



# RESILIENT YOUTH

strategies to overcome adversity

Friday, February 28, 2020 | Pittsburgh Airport Marriott

# Resilient Youth:

## strategies to overcome adversity

Studies have shown that adversity in childhood and adolescence can have an impact on a young person's mental health. While adversity itself is difficult to control, our reaction to it is more manageable, *or at least it can be*.

NAMI Keystone Pennsylvania's fourth annual Child and Adolescent Mental Health Conference will show how families and mental health professionals can work together to support young people dealing with mental health challenges using an evidence-based model built on strengthening relationships.

The conference will also highlight how youth can empower themselves by learning strategies to build resilience in the face of adversity and how student involvement in the mental health awareness movement is destigmatizing mental illness, encouraging more young people to talk about it.

Keynote presenter, [Suzanne A. Levy, PhD](#), is a licensed clinical psychologist and director of the Attachment-Based Family Therapy (ABFT) Training Program at Drexel University's College of Nursing and Health Professions. ABFT is a manualized, empirically-supported family therapy model designed to treat adolescent depression.

Dr. Levy's presentation will focus on suicide prevention and how parents, caregivers, and educators can communicate with a young person who is experiencing depression and/or suicidal thoughts and behaviors. She will also explain how the evidence-based components of the ABFT model can help mental health professionals work with families to better support the adolescent at risk by rebuilding family relationships before encouraging the young person's independence.

Morning plenary speaker, [Kate Fitzsimons](#), is an international youth speaker and student resilience specialist. Once a grieving sister battling anxiety and an eating disorder, Kate has grown to understand that resilience is a skill that can be learned. In her presentation, Kate combines her inspiring story with her skills as a certified life coach to equip the audience with a powerful three-step strategy to help youth take back a sense of control over how they're feeling and reacting.

One of Australia's 100 Women of Influence, Kate's presentations have reached over 100,000 students at schools around America, Australia, and New Zealand. Kate will use her very first appearance at a NAMI conference to empower the audience with the tools and knowledge to help youth better manage the turbulence of adolescence so they can overcome any challenge - no matter how unexpected, uncertain, or unwanted it may be.

Empowering young people to overcome mental health challenges is also a goal of youth mental health advocate, [Elle Snyder](#). Elle is a 16-year-old junior in the Upper St. Clair School District in Pittsburgh who is on a crusade to chip away at the stigma associated with mental illness so students feel comfortable talking about it. Elle will explain how a *NAMI Ending the Silence* presentation during her freshman year and a trip to Costa Rica played a role in igniting her passion.

During the workshop sessions, attendees can learn more about *NAMI's Ending the Silence* presentation and the role it plays in educating teenagers and school personnel about mental illness warning signs, resources, and tools to help teens who might be experiencing a problem. There will also be an opportunity for school administrators to sign up for information on how to bring an *Ending the Silence* presentation to their district. Registration forms will be stationed at the NAMI Keystone Pennsylvania table in the exhibitor's room.

Participants will have the opportunity to learn more about student-run hotlines and anonymous peer text support, and how video games are helping to revolutionize the ways children are learning emotional regulation skills. There are also workshops on preparing high-risk youth for the challenges of transitioning into college and the impact active shooter drills are having on children's mental wellness.

Today's speakers and many of the workshops are uniting around a similar goal of providing strategies for children, adolescents, and young adults to build resiliency to adapt and respond to adversity. And these experts are also sharing tools for caregivers, mental health professionals, and educators so they can best assist youth in their journey.

### Who Should Attend

Social Workers; Psychologists; Special Education and Classroom Teachers; Early Childhood Professionals; Therapists, Counselors; Parents and Caregivers; and Local Community Leaders.

## Conference Objectives

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

1. Recognize the mental health conditions that children, adolescents, and young adults are facing and the methods they are choosing to reach out for help.
2. Discuss the five treatment tasks of the Attachment Based Family Therapy (ABFT) model.
3. Identify strategies caregivers can use when communicating with a teen who is experiencing suicidal ideation/behaviors and/or depression.
4. Apply cognitive strategies to help youth manage adversity.



## Continuing Education Credits\*

**Psychologists:** UPMC Western Psychiatric Hospital is approved by the American Psychological Association to sponsor continuing education credits for psychologists. UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for 5.5 continuing education hours.

**Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage & Family Therapists (LSW/LCSW, LPC, LMFT):** This program is offered for 5.5 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.

**Mental Health Professionals:** Nurses and other health care professionals are awarded 0.55 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 5.5 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 Specialists continuing education.

**ACT 48:** Allegheny Intermediate Unit is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Allegheny Intermediate Unit adheres to the Act 48 Continuing Education Guidelines.

\* **Cancellations made prior to Wednesday, February 19, will be refunded. If requesting CEUs, a \$25 administrative fee will be deducted from your refund. No refunds will be issued after Wednesday, February 19.**

# Conference *at a glance*

**7:30 am – 8:30 am**

## **Registration/Continental Breakfast/Exhibits**

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

## **8:30 am – 8:45 am Welcome and Opening Remarks**

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

## **8:45 am – 9:00 am Presentation of the Dick Jevon Advocacy Award**

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

"Building Resiliency: The Role Attachment-Based Family Therapy Can Play in Treating Youth Suicide and Depression"

Suzanne A. Levy, PhD, Director, Attachment-Based Family Therapy (ABFT) Training Program, Drexel University's College of Nursing and Health Professions

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

## **10:30 am – 11:45 am Morning Plenary**

"When Youth Feel Helpless and Out of Control: What You Can Do To Build Emotional Resilience During Adolescence"

Kate Fitzsimons, International Youth Speaker, Student Resilience Specialist, Certified Life Coach

## **11:45 am – 12:00 pm Youth Presenter**

"Creating a Movement: Why Young Voices Matter"

Elle Snyder, Upper St. Clair High School, Youth Mental Health Advocate

## **12:00 pm – 1:00 pm Buffet Luncheon**

## **1:00 pm – 1:30 am Exhibitor Hall Open**

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

1. Text HELP: Getting the Most from Student-Run Hotlines by Providing Anonymous Peer Text Support | Daniel Mirny, CEO, Lean On Me; Amin Manna, Co-founder, Lean On Me

2. Substance Use: The Influence on Adolescent Brain Development | Brandy Klingman, LCSW-BACS; CEO, Legacy Behavioral Health; CEO, St. Christopher's Addiction Wellness; CEO, Life Works

3. Prevention or Disservice: The Impact of Active Shooter Drills on Children's Mental Wellness | Bethany Williams, MA; Brenda Cappy Gruhn, MA, NCC, LPC

4. The Group Approach: Additional Skill-Building for Teens with Depression and Anxiety Preparing for College | Tina R. Goldstein, PhD, Associate Professor, Co-Director, Services for Teens at Risk (STAR) Center, University of Pittsburgh Medical Center; Kimberly Poling, LCSW, Clinical Program Manager, Services for Teens at Risk (STAR) Center, Western Psychiatric Hospital, University of Pittsburgh Medical Center; Kym Jordan Simmons, PhD, Carnegie Mellon University

5. Getting the Most out of CANS: How to Gain Valuable Information from a Child and Adolescent Needs and Strength (CANS) Assessment | Dan Warner, PhD, Executive Director, Community Data Roundtable

6. NAMI Ending the Silence | Rebecca Lane, NAMI Greater Philadelphia; Reginald Howard, NAMI *Ending the Silence* Presenter

## **2:45 pm – 3:00 pm Break and Exhibits**

## **3:00 pm – 4:15 pm | Workshop Session 2**

7. Game On: Helping Children Learn How to Regulate Their Emotions Using Video Games | Erina White, PhD, MPH, MSW, Clinical Services Director and VP of Parent Services, Mightier; Emily Stone, LICSW, MSW, Mightier

8. Childhood Anxiety and the Adult Connection | Jessica Cosby, LPC, RPT-S, Graduate Assistant, Indiana University of Pennsylvania; Mallory Hilinski, MS, Graduate Assistant, Indiana University of Pennsylvania

9. Medications and Youth Mental Health: What's New, What's Important, and What to Know Before You Start | Dara Sakolsky, MD, PhD, Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine, UPMC Western Psychiatric Hospital; Jessica Candelora Kettel, MD, PhD, Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine and UPMC Western Psychiatric Hospital

10. What About Me? Supporting Children After the Overdose Death of a Loved One | Janet Arida, RN, LCSW, CT Outreach and Education Coordinator and Child Grief Specialist, Highmark Caring Place; Patrick McKelvey, MS,



LPC, NCC, Outreach and Education Coordinator and Child Grief Specialist, Highmark Caring Place

11. [Game Plan for the Future: The X's and O's of Supplemental Security Income \(SSI\), ABLE Accounts, and Special Needs Trusts](#) | Elaine M. Cole, Public Affairs Specialist, Social Security Administration; Nancy McMillan, MSW, Benefits Counseling Specialist, ACHIEVA; Patty Yerina, Coordinator, Education and Outreach, ACHIEVA Family Trust

12. [The Impact: What You Need to Know About Intensive Behavioral Health Services \(IBHS\)](#) | Phyllis A. Knott, Human Services Program Representative 2, Dept. of Human

Services, Office of Mental Health and Substance Abuse Services, Bureau of Community and Hospital Operations; Amy Kabiru, MSW, LSW, BCBA, Consultant, Office of Mental Health and Substance Abuse Services, Bureau of Children's Behavioral Health Services

#### 4:15 pm - 4:30 pm Evaluations and Adjournment

*Please return your overall conference evaluations at the registration desk prior to leaving the conference.*

*Please recycle your name badge. A basket will be available at the registration desk to dispose of your badges. Thank you.*

## Program Information



### Morning Keynote Address

**"Building Resiliency: The Role Attachment-Based Family Therapy Can Play in Treating Youth Suicide and Depression"**

Suzanne A. Levy, PhD, Director, Attachment-Based Family Therapy (ABFT) Training Program, Drexel University's College of Nursing and Health Professions

In 2018, Pennsylvania's School Safety Task Force Report found that 38% of middle and high school students said they had felt sad or depressed most days within the past year. Sixteen percent had seriously considered attempting suicide and 10% had reported making a suicide attempt.

Parents and caregivers, educators, and mental health professionals are in a desperate race to help young people in crisis. Keynote speaker and licensed clinical psychologist, Suzanne A. Levy, PhD, has presented internationally on the benefits of Attachment-Based Family Therapy (ABFT), which is a manualized empirically-supported family therapy model designed to treat adolescent depression. ABFT is based on theories that propose that the quality of family relationships may precipitate, exacerbate, or prevent depression and suicidal ideation, and better promote recovery from trauma and other negative environmental events (e.g., bullying) among youth.<sup>1</sup>

Dr. Levy's presentation will demonstrate the importance of rebuilding relationships and strengthening the attachment between youth who are experiencing depression or suicidal thoughts and behaviors and their caregivers. While outlining the structure of the ABFT model, Dr. Levy will explain why repairing the caregiver-child relationship comes before promoting independence for that young person. Dr. Levy will discuss strategies based on ABFT for caregivers who have a teen struggling with suicidal thoughts, behaviors, and/or depression. Dr. Levy will also detail the science behind ABFT, and how mental health professionals can implement the model to better support young people and their families.

**Presenter:** Suzanne A. Levy, PhD, is a licensed clinical psychologist and director of the ABFT Training Program at Drexel University's College of Nursing and Health Professions. Prior to this, she was the training director and a clinical child psychologist at the Center for Family Intervention Science at the Children's Hospital of Philadelphia. Dr. Levy is one of the co-developers of attachment-based family therapy. She coordinates and conducts ABFT training workshops and supervision for therapists involved in the center's clinical trials, as well as therapists both nationally and internationally. Dr. Levy has presented regionally, nationally, and internationally on ABFT, emotion coaching, child and adolescent therapies, adolescent depression, adolescent development, and adolescent substance use. Along with her co-authors, Drs. Guy Diamond and Gary Diamond, Dr. Levy has written the first book on ABFT, "Attachment-Based Family Therapy for Depressed Adolescents," published by the American Psychological Association in 2014.

*Citations* 1-<https://drexel.edu/familyintervention/abft-training-program/overview/>



## Morning Plenary Session

### "When Youth Feel Helpless and Out of Control: What You Can Do To Build Emotional Resilience During Adolescence"

Kate Fitzsimons, International Youth Speaker, Student Resilience Specialist, Certified Life Coach

As a high school student, Kate Fitzsimons was a high achiever with a supportive family. Yet, she found herself emotionally unable to cope with the adversities that most teens face - friendship challenges, study stresses, and social pressures. Before she knew it, Kate was experiencing meltdowns, anxiety, and symptoms of an eating disorder. Then her older sister was killed.

Her despair was debilitating. Until, it turned into a drive to persevere. That was the beginning of Kate's new mission to help young people overcome the adversity in their lives.

In her presentation, Kate, who is now an international youth speaker, student resilience specialist, and certified life coach, will empower the audience with the tools and knowledge to help youth better manage the turbulence of adolescence so they can overcome any challenge, no matter how unexpected, uncertain, or unwanted it may be. Her powerful three-step strategy will help young people take back a sense of control over how they're feeling and reacting, even when there's nothing they can do about what they think is causing it.

This is something Kate learned after her sister was killed when she was just 20 years old. Since then she's turned her tragedy into something that's positively impacted over 100,000 students in Australia, America, and New Zealand. Now she's thrilled to be bringing her presentation to a NAMI conference for the very first time.

**Presenter:** Kate Fitzsimons is an international speaker, student resilience specialist, certified life coach, and host of the weekly podcast show, *Okay. What What?*, which discusses practical tools and strategies to build resilience and manage stress during the turbulence of adolescence. Kate also serves as the director of the Nicole Fitzsimons Foundation, which is a charity established in honor of her sister who was killed in a motorbike accident in Thailand during 2012. Kate was named one of Australia's 100 Women of Influence and a finalist for New South Wales' Young Woman of the Year. She was also featured alongside Kelly Slater on Arianna Huffington's site, *THRIVE GLOBAL*, as one of Tourism Fiji's "Bulanaires," a title that celebrates those rich in positivity and resilience.

## Youth Advocate

### "Creating a Movement: Why Young Voices Matter"

Elle Snyder, Founding Member, Upper St. Clair Student Wellness Steering Committee

*OK2Talk. Seize The Awkward. Listen, Lucy.* Youth mental health movements are changing the landscape for how young people talk about, cope with, and seek help for mental health conditions.

One goal they all have in common is to make it easier for young people to express their feelings. Elle Snyder is a junior in the Upper St. Clair School District in Pittsburgh and a founding member of the Student Wellness Steering Committee, a group that works to raise mental health awareness at the high school.

As a freshman, Elle heard a *NAMI Ending the Silence* presentation. The speaker explained that he was a happy child, but as certain life events happened, he changed. His lost his father to cancer. He moved to a different state. And he transitioned from middle school to high school. At one point, he thought about taking his own life. But he was resilient and that helped guide him on his road to recovery. His story of overcoming adversity inspired Elle. She became determined to help her



friends whose lives were perfect on the outside, but were struggling on the inside. So, she embarked on her mission to create a culture of resiliency in her school community.

In her presentation, Elle will describe how her journey as a youth advocate has evolved from small acts of kindness at school during finals week, to recruiting her soccer team to participate in NAMIWalks. She will highlight the progress that she and other advocates are making to better help fellow students achieve mental and physical wellness. And she will explain why youth voices are critical in starting the conversation among their peers.

**Presenter:** Elle Snyder, a junior at Upper St. Clair High School, is a youth mental advocate and a founding member of the Upper St. Clair Student Wellness Steering Committee. The Committee works to raise mental health awareness at the high school. Elle is also chair of the Children for Children charity event, which will be supporting NAMI for the 2019-20 school year at Streams Elementary School. She plays soccer for the Upper St. Clair High School girls soccer team and is an associate member of the Best Buddies Program.

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

### Target Audience Key

Family Member/Caregiver (FM) | Mental Health Professional (MHP) | School Professional (SP) | Student (ST)

**Audience:**  
MHP, SP, ST

1. Text HELP: Getting the Most from Student-Run Hotlines by Providing Anonymous Peer Text Support | Daniel Mirny, CEO, Lean On Me; Amin Manna, Co-founder, Lean On Me

**Technical Level:** All

Formed by a group of MIT students in response to a cluster of suicides in the community in 2016, Lean On Me aims to lower the barrier to entry to seeking emotional support. By providing students with anonymous text-based platforms for peer-to-peer support, we are able to gain a better understanding for how and when students prefer peer support over existing administrative alternatives. In this workshop, we'll take a brief look at how student-run hotlines function, the difficulties they encounter, and the results they have seen in the form of both community-specific and cross-community aggregate data. We'll discuss the implications of these findings, the remaining challenges and next steps, and brainstorm potential applications of student-run, peer-to-peer, and/or anonymous text-based support.

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

- Discuss the benefits and costs of student-run mental health initiatives.
- Compare how students seek support from peers to how they seek support from professionals.
- Discuss novel applications of anonymous peer-to-peer models.

**Audience:** All

**Technical Level:** All

2. Substance Use: The Influence on Adolescent Brain Development | Brandy Klingman, LCSW-BACS; CEO, Legacy Behavioral Health; CEO, St. Christopher's Addiction Wellness; CEO, Life Works

Substance use has not changed much over time. However, the types of substances and the "times" are certainly changing with the access to modern technology. The experiential difference between the over 40 adult and the under 25 person has never been greater. We as providers of healthcare, first responders, and law enforcement are dealing with an entirely different adolescent/young adult than we have ever known. Adolescence and young adulthood are a unique period in neurodevelopment. Recent research has indicated that adolescent substance users show abnormalities on measures of brain functioning, which is linked to changes in neurocognition over time. These specific neurological changes can impact the already difficult-to-navigate cognitive and emotional functioning of the average adolescent and young adult. This presentation will review briefly these neurological and development changes, the impact of the changes on daily functioning, and practical interventions on managing the young substance user in current societal norms.

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

- Discuss impact of these neurological and developmental changes on a young person's cognitive, social, and emotional functioning on a daily basis.
- Analyze neurological impact of substance use disorder on adolescent brain development.
- Compare practical interventions for healthcare providers, law enforcement, and first responders on managing the young person with SUD in modern times.

Audience: MHP, SP

Technical Level: All

### 3. Prevention or Disservice: The Impact of Active Shooter Drills on Children's Mental Wellness | Bethany Williams, MA; Brenda Cappy Gruhn, MA, NCC, LPC

This workshop is designed to examine possible outcomes of active shooter drills in schools on children's mental wellness. Information will be provided regarding the types of active shooter drills being conducted and ways to process the experience of the drills with students. Participants will have the opportunity to engage in active learning to recognize negative effects of active shooter drills on students and discover ways to manage these potential outcomes. Resources will be provided for school and mental health professionals.

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

- Describe at least two types of active shooter drills and analyze potential mental health outcomes of the drills on children and adolescents.
- Identify at least four signs of trauma and negative consequences related to active shooter drills in students and children.
- Demonstrate at least three specific and developmentally-appropriate skills to support students and address mental health issues resulting from active shooter drills.

Audience: MHP

Technical Level:

Intermediate

### 4. The Group Approach: Additional Skill-Building for Teens with Depression and Anxiety Preparing for College | Tina R. Goldstein, PhD, Associate Professor, Co-Director, Services for Teens at Risk (STAR) Center, University of Pittsburgh Medical Center; Kimberly Poling, LCSW, Clinical Program Manager, Services for Teens at Risk (STAR) Center, Western Psychiatric Hospital, University of Pittsburgh Medical Center; Kym Jordan Simmons, PhD, Carnegie Mellon University

Greater targeted preparedness in the process of transitioning from high school to college may serve to protect high-risk youth during this vulnerable developmental period. Youth with mood and anxiety disorders comprise at least 50% of transition-age youth at elevated risk for suicide, and face specific and unique challenges during this transition that may further contribute to increased suicide risk. We designed and delivered an adjunct group intervention for transition-age youth in treatment for mood and anxiety disorders focused on skills to build independence and optimize success in the transition to college. We will describe the intervention format and content, and discuss common themes and challenges encountered to date through conduct of the group. We will present post-treatment data indicating high levels of acceptability and satisfaction with the intervention.

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

- Apply tools to recognize and plan for the multiple transitions young people with mental health issues face as they age into adulthood.
- Build familiarity with the domains of independence relevant to the transition-age patient.
- Describe the structure and content of the group-based intervention.

Audience:

FM, MHP, SP

Technical Level: All

### 5. Getting the Most out of CANS: How to Gain Valuable Information from a Child and Adolescent Needs and Strength (CANS) Assessment | Dan Warner, PhD, Executive Director, Community Data Roundtable



The “Child and Adolescent Needs and Strengths” assessment provides an objective summary of the information in a psychological evaluation, and has been done as a part of Capital Area evaluations since 2013. These evaluations are necessary when a child receives such services as BHRS or Family Based. So if a child had those services in the last several years, they should also have a CANS (or perhaps a history of CANS). This interactive presentation will help parents, teachers, pediatricians, and anyone else involved in the care of special needs children gain valuable information for reviewing CANS reports.

This workshop will also feature a prototype, online public report that allows families to compare local provider outcomes on their child's unique needs. Caregivers will have the opportunity to use the online tool in order to compare provider outcomes on CANS scores relevant to their child. Feedback on this tool will be elicited from workshop participants, to help perfect its utility for helping families obtain the best care possible for their child.

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

- Define steps for obtaining your own child's CANS report from your BHRS or FBMH provider.
- Identify a child's current treatments needs and improvement.
- Determine the strengths that are available in treatment.
- Identify local available services that match a child's unique needs.

Audience:  
FM, SP, ST

Technical Level: All

6. NAMI Ending the Silence | Rebecca Lane, NAMI Greater Philadelphia; Reginald Howard, NAMI Ending the Silence Presenter, NAMI Greater Philadelphia

*Ending the Silence* is a NAMI Signature program designed for middle and high school students, parents, and school professionals. This program helps to raise awareness and change perceptions of mental illness by providing audience members with facts, resources, and practical tools to help a teen who might be struggling. Audience members will also hear from two young individuals in recovery who have lived experience with substance use, suicidal thoughts, and mental health conditions. This is an interactive presentation with audience members who are encouraged to have an active dialogue with all presenters. NAMI's *Ending the Silence* is offered across the country to schools at no charge to districts and communities.

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

- Identify early warning signs of a possible mental health condition or mental health crisis.
- Implement ways to speak with a teen who might be experiencing the early warning signs of mental health condition or mental health crisis.
- Identify mental health resources and supports for teens.
- Identify possible warning signs of suicide and resources for suicide prevention.

**50% of all lifetime cases of  
mental illness begin by age 14.**

National Institute of Mental Health (NIMH)



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

Audience: All

Technical Level: All

7. Game On: Helping Children Learn How to Regulate Their Emotions Using Video Games | Erina White, PhD, MPH, MSW, Clinical Services Director and VP of Parent Services, Mightier; Emily Stone, LICSW, MSW, Mightier

Traditional ways to help children to manage and control emotions has not changed much in the past 20 years, but children's needs have. Children learn best when they have a way to explore and practice new skills on their own terms and through play. Biofeedback video games are becoming more popular as a way to treat children. Biofeedback video games offer a unique and innovative approach to treatment for children struggling with difficulties with emotional regulation. Biofeedback video games help in many different ways, including helping children develop automaticity, the process in which a behavior becomes an automatic pattern or habit as a result of repetition and practice. This presentation will focus on how biofeedback video games are helping to revolutionize how children learn emotional regulation skills. The presentation will share studies out of Boston Children's Hospital and Harvard Medical School that focused on a biofeedback video game platform to help children develop better emotional regulation skills. The studies showed that after 12 weeks, there was a 62% decrease in outbursts, a 40% decrease in oppositional behaviors, and a 19% reduction in parent stress.

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

- Discuss what biofeedback technology is and how it works.
- Identify what automaticity is and what the process for developing automaticity looks like.
- Identify how automaticity and biofeedback technology can help clients who are struggling with poor emotional regulation.

Audience:

FM, MHP, SP

Technical Level: All

8. Childhood Anxiety and the Adult Connection | Jessica Cosby, LPC, RPT-S, Graduate Assistant, Indiana University of Pennsylvania; Mallory Hilinski, MS, Graduate Assistant, Indiana University of Pennsylvania

Anxiety can affect children's bodies, thoughts, emotions, behaviors, and relationships (Cohen, 2013). This workshop will highlight the parent-child relationship and address how parents may play a part in fostering anxiety or instilling confidence in their child. Trauma and resiliency factors will be also be explored in this workshop. Participants will learn how to provide appropriate support to a child in distress throughout infancy and adolescence, as well as how to build confidence and healthy development through play.

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

- Identify what contributes to childhood anxiety and traumatization.
- Assess one's own experience of anxiety and demonstrate an understanding of how to provide appropriate support to a distressed child.
- Identify specific techniques that can be utilized with children to reduce anxiety and the risk of traumatization while promoting healthy development.

Audience:

FM, MHP, SP

Technical Level:

Basic, Intermediate

9. Medications and Youth Mental Health: What's New, What's Important, and What to Know Before You Start | Dara Sakolsky, MD, PhD, Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine, UPMC Western Psychiatric Hospital; Jessica Candelora Kettel, MD, PhD, Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine and UPMC Western Psychiatric Hospital

Turning to medications for mental health needs can be a scary decision for many families and youth. Drs. Sakolsky and Kettle will provide an update on new medications and review commonly-

prescribed medications for mental health problems in youth. This workshop will discuss side effects, what questions parents or youth might ask before starting medication, and what therapeutic supports should be offered in combination with medications. The presenters will also discuss strategies that may help youth with the difficult task of remembering to take their medication regularly.

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

- List the classes of medications used to treat common mental health problems in youth and develop a basic understanding of the pros and cons of each class.
- Compare and contrast new and older medications regarding effectiveness to treat mental health problems in youth, safety, and ease of use.
- Describe strategies that can help youth to take medication consistently.

Audience:

FM, MHP, SP

Technical Level: All

**10. What About Me? Supporting Children After the Overdose Death of a Loved One | Janet Arida, RN, LCSW, CT Outreach and Education Coordinator and Child Grief Specialist, Highmark Caring Place; Patrick McKelvey, MS, LPC, NCC, Outreach and Education Coordinator and Child Grief Specialist, Highmark Caring Place**

Approximately 20% of all children nationwide will experience the death of a loved one before they reach the age of 18. Since overdose deaths are most common between 25 and 44 years of age, many of these individuals leave behind children and families to reconstruct lives in the aftermath of this devastating loss. An accumulating body of literature describes that children and families who experience the overdose death of a loved one often find themselves overwhelmed by shame, anger, regret, and confusion. The stigma that often accompanies deaths due to drug overdose may further complicate these experiences, leading to isolation and a lack of support. When supporting children and families after an overdose loss, it is essential for helping professionals to bring sophisticated understandings of both the developmental aspects of grief in children as well as the issues unique to families experiencing the complexity of grieving a loss that is too often culturally marginalized. This workshop will integrate the literature on substance abuse loss with clinical experience from supporting grieving families to provide useful insights and practical suggestions for working with children and families surviving the overdose death of a loved one.

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

- Describe the prevalence of overdose deaths and their social impact.
- Identify special challenges for families who have experienced a death due to overdose.
- Discuss ways of supporting children and families who are grieving an overdose loss.

Audience: FM, MHP

Technical Level: All

**11. Game Plan for the Future: The X's and O's of Supplemental Security Income (SSI), ABLE Accounts, and Special Needs Trusts | Elaine M. Cole, Public Affairs Specialist, Social Security Administration; Nancy McMillan, MSW, Benefits Counseling Specialist, ACHIEVA; Patty Yerina, Coordinator, Education and Outreach, ACHIEVA Family Trust**

For individuals with disabilities who want to work, often the biggest barrier to competitive employment is the question of how it will affect their government benefits. This session will describe how the Employment Benefits Counseling program has leveraged resources to work with individuals who need benefits counseling. Attendees will gain an understanding of government benefits, particularly SSI, and hear details on the program we created in order to enable individuals with disabilities to maximize their employment opportunities while protecting vital government benefits.

This workshop will also address the challenges that families and individuals face when planning for the future. The presentation will focus on how to save for the future with Special Needs Trusts and ABLE Accounts, and still enable the individual with a disability to maintain government benefits such as Medicaid, Waivers, SSI, SSDI and Medicare.

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

- Discuss the income and resource caps on SSI, SSDI, and subsidies.
- Identify resources such as ACHIEVA Family Trust Employment Benefits Counseling Program that help individuals with disabilities who want to work, but are concerned about losing vital government benefits.
- Identify the considerations for successful future planning, including government benefits and financial tools such as Special Needs Trusts and ABLE accounts.

**Audience:** All

**Technical Level:** All

**12. The Impact: What You Need to Know About Intensive Behavioral Health Services (IBHS) |** Phyllis A. Knott, Human Services Program Representative 2, Dept. of Human Services, Office of Mental Health and Substance Abuse Services, Bureau of Community and Hospital Operations; Amy Kabiru, MSW, LSW, BCBA, Consultant, Office of Mental Health and Substance Abuse Services, Bureau of Children's Behavioral Health Services

In 2019, new regulations known as Intensive Behavioral Health Services (IBHS), were approved to replace Behavioral Health Rehabilitation Services (BHRS) for the delivery of child and adolescent services in homes, schools, and communities. Some of the changes include increased requirements for staff training, supervision, and credentialing. These new regulations were designed after reviewing input from community stakeholders and a series of trainings have been held across the state. This presentation will outline the major changes that have taken place, including the new categories of service, and what those changes mean for the young people who are receiving services, their families, and for the mental health professionals working with them.

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

- Identify the changes that are being implemented under IBHS.
- List the three categories of service included in IBHS.
- Discuss the impact that IBHS implementation will have on young people who receive services and their families.

## Workshop Presenter Bios

**Janet Arida** earned a bachelor's degree in nursing from Northwestern University and a Master's degree in social work from The University of Chicago. She is a licensed clinical social worker and earned her certification in Thanatology from the Association for Death Education and Counseling. Janet is currently a clinician and child grief specialist as well as the Outreach and Education Coordinator at the Highmark Caring Place in Warrendale, PA, where she oversees peer support groups for grieving children and their families. Additionally, in her role as Outreach and Education Coordinator, Janet works to heighten awareness of children's grief through consultations, presentations, and trainings for

professional and community groups. Prior to joining the Caring Place as a staff member, Janet was a clinical instructor and researcher in end-of-life issues in the School of Nursing at the University of Pittsburgh. During her career, she has worked with children, adolescents, and families in a variety of clinical and community-based settings in both the Chicago and Pittsburgh areas.

**Dr. Jessica Candelora Kettel** received her MD from the University of Pittsburgh School of Medicine in 2005 as part of a joint MD/PhD training program, having completed a PhD in immunology in 2003. She then completed her general psychiatry residency and child and adolescent psychiatric fellowship in June 2010, both

at UPMC Western Psychiatric Hospital (WPH). Dr. Kettel has been employed at WPH since July 2010, becoming Medical Director of the Merck Child & Adolescent outpatient clinic for Autism and Developmental Disorders in January 2012, with involvement in research sponsored by Autism Speaks under the direction of Dr. Ben Handen. She also was an attending psychiatrist at the Merck Adult clinic until July 2019 when she transitioned to working full-time on the Merck Child & Adolescent Inpatient unit at WPH.

**Brenda Cappy Gruhn, MA, NCC, LPC** is a Counselor Education and Supervision doctoral student at Indiana University of Pennsylvania. After nearly twenty



years working as an elementary school counselor, she now provides therapy to children, adolescents, teens, and adults in a private practice. Her specializations include crisis intervention and response, children with anxiety, and mindfulness and schools

**Elaine M. Cole**, is the Public Affairs Specialist for the Social Security Administration with responsibility reaching throughout Western Pennsylvania and West Virginia. She has worked with the agency for 17 years. In this position, she manages over 400 events including educational & instructional seminars for West Virginia University, Slippery Rock University and the University of Pittsburgh. Elaine received a Bachelor of Science degree in Human Resource Management from Robert Morris University and her Master's in Executive Leadership from Champlain College.

**Jessica Cosby** is a Licensed Professional Counselor and Registered Play Therapist Supervisor with 20 years of experience working with the child and adolescent populations. Jessica obtained a Master of Arts degree in Community Counseling and certification in Elementary School Counseling from Slippery Rock University. Jessica is presently pursuing a PhD in Counselor Education and Supervision at Indiana University of Pennsylvania. Jessica's professional experiences include work in BHRS, Therapeutic Foster Care, School Counseling, and outpatient and inpatient mental health. Jessica currently maintains a full time private practice in Clarion, PA. Jessica is a member of the American Counseling Association, Association for Play Therapy, and Chi Sigma Iota.

**Tina R. Goldstein, PhD**, is a licensed psychologist and Associate Professor of Psychiatry and Psychology at the University of Pittsburgh, where she also serves as Director of Psychotherapy Training in Pediatric Mood Disorders, and Co-Director of the Services for Teens at Risk (STAR) Center. Dr. Goldstein's clinical and research interests focus on understanding the etiology and

treatment for youth with, and at-risk for, mood disorders and suicide. Dr. Goldstein's research program is supported by grant funding from federal and private foundations including the National Institute of Mental Health and the American Foundation for Suicide Prevention. She is the author of over 100 peer-reviewed manuscripts and book chapters on the topics of suicidality and mood disorders in youth, and is co-author of a book on the treatment of depressed and suicidal youth. She received the Presidential Early Career Award for Scientists and Engineers (PECASE) in 2016 in recognition of her contributions to the field.

**Mallory Hilinski** obtained a Master's of Science degree from Clarion University in Clinical Mental Health Counseling and is currently pursuing her PhD in Counselor Education and Supervision from Indiana University of Pennsylvania. Mallory has worked with a wide population group ranging from early childhood to geriatrics. She is also currently working towards PA licensure in professional counseling. Mallory is an active member of APT, ACA, Chi Sigma Iota, and serves on the International Counseling Committee for the American Counseling Association.

**Reginald A. Howard** is a Mental Health Advocate, NAMI *Ending the Silence/In Our Own Voice* Speaker, Podcaster and now as an author. He has studied Human Communication at Shippensburg University and uses his life purpose to help others by using his natural ability to relate with anyone. Reginald uses his story to deal with his own issues by helping, healing and hearing others. His platforms are dedicated to the advancement of society by problem solving through communication. He plans to be the bridge that brings the world closer together because most problems in the world stem from lack of communication.

**Kym Jordan Simmons** is a Licensed Clinical Psychologist with over 20 years of experience in college mental health. In her work at multiple universities, she has thrived in various roles

including externship coordinator, group coordinator, sexual assault counselor, clinical supervisor, and training director. Dr. Jordan Simmons has a passion for working with students living with anxiety, students of color, and survivors of sexual violence. She is currently a Staff Psychologist at Counseling and Psychological Services on the campus of Carnegie Mellon University.

**Brandy Klingman** has been a healthcare provider of mental health and substance use for over 15 years. She has trained and certified in several clinical interventions and now serves as clinical supervisor and advisor to five different Universities and over 10 different Educational Departments including LSU, University of New Orleans, and Southeastern Louisiana University's graduate and doctoral departments. She is proud to be an owner of a behavioral health center for over eight years and serve as CEO to STC Addiction Wellness. Ms. Klingman started the first adolescent freestanding Mental Health and Substance Use Partial Hospitalization Program in Louisiana. She is a well-known mental healthcare consultant nationally and most recently has begun international consulting work to improve behavioral healthcare around the world through collaborative educational outreach. She is a member and presenter of the Louisiana Group Psychotherapy Association, American Group Psychotherapy Association, Louisiana Learning Disability Coalition, and GBR Opioid Task Force.

**Rebecca Lane**, NAMI *Ending the Silence* Coordinator from NAMI Greater Philadelphia has been with NAMI for two years. She, along with her dynamic team of lead presenters and young storytellers have reached nearly 8,000 students across the city of Philadelphia and beyond since the launch of the ETS program in March of 2018. She continues to grow her team and reach more and more students, teachers, and family members every day. Becca is a proud person in recovery and lives every day to bring awareness to mental health and addiction. When Becca is not

working with her NAMI Affiliate, she enjoys spending time with her dog nephew Clawdus and watching *Game of Thrones* on repeat.

**Amin Manna** co-founded Lean On Me while completing his undergraduate degrees in computer science and mathematics at MIT. In 2018, he received his master of engineering degree after completing his thesis on ethics of artificial intelligence, with a focus on reducing gender bias in machine learning models. Since resigning as Lean On Me's CTO, Amin has continued to believe in Lean On Me's vision, as a very active member of the board of directors.

**Patrick McKelvey** earned his bachelor's degree in Psychology at Rollins College in Winter Park, FL and Master's degree in Counseling Psychology at Chatham University in Pittsburgh, PA. Patrick is a Licensed Professional Counselor and Nationally Certified Counselor. Patrick is currently the Outreach and Education Coordinator and a Child Grief Specialist at the Highmark Caring Place in Pittsburgh where he oversees peer support groups for grieving children and their families. Additionally, in his role as Outreach and Education Coordinator, Patrick works to heighten awareness of children's grief through consultations, presentations, and trainings for professional and community groups. Patrick is a rostered Child-Parent Psychotherapy (CPP) therapist and he has a passion for developing innovative ways for working within an interdisciplinary approach with other child-serving systems to advocate for strengthening child-centric and trauma-informed approaches to child and family supports.

**Nancy McMillan, MSW** has worked for ACHIEVA, Inc. (formerly ARC-Allegheny) for 15 years, first as a Special Needs Trust Administrator, and currently as a Benefits Counseling Specialist of our United Way Project, "Employment Benefits Counseling," for Individuals with Disabilities. Previously, I was a Supports Coordinator for five years with Family Links, serving and enrolling individuals (Intellectual/Developmental Disabilities) into the Waivers. Having earned her

Master's degree and certification in School Social Work at the University of Pittsburgh, Nancy has experience as a social worker in public schools. In 2010, she earned a certificate at the University of Pittsburgh in the field of Gerontology.

**Daniel Mirny** is an MIT alumnus (B.S. 2018, Brain and Cognitive Science), and a PhD student at UCLA in addition to the CEO at Lean On Me. He is passionate about spreading warmth and kindness. He's incredibly excited to be working with such a phenomenal group, and shares the team's enthusiasm for ensuring that Lean On Me is as impactful and efficient as possible.

**Kimberly Poling, LCSW**, is the Clinical Program Manager at the STAR Center Clinic, a specialty program for suicidal adolescents, a division of the Child and Adolescent Psychiatry Program of UPMC Western Psychiatric Hospital, University of Pittsburgh Medical Center.

**Dara Sakolsky, MD, PhD**, is a board-certified adult and child/adolescent psychiatrist and Assistant Professor in the Department of Psychiatry at the University of Pittsburgh School of Medicine. She obtained her MD and PhD in Pharmacology from Temple University School of Medicine in 2000. She has extensive clinical experience treating youth with mood and anxiety disorders. She is currently the Associate Medical Director at Services for Teens at Risk (STAR) clinic and provides treatment for youth at STAR, the Child and Adolescent Bipolar Spectrum Services (CABS), and Robert Morris University Counseling Center. Dr. Sakolsky is currently funded by several grants from National Institute of Mental Health (NIMH) studies examining the diagnosis and treatment of mood and anxiety disorders in children, adolescents, and young adults.

**Emily Stone, LICSW, MSW**, is an independently-licensed clinical social worker with a background in working with children, adolescents, and families in a variety of settings including through in-home therapy, in-patient hospitalization, outpatient therapy, and

school-based work. Emily works full time for Mightier, a biofeedback video game platform that helps children and adolescents learn how to manage emotions through play. She also sees children and adolescents in a private practice setting. Emily received her Bachelor's degree in Social Work and Psychology (BSW and BS) at the University of New Hampshire and then her Master of Social Work (MSW) degree from Boston College.

**Dan Warner, PhD**, is a clinical psychologist who empowers professionals in the human services to harness the power of outcomes and data. Through the nonprofit organization he founded, Community Data Roundtable, Dr. Warner consults with providers, advocacy groups, state and local government, and insurance companies on innovative ways to use outcomes data to better serve the people in our care.

**Erina White, PhD, MPH, MSW**, is the Clinical Services Director and VP of Parent Services for Mightier, a company focusing in bioresponsive video games to help children learn self-regulation skills. She is also a clinical researcher at Boston Children's Hospital, psychotherapist in private practice, and holds faculty appointments at the University of New Hampshire Department of Social Work, Simmons School of Social Work and Harvard Medical School. Dr. White is a graduate of the Harvard T.H. Chan School of Public Health, Simmons School of Social Work and Smith College.

**Bethany Williams, MA** is a Counselor Education and Supervision doctoral student at Indiana University of Pennsylvania. She has experience with mindfulness, substance use disorders, and eating disorders and is a member of the American Counseling Association and Chi Sigma Iota.

**Patty Yerina** is the Coordinator of Education and Outreach at ACHIEVA Family Trust. Prior to joining the Trust four years ago, Patty worked for ACHIEVA Vocational Supports in a sales and marketing position for five years.

# NAMI Keystone Pennsylvania | Annual Child & Adolescent Mental Health Conference

## Friday, February 28, 2020 | Pittsburgh Airport Marriott

Online Registration @[www.namikeystonepa.org](http://www.namikeystonepa.org). Deadline to register online is Monday, February 17.

Register and pay online with a credit card at [www.namikeystonepa.org](http://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 Wednesday, February 19 will be refunded. If requesting CEUs, a \$25 administrative fee will be deducted from your refund. No refunds will be issued after Wednesday, February 19.

Pursuant to the ADA, if you require specific aid or services, please contact Sara Levine Steinberg at [slsteinberg@namikeystonepa.org](mailto: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: \_\_\_\_\_

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**Continuing Education Credits**    0.55 CEU    5.5 Social Work    5.5 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

### Conference Rates:

	NAMI Member	Non-Member
MH Professional Rate: includes conference, luncheon, and Continuing Education Credits.	<input type="checkbox"/> \$105	<input type="checkbox"/> \$125
Educator Rate: includes conference, luncheon and Act 48 credits.	<input type="checkbox"/> \$70	<input type="checkbox"/> \$90
Individual Rate: includes conference, luncheon and Certificate of Attendance.	<input type="checkbox"/> \$65	<input type="checkbox"/> \$85
Student Rate: includes conference, luncheon and Certificate of Attendance. Must have valid student ID.	<input type="checkbox"/> \$30	

Total Registration Enclosed \$ \_\_\_\_\_    Check    Cash/Money Order

# Hotel Information

Pittsburgh Airport Marriott Hotel  
777 Aten Road Coraopolis, PA 15108

## Directions From Downtown Pittsburgh

Follow I-376 W. Take exit 58, Montour Run Road. Keep right at the fork, follow signs for Cliff Mine Road and merge onto Montour Run Road. Turn left onto Cliff Mine Road. Turn right onto Aten Road. Hotel is on your right.

## Directions From Pittsburgh International Airport

When exiting the airport, take the left ramp for I-376 East towards Pittsburgh. At Exit 58, take right ramp and follow signs for Montour Run Road. Turn right onto Cliff Mine Road, and then another right onto Aten Road. The hotel is on your right.



## Shuttle Information from Pittsburgh International Airport (PIT) to Pittsburgh Airport Marriott:

Pittsburgh International Airport (PIT), Airport Phone: +1 412-472-3525  
Airport shuttle service, on request, complimentary, Mon-Sun: 4:00 AM - 1:00 AM  
Shuttle Phone: +1 412 788-8800 Ext 0

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