



Expanding the Conversation

Giving Voice to Children, Adolescents, and Families in the Behavioral Health System



Annual Child and Adolescent Mental Health Conference

Friday, June 8, 2018 | Pittsburgh Airport Marriott

Let's talk. Those simple words can have a profound impact on how we as a society better handle the behavioral health challenges facing our children. In some situations, the network of people involved in the life of a child with behavioral health concerns can be overwhelming: parents or caregivers; doctors; therapists; teachers; counselors; and the list goes on. The most effective treatment plan involves collaboration, communication, and compassion among everyone. But in many cases, communication isn't happening at all levels. And the children, adolescents, and families who need their voices heard at the most crucial times fall silent out of fear, frustration, and confusion. For other children and families, that "network" doesn't even exist. And in this situation, the most vulnerable are left feeling lost, alone, and looking for answers.

NAMI Keystone Pennsylvania's second annual Child and Adolescent Mental Health Conference is about giving our children, adolescents, and families a voice. Our presenters will discuss how through research, practice, and advocacy they're giving children and families the confidence to come forward and talk about their mental health concerns despite the stigma, while also giving them tools they need to play an active role in identifying and addressing the challenges.

Keynote speaker Ross W. Greene, PhD, is a clinical psychologist and professor who believes that adults and children must work together to reduce challenging behaviors. Dr. Greene's experience working with families

spans more than three decades. He's also a New York Times bestselling author of the books, *The Explosive Child*, *Lost at School*, *Lost and Found*, and *Raising Human Beings*. Dr. Greene's presentation will focus on a model of care he originated called Collaborative & Proactive Solutions (CPS). As explained on Dr. Greene's website (www.livesinthebalance.org), CPS is based on the idea that "challenging behavior occurs when the expectations being placed on a kid exceed the kid's capacity to respond adaptively, and that some kids are lacking the skills to handle certain demands and expectations." Dr. Greene will also talk about the importance of bringing children and adolescents into the conversation to identify their problems, and how the best outcomes involve giving both youth and caregivers a collaborative voice in addressing those concerns.

The morning plenary speaker, Dior Vargas, works to give people a voice through advocacy. Ms. Vargas is a self-described Latina feminist mental health activist who is on a mission to remove the stigma attached to mental illness in the Latino community so individuals feel more comfortable talking about their experiences. In her presentation, Ms. Vargas will explain why it's important to address the complicated relationship between culture and mental health, why it's critical to change the perception of mental illness for people of color, and how the mental health care system needs to improve in order to provide better access to treatment for everyone.

Who Should Attend

Social workers; Psychologists; Special Education and Classroom Teachers; Early Childhood Professionals; Therapists, Counselors; Parents and Caregivers; Local Community Leaders; and regional, county and state government leaders.

Hotel Information

Pittsburgh Airport Marriott Hotel, Parkway West-Montour Run Exit,
777 Aten Road, Coraopolis, PA 15108. Ph: 412-788-8800

Directions: From the Pittsburgh International Airport: Take Airport Parkway to Route 60 South to Montour Run Exit, follow signs to hotel. From Downtown Pittsburgh: Take Parkway West (I-279) to Montour Run Exit, follow signs to hotel.

Please dress in layers as room temperatures can vary. If you have special access needs related to a disability or impairment, please contact info@namikeystonepa.org or (412) 366-3788.



Conference Objectives

At the end of this day-long program, attendees will be able to:

1. Understand the Collaborative and Proactive Solutions (CPS) Model of bringing children, adolescents, and families into the discussion in order to better identify and address behavioral health concerns.
2. Recognize how skills relating to human nature, such as empathy and honesty, can be used to help solve challenging behavior in children and adolescents.
3. Demonstrate an improved understanding of the intersectionality between race and mental illness in the behavioral health system.
4. Identify ways that individuals can use their personal experiences as a platform to advocate for themselves and others.

Continuing Education Credits*

Psychologists: Western Psychiatric Institute and Clinic is approved by the American Psychological Association to sponsor continuing education credits for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 7.5 continuing education hours.

Counselors: Western Psychiatric Institute and Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program. This program is being offered for 7.5 continuing education hours.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage & Family Therapists (LSW/LCSW, LPC, LMFT): This program is offered for 7.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial

license renewal. For information on social work continuing education call (412) 624-3711.

ACT 48: Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. WPIC adheres to the Act 48 Continuing Education Guidelines.

Mental Health Professionals: Nurses and other health care professionals are awarded 0.75 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. *Nurses:* For attending this program you will receive a Certificate of Attendance confirming 7.5 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. *Peer Specialists:* This program fulfills requirements for Certified Peer Specialist continuing education.

*** Cancellations made prior to Friday, May 25 will be refunded. If requesting CEUs, a \$25 administrative fee will be deducted from your refund. No refunds will be issued after Friday, May 25.**

Conference at a glance

7:45 am – 8:30 am

Registration/Continental Breakfast/Exhibits

During breaks, please visit the local community providers and organizations displaying helpful information to increase awareness of the services they offer to individuals and families affected by mental illness.

8:45 am – 9:00 am Welcome and Opening Remarks

Charma D. Dudley, PhD, FPPR, Associate Director of Behavioral Health Services, Beacon Health Options, President, NAMI Keystone PA Board of Directors.

9:00 am – 10:15 am Morning Keynote Address

“Collaborative & Proactive Solutions: Fostering the Better Side of Human Nature in Classrooms and Families”

Ross Greene, PhD, Founding Director, Lives in the Balance; adjunct Associate Professor in the Department of Psychology, Virginia Tech; adjunct Professor in the Faculty of Science, University of Technology Sydney in Australia.

10:15 am – 10:30 am Break and Exhibits

10:30 am – 11:45 am Morning Plenary

“Action & Advocacy: Taking Mental Health Care Mainstream in Communities of Color”

Dior Vargas, Latina Feminist Mental Health Activist; Creator, *People of Color and Mental Illness Photo Project*.

12:00 pm – 1:15 pm Buffet Luncheon

Lunchtime Presentation “Developing a Family-Driven and Youth-Guided Children’s Behavioral Health System”

Shannon Fagan, MS, Director of the Bureau of Children’s Behavioral Health Services, Office of Mental Health and Substance Abuse Services, Department of Human Services of Pennsylvania.

1:30 pm – 2:45 pm | Workshop Session 1

1. “Our Stories Matter: A New Approach to Mental Health Engagement” | Julius Boatwright, MSW, LSW, Founder of Steel Smiling.
2. “How School Counselors Can Educate Teachers About Anxiety in the Classroom” | Marissa Capuzzi-Schimizzi, MEd, Waynesburg University.
3. “Social Media Awareness for Parents/Caregivers, Family Members, and Individuals Working with Youth” | Devin N. Petrusky, MS, Juvenile Probation Officer, Northumberland County Juvenile Court Services.

4. “First Episode Psychosis Programs in Pennsylvania” | Marci Sturgeon-Rusiewicz, MS, NCC, LPC, CPSS, Senior Manager of Recovery and Resiliency-Wesley Family Services ENGAGE Program; Kim Mathos, MD, MPH, Western Psychiatric Institute and Clinic-STEP Program; Wendy Tucker, Community Mental Health Services Block Grant Coordinator, PA Department of Human Services.

5. “Inside the Adolescent Brain: Contributing Factors to Substance Use” | Susan L. Tarasevich, EdD, Preventionist for Addiction Medicine Services, Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center.

6. “Understanding and Treating Medication and Therapy Adherence Issues for Teens with Bipolar Disorder” | Nina Hotkowski, LCSW, Western Psychiatric Institute and Clinic.

2:45 pm – 3:00 pm Break and Exhibits

3:00 pm – 4:15 pm Workshop Session 2

7. “Insights for Working with LGBTQIA+ Youth And Families” | Georgette Ayres, MA, PFLAG Pittsburgh; Mitch Hortert, MSW, PFLAG Pittsburgh.

8. “Meeting the Special Needs of Siblings” | Chou Hallegra Gabikiny, MA, Mental Health & Disability Consultant, Grace & Hope Consulting; Hope Gabikiny, Advocate.

9. “Mindfulness Based Stress Reduction in the Classroom” | Dr. Tracy Scanlon Limegrover, NCC, CT, CEAP, LPC, Outreach Teen & Family Services.

10. “Ask the Doctor” | Sansea L. Jacobson, MD, Program Director, Child and Adolescent Psychiatry Fellowship, Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center.

11. “An Overview of Adolescent Mental Health and Technology” | Ana Radovic, MD, MSc, Assistant Professor of Pediatrics, University of Pittsburgh School of Medicine, Children’s Hospital of Pittsburgh of UPMC; Charlie Borowicz, MSW, MPH, Children’s Hospital of Pittsburgh of UPMC.

12. “Family Focused Solution Based Treatment: A Unique Service for Court-Involved Youth and Families in Allegheny County” | Mark Hugh, LPC, LBS, Coordinator of Children and Adolescent Services, UPMC/Community Care Behavioral Health; Nicole Ripley, LSW, Associate Clinical Manager, UPMC/Community Care Behavioral Health.

4:15 pm – 4:30 pm Evaluations and Adjournment

Program Information

Morning Keynote Address

“Collaborative & Proactive Solutions: Fostering the Better Side of Human Nature in Classrooms and Families”

Ross Greene, PhD, Founding Director, Lives in the Balance; adjunct Associate Professor in the Department of Psychology at Virginia Tech; and adjunct Professor in the Faculty of Science at the University of Technology Sydney in Australia.



Dr. Ross Greene’s evidence-based Collaborative & Proactive Solutions model – as described in his books – has transformed the understanding of treatment of kids with social, emotional, and behavioral challenges in countless families, schools, and therapeutic facilities. In his presentation, Dr. Greene will talk about the importance of teaching skills that define the better side of human nature: empathy, appreciating how one’s behavior is affecting others, resolving disagreements without conflict, taking another’s perspective, and honesty. These skills have never been more important. And as Dr. Greene will explain, research indicates that solving problems collaboratively and proactively can teach these skills to any child or adolescent.

Presenter: Ross Greene, PhD, served on the faculty at Harvard Medical School for over 20 years, and is now founding director of the nonprofit Lives in the Balance (www.livesinthebalance.org), which aims to disseminate the Collaborative & Proactive Solutions (CPS) model through no-cost, web-based programming; advocate on behalf of behaviorally-challenging kids and their parents, teachers, and other caregivers; and encourage the use of non-punitive, non-adversarial interventions. Dr. Greene is author of the books, *The Explosive Child*, *Lost at School*, and *Raising Human Beings*. He is currently on the adjunct faculty of the Department of Psychology at Virginia Tech and on the adjunct Faculty of Science at University of Technology Sydney in Australia. He is also Creator and Executive Producer of the forthcoming documentary film *The Kids We Lose*. Dr. Greene’s research has been funded by the Stanley Research Institute, the National Institutes of Mental Health, the U.S. Department of Education, and the Maine Juvenile Justice Advisory Group. He lectures and consults extensively to families, general and special education schools, inpatient psychiatry units, and residential and juvenile detention facilities throughout the world.



Morning Plenary Session

“Action & Advocacy: Taking Mental Health Care Mainstream in Communities of Color”

Dior Vargas, Latina Feminist Mental Health Activist; Creator, *People of Color and Mental Illness Photo Project*

When it comes to race and mental illness, people of color are less likely to receive treatment and experience higher levels of stigma than white individuals. When they do seek help, people of color can be subject to racism, bias, and discrimination in treatment settings. There’s no question that changes need to be made, but what needs to happen and who should lead the way? During the morning plenary address, Dior Vargas, an award-winning mental health activist, will discuss the intersection between race and mental illness, the importance of people of color speaking out about these issues, and the improvements that the mental health care system needs to put in place to provide equal and fair treatment for all. Ms. Vargas will share her compelling personal history with mental illness, suicidal ideation, and show how she uses her experiences to help others, proving it’s never too early to become an advocate for yourself and others.

Presenter: Dior Vargas is a Latina feminist mental health activist. She is the creator of the *People of Color and Mental Illness Photo Project*, a response to the invisibility of people of color in the media representation of mental illness. Ms. Vargas tours the country giving keynotes, hosting workshops, and speaking on panels. Her work and insight have been covered in media outlets such as *Forbes*, *Newsweek*, *NBC News Latino*, and *The Guardian*. Ms. Vargas is the recipient of numerous awards including The White House Champion of Change for Disability Advocacy Across Generations and the 2015 Alternatives Conference Cookie Grant and Bill Compton LGBTQI Leadership Award. She is also a Susan M. Daniels Disability Mentoring Hall of Fame inductee. Ms. Vargas has a B.A. in the Study of Women and Gender from Smith College and an M.S. in Publishing from Pace University. She is working towards a Master of Public Health at NYU’s College of Global Public Health. Ms. Vargas is a native New Yorker and currently lives in New York City.



Luncheon Speaker

“Developing a Family-Driven and Youth-Guided Children’s Behavioral Health System”

Shannon M. Fagan, MS, Director of the Bureau of Children’s Behavioral Health Services, Office of Mental Health and Substance Abuse Services, Department of Human Services of Pennsylvania

The Pennsylvania Bureau of Children’s Behavioral Health Services is exploring new ways of doing business to better meet the needs of communities across the Commonwealth by delivering more effective and meaningful services to children, youth and families. Building partnerships, bringing together state and local resources, implementing best practices and actively engaging families are efforts that support the Bureau’s mission to ensure that individuals from birth through age 26 with emotional and behavioral challenges live, learn, work and thrive in their communities. Learn how the Bureau is improving programs and processes, and encouraging collaborative efforts with a variety of stakeholders, to transform our children’s behavioral health system into a successful model that is family driven and youth guided.

Presenter: Shannon M. Fagan, MS, is Director of the Bureau of Children’s Behavioral Health Services, Office of Mental Health and Substance Abuse Services, under the Department of Human Services of Pennsylvania. She previously served as Director of the Youth and Family Training Institute (YFTI), with responsibility for ensuring the overall success of High Fidelity Wraparound implementation across Pennsylvania. Prior to this role, Shannon worked as a Child and Adolescent Services System Program Coordinator (CASSP) in Westmoreland County. Her experience also includes working as a Child Life Specialist at Children’s Hospital of Pittsburgh, supervisor of an Early Intervention Program serving children ages 0-3 with various development delays and their families, and counselor for a Foster Care/Juvenile Probation program. Ms. Fagan holds a bachelor’s degree from Penn State University in Human Development and Family Studies, and a master’s degree in Child Development/Child Care from the School of Social Work at the University of Pittsburgh.

2018 Conference Sponsors

UPMC HEALTH PLAN



Workshop Session 1 | 1:30 pm - 2:45 pm

1. "Our Stories Matter: A New Approach to Mental Health Engagement" | Julius Boatwright, MSW, LSW, Founder of Steel Smiling

Community support and engagement are integral to mental health advocacy. This workshop will provide participants with the opportunity to learn informal methods of engagement that help to facilitate and strengthen relationships between community members and mental health supports.

At the conclusion of this workshop, attendees should be able to:

- Identify three informal techniques to help engage community members regarding mental health topics.
- Identify three ways to utilize informal techniques to connect community members to formal, clinical treatment.
- Identify three informal strategies to help community members create and maintain their own mental health engagements.

Target Audience: Mental Health Professionals

2. "How School Counselors Can Educate Teachers About Anxiety in the Classroom" | Marissa M. Capuzzi-Schimizzi, MEd, Waynesburg University

With so few counselors stationed in public schools, it's difficult for those counselors to meet the needs of all students. This workshop will examine how anxiety impacts students in public school systems. The presenter will also explain how school counselors can educate teachers on the symptoms that could impact students' academic, social, and emotional growth and the importance of referring students for evaluation and support within the school setting.

At the conclusion of this workshop, attendees should be able to:

- Understand the impact of anxiety on the well-being of young children and adolescents and how it can negatively influence academic, social, and emotional growth.
- Identify three signs and symptoms teachers may observe in students struggling with anxiety.
- Create a workshop model to train their teachers to notice signs and symptoms of anxiety in students.

Target Audience: Family members/Caregivers; Mental Health Professionals; School Professionals

3. "Social Media Awareness for Parents/Caregivers, Family Members, and Individuals Working with Youth" | Devin N. Petrusky, MS, Juvenile Probation Officer, Northumberland County Juvenile Court Services

Today's teens are connected to each other and the world by means of digital technology. Social media education is

an important skill set for parent(s)/caregiver(s) of youth and individuals working with youth to learn. Attendees of this workshop will develop a better understanding of social media awareness including cyber bullying, sexting, dating, and other online risky behaviors. The workshop will also cover the legal and non-legal consequences of risky online behavior and prevention methods and tips.

At the conclusion of this workshop, attendees should be able to:

- Identify the offender/victim profiles for individuals engaging in risky online behaviors.
- Explain and identify both the legal and non-legal consequences associated with online risky behaviors.
- Strategize and utilize the tips and information shared to determine what their next steps are in terms of prevention.

Target Audience: Family members/Caregivers; School Professionals

4. "First Episode Psychosis Programs in(FEP) Pennsylvania" | Marci Sturgeon-Rusiewicz, MS, NCC, LPC, CPSS, Senior Manager of Recovery and Resiliency-Wesley Family Services ENGAGE Program; Dr. Kim Mathos, MD, DOH, Western Psychiatric Institute and Clinic-STEP Program; Wendy Tucker, Community Mental Health Services Block Grant Coordinator, Office of Mental Health and Substance Abuse Services,

The workshop will outline the history and theory of FEP Programs across Pennsylvania, specifically focusing on the two programs in Allegheny County. The purpose of the workshop is to educate individuals, providers, family members, and the greater community about the importance of early intervention and care for psychosis. Attendees should expect to gain an overview of the topic by hearing three unique perspectives from collaborative efforts within Allegheny County. Program attendees will have the opportunity to learn about practice, care, and expected outcomes for individuals experiencing early psychosis and the potential strategies that are involved in a Coordinated Specialty Care Team (CSC) approach through early intervention.

At the conclusion of this workshop, attendees should be able to:

- Explain the history of FEP Programs in Pennsylvania, why they are important and how they are funded.
- Identify early indicators of psychosis, including first signs and symptoms.
- Describe the two unique FEP Programs in Allegheny County by understanding their approach to care and expected outcomes.

Target Audience: Individuals; Family member/Caregivers; Mental Health Professionals

5. "Inside the Adolescent Brain: Contributing Factors to Substance Use" | Susan L. Tarasevich, EdD, Preventionist for Addiction Medicine Services, WPIC, University of Pittsburgh Medical Center.

This state-of-the-science workshop will discuss the wonders of the adolescent brain as well as developmental challenges that can set a course for resilience or addiction. Come and learn about current drugs and how co-occurring disorders complicate adolescent challenges. You will leave with practical strategies and tools for talking with young people about substance misuse.

At the conclusion of this workshop, attendees should be able to:

- Understand the uniqueness of the adolescent developmental process.
- Explore the impact drugs may have on the developing adolescent brain.
- Discuss strategies and tips for talking with young people about substance use.

Target Audience: Family/Caregivers; Mental Health Professionals

6. "Understanding and Treating Medication and Therapy Adherence Issues for Teens with Bipolar Disorder" | Nina Hotkowsky, LCSW, Western Psychiatric Institute and Clinic

This workshop will address the unique issues that are involved with treatment adherence in adolescents with Bipolar Disorder. Topics will include brief psychoeducation about Bipolar Disorder, factors associated with non-adherence with psychotropic medications and psychotherapy, and strategies and interventions that can be used to improve treatment adherence.

At the conclusion of this workshop, attendees should be able to:

- Identify unique factors to consider when addressing treatment adherence issues with teens.
- Identify at least two strategies that can be used to improve medication treatment adherence for teens with bipolar disorder.
- Identify at least two strategies that can be used when working with teens who have bipolar disorder to improve commitment to and participation in psychotherapy.

Target Audience: Family member/Caregivers; Mental Health Professionals

Workshop Session 2 | 3:00 pm-4:15 pm

7. "Insights for Working with LGBTQIA+ Youth And Families" | Georgette Ayres, MA, PFLAG Pittsburgh; Mitch Hortert, MSW, PFLAG Pittsburgh

Youth who are lesbian, gay, bisexual, transgender, and queer (LGBTQIA+) are faced with many challenges. Not only are they faced with the typical challenges of childhood and adolescence, but they often must manage the stigma, isolation, and violence in many communities due to their sexual and/or gender minority status. This workshop will address important issues that LGBTQIA+ youth often face such as addiction, increased rate of suicide, homelessness, and mental health conditions. The presentation is designed for mental health professionals in schools and communities who are encountering more youth coming out and would like to increase their knowledge of LGBTQIA+ resources, stigma, and behavioral health challenges faced by LGBTQIA+ youth and their families.

At the conclusion of this workshop, attendees should be able to:

- Demonstrate increased understanding and use of language relevant and affirming to LGBTQIA+ youth and their families.
- Demonstrate improved knowledge of issues and experiences of LGBTQIA+ youth and their families.
- Identify three resources that support LGBTQIA+ youth and/ or their families.

Target Audience: Mental Health Professionals; School Professionals; Family members/Caregivers.

8. "Meeting the Special Needs of Siblings" | Chou Hallegra Gabikiny, MA, Mental Health & Disability Consultant, Grace & Hope Consulting; Hope Gabikiny, Advocate

As families and professionals, we devote a lot of attention to helping children with mental health challenges achieve and maintain wellness. Siblings often do not receive the support they need to cope and thrive. In this interactive workshop, a mother-daughter duo shares their family's story and discusses effective strategies to meet the special needs of siblings. As they relate their journey from strains to strength, stumbling blocks to stepping stones, they impart hope to other families caring for children with mental health challenges.

At the conclusion of this workshop, attendees should be able to:

- Understand how chronic stress in the home can become traumatic to siblings and others.
- Develop strategic action steps to safeguard siblings' mental health through routine-based practices.
- Identify tools to successfully meet individual treatment goals while supporting the entire family.

Target Audience: Individuals; Family members/Caregivers;

9. **“Mindfulness Based Stress Reduction in the Classroom”**
| Dr. Tracy Scanlon Limegrover, NCC, CT, CEAP, LPC
Outreach Teen & Family Services

Mindfulness-Based Stress Reduction (MBSR) is a well-defined and systematic child-centered therapeutic approach which uses training in mindfulness meditation as the core of a program to teach children how to take better care of themselves and live healthier and more adaptive lives. The presentation aims to demonstrate the effectiveness of such interventions for children and adolescents with mental health struggles in non-medical settings such as schools.

At the conclusion of this workshop, attendees should be able to:

- Provide an overview of an MBSR curriculum designed for children and adolescents.
- Report preliminary research findings based on the implementation of this curriculum.
- Discuss when and where training is feasible for children and whether such training enhances attention, self-regulation, social competence, and, perhaps most importantly, children’s overall well-being.

Target Audience: Family members/Caregivers; School Professionals

10. **“Ask The Doctor”** | Sansea L. Jacobson, MD, Program Director, Child and Adolescent Psychiatry Fellowship, Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center

Parents of children with mental illness and/or behavioral issues often have many questions that can’t be quickly answered in a short doctor’s visit. During this workshop, Dr. Sansea Jacobson will answer participants’ wide variety of questions concerning the mental health of children and adolescents while discussing effective treatments and supports for children and families.

At the conclusion of this workshop, attendees should be able to:

- Understand treatments and supports that can help promote healthy living and positive relationships for children and adolescents with mental health concerns and their families.

Target Audience: Individuals; Family/Caregivers; Mental Health Professionals

11. **“An Overview of Adolescent Mental Health and Technology”** | Ana Radovic, MD, MSc, Assistant Professor of Pediatrics, University of Pittsburgh School of Medicine, Children’s Hospital of Pittsburgh of UPMC; Charlie Borowicz, MSW, MPH, Research Assistant, Children’s Hospital of Pittsburgh of UPMC

How are adolescents using technology? What are the associations between mental health symptoms and technology use? How can technology be used for diagnosis,

intervention, and treatment? This workshop will explain how research into technology use in adolescent mental health can inform your clinical practice and where you can look to find more information.

At the conclusion of this workshop, attendees should be able to:

- Develop an understanding for how technology may be used in adolescent mental health treatment.
- Become familiar with techniques to use when approaching the issue of technology use with adolescent patients.
- Develop an understanding of the current state of the science in technology and adolescent mental health.

Target Audience: Mental Health Professionals

12. **“Family Focused Solution Based Treatment: A Unique Service for Court-Involved Youth and Families in Allegheny County”** | Mark Hugh, LPC, LBS, Coordinator of Children and Adolescent Services, UPMC/Community Care Behavioral Health; Nicole Ripley, LSW, Associate Clinical Manager, UPMC/Community Care Behavioral Health

Family Focused Solution Based (FFSB) Treatment is a unique, time-limited, in-home behavioral health treatment service available in Allegheny County for youth who are at risk of involvement or who are already involved with juvenile court, CYD, or juvenile probation. FFSB treatment also involves parents or caregivers with young children at risk of out-of-home placement via the Children & Youth System (CYS). The primary goals of FFSB include building family resiliency and stability, both of which are aimed at reducing the risk of out-of-home placement and family permanency. This workshop will review this unique treatment service and the criteria needed to receive FFSB.

At the conclusion of this workshop, attendees should be able to:

- Define a primary goal of Family Focused Solution Based Treatment Services.
- Identify one primary difference between FFSB and other family based, in-home mental health treatment services.
- Define one condition that must be met for a youth or parent/caregiver to receive FFSB services in Allegheny County.
- Identify one reason that clinical consultation is used to support and strengthen the FFSB the treatment model.

Target Audience: Individuals; Family Members/Caregivers; Mental Health Professionals

Presenter Bios

Georgette Ayres, MA, has over 25 years of experience advocating for and providing therapeutic services to marginalized populations in community, school, and home-based settings. Over the course of her career she has served as a community therapist, mental health consultant, RTF therapist, and coordinator of foster care and independent living programs. Ms. Ayres is currently a Site Coordinator for Communities In Schools, a member of the Speakers Bureau for PFLAG Pittsburgh, and is passionate about advocating for and supporting LGBTQIA+ youth and their families.

Julius Boatwright, MSW, LSW, is the founding CEO of Steel Smiling. He's a Licensed Master Social Worker who's certified in Mental Health First Aid through the National Council for Behavioral Health. Mr. Boatwright also completed a Trauma-Informed Community Practice Workshop with Duquesne University through their Department of Psychology and Rita McGinley Psychology Clinic. In 2017, Julius was honored as a *40 Under 40* Awardee from *Pittsburgh Magazine* and *PUMP*. He presented on mental health at TEDxPittsburgh and received the Distinguished Alumni Rising Star Award for Direct Practice from Pitt's School of Social Work. Mr. Boatwright obtained his Master of Social Work degree with a Certificate in Human Services Management from the University of Pittsburgh. He attained a Bachelor's degree in Communication from Pitt.

Marissa M. Capuzzi-Schimizzi, MeD, is a doctoral candidate at Waynesburg University. She is currently employed as a 6th grade teacher in the Greater Labrobe School District and works for a mental health agency, counseling both children and adolescent populations.

Chou Hallegra Gabikiny is the founder of Grace & Hope Consulting, LLC, a Christian-based, person-centered and community-focused company providing

mental health and disability consultation, as well as counseling for everyday life concerns. Ms. Gabikiny is a person in mental health recovery and the parent of three children receiving mental health services. As a family, they pride themselves in turning their stumbling blocks into stepping stones. As a mental health and disability consultant, she is passionate about empowering others to achieve emotional wellness, reach their full potential and live fulfilling lives.

Hope Gabikiny is the sister of two younger brothers with mental health diagnoses. As her family journeyed through the strengths and strains of caregiving, Hope started experiencing mental health challenges as well. At just 12 years old (and with a very loving heart), Hope is becoming a powerful advocate for siblings.

Mitchell Hortert, MSW is a community leader who has been advocating for vulnerable populations in a variety of capacities for over ten years. Currently, he serves as the President of PFLAG Pittsburgh, a non-profit organization that provides support, education and advocacy to families of LGBTQIA+ persons. In 2010, he helped to co-found Butler County Community College's Campus Safe Zone program and also co-founded the Butler LGBTQ Interfaith Network in the same year. Mitchell attended University of Pittsburgh where he obtained his master's degree in Social Work.

Nina Hotkowski, LCSW has over fifteen years of experience working in the mental health field. Ms. Hotkowski has worked with children and adolescents with a variety of emotional and behavioral issues in outpatient and inpatient settings. She is currently working as a research clinician and provides therapy and psychiatric assessments for patients at the Child and Adolescent Bipolar Spectrum Services clinic. She is trained in a variety of therapy techniques including social systems theory, dialectical behavior therapy, interpersonal

and social rhythms therapy, and motivational interviewing.

Mark Hugh received his Master in Community Counseling from Slippery Rock University in 1997. Mark has spent the last 17 years at Community Care Behavioral Health as a Care Manager for multiple child-based services. In his most current position, he serves as Coordinator for the Child and Adolescent Care Management Team.

Kimberly K. Mathos DO, MPH, is a psychiatrist at the STEP clinic at the University of Pittsburgh. She enjoys clinical work and teaching residents and clinicians. She enjoys project development and promotion of community partnerships to promote recovery.

Devin N. Petrusky, MS is a Juvenile Probation Officer for Northumberland County Juvenile Court Services. Ms. Petrusky has been employed through Northumberland County Juvenile Court Services since 2009, where she has held various roles including, Intake Officer, Interstate Compact Officer, and Community Based Officer. She received the Juvenile Court Employee of the Year award in 2015. Ms. Petrusky has developed an evidence-based Victim Awareness Program, as well as two Social Media Awareness Programs - one for youth and another for parents or adults who work with youth. Ms. Petrusky holds a Master of Science Degree in Administration of Justice from Shippensburg University of Pennsylvania, and a Bachelor of Arts Degree in Criminal Justice from Bloomsburg University of Pennsylvania.

Ana Radovic, MD, MSc, is an Assistant Professor of Pediatrics at the University of Pittsburgh School of Medicine, Children's Hospital of Pittsburgh of UPMC. As an adolescent medicine physician, Dr. Radovic conducts research on how to increase the number of adolescents with depression or anxiety

who access treatment. Specifically, she is interested in technology interventions for adolescents and parents, which can help counter negative attitudes or misconceptions about mental illness.

Nicole Ripley is an Associate Clinical Manager on the Child and Adolescent Care Management Team for Community Care Behavioral Health. Ms. Ripley has worked in a variety of services including child development, medical social work, mental health student assistance, outpatient mental health therapy for children and families and partial hospital social work. She received her Master of Social Work from The University of Pittsburgh in 2001.

Marci Sturgeon-Rusiewicz serves as the Program Manager for the FEP Team, ENGAGE (Educate, Navigate, Grow and Get Empowered!). Ms. Sturgeon-Rusiewicz holds a Master of Science (MS) in professional counseling. She is also a Licensed Professional Counselor (LPC) in the state of Pennsylvania, a Nationally Certified Counselor (NCC) and a Doctoral Candidate of Counseling Psychology. Ms. Sturgeon-Rusiewicz's clinical work involves providing therapy to young adults within a university counseling center. She also has extensive experience in working with

the diversities of individuals diagnosed with severe and persistent mental illness (SPMI) as the Psychiatric Rehabilitation Program Manager with Family Services of Western PA.

Dr. Tracy Scanlon Limegrover completed her doctoral work at Pittsburgh's Duquesne University. She received her B.S. in psychology and human resources from Geneva College and received a Master's in Counseling Psychology from Chatham University. She is a licensed professional psychotherapist, a professor of psychology at several area colleges and a certified thanatologist as well as a Certified Employee Assistance Professional. Dr. Scanlon is a critical incident responder with the Allegheny County Emergency Response Team and with ComPysch, the world's largest provider of EAP Services. Currently, Dr. Scanlon is the Director of Professional and Program Services at Outreach Teen and Family Services in Mt. Lebanon PA.

Susan L Tarasevich, EdD is passionate about providing participants with deep knowledge and easy to implement strategies so they can empower youth to be the best that they can be. A former teacher, school counselor and administrator, Susan brings these skills to her work as a Preventionist for

Addiction Medicine Services of WPIC, University of Pittsburgh Medical Center.

Wendy Tucker, currently employed by the Office of Mental Health and Substance Abuse Services as the Community Mental Health Services Block Grant Coordinator for the Commonwealth of Pennsylvania. In this capacity, Wendy coordinates the application for the Community Mental Health Services Block Grant. She also acts as state lead for First Episode Psychosis programming, and is also the state lead for the Adult Committee of the Mental Health Planning Council. Prior to her employment with OMHSAS, Wendy was employed as an Income Maintenance Caseworker for the Department of Human Services in York, Pennsylvania for five years.

Connie Yeager, LCSW is the Director of Family Based Mental Health Services/ Family Focused Solution Based Services at Wesley Family Services. She has 20+ years of experience in providing mental health services in Allegheny County supporting Mental health services for Children and Families.

Hotel Information

Pittsburgh Airport Marriott Hotel, Parkway West-Montour Run Exit, 777 Aten Road, Coraopolis, PA 15108. Ph: 412-788-8800

Directions: From the Pittsburgh International Airport: Take Airport Parkway to Route 60 South to Montour Run Exit, follow signs to hotel.
From Downtown Pittsburgh: Take Parkway West (I-279) to Montour Run Exit, follow signs to hotel.

Please dress in layers as room temperatures can vary. If you have special access needs related to a disability or impairment, please contact info@namikeystonepa.org or (412) 366-3788.



Conference is co-sponsored by Allegheny County Department of Human Services,
Office of Behavioral Health and Western Psychiatric Institute and Clinic

NAMI Keystone Pennsylvania | Annual Child & Adolescent Mental Health Conference

Friday, June 8, 2018 | Pittsburgh Airport Marriott

Online Registration @ www.namikeystonepa.org. Deadline to register is Friday, June 1.

Register and pay online with credit card at www.namikeystonepa.org or mail completed form and payment to: NAMI Keystone Pennsylvania, 105 Braunlich Drive, McKnight Plaza, Suite 200, Pittsburgh, PA 15237. Please make check/money order payable to "NAMI Keystone PA." Registration forms will also be accepted via fax at (412) 366-3935.

Refund Policy: Cancellations made prior to Friday, May 25 will be refunded. If requesting CEUs, a \$25 administrative fee will be deducted from your refund. No refunds will be issued after Friday, May 25.

Pursuant to the ADA, if you require specific aid or services, please contact Sara Levine Steinberg at slsteinberg@namikeystonepa.org or call 412-366-3788. Please make all requests for accommodations at least three weeks prior to the conference date.

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____ County: _____

Daytime phone: _____ email: _____

Agency Affiliation (if applicable): _____

Continuing Education Credits

- 0.75 CEU 7.5 Counselors (NBCC) 7.5 Social Work 7.5 Psychologists Act 48

Workshop Selections (please choose one from each session):

Workshop Session 1 1 2 3 4 5 6

Workshop Session 2 7 8 9 10 11 12

Dietary Restrictions: _____ _____

Conference Rates:

	NAMI Member Rate	Non-Member Rate
MH Professional Rate: includes conference, luncheon, and Continuing Education Credits.	<input type="checkbox"/> \$100	<input type="checkbox"/> \$125
Individual Rate: includes conference, luncheon and Certificate of Attendance.	<input type="checkbox"/> \$60	<input type="checkbox"/> \$80
Educator Rate: includes conference, luncheon and Act 48 credits.	<input type="checkbox"/> \$65	<input type="checkbox"/> \$75
Student Rate: includes conference, luncheon and Certificate of Attendance. Must have valid student ID.	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30

Total Registration Enclosed \$ _____ Check Cash/Money Order

Make checks payable to NAMI Keystone PA and mail to: 105 Braunlich Drive, Suite 200, Pittsburgh PA 15237. Fax forms with payment/s to follow to 412-366-3935.