



The MasterPsych Conference teaches AND entertains: enjoy the musical entertainment, raffles, get-to-know-your-colleagues activities, and optional group trips. You'll have so much fun, you might forget you're at a psychiatric conference! And remember to make time every evening to watch the sun set into the Pacific Ocean, right from the conference hotel.



NAKE THE NIST OF ATTENDING ASTER PSYCH CONFERENCE

Dear Colleague,

When you come to the 2018 MasterPsych Conference, you're not only attending the world's most powerfully practical psychiatric conference, but you're also coming to one of the most beautiful places in the US – the Hilton Santa Barbara Beachfront Resort.

The life of a physician is too busy. So it's good to take advantage of an opportunity to learn and to relax and explore.

So, whether you come by yourself – we have plenty of fun communal activities planned –with your significant other, or with the whole family, you'll have a great time.

To help you get the most of your conference, we've put together this travel guide. If your schedule is tight, there's plenty to do during the afternoons and evenings of the conference. If you have the opportunity to stay longer, there are plenty of one, two, and three day trips to take advantage of.

Yours in living the good life,

Jack Krasuski



Ventura



& Carousel



Dumes Point in Malibu

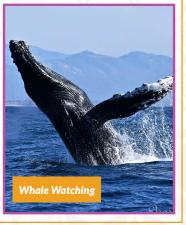


SHIFF THIS FRIM JANTA BARBARA

Come to the conference but make sure you allow yourself and hopefully family, time to enjoy some of the amazingly beautiful and fun attractions and sights. These next 8 suggestions are all in the geographic area of Santa Barbara, just a short trip away!

3 Channel Islands





Route 154 Rest Stops











6 Los Olivos







Solvang





8 Fess Parker Winery



San Luis Opisbo







Walking Distance from Hotel

Santa Barbara Art Glass Studio – Group glass blowing lessons with SAUL ALCARAZ

http://www.sbartglass.com/



East Beach Batting Cages

Enjoy some quality time with the family and hit some baseballs at East Beach Batting Cages. 226 S Milpas St, Santa Barbara, CA 93103



SB Arts and Crafts Show

The Santa Barbara Arts and Crafts Show is a piece of living history highlighting the creative talents of local artisans. The show is located on Cabrillo Boulevard from Stearns Wharf to Calle Cesar Chavez. The show takes place every Sunday year-round and on Saturdays of major holiday weekends. Official show hours are from 10am until dusk.

 $https://www.santabarbaraca.gov/gov/depts/parksrec/recreation/sbaacs/default.asp?utm_source=Referrer\&utm_medium=JumpPage\&utm_campaign=SBAACS$

Salt Caves

Since 2012, our business has featured pink Himalayan salt in cave rooms, massage body treatments, mineral facials, and our unique products we make in Santa Barbara for the home, body and cooking. We also import lamps and other products from the Himalayan mountains of Pakistan. Our products are sold throughout the USA in many retail shops, spas, and restaurants.

740 State Street, Santa Barbara, CA 93101 | 805.963.7258 | www.saltcavesb.com



Stearns Wharf

Stearns Wharf has fun recreation, great restaurants, and amazing creatures at the Sea Center.

RECREATION AND EDUCATION

Take a ride on the Water Taxi. Spend some time with marine life at the Sea Center. See what your future holds at Madame Rosinkas. Visit the Stearns Wharf Bait & Tackle and cast your line to fish at the edge of the wharf.

RESTAURANTS

Come for the best food and the best views in all of Santa Barbara. You will find char-burgers and fish and chips at **Char West**; casual dining at **Longboards Grill**; fresh fish, steaks, prime rib, cocktails, and fine wines at the **Harbor Restaurant**; casual dining and the catch of the day at **Moby Dicks Restaurant**; and local crustaceans, shrimp, and other seafood specialties at the **Santa Barbara Shellfish Company**. They all have the best views of Santa Barbara.

SPECIALTY SHOPS

There are many specialty shops at Stearns Wharf. You will find souvenirs, delicious candy at Mother Stearns Candy Shop, Ice Cream at the Great Pacific Ice Cream Company, and unique shells at Nature's Own Gift Shop. 217 Stearns Wharf, Santa Barbara, CA 93101 | www.stearnswharf.org

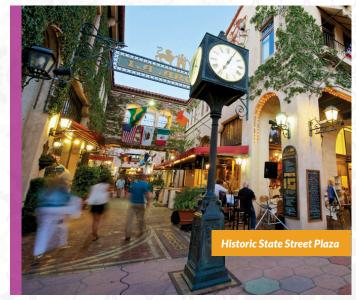


Historic State Street Plaza

Historic State Street Plaza in Downtown Santa Barbara is one of America's most pedestrian-friendly downtowns, in large part due to the amazing diversity of shopping choices. Our shop-lined streets are a favorite with visitors and locals alike. From Santa Barbara-style specialty shops to national brands, and from regional gallery favorites to indie boutiques, Downtown Santa Barbara offers an authentic shopping experience, whether you are seriously shopping, strolling, or just taking in the scene.

https://www.downtownsb.org/discover/shop-and-stroll





Old Mission Santa Barbara

Travel back in time to Santa Barbara's earliest days at the historic Old Mission Santa Barbara. With its grand double bell towers, lush gardens and the majestic San Ynez mountains as a backdrop, the Mission is one of the city's most picturesque landmarks. Known as "Queen of the Missions" for its exceptional beauty, the Santa Barbara Mission was founded by the Spanish Franciscans in 1786. More than 200 years later, it's still an active parish church and a vital and enduring element of Santa Barbara's cultural landscape. History comes alive as you explore the grounds, church and on-site museum, where you'll see fascinating 17th-century art, artifacts, tools and re-creations of the Mission's living quarters and kitchen, complete with an original adobe wall. Outdoors, you can admire the building's graceful architecture, explore the colorful gardens and take in expansive views of the city and the Pacific Ocean.

The Mission is open daily for self-guided tours from 9 a.m to 4:15 p.m. Admission is \$9 for adults, \$7 for seniors and \$4 for children, and includes access to the museum, church, Sacred Garden and cemetery. Docent-guided tours are available every Thursday and Friday at 11 a.m., and Saturdays at 10:30 a.m. On the hour-long guided tour, docents share insight into the Mission's history, architecture and its most precious artifacts. Private tours are available by reservation for large groups.

2201 Laguna Street, Santa Barbara, CA | 805.682.4713 | www.santabarbaraca.com/businesses/old-mission-santa-barbara/



SB Harbor

Are you wondering where you can go and please everyone in the family? The Santa Barbara Harbor has something for everyone: boat rentals, kayaks, Stand Up Paddleboards (SUPs), jet skis, a Maritime Museum, sunbathing on the beach, restaurants for breakfast, lunch and dinner, deep sea fishing, scuba diving, a water taxi, and whale watching, even an ice cream cone to enjoy in the shade. Come to the Santa Barbara Harbor and spend your day having fun!

132-A HARBOR WAY. SANTA BARBARA, CA 93109 | http://www.visitsbharbor.com/







Urban Wine Trails – 28 different wine tasting rooms to give you a taste of different Santa Barbara Wineries. Visit wine country without leaving the downtown Santa Barbara area!

Santa Barbara Winery

Founded in 1962, the Santa Barbara Winery is the oldest winery in the county and has influenced the development of the Santa Ynez Valley as a world-class growing region. Visit our production and tasting room and taste a bit of history amongst the wine barrels.

202 Anacapa Street (805) 963-3633 | www.sbwinery.com

Jaffurs Wine Cellars

Jaffurs has been producing highly acclaimed Rhône varietal wines since 1994. Come tour and visit our downtown winemaking facility and tasting room.

819 East Montecito Street | (805) 962-7003 | www.jaffurswine.com

Whitcraft Winery

Established in 1985, Whitcraft Winery has always been dedicated to non-interventionist wine making. Hand producing Old World style Pinot's, Chardonnay's, & Syrah's from reputable AVA's such as Santa Rita Hills, Anderson Valley, Santa Maria, & Ballard Canyon.

36 A South Calle Cesar Chavez Street | (805) 730-1680 | www.whitcraftwinery.com

Oreana Winery

What was once an old tire shop is now an eclectic winery & tasting room focused on Pinot Noir, Syrah, small batch reds and refreshing whites. Featuring live outdoor music on weekend days. Located just two blocks off State Street & two blocks off the beach.

205 Anacapa Street | (805) 962-5857 | www.oreanawinery.com

Carr Vineyards and Winery

Carr specializes in limited production wines including Pinot Noir, Syrah, Pinot Gris and Cabernet Franc. Enjoy the ambiance of a working winery while sipping on delicious wines on the patio or at the barrel top bar. Open daily for wine tasting and wines by the glass. Live music on Friday evenings, 6~8pm.

414 N. Salsipuedes Street | (805) 965-7985 | www.carrwinery.com

Kunin Wines

Known for producing small lots of Rhône-style wines made with old-world sensibility from the Central Coast's best vineyards. Varietals include Viognier, Syrah and Zinfandel, as well as blends.

28 Anacapa Street | (805) 963-9633 | www.kuninwines.com

Margerum Wine Company

Located in the heart of historic El Paseo in downtown Santa Barbara, Margerum Wine Company offers two venues for tastings: MWC32 and the Margerum Tasting Room. Sit on our dog friendly patio while you enjoy a tasting or glass of wine. Doug Margerum has been intimately involved in both food and wine for over 30 years in the Santa Barbara region, which has made him one of the pioneers in the industry. Margerum works with the top vineyards from the warm, eastern end of the valley in Happy Canyon of Santa Barbara to the cool vineyards of Sta. Rita Hills towards the western end of the valley.

813 Anacapa Street | (805) 845-8435 | www.margerumwinecompany.com



Silver

Silver Wines produces both single vineyard designated wines and multi-varietal proprietary blends from Santa Barbara County grapes. The emphasis is on place, or terroir.

813 Anacapa St, Unit #31 El Paseo | (805) 770-8121 | www.silverwines.com

Summerland Winery

Summerland Winery produces award-winning wines from vineyards along the Central Coast, with an emphasis on small-lot, vineyard-designate Pinot Noirs. The tasting room overlooks the Pacific in the charming town of Summerland, and has a friendly, relaxed vibe 2330 Lillie Avenue, Summerland | (805) 565-9463 | www.summerlandwine.com

Municipal Winemakers

After spending our formative years traveling and studying terroir and techniques, we are now working hard to make honest, interesting, and delicious wines for the people of this world.

22 Anacapa Street | (805) 931-6864 | www.municipalwinemakers.com

Au Bon Climat

For over 30 years, Jim Clendenen has made wines of vision, balance and character using the greatest local vineyards. Known for world class Chardonnays and Pinots, he also produces other varietals. Come enjoy a remarkable lineup of current releases and library wines.

813 Anacapa Street | (805) 963-7999 | www.aubonclimat.com

Deep Sea Tasting Room

Home of Deep Sea and Conway Wines, our tasting room offers breathtaking 360° views of the Pacific Ocean, Channel Islands, and Riviera. Our outdoor tasting deck on Stearns Wharf makes for a unique wine tasting experience. Local, sustainable, and family-owned. Dogs welcome!

217 G Stearns Wharf | (805) 618-1185 |

www.conwayfamilywines.com/deep-sea-tasting-room

Grassini Family Vineyards

Our boutique winery specializes in the handcrafted production of wines made exclusively from Bordeaux varietals grown on our estate vineyard in the Happy Canyon AVA of Santa Ynez.

24 El Paseo | (805) 897-3366 | www.grassinifamilyvineyards.com

Pali Wine Company

Pali Wine Co. produces premium single-vineyard and AVA-specific Pinot Noir and Chardonnay from various top West Coast vineyards. The Tower 15 brand, primarily available in our tasting rooms, showcases Rhone and Bordeaux varietals from the Central Coast region.

116 East Yanonali Street | (805) 560-7254 (PALI) | www.paliwineco.com

Sanguis

Wines that are singular, compelling and beautiful rely on great vineyards and proper farming in union with a healthy dose of confidence, determination and style.

8 Ashley Avenue | (805) 845-0920 | www.sanguiswine.com

Area 5.1 Winery

Secret blends and out of this world local varietals have come together to create an intriguing portfolio from some suspicious resident alien winemakers. Come and explore and be a part of the adventure. Join us as we boldly go where no winery has gone before!

137 B Anacapa Street | (805) 770-7251 | www.a51wine.com

The Valley Project

This modern tasting room features the wines of The Valley Project, an ongoing exploration of Santa Barbara County terriors. Taste small-batch wines from each of the region's 5 AVAs, while checking out the epic hand-drawn chalk map of the county.

116 East Yanonali Street | (805) 453-6768 | www.thevalleyprojectwines.com

Fox Wine Co. and Blair Fox Cellars

Fox Wine Co. is a label created by Santa Barbara natives Blair and Sarah Fox. Blair Fox, Winemaker of the Year, fashions small lot, limited quantity wines focusing on the diversity of Santa Barbara County. His eponymous label, Blair Fox Cellars, is featured alongside the wine-making duo's Fox Wine Co. label. Come in and enjoy 15 wines by the glass, 3 tasting menus and Organic cider on tap! While sipping, enjoy the delicious food from the Nook Restaurant or peruse handmade items at the Gilded Table.

120 Santa Barbara Street | (805) 699-6329 | www.foxwineco.com

Riverbench Santa Barbara

Riverbench Vineyard was established in 1973, when its first grapes were planted. Over time, Riverbench has become a prominent name for high quality Chardonnay, Pinot Noir, and Sparkling wines.

137 Anacapa St., Suite C | (805) 324-4100 | www.riverbench.com

Sanford Winery

Since 1981 Sanford has focused on producing distinctive, cool climate Chardonnay and Pinot Noir. With two vineyards in the Sta. Rita Hills, our passion for vineyards and winemaking shows in every glass. Join us and indulge in our Premium Tasting Experiences.

1114 State Street, Suite 26, La Arcada Plaza | (805) 770-7873 | www.sanfordwinery.com

Happy Canyon Vineyard

Join Happy Canyon Vineyard at our tasting room in El Paseo for a beautiful wine tasting experience. Learn about our Polo-inspired Bordeaux varietal wines such as Piocho, Chukker, and Barrack. 30 El Paseo | (805) 232-3549 | www.happycanyonvineyard.com

Lafond Winery

Lafond Winery with vineyards in the Sta. Rita Hills Appellation, an area renowned for its Pinot Noir and Chardonnay, has opened in the Funk Zone. 111 East Yanonali Street | (805) 845-2020 | Jafondwinery.com

Jamie Slone Wines

Start your Wine Tasting Experience here! Specializing in small production, premium wines from the best vineyards in Santa Barbara County: Red Blends, Pinot Noir, Sauvignon Blanc, Grenache Blanc and Chardonnay. Chocolate Pairings & Cheese Plates. YELP favorite!

23 E. De La Guerra St. (At entrance of Historic El Paseo) | (805) 560-6555 | www.jamieslonewines.com

Cebada Vineyard & Winery

Cebada Vineyard & Winery vinifies estate grown Pinot Noir and Chardonnay. Our boutique winery produces sophisticated Burgundian style wines. Enjoy our hand crafted vertical wine tastings at our new tasting room at 8 E. De La Guerra Street.

8 E. De La Guerra Street | (805) 735-2570 | cebadawine.com

DV8 Cellars

Hand crafting small production Rhône varietals from top Santa Barbara County vineyards. Syrah, Grenache, GSM Blend, Viognier, Roussanne, Rose and our new Sta. Rita Hills Pinot Noir. Come in for a glass or a tasting flight in our comfortable, dog-friendly tasting room in the Funk Zone.

28 Anacapa Street, Suite C1 (805) 966-6601 | dv8cellars.com

Babcock Winery

Winemaking pioneer, Bryan Babcock, continues to mesmerize Santa Barbara's wine scene with his radical farming and stunning single vineyard terroir Pinot Noirs and Chardonnays. Discover his wines in the Funk Zone at the Santa Barbara Wine Collective or at the winery in the beautiful Sta. Rita Hills.

131 Anacapa Street, Suite C (behind The Lark) | (805) 456-2700 | babcockwinery.com

Ca'del Grevino

CA' DEL GREVINO is located in the Santa Maria Valley AVA of Santa Barbara County. Located just 10 miles from the Ocean. Taking into account the sandy loam soil, the coastal influences, and the orientation of the sun upon our vineyard, we find Pinot Noir, Chardonnay, Grenache, Dolcetto, Syrah, and Riesling best suited varietals to our estate.

131 Anacapa Street, Suite C (behind The Lark) | (805) 456-2700 | grevino.com

Paradise Springs Winery

Paradise Springs is the first bi-coastal winery in the United States with operations in both Santa Barbara, California and Virginia. The tasting room is located in the heart of downtown Santa Barbara's The Funk Zone and is open daily for tastings of both our California and Virginia selections.

210 State Street | 805-690-3650 | ParadiseSpringsWinery.com





The Lark

Menus for The Lark will be locally sourced and responsibly grown, using seasonal ingredients based on the abundant bounty available on the Central Coast. Food is served family style intended for sharing. The Lark's full bar features classic as well as craft cocktails using the finest in artisan spirits, mixers and seasonal fruits and vegetables. Our comprehensive wine list highlights small Santa Barbara County producers and artisan winemakers from afar.

131 ANACAPA STREET, SANTA BARBARA, CALIFORNIA 93101 |805-284-0370 http://www.thelarksb.com/



Loquita

Loquita showcases the flavors and traditional cooking methods of Spain with hot and cold tapas, wood-fired seafood, grilled meats and three types of paella. A separate pintxos bar named Poquita serves small snacks, charcuterie and cheeses. The wine list is comprised almost entirely of Spanish wines with a few exceptional local wines that pair well with the cuisine. A full cocktail program features a selection of Spanish vermouths, farmers' market sangria, hand-crafted cocktails and the customary offerings of gin-and-tonics. The Mediterranean climate and terroir of Santa Barbara County mirror that of Spain, making the translation of locally sourced produce, meats and seafood an ideal match.

Whether you want to dine in the lively indoor dining room or around a cozy fireplace on the romantic patio, Loquita is the perfect spot to gather while in the Waterfront district of downtown Santa Barbara.

202 State Street Santa Barbara, California 93101 | 805-880-3380 http://www.loquitasb.com/



Santo Mezcal

Debuting the latest concept from restaurateur Carlos Luna and the talented team behind the Los Agaves Restaurants. Our Executive Chef Ricardo Garcia presents a modern contemporary Mexican cuisine, rooted in Mexican flavors and traditions that also celebrate local and seasonal ingredients from the Santa Barbara and surrounding regions.

With a focus on seafood, some signature dishes on the menu include Camarones Al Mezcal, Mexican shrimp served in a creamy mezcal sauce; Pulpo a Las Brasas, octopus marinated in a special adobo served with house-infused chile oil; Enchiladas Cabo Azul, stuffed with fresh crab; Tacos Toro, featuring Hungaro peppers stuffed with grilled shrimp and octopus in a chipotle sauce.

119 State St, Santa Barbara, CA 93101 | (805) 883-3593 https://santomezcalsb.com/

Bluewater Grill

Come in and get hooked on the best in fresh, sustainable seafood. Enjoy a waterfront patio, full bar, happy hour, extensive local wine selection, and the best harbor view in Santa Barbara. We're located at the base of State Street, on Cabrillo between State & Helena St, across from Stearns Wharf – on the water, naturally.

15 East Cabrillo BLVD, Santa Barbara, CA 93101 | 805.845.5121 https://www.bluewatergrill.com/locations/santa-barbara



Wine Cask

At Wine Cask, you will discover what it means to be truly connected to the ingredients and flavours which make up our every dish. Focusing on fresh, seasonal ingredients and a host of signature cocktails, the culinary team here at Wine Cask invites you to indulge in simply great food and a full sensory experience which elevates the way you look at (and taste) our ingredients.

813 Anacapa Street, Santa Barbara, CA 93101 | (805) 966 – 9463 https://www.winecask.com/about/

Toma

Located on the waterfront on West Cabrillo Boulevard, Toma Restaurant & Bar has been serving a unique array of classic dishes with a contemporary twist for the past 5 years. With its charm rooted in its old-world, historic building and romantic, waterfront facade, Toma is the beautiful result of over 65 years spent in the culinary industry. Owners Tom and Vicki Dolan welcome you to experience a pinnacle of Santa Barbara hospitality.

324 West Cabrillo Blvd, Santa Barbara, CA 93101 | 805.962.0777 https://www.tomarestaurant.com/about/

Brophy Bros

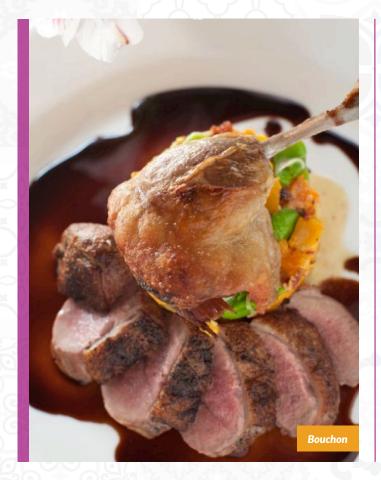
Both the Santa Barbara and Ventura locations have a fun, lively atmosphere with beautiful views of the mountains and harbor. Choose your spot - sit at the full length bar facing the view and the clam bar, grab a window and lean in or sit at a table either inside or out. Everyone is welcome at Brophy Brothers!

119 Harbor Way, Santa Barbara, CA 93109 | (805) 966–4418 https://www.brophybros.com/welcome-santabarbara/

Bouchon

With its warm and inviting ambience, is the perfect place to dine at a leisurely pace and enjoy an authentic regional wine dining experience. Our "exclusively Santa Barbara County" wine list has earned Wine Spectator magazine's "Award of Excellence" for our focus on regional wines for 10 years running! We've also been voted by Trip Advisor as a "Hall of Fame" recipient in addition to being recognized in local Independent and Santa Barbara News-Press newspapers.

9 West Victoria, Santa Barbara, CA 93109 | (805) 730-1160 http://www.bouchonsantabarbara.com/#about-us-section



Black Sheep

Global in scope, the black sheep menu features Latin, Asian, and Italian flavors but relies heavily on classic French technique. Chef Robert's restaurant is one of the only places in town where one can eat sweetbreads, ramen, and Peruvian potato tacos all in one sitting! Robert's creative, inspired dishes bring people utmost satisfaction while sometimes leading them ever so slightly outside of their comfort zone. Chef Robert also aspires to do what's right by sourcing his produce from the farmer's markets and by being mindful of waste and water use.

26 East Ortega Street, Santa Barbara, CA 93101 | 805-965-1113 https://www.blacksheepsb.com/

Zaytoon

Welcome to our hidden oasis in the center of Santa Barbara. A place where you can experience fresh and tasty Lebanese cuisine. A garden you can enjoy with your special guests. Experience the sounds of waterfall, the glow of little lights and the warmth of fire. Enjoy the memories to come and leave the details to us. Zaytoon, named after the Lebanese word for olive, is nestled in the heart of Santa Barbara in a lush fragrant garden. Our outdoor patio incorporates both glowing fire pits and the sound of rushing water to create a unique and entertaining ambience. These elements serve as the perfect backdrop for the exciting flavors of our Lebanese food.

209 E Canon Perdido St., Santa Barbara,CA 93101 | (805) 963 - 1293 https://www.zaytoon.com/



JANIA BARBARAWAIIS FOR YOU!



THE ULTIMATE SA GETAWAY

Choose to join us for the full 4 day psychiatric conference. To encourage every psychiatrist to update their core knowledge in common medical conditions from which our patients often suffer, we are currently keeping the tuition for the 4 day conference (which includes the medical update) the same as for the 3 day conference. Act now to take advantage of this additional day!

Hilton Santa Barbara Beachfront Resort

633 E Cabrillo Blvd, Santa Barbara, CA 93103

Thursday-Sunday / October 11-14, 2018



CUNTACT US NUW!

masterpsych.com 877.225.8384

Schedule-At-Glance:

Thursday, October 11, 2018

Breakfast and Registration: 7:00am-8:00am Sessions 1-3: 8:00am-11:50am Lunch: 11:50am-12:50pm Sessions 4-6: 12:50pm-5:00pm

Friday, October 12, 2018

Breakfast and Registration: 7:00am-8:00am Session 1-2: 8:00am-11:15am Lunch: 11:15am-12:15pm Sessions 3-4: 12:15pm-3:45pm Welcome Reception: 4:00pm-6:00pm

Saturday, October 13, 2018

Breakfast and Registration: 7:00am-8:00am Session 1-2: 8:00am-11:15am Lunch: 11:15am-12:15pm Sessions 3-4: 12:15pm-3:45pm

Sunday, October 14, 2018

Breakfast: 7:00am-8:00am Session 1: 8:00am-11:15am Break: 11:15am-11:45am Session 2: 11:45am-1:45pm