

# THE “ME TOO” DRUG PHENOMENON: OLD PRACTICE IN A NEW ERA

*Presenter: Jose A. Rey, Pharm.D., BCPP*

**Thursday, July 23, 2009 ♦ 6:00 p.m. – 9:00 p.m.**  
**Maltz Psychology Building, Room 2057**  
**Fort Lauderdale, Florida**

In the last 10 years, medication development and the products brought to market have been strikingly similar to drugs that have already been approved by the Food and Drug Administration and on the United States market for decades. Though the 1990s were considered the “Decade of the Brain” and many strides in neuroscience took place, the development of new pharmaceutical agents with unique mechanisms of action to treat mental illness has been minimal. Pharmaceutical development has focused on novel delivery systems, formula or structural modifications, and rarely novel mechanisms of action. This presentation will survey the psychopharmacological agents available to treat mental illness with respect to how they work, what they may work for, and how they are similar and different from each other.

## PROGRAM OBJECTIVES

Participants will be able to:

- Explain the historical practice and types of new drug development using established compounds
- Discuss the advantages and disadvantages that “active metabolites” and other “drug derivatives” may offer over their parent/original compounds
- Provide examples of “me too” psychotropics and discuss their role in treating mental illness

## PROGRAM AGENDA

6:00 p.m. – 7:00 p.m.	Clinical Psychopharmacology reception Registration and refreshments
7:00 p.m. – 9:00 p.m.	Workshop presentation

## ABOUT THE PRESENTER

**Jose A. Rey, Pharm.D., BCPP**, is associate professor of pharmaceutical sciences at Nova Southeastern University's College of Pharmacy, and core adjunct faculty at NSU's Center for Psychological Studies and College of Allied Health in Fort Lauderdale, Florida. He is the clinical psychopharmacologist for the South Florida State Hospital. He is also the Director of the Psychopharmacology Residency at NSU. Dr. Rey's research interests include psychopharmacology, co-morbid substance abuse with other psychiatric disorders, pain management with antidepressants and anticonvulsants, and clinical and pharmaco-economic outcomes research with antipsychotics and antidepressants. He has presented his research at national and international meetings; has published original articles, abstracts, and reviews in peer-reviewed journals; and has been an invited speaker at local, state, national, and international meetings. He was selected as the Pharmacist of the Year (2000) by the South Florida Society of Health-System Pharmacists. He is a member of the College of Psychiatric and Neurologic Pharmacists, and the American Association of Geriatric Psychiatry. Dr. Rey received his doctor of pharmacy degree from the University of Florida and completed an ASHP-accredited specialty residency in psychiatric pharmacy practice at the Gainesville VAMC and Shands Hospital in Gainesville, Florida.

## PROGRAM LOCATION

Nova Southeastern University  
Center for Psychological Studies  
Maltz Psychology Bldg., Room 2057  
3301 College Avenue  
Fort Lauderdale, Florida 33314

For maps and directions to Nova Southeastern University's main campus (Ft. Lauderdale), please visit our web site at <http://www.nova.edu/cwis/campusmaps/maincampus.html>. Telephone directions to the main campus are available 24 hours a day by calling (954) 262-1563.

**For additional information on continuing education policies  
and to register, please contact us or visit our web site at  
<http://cps.nova.edu/CE>**

## CONTINUING EDUCATION INFORMATION

**Psychologists:** The “Me Too” Drug Phenomenon: Old Practice in a New Era is sponsored by Nova Southeastern University’s Center for Psychological Studies. Nova Southeastern University is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University’s Center for Psychological Studies is approved by the state of Florida’s Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/11.

**School psychologists:** Nova Southeastern University’s Center for Psychological Studies is approved by the state of Florida’s Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/09.

Nova Southeastern University’s Center for Psychology Studies is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for the program. Provider# 1024.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state’s rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSOR

Nova Southeastern University's Center for Psychological Studies is dedicated to providing the highest quality education to its students, superior mental health care services to the community, and research contributions to the mental health sciences. The center offers two American Psychological Association-approved doctoral programs (Ph.D. and Psy.D.) in clinical psychology and an APA-approved internship program. The center also offers master’s programs in mental health counseling and school guidance and counseling, a specialist program in school psychology, and a master’s program in clinical psychopharmacology for licensed psychologists.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor’s, master’s, educational specialist, and doctoral degrees.

The Center for Psychological Studies’ doctoral program and Psychology Services Center are accredited by the American Psychological Association (APA, 750 First Street NE, Washington, DC 20002 -4242, (202) 336-5979). Additionally, the Center for Psychological Studies sponsors the Consortium Internship Program, which is a member of the Association of Psychological and Postdoctoral Internship Centers (APPIC).

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

