Working Together to Build a Better Future!

May 12-13, 2017 | Harrisburg, PA
Best Western Premier The Central Hotel and Conference Center

These three words serve as guiding principles for the exciting new future that lies ahead for NAMI affiliates in Pennsylvania. As the approved state office for the National Alliance on Mental Illness in Pennsylvania, NAMI Keystone PA is proud to anchor a unified network whose mission remains the same: provide recovery-focused support, education, and advocacy to individuals and families affected by mental illness.

This inaugural conference is an opportunity for NAMI affiliates and stakeholders to come together to energize their staff and members, focus on their goals, and take advantage of a series of workshops designed to educate, enlighten, and entertain.

A foundational value at NAMI is helping families of individuals living with mental illness. Keynote speaker Sita Diehl, Director of Policy and State Outreach at NAMI, will deliver an interactive presentation based on the study, *On Pins & Needles: Caregivers of Adults with Mental Illness*. She will provide highlights of the report, discuss common barriers families encounter, and present resources and public policy recommendations to care for caregivers.

The mental health community is also increasing its focus on helping individuals who are experiencing psychosis for the first time. Life-changing work dealing with first-episode psychosis is underway, and a leader in this field is Irene Hurford, MD. Dr. Hurford is an assistant professor in the Department of Psychiatry at the University of Pennsylvania and Director of the Psychosis Education, Assessment, Care and Empowerment (PEACE) program. Dr. Hurford will present data from the PEACE program and share how early treatment plans can lead to a better quality of life.

As a leader in providing support for people living with mental health conditions, NAMI affiliates know how important this is to recovery. But because the stigma is so strong, many people keep their mental illness a secret. One man, who has made it his life’s work to change that, is Mike Veny. Veny is founder of TransformingStigma.com, and he uses his personal experience with mental illness to speak openly and honestly with the goal of eliminating stigma.

As NAMI Keystone PA sets course for a new beginning, a successful journey is only possible if all affiliates feel included, supported, and appreciated. Let this first-ever NAMI Keystone PA Mental Health and Wellness Conference act as an important first step in working together to build a better future for all Pennsylvanians and their families affected by mental illness.

**Who Should Attend**

Individuals living with mental illness and family members; educators, students and other young adults; professionals working in the mental health field; local community leaders; and regional, county, and state government leaders.
Conference Objectives

At the end of this two-day program, attendees should be able to:

1. Comprehend harmful ways adolescents living with depression and anxiety use social media, and how positive online interactions can connect peers who have common mental health concerns.
2. Illustrate how novel approaches such as anti-inflammatory diets, exercise, and meditation are being used to promote longevity and reduce brain inflammation in people diagnosed with mental disorders.
3. Distinguish between addiction facts and myths, and recognize common unhealthy responses to people living with addiction and tools for healthy responses.
4. Understand the roles and responsibilities Certified Peer Specialists have in various crisis programs, and what new training means for the future of CPSs.
5. Apply techniques for more effective board meetings, recognize the full scope of fiduciary responsibilities, and identify tools and practices to manage board operations more effectively.
6. Improve and enhance listening skills by developing a deeper understanding of sound improvisation.
7. State the association between early childhood brain development, social and emotional development, and a young child’s mental health.
8. Understand the need for spiritual and religious awareness and its growing role in counseling, as well as develop a better understanding of multicultural counseling.
9. Recognize the relevance of Secondary Post Traumatic Stress Disorder, determine who is most at risk, and understand the implication SPTSD is having on the healthcare community.
10. Explain the basic framework behind the evidence-based practice of Energy Psychology.
11. Describe how grassroots initiatives can help youth and family members effectively share their stories with others to reduce stigma and promote recovery.
12. Discuss the importance of future planning and the various tools available to families to help make financial preparations for a loved one with a disability.
13. Review important new discoveries from the National Institute of Mental Health (NIMH) and the U.S. academic community, and explain the impact of these findings for providers and consumers.
14. Identify the best ways to serve the LGBTQIA population through affirming language, concepts and clinical strategies.

Continuing Education Credits*

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

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

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage & Family Therapists (LSCW, LCSW, LPC, LMFT): This program is offered for 7.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

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

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

Conference Co-sponsored By:

PA Department of Human Services’ Office of Mental Health and Substance Abuse Services
Western Psychiatric Institute and Clinic
# Conference Schedule

## Friday, May 12

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<td>Registration Opens</td>
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<tr>
<td>8:00 am</td>
<td>Full Breakfast/Exhibitor Hall</td>
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<td>8:00 am</td>
<td>9:00 am Full Breakfast/Exhibitor Hall</td>
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<td>9:00 am</td>
<td>Welcome and Opening Remarks</td>
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<td>9:15 am</td>
<td>Morning Keynote Address</td>
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<tr>
<td>9:15 am</td>
<td>Sita Diehl, Director of Policy and State Outreach for NAMI, the NAMI</td>
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<td>10:30 am</td>
<td>Break and Exhibits</td>
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<tr>
<td>11:00 am</td>
<td>Morning Plenary</td>
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<tr>
<td>11:00 am</td>
<td>&quot;Early Psychosis Services: Connecting the Dots&quot;</td>
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<tr>
<td>12:15 pm</td>
<td>Lunch</td>
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<tr>
<td>12:15 pm</td>
<td>Workshops (A-E)</td>
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<tr>
<td>1:15 pm</td>
<td>A. NAMMedu: NAMI Standards of Excellence</td>
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<td>1:15 pm</td>
<td>B. Future Planning for a Family Member with a Disability</td>
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<td>1:15 pm</td>
<td>C. Diet, Inflammation, and Longevity: New Approaches</td>
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<td>D. ADDICTION: Empowering and Restoring the Family</td>
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<td>1:15 pm</td>
<td>E. New Research Trends from NIMH</td>
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<td>2:45 pm</td>
<td>Workshops (F-J)</td>
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<td>2:45 pm</td>
<td>F. NAMMedu: Developing a Strong NAMI Board of Directors</td>
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<td>2:45 pm</td>
<td>G. Sonic Sandbox: Experience Deeper Connection Through Sound Improvisation</td>
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<td>2:45 pm</td>
<td>H. Supporting Infant and Early Childhood Mental Health</td>
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<td>2:45 pm</td>
<td>I. The Family of Ministry That Cares</td>
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<td>2:45 pm</td>
<td>J. Secondary Post Traumatic Stress Disorder and Implication in the Healthcare Community</td>
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<td>5:00 pm</td>
<td>Dinner</td>
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## Saturday, May 13

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<tbody>
<tr>
<td>8:00 am</td>
<td>Full Breakfast</td>
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<tr>
<td>9:15 am</td>
<td>Workshops (K-O)</td>
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<tr>
<td>9:15 am</td>
<td>K. Healing Our Emotional Mind</td>
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<td>9:15 am</td>
<td>L. T.A.A.G. You’re It! Lived It, Learned It, Survived It</td>
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<td>M. Social Media Use in Depressed and Anxious Adolescents: a Two-Way Street</td>
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<td>N. Integrating Certified Peer Specialists in Crisis Services</td>
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<td>O. Creating a Welcoming and Affirming Environment for LGBTQIA Individuals</td>
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<td>10:30 am</td>
<td>Break and Exhibits</td>
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<tr>
<td>10:45 am</td>
<td>Closing Plenary Session</td>
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<tr>
<td>10:45 am</td>
<td>&quot;Transforming Stigma Into Strength&quot;</td>
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<td>10:45 am</td>
<td>Mike Veny, Founder, TransformingStigma.com</td>
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As many as 8.4 million Americans provide care to an adult with an emotional or mental health issue. Family caregivers feel the impact, as they struggle to care for their loved ones and to bridge health care systems, mental health providers, and community supports.

NAMI members will resonate with the results of a study of 1,601 caregivers of adults with mental illness, conducted by the National Alliance for Caregiving, in partnership with NAMI and Mental Health America. This interactive presentation, On Pins & Needles: Caregivers of Adults with Mental Illness, will describe the study, discuss common barriers families encounter, and present resources and public policy recommendations to care for caregivers.

**Presenter:** Sita Diehl is the Director of Policy and State Outreach at the National Alliance on Mental Illness (NAMI). Ms. Diehl has co-authored reports on state mental health parity, mental health legislation, caregiver needs, employment and mental illness, the state mental health budget crisis, military and veterans’ mental health needs, and Medicaid expansion. She served as the Executive Director for NAMI Tennessee prior to joining the national staff. Over the course of her career, Ms. Diehl has developed a range of mental health curricula for individuals living with mental illness, family caregivers, mental health care providers and criminal justice personnel. Her research experience includes a two-state comparison of the effect of public-managed behavioral health care on women and children, a multi-site study of consumer-operated services, a longitudinal study of mental health services in Tennessee county jails, an annual environmental scan of state mental health legislation, a survey of the needs of caregivers of adults with mental illness, and a survey of the health coverage experience of individuals and families living with mental health conditions. She is a Licensed Advanced Practice Social Worker with an MSSW from the University of Tennessee and an MA in Community Psychology from Antioch University.

The current U.S. mental health system is ill-designed to meet the needs of young people experiencing their first episode of psychosis. Countries across the globe have developed and refined early intervention services for early psychosis. Data from the last 20 years of international work show that these programs change the life trajectories of people with psychosis, and save money by reducing hospital stays. In the last five years, data from U.S. studies have been demonstrating similar clinical improvements. In Philadelphia, our program PEACE (Psychosis Education, Assessment, Care and Empowerment) began operating in March 2015. Here we present early outcomes data from our participants.

**Presenter:** Irene Hurford, MD, is an Assistant Professor in the Department of Psychiatry at the University of Pennsylvania, and the Clinical Director for the Psychosis Education, Assessment, Care and Empowerment (PEACE) program at Horizon House. Prior to her current position, she led the Severe Mental Illness Treatment Team at the Philadelphia VA Medical Center. Dr. Hurford’s clinical and research work focuses on cognition in schizophrenia, treatment of early episode psychosis, and functional and quality of life improvements in young people with psychosis.
As a child, Mike Veny was hospitalized, expelled from 3 schools, and medicated in an attempt to reduce his emotional instability and behavioral outbursts. When he was placed in special education, he learned that tapping erasers on the desk make a great sound, a skill that would one day lead to a very successful career as a professional drummer. Throughout his journey, Mike found that stigma not only affects those who struggle with mental health challenges, but it also has a profound effect on professionals in the mental health field. This keynote presentation offers a fresh perspective on mental health stigma and simple steps on how to turn it into a strength.

Presenter: Mike Veny, founder of TransformingStigma.com, is a sought-after mental health stigma expert, keynote speaker, and professional drummer. He delivers entertaining, engaging, and educational experiences to conferences and events throughout the world. After suffering from a devastating mental health breakdown in August of 2011, Mike made the decision to use his speaking and drumming skills to serve others. As a person who painfully struggles with mental health challenges every day, he is committed to transforming the stigma surrounding mental health. He believes that transformation begins with people taking an honest look at themselves.

FRIDAY, MAY 12

Workshops A-E | 1:15 pm - 2:30 pm

A. NAMiedu: NAMI Standards of Excellence: Chartering a Course to NAMI Affiliation | Renata Ponichtera, Senior Manager, Governance and Ethics, NAMI; Lynne Saunders, Director, Technical Operations, NAMI

The Standards of Excellence (SOE) initiative was developed by NAMI in response to grassroots feedback and increasing regulations of nonprofits. It was established to strengthen and protect Affiliates in an ever-changing environment. Action items in the Standards are based on best practices, IRS and legal requirements, as well as operations practices that will contribute to greater consistency across NAMI Affiliates. The goal is to provide for as much flexibility as possible, while also strengthening the organization, clarifying responsibilities, protecting our interests, preserving the NAMI brand, and making “NAMI” a household name.

B. Future Planning for a Family Member with a Disability | Maria Smith, MEd, Director, Education and Outreach, ACHIEVA Family Trust; Patty Yerina, Coordinator, 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? ACHIEVA Family Trust, a member of the ACHIEVA family of organizations, will provide information on the importance of future planning and the various tools available to families, such as special needs trusts, that will assist in proper planning for a loved one with a disability.

C. Diet, Inflammation and Longevity: New Approaches | Jeffrey C. Wilson, MD, MPM, Martinsburg Veteran Affairs Medical Center: Geriatrics/ Long Term Care; Cynthia Spanier, PhD, CPS

Here’s a little food for thought … how can diet and certain so-called “power” foods help heal inflammation? What other wellness advances can also assist in reducing brain inflammation and promote longevity? These issues will all be discussed in this presentation that focuses on how novel approaches such as diet, exercise and meditation can better the quality of life for people living with mental illness.

D. ADDICTION: Empowering and Restoring the Family | Joel Jakubowski, MA, CIP, CADC, Chief Clinical Officer, Teen Challenge Training Center

To truly understand an issue, sometimes you have to experience it. This passionate, high-energy workshop gives the audience a unique backstage view into the heart and mind of an addict, the addictive lifestyle, and the struggling family. Participants will learn about the

com•mu•ni•ty noun | a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals
“Career Cycle” of addiction, and get a better understanding of the nature of addiction and its effect on the addicted and their families. The workshop also provides an understanding of what motivates people to enter treatment.

E. New Research Trends from NIMH | Suzanne Vogel-Scibilia, MD, DFAPA, Gateway Rehabilitation Aliquippa

Psychiatric research remains one of the most important tools to improve the quality of life for those who have a mental illness and their families and friends. Unfortunately, the time from discovery to implementation in the grassroots of new treatment strategies often takes 10 to 20 years. This workshop will review 15 of the most important new discoveries from the National Institute of Mental Health (NIMH) and the U.S. academic community, delivering important information for providers in simple terms. Participants will also discuss the relevance of these findings for practitioners, consumers, and family members.

Workshops F-J | 2:45 pm - 4:00 pm

F. NAMiedu: NAMI Board Development | Tish Mogan, Standards for Excellence Director, Pennsylvania Association of Nonprofit Organizations (PANO)

Serving on a nonprofit board entails more than doing something good and furthering the development of our communities. Legal responsibilities and education about nonprofit laws/regulations are a central component of this role. Nonprofit boards have a diverse composition. To promote engaged and effective boards, members need to understand their roles, best practices, and how to deal with the “sticky” issues when they arise. This PANO Standards for Excellence® program provides tools and guidelines for effective and accountable board management to help the organization’s board avoid risks and maximize opportunities for the nonprofit organization you serve.

G. Sonic Sandbox: Experience Deeper Connection Through Sound Improvisation | David Ford, MILR, Chief Fun Officer, Sonic Soundbox

Sonic Sandbox inspires play, creativity and connection through sound. It is a space where everyone can play, no matter what musical experience they have. Participants build community, collaborations, and creative teams. They will also play with sound collectively, creating a safe, supportive place for each other to share individual stories and personalities. Sonic Sandbox teaches people to listen differently, find useful ideas in the music, and support those ideas to make them flourish.

H. Supporting Infant and Early Childhood Mental Health | Brandy Fox, LSW, Vice President, Pennsylvania Association for Infant Mental Health; Stacey Carpenter, PsyD, Director of Integrated Behavioral Health for Family Practice and Counseling Network (FPCN)

The importance of early childhood mental health is gaining momentum across the nation. Current research has shown that how children develop early in life can impact their entire life. This workshop will begin with a review and discussion around core concepts of early brain development and the definition of early childhood mental health. Participants will be able to apply the knowledge of social and emotional development to their daily work with families with young children (infant to preschoolers) to improve the quality of relationships and promote success in young children. Strengths-based and family-focused social-emotional resources will be highlighted as tools to support young children and their families across settings.

I. The Family of Ministry That Cares | Taunya Marie Tinsley, PhD, DMin, NCC, LPC, Clinical Director, Mount Ararat Counseling Center, Director of Graduate Programs, Waynesburg University

Spirituality and religion stand out as defining characteristics among many ethnic minority groups in the United States. Over the past fifteen years, there has been an increased awareness and respect for the role of religion and spirituality in the lives of clients, and in the role of the counselors as they assist these clients. This workshop is designed to increase spiritual and religious awareness and multicultural counseling knowledge while providing “faith and community together” interventions.

J. Secondary Post Traumatic Stress Disorder and Implication in the Healthcare Community | Kristie Knights, LPC, Founder and CEO of iRise Leadership Institute

Secondary Post Traumatic Stress Disorder as a result of being repeatedly exposed to stories of trauma by clients is on the rise. But it is not getting the attention it deserves in our communities. Participants in this workshop will gain knowledge on the issue and take an assessment to evaluate their risk level. They will also be exposed to treatment resources that can be taken advantage of before diagnosis and the occurrence of additional mental health issues such as anxiety, depression, and suicide.

col·lab·o·rate  verb | to work jointly with others or together especially in an intellectual endeavor
**K. Healing Our Emotional Mind | Donald J. Zandier, Jr, MA, Psychologist**

This workshop is for the consumer as well as the clinician and does not require any technical expertise, but an open mind may be helpful. Participants will acquire a general understanding of the evidence-based practice of Energy Psychology. They will be presented with theory and proof, that the mind is much like a computer that stores every experience we have, thereby creating our own personal emotional software program. Moreover, you will learn how this program can be broadly accessed and rapidly treated. The audience will also apply a stress reduction technique and measure the results before and after the brief application.

**L. T.A.A.G. You’re It! Lived It, Learned It, Survived It! | Karan Steele, Prevention, Education, and Outreach Coordinator, Value Behavioral Health of PA; Lauren Kelly Gallaher, T.A.A.G Member**

Forming relationships and sharing experiences are two important elements of mental illness and recovery. TAAG (Transition Age Advisory Group) is a group of young people ages 16-29, organized through Value Behavioral Health of Pennsylvania (VBH-PA), as a recovery-focused initiative. This presentation will focus on how to include youth voices and use the power of their personal recovery stories to promote wellness and build leadership skills. Participants will also discuss proven strategies in order to recruit and encourage youth involvement.

**M. Social Media Use in Depressed and Anxious Adolescents: A Two-Way Street | Ana Radovic, MD, MSc, Assistant Professor of Pediatrics, University of Pittsburgh School of Medicine; Cassandra Long, LSW, Research Assistant, University of Pittsburgh School of Medicine**

These days, social media seems to be a rite of passage for young people entering adolescence. It’s something that all parents are advised to watch closely. For parents whose children are dealing with depression, studies have identified an association between depression symptoms and frequency of social media use. Which is the chicken and which is the egg? The relationship is complex. But research has shown that there are a number of reasons depressed adolescents are using social media. This workshop explores how technology can affect their mood in negative ways, but also positively, by giving them an opportunity to discuss their feelings with peers having similar experiences.

**N. Integrating Certified Peer Specialists in Crisis Services | David Measel, BA, CPS, CPSS, Administrator Pennsylvania Peer Support Coalition; Robert Richter, BA, CPS, Forensic Support Specialist, Peerstar**

Pennsylvania has begun a concerted effort to integrate Certified Peer Specialists into the full array of crisis programs. This session will inform participants of the steps being taken to get this effort moving, where we are in the process, and future plans.

**O. Creating a Welcoming and Affirming Environment for LGBTQIA Individuals | Carly Hester, MSW, Director, NAMI Philadelphia**

An important first step in breaking down barriers is understanding what they are. This workshop is designed for all levels to help increase awareness of the LGBTQIA population and culture. Participants will take note of their own attitudes, biases, assumptions, and prejudices toward LGBTQIA variant people, and focus on how affirming language, concepts, and clinical strategies can create a welcoming environment for LGBTQIA individuals and families.

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**Conference Hotel Information**

Best Western Premier The Central Hotel & Conference Center
800 East Park Drive, Harrisburg, PA 17111
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. The room block release date is April 19, 2017. The hotel provides free, self-parking. For more information regarding the hotel, please contact Sara Levine, Events Coordinator at slevine@namiswpa.org or call (412) 366-3788.

**Online Reservation Link:**

**Phone Number:** 1-800-780-7234 **Group Code:** 069856
Conference Presenters

Stacey Carpenter, Psy.D., is a Licensed Psychologist and the Director of Integrated Behavioral Health for Family Practice and Counseling Network (FPCN). Dr. Carpenter is a founding member and current President of the Pennsylvania Association for Infant Mental Health (PA-AIMH). Dr. Carpenter is dedicated to educating communities and providers on trauma-informed care and improving the social-emotional development among children and families.

David Ford, MILR, is Chief Fun Officer for Sonic Sandbox. With twenty-five years of experience facilitating improvisational music and movement workshops, Mr. Ford brings together his experience with creative arts and his lived experience coping with bipolar, to make it possible for others to heal themselves by creating deeper connection through collaborative improvisation.

Brandy Fox, LCSW, is Vice President of the Pennsylvania Association for Infant Mental Health. She is currently leading PA Project LAUNCH (Linking Actions for Unmet Children’s Health), which is supported by a 5-year SAMHSA grant. Her work is focused on promoting cross-sector collaborations on infant and early childhood mental health.

Lauren Kelly Gallaher is a youth mentor and co-creator of Transition Age Advisory Group (T.A.A.G. You’re It). Lauren assisted with the creation of T.A.A.G.’s Speakers Bureau and has presented her story locally, statewide and nationally including at the 2016 National NAMI Conference. Lauren has also worked as a Youth Involvement Specialist for Pennsylvania System of Care Partnership, a Certified Peer Specialist, and a Youth Support Partner under High Fidelity Wraparound. She was a Youth Member of PA’s Office of Mental Health Substance Abuse Services Planning Council-Children’s Advisory Committee, and their former Transition Age Youth/Young Adult Workgroup’s Youth Tri-Chair. Lauren also assisted with the creation of and is now a Youth Member of Youth M.O.V.E. PA.

Carly Hester, MSW, is the head of NAMI Philadelphia and is constantly striving to bring hope and healing to those living with mental illness. Ms. Banes also has a passion for working with LGBTQIA individuals and has conducted training throughout the city on how to create a welcoming and affirming environment. She graduated from Rutgers University with her MSW in Clinical Social Work and has been working as a professional Social Worker in Philadelphia ever since.

Joel Jakubowski, MA, CIP, CADC, is the Chief Clinical Officer for the Teen Challenge Training Center in Rehersburg, PA, which is an adult, faith-based, residential drug & alcohol rehabilitation center. Mr. Jakubowski is also a Certified A/G Minister, Certified Intervention Professional and Certified Alcohol & Drug Counselor. He received his BA Degree in Behavioral Health & Addictions Studies from Alvernia University, his MA in Organizational Leadership from Clarks Summit University, and he is currently enrolled in a Behavioral Health Organizational Leadership doctoral degree program at Grand Canyon University.

Kristie Knights, LPC is the Founder and CEO of iRise Leadership Institute, a non-profit 501(c)(3). She is a licensed psychotherapist in private practice, a collaborative practitioner in civil and divorce law, and a professional speaker and author. Ms. Knights is also Vice President of Global Sisterhood, a nonprofit 501(c)(3).

Cassandra Long, LSW, is a research assistant at the University of Pittsburgh School of Medicine. Ms. Long received her undergraduate degree in biology from the University of Delaware. She graduated from the University of Pittsburgh with her Master’s degree in social work, focusing on mental health.

David Measel, BA, is an administrator for the Pennsylvania Peer Support Coalition, a Certified Peer Specialist (CPS) and CPS Supervisor. Mr. Measel is also a Certified Older Adult Peer Specialist (COAPS) and Certified Wellness Recovery Action Plan (WRAP) Facilitator. He has a degree in Political Science from Wayne State University.

Tish Mogan is the Standards for Excellence Director at the Pennsylvania Association of Nonprofit Organizations (PANO). Ms. Mogan is passionate about the work of the nonprofit sector. She lives that passion through assisting nonprofit organizations to strengthen infrastructure, focus on creating a culture of ethics and accountability, create efficiency, and improve management of operations and governance. Her experience includes many years of educational instruction and nonprofit administration. Education includes a BA in Mathematics, an MA in Theology, and an MBA with a concentration in Nonprofit Management.

Ana Radovic, MD, MSc, is an Assistant Professor of Pediatrics at the University of Pittsburgh School of Medicine. Dr. Radovic is
interested in using internet technology such as social media to enable connections between adolescent and young adult peers as well as parent peers who have mental health illness in common.

Robert Richter, Jr., BA, CPS, is employed by Peerstar LLC as a Forensic Support Specialist, a program designed to reduce recidivism among prison inmates with SMI (Serious Mental Illness) and support their re-entry into the community. Mr. Richter earned a Bachelor of Science from Pennsylvania State University.

Suzanne Vogel-Scibilia, MD, DFAPA is a clinical psychiatrist with specializations in child and addiction psychiatry. Dr. Vogel-Scibilia works at Gateway Rehabilitation in Aliquippa and has a private practice in Beaver, Pennsylvania. She graduated from Johns Hopkins University and the University of Pittsburgh Medical School, and completed her psychiatric residency at Western Psychiatric Institute and Clinic.

Maria Smith, MEd, is Director of Education and Outreach at ACHIEVA Family Trust. Ms. Smith has been with ACHIEVA Family Trust for the past 17 years, and has an extensive background in human services, including mental health services. She has an undergraduate degree from the University of Pittsburgh and received her MEd in Rehabilitation Counseling from the University of Pittsburgh School of Education.

Karan Steele is one of the Prevention, Education, and Outreach coordinators at Value Behavioral Health of Pennsylvania (VBH-PA) located in Trafford, PA. She has worked for VBH-PA for twelve years in the PE&O Department. Currently, Karan is a Tri-Chair representing families on the Pennsylvania System of Care State Leadership and Management Team. Ms. Steele, along with youth members, started the Transition Age Advisory Group (TAAG) at VBH-PA. TAAG members are young people between the ages of 16-26 who have experienced behavioral health concerns in 12 counties in western PA.

Taunya Marie Tinsley, PhD, DMin, NCC, LPC, is the owner of Transitions Counseling Service LLC and Life Skills Program, where she provides individual, marriage, family and group counseling and consultative services. Dr. Tinsley is also the Clinical Director of the Mount Ararat Baptist Church Counseling Center and Director of Graduate Programs in Counseling at Waynesburg University.

Cheri Villa, MPA is the Chief Operating Officer of the National Alliance on Mental Illness. During her 20+ years as a nonprofit leader, she has served as Executive Director and in Executive Management roles for a number of human service organizations in Northern Virginia. Ms. Villa has extensive experience effectively leading organizations through large scale change and growth. She also has ample Board knowledge, serving as a Director for the Boys & Girls Club for Northern Virginia, the Nonprofit Roundtable of Greater Washington, Volunteer Fairfax, and the Prince William County Housing Board. Ms. Villa has a Master’s in Public Administration from Florida State University, a Master’s in Political Science from George Mason University, as well as a Master’s Certification in Nonprofit Management. Additionally, Cheri is an adjunct professor at George Mason and teaches a course in Nonprofit Fundraising & Resource Development.

Jeffrey Wilson, MD, MPM, is a University of Pittsburgh-trained geriatric and holistic specialist with 30 years of professional experience. Dr. Wilson has directed several holistic-positive psychiatry programs and has a special focus on longevity and inflammatory diseases of the brain as they impact persons and families dealing with mental disorders.

Patty Yerina is coordinator of Education and Outreach at ACHIEVA Family Trust, a position she has held for one year. Previously, Ms. Yerina spent 5 years in a sales and marketing position at ACHIEVA Vocational Supports. She has a journalism degree from Penn State University.

Donald J. Zandier, Jr., MA, is a psychologist with over 30 years of experience. Mr. Zandier was trained and certified in Thought Field Therapy in 1994 by Dr. Roger Callahan and has practiced and developed Energy Psychology techniques for over 20 years.
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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.

First Name: ___________________________________ Last Name: ___________________________________
Address: ____________________________________________________________
City: __________________________ State: ______ Zip Code: _______ County: __________________________
Daytime phone: _________________________ email: ___________________________
Agency Affiliation (if applicable): ____________________________

Continuing Education Credits

☐ 0.75 CEU ☐ 7.5 Counselors (NBCC) ☐ 7.5 Social Work ☐ 7.5 Psychologists

Workshop Selections (please choose one from each session):

Friday, May 12 - Workshops A-E ☐ A ☐ B ☐ C ☐ D ☐ E
Friday, May 12 - Workshops F-J ☐ F ☐ G ☐ H ☐ I ☐ J
Saturday, May 13 - Workshops K-L ☐ K ☐ L ☐ M ☐ N ☐ O

Conference Rates:

Mental Health Professional Rate: Rate includes conference, luncheon and Continuing Education Credits.

☐ $200 ☐ $225

Individual Rate: Rate includes conference, luncheon and Certificate of Attendance.

☐ $160 ☐ $185

Total Registration Enclosed $__________  ☐ Check  ☐ Cash/Money Order

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