

Understanding Mental Disorders

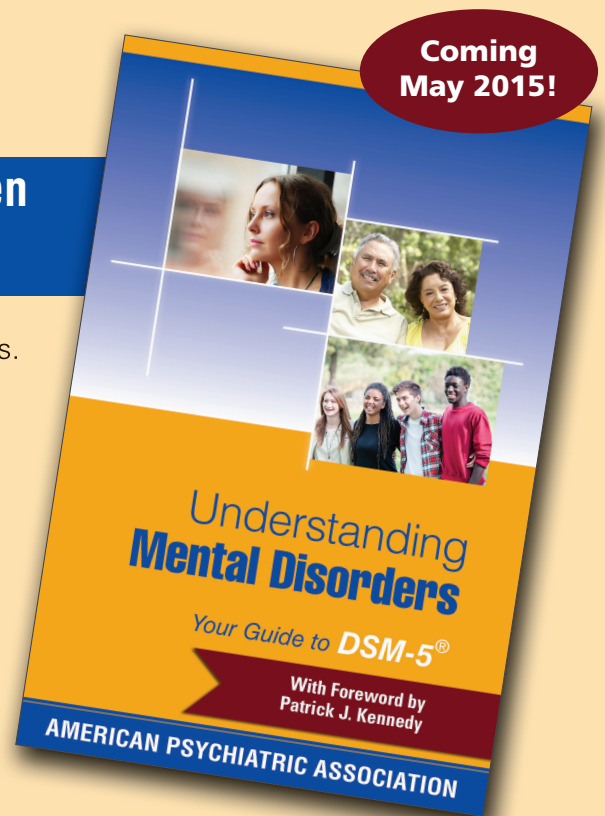
Your Guide to DSM-5®

American Psychiatric Association

A consumer guide for anyone who has been touched by mental illness!

Most of us know someone who suffers from a mental illness. This book helps those who may be struggling with mental health problems, as well as those who want to help others achieve mental health and well-being.

Based on the DSM-5®, **Understanding Mental Disorders** provides valuable insight on what to expect from an illness and its treatment—and will help readers recognize symptoms, know when to seek help, and get the right care. Featured disorders include depression, schizophrenia, ADHD, autism spectrum disorder, posttraumatic stress disorder, and bipolar disorder, among others.



“This simple, user-friendly guide is clear and informative. The format makes it easy to look up information about specific disorders.”—*Alies Muskin, Executive Director, Anxiety and Depression Association of America*

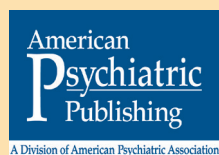
“DSM-5 sounds mysterious or technical to many people. This guide dissolves the mystery and explains psychiatric diagnoses in readily understandable terms.”—*Mary Giliberti, Executive Director, National Alliance on Mental Illness*

“*Understanding Mental Disorders* is an important resource that highlights in a balanced, sensitive way the multifaceted nature of mental disorders.”—*Allen Doederlein, President, Depression and Bipolar Support Alliance*

“*Understanding Mental Disorders* is a consumer-friendly guide to understanding the full array of mental health concerns and conditions that affect so many of us, and to understanding the range of treatments that can be effective in addressing them.”—*Paul Gionfriddo, President and CEO, Mental Health America*

For more resources and information, visit www.psychiatry.org/UnderstandingMentalDisorders

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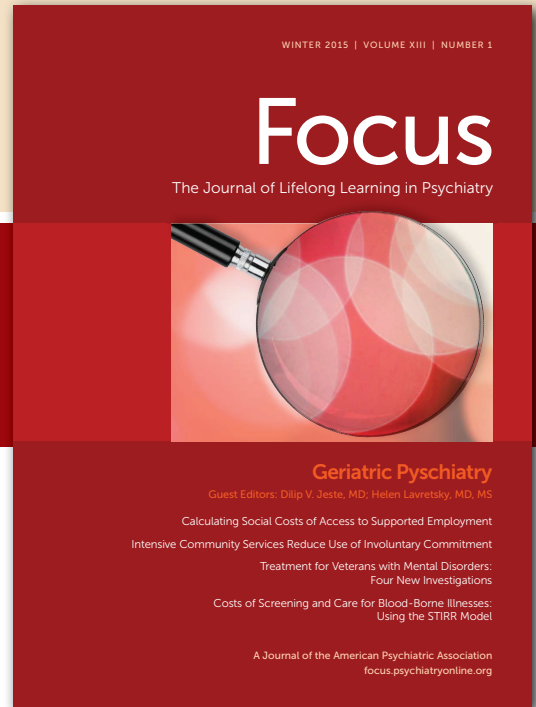
New Look and Features for **FOCUS: The Journal of Lifelong Learning in Psychiatry!**

FOCUS: The Journal of Lifelong Learning in Psychiatry

We have enhanced **FOCUS** with a bold new look and engaging features!

In addition, symbols on the Table of Contents page and on the articles themselves will help you navigate to content that addresses the Core Competencies as defined by the Accreditation Council of Graduate Medical Education (ACGME) and the American Board of Medical Specialties (ABMS).

We are excited to be bringing these enhancements to you as part of our continuing efforts to ensure we offer the best system to meet Maintenance of Certification requirements of the ABPN.



Core Competencies

-  Professionalism
-  Patient Care and Procedural Skills
-  Medical Knowledge
-  Practice-based Learning and Improvement
-  Interpersonal and Communication Skills
-  Systems-based Practice

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The Journal of Lifelong Learning in Psychiatry

EDUCATIONAL OBJECTIVES

FOCUS, the APA continuing medical education journal, is designed as a personal study resource to help practicing psychiatrists keep abreast of significant advances in the field, with particular attention to clinical practice.

Participants review current knowledge, recognize gaps in learning, and increase their understanding of an important topic in the field of psychiatry.

Participants prepare for an annual self-assessment designed to aid the physician in addressing areas where more study is needed to enhance management of patients.

TO EARN CME CREDIT

Each issue, prepared by distinguished faculty who are recognized leaders in their fields, incorporates a CME component. To earn CME credit for FOCUS, subscribers should read through the material presented in each issue. After reading the material, complete the CME Quiz with a passing score of 60% and submit the evaluation and study hours to APA; or complete the Quiz and evaluation online at focus.psychiatryonline.org.

ACCREDITATION AND DESIGNATION

The American Psychiatric Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The APA designates this Journal-Based CME activity for a maximum of 5 AMA PRA Category 1 credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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"Lifelong Learning in Psychiatry" is an evolving series of educational initiatives developed by the American Psychiatric Association to meet the changing needs of psychiatrists for the 21st century.

FOCUS, the APA continuing education journal, is designed for practicing psychiatrists to keep abreast of significant advances in the field, while developing self-directed lifelong learning skills. The goal of FOCUS is the lively interactive dissemination of up-to-date information for practicing psychiatrists, facilitating lifelong study skills and critical self-assessment in order to improve patient care.

The American Board of Psychiatry and Neurology has reviewed FOCUS: The Journal of Lifelong Learning in Psychiatry and the FOCUS Self-Assessment Examination and has approved this program as part of a comprehensive lifelong learning and self-assessment program, which is mandated by the American Board of Medical Specialties as a necessary component of maintenance of certification.

Royal College of Physicians and Surgeons of Canada

The Focus Self-Assessment Program (Vol. 12) is an accredited self-assessment program (Section 3) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada, and was approved by the Canadian Psychiatric Association on Oct. 1, 2014. This program expires Sept. 30, 2017. Remember to visit MAINPORT (<https://www.mainport.org/mainport/>) to record your learning and outcomes. You may claim a maximum of 24 hours (credits are automatically calculated).

American Academy of Physician Assistants



The FOCUS Self-Assessment CME Program has been reviewed and is approved for a maximum of 24 AAPA Category 1 Self-Assessment CME credits by the Physician Assistant Review Panel. Approval is valid until 10/31/2017. Physician assistants should claim only the credit commensurate with the extent of their participation in the activity. This program was planned in accordance with AAPA's CME Standards.



The Performance Improvement CME programs have been reviewed and are approved for a maximum of 20.00 AAPA Category 1 PI-CME credits by the Physician Assistant Review Panel. Total number of approved credits for each stage of this PI-CME program are as follows: Stage A: 5.0 AAPA Category 1 PI-CME credits; Stage B: 5.0 AAPA Category 1 PI-CME credits; Stage C: 5.0 AAPA Category 1 PI-CME credits. Bonus for completion of all three stages: 5.0 AAPA Category 1 PI-CME credits. Approval is valid until dates listed below. Physician Assistants should claim only the credit commensurate with the extent of their participation in the activity. This program was planned in accordance with AAPA's CME Standards.

Contact American Psychiatric Association, Department of CME, educme@psych.org for information regarding revised end dates and updates to the clinical modules. All Performance in Practice modules published in FOCUS are available to all FOCUS subscribers.

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The American Board of Psychiatry and Neurology has approved the following *FOCUS* Performance in Practice clinical chart review tools of the American Psychiatric Association as Maintenance of Certification, Part 4, Clinical Modules.

Performance in Practice: Physician Assessment Module for the Screening of Adults with Substance Use Disorder	Feb 2011 - Feb 2017
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Performance in Practice: Physician Assessment Tool for the Care of Adults with Schizophrenia	June 2012 - June 2015
Performance in Practice: Physician Practice Assessment Tool for the Assessment and Treatment of Adults at Risk for Suicide and Suicide-Related Behaviors	March 2011 - March 2017
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Performance in Practice: Clinical Module for the Care of Patients with Post-traumatic Stress Disorder	Aug 2013 - Aug 2016