we may see such rules as limiting children's freedom and expressiveness. But some Western child rearing practices such as isolating children in beds or rooms of their own at night, making children wait for food when they are hungry, forcing young children to sit in a classroom all day, or allowing infants to "cry themselves out" may be regarded as abusive or at least neglectful, by members of other cultures.

Since America is made up of immigrants from nearly all the cultures of the world and how one raises one's child is central to the cultural family identity that many families try to maintain, each of us needs to find ways to become sensitive to the culturally based child-rearing practices of the clients we serve by understanding their meanings and value within the culture of the clients.

An excellent introduction to cultural differences in child rearing is Barbara Rogoff's *The Cultural Nature of Human Development* published by Oxford University Press in 1993.

Aging and Long Term Care

Presenter: Roseanne Kotzer, MSW, OCHCA, BHS, Older Adult Services

Where: 10 Civic Center Dr., Board Hearing Room

When: January 13, 2005, 9:00 a.m. to 12:00 p.m.

This workshop satisfies the training requirement for licensed psychologists, social workers and MFTs in aging and long-term care required by California State boards. The course will cover the biological, social, and psychological aspects of aging, as well as some information on substance abuse in older adults.

Target audience: Licensed psychologists, social workers, and MFTs

Objectives: Attendees will be able to:

1. Describe what is known about the biological aspects of aging
2. Describe what is known about the social aspects of aging
3. Describe what is known about the psychological aspects of aging

3 CE credits are available for psychologists, social workers, and MFTs.

Legal and Ethical Aspects of Practicing with Children and Families

Presenters: Jason Platt, Ph.D., Alliant International University & Casey Dorman, Ph.D., OCHCA

When: January 27, 2005, 9:00 a.m. – 4:00 p.m.

Where: 1337 Braden Court, Orange

This course reviews current ethical and legal issues affecting today's mental health professionals who work with children and families. Changes in California law as well as common ethical dilemmas and conflicts are addressed. Dr. Platt will cover laws and recent changes in laws that affect family practice and ethical guidelines for MFTs. Dr. Dorman will cover ethical guidelines for social workers and psychologists. This course meets and exceeds the Board of Psychology (BOP) 4-hour and the Board of Behavioral Sciences (BBS) 6-hour law and ethics update requirements.

6 hours of CE credit are offered for licensed psychologists, MFTs and LCSWs

PLEASE REMEMBER TO CALL AND CANCEL IF YOU HAVE SIGNED UP FOR A WORKSHOP AND YOU ARE UNABLE TO ATTEND. NO PHONE SIGNUP PLEASE!!

❖ Introducing- The Quality Review and Training Team

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All staff may be reached via county email as well.

Where indicated this is an activity offered by OC HCA, a CMA-accredited provider. Physicians attending this course may report up to 4 hour(s) of Category 1 credit(s) toward the California Medical Association's Certificate in Continuing Medical Education and the American Medical Association's Physician's Recognition Award.



The County of Orange Health Care Agency is an approved provider of continuing education credits for the California Board of Behavioral Sciences (provider no. PCE389). OCHCA is approved by the American Psychological Association to offer Continuing Education. The OCHCA maintains responsibility for the programs.