
**BEA Award in Support of Conferences and Workshop
2019**

Grant ID: 84071

Workshop or Conference name: Celiac Disease Psychosocial Health Program

Sponsoring Organization: Children's National Medical Center, ,

Contact Name: Shayna Coburn, PhD

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Goals and objectives

The clarity and nature of the conference or workshop goals and objectives and how they will enhance the training of faculty and supervisors of graduate students, interns, and/or postdoctoral fellows in psychology.

The Celiac Disease Psychosocial Health Program will offer continuing education (CE) credits for mental health professionals (MHPs) and mental health (MH) trainees with two primary objectives: 1) educate MHPs of the unique psychosocial factors associated with celiac disease (CD); and 2) teach MHPs core competencies in the psychosocial treatment of individuals with CD and their families. Until recently, the psychosocial experiences associated with CD were poorly understood and not well researched. In partnership with the Celiac Disease Foundation, the Celiac Disease Program at Children's National hosted a live CE event in 2016, which was made available as enduring online materials (CeliacPsychCE.org). A proposed clinical agenda for supporting the psychosocial health of children with CD noted the importance of empirically-supported training for MHPs (Coburn, Puppia, & Blanchard, 2019). Through a quality improvement initiative, past participants requested an updated program free of charge, designed to be viewed online, and available on-demand. As the only prior event on this topic occurred 4 years ago and was designed as a live event, there is a need for an enduring online learning platform to serve as the primary training resource for gaining competency to treat individuals with CD. Our multi-institutional committee, consisting of psychologists specializing in CD and chronic gastrointestinal conditions, has outlined a detailed plan for executing this updated program.

Leadership

The qualifications of the person(s) identified to plan and lead the conference or workshop, relative to the topic of focus. Included in the qualifications should be evidence of national or regional leadership (e.g., publication of scholarly works related to education and training, participation in past workshops, etc.).

Shayna Coburn, PhD, is an Assistant Professor of Pediatrics and Psychiatry and Behavioral Medicine at George Washington University School of Medicine, Director of Psychosocial Services at Children's National Celiac Disease Program, and Director of the current Psychosocial Health Program. Jamie Ryan, PhD, is a Pediatric Psychologist in the Divisions of Developmental and Behavioral Sciences and Pediatric Gastroenterology at Children's Mercy Hospital and Assistant Professor of Pediatrics at University of Missouri Kansas City School of Medicine. Margo Szabo, PhD, and Kimberly Wesley, PsyD, are Pediatric Psychologists in the Department of Child and Adolescent Psychiatry and Behavioral Sciences and Division of Gastroenterology, Hepatology, and Nutrition at Children's Hospital of Philadelphia. Kimberly Burkhart, PhD, is a Clinical Psychologist at Rainbow Babies and Children's Hospital and Assistant Professor of Pediatrics and Psychiatry at Case Western Reserve University. Monique Germone, PhD, BCBA, is an Assistant Professor of Psychiatry and Pediatrics at University of Colorado School of Medicine and Lead Psychologist at Colorado Center for Celiac Disease. All speakers provide psychological services to patients with CD within the context of multidisciplinary medical teams. Many speakers have publications on psychosocial adjustment in pediatric CD or other chronic conditions (e.g., Coburn et al., 2019), and have served in leadership roles for regional and national organizations.

Participants

The qualifications of conference or workshop participants relative to the topic of focus, including their potential for implementing outcomes of the conference or workshop toward enhancing graduate education.

Participants will include community MHPs, MH students and trainees, and other staff who treat individuals of all ages with CD. Because this CE workshop will be offered online, it is expected to draw participation from mental health providers and trainees from academic medical centers, freestanding children's hospitals, universities, and private practices across the country. Dietitians, nurses, and physicians who treat youth with CD will also be welcome to attend, as these staff are often involved in informal screening and referring patients who may benefit from mental health services. Approximately 15% of past participants were medical professionals (e.g., nurses) or dietitians with the remainder identifying as MHPs or trainees in mental health fields. This CE program will provide MH specific, evidence-based knowledge about CD and the gluten-free diet as well as concrete approaches for executing psychosocial screening, evaluation, and treatment in individuals with CD. As the majority of individuals with chronic conditions such as CD do not live nearby to a celiac disease specialty program or a MHP with appropriate health-oriented training, this program has the potential to dramatically expand the reach of effective mental health services nationwide and internationally. Participants who complete the CE program are eligible to be listed on a directory of providers sponsored by the Celiac Disease Foundation, the eminent patient advocacy organization for CD.

Impact

The estimated or potential impact of the conference or workshop in terms of the diffusion of new ideas resulting from its outcomes in the education community appropriate to the proposal's focus.

Recent research has shown there is a significant psychosocial burden associated with CD across the lifespan. Substantial psychological vulnerabilities have been documented before and after diagnosis, some of which may be mediated by genetic risk or disruption to healthy gut-brain regulation. The only treatment for CD is a lifelong, strict gluten-free diet, which is complex, anxiety-provoking, and difficult to achieve. This workshop is the only existing resource for healthcare providers on the aspects of mental health related to individuals with CD. While the current training program meets a basic need for training MHPs about CD, it was not designed for long-term use online and has shortcomings in its limited evidence on this subject at the time as well as poor audio and visual quality, accessibility, and usability of the web platform. Therefore, the program requires significant updating to include recent research on prevalence of mental health disorders, necessity and feasibility of psychological intervention, and specific treatment approaches for individuals with CD. As a result of completing this training, MHPs will be able to more effectively treat and provide support to youth and families to successfully execute the gluten-free diet and navigate the psychosocial challenges associated with CD.

Budget

The clarity and completeness of the conference or workshop budget, how realistic it is, and how the grant funds are to be used to offset expenses incurred (e.g., travel, registration, speaker fees).

The proposed training program has been designed to maximize reach to the target audience of MHPs and MH trainees across the country and internationally. To meet the needs for an updated empirically-supported training program, an online learning platform has been secured through the host institution free of charge to enable a stable, professional, and accessible base for offering the program. In addition, this virtual learning environment will reduce costs that would otherwise be incurred due to travel by subject matter experts, who are located in various regions throughout the United States. We have a commitment from the National Register of Health Service Psychologists to renew this training program at a reduced cost due to our previous relationship with them accrediting our enduring materials, approved through February 2020. The remaining budget is needed to ensure that subject matter experts are able to plan and execute the program and receive accreditation efficiently within the proposed timeframe (Spring 2020): CE Program Director- Celiac Psychologist (approx. 0.10 FTE: 4 hours/week for 6 months) Administration/Subject Matter Experts \$5,000 Collaborating Speakers Honoraria (6 x \$250) Subject Matter Experts \$1,500 CE Accreditation (National Register) – 1 year Accreditation \$500 TOTAL: \$7,000