

**Karmê Chöling staff offers  
guided practice in  
MINDFULNESS  
MEDITATION**

**at 3:45 pm. The focus will be on  
mindfulness practices to manage  
workplace stress and improve  
interactions with peers & clients.**

**Anyone wishing to participate in  
this optional training should check  
the appropriate box on the  
registration form.**

**The Area Health Education Centers  
of Northeastern Vermont and  
Northern New Hampshire invite rural  
practitioners to attend a one-day  
symposium on rural health care.**

*The Rural Health Symposium is designed  
to provide an opportunity for rural  
practitioners to:*

- ◆ **Discuss** collegially the challenges and rewards of daily work;
- ◆ **Identify** common problems in rural health care and share solutions and strategies for improvement;
- ◆ **Confer** with the experts on clinical updates & how they relate to rural practice;
- ◆ **Share** knowledge and experience with medical students and residents; and
- ◆ **Celebrate** rural practice!

*\$35.00 registration fee covers food & facility fees and permits the event to remain free of commercial support.*



**About Karmê Chöling**

Karmê Chöling is a Shambhala Meditation Center in Barnet, VT. A full-service dining room, living room, lounge, library & several meditation rooms will be made available for our meetings and workshops.

Although a limited number of chairs will be available in each of the rooms, many participants choose to sit on the comfortable raised floor cushions provided.

*To reserve a room that is a reprieve from technology, call 802-633-2384 x 103 for rates (\$30-\$105/night) and availability.*

For more information and directions:

[www.karmecholing.org](http://www.karmecholing.org)

**5.75 CME Credits Available.**

Northeastern Vermont AHEC designates this live educational activity for a maximum of 5.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Northeastern Vermont AHEC is approved as a provider of Continuing Medical Education (CME) by the New Hampshire Medical Society, an ACCME accreditation organization.



**Northern  
New Hampshire  
Area Health  
Education Center**

*For more information contact:*

**Northeastern Vermont AHEC  
(802) 748-2506**

**Northern New Hampshire AHEC  
(603) 259-3700**

# RURAL HEALTH SYMPOSIUM 2012



# CELEBRATING RURAL PRIMARY CARE

**Wednesday  
MAY 9, 2012  
10:00 a.m. - 5:15 p.m.**

*at the*  
**Karmê Chöling Meditation Center  
Barnet, Vermont**

**Hosted by:**  
Northeastern VT Area Health Education Center  
Northern NH Area Health Education Center  
University of Vermont College of Medicine  
Dartmouth Medical School  
Medical Scholars Program

## FACULTY

### Sharon Beaty, MBA, FACMPE

CEO Mid-State Health Center, Plymouth, NH

### Ned Helms

Director, Institute for Health Policy and Practice, College of Health and Human Services, UNH

### Charles MacLean, MD

Associate Dean for Primary Care and Research Director, Area Health Education Center Program, University of Vermont College of Medicine

### Cathleen E. Morrow, MD

Associate Professor, Predoctoral Director: Department of Community & Family Medicine, Dartmouth Medical School, New Hampshire AHEC Medical Director

### Richard Pinckney, MD, MPH

Assistant Professor of Medicine, University of Vermont, with specialty in health services research and Academic Detailing

### Mark Pasaner, MD

UVM College of Medicine

### Allan Ramsey, MD

Family Medicine Physician, FAHC and member of Green Mountain Care Board

### Mary Ready, MD

Family Medicine Physician with obstetrics, Concord (VT) Health Center, and Hospitalist, NVRH

### David A. V. Reynolds, MPH, DrPH

Deputy Commissioner of Health Care Administration, Vermont BISHCA

### Robert Whitaker

Writer/journalist based in Boston, self-employed, author of *Mad in America* (2002) and *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America* (2010).



## AGENDA

- 10:00 Registration and second breakfast
- 10:25 **Welcome & Introductions**
- 10:30 **KEYNOTE: Health Care Reforms Affecting Rural Primary Care Practice**  
*Allan Ramsey*
- 11:15 **Panel**  
*Charles MacLean, David Reynolds, Sharon Beaty, Ned Helms*  
*Facilitator: Cathleen Morrow*
- 12:15 **LUNCHEON BUFFET**
- 1:00 **DISCUSSION SESSION I**
- A. Academic Detailing: Chronic Low Back Pain**  
*Richard Pinckney*
- B. Rethinking Psychiatric Care: History, Science and the Long-Term Effects of Psychiatric Medications**  
*Robert Whitaker*
- C. "Gen Silent" and discussion on Long Term Health Care Issues for LGBT Seniors**  
*Mary Ready, Discussion Facilitator*
- 2:15 **Break**
- 2:30 **DISCUSSION SESSION II**
- D. Academic Detailing: Clinical Compassion**  
*Richard Pinckney*
- E. Responsible Narcotic Prescribing**  
*Charles MacLean & Mark Pasaner*
- F. Teaching Styles in the PC Setting**  
*Dartmouth Medical School faculty*
- 3:45 Evaluations & Certificates of Attendance
- 3:45 OPTIONAL:**  
**Mindfulness Meditation Training and Guided Practice**  
*Staff of Karmê Chöling*
- 5:15 Evaluations & Certificates of Attendance

Be sure to dress casually in layers (room temps vary) and be prepared to remove your shoes for any meetings in the meditation rooms. Also, please note that some breakout sessions may be located upstairs.

## REGISTRATION FORM

**RURAL HEALTH SYMPOSIUM  
MAY 9, 2012**

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Employer \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

*I require the following special accommodations:*

### BREAKOUT GROUPS:

*Please circle your workshop choice for each discussion session:*

Discussion Session I:    A    B    C

Discussion Session II:    D    E    F

**I will be attending lunch:    Yes    No**  
*(A vegetarian option will be offered)*

### OPTIONAL MEDITATION TRAINING 3:45 PM:

I will attend.     I will not attend.

**I am enclosing check # \_\_\_\_\_ for \$35.00  
made out to Northeastern VT AHEC**

**Please mail this registration  
and check for \$35.00  
by APRIL 26, 2012 to:**

**NORTHEASTERN VERMONT AHEC**  
347 Emerson Falls Road, Suite 3  
St. Johnsbury, VT 05819