

2019 Pennsylvania Mental Health and Wellness Conference

Stronger Together

For the first time ever, three leading statewide mental health organizations in Pennsylvania are uniting to host a conference designed to provide in-depth discussion, resources, and research-based information for peers, family members, advocates, and professionals.

The 2019 Pennsylvania Mental Health and Wellness Conference is a collaboration between NAMI Keystone Pennsylvania, the Pennsylvania Mental Health Consumers' Association (PMHCA), and the Mental Health Association in Pennsylvania (MHAPA).

The theme, "Stronger Together," is central to the belief that when advocacy organizations work together to mobilize supporters, the network that takes shape will have a more powerful voice in advancing public policy that protects mental health services, consumers, and their families.

The goal of this two-day conference is to provide attendees with presentations, workshops, and exhibits that will leave them better educated, better informed, and better able to handle the daily impact that mental illness has on their lives personally or professionally.

Keynote presenter, State Representative Mike Schlossberg, has lived with depression and anxiety for most of his life. He had been open about his diagnosis with family and close friends, but he didn't share this information publicly until a few years ago. What changed? In Rep. Schlossberg's presentation, "Living a (Very) Public Life With Depression and Anxiety," he will explain the catalyst behind the decision to share his lived experience with colleagues and constituents and the powerful impact it has had on him as a state legislator.

The afternoon plenary will feature a panel of Pennsylvania advocates who will discuss the public policy landscape of 2019. The discussion, "Stronger Together: Advancing Policy in Pennsylvania," will be moderated by Joan Erney, CEO of Community Behavioral Health. Panelists include Christine Michaels, CEO of NAMI Keystone Pennsylvania; Lynn Keltz, Exec. Dir. of the Pennsylvania Mental Health Consumers' Association; Sue Walther, Exec. Dir. of the Mental Health Association in Pennsylvania; and Peri Jude Radecic, CEO of Disability Rights PA. The discussion will

focus on the public policy initiatives that are a priority for 2019, how advocates are working together to achieve their goals, and what steps attendees can take to advocate for legislation that will preserve mental health services and supports.

Day two will kick off with a group presentation on First Episode Psychosis (FEP) programs in Pennsylvania. FEP programs help young people with symptoms of serious mental illness get the treatment they need to get better, get their lives on track, and pursue their goals by using a recovery-focused model known as Coordinated Speciality Care (CSC).

The presentation, "First Episode Psychosis Programs in Pennsylvania: Laying the Groundwork for Systems Change," will feature:

- Marci Sturgeon-Rusiewicz, MS, NCC, LPC, CPSS, Doctoral Candidate, Senior Manager of Recovery and Resiliency at Wesley Family Services, Program Manager at ENGAGE (FEP program in Pittsburgh)
- Denise Namowicz, MSW, LCSW, Director of HOPE (FEP program in Wilkes-Barre)
- Jill Stemple, Section Chief, Planning, Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS)
- Christine Michaels, MSHSA, CEO, NAMI Keystone Pennsylvania
- Charlie Lotz, Vice President, Denny Civic Solutions
- Melina Spyridaki-Dodd, MD, Child & Adolescent Psychiatrist, Wesley Family Services

Speakers will highlight the importance of early detection, intervention, and care for psychosis; how the collaboration and communication between FEP programs, counties, and the state are crucial to their success; and they will also share details on #BackOnTrackPA, NAMI Keystone Pennsylvania's statewide grassroots advocacy initiative to raise awareness of FEP programs by educating the public and policymakers on the positive results they are producing and the groundwork FEP programs are laying to make the case for systems change.

Continuing Education Credits*

Psychologists

UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for up to 8.0 Continuing Education Credits.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage & Family Therapists (LSW/LCSW, LPC, LMFT)

This program is offered for up to 8.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh 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.

Mental Health Professionals

Nurses and other health care professionals are awarded 0.80 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 8.0 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.

Certified Peer Specialists: This program fulfills requirements for Certified Peer Specialists continuing education. For attending you will receive a Certificate of Attendance. There is no additional fee, register at the general admission rate.

** Cancellations made prior to Friday, May 10, will be refunded. If requesting continuing education credits (CE credits), a \$25 administrative fee will be deducted from all refunds for cancellations. No refunds will be issued after Friday, May 10.*

Who Should Attend

Individuals in recovery; family members and caregivers; students; mental health professionals; community leaders; and regional, county, and state government leaders.

Conference Objectives

At the end of this two-day conference, attendees will be able to:

1. Recognize the role lived experience can play in shaping professional goals and long-term recovery.
2. Describe the importance of early detection, intervention, and care for psychosis.
3. Identify the ways in which First Episode Psychosis programs and their Coordinated Specialty Care model of treatment can help change the future for young people experiencing psychosis.
4. Determine the real-life impact that legislative decisions can have on the delivery of everyday mental health and drug and alcohol services and the role advocates play in protecting those services.
5. Identify public policy initiatives for 2019 that have an impact on mental health in Pennsylvania.

Conference Hotel Information

Holiday Inn Harrisburg-Hershey
604 Station Road, Grantville, PA 17028
Direct Hotel Line: 717-469-0661

All conference sessions and activities will take place at the Holiday Inn Harrisburg-Hershey. The NAMI Keystone PA conference attendee rate is \$114 per night plus tax. The hotel provides free self-parking. For more information regarding the hotel, please contact Sara Levine Steinberg, Events Coordinator at slsteinberg@namikeystonepa.org or call (412) 366-3788.

Reference NAMI Keystone PA Conference when calling and use the Group Code NAM when booking hotel online. Room block release date is April 19, 2019.

Day One Agenda

Monday, May 20

* General CEU only-not eligible for LSW/LSCW/LCP/LMFT or APA credits.

7:00 a.m. - 7:30 a.m. Exhibitor Set-Up

7:30 a.m. Registration Opens

7:30 a.m. Quiet Room Opens

7:30 a.m. - 8:30 a.m.
Breakfast | Exhibitor Hall

8:30 a.m. - 9:15 a.m.

Welcoming & Opening Remarks

Lynn Kovich, Deputy Secretary,
Pennsylvania Office of Mental Health
& Substance Abuse Services

9:15 a.m. - 10:30 a.m.

Keynote Speaker

“Living a (Very) Public Life with
Depression and Anxiety”

State Rep. Mike Schlossberg, 132nd
Legislative District, Lehigh County;
Co-Chair, House Mental Health Caucus

10:30 a.m. - 11:00 a.m.

Morning Break | Exhibitor Hall

11:00 a.m. - 12:15 p.m.

WORKSHOP SESSION 1

A. The Family Inclusion Standards:
Influencing Policy, Practice,
and Paradigm

B. Hearings and Being Heard

C. Write It Out *

D. Overcoming Compassion Fatigue:
When Helping Hurts

E. Understanding Mental Health
Advance Directives in Pennsylvania

F. The Art of SMART Goals in the
Behavioral Health Home Plus
(BHHP) Setting

G. Resources for Resilience, Mental
Health Promotion, and Youth Suicide
Prevention

12:15 p.m. - 1:00 p.m.

Networking Luncheon

1:15 p.m. - 2:15 p.m.

Afternoon Plenary

“Stronger Together: Advancing
Policy in Pennsylvania”

Moderator:

Joan Erney, JD, CEO,

Community Behavioral Health

Panelists:

Christine Michaels, MSHSA, CEO,
NAMI Keystone Pennsylvania

Lynn Keltz, Exec. Dir., Pennsylvania
Mental Health Consumers' Association

Sue Walther, Exec. Dir., Mental Health
Association in Pennsylvania

Peri Jude Radecic, CEO, Disability
Rights PA

2:15 p.m. - 2:45 p.m.

Afternoon Break | Exhibitor Hall

2:45 p.m. - 4:00 p.m.

WORKSHOP SESSION 2

H. Holistic Wellness through Peer
Support for Adults
Experiencing Psychosis

I. Suicidal Rescue Strategy: Ketamine
Infusion Therapy

J. Pennsylvania's Journey in Building
Family Peer Support Specialist
Workforce *

K. I Want to Work, Now What? How
to use the Social Security Work
Incentives

L. NAMI Smarts for Advocacy:
Telling Your Story *

M. Living with Mental Illness
After Incarceration

N. Fairweather Lodges: An Adept
Model for 21st Century Challenges

5:30 p.m. - 7:30 p.m. Dinner

“Living a (Very) Public Life with Depression and Anxiety”

State Rep. Mike Schlossberg, 132nd Legislative District, Lehigh County; Co-Chair, House Mental Health Caucus



Pennsylvania Representative Mike Schlossberg has been dealing with depression and anxiety for most of his adult life. His experience with mental illness began as a freshman at Muhlenberg College when he started to feel a deep sadness that he couldn't shake. He felt hopeless. But in college is where his path to recovery also began. As he continued his journey examining his mental health, Rep. Schlossberg sought professional help. Over the course of the next several years, he had to overcome the shame and stigma associated with mental illness that he saw as barriers to his recovery. He eventually felt comfortable enough to share his diagnosis with family and friends and he would go on to accomplish major milestones such as graduating

from college, getting married, and being elected as a member of the Pennsylvania House of Representatives from the 132nd Legislative District. But, he was never “public” about his mental health condition until almost five years ago. In his presentation, “Living a (Very) Public Life with Depression and Anxiety,” Rep. Schlossberg will talk about what prompted him to share his diagnosis with the world. He’ll also share how his lived experience has served as motivation behind some of his legislative initiatives and the role those professional achievements play in his own long-term recovery.

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

- Recognize the role lived experience can play in shaping professional goals.
- Recognize the role of lived experience in long-term recovery.

Presenter: State Representative Mike Schlossberg was reelected to a fourth term in November 2018, continuing his commitment to community leadership. Rep. Schlossberg is a member of the House Transportation, Health, Professional Licensure, and Human Services Committees. In June of 2015, he was named Northeast Democratic Delegation Chair. Representative Schlossberg has suffered from depression and anxiety for most of his life and began discussing his experiences with both in August 2014. As part of that effort, Representative Schlossberg co-founded the House Mental Health Caucus and serves as its co-chair. He has passed multiple pieces of legislation related to suicide prevention, concentrating on means reduction and creating suicide prevention programs in colleges. He has also won numerous awards related to his advocacy for mental health, including the Philadelphia Psychiatric Society’s Benjamin Rush Award, the Legislator of the Year in 2017 by the National Association of Social Workers—PA, and the “Allies in Action Award” from the American Foundation for Suicide Prevention. Rep. Schlossberg lives in Allentown with his wife, Brenna. He has two children, Auron and Ayla, ages 7 and 6.

WORKSHOP SESSION 1 (A-G)

[A. The Family Inclusion Standards: Influencing Policy, Practice, and Paradigm | Lloyd Wertz, MS, Vice-President for Policy and Program Development, Family Training and Advocacy Center; and Edith Mannion, LMFT, Director, Training & Education Center \(TEC\), Mental Health Partnerships](#)

Family members can be an integral part of care for individuals in behavioral health recovery; however, they have not always been seen as such. Families, both biological and chosen, frequently want to be a part of their loved one’s recovery process, but providers may not be certain how to best include family within the treatment framework. The presentation is meant to help the participants understand how family can impact and influence an individual’s recovery, and why specific changes to policy and practice are important in influencing how families are viewed and treated in the behavioral health treatment process. Participants will gain knowledge of the family perspective, which can help them critically think about where family fits within the culture of their agencies and within their individual practice.

Target Audience: All *Technical Level:* Basic, Intermediate

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

- Recognize the challenges that families face within the behavioral health system.
- Discuss the process of developing family inclusion standards within the Philadelphia behavioral health system.
- Discuss the Family Resource Network’s Family Inclusion Standards.

B. Hearings and Being Heard | Linda Tashbook, Esq., Adjunct Professor of Law and Librarian, University of Pittsburgh School of Law

The purpose of a hearing is to be heard, whether it is a disability hearing, bankruptcy hearing, criminal hearing, disciplinary hearing, or any other type of hearing. Yet rigid hearing procedures and the seemingly adversarial environment at a hearing can make it hard for people experiencing certain mental health symptoms to be heard. This workshop will show family members and friends how to be useful sources of information and support before and during hearings.

Target Audience: Family Members/Caregivers *Technical Level:* Basic

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

- Recognize the general functions of hearings.
- Discuss relevant proof and other services as part of a hearing plan.
- Identify procedural rules for hearings and become familiar with features of effective testimony.

C. Write It Out | Jordan Corcoran, Creator & CEO, *Listen, Lucy**

New to the *Listen, Lucy* organization, Jordan Corcoran has created a workshop from her two books, *Listen, Lucy Volume I* and *Write It Out*. She has chosen stories from *Listen, Lucy Volume I* that discuss important topics that she herself, and those she has worked with, have struggled with while growing up and pairs those stories with her own lived experiences. Leaving these topics open for discussion, she continues the workshop with writing prompts from *Write It Out*. This is meant to not only help the audience process what they are talking about, but to show them how to use writing as a coping technique and how everyone has time to practice self-care.

Target Audience: Individuals; Family Members/Caregivers *Technical Level:* Basic

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

- Recognize the importance of sharing lived experiences in regard to the conversation around mental illness and addiction.
- Recognize barriers and discuss issues that matter in an unfiltered, informal, and important way.
- Use writing as a tool to cope with mental health-related stressors.

D. Overcoming Compassion Fatigue: When Helping Hurts | Sharise Nance, LCSW, CCTP, Adjunct Professor; Award-winning Author; Co-owner/Founder, HandinHand Counseling Services, LLC; Founder, Vitamin C Healing

Compassion Fatigue is the emotional distress or apathy resulting from the constant demands of caring for others and consistently witnessing pain, suffering, and trauma. Compassion Fatigue is a serious, yet natural consequence of helping people who are experiencing pain. When we help other people, we have direct contact with their lives. The compassion many of us feel for those we help can affect us in both positive and negative ways.

Target Audience: Mental Health Professional, Family Members/Caregivers *Technical Level:* All

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

- Identify the signs and contributing factors to compassion satisfaction and compassion fatigue and burn-out.
- Identify and implement the parallel process of healthy boundary setting and self-advocacy from practitioner to client or caregiver to loved one.
- Identify and implement strategies for managing themselves in highly emotionally-charged interactions with clients and/or loved ones.

E. Understanding Mental Health Advance Directives in Pennsylvania | Liz Woodley, Training Coordinator, Pennsylvania Mental Health Consumers' Association

Beginning in 2005, Mental Health Advance Directives (MHAD) were recognized as legally-binding documents in Pennsylvania. A Mental Health Advance Directive is a document that allows you to make your choices known regarding mental health treatment in the event your mental illness makes you unable to make decisions. This presentation will explain the benefits of having an MHAD, including how it can give individuals a say in their choice of hospitals, medication plan, and who will be involved.

Target Audience: Individuals; Family Members *Technical Level:* Basic

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

- Describe the different types of Mental Health Advance Directives.
- Identify who is able to make a Mental Health Advance Directive.
- Recognize the terminology associated with Mental Health Advance Directives.

[F. The Art of SMART Goals in the Behavioral Health Home Plus \(BHHP\) Setting | Leslie Washington, LCSW, Program Director, Claudette Haner, RN, NBC-HWC, Wellness Nurse; E. Scott Henderson, CSP, Community Care Behavioral Health Organization & The Guidance Center](#)

The Wellness Planning Tool (WPT), created by Peggy Swarbrick (Introduction to Wellness Coaching), will be the guide to the planning process of creating a personal SMART (wellness) goal. The WPT will be used to assess strengths in eight dimensions of wellness that will result in the formation of a wellness SMART goal. Learning the art of developing a SMART goal may assist people in many areas of their life.

Target Audience: All *Technical Level:* Basic

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

- Recognize the BHHP model.
- Identify how the SMART goal supports a lifestyle change.
- Identify the components of a SMART goal and create a SMART goal.

[G. Resources for Resilience, Mental Health Promotion, and Youth Suicide Prevention | Perri Rosen, PhD, Project Director, Garrett Lee Smith Grant, Pennsylvania Office of Mental Health and Substance Abuse Services \(OMHSAS\); Marisa Vicere, MBA, President, Jana Marie Foundation](#)

This presentation will provide an overview of the statewide suicide prevention efforts of the Garrett Lee Smith Youth Suicide Grant, as well as highlight local efforts by the Jana Marie Foundation to promote mental health and resilience in Centre County. Participants will be provided with examples of how schools, community organizations, youth, and professionals are working together to create change. They will also learn about specific resources to promote resilience and mental health.

Target Audience: All *Technical Level:* Basic

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

- Describe statewide and local efforts to promote mental health and prevent suicide among youth in Pennsylvania.
- Identify available resources to support mental health promotion and suicide prevention efforts in school and community settings.
- Discuss how available mental health and suicide prevention resources may be applied within their settings.

Afternoon Plenary

“Stronger Together: Advancing Policy in Pennsylvania”

Moderator: Joan Erney, JD, CEO, Community Behavioral Health

Panelists: Christine Michaels, MSHSA, CEO, NAMI Keystone Pennsylvania
Lynn Keltz, Exec. Dir., Pennsylvania Mental Health Consumers’ Association
Sue Walther, Exec. Dir., Mental Health Association in Pennsylvania
Peri Jude Radecic, CEO, Disability Rights PA

The year 2019 began with more than a dozen Pennsylvania advocacy organizations joining a coalition that opposed House Bill 335 and Senate Bill 268, which both call for eliminating Behavioral HealthChoices (BHC). Behavioral HealthChoices, also known as the “carve-out,” is the statewide program through which every county delivers mental health and drug and alcohol services to Pennsylvanians enrolled in the Medical Assistance program, and their families.

Do you know how elimination of BHC would affect you? Do you know where your elected state legislators stand on the issue? This advocacy panel, "Stronger Together: Advancing Policy in Pennsylvania," will examine some of the top public policy priorities of 2019 for mental health advocates. Moderator Joan Erney will guide the discussion as panelists explain the impact that decisions in Harrisburg have on mental health services, consumers, and family members.

Panelists will also share how they're making it a priority of their own to work together to advance critical public policy initiatives and the methods they're using to mobilize their supporters to create one strong coalition with a cohesive message.

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

- Identify the public policy initiatives for 2019 that have an impact on mental health in Pennsylvania.
- Determine the real-life impact that legislative decisions can have on the delivery of everyday mental health and drug and alcohol services.
- Recognize the role advocates play in protecting those services.

Moderator: Joan Erney is currently the CEO of Community Behavioral Health – a not for profit organization created to administer the behavioral health benefit for over 470,000 individuals with Medicaid on behalf of the City of Philadelphia. Prior to her work in Philadelphia, Ms. Erney was the Director for the Office of Planning, Policy and Innovation at SAMHSA, worked for several years with Community Care as their policy and business development director, and was the former Deputy Secretary for the Office of Mental Health and Substance Abuse Services during the Rendell Administration for over seven years. Ms. Erney has over 25 years of experience in the behavioral health field. She is a graduate of Penn State University, and received her J.D. from the Widener School of Law.

Panelist: Christine Michaels, MSHSA, is a mental health administrator with over 30 years of experience in case management and mental health services. She is presently the Chief Executive Officer of NAMI Keystone Pennsylvania. Before her position at NAMI, Ms. Michaels served as the Executive Director of Westmoreland Casemanagement and Supports, Inc., a service provider agency. She is an accomplished teacher and trainer with experience in curriculum development. She is a NAMI state trainer for Family-to-Family, Support Group Facilitators, and NAMI Smarts. Ms. Michaels graduated from California University of Pennsylvania with a Bachelor of Arts degree in Sociology and holds a master's degree in Health Services Administration from the University of St. Francis, Joliet, Illinois.

Panelist: Lynn Keltz focuses on mental health systems advocacy through her work as Executive Director of the Pennsylvania Mental Health Consumers' Association. Ms. Keltz began her work in rural western Pennsylvania educating individuals about the "new" Supplemental Security Income program and has since worked in various aspects of human services and advocacy. She has devoted time to consumer-oriented disability policy issues - mental health, intellectual disability, physical disabilities, and brain injury - as a policy specialist, an administrator, a grant writer, and advocate. Ms. Keltz has lived experience with mental health needs.

Panelist: Sue Walther is the Executive Director of the Mental Health Association in Pennsylvania, which is an affiliate membership organization with local mental health associations throughout the Commonwealth. In her role as Executive Director, she coordinates public policy and grassroots activities, develops and maintains relationships with key governmental agencies and statewide organizations, and oversees external advocacy in all state-operated mental health facilities and youth juvenile justice facilities. Prior to her current position, Ms. Walther was the Policy Coordinator of the Mental Health Association of Southeastern Pennsylvania. She also served as the Executive Director of the Pennsylvania Association of County Drug and Alcohol Administrators.

Panelist: Peri Jude Radevic is the CEO of Disability Rights PA. Ms. Radevic has three decades of passion and advocacy in civil rights with a focus in the areas of disability, gay, lesbian, bisexual and transgender (LGBT), and women's rights. She has extensive experience with all functions and branches of government in the development, implementation and judicial review of civil rights laws and regulations. She has worked as a community organizer in Montgomery County, Maryland for women and the LGBT, the National Organization for Women, and the National Gay and Lesbian Task Force. Prior to joining DRP, Ms. Radevic was the Executive Director of the Arizona Center for Disability. She is a graduate of the University of Pittsburgh and the University of Arizona College of Law.

WORKSHOP SESSION 2 (H-N)

H. [Holistic Wellness Through Peer Support for Adults Experiencing Psychosis](#) | Helen Wood, DCLinPsy, Program Director, UPMC; Susan Padilla, Certified Peer Specialist, Senior Peer Specialist, UPMC

The workshop will focus on peer-led recovery for adults experiencing psychosis on an inpatient unit. Presenters will discuss the evidence base for peer support work on an inpatient unit. They will also highlight data from an evaluation of peer work. Attendees will gain insight into how peers are seen as hope-brokers, wellness coaches, and trailblazers for change and best practice. Successes and challenges will be explored.

Target Audience: All Technical Level: All

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

- Discuss peer work on an inpatient unit, including the evidence base.
- Identify opportunities for building wellness in the inpatient context.
- Recognize the successes and challenges of peer work in an inpatient context.

I. [Suicidal Rescue Strategy: Ketamine Infusion Therapy](#) | Henry Macler, MD, Founder, Pittsburgh Ketamine LLC; Beverly J. Silvis, CRNA, MHS, MBA, DNP; Lisa Nydick, Pittsburgh Ketamine LLC.

Treatment resistant depression and chronic pain syndromes are often correlated with the development of suicidal thoughts and behaviors. When suicidal ideation becomes acute, rapid and effective intervention is key to patient safety and recovery. This workshop will address common concerns about Ketamine and barriers that prevent treatment from being more readily available to patients and explain how Ketamine can be administered safely in a clinical environment. Finally, the workshop will outline some critical steps needed to improve the availability and affordability of this potentially life-saving form of treatment for acute suicidal ideation.

Target Audience: All Technical Level: All

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

- Identify two reasons that ketamine infusion therapy has shown promise in being beneficial in lessening or eliminating acute suicidal tendencies.
- Define two ways in which the use of intravenous Ketamine infusion leads to rapid stabilization of acutely suicidal patients quickly and effectively.
- Identify at least two barriers limiting the availability of Ketamine infusion therapy for the patient experiencing acute suicidal thoughts

J. [*Pennsylvania's Journey in Building Family Peer Support Specialist Workforce](#) | Crystal Karenchak, Family Policy and Engagement Consultant; Jill Santiago, Family Peer Support Training Program Coordinator, Youth and Family Training Institute

This workshop will walk participants through the steps taken to bring the Family Peer Support Specialist (FPSS) workforce to Pennsylvania. Attendees will learn about the curriculum from the Family Run Executive Leadership Association (FREDLA) and they will be provided with information about the roles that this FPSS workforce can provide within systems and provider entities. The participants will also learn how a certification for the FPSS workforce is being developed and the current status of the certification.

Target Audience: All Technical Level: Basic

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

- Identify competencies for Family Peer Support Specialists.
- Discuss the PA Certification Board Process.
- Recognize the value of lived experience.

K. [I Want to Work, Now What? How to Use the Social Security Work Incentives](#) | Alissa Martin, Manager of Special Projects, Community Care Behavioral Health Organization; James Keeler, DPA, Recovery Works Incentives Consultant, Community Care Behavioral Health Organization.

Navigating the Social Security system can be a challenge when a person with SSI or SSDI benefits goes to work. Individuals in recovery, family members and mental health professionals will learn what recovery work incentives are available and how to use them to support decisions about work and benefits.

Target Audience: All *Technical Level:* Basic

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

- Identify what programs are available for those returning to work.
- Discuss the implications of working when receiving social security benefits.
- Identify local community contacts for social security-related questions.

L. * [NAMI Smarts for Advocacy: Telling Your Story](#) | Sonia N. Thorman, Instructional Support Staff, Lehigh Valley Academy Regional Charter School; Margaret Murphy, Executive Director, NAMI Lehigh Valley PA

NAMI Smarts for Advocacy is a hands-on advocacy training program that helps people living with mental illness, and their friends and family transform their passion and lived experience into skillful grassroots advocacy. This workshop will present the first module in the NAMI Smarts for Advocacy training: "Telling Your Story." Participants will learn how to tell a compelling story that is inspiring and makes an "ask" in 90 seconds. This story-telling method is useful when talking to policy-makers, funders, media, and others. The unique step-by-step, skill-building design of NAMI Smarts is effective with a wide range of participants, including those who are new to advocacy as well as individuals with years of experience.

Target Audience: All *Technical Level:* Basic, Intermediate

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

- Describe the importance of advocacy.
- Explain the power of personal stories in advocacy and what the elements of a successful story are.
- Complete a draft of their own story using the structure and tips presented.

M. [Living with Mental Illness After Incarceration](#) | AliceAnn Frost, CEO, The Program, It's About Change

Approximately 2 million times a year those with serious mental illness are admitted to our nation's prisons only to be released back into the community without all of the necessary tools needed to support their return home. This workshop looks at the current challenges individuals with mental illness face when returning home after incarceration. We will discuss barriers to reentry for ex-offenders with mental illness and new initiatives in Pennsylvania to address the ongoing crisis.

Target Audience: All *Technical Level:* Basic, Intermediate

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

- Identify how to help and/or assist individuals returning home with signing up for proper medical coverage/ benefits and how to reduce medication noncompliance.
- Discuss ways family members/caregivers can support individuals with mental illness once they have returned home.
- Identify community resources for ex-offenders with mental illness and the need for community support

N. [Fairweather Lodges: An Adept Model for 21st Century Challenges](#) | William C. McHenry, Coordinator, Fairweather Lodge; Kim Stucke, BS, Development Consultant, Stairways Behavioral Health; Sallianne Brown, RN, CPRP, UPMC Community Health Choices; Sarah Kreiser, Lodge Coordinator, Threshold Rehabilitation Services, Inc.

Poverty, sub-standard housing, unemployment, system dependence, and poor overall health outcomes are all difficult challenges faced by people living with psychiatric and other disabilities. Agencies and service professionals struggle to implement programs to meet these challenges. Ironically, a cost efficient and effective model to overcome these obstacles

has existed for over 50 years. Fairweather Lodges throughout the country have helped people with disabilities live more productive, fulfilling, and healthy lives for decades. This workshop will focus on the history of the model, its core principles, day-to-day operations of a Lodge and practical information on starting a Fairweather Lodge and business.

Target Audience: All *Technical Level:* Basic

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

- Discuss eight modern underlying principles of the Fairweather Lodge model.
- Recognize the practical applications of the principles in Lodge life.
- Access resources to start a cost-efficient and effective Lodge in their own agency.

5:30 p.m. - 7:30 p.m. Dinner | Majestic Ballroom

Day Two Agenda

Tuesday, May 21

* General CEU only-not eligible for LSW/LSCW/LCP/LMFT or APA credits.

8:00 a.m. - 8:45 a.m.

Full Breakfast | Exhibitor Hall

8:45 a.m. - 9:00 a.m.

AM Announcements

9:00 a.m. - 10:15 a.m.

Morning Plenary

“First Episode Psychosis Programs in Pennsylvania: Laying the Groundwork for Systems Change”

Presenters:

Christine Michaels, MSHSA, CEO,
NAMI Keystone Pennsylvania

Marci Sturgeon-Rusiewicz, MS, LPC,
NCC, CPSS, Doctoral Candidate,
Senior Manager of Recovery and
Resiliency at Wesley Family Services,
Program Manager at ENGAGE

Melina Spyridaki-Dodd, MD, Child
and Adolescent Psychiatrist, Wesley
Family Services

Denise Namowicz, MSW, LCSW,
Director of First Episode Psychosis
(HOPE) Children’s Service Center

Jill Stemple, Section Chief, Planning,
Pennsylvania Office of Mental Health
and Substance Abuse Services
(OMHSAS)

Charlie Lotz, Vice President,
Denny Civic Solutions

10:15 a.m. - 10:45 a.m.
Coffee Break | Exhibitor Hall

10:45 a.m. - 12:00 p.m.

WORKSHOP SESSION 3

O. Taking Care of Me: Self-Care and
Personal Medicine

P. Current Adolescent Drug Trends
and Culture

Q. Becoming More Financially Self
Sufficient with PA ABLE and WIPA

R. Reducing Suicide Risk After
Psychiatric Hospitalization

S. Youth and Young Adult RoadMap

T. Using Community Support Program
(CSP) as an Advocacy Tool

U. Creating a Welcoming and
Affirming Environment for
LGBTQIA+ Individuals

12:00 p.m.

Conference concludes.

Conference evaluations and Continuing education credit instructions

At the conclusion of the conference, please return evaluations at the registration desk before leaving.

Those wanting continuing education credits must turn in their evaluations at the close of the conference in order to receive their full credit hours.

Morning Plenary

“First Episode Psychosis Programs in Pennsylvania: Laying the Groundwork for Systems Change”

Presenters: Christine Michaels, MSHSA, CEO, NAMI Keystone Pennsylvania; Marci Sturgeon-Rusiewicz, MS, LPC, NCC, CPSS, Doctoral Candidate, Senior Manager of Recovery and Resiliency at Wesley Family Services, Program Manager at ENGAGE; Melina Spyridaki-Dodd, MD, Wesley Family Services; Denise Namowicz, MSW, Director of HOPE; Jill Stemple, Section Chief, Planning, Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS); Charlie Lotz, Vice President, Denny Civic Solutions

Psychosis is a symptom that often accompanies serious mental illnesses such as schizophrenia, bipolar disorder, or depression. It can involve hallucinations, delusions, or loss of contact with reality. First episodes of psychosis typically occur in teenagers and young adults between the ages of 15 and 30.

Across the country, First Episode Psychosis programs are producing positive outcomes by taking a team-oriented, person-focused approach to helping young clients improve their symptoms, relationships, and quality of life. In Pennsylvania, the results are dramatic with FEP programs reporting:

- 100% increase in employment.
- 120% increase in school enrollment.
- 89% decrease in the number of individuals attempting suicide.

**Source: Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS)*

In the presentation, “First Episode Psychosis Programs in Pennsylvania: Laying the Groundwork for Systems Change,” leaders from two Pennsylvania FEP programs will highlight the importance of treating psychosis in its earliest stages and explain how the treatment model used in FEP programs - Coordinated Speciality Care - has generated such promising outcomes.

The Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS) keeps track of those results. Jill Stemple, an official from OMHSAS, will share the latest research from the state’s FEP programs and detail the collaboration that’s needed between FEP programs, counties, and the state in order to sustain existing programs and add new sites.

The presentation will also showcase #BackOnTrackPA, NAMI Keystone Pennsylvania’s grassroots advocacy campaign to raise awareness of FEP programs and their treatment model that is changing the landscape in regard to how mental health services are being delivered.

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

- Demonstrate and understanding of the importance of early detection, intervention, and care for psychosis.
- Identify the ways in which First Episode Psychosis programs and their Coordinated Speciality Care model of treatment can help change the future for young people experiencing psychosis.
- Identify resources and supports in Pennsylvania for First Episode Psychosis.

Presenter: Christine Michaels, MSHSA, is a mental health administrator with over 30 years of experience in case management and mental health services. She is presently the Chief Executive Officer of NAMI Keystone Pennsylvania. Before her position at NAMI, Ms. Michaels served as the Executive Director of Westmoreland Casemanagement and Supports, Inc., a service provider agency. She is an accomplished teacher and trainer with experience in curriculum development. She is a NAMI state trainer for Family to Family, Support Group Facilitators, and NAMI Smarts. Ms. Michaels graduated from California University of Pennsylvania with a Bachelor of Arts degree in Sociology and holds a master’s degree in Health Services Administration from the University of St. Francis, Joliet, Illinois.

Presenter: Marci Sturgeon-Rusiewicz, MS, LPC, NCC, CPSS, is 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 a Licensed Professional Counselor (LPC) in the state of Pennsylvania, a Nationally Certified Counselor (NCC) and a Doctoral Candidate of Counseling Psychology. Her 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. She is the Clinical Supervisor of the Certified Peer Specialist Program (CPSS) as well as the community based Drop-in Program, which includes two adult Drop-In Centers and one Transition Age Youth Drop-In Center. Ms. Sturgeon-Rusiewicz is also the Program manager for Mobile Psychiatric Rehabilitation for Transition Age Youth, a program that provides a bio/psycho/social support system for youth who are transitioning from adolescence to adulthood. She holds an undergraduate degree in education from Carlow College and earned her Master of Science from Carlow University.

Presenter: Melina Spyridaki-Dodd, MD, is a child & adult psychiatrist working in the Pittsburgh area since 2005. Her work covers all acuity levels including outpatient clinic setting, partial hospitalization program, inpatient mental health unit, as well as psychiatric consultations and emergency room examination of the psychiatric patient. She has studied business and medicine, and trained in adult and child psychiatry in Pittsburgh PA, at Allegheny General Hospital.

Presenter: Denise Namowicz, MSW, is the Director of the First Episode Psychosis (HOPE) Children's Service Center in Wilkes-Barre. Ms. Namowicz is responsible for directing an intense evidenced-based program that includes supervision of a multidisciplinary team.

Presenter: Jill Stemple, BA, serves as the Section Chief of Planning for the Pennsylvania Office of Mental Health and Substance Abuse Services. She supervises a number of projects for OMHSAS including the Community Mental Health Services Block Grant and the First Episode Psychosis Program. Ms. Stemple studied Psychology and Religion at Franklin and Marshall College in Lancaster, PA.

Presenter: Charlie Lotz is Vice President at Denny Civic Solutions. Mr. Lotz has been with Denny Civic Solutions since 2012. Initially serving as Social Media and Web Content Director, his role has continued to expand over the years to encompass everything from civic campaign management to coalition development, client relations, strategic plan writing, government relations, earned and digital media content creation, and even event planning. He has led or played an active role in a number of other campaigns promoting: effective treatment programs for Pennsylvanians living with mental illness; real criminal justice reform; and attracting new talent to PA's manufacturing sector. As Vice President, Mr. Lotz is also responsible for managing DCS' human resources and public policy internship programs. Originally from northern Kentucky, he attended the University of Pittsburgh and worked in broadcast media before entering the public policy world.

WORKSHOP SESSION 3 (O-U)

[O. Taking Care of Me: Self-Care and Personal Medicine | Tracy Carney, CPS, CPRP, Senior Recovery/ Resiliency Specialist, Community Care Behavioral Health](#)

Ever hear the phrase, "Don't forget to take care of yourself!"? What exactly does this mean? This workshop will discuss the important role self-care plays in helping you stay on a positive recovery path. Identify and learn about the "tools in your tool belt" that can be applied every day to ensure you are caring for your emotional, physical, and spiritual wellbeing. Identify and use tools from Pat Deegan's CommonGround approach to encourage partnerships with doctors and other professionals. Understand how applying "Personal Medicine" concepts can lead to a prescription for a healthier YOU.

Target Audience: All *Technical Level:* Basic

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

- Discuss the importance of self-care.
- Identify self-care tools and strategies.
- Recognize personal medicine as a cornerstone in the recovery journey.

[P. Current Adolescent Drug Trends and Culture | Matthew Null, Referral Development Manager, Gaudenzia](#)

Do you know what waxing, boofing, and robotripping are? If you were a student looking for drugs where would you try to get them? This presentation will give attendees a behind-the-scenes look at the current trends in adolescent drug use. The presenter will tackle questions such as: Why do students turn to drugs and or alcohol? (The answer is not that obvious.) Where do students get their supplies? And, what are the signs a student is using drugs?

Target Audience: All Technical Level: All

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

- Identify current trends in illicit drug use in the adolescent/adult populations.
- Recognize the differences between experimental use and escape use.
- Identify hidden drug references in clothing.

[Q. Becoming Financially Self Sufficient with PA ABLE and WIPA | Diana Fishlock, Field Representative, PA Treasury Department; Jenni Kistler, CWIC, WIPA, Goodwill Keystone Area](#)

The Achieving a Better Life Experience (ABLE) Act is allowing people with disabilities and their families to save private funds to enhance individuals' mental and physical health, independence, and quality of life. This workshop explains how funds in a PA ABLE account aren't counted when determining eligibility for any federal benefits (with some limits) and some state benefits. Attendees will also learn about the Work Incentives Planning and Assistance (WIPA) program and how beneficiaries and providers can access and use the information and resources available to them through the program.

Target Audience: All Technical Level: Basic

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

- Recognize how PA ABLE accounts can help individuals with disabilities and their families save without impacting benefits.
- Discuss the Work Incentive Planning and Assistance (WIPA).
- Identify how providers and beneficiaries can obtain services.

[R. Reducing Suicide Risk After Psychiatric Hospitalization | Tony Salvatore, MA, Director of Suicide Prevention, Montgomery County Emergency Service, Inc.](#)

This workshop describes what consumers, family members, and mental health providers need to know about the high risk of suicide in the month immediately after discharge from inpatient psychiatric care. Attendees will also learn how self-help, peer support, improved access to aftercare, and other measures can reduce the risk of suicide and rehospitalization because of suicidal thoughts and behavior.

Target Audience: All Technical Level: Basic

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

- Identify current theories of suicide as applicable to post-discharge suicide prevention.
- Describe related research, incidence, and sources of post-discharge suicide risk.
- Determine prevention and intervention measures to reduce the onset of post-discharge suicide risk.

[S. Youth and Young Adult RoadMap | Zack Karenchak, Policy and Program Development Coordinator, Youth MOVE PA; Corey Ludden, Technical Assistance and Engagement Coordinator, Youth MOVE PA](#)

"What are your plans? What are you going to do? What do you want to be?" Have you been asked these questions or have you asked them of youth and young adults? How can we answer them or how can adults help young people find answers? Becoming an adult is rarely easy and when youth have to get services or supports from an adult system, it can be even more confusing. In this workshop, the presenters will introduce a training called Youth and Young Adult RoadMap, a step-by-step guide to navigating wellness, independent living, and transition services for people in their teens and twenties. It helps to empower young people and inform them of practical tools and knowledge needed as they become adults advocating for themselves within human service and health systems.

Target Audience: All Technical Level: Basic

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

- Discuss the YARM tool with its strategic-thinking approach.
- Demonstrate the use of the Guiding Star step-by-step approach that changes the conversation.
- Demonstrate the importance of this training for empowerment and self-advocacy skills for people in their teens and twenties.

T. Using Community Support Program (CSP) as an Advocacy Tool | Jennifer Wolff, MSW, Former Policy Specialist, Mental Health Partnerships; Kim Renninger, CPS, Director of Advocacy, Community Advocates of Montgomery County

County and regional Community Support Programs (CSPs) are filled with folks with lived experience, family members, and service providers. Despite the systemic experience, this group is highly under-utilized when it comes to advocacy efforts. Participants of this workshop will learn how to build an advocacy constituency, create lifelong self-advocates, and make the phrase “nothing about us, without us” a reality.

Target Audience: All *Technical Level:* Basic

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

- Identify at least three new ways to use CSP as an advocacy tool, as measured by pre and post discussion.
- Increase their CSP advocacy activities by 50% as measured by prior fiscal year reports.
- Discuss building a CSP constituency, and how to train their constituency in at least one new advocacy skill.

U. Creating a Welcoming and Affirming Environment for LGBTQIA+ Individuals | Carly Hester, MSW, Affiliate Manager, NAMI Philadelphia

This workshop is designed to help participants understand what it means to create a welcoming and affirming environment for LGBTQIA+ individuals. Presenters will address language and terminology, while allowing participants to explore their own attitudes, biases, assumptions, and prejudices toward LGBTQIA+ people.

Target Audience: All *Technical Level:* Basic

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

- Recognize LGBTQIA+ communities and culture.
- Identify their own attitudes, biases, assumptions, and prejudices toward LGBTQIA+ variant people.
- Demonstrate the ability to create a welcoming environment for LGBTQIA+ individuals and families.

Workshop Presenters Bios

Sallianne Brown RN, CPRP, has been a psychiatric nurse and rehabilitation practitioner for over 37 years. She is recognized as an advocate for people with mental disabilities and as a public speaker and trainer. Sallianne is a member of the Coalition for Community Living’s national board and serves in the office of secretary.

Tracy Carney is a Senior Recovery/ Resiliency Specialist focusing on Peer Support and Member involvement at Community Care Behavioral Health. Ms. Carney has a strong background in recovery and wellness initiatives and has been providing peer support services for ten years. She is a co-investigator with Dr. James Schuster and Dr. Chip Reynolds on PCORI Grant “Optimizing Behavioral Health Homes by Focusing on Outcomes that Matter Most for Adults with Serious Mental Illness.” In addition to her certifications as a Certified Peer Specialist, CPS Supervisor, and Certified Psychiatric Rehabilitation Practitioner, Ms. Carney has experience as a trainer – in Wellness Coaching, Wellness Recovery Action Planning, and the Hearing Distressing Voices Simulcast.

Jordan Corcoran is a nationally-recognized motivational speaker, mental health advocate, author, and founder of *Listen, Lucy*,

an online outlet where people can express themselves freely, creatively, and anonymously. During her freshman year at Mercyhurst College, she was diagnosed with generalized anxiety disorder and panic disorder. After going through a difficult struggle with coming to terms and learning to cope, Ms. Corcoran created an outlet where people can openly and candidly share their own personal challenges and struggles. Ms. Corcoran is the author of *Listen Lucy Volume 1* and *Write It Out*, and she has been featured on Today.com and UpWorthy for her self-love campaigns. She was also a keynote speaker at NAMI Keystone Pennsylvania’s Child and Adolescent Mental Health Conference in 2017.

Diana Fishlock is a Field Representative for the Pennsylvania Treasury. She travels around the state sharing information about the PA ABLE Savings Program. Ms. Fishlock graduated from Syracuse University’s Newhouse School of Public Communications. She has worked as a reporter at several Pennsylvania newspapers, covering disability issues and other topics. She also served as a writer and editor for the Pennsylvania Department of Human Services and its Office of Developmental Programs for three years. She is the mom of two teens with disabilities.

AliceAnne Frost is the Chief Executive Officer of The Program, "It's About Change," a 501(c)(3) nonprofit dedicated to providing resources and encouragement to ex-offenders after incarceration. Ms. Frost holds a degree in Accounting from York College of PA and is currently pursuing her MBA with a primary focus in nonprofit management.

Claudette Haner is a registered nurse and nationally board certified health and wellness coach who works with adults with serious mental illness. Her current focus is on developing comprehensive wellness programs that address the specific needs of individuals with mental illness and which foster the integration of agency and community resources.

E. Scott Henderson III is a Certified Peer Support Specialist and Health Navigator employed by The Guidance Center in Bradford, PA who works with peers with mental illness. He has assisted others by sharing examples of lived experiences that led to his personal recovery journey. His current focus is on helping others identify and create goals, develop recovery plans with the skills, supports and resources to aid them with achieving those goals.

Carly Hester, MSW, is the current Affiliate Manager for NAMI Philadelphia. Aside from her passion for advocating for individuals and families impacted by mental health, Carly has another passion for training and creating workshops around LGBTQIA+ best practices. Before coming to NAMI, Carly was the LGBTQIA+ Coordinator for the Philadelphia Department of Behavioral Health where she created this workshop to educate behavioral health providers and community leaders on how to create a welcoming and affirming environment for LGBTQIA+ individuals. Carly is a proud member of the LGBTQIA+ Communities and desires to continue to raise awareness and provide educational opportunities like this one. Carly lives in Southern New Jersey with her wife and three beautiful children.

Crystal Karenchak is a Family Policy and Engagement consultant. She and her family have a long history of multi-system involvement including mental health, juvenile justice, adult criminal justice, education, and drug and alcohol. Ms. Karenchak has worked with youth and adults in group home settings as a counselor advocate for sexual assault, domestic violence, and other serious crime victims. She retained her credentialing as a Victim Advocate through the Coalition of PA Crime Victims Organizations' (COPCVO) until 2008. She partnered with the founding youth leaders of Rallying Youth Organized Together (RYOT) Against Rape helping to create the training manual for this youth-adult partnership. Ms. Karenchak graduated from the PA Victim Assistance Academy through Scranton University where she won the George Award and provided the voice of victims for Project Point of Light team.

Zack Karenchak is the Policy and Program Development Coordinator for Youth MOVE Pennsylvania. In 2018, Mr. Karenchak became certified as a Master Trainer of the Young Adult Road Map

program. He participated in the development of Pennsylvania's state proposal for a Systems of Care grant. He was subsequently employed by the Youth Coalition Board to work toward formation of a multi-system youth group for Pennsylvania. During this time, the seeds were planted for Youth MOVE Pennsylvania which is now moving forward to fill the gap seen in providing a youth voice in multiple human service systems.

James Keeler recently retired from working at the Social Security Administration for over 30 years. His years of experience give him insight to the unique challenges of those returning to work as well as to the work incentives programs. Jim teaches at a college and has presented at various workshops across the state since he started his work with Community Care in August 2018.

Jenni Kistler, CWIC began working for Goodwill Keystone Area in September of 2010 as a Certified Work Incentives Coordinator (CWIC) for the Work Incentives Planning and Assistance Program (WIPA). As a CWIC she helps individuals understand and use applicable Social Security Administration (SSA) work incentives in support of employment and greater financial self-sufficiency. In August of 2013, Ms. Kistler became the WIPA Program Manager at Goodwill Keystone Area. She continues to work with beneficiaries as well as supervise a staff that covers 35 counties in Pennsylvania. She also conducts outreach and training to beneficiaries, families and professionals.

Sarah Kreiser has been working in the mental health field for 14 years, starting at a group home in college and later as a case manager in both Pennsylvania and New York. She is currently working as a Lodge Coordinator in Lebanon, PA. Sarah became involved with the Coalition for Community Living as she started the Lodge and is currently serving as a board member for the organization.

Corey Ludden is the Technical Assistance and Engagement Coordinator for Youth MOVE Pennsylvania. In 2018, he became certified as a Master Trainer of the Young Adult Road Map program, which helps people in their teens and twenties navigate the everyday challenges of independent living. Prior to Youth MOVE PA, Mr. Ludden was a member of the consumer satisfaction team at Advocacy Alliance.

Henry Macler, MD, is the founder of Pittsburgh Ketamine, a clinic that uses Ketamine Infusion Therapy to treat depression and neuropathic pain syndromes. Dr. Macler is a Board Certified Anesthesiologist, who completed his residency at Harvard's Peter Bent Brigham Hospital, Boston Hospital for Women and Boston Children's Hospital. He has been Chief of Anesthesia and Medical Director at the Ambulatory Surgical Center at St. Louis University, Associate Professor of Anesthesia at University of St. Louis Medical School, and is a member of The American Society of Anesthesiologists and The New York State Society of Anesthesiologists.

Edie Mannion is the co-founder and the director of the Training and Education Center (TEC) at the Mental Health Partnerships (MHP). Ms. Mannion has been providing supportive educational services for family members of adults with behavioral health disorders, and providing training for behavioral health providers, child welfare providers, psychiatric residents, and graduate students since 1985.

Alissa Martin is the Manager of Special Projects within the Recovery and Wellness Team at Community Care Behavioral Health. The Recovery and Wellness Team collaborates with members, families, providers, and other stakeholders to advance recovery and wellness culture and competence that supports the health and wellness of the community.

William C. McHenry is the Fairweather Lodge Coordinator for Lodges located in south-central Pennsylvania. He, along with Lodge members, run a very successful transportation business (Perry Apex Services Unlimited) which generated over \$275,000 in revenue last year. He is a long-time member of the national Coalition for Community Living board.

Margaret Murphy is Executive Director of NAMI Lehigh Valley PA. She has more than 20 years experience in nonprofit management. Before joining NAMI she worked in end-of-life care. She has experience in business consulting and is a published author.

Sharise Nance, LCSW, CCTP, is an award-winning author, co-owner and founder of HandinHand Counseling Services, LLC, and founder of Vitamin C Healing. Ms. Nance is dedicated to enhancing the emotional wellness of helping professionals struggling with self-care, work-life satisfaction, compassion fatigue, and burnout. She resides in Pittsburgh, PA, with her husband.

Lisa Nydick holds B.S. and M.A. degrees from Carnegie Mellon University in Pittsburgh and is a retired software engineer. She is currently a student studying a combination of Psychology and Data Analytics, and she considers herself to be an avid student of ketamine research. But her interest in ketamine is more than academic because she is also a ketamine patient being treated by Dr. Macler for depression and chronic suicidal ideation in the context of Bipolar I disorder.

Matthew Null is the Referral Development Manager for Gaudenzia. After ten years as a science teacher, he took his teaching background to The Caron Foundation. There he created and taught an original Life Skills Curriculum for the Adolescent and Young Adult Populations. He then moved back to the schools, but this time in the form of Drug and Alcohol Certified Prevention Specialist. Working in three different counties, Mr. Null held the positions of Curriculum Coordinator and Prevention Program Specialist. He has personally taught several evidence-based prevention programs and is most proud of getting AA/NA meetings in a high school during school hours. Mr. Null sits on numerous community and coalition groups and has provided services for task forces and prevention/recovery organizations.

Susan Padilla, CPS, SPS, graduated from Avonworth High School, went on to raise a family and work in different fields, including environmental services and child care, and she was diagnosed with schizophrenia at age 33. Throughout her recovery journey she became active volunteering in the mental health community and serves on many committees and panels. Ms. Padilla became a Certified Peer Specialist and has worked at UPMC WPH in their Comprehensive Recovery Services Department since 2014.

Perri Rosen, PhD, is Project Director of the Garrett Lee Smith Youth Suicide Prevention grant, a SAMHSA-funded grant awarded to the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS) at the Department of Human Services (DHS) in Harrisburg, Pennsylvania. This grant is focused on suicide prevention awareness, training, screening, and intervention for youth ages 10-24 throughout the Commonwealth. Ms. Rosen is also a Nationally Certified School Psychologist (NCSP) and a Pennsylvania-certified Special Education teacher.

Tony Salvatore, MA, has been active in suicide prevention and postvention for over 20 years. He serves on county suicide prevention groups, has many publications on the topic, and presents suicide prevention education programs for behavioral health and law enforcement agencies.

Jill Santiago is the Family Peer Support Specialist Program Coordinator at the Youth and Family Training Institute. She has been a key leader in both statewide and community initiatives and projects for over 30 years. She has also served on numerous community boards and groups including the Youth and Family Training Institute Advisory Board Tri-Chair, Statewide Family Leadership Team, Chester County Systems of Care Implementation Team and Advisory Board, Chester County Systems of Care County Leadership Team, and Co-Chair of the Family and Community Partnership.

Beverly Silvis, CRNA, MHS, MBA, DNP, is the Chief CRNA at Pittsburgh Ketamine, LLC. Dr. Silvis received her RN from the University of Pittsburgh, a Masters in Health Science from LaRoche College, and an MBA from Seton Hill, and her Doctorate from Chatham University.

Kim Stucke, BS, has been an integral member of the local, regional, and national recovery community for over 40 years. She has been instrumental in establishing Pennsylvania as the national leader for Fairweather Lodges. Kim leads the Pennsylvania Association of Lodges and works closely with state agencies to promote and expand the model for veterans and other populations. For many years, she has served as the Chairperson of the Coalition for Community Living national board.

Linda Tashbook is Vice President of NAMI FAMILIAS Pittsburgh East, an affiliate of NAMI Keystone Pennsylvania. Ms. Tashbook authored the book, "Family Guide to Mental Illness and the

Law" (Oxford, 2018). She is also a full-time law librarian and a part-time volunteer attorney. Her Homeless Law Blog has been viewed over 700,000 times.

Sonia N. Thorman is a member of the Instructional Support Staff at Lehigh Valley Academy Regional Charter School. Ms. Thorman is trained as a NAMI Smarts for Advocacy leader and also facilitates NAMI Family-to-Family for NAMI Lehigh Valley, PA. She has a background in education and theatre.

Marisa Vicere founded and became president of Jana Marie Foundation, an organization dedicated to the empowerment of young people, in 2012. She is a Mental Health First Aid Instructor (Youth and Adult) and Question Persuade Refer (QPR) Certified Gatekeeper Instructor. Marisa currently serves as chairman for the Centre County Suicide Prevention Taskforce.

Leslie Washington has 35 years combined experience in psychiatric services and managed behavioral healthcare services. Ms. Washington spent 15 years in the behavioral health service for adults, children, and families and over 20 years in a managed behavioral healthcare organization.

Lloyd G. Wertz, MS, is Vice-President of Policy and Program Development at the Family Training and Advocacy Center. Mr. Wertz has more than 40 years of direct service and administrative work in behavioral health and services to older adults. He has served as County MH/IDS Administrator, including the chairing of the statewide Administrator Association's Mental Health

Committee. Mr. Wertz also has experience in partial hospital and outpatient therapy, emergency/crisis psychiatric services, and management of inpatient acute psychiatric programs.

Jennifer Wolff, MSW, is the former Policy Specialist for Mental Health Partnerships, formerly known as the Mental Health Association of Southeastern Pennsylvania. In this role, she worked to educate state and federal legislators on the needs of the mental health system and how to make the system more responsive to the folks who use it. Jennifer received her Bachelor's degree in Social Work from Indiana University - Bloomington and her Master's degree in Social Work from the University of Pennsylvania.

Helen Wood, DClInPsy, trained in the UK as a clinical psychologist and currently works in Pittsburgh. She has over 12 years of experience supporting individuals experiencing psychosis and extreme states and collaborating with experts by experience.

Liz Woodley is the Training Coordinator for the Pennsylvania Mental Health Consumers' Association. Active in her own recovery since August of 2004, Ms. Woodley shares her passion for educating others. She continues to support and assist peers in developing their own Mental Health Advance Directives since becoming a trainer in 2006. Her main desire is to help others like herself.

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Refund Policy: Cancellations made prior to Friday, May 10, will be refunded. If requesting continuing education credits (CE credits), a \$25 administrative fee will be deducted from all refunds for cancellations. No refunds will be issued after Friday, May 10.

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. Requests for accommodations must be made at least three weeks prior to the conference date.

First Name _____ Last Name _____

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Workshop Selections (please choose one from each session):

Monday, May 20 Yes I will be attending the dinner on Monday, May 20

Session 1 (A-G) A B C* D E F G

Session 2 (H-N) H I J* K L* M N

Tuesday, May 21

Session 3 (O-U) O P Q R S T U

* General CEC only-not eligible for LSW/LSCW/LCP/LMFT or APA credits.

Please specify dietary restrictions:

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Specify: _____

Conference Fees: *Includes both conference days and dinner Monday evening.*

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