

## CURRICULUM VITAE

### Julie A. Carbray PhD, APRN, PMHNP-BC, PMHCNS-BC

Clinical Professor of Nursing and Psychiatry  
Director, Pediatric Mood Disorder Clinic  
Faculty, Institute for Juvenile Research  
Psychiatric APRN, UIC Department of Psychiatry

#### **PRIMARY BUSINESS ADDRESS:**

Institute for Juvenile Research (MC 747)  
Department of Child Psychiatry  
1747 Roosevelt Road  
Chicago, IL 60608

Phone: (312) 413-1886  
Email: jcarbray@uic.edu  
Fax: (312) 413-7757

#### **Education**

<u>Institution &amp; Location</u>	<u>Degree</u>	<u>Date</u>	<u>Specialty</u>
Rush University Chicago, Illinois	PhD	1993	Child Psychiatric Nursing
Rush University	M.S.	1988	Psychiatric Nursing
Purdue University West Lafayette, Indiana	B.S.	1987	Nursing Psychology

#### **Board certification**

ANA Certification: Clinical Nurse Specialist in Child and Adolescent Psychiatric and Mental Health Nursing. American Nurses Association. October 1990. #148072-02

NPI# 1639261837

ANA Certification: Family Psychiatric-Mental Health Nurse Practitioner. American Psychiatric Nurses Association. October 2012. #2012012423.

**Certification: Trauma CBT-able to sit for certification 3/23**  
**Certification: CPR BLS from the American Heart Association 8/9/22**

#### **Licensure**

State of Illinois:

Registered Profession Nurse # 041-242941  
Licensed Advance Practice Nurse-Certified Clinical Specialist  
#209-000721  
Licensed Advance Practice Nurse Controlled  
Substance #309-000248

### **Honors and awards**

2019 Preceptor of the Year, Psychiatric Mental Health Nursing Program, UIC College of Nursing  
2016 American Psychiatric Nurses Association Distinguished Service Award, Hartford Connecticut  
2012 UIC Inspire Award, University of Illinois at Chicago  
2008 Karen Gousman Excellence in Nursing Award, University of Illinois at Medical Center  
2008 Best Practices in an Outpatient Program for Bipolar Disorder, American Psychiatric Nurses Association  
Excellence in Nursing Award, University of Illinois at Chicago, Nominee, 2005  
Wabash Valley Hospital Excellence in Psychiatric Nursing Award 1987  
Sigma Theta Tau, Alpha Lambda Chapter

### **Professional Experience**

1993-Present	Clinical Professor, Psychiatry/ The Institute for Juvenile Research and College of Nursing, Director Pediatric Mood Disorder Clinic The University of Illinois at Chicago Chicago, Illinois
1993-1994	Consultant, The Before It's Too Late Program, The Rock Creek Center, Lemont, Illinois
1991	Consultant, Psychiatric Service Feasibility Study, Edward Hospital, Naperville, Illinois
1989-1994	Psychotherapist, South Suburban Child and Adolescent Psychiatry Center, Hazel Crest, Illinois
1989-1993	Psychotherapist, HCA Riveredge Hospital, Forest Park, Illinois
1989-1990	Clinical Nurse Specialist, Adolescent Mental Health Services, Christ Hospital and Medical Center, Oak Lawn, Illinois
1987-1989	Staff Nurse, Adolescent Psychiatry, Christ Hospital and Medical Center, Oak Lawn, Illinois

### **PRESENT POSITIONS:**

2011	Clinical Professor of Child Psychiatry and Nursing
2005	Clinical Associate Professor of Child Psychiatry, Nursing
2017	Director, Pediatric Mood Disorders Clinic, University of Illinois Chicago

Accountable for the clinical management of a specialty clinic that provides treatment and conducts clinical research with children with mood disorders. Direct supervision to clinic trainees, accountable for clinical program and liaison with referral agencies across the United States.

- 1993 Clinical Assistant Professor of Child Psychiatry, College of Medicine, University of Illinois Chicago
- 1993 Clinical Assistant Professor of Nursing, College of Nursing, University of Illinois at Chicago
- 1993 Faculty, Institute for Juvenile Research, University of Illinois at Chicago

### **Committee service**

College of Nursing Practice Committee

IJR/Department of Psychiatry Clinical Service Committee

College of Nursing, Department of Mental Health Nursing Social committee

Department of Psychiatry: Search Committee, IJR Head 1999-2000

Chair: IJR task force on environment and culture

Board member: College of Nursing Complementary Medicine Institute

Member, University of Illinois Hospital and Clinics Advanced Practice Nursing Council

College Medicine: Medical Student Interviewer 2013-2017

Member, American Psychiatric Nurses Association, Child and Adolescent Certification Committee

Member, American Psychiatric Nurses Association, APRN council, 2007-2012

Member, American Psychiatric Nurses Association, Illinois Board Member at large, 2008-2012,  
Legislative Board Member: 2012-2017

Chair, Child and Adolescent Council, American Psychiatric Nurses Association, 2013-2017.

Member, Clinical Psychopharmacology Institute Planning Committee 2009-2022

Chair, Clinical Psychopharmacology Institute Planning Committee, American Psychiatric Nurses Association 2011-2018

Faculty Internship Mentor: UIC Honors Program, Josephina Frankovich, 2012-2013

Mentor, Illinois Society for Advanced Practice Nursing

Department of Psychiatry, Institute for Juvenile Research, Advisory Committee 2004-2008

Member, UIC Ambulatory Care QI Committee, 2014-2016

Member, American Psychiatric Nurse Association Ketamine Task Force 2018

Chancellor's Committee on the Status of Women 2012-2020

Chair: CCSW Faculty Concerns and Development Committee-Co-Chair 2013-2017

Member: CCSW Faculty Concerns Committee 2011-current

Board Member: 2018-2020

Member, University of Illinois Hospital and Clinics Advanced Practice Nursing Council 2014-2019

The OP Ed Project, Selected by UIC Vice chancellor for Health Affairs to attend one day seminar 2019

### **Current:**

**Member, University of Illinois Hospital and Clinics Advanced Provider Council 2019-2023**

**Chair: IJR Quality Improvement Committee 2013- 2023**

**UI Depression and Resiliency Center, Faculty member**

**National Network of Depression Centers: Child and Adolescent Task Force  
Psychiatric Congress, Steering Committee member, 2016-2024**

**HMP Global Bipolar Disorder Channel Section Editor 2023**

**NP Institute Editorial Board Member 2023**

**NP Institute Co-chair 2023**

**Psych Congress Co-chair, Nashville, TN 2023**

**Member, Illinois Society for Advanced Practice Nursing**

**DNP Practice Faculty Mentor, College of Nursing, Katrina Ferracane 2019, Autumn Henze  
2020, Alissa Thompson 2022, Jeremy Baker 2023**

**Committee Member, Clinical Psychopharmacology Institute Planning Committee,  
American Psychiatric Nurses Association 2010-2023**

**Member, Dissertation Committee, Janell Draxler, PhD candidate Rush University**

**Member, Child Psychiatry Training committee, UIC**

**Member, Clinical Service committee, IJR**

**Membership in community and national organizations:**

American Nurse Association, Member, 2016-present

National Alliance for the Mentally Ill

Professional Member 2001-present

Illinois Advanced Practice Nurses Association

Member 2003-current

Mentor 2004-current

Reimbursement Committee member 2008-2019

International Society for Psychiatric Nursing

Member 1993-current

American Psychiatric Nurses Association

Member 1989-current

Sigma Theta Tau

Member 1988-current

Committee Member, Public Relations Committee, 1992

**Reviewer: *Present***

Northwestern University College of Medicine, External Reviewer for Promotion and Tenure,  
Division of Child and Adolescent Psychiatry

Yale, College of Nursing, External Reviewer for Promotion and Tenure

Case Western University, College of Nursing: External Reviewer for Promotion and Tenure

The University of Michigan, College of Nursing: External Reviewer for Promotion and Tenure

The University of Minnesota Minneapolis, College of Nursing: External Reviewer for Promotion  
and Tenure

The University of North Carolina, Chapel Hill, College of Nursing: External Reviewer for  
Promotion and Tenure

The Ohio State University College of Nursing: External Reviewer for Promotion and Tenure

Journal of the American Psychiatric Nurses Association

Fulbright Scholars Review Panel, UIC Graduate College, Faculty Reviewer 2018

The Journal of Clinical Psychiatry

Journal of Child and Adolescent Psychiatric Nursing

The Journal of Clinical Psychiatry

Journal of Pediatric Nursing

Peer Reviewer: Adolescent Depression Module: University of Nebraska Medical Center. 2012.

Consumer Reports on Health: ADHD Medications. 2012.

***Consultant:***

***2022-2023 Karuna Therapeutics Advisory Board***

***2023 Supernus Advisory Board: ADHD and Women***

2021 Alkermes Advisory Board

2020 Supernus Advisory Board

2018 Expert Panel: Implementation of Best Practices in Antipsychotic Prescribing for Children and Adolescents. SAMSHA, May 2018

2019 Advisory Board Alkermes June 5, 2019

2017 Advisory Board: Neurocrine October 17, 2017.

2016 Expert Panel. Trauma Institute of New Jersey.

2016 Steering Committee. US Psychiatric Congress.

2014. Expert panel, Follow Up after Mental Health Hospitalization. The Mount Sinai Collaboration to Advance Pediatric Quality Measures (CAPQuaM), an AHRQ-CMS Center of Excellence within the federal Pediatric Quality Measures Program.

**Volunteer Work**

Camp Nurse: Covenant Harbor Bible Camp-2002-2013

UIC Volunteer Program

Initiated volunteer program for outpatient child psychiatry 2003

**GRANT SUPPORT: ACTIVE AND PAST**

Source: Brain and Behavior Research Foundation

Title: *Hemodynamic Biomarkers of Prefrontal-subcortical Circuits for Multiple Mood States in Pediatric Bipolar Disorder*

Date: 9/1/14-11/1/16

Principal Investigator: Minjie Wu PhD

Percent time: 10%, Co-Investigator

Source: NIMH 1R01MH85639-01A1

Title: *Developing Brain Function in Adolescent Bipolar Disorder*

Date: 1/1/10-4/1/2013

Principal Investigator: Mani Pavuluri, MD, PhD

Percent time: 10% Research Clinician

Source: NIMH 5R01MH081019-02

Title: *Affective Neuroscience of Pediatric Bipolar Disorder*

Date: 1/1/09-4/01/2013

Principal Investigator: Mani Pavuluri, MD, PhD

Percent time: 10% Research Clinician

Source: NICHD/NIMH (HHSN275200503406C)

Title: *Collaborative Lithium Trials (COLT): Pharmacokinetic trial followed by acute, discontinuation and follow up trials (Multi site Study: Robert Findling- Core PI)*  
Date: 9/30/05-4/01/2013  
Principal Investigator: Mani Pavuluri, MD, PhD  
Percent time: 5% Research Clinician

Source: NIMH 1 K23 MH 79935-01A2  
Principal Investigator: Amy West, Ph.D.  
Julie Carbray PhD-clinician  
Title: Psychosocial Treatment in Pediatric Bipolar Disorder  
Date: 07/01/08-06/30/13

Source: GlaxoSmithKline – Investigator Initiated  
Title: *fMRI and Neurocognitive Effects, Safety and Efficacy of Lamotrigine in Pediatric Bipolar Disorder*  
Date: 10/1/2003 – 12/31/2005  
Principal Investigator: Mani Pavuluri, MD, PhD  
Co-Investigator: John Sweeney, PhD  
Julie Carbray PhD  
Percent time: 5%

Source: Blue Harbor Research Foundation  
Title: Role of PKC and its substrates in platelets of patients with mood disorders.  
Date: 09/01/2002– 08/30/2007  
Principal Investigator: Ghanshyam Pandey, PhD  
Co-Investigator: Mani Pavuluri, MD, PhD  
Julie Carbray PhD  
Percent time: Collaborative effort

Source: Campus Research Board, University of Illinois at Chicago  
Title: *Child Bipolar Rating Scale- CBRS P/T: Development of reliability and validity*  
Date: Fall 2001- December 2003  
Principal Investigator: Mani Pavuluri, MD  
Co-Investigators: Julie Carbray, DNSc, David Henry, PhD , and Boris Birmaher, MD  
Costs: \$15,000  
Percent Time: 2%

Source: NIH (1 K23 RR018638-01)  
Title: *Pediatric Bipolar Disorder: Control Trial of Risperidone vs Divalproex Sodium and fMRI Assessment of Relevant Affective Circuitry Pre and Post Treatment.*  
Date: 9/1/03-8/30/08  
Principal Investigator: Mani Pavuluri, MD  
Mentors: John Sweeney, PhD and Philip Janicak, MD  
Study Coordinator: J.Carbray DNSc  
Costs: \$ 786,829  
Percent time: 20%

Source: GlaxoSmithKline – Investigator Initiated

Title: *Neurocognitive Effects, Safety and Efficacy of Lamotrigine in Pediatric Bipolar Disorder*

Date: 10/1/2003 – 12/31/2005

Principal Investigator: Mani Pavuluri, MD

Co-Investigator: J.Carbray DNSc, Philip Janicak, MD,

Cost: \$161,250

Source: Abbott Laboratories

*Comparison of Divalproex Sodium with or without Risperidone in Pediatric Bipolar Disorder, Mixed Type I, A Retrospective Chart Review Study. ”*

Date: 9/01/03- 08/30/03

Principal Investigator: Mani Pavuluri, MD , Julie Carbray, DNSc

Costs: \$35,000

Percent Time: 2%

Source: Campus Research Board, University of Illinois at Chicago

Title: *Child Bipolar Rating Scale- CBRS P/T: Development of reliability and validity*

Date: 9/01/03- 08/30/03

Principal Investigator: Mani Pavuluri, MD

Co-Investigators: Julie Carbray, DNSc, David Henry, PhD , and Boris Birmaher MD

Costs: \$15,000

Percent Time: 2%

Source: Janssen Research Foundation (RIS-USA-T280)

Title: *Pilot Study for Risperidone Use in Preschool Children with Early Onset Bipolar Disorder*

Date: 11/1/01 – 12/31/03

Principal Investigator: Mani Pavuluri MD

Co-Investigator: J. Carbray DNSc, David Henry, PhD and Philip G Janicak, MD,

Cost: \$15,000

Source: Pfizer

Source: Janssen Research Foundation – Investigator Initiated (RIS-USA-T281)

Title: *Systematic Chart Review of Risperidone in Early Onset Bipolar Disorder: Pilot Study for the Development of an Algorithm*

Date: 2001

Principal Investigator: Mani Pavuluri MD

Co-investigators: J.Carbray DNSc, D.Henry PhD,

Costs: \$15,000

Source: University of Illinois at Chicago, Humanities Seed Laboratory/Department of Psychiatry

Title: *School Intervention for Depressed Latino Youth: A Model of Community Psychoeducation*

Date: November 2001

Principal Investigator: Julie Carbray, DNSc

Co-Investigator: Mani MD Pavuluri

Cost: \$3,000

Source: College of Nursing Internal Research Support Program, Deans Fund,

Title: University of Illinois at Chicago  
*Psychotropic medication side effects in children: a comparative analysis of parent/child reports.*

Date: June 1995

Principal Investigator: Julie Carbray, DNSc

Co-Investigator: B.Breitmayer PhD

Cost: \$ 4,755.00

Source: Clinical Research Award: Sigma Theta Tau International, Gamma Phi Chapter.

Title: *Family Characteristics of Psychiatrically Hospitalized and Non-Hospitalized Adolescents*

Date: June 1992

Principal Investigator: Julie Carbray, DNSc

Cost: \$ 1,000.00

### **Unfunded Research**

*Family Characteristics of Adolescents Hospitalized for Depression*, Dissertation Research, Rush University, 1989-1993

*Treatment Decision for Mentally Ill Adolescents*. NIMH Grant #1F31MH06750-01. Approved, not funded, May 1990.

### **ARTICLES (Peer-Reviewed):**

#### **1991**

1. **Carbray, J.** & Pitula, C. (1991). "Trends in adolescent psychiatric hospitalization". The Journal of Child and Adolescent Psychiatric Nursing, 4(2).

#### **2002**

2. Pavuluri MN, Janicak PG, **Carbray J**, Topiramate plus Risperidone for preschool mania, 2002, *Journal of Child and Adolescent Psychopharmacology*, 2002, 12, 271-273.

#### **2004**

3. Pavuluri MN, Grayczyk P, **Carbray J**, Heidenreich J, Henry D, Miklowitz D. Child and Family Focused Cognitive Behavior Therapy in Pediatric Bipolar Disorder. *Journal of American Academy of Child and Adolescent Psychiatry*, 2004; 43: 528-537
4. Pavuluri MN, Grayczyk P, **Carbray J**, Heidenreich J, Henry D, Miklowitz D. Child and Family Focused Cognitive Behavior Therapy in Pediatric Bipolar Disorder. *Journal of American Academy of Child and Adolescent Psychiatry*, 2004; 43: 528-537
5. Pavuluri MN, Henry D, Naylor M, **Carbray J**, Sampson G, Janicak PG. A Pharmacotherapy Algorithm for Stabilization and Maintenance of Pediatric Bipolar Disorder. *Journal of American Academy of Child and Adolescent Psychiatry*, 2004; 43 (7): 859-867.
6. Pavuluri MN, Henry D, Naylor M, Sampson G, **Carbray J**, Janicak PG. A Prospective Trial of Combination Therapy of Risperidone with Lithium or Divalproex Sodium in Pediatric Mania. *Journal of Affective Disorders*, 2004: 82 (Suppl 1) 103-11



7. Pavuluri, M., Henry, D., **Carbray, J.**, Sampson, G., Naylor, M., and Janiciak, P. (2004). Open-label prospective trial of risperidone in combination with lithium or divalproex sodium in pediatric mania. *Affective Disorders*, 2004; (82) 103-111.

#### 2005

8. Pavuluri MN, Henry D, Sampson G, **Carbray J**, Naylor M, Janicak PG. Risperidone augmentation of lithium in youth with a history of preschool onset bipolar disorder .(in revision).
9. Pavuluri MN, Henry D, Naylor M, **Carbray J**, Janicak PG. Divalproex sodium in pediatric mixed mania: A six- month open-label trial, *Bipolar Disorders*, 2005, 7: 266-273

#### 2006

10. Pavuluri MN, Henry D, Devineni B, **Carbray J**, Birmaher B. Child Mania Rating Scale: Development, Reliability and Validity. *Journal of American Academy of Child and Adolescent Psychiatry*, 2006; 45 (5).
11. Pavuluri, M.N., Henry, D. B., **Carbray, J**, Sampson, G., Naylor, M., and Janiciak, P. G. (2006). A one-year open-label trial of risperidone augmentation in lithium nonresponder youth with preschool-onset bipolar disorder. *Journal of Child and Adolescent Psychopharmacology*, 16 (3), 336-350.

#### 2008

12. **Carbray, J.** Our relationship was a pedagogy and curriculum. *Journal of Curriculum and Pedagogy*, 2008, 5 (1), 60-62.  
2009

#### 2009

13. West, A. E., Jacobs, R. H., Westerholm, R., Lee, A., **Carbray, J.**, Heidenreich, J. & Pavuluri, M.N (2009). Child and family-focused cognitive-behavioral therapy for pediatric bipolar disorder: Pilot study of group treatment format. *Journal of the Canadian Academy of Child and Adolescent Psychiatry, Special Issue: International Perspectives on Pediatric Bipolar Disorder 18 (3), 239-246.*
14. Pavuluri, M, Henry, D, Moss, M., Mohammed, T, **Carbray, J.**, & Sweeney, J. (2009). Effectiveness of Lamotrigine in Maintaining Symptom Control in Pediatric Bipolar Disorder. *Journal of child and adolescent psychopharmacology 2009*, (19) 1.
15. **Carbray, J.** & McGuinness, T. (2009). Pediatric Bipolar Disorder. *Journal of Psychosocial Nursing and Mental Health Services 2009*. (47) 12.

#### 2010

1. Pavuluri MN, Passarotti AM, Mohammed T, **Carbray JA**, Sweeney JA. Enhanced Working Memory After Lamotrigine Treatment in Pediatric Bipolar Disorder, *Bipolar Disorders* 2010 Mar;12(2):213-20.
17. Pavuluri MN, Henry DB, Findling RL, Parnes SA, **Carbray JA**, Mohammed T, Janicak PG, Sweeney JA (2010). Double-Blind Randomized Trial of Risperidone versus Divalproex in Pediatric Bipolar Disorder, *Bipolar Disorder 2010*, (12), 593-605. (in revision)

#### 2011

18. Pavuluri, MN, Passarotti, AM, Lu, LH, **Carbray, JA**, Sweeney, JA (2011). Double-blind randomized trial of risperidone versus divalproex in pediatric bipolar disorder: fmri outcomes. *Psychiatry Research*, 2011.

19. Oleck, LG, Retano, A, Tebaldi, C, McGuinness, T, Weiss, S, **Carbray, J**, Rodgers, L, Donelson, E, Ashton, L, Koehn, D, McCoy, P (2011). Advanced practice psychiatric nurses legislative update: state of the states, 2010. *Journal of the American Psychiatric Nurses Association*, 17(2), 171-188.

20. Pavuluri MN, Passarotti AM, Lu LH, Carbray JA, Sweeney JA. Double-blind randomized trial of risperidone versus divalproex in pediatric bipolar disorder: fMRI outcomes. *Psychiatry Research: Neuroimaging*. 2011 Jul;193 (1):28-37.

#### 2015

21. Carbray, JA, Cacchione, PZ, Limandri, B, Warren, BJ (2015). Issue1: Bipolar Spectrum Disorders: Assessment, Diagnosis, and Epidemiology Using a Recovery Paradigm. American Psychiatric Nurses Association.

22. Carbray, JA, Cacchione, PZ, Limandri, B, Warren, BJ (2015). Issue2: Biological Interventions for Bipolar Spectrum Disorders Across the Lifespan. American Psychiatric Nurses Association.

23. Carbray, JA, & Iennaco, JD (2105). Recognizing signs and symptoms of bipolar disorder. *Journal of Clinical Psychiatry*, 17(11), e1479.

#### 2016

24. Jacobs, RA, Watkins, ER, Feldhaus, CG, Barba, A, Carbray, J, Langenecker, SA (2016) Targeting rumination changes default mode network connectivity among adolescents at risk for depressive relapse. *PLoS ONE* 11(11): e0163952. doi:10.1371/journal.

#### 2018

25. An Introduction to the Social Neuroscience of Autism Spectrum Disorder, Earle, J & Carbray, J (2018) in review, submitted to *Archives of Psychiatric Nursing*.

26. ADHD in Children and Adolescents. *Journal of Psychosocial Nursing and Mental Health Services*, 2018, [J Psychosoc Nurs Ment Health Serv](#). 2018 Dec 1;56(12):7-10. doi: 10.3928/02793695-20181112-02

#### 2019

27. May, Weinstein, Carbray & Pavuluri (2019). Neuroscience of Childhood Onset Bipolar Disorder in Singh 9Ed) *Clinical Handbook for the Diagnosis and Treatment of Pediatric Mood Disorders*. American Psychiatric Association Publishing, Washington, DC.

28. Ketamine Considerations Checklist (2019). American Psychiatric Nurses Association. Paula Bolton, MS, APRN-BC; Julie A Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APN; Rise Mitchell, BSN, RN, DNP, PMHNP; Mary Ann Nihart, MA, APRN, PMHCNS-BC, PMHNP-BC

29. AANA AND APNA JOINT POSITION STATEMENT ON KETAMINE INFUSION THERAPY FOR PSYCHIATRIC DISORDERS (2019). American Psychiatric Nurses Association and the American Association of Nurse Anesthetists. Paula Bolton, MS, APRN-BC; Julie A Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APN; Rise Mitchell, BSN, RN, DNP, PMHNP; Mary Ann Nihart, MA, APRN, PMHCNS-BC, PMHNP-BC.

**30. CME Case Study: Equipping the Interprofessional Team to Optimize Care in Bipolar Depression and Schizophrenia: LAUREN, A 19-YEAR-OLD FEMALE TREATED FOR MAJOR DEPRESSIVE DISORDER, Haymarket Medical CME Group.**

**2023**

**31. Expert Consensus Guidelines for Telepsychiatry and Attention Deficit Hyperactivity Disorder, CNS Spectrums. Mattingly, Hong et al (2023) in review.**

**32. Combined Treatments in Psychiatric Mental Health Nursing: Maintaining the essence of nursing in our treatment models: Warren, B and Limandri, B co-authors. Journal of Psychiatric Mental Health Nursing, in preparation.**

**33. APA Practice Guidelines for the treatment of Bipolar Disorder Expert Consensus panel (2023)-Invited Expert**

**34. Survey of Preceptors: Assuring psychotherapy training across nurse practitioner students. Wesemann D. Handrup C., in preparation.**

**35. Are All ADHD Medications Created Equal? Exploring the Differences That Enable Evening Dosing: Gregory W Mattingly, MD<sup>1,2,3</sup>; Julie A Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APRN<sup>4</sup>; Perry Roy, MD<sup>5</sup>; Frank A López, MD<sup>6</sup>DR/ER-MPH Clinical Review, in preparation-with G Mattingly MD in preparation.**

**36. Screening for Adverse Childhood Experiences in Adolescents Using the Bright Futures Previsit Questionnaire: Janel M. Draxler, MSN, APRN, PMHNP-BC, Todd M. Ruppert, PhD, RN, GCNS-BC, FAHA, FAAN, Julie A. Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APRN, Kathleen R. Delaney, PhD, APRN, PMH-NP, FAAN submitted for review.**

**Invited Publications:**

**2003**

1. Pavuluri MN, **Carbray J**, Graczyk PA, Heidenreich J, Miklowitz DJ. Treating Bipolar Disorder in Youth. Progress, 2003;1(1):2-4.

**Publications: non-referreed:**

**1992**

2. **Carbray, J.** Treatment decision for mentally ill adolescents. Dissertation research for DNSc.

**2000**

3. **Carbray, J.C.** *The health care system:* in The Manual of Curriculum for Mental Health Agency Professionals in the State of Illinois by Connolly S and Wright T

## 1. Book chapters

**Carbray, JA & Juliano, G (2021) Attachment and Trauma Based Themes and Therapy. In Advanced Practice for the Psychiatric Nurse, in preparation, Elsevier.**

Delaney, KR, DeSocio, J, & Carbray, JA (2020). Psychotherapy with children. In Wheeler, K, Psychotherapy for the advanced practice psychiatric nurse (2nd Ed), Springer, New York

Carbray, J. A. Disorders of childhood and adolescence. In Moller's "From Suffering to Hope: Mental Health Nursing Textbook", Second Edition, January, 2018.

May, A., Weinstein S, Carbray, J, & Pavuluri MN (2018). The neuroscience of Neuroscience of Childhood Onset Bipolar Disorder: Translation of Science to Service. In M.Singh's, Clinical Handbook of the Diagnosis and Treatment of Pediatric Onset Mood Disorders.

**Carbray, J. A.** Disorders of childhood and adolescence. In Moller's "From Suffering to Hope: Mental Health Nursing Textbook", January, 2015.

Delaney, KR, DeSocio, J, & **Carbray, JA (2014)**. Psychotherapy with children. In Wheeler, K, Psychotherapy for the advanced practice psychiatric nurse (2nd Ed), Springer, New York.

**Carbray, J. A.** Family therapy case exemplar. In Grossman, J, Family Therapy, Stuart and Sundeens Psychiatric Nursing Textbook, 2004.

## 2. Professional Newsletters

**Carbray, J. A.** Being your own reimbursement advocate. Newsletter for the Illinois Society for Advanced Practice Nursing. November 2007.

## **PEER REVIEWED SCIENTIFIC PRESENTATIONS: Peer Reviewed Scientific Presentations:**

### **1991**

1. **Carbray, J. A.**, The Relationship Among Childrearing Practices, Child Temperament, and Parental Depression and the Treatment Decision for Mentally Ill Adolescents. Yale University, Presenter: National Conference of the Advocates for Child and Adolescent Psychiatric Nursing, September, 1991.

### **1994**

2. **Carbray, J. A.**, Temperament Characteristics of Adolescents Hospitalized for Depression. National Conference of the Society for Education, Research, and Practice in Psychiatric Nursing. Bethesda, Maryland, November 1994
3. **Carbray, J. A.**, Unwinding the cycle of hopelessness:an intervention program for families coping with depression. National Conference for the Association of Child and Adolescent Psychiatric Nurses. Cincinnati, Ohio, September 1994

### 1995

4. **Carbray, J. A.**, An ecological framework for psychotherapeutic interventions with children and “The psychotropic side effect assessment guide”. National Conference for the Association of Child and Adolescent Psychiatric Nurses. Orlando, Florida, September 1995.

### 2002

5. Graczyk P, Pavuluri M, **Carbray J.**, Assessment and Diagnosis of Early Onset Bipolar Disorder, National Association for School Psychologists, Annual conference, Chicago, March 2002.
6. **Carbray, J. A.**, Importance of translating biological aspects of early onset Bipolar Disorder and early onset Schizophrenia to families. American Society for Adolescent Psychiatry: 2002 Annual Meeting: Millenium Knickerbocker, Chicago, March 2002.

### 2003

7. Pavuluri M, Grayczyk P, **Carbray J**, Heidenreich J, Miklowitz, D. Child and Family Focused Cognitive Behavior Therapy in Pediatric Bipolar Disorder, American Academy of Child and Adolescent Psychiatry Annual conference, Miami Beach, Florida, October 2003
8. Pavuluri M, Henry D, Naylor M, **Carbray J**, Tolan P, Sampson G, Janicak PG. Risperidone Monotherapy Versus Combination Therapy with Mood Stabilizers in Pediatric Bipolar Disorder, European Society of Child And Adolescent Psychiatry, Paris, September 29, 2003.
9. Pavuluri M, Henry D, Naylor M, **Carbray J**, Tolan P, Sampson G, Janicak PG. A Prospective Comparison of Risperidone Versus Mood Stabilizers in Pediatric Bipolar Disorder, poster, in International Conference of Bipolar Disorders in Pittsburgh, June 12-14, 2003
10. Pavuluri M, Henry D, Naylor M, **Carbray J**, Tolan P, Sampson G, Janicak PG. An Algorithm Based Pharmacotherapy in Pediatric Bipolar Disorder, poster (oral presentation), in International Conference of Bipolar Disorders in Pittsburgh, June 12-14, 2003
11. Pavuluri M, Henry D, Naylor M, **Carbray J**, Tolan P, Sampson G, Janicak PG. A Prospective Comparison of Risperidone Versus Mood Stabilizers in Pediatric Bipolar Disorder, poster, Future Leaders in Psychiatry, Palm Beach Florida, May 30-June 2, 2003
12. Pavuluri M, Grayczyk P, **Carbray J**, Heidenreich J. Child and Family Focused Cognitive Behavior Therapy in Pediatric Bipolar Disorder, Oral presentation in NIMH/Biederman’s collaborative PBD conference in Georgetown, March 23, 2003
13. Pavuluri M, Henry D, Naylor M, **Carbray J**, Tolan P, Sampson G, Janicak PG. A Prospective Comparison of Risperidone Versus Mood Stabilizers in Pediatric Bipolar Disorder, poster (oral presentation), in NIMH/Biederman’s collaborative PBD conference in Georgetown, March 23, 2003
14. Pavuluri M, Henry D, Naylor M, **Carbray J**, Tolan P, Sampson G, Janicak PG. An

Algorithm Based Pharmacotherapy in Pediatric Bipolar Disorder, poster (oral presentation), in NIMH/Biederman's collaborative PBD conference in Georgetown, March 23, 2003

#### 2004

16. Pavuluri M, Henry D, **Carbray J**, Sampson G, Naylor M, Janicak PG. Risperidone augmentation of Lithium in Preschool- onset Bipolar Disorder, poster, NIMH/Biederman's collaborative PBD conference, Boston, April 2004
17. Pavuluri M, Henry D, **Carbray J**, Sampson G, Naylor M, Janicak PG., Divalproex monotherapy in pediatric mixed mania: A six- month open-label trial, oral presentation, poster, NIMH/Biederman's collaborative PBD conference, Boston, April 2004
18. Pavuluri M, Henry D, Devineni B, **Carbray J**, Birmaher B. Child Mania Rating Scale (CMRS): Development, Reliability and Validity, poster, NIMH/Biederman's collaborative PBD conference, Boston, April 2004
19. Pavuluri M, Henry D, **Carbray J**, Sampson G, Naylor M, Janicak PG. Risperidone Augmentation of Lithium in Preschool- onset Bipolar Disorder, oral presentation, Society for Biological Psychiatry, NewYork, May 2004
20. Pavuluri M, Henry D, **Carbray J**, Sampson G, Naylor M, Janicak PG., Divalproex sodium in pediatric mixed mania: A six- month open-label trial, oral presentation, Society for Biological Psychiatry, NewYork, May 2004
21. Pavuluri M, Henry D, **Carbray J**, Sampson G, Naylor M, Janicak PG. Open Label Prospective Trial of Risperidone in Combination with Lithium or Divalproex Sodium in Pediatric Mania poster, Society for Biological Psychiatry, NewYork, April 2004
22. Pavuluri M, Henry D, Devineni B, **Carbray J**, Birmaher B. Child Mania Rating Scale (CMRS): Development, Reliability and Validity, poster, Society for Biological Psychiatry, NewYork, April 2004
23. Pavuluri M, Henry D, **Carbray J**, Sampson G, Naylor M, Janicak PG. Risperidone Augmentation of Lithium in Youths with a History of Preschool- onset Bipolar Disorder, Poster, World Congress of IACAPAP, Berlin, Germany, August 2004
24. Pavuluri M, Henry D, **Carbray J**, Sampson G, Naylor M, Janicak PG., Open Trial of Divalproex sodium in Pediatric Mixed Mania, Poster, World Congress of IACAPAP, Berlin, Germany, August 2004

25. Pavuluri M, Henry D, Devineni B, **Carbray J**, Birmaher B. Child Mania Rating Scale (CMRS): Development, Reliability and Validity, Poster, World Congress of IACAPAP, Berlin, Germany, August 2004
26. Pavuluri M, Grayczyk P, **Carbray J**, Heidenreich J, Miklowitz, D. Child and Family Focused Cognitive Behavior Therapy in Pediatric Bipolar Disorder, Symposium, World Congress of IACAPAP, Berlin, Germany, August 2004
27. Pavuluri M, Henry D, **Carbray J**, Sampson G, Naylor M, Janicak PG. Combination Trial of Lithium or Divalproex Sodium with Risperidone in Pediatric Mania, Poster, World Congress of IACAPAP, Berlin, Germany, August 2004
28. **Carbray, J.** What school nurses should know about mood disorders. Advances in School Nursing National Conference, Chicago, Illinois August 2004
29. **Carbray, J.** Psychopharmacology. Advances in School Nursing National Conference, Chicago, Illinois August 2004
30. Pavuluri M, Henry D, **Carbray J**, Sampson G, Naylor M, Janicak PG., Divalproex monotherapy in pediatric mixed mania: A six- month open-label trial, poster, American Academy of Child and Adolescent Psychiatry Annual conference, October 2004
31. Pavuluri M, Henry D, **Carbray J**, Sampson G, Naylor M, Janicak PG. Risperidone Augmentation of Lithium in Preschool- onset Bipolar Disorder, poster, American Academy of Child and Adolescent Psychiatry Annual conference, October 2004
32. Pavuluri M, Henry D, Devineni B, **Carbray J**, Birmaher B. Child Mania Rating Scale (CMRS): Development, Reliability and Validity, poster, American Academy of Child and Adolescent Psychiatry Annual conference, October 2004
33. Pavuluri M, **Carbray J**, Naylor MW, Carlson G. A Model of Intergrated Service, Training and Research: Illustrated By a Pediatric Bipolar Program, workshop, American Academy of Child and Adolescent Psychiatry Annual conference, October 2004
34. Mitchell, S., West, A., **Carbray, J.**, Pavuluri, M. Psychosocial Treatment for Adolescent Bipolar disorder: Rock "N" Rainbow. Poster session presented at the 56<sup>th</sup> Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Honolulu, Hawaii, October 2009

**35. Carbray, J.** Helping Families with Pediatric Bipolar Disorder: CFFT-CBT tools for nursing practice. American Psychiatric Nurses Association Annual Conference, Charleston, South Carolina. October 2009.

**OTHER SCIENTIFIC PRESENTATIONS: Scientific Presentations (including invited talks):**

**1989**

1. Adolescents, Cults, and Substance Abuse. National College of Education, Illinois Certification Board for Substance Abuse training event. 12/89.

**1997**

2. Clinical Updates Seminar: psychopharmacology. Illinois Department of Mental Health. Springfield, Illinois, May, 1997.

**1999**

3. Management of Youth on Psychotropic Medication. Teen Living Programs. March, 1999. Parenting your Adolescent, September 1999. Department of Child and Family Services Foster Parents Support Group. Chicago, Illinois: DCFS Building.

4. To Be or Not to Be: Medication Management for Children and Adolescents. Illinois School Nurses Association, Chicago, Illinois, September 1999. Parenting your Adolescent, November 1999. University of Illinois at Chicago, Community Service Talk.

**2000**

5. Depression and Suicide: Management from a Schools Perspective: Emerson and Lincoln Middle Schools, April 2000. Park Ridge, Illinois.

6. Bipolar and depressive disorders in children- NAMI Chicago chapter, October 1 2000 (Video tape available).

7. Psychopharmacology for Children and Adolescents, March 2000. Schaumburg, Illinois. CHAT program, DHS/UIC statewide training event.

**2001**

8. Overcoming obstacles to care for children and adolescents. NAMI of Greater Chicago, Fall Conference, 11/01.

9. Sharing the Journey: Pediatric Bipolar Disorder. CHADD, Naperville Chapter, 9/01.

10. Psychiatry. National Youth Leadership Forum, Chicago, 7/01. Parenting your Adolescent.

**2002**

11. Psychopharmacology of pediatric bipolar disorder, Glenview Youth Services, Chicago, October 2002.

12. Caring for the Family: an integrated treatment approach: Jean Ohadi Conference, Chicago, December, 2002



### **2003**

13. Psychiatric Disorders in Adolescence: defining the realm of normalcy: Annual Social Work Conference, John Stroger Hospital, Chicago, May 2003.

14. Mood Disorders: Braun therapeutic schools, Homewood, IL, teachers institute, March 2003.

### **2004**

15. Cutting edge treatment for pediatric bipolar disorder, Depressive and Manic Depressive Support Alliance (DMDSA) of greater Chicago, January 2004

16. Family work: Treatment Works; Tools for Recovery. National Alliance for the Mentally Ill, Chicago, September, 2004.

17. Child and Adolescent Mental Health Nursing, American Psychiatric Nurses Association, Lead Faculty on series of five day long workshops for psychiatric nurses across the United States, sponsored by Janssen pharmaceuticals.

18. Grand Rounds: Pediatric Bipolar Disorder. Elgin Mental Health Center, Tinley Park Mental Health Center, Madden Mental Health Center, Fall 2004. Invited Grand Rounds series for mental health facilities serving the state of Illinois.

### **2005**

19. RAINBOW: An evidence-based program for the treatment of pediatric bipolar disorder. Mildred Berry Center: Brush up on your ABCs ADHD and Bipolar Disorder in Children. February, 2005. Invited keynote speaker.

20. Mood Disorders in children and Adolescents. University of Illinois Family Practice Certification Program, May 2005. Invited speaker.

### **2006**

21. Carbray J, Pavuluri M, Mohammed, T. Little Ones and Lithium: lessons from the field. American Psychiatric Nurses Annual Conference, Long Beach, California, October 2006

22. Carbray, J. Walking the Line: Treatment approaches in adolescence. American Psychiatric Nurses Annual Conference, Long Beach, California, October 2006

23. Mood Disorders in children and Adolescents. University of Illinois Family Practice Certification Program, May 2006. Invited speaker.

### **2007**

24. Mood Disorders in children and Adolescents. University of Illinois Family Practice Certification Program, April 2007. Invited speaker.

25. Grand Rounds: Managing the Impact of Mood and Anxiety Disorders: Real World Examples

of Issues and Treatment. University of Illinois at Chicago College of Nursing. July, 2007.

26. RAINBOW: Conference for Child and Adolescent Psychiatry in Scandinavia. Lund, Sweden. October 2007. Invited Speaker.
27. RAINBOW: Parents Group. Conference for Child and Adolescent Psychiatry in Scandinavia. Lund, Sweden. October 2007. Invited Speaker.
28. Nine to Five: Managing outpatient clinics in the USA. Child and Adolescent Psychiatry Outpatient Services. Halmstad, Sweden. October 2007. Invited Speaker.

### **2008**

29. Psychopharmacology. Belle Blackwell School Nurses Conference. Houston, Texas, August 6, 2008
30. Psychopharmacology. National Association of School Nurses. Chicago, Illinois. July 12, 2008.
31. Mood Disorders. National Association of School Nurses. Chicago, Illinois. July 12, 2008.
32. Collaborating for Quality Care in the Community. 60<sup>th</sup> Institute on Psychiatric Services. APA meeting, Chicago, Illinois. October 4, 2008.
33. Best Practices in Outpatient Psychiatric Nursing: American Psychiatric Nurses Association Annual Meeting. October 18, 2008. Minneapolis, Minnesota.
34. Clinical Perspectives: Multimodal Integrative Treatment for Youth with Bipolar disorder: Group Therapy. American Academy of Child and Adolescent Psychiatry, Chicago, Illinois. October 30, 2008.
35. Working with Advanced Practice Nurses to Increase Access to Treatment. American Academy of Child and Adolescent Psychiatry, Chicago, Illinois. October 30, 2008.

### **2009**

36. Pediatric Psychopharmacology: Clinical Psychopharmacology Conference. American Psychiatric Nurses Association. June 2009.
37. Pediatric Bipolar Disorder: translating science into helping families. Rush University Nursing Grand Rounds. July 2009.
38. RAINBOW : A Family Focused Treatment for Children and Adolescents with Bipolar Disorder and their Families. National Alliance on Mental Illness Annual Conference. Chicago, Illinois. October, 2009

39. APRN Council Interactive Session. American Psychiatric Nurses Association Annual Meeting. October, 2009. Charleston, South Carolina.
40. Helping Families with Pediatric Bipolar Disorder: CFFT-CBT Tools for Nursing Practice. American Psychiatric Nurses Association Annual Meeting. October, 2009. Charleston, South Carolina.
41. Mood Disorders in children and Adolescents. University of Illinois Family Practice Certification Program, December 2009. Invited speaker.
42. Psychosocial treatment for adolescent bipolar disorder: rock 'n' rainbow. Poster session presented at the 56<sup>th</sup> annual meeting of the American Academy of Child and Adolescent Psychiatry, Honolulu, Hawaii. October, 2009.

### **2010**

43. Psychiatric medications in children and adolescents. Chicago Police Department, Crisis Intervention Team .March 2010.
44. Double-Blind Randomized Trial of Risperidone Versus Divalproex in Pediatric Bipolar Disorder. First Annual Research Day, University of Illinois Department of Psychiatry. Chicago, Illinois. September, 2010.
45. Double-Blind Randomized Trial of Risperidone Versus Divalproex in Pediatric Bipolar Disorder. Academy of Child and Adolescent Psychiatry, New York, NY. October, 2010.

### **2011**

45. Mood Disorders in Youth, Impulsivity, and Suicide Risk.” Keynote Presentation for the “Seminar on Suicide Prevention” sponsored by the Stephen T. Sexton Memorial Foundation. Glenview, Illinois. February, 2011.
46. Pediatric Bipolar Disorder. Leyden Area Special Education Cooperative. Special Education Conference, Leyden, Illinois. March, 2011.
47. Psychiatric medications in children and adolescents. Chicago Police Department, Crisis Intervention Team .Spring and Summer 2011.
48. Pediatric Bipolar Disorder: From circuits to solutions. APN Forum, Wisconsin Nurses Association. Madison, Wisconsin. April, 2011.

### **2012**

49. From Circuits to Solutions: understanding how mechanisms behind Pediatric Mood Disorders guide family therapy.....
50. Dual Diagnosis in Child Mental Health. UIC LEND Program. February 2012.
51. Pervasive Developmental Disorders, Autism, and Aspergers. APN Forum, Wisconsin Nurses Association. Madison, Wisconsin. April, 2012.
52. Psychiatric medications in children and adolescents. Chicago Police Department, Crisis Intervention Team .Spring and Summer 2012.
53. Autism spectrum disorders and psychopharmacology: planning for success while managing expectations. American Psychiatric Nurses Association, Annual conference-invited speaker. Pittsburgh, PA, November 2012
54. From circuits to solutions: brain function in pediatric bipolar and attention deficit disorders. American Psychiatric Nurses Association, Annual conference-invited speaker. Pittsburgh, PA, November 2012

## 2013

55. Psychopharmacologic issues in children and adolescents with mood disorders. Contemporary Forums: Psychiatric Mental Health Nursing. Philadelphia, PA. March 2013.
56. Family interventions for children with bipolar disorder. Contemporary Forums: Psychiatric Mental Health Nursing. Philadelphia, PA. March 2013.
57. From circuits to solutions: brain function in pediatric bipolar and attention deficit disorders. Piecing it all together: NAMI Illinois PIAT conference North. Palos Hills, IL. April 2013.
58. Psychiatric medications in children and adolescents. Chicago Police Department, Crisis Intervention Team .Summer 2013..
59. From misdiagnosis to treatment failures: nursing strategies to mitigate the burden of bipolar depression. . American Psychiatric Nurses Association, Annual conference-invited speaker. San Anotnio, TX, October 2013.

## 2014

60. Dual Diagnosis in Child Mental Health. UIC LEND Program. February 2014.
61. From Circuits to Solutions: understanding how mechanisms behind Pediatric Mood Disorders guide family therapy. Alexian Brothers Behavioral Health, Hoffman Estates, Illinois. May, 2014.
62. DSM-5: Neurodevelopmental Disorders. Webinar, American Psychiatric Nurses Association. National Webinar presentation, May, 2014.
63. Depressive and Anxiety Disorders. American Psychiatric Nurses Association Transitions to Practice Certificate Program. Reston, Virginia. June 2014.
64. Psychiatric medications in children and adolescents. Chicago Police Department, Crisis Intervention Team .Spring and Summer 2014.
65. Connecting the Dots: Sobriety and Recovery in Adolescents with substance Abuse and Bipolar Disorders. Illinois Chapter Conference, American Psychiatric Nurses Association. Northwestern Memorial Medical Center, Chicago, IL. September 2014
66. Partnering For Recovery: Reaching Concordance with Psychopharmacology in the Midst of Bipolar Illness. US Psychiatric and Mental Health Congress. Orlando, Florida. September 2014.
67. DSM-5: Neurodevelopmental Disorders. Workshop Presentation, American Psychiatric Nurses Association Annual Conference, Indianapolis, October 2014.
68. Child and Adolescent Interactive Council. Presentation, American Psychiatric Nurses Association Annual Conference, Indianapolis, October 2014.
69. Connecting the Dots: Sobriety and Recovery in Adolescents with substance Abuse and Bipolar Disorders. Poser Presentation. American Psychiatric Nurses Association Annual Conference, Indianapolis, October 2014.
70. Psychopharmacology Focus: ADHD Across the Lifespan. APN Grand Rounds, University of Illinois at Chicago, November 2014.

## 2015

71. Dual Diagnosis in Child Mental Health. UIC LEND Program. March 2015..
72. Psychiatric medications in children and adolescents. Chicago Police Department, Crisis Intervention Team .Summer 2015.
73. From circuits to solutions: neurobiologically informed treatment for children and adolescents with bipolar spectrum disorders. Psych Congress, San Diego, CA, September 2015.
74. Mitigating the Burden of Bipolar Disorder. Elgin State Mental Health Services Grand Rounds, Elgin, IL, September 2015.

75. The Intergenerational transmission of depression: targeting rumination as a mechanism in the prevention of depressive relapse among adolescents. Poster Presentation, UIC Annual Research Day. Feldhaus, CG, Peters, AT, Carbray, J, Reinicke, MA, Langenecker, S, & Jacobs, R.
76. From Circuits to Solutions: Neurobiologically Informed Treatment for Children and Adolescents with Bipolar Spectrum Disorders, Rush University Department of Psychiatry Grand Rounds, Chicago, IL, October, 2015.
77. ADHD VS BPD: Similarities and Differences. Isaac Ray Center, Chicago, IL. October, 2015.
78. Child and Adolescent Interactive Council. Presentation, American Psychiatric Nurses Association Annual Conference, Orlando, FLA, October 2015
79. The Intergenerational transmission of depression: targeting rumination as a mechanism in the prevention of depressive relapse among adolescents. Poster presentation 49th Annual Convention of the Association for Behavioral and Cognitive Therapies Feldhaus, CG, Peters, AT, Carbray, J, Reinicke, MA, Langenecker, S, & Jacobs, R. Chicago, IL. November, 2015.
80. Recognizing signs and symptoms of bipolar disorder.  
Julie A. Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APRN, and Joanne DeSanto Iennaco, PhD, PMHNP-BC, APRN. CME Institute CME Game Activity.
81. Communicating with colleagues and patients about acute bipolar disorder  
Julie A. Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APRN, and Joanne DeSanto Iennaco, PhD, PMHNP-BC, PMHCNS-BC, APRN. CME Institute CME Game Activity
82. Engaging patients in long-term management of bipolar disorder  
Julie A. Carbray, PhD, FPMHNP-BC, PMHCNS-BC, APRN and Joanne DeSanto Iennaco, PhD, PMHNP-BC, PMHCNS-BC, APRN. CME Institute CME Game Activity

## 2016

83. Touched with Fire  
Julie A Carbray, Paul Dalio, Luke Kirby  
Discussion panel following preview screening of Touched with Fire.
84. Legislative Panel American Psychiatric Nurses Association Illinois Annual Conference.  
Julie Carbray, State Representative Sarah Feigenholtz, Chicago Illinois
85. Psychiatric Illinois and Medications in Child Mental Health. UIC LEND Program. March 2016
86. Distinguishing ADHD from Pediatric Bipolar Disorder  
University of Illinois College of Nursing, APN students from the Netherlands. April, 2016
87. Child and Adolescent Interactive Council. Presentation, American Psychiatric Nurses Association Annual Conference, Hartford, Connecticut October 2016
88. Helping families “unplug” their children and adolescents with psychiatric disorders: understanding neurocircuitry to guide effective treatment approaches. Psych Congress, San Antonio, TX, October 24, 2016.
89. Sleep and mental hygiene. CUIC College of Medicine Wellness series. October 3, 2016.
90. Mitigating the burden of bipolar illness. Madden Mental Health Center, Hines, Illinois, October 28, 2016.

## 2017

91. Keeping Grounded While Plugged In: Digital Media and Relationships for Middle Schoolers. Invited Speaker: Parent University, LaGrange, Illinois. February 2017.
92. Mental Health, Resiliency and American Girls. Invited speaker, The American Girl Company. Middleton, Wisconsin February 2017.
93. Working with Patients and their Families: Best Practices and Helpful Hints. Invited Speaker: Elevate, Psych Congress. San Francisco, CA, March 2017.
94. Panel Presentation: Incorporating the 4<sup>th</sup> “P” into Psychiatric Mental Health Nursing Practice. International Society Psychiatric Mental Health Nurses Conference. Baltimore, MD. March 2017.
95. Novel Treatments to Overcome Clinical Challenges in Treating Major Depressive Disorder. Invited Speaker: The College of Psychiatric and Neurologic Pharmacists and the American Psychiatric Nurses Association. Chicago, IL August 2017.
96. Pediatric Bipolar Disorders: Meeting the Complexities of Psychopharmacology with Care and Caution. Psych Congress. New Orleans, LA. September 2017.
97. Improving the Sleep of Children and Adolescents with Bipolar Disorders. Psych Congress. New Orleans, LA. September 2017.
98. Navigating the Nuances of Mood Disorder Diagnosis Across the Lifespan. Psych Congress. New Orleans, LA. September 2017.
99. Pediatric Bipolar Disorders: Meeting the complexities of Psychopharmacology with Care and Caution. Society for Advanced Practice Nurses, New Jersey. Ocean Place, New Jersey. September 2017.
100. Invited Keynote Address: Helping Families Unplug Their children and Adolescents With Psychiatric Disorders: Understanding Neurocircuitry to Guide effective Treatment Approaches. Society for Advanced Practice Nurses, New Jersey. Ocean Place, New Jersey. September 2017.
101. Sleep and mental hygiene. CUIC College of Medicine Wellness series. October 1, 2017.
102. The Medicine Isn't Working, Now What? Seeing children through the Holistic Lens. American Psychiatric Nurses Association Annual Meeting. Phoenix, AZ. October 2017.
103. Interactive Panel Presentation: Assessment and Treatment of Gender Non-Conforming children and Adolescents: The Role of PMH Nurse Practitioners. American Psychiatric Nurses Association Annual Meeting. Phoenix, AZ. October 2017.
104. Focus: Attention Deficit Hyperactivity Disorder. Mental Health Association, Quincy Illinois. October 2017.

## 2018

105. Integrating ADHD Treatments into Individualized Care Plans: Early Childhood and Adolescence. Elevate, Psychiatric Congress. Austin, TX. February, 2018.
106. Clinical Convergence: Optimizing the Diagnosis and Management of Pediatric Bipolar Depression. International Society of Psychiatric Nursing. Tempe, AZ. April, 2018.

107. Pediatric Mood Disorders and ADHD: Managing the Complexities of Comorbid Kids. APRN Forum: Pharmacology and Clinical Update, Wisconsin Nurses Association. April, 2018
108. Whole Health Starts with Mental Health. Nurses Week Keynote, University of Illinois Hospital and Clinics, Chicago, IL. April, 2018.
109. Clinical Convergence: Optimizing the Diagnosis and Management of Pediatric Bipolar Depression. Clinical Psychopharmacology Institute, American Psychiatric Nurses Association. Baltimore, MD. June, 2018
110. Sleep and mental hygiene. CUIC College of Medicine Wellness series. September 6, 2018
111. ADHD in Children and Adolescents: Practice Pearls. Psychiatric Congress. Orlando, FLA. October, 2018.

## 2019

112. Mitigating the Burden of Bipolar Disorder. Chicago Reed Mental Health. Chicago, IL. January 24, 2019.
113. What would you do? Elevate, Psychiatric Congress. Boston, MA. March 9, 2019.
114. Pediatric Psychopharmacology. University of Illinois Department of Psychology Graduate Clinical Psychopharmacology Course. Chicago, IL. April 4, 2019.
115. What Can I do When Depression Hits? City of Chicago Department of Family and Support Services. Chicago, IL. April 19, 2019.
116. A Deep Dive. UIC Center for Depression and Resilience. Chicago, IL. May 9, 2019.
117. Sleep and mental hygiene. CUIC College of Medicine Wellness series. September 6, 2019
118. International Society of Psychiatric Nurses. Evaluation of Clinician and Patient Attitudes Towards the Use of Standardized Measurement Based Care in a Pediatric Mood Disorders Clinic. Tessa Schultz, DNP, PMHNP, Cynthia Handrup, DNP, APRN, Julie Carbray, PhD, APRN, PMHNP-BC, Sally Weinstein, PhD. September 17, 2019.

## 2020

119. Equipping the Interprofessional Team to Optimize Care in Bipolar Depression and Schizophrenia. CME video podcast for Haymarket medical. January 10, 2020.
120. Mitigating the Burden of Bipolar Disorder. Grand Rounds, Elgin Mental Health Center. January 7, 2020
121. Optimizing Outcomes in Bipolar Disorder: Invited Speaker, Illinois American Psychiatric Nurses Association Chapter Conference, Cancelled due to COVID. April 4, 2020.
122. Turning Down the Heat: managing irritability through Aggression. American Psychiatric Nurses Association Clinical Psychopharmacology Institute, Virtual Conference, June 11, 2020.
123. Coping with COVID 19: Panel Discussion. August 2020. Psych Congress Chicago

Regional Virtual Meeting.

124. Solving Clinical Challenges in Child and Adolescent Psychiatry. September 2020. Psych Congress National Meeting.
125. We are Family: Disparities in American Psychiatry. September 2020. Psych Congress National Meeting.

### **2021**

126. COVID 19 Children and Adolescents. Presentation and Panel Discussion. Psych Congress Regionals. January-October 2021.
127. Turning Down the Heat: University of Illinois at Chicago Department of Psychiatry Department of Psychiatry Grand Rounds. January 2021.
128. Discovery Event: COVID 19 and children and adolescents. Brain Research Foundation virtual event. November 2021
129. Turning Down the Heat: psychopharmacologic management of irritability to aggression in youth. Psych Congress: San Antonio, TX, October 2021
130. Adjunctive agents in depressive disorders focus on l-methylfolate. Psych Congress: San Antonio TX, October 2021

### **2022**

140. Invited Keynote: Susan McCabe Psychopharmacology Lecture. Psychopharmacologic Nursing Practice: Pitfalls, Pearls and Promises. International Society of Psychiatric Mental Health Nurses, Redondo Beach CA held virtually, March 19.
141. Pediatric bipolar disorder: essential treatment strategies for optimizing clinical outcomes. Psych Congress: New Orleans, LA. September 2022
142. Forging a new path: targeting muscarinic receptor circuits in schizophrenia. Neuroscience Education Institute: Colorado Springs, CO. December 2022
143. Real Cases, Real Solutions: Expert Case Consultation on Complex Clinical Presentations. Virtual presentation. Psych Congress Regionals December 2023.
144. Roundtable Discussion. Virtual Presentation. Psych Congress Regionals, December 2023.

### **2023**

145. Invited Presentation: High Potency Psychiatric Mental Health Nursing: Maximizing our Psychopharmacologic Practice: American Psychiatric Nurses Association, Illinois Chapter: Oak Brook, Illinois. April 2023
146. A Comprehensive Guide to Mood Stabilizers. Nurse Practitioner Institute. Boston, MA. April 2023.
147. Forging a new path: targeting muscarinic receptor circuits in schizophrenia. Nurse Practitioner Institute: Boston, MA. April 2023
148. Best Practices in Motivational Interviewing. Nurse Practitioner Institute. Boston, MA. April 2023.



149. Expert Strategies for Managing Drug Interactions in Psychiatric Treatment. Psych Congress, Elevate: Las Vegas, NV. June 2023
150. Navigating the Stimulant Crisis. Psych Congress, Elevate: Las Vegas, NV. June 2023
151. ADHD Across the Lifespan: Evolving Needs and Novel Treatments. HMP Education. June 2023.
152. Opening Session featuring Kay Redfield Jamison. Psych Congress: Nashville, TN, September 2023.
153. Putting it All Together in Bipolar Disorder: Novel Treatment Options Focused on the Whole Patient, Carbray & Mattingly. Psych Congress: Nashville, TN, September 2023.
154. Navigating the Stimulant Crisis. Psych Congress, Carbray & Mattingly, Treatment Resistant Depression or Bipolar Affective Disorder: When All Treatments Hit a Wall
155. Solving Clinical Challenges: Focus on ADHD, Carbray Mattingly Wilens. Psych Congress: Nashville, TN
156. Treatment Resistant Depression or Bipolar Affective Disorder: When All Treatments Hit a Wall, Carbray & Phelps, Psych Congress: Nashville, TN.
158. Nurse Entrepreneurs, Panel presentation for NP program, College of Nursing UIC.
159. My NP journey, presentation to NP course, Case Western Reserve University.

### **National Speakers Bureau**

Astra Zeneca Pharmaceuticals 2006-2010

### **Media**

- Podcast interview: Behind our door. December 1, 2021
- Coping with COVID19: Video interview and series. Psych Congress Network.
- Optimizing treatments for Bipolar Depression: HME podcast.
- Confidence: Interview on the PBS Nationally syndicated Whitney Reynolds show. April 2017. Aired, October 9 & 15<sup>th</sup> 2017.
- Film about bipolar disorder previews in Chicago. CBS Chicago News interview, January 28, 2016.
- Health Affairs from A to Z. Detecting Mood Disorders in Children and Adolescents. CAN Network interview, June 15, 2016.
- Health Affairs from A to Z. Treatment for Children and Adolescents with Mood Disorders. CAN Network interview, June 22, 2016.
- Empowering Teens Online. Fox32chicago news interview, July 11, 2016.
- Let's take a selfie, but first lets discuss growing up in a selfie culture, bonbon break interview, August 2016
- Let's take a selfie, but first lets discuss growing up in a selfie culture, The In-between Years interview, August 2016
- Interview with Dr. Julie Carbray: social media and Kids, Castle View Academy Blog interview, September 26, 2016
- What your selfie says about you. Seventeen Magazine interview, December 2016.

- National Public Radio: WBEZ Chicago. Interview on mentally ill children and the judicial system, and mentally ill children and access to specialized care in the “Out of the shadows” featured series on Mental Illness and children, 2011
- UIC Colbeth Clinic Annual Gala, Interview on work in the Colbeth Clinic, featuring treated family.
- Brain Function Differs in Pediatric Bipolar Disorder. Interview for Medscape, November 2012.
- BeSmartBeWell/mentalhealth.com, BlueCross BlueShield, Interview on seeking help for your child and adolescent with mental illness. Be smart be well.com 2014
- The Brown University Child and Adolescent Behavior Letter: “RAINBOW: two programs combined may be better than one for pediatric BD”, interview, 2004.
- Chicago Tribune interview, “Recommended Reads:10 books sure to appeal to nurses”, 2004
- WGN news, newscast interview, “Depression and College Students”, 2003.
- UIC Alumni magazine, “When baby gets the blues”, 2003.
- Chicago Parent Magazine, “No more cupcakes: on home brought snacks and culture”, 2003
- Carbray, JC, Pavuluri, MD (2003). Catching depression in Latina Youth: the teachers guide. A videotape for teacher in services on detecting depressive symptoms among Latina High School Girls.

### **Unpublished literature:**

The Health Care system: book chapter in the manual of curriculum for mental health agency professionals in the State of Illinois by Connolly S and Wright T.

### **Summary of teaching experience**

*Preceptor:* Rush University College of Nursing, Graduate Program in Mental Health Nursing

*Preceptor:* UIC College of Nursing graduate students in Mental Health Nursing

*Psychopathology:* Annual Lectures to Psychiatry Fellows on suicide, mood disorders, bipolar disorder (3)

*Social Work Internship:* Annual lecture on pediatric mood disorders

*Psychology Internship:* Annual lectures to Psychology interns on suicide

*Behavioral Sciences:* Annual Medical Student Lectures on depression and suicide

*LEND:* Annual lecture on the treatment of psychiatric disorders and psychopharmacology (3 hours)

*Human Development:* Annual lectures on Group Psychotherapy, CBT, and Mood disorders to PGY11 class (2 lectures)

*Social Work Internship:* Annual lectures to Social Work Interns on suicide

*Family Practice:* Annual Lecture to Family Practice Residents on Pediatric Depression

### **Supervision of social work, psychology, and nursing interns within the Pediatric Mood Disorder Clinic**

Supervision of 2<sup>nd</sup> year Psychiatry residents in the Pediatric Mood Disorder clinic

*College of Medicine, Courses Taught*

Medical students: Human Development course: adolescence lecture

Wellness lecture  
Wellness group facilitator  
Development of virtual patient experience “the suicidal adolescent”

**Child Fellowship, Second year Advanced Psychopharmacology course**

*College of Nursing, Courses Taught*

Undergraduate: Mental health nursing clinics and course content in child psychiatry

Nursing Research  
Physical Assessment  
Psychopharmacology lectures

Graduate: **Child and Adolescent Mental Health Clinical Practicum (3 lectures)**  
**Psychopharmacology (1 lecture)**  
**Psychotherapy with children and adolescents (1 lecture)**  
**Childhood Mental Health (College of Nursing Family Nurse Practitioner Program) 1 lecture**  
Clinical Research Seminar