Individuals with mental illness face an uphill battle every day. A complicated mental health system. A lack of adequate services. Stigma. Yet, so many overcome these obstacles. So many find their way to recovery. And of those individuals, many of them are brave enough to share their story.

Over the course of the next two days, NAMI Keystone Pennsylvania’s annual Mental Health and Wellness Conference will celebrate those stories of recovery. But it will also examine barriers that make the journey to recovery that much harder, like stereotypes associated with violence, homelessness, race, and culture.

Statistics prove that the majority of people living with mental illness are not violent. In fact, people with mental illness are more likely to be victims of violence. The U.S. Department of Health and Human Services cites on its website (mentalhealth.gov) that only 3%-5% of violent acts can be attributed to individuals living with a serious mental illness. Despite being such a small percentage, individuals who may be at risk of becoming violent and their families need support. But because of the stigma - that exists within the mental health community as well as in society - there is a void in services for these individuals and families.

Keynote speaker, Edward Mulvey, PhD, is Professor of Psychiatry and Director of the Law and Psychiatry Program at the University of Pittsburgh School of Medicine. Dr. Mulvey will explain what his research has uncovered about mental illness and violence and how the data supports a need to educate family members on how to cope with potentially violent situations. Jack Cahalane, PhD, MPH is Chief of Adult Services and Clinical Assistant Professor of Psychiatry at Western Psychiatric Institute and Clinic at the University of Pittsburgh Medical Center. He is also a NAMI Keystone Pennsylvania Board member. Dr. Cahalane will present with Dr. Mulvey on the successes and shortcomings of the mental health system in regard to providing tools that individuals and families can use to prevent and manage potentially violent incidents. Also, family members and individuals with lived experience who were involved in violent situations will talk about what services and supports they feel would have helped them before, during, and after their encounters.

Race and culture also present obstacles in recovery. Chacku Mathai, CPRP is Director for the STAR Center, one of five National Technical Assistance Centers funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). Mr. Mathai brings his personal experience to the table by discussing how, as an Indian American from Kuwait with lived experience, he often felt a double stigma and how overcoming these prejudices in the mental health system is crucial to not only reducing disparities in peer-run services and supports, but also in allowing new leaders with different perspectives to emerge.

As a university honors student, Bethany Yeiser was already a young leader in her field of biochemistry. Then schizophrenia interrupted her plans. As psychosis began to dominate her life, Bethany left school, became isolated, and eventually became homeless. But her life took another turn, leading her in a new direction toward recovery. During this conference, Ms. Yeiser will sit down with Mark Fuller, MD, the CEO VP of the Engagement Center-PA for Beacon Health Options, to tell her story in which she reflects on the stigma and stereotypes associated with people living with schizophrenia, especially those who are homeless. Dr. Fuller and Ms. Yeiser will also be joined by her mother, Karen, who shares her perspective of what family members of individuals with serious mental illness experience when they see their loved one change before their eyes.

During this two-day conference, leaders in the mental health system will facilitate intimate and informative discussions, while champions of mental wellness will tell their stories of living with mental illness, managing their reality, and finding their way. Despite the stigma, despite the stereotypes, and despite the shortcomings in the system and society, they found their way. And they are excited to share their lessons learned.
Continuing Education Credits*

Psychologists
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to sponsor continuing education credits for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 10.5 continuing education credits.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage & Family Therapists (LSW/LCSW, LPC, LMFT)
This program is offered for 10.5 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 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 10.5 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 PA.

Certified Peer Specialists: This program fulfills requirements for Certified Peer Specialists continuing education. For attending you will receive a Certificate of Attendance.

* A $25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun.

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 program, attendees will be able to:

1. Demonstrate an improved understanding of the relationship between mental illness and the incidence of violence in the United States.

2. Discuss how stigma and stereotypes in the mental health system and society interfere with the ability to access mental health services and support.

3. Identify strategies for inclusion and actions that demonstrate leadership in the mental health community.

4. Understand how unique approaches to recovery, including holistic care, can improve recovery outcomes and how those practices can enhance the quality and delivery of services and supports.

5. Recognize effective advocacy techniques and understand how to apply them in order to have an impact on mental health legislation.

Conference Hotel Information
Best Western Premier, The Central Hotel & Conference Center
800 East Park Drive, Harrisburg, PA 17111
Toll Free 1-800-780-7234, Direct Hotel Number: (717) 561-2800

All conference sessions and activities will take place at the The Central Hotel & Conference Center. The NAMI conference attendee rate is $109.95 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 083609 when booking hotel online. Room block release date is 5 pm, Feb.9.
### Conference Schedule

**Monday, March 12**

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<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Registration Opens</td>
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<tr>
<td>7:30 a.m. - 8:30 a.m.</td>
<td>Continental Breakfast</td>
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<tr>
<td>8:30 a.m. - 8:45 a.m.</td>
<td>Welcoming &amp; Opening Remarks</td>
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<tr>
<td>Teresa Miller, Secretary of PA Dept. of Human Services</td>
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<tr>
<td>8:45 a.m. - 10:30 a.m.</td>
<td>Morning Keynote Address</td>
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<tr>
<td>Edward Mulvey, PhD, Prof. of Psychiatry and Dir. of the Law of and Psychiatry Program, Univ. of Pittsburgh School of Medicine; Jack Cahalane, PhD, MPH, Chief of Adult Services and Clinical Asst. Prof. of Psychiatry at Western Psychiatric Institute and Clinic, Univ. of Pittsburgh Medical Center</td>
<td>“Reducing Violence: A Model for Support and Prevention”</td>
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<tr>
<td>10:30 a.m. - 11:00 a.m.</td>
<td>Morning Break</td>
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<tr>
<td>11:00 a.m. - 12:15 p.m.</td>
<td>Morning Plenary Session</td>
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<tr>
<td>“Schizophrenia, Stigma, and Society: One Family’s Journey Through Psychosis and Back”</td>
<td>Mark Fuller, MD, CEO, The Engagement Center- PA, Beacon Health Options; Bethany Yeiser, Author and Mental Health Advocate; Karen S. Yeiser, Author and Mental Health Advocate.</td>
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<tr>
<td>12:15 p.m. - 1:15 p.m.</td>
<td>Luncheon</td>
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<tr>
<td>1:15 p.m. - 2:30 p.m.</td>
<td>Workshops (A-E)</td>
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<tr>
<td>A. Repursposing Ketamine from Anesthesia to Depression and Suicidal Ideation</td>
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<tr>
<td>B. Integrative Psychiatry: New Advances for Late Life Non-Pharmacological Treatment of SMI</td>
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<tr>
<td>C. I’ve Got the Power: Self-Directed Care in PA</td>
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<tr>
<td>D. VA Services for Veterans Experiencing Homelessness</td>
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<tr>
<td>E. How to Convey Comfort and Connection vs Coercion and Control</td>
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<tr>
<td>2:30 p.m. - 2:45 p.m.</td>
<td>Afternoon Break</td>
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<tr>
<td>2:45 p.m. - 4:00 p.m.</td>
<td>Workshops (F-J)</td>
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<tr>
<td>F. Planning for the Future with Special Needs Trusts and ABLE Accounts</td>
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<tr>
<td>G. Developing Communities that Support Recovery: A Comprehensive Model for Early Psychosis Care</td>
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<tr>
<td>H. Supporting Individuals with Substance Use Disorders</td>
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<tr>
<td>I. LGBTQI, Mental Health and Creating a Safe Zone</td>
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<tr>
<td>J. Hoarding: A Practical Guide to Understanding and Helping the Person who Hoards</td>
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<tr>
<td>5:00 p.m. - 7:30 p.m.</td>
<td>Dinner</td>
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<tr>
<td>Dinner Presentation</td>
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<tr>
<td>“The Crossover: How Lessons Learned in Recovery Can Shape Professional Goals”</td>
<td>Carlos A. Larrauri, MSN, ARNP, FNP-BC, NAMI Board Member</td>
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<td>Dinner Entertainment: Fog Dog</td>
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**Tuesday, March 13**

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 a.m. - 7:45 a.m.</td>
<td>Continental Breakfast</td>
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<tr>
<td>7:45 a.m. - 9:00 a.m.</td>
<td>AM Announcements</td>
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<tr>
<td>“Finding Your Voice Through Legislative Advocacy”</td>
<td>Andrew Sperling, Director of Federal Legislative Advocacy, NAMI</td>
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<tr>
<td>9:15 a.m. - 10:30 a.m.</td>
<td>Workshops (K-O)</td>
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<tr>
<td>K. Against the Tide: Advancing Good Policy Through Advocacy</td>
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<tr>
<td>L. Making Informed Decisions: Mental Health Advance Directives in Pennsylvania</td>
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<tr>
<td>M. Mental Wellness &amp; Recovery: The Role of the Faith Based Community</td>
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<tr>
<td>N. Behavioral Healthcare for Immigrant &amp; Refugee Families: Exploring Mental Health Approaches in an Integrated Federally Qualified Health Center</td>
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<tr>
<td>O. Talk Saves Lives: Suicide Prevention &amp; Young Adults</td>
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<tr>
<td>10:30 a.m. - 10:45 a.m.</td>
<td>Coffee Break</td>
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<tr>
<td>10:45 a.m. - 12:00 p.m.</td>
<td>Closing Plenary Session</td>
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<tr>
<td>“Embracing the Power of Our Differences”</td>
<td>Chacku Mathai, CRNP, STAR Center Director</td>
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</table>
Two million Americans with mental health conditions sit in jails each year, often as a result of their illness. Some of them were involved in violent encounters. In many cases, family members tried to intervene before the event escalated. But what if we could reach these individuals before their situations took a turn for the worse? What if there were supports in place for family members that helped them identify challenging behaviors and implement strategies to help manage these behaviors in order to deescalate situations before their loved ones became violent? A project is underway to evaluate the need for specialized programs to assist family members and caretakers in coping successfully with potentially violent situations. This presentation will describe highlights of the project including precursors to violence, triggering factors, and evaluation of the current support system. A panel discussion will follow featuring input from individuals with mental illness who have had a history of violence, family members, as well as audience questions.

At the conclusion of this presentation, attendees should be able to demonstrate an improved understanding of the relationship between mental illness and the incidence of violence in the United States.

Presenter: Edward Mulvey, PhD is Professor of Psychiatry and Director of the Law and Psychiatry Program at the University of Pittsburgh School of Medicine. Dr. Mulvey’s research focuses on violence and mental illness, prediction of future violence and crime, juvenile offenders, service provision in the juvenile justice system, and criminal justice policy. His research has investigated how clinicians make judgments about the risk posed by adults with mental illness and juvenile offenders, and what treatments are appropriate in these types of cases. Dr. Mulvey is a Fellow of the American Psychological Association and the American Psychological Society, a recipient of a Faculty Scholar’s Award from the William T. Grant Foundation, a visiting scholar at the Russell Sage Foundation, and a member of the National Science Foundation-funded National Consortium on Violence Research. He has also consulted for and written reports on mental health and juvenile justice policy for the U.S. Surgeon General’s Office, the National Institute of Mental Health, the Office of Technology Assessment, and the U.S. Secret Service. Dr. Mulvey graduated from Yale University before earning his PhD from the University of Virginia in 1982.

Presenter: Jack Cahalane, PhD, MPH is Chief of Adult Services and Clinical Assistant Professor of Psychiatry at Western Psychiatric Institute and Clinic at the University of Pittsburgh Medical Center. Dr. Cahalane also serves as Director of the Telepsychiatry and Forensic Psychiatry Programs, and behavioral health services at UPMC Hillman Cancer Center. Dr. Cahalane has primary oversight of inpatient and outpatient programs specializing in the treatment of mood and anxiety disorders as well as the Psychiatric Consultation Liaison Services for UPMC system hospitals, primary care, and specialty care behavioral health integration and UPMC Center for Integrative Medicine. Dr. Cahalane received a BS from St. Francis University, an MSW from Catholic University of America, and an MPH and PhD from the University of Pittsburgh. He has co-authored a manual on coping with mental illness for families, co-authored a chapter in The Handbook of Marital Therapy, and has co-authored numerous journal articles on cognitive therapy.
The societal stereotypes associated with individuals living with schizophrenia are perhaps more stigmatizing than any other mental illness. When Bethany Yeiser started experiencing psychosis, she was a promising college student who had just returned from a volunteer trip from Africa. Her descent into schizophrenia left her isolated and living on the streets. Bethany is now in recovery and sharing her inspirational story. Mark Fuller, MD, CEO of the Engagement Center-PA for Beacon Health Options, will sit down with Bethany Yeiser and her mother, Karen, to talk about how schizophrenia changed both of their lives. Bethany will explain what she remembers as her mind started changing, while her mother will talk about the impact mental illness had on her as a parent and on the family unit. Dr. Fuller will also talk with Bethany and Karen about how the stigma attached to schizophrenia made the journey to recovery that much more difficult, and what keeps both of them working to change the way society perceives individuals with schizophrenia.

Moderator: Mark Fuller, MD is the CEO of the Engagement Center-PA for Beacon Health Options, a behavioral health company that oversees the managed Medicaid program serving over 300,000 people in Western Pennsylvania under the Commonwealth’s HealthChoices Program. Dr. Fuller completed residencies in both Psychiatry and Internal Medicine and he is board certified in both specialties. He is also certified as a specialist in Addiction Medicine by the American Society of Addiction Medicine and the American Board of Psychiatry and Neurology. After completing his training, he practiced for 9 years in academic medical centers taking care of patients, conducting research, and teaching. He entered the managed care field 20 years ago and has worked for a number of managed care organizations on both the physical health side as well as behavioral health. He holds teaching appointments at the Drexel University School of Medicine and West Virginia University School of Medicine. In addition, he is the author of over 30 scientific articles, book chapters, and monographs and he has made numerous presentations and lectures throughout the country.

Panelist: Bethany Yeiser is President of the CURESZ (Comprehensive Understanding via Research and Education into Schizophrenia) Foundation, which she established with Dr. Henry Nasrallah in July, 2016. As a young adult, Ms. Yeiser was a scholarship winner, researcher, and violinist before she started experiencing psychosis and ended up homeless her senior year of college. Her memoir, Mind Estranged: My Journey from Schizophrenia and Homelessness to Recovery chronicles her battle with schizophrenia and her path toward recovery. Ms. Yeiser is also a motivational speaker. Her other interests include performing classical and popular music on violin, and studying ancient Hebrew and Mandarin Chinese.

Panelist: Karen S. Yeiser is a registered nurse, author, and mental health advocate. During the span of her nursing career, Ms. Yeiser devoted twenty-two years to the care and advocacy of adults and children with developmental disabilities. While living through the mental health crisis in her own daughter’s life, she gained a deeper and more personal understanding of schizophrenia and the unique challenges individuals and their families face. Ms. Yeiser’s goal is to stimulate new interest toward the possibility of recovery and encourage families throughout the recovery process. Her memoir Flight from Reason is her first book, published in the summer of 2014.

stig·ma

noun
a mark or disgrace associated with a particular circumstance, quality, or person
A. Repurposing Ketamine from Anesthesia to Depression and Suicidal Ideation | Henry Macler, MD, Founder, Pittsburgh Ketamine

Alternative uses for Ketamine have been getting a lot of attention recently. This workshop aims to provide a foundation of the application of Ketamine to treat otherwise treatment-resistant patients. The presentation will explore the history of Ketamine’s development and anesthesia applications, review the safety performance of this drug, and highlight the discovery of successful treatment by Yale and others. It will also include a description of current treatment strategies and appropriate settings. At the conclusion of this workshop, attendees should be able to:

- Define the history of Ketamine and its side effects.
- Define the modern history of Ketamine for treatment resistant depression and suicidal ideation.
- Recognize selection criteria, outcomes, and maintenance requirements.

B. Integrative Psychiatry: New Advances for Late Life Non-Pharmacological Treatment of SMI | Jeffrey C. Wilson, MD, MPM, Veterans Affairs Hospital, Martinsburg, West Virginia; Cynthia Spanier, PhD

Sleep, diet, and exercise are important elements to any personal health and wellness plan. This interactive program will include practical applications in integrative psychiatry and holistic health while discussing past and future wellness approaches in the recovery movement as it pertains to the SMI population. New research on sleep and simple enhancement strategies will be discussed. In particular, the role of adequate sleep and activation of the G-Lymphatic System will be discussed as a filtration system optimizing brain health. Also, new data on exercise and meditation will be discussed advances in nutritional and weight control to promote longevity. At the conclusion of this workshop, attendees should be able to:

- Utilize strategies such as sleep hygiene and cognitive behavioral approaches to enhance sleep patterns that activate the G Lymphatic System.
- Provide practical information and instruction on the benefits of exercise at levels of 150 minutes a week including discussing 3 different types of exercise.
- Describe 3 simple nutritional skills to optimize longevity: the role of whole foods, anti-inflammatory approaches and weight control.

C. I’ve Got the Power, Self Directed Care in Pennsylvania | Kim MacDonald-Wilson, ScD, CRC, CPRP, Senior Director, Recovery and Wellness, Community Care Behavioral Health; Tracy Carney, CPS, CPRP, Senior Recovery and Resiliency Specialist, Community Care Behavioral Health

Empowering individuals to direct their service dollars to goods and services that support their recovery is at the heart of Self-Directed Care (SDC) programs. Community Care Behavioral Health, in collaboration with Mental Health Partnerships and Peer Support programs, have introduced self-directed care projects in four counties in Pennsylvania. The workshop will describe the creation, operations, and outcomes of these programs. Participants will get hands-on experience reviewing a budget, writing a recovery goal, and deciding how to spend service dollars to achieve their goal. There will also be a discussion on the SDC projects’ influence and impact on the individual and organizational culture. At the conclusion of this workshop, attendees should be able to:

- Recognize the concepts and operation of a Self-Directed Care program.
- Review a budget, write a recovery goal, and decide how to spend service dollars (Freedom Funds) to achieve the goal.
- Engage in a discussion of how Self-Directed Care supports the individual in recovery and impacts organizational culture.

D. VA Services for Veterans Experiencing Homelessness | Kelly Tuturice, LCSW, Social Work Supervisor, Coatesville Veterans Affairs Medical Center; David Barker, LCSW, Homeless Outreach Casemanager, Coatesville Veterans Administration Hospital; Mark Edwards, CPS, HUD-Veterans Assisted Supported Housing Program

According to the U.S. Department of Veterans Affairs, up to 80% of veterans who are homeless suffer from mental health and/or substance use disorders. The VA offers services to assist these men and women. For example, interdisciplinary clinical case managers (clinical social workers and RNs) and peer specialists play key roles in reaching out to veterans and finding housing. But the system can sometimes be complicated to navigate. This workshop will explore what services are available and explain the eligibility criteria that will enable an individual to access support. At the conclusion of this workshop, attendees should be able to:

- Define VA eligibility criteria and be able to help veterans access services.
Identify mental illnesses and addictions commonly occurring in veterans experiencing homelessness.

Identify current VA services for veterans experiencing homelessness.

E. How to Convey Comfort and Connection Versus Coercion and Control | Caren Rosser-Morris, PhD, Licensed Psychologist, Consultant to the Pennsylvania Bureau of Children’s Behavioral Health Services; Amy Kabiru, MSW, LSW, BCBA, and consultant to the Bureau of Children’s Behavioral Services

Increasingly, the mental health care community is becoming aware of the need for trauma-informed care and the limitations of coercive practices in treatment settings and caregiver relationships. Care and treatment providers are beginning to share a greater understanding of the way that the nervous system reacts and changes in response to trauma, and of the need to reduce the use of coercive and controlling practices and language in providing trauma-informed care. But how do we reduce our use of coercive and controlling language when many of us have experienced coercive interactions at work, school and home, and when, in some cases, we have been trained to use coercive interventions and language? This workshop will provide attendees with a framework for beginning or accelerating a shift to the use of language and guidance strategies that emphasize the importance of interpersonal connection and comfort versus coercion and control. At the conclusion of this workshop, attendees should be able to:

- List the verbal and nonverbal aspects of language that convey attitude, meaning and intention.
- Give examples of Playful/Patient, Loving/Accepting, Curious, and Empathic Communication.
- Use Non-coercive language to communicate limits, boundaries and expectations.

Workshops (F-J) | 2:45 p.m. - 4:00 p.m.

F. Planning for the Future with Special Needs Trusts and ABLE Accounts | Maria Smith, Director, Education and Outreach, ACHIEVA Family Trust; Patty Yerina, Coordinator, Education and Outreach, ACHIEVA Family Trust

Individuals with disabilities and their families face significant challenges in planning for their futures. Concerns about the future are very real. Where will your family member live after you and your spouse are no longer alive? Who will look after their finances? When should I start future planning? This presentation will focus on how Special Needs Trusts and ABLE Accounts can assist in that planning, and still enable the individual with a disability to maintain essential government benefits such as Medical Assistance, Medicaid Waivers, Supplemental Security Income (SSI) and Medicare. At the conclusion of this workshop, attendees should be able to:

- Identify the services ACHIEVA Family Trust provides including, but not limited to case management, government benefits, management of special needs trusts, distribution of funds and legal referrals.
- Define how the ACHIEVA Family Trust Employment Benefits Counseling Program can help individuals with disabilities maximize their employment income while maintaining vital government benefits through personalized planning and collaboration with partner agencies.

G. Developing Communities that Support Recovery: A Comprehensive Model for Early Psychosis Care | Kimberly Mathos D.O., M.P.H., Psychiatrist, Center for Recovery Services, UPMC Assistant Professor of Psychiatry, University of Pittsburgh; Courtney Abegunde M.A., Program Coordinator, Services for the Treatment of Early Psychosis (STEP) Clinic, University of Pittsburgh Medical Center (UPMC)

Approximately 100,000 young adults in the United States experience a first episode of psychosis each year. Many studies have shown that the longer an individual experiences untreated psychosis, the greater disruption to quality of life. Symptoms cause difficulties in functioning at work, school, and in social relationships. Early intervention programs for first episodes are a promising approach to changing the trajectory of illness and recovery. Evidence-based practice models include multidisciplinary, team-based services that are characterized by early intervention, shared decision making, psychotherapy, medication management, and supportive employment. This presentation will highlight the clinical presentation of psychosis, and local and national resources for support. This will also discuss how communities including families and other natural supports, healthcare workers, clinicians, first responders, and state and local administrators can work together to develop swift connection to care for individuals impacted by psychosis. At the conclusion of this workshop, attendees should be able to:

- Recognize the signs and symptoms of psychosis, and local, state, and national resources for support.
- Identify evidence-based practices for early psychosis care.
- Identify three ways that the specific phases of illness can impact treatment delivery for youth and families, and how communities can support recovery.
What challenges do individuals with substance use disorder face and how can we support them? This workshop will discuss barriers to recovery including trauma, stigma, and the criminal justice system. The presentation will also explain ways to support individuals with co-occurring disorders in early recovery and how to assist someone in developing a relapse prevention plan. At the conclusion of this workshop, attendees should be able to:

- Describe how challenges such as trauma, PAWS, stigma and the criminal justice system can interfere with the recovery process.
- Identify ways to support individuals with co-occurring disorders in early recovery.
- Recognize the importance of relapse prevention plan and how to assist in development of a relapse prevention plan.

Allies are you ready? Support for LGBTQI youth and families is crucial to creating a positive and welcoming environment. Participants will gain an understanding of common terms associated with individuals of differing sexual or gender identities, and discuss the social stigma, discrimination, and family rejection often experienced by LGBTQI individuals. The presentation will also define ways in which stigma toward the LGBTQI population can impact their likelihood of seeking services and the importance of a more welcoming and affirming environment within behavioral health programs. At the conclusion of this workshop, attendees should be able to:

- Identify personal thoughts and feelings that may help or hinder attempts to be helpful to persons who may be LGBTQ or I.
- Recognize the language used to describe persons with differing sexual or gender identities and the purpose(s) of such labels.
- Identify how stigma towards the LGBT population might impact the likeliness of seeking services.
- Describe and discuss gender role impact on mental health and suicidal ideation.
- Identify ways to develop a more welcoming and affirming environment within behavioral health programs.

When Carlos Larrauri was 23 years old, he was diagnosed with schizophrenia. Now in recovery, Mr. Larrauri will talk about the path that has worked for him, which includes a holistic approach emphasizing diet, exercise, and stress reduction. He will also detail how he uses his personal experiences to inform his decision-making and enhance his abilities as a professional. Mr. Larrauri is board certified as a family nurse practitioner who aspires to interface clinical practice, health policy, and research to reduce health inequities for people living with mental illness. At the conclusion of this program, attendees should be able to:

- Understand how unique approaches to recovery, including holistic care, can improve recovery. outcomes and how those practices can enhance the quality and delivery of services and supports.

**Presenter:** Carlos A. Larrauri, MSN, ARNP, FNP-BC serves on the Board of Directors for the National Alliance on Mental Illness and the Board of Directors for NAMI Miami-Dade County. Mr. Larrauri, a board certified family nurse practitioner, is pursuing further graduate education for practice as a psychiatric mental health nurse practitioner. His goal is to assist organizations and communities in developing systems for the prevention and treatment of serious mental illness through early intervention in youth. 
The year 2017 was an important year for mental health legislative advocacy. Over the summer, Congress proposed several bills to replace or repeal the Affordable Care Act that would have devastated access to mental health care. But mental health advocates pushed back and won. NAMI and its advocacy team, including Director of Federal Legislative Advocacy, Andrew Sperling, kept state organizations and affiliates informed every step of the way. Mr. Sperling’s in-depth knowledge of the inner workings of Congress and his insight into the legislative process give NAMI and its members and supporters an advantage when it comes to knowing how bills will impact mental health services, and as a result, affect them and their families. Mr. Sperling’s presentation will discuss the direction health care legislation is going, the result it could have on mental health services, and what individuals, families, and advocates can do to find their voice and create change. At the conclusion of this program, attendees should be able to recognize effective advocacy techniques and be able to apply them in order to have an impact on mental health legislation.

Presenter: Andrew Sperling is the Director of Federal Legislative Advocacy for NAMI, the National Alliance on Mental Illness. In this position, he leads NAMI’s legislative advocacy initiatives in Congress and before federal agencies. Mr. Sperling works on issues affecting the mental health community with a focus on improving the lives of people with severe mental illnesses. Prior to joining NAMI, Mr. Sperling held the position of deputy director of government relations for the National Community Mental Healthcare Council and was a legislative assistant for U.S. Representative Dick Swett (D-NH). Mr. Sperling has a law degree from the Franklin Pierce Law Center.

Workshops (K-O) | 9:15 a.m. - 10:30 a.m.

K. Against the Tide: Advancing Good Policy through Advocacy | John Denny, Principal, Denny Civic Solutions

A cornerstone of any democracy is the ability for citizens to participate in their own government. Other than voting, engaging in advocacy with our elected officials is the single best method to ensure that your voice is heard. And even though it’s often tempting to feel as if our voice gets lost in the noise, advocacy really does work – if you go about it the right way. At the conclusion of this workshop, attendees should be able to:

• Define the importance of advocacy.
• Recognize how advocacy is done effectively.
• Recite the tips to talk to legislators and their staffs.
• Differentiate between in-person advocacy vs. calls, emails/letters vs. social media.

L. Making Informed Decisions: Mental Health Advance Directives in Pennsylvania | Mike McCarthy, Adult Mental Health Advocate, NAMI Keystone Pennsylvania

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 that 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 in treatment. At the conclusion of this workshop, attendees should be able to:

• Understand the different types of MHAD’s
• Identify who is able to complete a MHAD.
• Recognize the terminology associated with MHAD’s

M. Mental Wellness & MH Recovery: The Role of the Faith-Based Community | Jackie Eppler, MPH, Care and Counseling Director, Grace Community Church

Some people view spirituality as an important component of emotional wellness. The faith-based community may facilitate an environment of compassion and understanding that encourages those in recovery to feel comfortable reaching out for support. In contrast, the church may impose judgment and harsh attitudes that make it difficult for many to open themselves up to support, and at times, making individuals more vulnerable.
to harmful self-evaluation against standards that seem impossible. This workshop will suggest ways to raise awareness and change attitudes toward recovery within the faith-based community, thus reducing stigma and increasing willingness among individuals to reach out for help. At the conclusion of this workshop, attendees should be able to:

- Identify ways to reduce stigma about recovery within the faith based community.
- Utilize steps for self-care and healthy boundaries to promote longevity and emotional wellness among those in supportive roles in the church.
- Recite strategies to help empower individuals in recovery and promote self-worth.

N. Behavioral Healthcare for Immigrant & Refugee Families: Exploring Mental Health Approaches in an Integrated FQHC | Dana Daugherty, MA, EdM, Behavioral Health Coordinator, Squirrel Hill Health Center; Abigail Martin, LCSW, Therapist, Squirrel Hill Health Center; Ali Carpenter, BA, Certified Peer Support Specialist and Front Office Medical Receptionist, Squirrel Hill Health Center

The Squirrel Hill Health Center in Pittsburgh is Federally Qualified Health Center providing integrated healthcare to a patient population that is either largely insured through Medicaid or uninsured, and many of whom speak a language other than English. Workshop participants will learn how integrative FQHC settings can help eliminate barriers to accessing mental health care, such as transportation, financial constraints, and mental health stigma. A Squirrel Hill Health Center therapist will explain specific therapeutic approaches that work well with patients who may have experienced significant trauma and whose first language is not English. A peer support specialist will describe how peers can participate as cultural brokers and health navigators to persons living with mental health conditions and their loved ones. At the conclusion of this workshop, attendees should be able to:

- Define how integrative FQHC settings can help eliminate barriers.
- Identify specific therapeutic approaches for individuals who may have experienced trauma and whose first language is not English.
- Recognize the role of peer support specialists as cultural brokers and health navigators.

O. Saves Lives: Suicide Prevention & Young Adults | Jennifer Sikora, Area Director (Western PA), American Foundation for Suicide Prevention

In this introduction to suicide prevention, attendees will better understand who is at greater risk for suicide, various observable warning signs, how to start a conversation about getting help, and help options. The presentation will also include a 17-minute documentary film featuring six real college students sharing their mental health and treatment journeys. Audience discussion will follow to review the content, with a focus on how to encourage more young people to recognize when they need help and how to get it. At the conclusion of this workshop, attendees should be able to:

- Recite the risk factors for suicide.
- Recognize a younger adult’s perspective, so that help-focused conversations can be more effective.

cham·pi·on

noun

a person who fights or argues for a cause or on behalf of someone else.
Often in society, people take an “us against them” approach to unfamiliar situations. For individuals and families affected by mental illness, the stigma is so powerful, it can leave them feeling isolated from friends, coworkers, and other loved ones. An individual’s race, religion, or culture can further complicate diagnosis, treatment, and recovery. But our community has the opportunity to evolve as we engage in the incredible strength of our diversity to discover what unites us. Now is the time for us to discover the “we” among “them,” come face-to-face with the prejudices and assumptions associated with individuals and families affected by mental illness, and model the kind of welcoming and inclusion we all need to thrive and be our true selves. In this new era of social change, we should include mental health in the conversation and approach the following questions with a new state of mind:

- What will change about us when we value every voice?
- What does leadership look like...if it’s me?
- What might I do to be a champion in my community?

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

- Identify strategies for inclusion and actions that demonstrate leadership in the mental health community.

**Presenter:** Chacku Mathai, CPRP is the Director for the STAR Center, one of five National Technical Assistance Centers funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The program provides technical assistance to facilitate the restructuring of the mental health system by promoting recovery and consumer-directed approaches. Mr. Mathai, an Indian-American born in Kuwait, got involved in mental health and addiction recovery advocacy when he was 15 years old. His personal experiences as a youth and young adult in mental health and addiction recovery in New York launched him and his family toward a number of efforts to advocate for improved services and alternative supports in the community. Prior to joining the STAR Center, Mr. Mathai was the Associate Executive Director for the New York Association of Psychiatric Rehabilitation Services (NYAPRS). He is regularly invited to train across the country on building collaboration across addiction and mental health recovery communities and systems, peer support, and cultural competence.

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**Workshop Presenters Bios**

_Courtney Abequnde, MA_ is a Program Coordinator at the STEP clinic. She is a proud graduate of the University of Pittsburgh and Chatham University, and the Board President of Message Carriers of Pennsylvania.

_David A. Barker, LCSW_, earned his Bachelor of Arts and Master of Social Work degrees from The State University of New York at Buffalo and is employed at the Coatesville Veterans Administration Hospital as a Homeless Outreach Case Manager. Mr. Barker is also a certified Adolescent Trauma Informed Therapist and an Adjunct Professor at Harcum College in Bryn Mawr, Pennsylvania. David also volunteers as a hospital Employee Assistance Program (EAP) Counselor, is a member of the African American Equal Employment Opportunity (EEO) special emphasis committee, and an alternate Suicide Prevention Coordinator.

_Joel Brecht, CRC, LPC_, is a Nationally Certified Rehabilitation Counselor & Licensed Professional Counselor. Currently he oversees implementation of Community Care’s Community & School Based Behavioral Health programs in NE & Central PA. Joel is a Pennsylvania state trainer for LGBTQI issues in counseling, providing trainings to service providers across the state.

_Christine Butterbaugh, BS, CADC, Regional Director, Peerstar LLC._ Christine has spent over 10 years working with people with co-occurring disorders. She has a passion for ending the stigma associated with substance use disorders.

_Tracy Carney_ is a Senior Recovery/Resilience specialist focusing on Peer Support and Member involvement at Community Care Behavioral Health. She has a strong
background in recovery and wellness initiatives. She is a Certified Peer Specialist, a Wellness Coach and a Certified Psychiatric Rehabilitation Practitioner.

**Ali Carpenter** currently resides in Pittsburgh, where she has lived for the last two years. In college she studied Public Health and International Development and gained experience in medical coordination and refugee resettlement. After her own mental health challenges, she now works as a Peer Support Specialist in hope that her optimism and own story of recovery can help others.

**John Denny** has spent a career transforming ideas into action, and at Denny Civic Solutions, John works to create positive change by managing civic campaigns and engineering public policy. John Denny served as a special assistant and consultant to the late Elsie Hillman, as well as director of community relations for the Hillman Company. His work for Mrs. Hillman has spanned three decades and has involved leadership on a broad range of initiatives critical both to her and the community. A graduate of Carnegie Mellon University’s Heinz College, Denny has garnered his skills through a unique combination of professional endeavors, ranging from corporate communications to grant making in the Pittsburgh foundation and nonprofit communities.

**Mark Edwards** is a ten-year U.S. Army Veteran that has been employed at the Coatesville Veterans Administration Medical Center for the last 11 years. Mr. Edwards works as a Certified Peer Specialist (CPS) for the HUD-Veterans Assisted Supported Housing Program and he is also a certified Mental Health First Aid Instructor. He currently serves on the Board for the PA Peer Support Coalition.

**Jackie Eppler, MPH, Care and Counseling Director, Grace Community Church.** A background in MH and passion for community networking and education, she volunteers with various coalitions and boards including Cranberry Area Diversity Network; Butler County MH, Early Intervention, Intellectual Disabilities Advisory Board; Butler County Suicide Coalition; and the Butler County Commissioners’ Opioid Epidemic Leadership Team.

**Abbey Martin, LCSW** has worked as a therapist at Squirrel Hill Health Center since 2015. Abbey has worked with several populations across the lifespan, including children, adolescents, and families. She graduated from Goshen College with her Bachelors in Social Work and continued her studies at Chatham College and University of Pittsburgh completing her Masters in Social Work.

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

**Mike McCarthy** is the Adult Mental Health Advocate at NAMI Keystone Pennsylvania. Mike has been with the team at NAMI Keystone Pennsylvania since September of 2015. The role of the Adult Advocate is to work with clients involved in the Acute Community Support Plan in Allegheny County. Mike ensures that his clients have a voice in their future, including
housing, financial guidance, medication, as well as other services that can help during their recovery. Mike has completed approximately 50 trainings involving Mental Health Advance Directives.

Caren Rosser-Morris, Ph.D. is a Licensed Psychologist and Consultant to the Pennsylvania Bureau of Children’s Behavioral Health Services since September 2016. Having completed her professional training at Vanderbilt University in 1993, she has gained over 25 years of experience providing consultation, psychological treatment, and social/emotional education services to youth and families struggling with mental health and behavioral challenges in a wide variety of Inpatient, Outpatient, and Residential Education & Treatment Facilities.

Jennifer Sikora has been involved with the American Foundation for Suicide Prevention since 2010. She is an active community educator, giving over 50 talks each year to train on suicide risk, warning signs, and help options. She previously worked for 18 years as a technology marketing professional, and holds a journalism degree from the University of Pittsburgh.

Maria Smith, Director, Education and Outreach, ACHIEVA Family Trust. Maria has been with ACHIEVA Family Trust for the past 17 years, and has an extensive background in human services, including mental health services.

Cynthia Spanier, PhD. Dr. Spanier has extensive experience as a health coach and wellness recovery expert. She has worked in depth in the area of longevity, wellness and has co-led wellness programs for SMI for the Allegheny County Coalition for Recovery (ACCR) She serves on several recovery committees for Allegheny County including ACCR. She has written and presented on nutrition and diet as it relates to wellness and mental illness. She has a PhD in psychology from the University of Pittsburgh.

Maria Spetalnik, Certified Professional Organizer and CEO, Conquer the Clutter. Board Certified Professional Organizer with 26 years of experience. Member of the Fairfax County Inter-agency Hoarding Committee for 6 years. Author of Hoarding for Law Enforcement and Other Public Officials.

Kelly Tuturice, LCSW, has worked at the Coatesville VA Medical Center for over 10 years working with veterans experiencing homelessness. Prior to that she worked in Community Mental Health.

Jeffrey C. Wilson, MD, MPM, Veterans Affairs Hospital, Martinsburg, West Virginia. Dr. Wilson is a practicing psychiatrist with extensive experience in geriatric and integrative psychiatry, holistic health and non-pharmacological approaches to longevity in the SMI Population. He has been involved in peer support, recovery, and wellness activities and is currently directing a program in complimentary psychiatry at the Veterans Affairs Hospital in Martinsburg West Virginia.

Patty Yerina, Coordinator, Education and Outreach, ACHIEVA Family Trust. Patty Yerina is the Coordinator of Education and Outreach at ACHIEVA Family Trust. Prior to joining the Trust 18 months ago, Patty worked for ACHIEVA Vocational Supports in a sales and marketing position for five years.
Annual NAMI Keystone PA: Mental Health and Wellness Conference  
Fighting Stigma and Stereotypes in the System and Society  
March 12-13, 2018 | Best Western Premier The Central Hotel and Conference Center  
Online registration also available at https://tinyurl.com/namicon2018

Payment: Visa, MasterCard and Discover card are accepted online. If paying by check, mail your completed registration 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 can also be faxed to (412) 366-3935, attn: Sara Levine Steinberg. Deadline to register is March 2.

Refund Policy: Refunds will be issued only for those requests made in writing prior to the conference. No refunds will be issued once the program has begun. A $25 administrative fee will be deducted from all refunds for cancellations requesting CEU’s.

Workshop Selections (please choose one from each session):

**Monday, March 12**
- Workshops A-E    □ A □ B □ C □ D □ E
- Workshops F-J    □ F □ G □ H □ I □ J
- Yes I will be attending the dinner on Monday, March 12

**Tuesday, March 13**
- Workshops K-O    □ K □ L □ M □ N □ O

Conference Fees:

☐ CONFERENCE RATE: $185  
*Includes both conference days and dinner Monday evening.*

☐ CONTINUING EDUCATION CREDITS: $30  
*For individuals requesting CEC’s, there is an additional charge of $30.*

☐ CONTINUING EDUCATION CREDITS: $30  
☐ 1.05 CEU ☐ 10.5 Social Work ☐ 10.5 Psych

☐ Certified Peer Specialists: This program fulfills requirements for Certified Peer Specialists continuing education. For attending you will receive a Certificate of Attendance. Register at the Conference Rate.

Total Registration Enclosed $_______ ☐ Check ☐ Money Order
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