

# Primary Care Behavioral Health Conference

February 26-27, 2026



Presented by Webinar via Zoom

## Enhance Your Clinical Impact with the Primary Care Behavioral Health Course!

Join us for an immersive, four-part training series designed to empower primary care professionals with the skills and confidence to navigate the complex world of behavioral health. Through four dynamic half-day sessions, this course addresses the unique needs of both adult and pediatric patients where you will gain practical, real-world strategies to:

- Confidently assess and diagnose psychiatric disorders in the adult and pediatric primary care setting
- Identify and manage suicide risk and dangerous behavior
- Treat common mental health conditions including mood and anxiety disorders, psychosis, somatic symptoms, substance use, and sleep disturbances

Each session features a focused 45-minute expert-led lecture followed by a 15-minute interactive Q&A - ensuring you walk away with both knowledge and clarity.

Whether you're new to behavioral health or looking to sharpen your skills, this course bridges the gap between mental and physical health care—so you can better serve your patients, right where they are.

### Objectives:

- **Identify** the criteria for diagnosing common psychiatric disorders.
- **Demonstrate** the ability to perform comprehensive psychiatric assessments and conduct suicide screenings.
- **Formulate** and prescribe appropriate treatment plans for common psychiatric disorders.



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## AGENDA

Thursday, February 26, 2026

8:00am - 8:30am	Check-in & Visit Exhibits
8:30am - 8:40am	Introduction & The Link between PC and BH <i>James Rachal, MD</i> <i>Ruth Benca, MD, PhD</i>
8:40am - 9:40am	Primary Care Psychiatric Interview and Mental Status Examination <i>Celeste Peay, MD, JD</i>
9:40am - 10:40am	Motivational Interviewing <i>Sebastian Kaplan, PhD</i>
10:40am - 11:00am	Break & Visit Exhibits
11:00am - 12:00pm	PTSD <i>James Rachal, MD</i>
12:00pm - 12:45pm	Break & Visit Exhibits
12:45pm - 1:45pm	Mood Disorders <i>Sahil Munjal, MD</i>
1:45pm - 2:45pm	Anxiety Disorders <i>Kathleen Peniston, NP</i>
2:45pm - 3:00pm	Break & Visit Exhibits
3:00pm - 4:00pm	Psychotic Disorders <i>Matt Filippo, MD</i>
4:00pm - 5:00pm	Suicide Risk Assessment, Violence Risk Assessment & Capacity Evaluation <i>Layla Soliman, MD</i>
5:00pm - 5:30pm	Visit Exhibits



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For additional information & details:  
<https://www.southpiedmontahec.org/event/75797>



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## AGENDA

### Friday, February 27, 2026

7:30am - 8:00am	<b>Check-in &amp; Visit Exhibits</b>
8:00am - 9:00am	<b>Somatic Symptom &amp; Pain Disorders</b> <i>Afrayem Morgan, MD</i>
9:00am - 10:00am	<b>Insomnia &amp; Sleep Disorders</b> <i>Ruth Benca, MD, PhD</i>
10:00am - 10:15am	<b>Break &amp; Visit Exhibits</b>
10:15am - 11:15am	<b>Substance Use Disorders</b> <i>Kelsie Pierre, MD</i>
11:15am - 12:15pm	<b>Agitation &amp; Delirium</b> <i>Julie Owen, MD</i>
12:15pm - 1:00pm	<b>Break &amp; Visit Exhibits</b>
1:00pm - 2:00pm	<b>Psychiatric Assessment and Emergency Evaluation in Pediatric Populations</b> <i>Ryan Livingston, MD &amp; Katherine Penny, MA</i>
2:00pm - 3:00pm	<b>Pediatric Anxiety &amp; Depression</b> <i>Laura Yahr Nelson, MD</i>
3:00pm - 3:15pm	<b>Break &amp; Visit Exhibits</b>
3:15pm - 4:15pm	<b>Attention Disorders</b> <i>Rabiya Hasan, MD</i>
4:15pm - 5:15pm	<b>Autism</b> <i>Naomi Leslie, MD</i>
5:15pm - 5:30pm	<b>Visit Exhibits</b>



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## COURSE DIRECTORS

**Ruth Benca, MD, PhD**  
Wake Forest University  
School of Medicine

**James Rachal, MD**  
Wake Forest University  
School of Medicine

## FACULTY

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Wake Forest University  
School of Medicine

**Ryan Livingston, MD**  
Wake Forest University  
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**Kathleen Peniston, NP**  
Advocate Health

**Matthew Filippo, MD**  
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