

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

OCTOBER 2025

Tuesday,
October 28, 2025

Noon to 1:30 p.m. PDT
(No meals or breaks provided)

SPEAKER:
Morgan Gatzlaff, PharmD, BCPP

Please register at:
[cottagehealth.org/
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.

This is a free community event. No consequence for non-attendance.



Metabolic Syndrome Associated with Psychotropic Medication

Metabolic syndrome is a significant health concern, characterized by a group of risk factors that elevate the likelihood for serious conditions such as stroke, heart disease (including heart attack), and diabetes. The key risk factors for metabolic syndrome include high Body Mass Index (BMI) or waist circumference, elevated triglyceride levels or receiving medication for hypertriglyceridemia, high fasting blood glucose or high HgbA1C or receiving medication for diabetes, high blood pressure or receiving medication for hypertension, or low levels of HDL cholesterol.

This presentation will share results from a single-center retrospective study evaluating the prevalence of metabolic syndrome among patients admitted to the Santa Barbara Cottage Hospital inpatient voluntary psychiatry and addiction medicine unit over the period of one year. The presentation will highlight systematic screening and prevalence of metabolic syndrome among this patient population. Findings will provide insight into gaps in screening practices, clinical implications for psychiatric populations, and opportunities for pharmacist-led interventions in addressing disparities.

LEARNING OBJECTIVES:

- By the end of this presentation, participants will be able to describe metabolic syndrome.
- Participants will be able to define at least five risk factors for metabolic syndrome.
- Participants will be able to explain at least two reasons why people living with mental illness may exhibit higher rates of metabolic syndrome than the general population.



MORGAN GATZLAFF, PHARMD, BCPP, became the first Psychiatry Clinical Pharmacist Specialist at Santa Barbara Cottage Hospital (SBCH) in January 2023. She teaches medication education to patients in the SBCH inpatient psychiatry unit and at the Cottage Residential Center. Previously she was a Clinical Pharmacist at Arine where she managed their behavioral health prescriber analytics. While at the Santa Barbara Psychiatric Health Facility, Dr. Gatzlaff served as the Pharmacist-In-Charge having built their first pharmacy and clinical pharmacy programs. Dr. Gatzlaff graduated with her PharmD from Butler University and is a board-certified Psychiatric Pharmacist.

Virtual Psychiatric Grand Rounds

PROGRAM COORDINATOR

Paul Erickson, MD

ADMINISTRATIVE COORDINATOR

Frances McKinney

EDUCATION CONSULTANTS

Jennifer Granger Brown,
MSN, RN, CHSE

Stephanie Molina, LMFT, CEAP

Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors

Clinical Nurse Specialists

Counselors

Marriage & Family Therapists

Nurse Practitioners

Nurses

Occupational Therapists

Occupational Therapy Assistants

Other Mental Health Professionals

Pharmacists

Physicians

Psychologists

Psychotherapists

Social Workers

10/2025 RLC

CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

FOR PHYSICIANS AND PSYCHOLOGISTS

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org and 805-569-7245.

Notes

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speaker of this live internet activity have stated that they do not have any current relationships with ineligible companies. This activity did not receive commercial support.