

2025 Heads for the Hills
October 24-25 Martha Washington Inn - Abingdon, VA

FRI OCT 24

12:00 PM	Lunch Buffet Begins	
1:00-3:00 pm	<p>Panel Discussion - Graduate Medical Education in rural Appalachia: how can we use our influence for community and clinical good?</p> <p><i>In what ways do those teaching and taking part in rural residency programs feel better prepared to serve rural communities because of training in one? Where does modern GME fall short of truly preparing doctors to serve rural communities, and how can we as practitioners exert positive influence to close any such gaps?</i></p>	<p>Moderated by Antoinette Justice, DO - Associate Dean of Osteopathic Med, Professor of Family Med & Osteopathic Principles & Practices - <i>KY College of Osteopathic Medicine</i></p> <p>Adegbenga A. Bankole MD, FACP, FACP - Rheumatology Fellowship Program Director, Professor of Medicine - <i>VT Carilion School of Medicine</i></p> <p>Cassi Jones, DO, FACOI - Assoc Dean of Clinical Affairs & Assistant Professor of Internal Med - <i>Lincoln Memorial U.</i></p> <p>Abraham B. Hardee III, DO/PhD - Family Med Residency Program Director - <i>LewisGale Hospital Montgomery</i></p>
3:00-4:00 pm	<p>How Adverse Childhood Event Scores (ACES) inform best practice for Adult Patient Encounters in Family Medicine</p> <p><i>By understanding what happened to our patients, and how to let that knowledge inform treatment plans, we can limit "noncompliance" and increase patient positive outcomes .</i></p>	<p>Ginny Moorer Trauma Recovery Coordinator <i>Mount Rogers Community Services</i></p> <p>Megan Hamilton, MA Collective Impact Specialist <i>Strong Accountable Care Community</i></p>
4:00-5:00 pm	<p>Hold 'Em, Fold 'Em, Walk Away or Run? Rethinking Our Use of GABA-ergic & Antipsychotic Drugs in the Elderly</p> <p><i>Discuss the implications and risks of the overuse of GABAergic drugs in general with specific issues in the elderly. Review the approach to antipsychotic use in the management of behavioral and psychological symptoms of dementia.</i></p>	<p>Katherine Coffey-Vega, MD Geriatrician & Director of Inpatient and Emergency Department Geriatric Services <i>Carilion Clinic</i></p>
5:30-7:00 pm	Reception at Rendezvous International Café - 211 W Main St, Abingdon, VA 24210 (Finger Foods/Snacks)	

SAT OCT 25

7:00 AM	Breakfast Buffet Begins	
8:00-9:00 am	<p>Cannabis Demystified: Exploring cannabis products, toxicity, and medical evidence</p> <p><i>This lecture will uncover the world of new and old cannabis products. Attendees will gain a clearer understanding of cannabis urine drug screen interpretation, safety concerns regarding available products, and potential medicinal uses of cannabis.</i></p>	<p>Avery Michienzi, DO Assistant Professor, Department of Emergency Medicine, Division of Medical Toxicology</p> <p>Samuel Collins Dr.P.H. Div. of Outreach, Psychiatry and N.B. Sciences <i>University of Virginia</i></p>
9:00-10:00 am	<p>Patient Voices: Listening Between the Lines: What LGBTQ+ Teens Wish You Knew</p> <p><i>Learn what to look for in a patient encounter with adolescents who may express suicidal ideation or other self-harm in nuanced ways, and what to do about it .</i></p>	<p>Shannon Farrar Consultant, Trauma Informed Coach, Mom of LGBTQ+ young adults</p>
10:00-12:00 pm	<p>Methamphetamine and Cocaine 2025: Health Impacts and Effective Treatments</p> <p><i>What you need to know about CDC guidelines, current trends, and future predictions around substance use disorder, pain management, and being a rural practitioner .</i></p>	<p>Richard Rawson, PhD. Research Professor <i>Vermont Center for Behavior and Health</i></p> <p>Professor Emeritus <i>UCLA School of Medicine</i></p>
12:00 PM	LUNCH	
1:00 pm-2:00 pm	<p>More than Small Adults: A Deeper Look at Pediatric Depression</p> <p><i>A deeper look at the best way to screen and begin workup for pediatric patients with depression as well as initiate treatment following AACAP practice parameters.</i></p>	<p>Jessica Elliott, DO Child Psychiatrist <i>Ballad Health</i></p>
2:05 pm-3:05 pm	<p>Opening the Door to Approaching Suicidality in Primary Care</p> <p><i>Suicide is the 2nd leading cause of death for ages 10-24. Learn tools to help you feel confident screening for suicidality and gaining the support needed to save lives.</i></p>	<p>Angela Prater, LCSW</p> <p>Amy Harden, MD <i>Virginia Mental Health Access Program</i></p>
3:10 pm-4:10 pm	<p>Cannabis and Vaping: Apocalypse of the Pre Frontal Cortex in Adolescent Patients</p> <p><i>Psychosis, Depression, and Anxiety are increasing in prevalence due to Cannabis and Nicotine Abuse. Addressing these attributing factors on adolescent mental health impacts awareness of the effects that these drugs have on the developing adolescent brains.</i></p>	<p>James W. Nachbar, MD Child Psychiatrist <i>Mount Rogers Community Services</i></p>