

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

W W W . A A C A P . O R G

Clinical Essentials on Bipolar Disorder in Children and Adolescents

Course Design: 5 modules with 4-hours and 24 minutes of video tailored to the course learning objectives, followed by an 18-question post-test. The materials for this course were reviewed and selected by AACAP's Clinical Essentials Committee in December 2023.

Learning Objectives: At the conclusion of this continuing medical educational activity, the participant will be able to:

1. Discuss developmental and symptomatic presentations of bipolar disorder in children and adolescents.
2. Describe the predictors and complexities of good versus poor outcome, the impact of comorbidities, family history, and the stability of diagnosis from different age vantage points.
3. Appreciate the reciprocal impact of bipolar disorder on families, both genetic and psychosocial.
4. Address medication and psychosocial treatment options for mania, depression, suicidality and prevention.

Lectures, Titles, and Speakers from AACAP's 70th Annual Meeting

Module 1: Phenomenology, Diagnosis, and Outcome

Topics covered:

- Diagnosis stability and issues, differential diagnosis, clinical presentations of mania/bipolar disorder, phenomenology sequence, bipolar subtypes, polygenic risk scores

Speakers: From AACAP's 2023 70th Annual Meeting: Boris Birmaher, MD; Gabrielle A. Carlson, MD; Benjamin I. Goldstein, MD, PhD

Module 2: Course and Outcome

Topics covered:

- Bipolar comorbidity with substance use disorder, course of the disorder over time, age of onset's impact on diagnostic stability and case study

Speakers: From AACAP's 2023 70th Annual Meeting: Boris Birmaher, MD; Gabrielle A. Carlson, MD; Timothy E. Wilens, MD

Module 3: Family Genetic Impact of Bipolar Disorder

Topics covered:

- High-risk bipolar offspring, genetics, and the psychosocial impact of bipolar disorder

Speakers: From AACAP's 2023 70th Annual Meeting: Manon Hillegers, MD, PhD

Module 4: Psychosocial and Psychopharmacological Treatment

Topics covered:

- Dialectical behavior therapy and psychosocial treatments, psychopharmacologic treatment, issues of behavioral activation in medication treatment of depression

Speakers: From AACAP's 2023 70th Annual Meeting: Tina Goldstein, PhD; David J. Miklowitz, PhD; Manpreet K. Singh, MD, MS; Jeffrey R. Strawn, MD

Module 5: Unmet Needs and Future Directions

Topics covered:

- Review of the ongoing unmet needs in understanding and treatment, description of current studies and potential future treatments

Speakers: From AACAP's 2023 70th Annual Meeting: Melissa P. DelBello, MD, MS; David J. Miklowitz, PhD; Manpreet K. Singh, MD, MS