FINDING OUR PATH FORWARD

Nov. 18, 2021 | Virtual Platform

LEARN. SHARE. NETWORK.

NAMI Keystone Pennsylvania

PENNSYLVANIA MENTAL HEALTH AND WELLNESS CONFERENCE

NAMI Keystone Pennsylvania
Many of us thrive on routines. They keep us organized and on track, and they’re also an important element to mental health recovery. When routines are interrupted, we adapt to maintain order. When the pandemic hit in March 2020, we had no idea how long our lives would be in limbo. Fast forward more than a year-and-a-half later, and we are still dealing with pandemic-related stressors and disruptions that are affecting our physical and psychological well-being.

NAMI reports an 85% increase in people seeking help for anxiety and depression since 2019. And it’s affecting us in many ways. A survey from the Kaiser Family Foundation found that during the pandemic, 36% of adults have had trouble sleeping, 12% have experienced an increase in their alcohol consumption or substance use, and 12% say their chronic conditions have worsened due to worry and stress over the coronavirus.¹

What we’ve learned the hard way is that we must keep moving forward, and that process is different for everyone. During the conference, "Finding Our Path Forward," we will explore the ways the pandemic has forced us to re-evaluate ourselves, our routines, and our expectations in order to maintain wellness.

During the morning keynote, “Let’s Talk: Normalizing the Conversation About Mental Health,” NAMI CEO Daniel H. Gillison, Jr. will interview Shanti Das, a speaker, author, and mental health advocate who worked in the entertainment industry for more than 25 years. Her career - from an intern to Executive Vice President - included positions at Capitol Records, Columbia Records, and Universal Motown where she worked with some of music’s most talented artists like Prince, Usher, and OutKast. Despite her rise to the top, Ms. Das’ experience with anxiety and depression caused her to step away from the spotlight and create the foundation, Silence the Shame, Inc., a movement aimed at normalizing the conversation about mental health. During their discussion, Ms. Das will share how her platform is amplifying the voices of people living with mental illness and educating people of all ages about mental health, which has become even more crucial during the pandemic. She will also talk about her personal and family experience with mental illness, suicide, and suicidal ideation; the impact the pandemic has had on her; and the intersection of race/racism and mental health.

The afternoon keynote speaker, Dese’Rae L. Stage, knows firsthand what it’s like to have your life turned upside down during the pandemic. In her presentation, "Live Through This: A Lifetime With Suicidal Thoughts, & Art as Social Justice," she talks about grief and loss in a pandemic, as well as her experiences with suicidal thoughts over the course of her lifetime.

The award-winning artist, mom, and activist will also explain what drove her to create Live Through This, an online collection of portraits and stories of suicide attempt survivors, and why those voices are critical to the conversation on suicide prevention.

Two sets of workshop sessions will provide opportunities for participants to gain valuable information on suicide prevention, health and wellness, telehealth, and more. The workshop, "Using QPR for Suicide Prevention Strategies Anyone Can Use," will demonstrate how to recognize someone at risk for suicide, how to intervene, and how to refer them to an appropriate resource.

The session, "Five Steps to Improve Your Health and Wellness," will help participants create a plan to manage stress, which is estimated to account for 75% of all doctor’s visits. Plus, the workshop, "Primary Care 2.0: Integrating a Multi-Disciplinary Approach to Reducing Substance Use Disorder," will show how a community partnership is reducing substance use disorders in a rural Pennsylvania community by utilizing the SBIRT model, a comprehensive and integrated public health approach to the delivery of screening, early intervention, and treatment services.

The conference will also provide learning opportunities for peers, caregivers, advocates, and mental health professionals on practical approaches for using telehealth, creating a family crisis plan, Act 65, and more.

**Conference Objectives**

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

- Recognize how community conversations on mental health can reduce stigma and encourage people to prioritize wellness.

- Explain how sharing personal experiences with mental illness, especially during a pandemic, can create unique support networks within communities.

- Identify tools to begin to examine personal biases and stereotypes regarding individuals with lived experience of suicidality.

- Understand how attempt survivors are reducing the prejudice and discrimination associated with suicide by sharing their stories.
8 AM   EXHIBITS OPEN

8:45 AM – 9 AM   CONFERENCE WELCOME AND OPENING REMARKS
Christine Michaels, MSHSA, CEO, NAMI Keystone Pennsylvania
Charma D. Dudley, PhD, FPPR, Associate Director of Behavioral Health Services, Beacon Health Options; Board President, NAMI Keystone PA; Second Vice President, Board of Directors, NAMI National

9 AM – 10:30 AM   MORNING KEYNOTE
Let's Talk: Normalizing the Conversation About Mental Health
Host: Daniel H. Gillison, Jr., CEO, National Alliance on Mental Illness (NAMI)
Guest: Shanti Das, Speaker: Author; Founder, Silence the Shame, Inc.

10:30 AM - 10:45 AM   BREAK / VIRTUAL EXHIBITS OPEN

10:45 AM – 12 PM   BREAKOUT SESSION ONE
1.1 Five Steps to Improve Your Health and Wellness
1.2 Practical Approaches for Using Telehealth and Helping People Stay Engaged in Care
1.3 Using QPR for Suicide Prevention Strategies Anyone Can Use
1.4 Impulsivity and Mental Health
1.5 Primary Care 2.0: Integrating a Multi-Disciplinary Approach to Reducing Substance Use Disorder
1.6 Autism Understanding and Helping

12 PM – 12:45 PM   LUNCH BREAK / VIRTUAL EXHIBITS OPEN

12:45 PM – 2:15 PM   AFTERNOON KEYNOTE
Live Through This: A Lifetime With Suicidal Thoughts, & Art as Social Justice
Dese’Rae L. Stage, Creator, Live Through This

2:15 PM – 2:30 PM   BREAK / VIRTUAL EXHIBITS OPEN

2:30 PM – 3:45 PM   BREAKOUT SESSION TWO
2.1 Civic Health and Mental Health: How Are They Related and Why Should We Care?
2.2 Family Wellness
2.3 Creating a Family Crisis Plan
2.4 Becoming a Healthcare Champion: The Journey from Suicide to Leading Healthcare Change
2.5 What is Act 65 of 2020 and What You Need to Know to Protect Yourself
2.6 Engaging Fathers Who Are Short on Trust in Our System

3:45 PM – 4:15 PM   EXHIBITS OPEN

Throughout the conference, a virtual expo will showcase sponsor and exhibitor resources, fact sheets, and web links. Attendees can also interact live in real-time with participating organizations, or book a meeting for a later date.
CONFERENCE ADJOURNED

Registrants will have access to recorded sessions and presentations for an additional 30 days, until Saturday, Dec. 18, 2021. However, Continuing Education Credits (PSYCH, LSW/LCSW, LPC, LMFT, CEUs) cannot be earned after the CE period ends at 3:45 p.m. (EST) on Thursday, Nov. 18. You must attend the live virtual conference to receive your full credit hours. Partial credit will not be given.

CONTINUING EDUCATION

Psychologists (PSYCH)
UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for up to 5.5 Continuing Education Credits.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage & Family Therapists (LSW/LCSW, LPC, LMFT)
This program is offered for up to 5.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Mental Health Professionals
Nurses and other health care professionals are awarded 0.55 Continuing Education Units (CEUs). 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.

Certified Peer Specialists
This program fulfills requirements for Certified Peer Specialists continuing education. There is no fee. Register at the Standard Rate. You will receive a Certificate of Attendance.

Cancellations made prior to Wednesday, November 10 will be refunded. No refunds will be issued after Wednesday, November 10, 2021.
“Let’s Talk: Normalizing the Conversation About Mental Health”

Host: Daniel H. Gillison, Jr., CEO, NAMI
Guest: Shanti Das, Founder, Silence the Shame, Inc.

Throughout her marketing career in the music industry, Shanti Das has worked at some of the biggest companies, such as Capitol Records, Columbia Records, and Arista Records, with some of the biggest stars like Usher, TLC, and Prince. She made such an impact in her hometown of Atlanta, she was awarded a key to the city. But it’s Das’ passion for mental health that led to a career change that is now having an impact on communities across the country.

During the morning keynote, “Let’s Talk: Normalizing the Conversation About Mental Health,” NAMI CEO Daniel H. Gillison, Jr., will interview Shanti Das, speaker, author, and founder of Silence the Shame, Inc., a movement aimed at normalizing the conversation about mental health to empower and educate communities on mental health and wellness. During their discussion, Ms. Das will share how her platform is amplifying the voices of people living with mental illness and educating people of all ages about mental health. She will also talk about her personal and family experience with mental illness, suicide, and suicidal ideation; the impact the pandemic has had on her; and the intersection of race/racism and mental health.

At the end of this presentation, participants will be able to:
- Recognize how community conversations on mental health can reduce stigma and encourage people to prioritize wellness.
- Explain how sharing personal experiences with mental illness, especially during a pandemic, can create unique support networks within communities.

Host: Daniel H. Gillison, Jr., is CEO of the National Alliance on Mental Illness. Mr. Gillison has years of experience in non-profit leadership and is a passionate advocate for people with mental illness. Before joining NAMI, he led the American Psychiatric Association Foundation (APAF), where he was responsible for strategic planning, personnel management, board communications, oversight of APAF’s public education programs and outreach, and formulating strategic alliances and partnerships to further APAF’s mission. Prior to APAF, he led County Solutions and Innovation for the National Association of Counties (NACo) where he was instrumental in repositioning the organization’s programs to provide expertise in health and human services, justice, and public safety. Mr. Gillison has over 30 years of experience and has previously held leadership positions at Xerox, Nextel, and Sprint. He holds a B.A. from Southern University and A&M College.

Guest: Shanti Das is an accomplished entertainment industry veteran, speaker, author, and philanthropist. Ms. Das worked in the entertainment business for over 25 years. Her music industry career (from intern to Executive Vice President) included positions at Capitol Records, LaFace Records, Columbia Records, Sony Urban Music, and Universal Motown where she worked directly with some of music’s top talent like OutKast, Usher, Prince, TLC, Toni Braxton, Erykah Badu, and more. As a result of her extensive community work in the 2000 decade, she decided to establish her very own nonprofit, The Hip-Hop Professional Foundation, Inc. The foundation was rebranded under the name Silence the Shame, Inc.,
Discuss social determinants of suicide and give specific examples of how they manifest.

Identify tools to begin to examine personal biases and stereotypes regarding individuals with lived experience of suicidality.

Understand how attempt survivors are reducing the prejudice and discrimination associated with suicide by sharing their stories.

Ms. Das lives with depression and anxiety, and she also has loved ones with a mental health diagnosis. Silence the Shame, Inc. has received global awareness and has become a commonly used hashtag to normalize the conversation in America. The organization also received an award from the American Psychiatric Association Foundation for advancing minority mental health. In 2020, the National Alliance on Mental Health (NAMI) awarded Ms. Das their 2020 Multicultural Award. She was also named an Essence magazine Essential Hero in Mental Health.

AFTERNOON KEYNOTE

Live Through This: A Lifetime With Suicidal Thoughts, & Art as Social Justice

Dese’Rae L. Stage, Creator, "Live Through This"

In a series of “snapshots,” Dese’Rae L. Stage shares her experiences with suicidal thoughts (and sometimes more) over the course of her lifetime. She covers family dynamics and the teenage years—the difficult transition from middle to high school, questioning her sexuality; an abusive relationship; divorce; infertility; grief and loss in a pandemic; and how suicidal thoughts cropped up in each. She shows the audience a living portrait reflecting recent CDC findings indicating that suicide is a response to adversity, rather than mental illness as a singular cause. She walks us down the path that led her to "Live Through This" and brings the voices of attempt survivors with her through portraits, quotations, and video—literally taking the audience into an interview with her. She discusses major themes that occur in the stories of survivors, along with the impact the project has made in a number of contexts. Stage implores listeners to open their hearts and their minds to those of us who have literally lived through it, and provides incontrovertible evidence that suicide affects all of us. Audiences can expect a talk that will be revealing, often touching, always honest, and, ultimately, hopeful.

At the end of this presentation, participants will be able to:

- Discuss social determinants of suicide and give specific examples of how they manifest.
- Identify tools to begin to examine personal biases and stereotypes regarding individuals with lived experience of suicidality.
- Understand how attempt survivors are reducing the prejudice and discrimination associated with suicide by sharing their stories.

Presenter: Dese’Rae L. Stage is an award-winning artist, suicidologist, activist, and MSW student. She created “Live Through This,” a documentary-style multimedia storytelling series that aims to reduce prejudice and discrimination against suicide attempt survivors. “Live Through This” reminds us that suicide is a human issue by elevating and amplifying survivors’ voices through raw, honest stories of survival, and pairing them with portraits—putting faces and names to the statistics that have been the only representation of attempt survivors in the past. “Live Through This” has received media coverage from the New York Times, Associated Press, NPR, CBS Evening News, and more. Dese’Rae produces and hosts the video podcasts Suicide 'n' Stuff (suicide-n-stuff.com) and Grief TV (grief-tv.com). She is featured in a
documentary about suicide prevention advocates called "The S Word," now streaming on Amazon Prime. Her writing has been published by Cosmopolitan, CNN, and Romper. She lives in Philadelphia with her wife and children.

BREAKOUT SESSIONS

Target Audience Key:
- Peers (P)
- Caregivers (C)
- Mental Health Professionals (MHP)

BREAKOUT SESSION ONE

1.1) Five Steps to Improve Your Health & Wellness (P/C/MHP)
   Rebecca A. Davis, Holistic Wellness Professional, Empower Yourself Well

It is estimated that stress accounts for about 75% of all doctor’s visits. And it’s the major contributing factor to the six leading causes of death in the United States. The bad news is most adults are unable to prioritize their self-care and lower their stress. The good news—there are ways to prevent and even reverse the effects of stress. In this interactive workshop presentation, you will learn how and why you should manage your stress and prioritize your self-care. You will leave with a workbook full of tools, techniques, and resources you can use immediately in your own life to improve your overall wellness.

At the end of this presentation, participants will be able to:
- Create a plan to manage stress and improve overall health and wellness.
- Identify individuals who can help keep you motivated to improve your stress levels and overall wellness.
- Gather tools and momentum to reach your health and wellness goals.

Presenter: Rebecca A. Davis is a presenter who equips individuals with the tools needed to improve their overall health & wellness so they can live and love their best life. Founder of Empower Yourself Well, she promotes the importance of holistic living & lowering stress levels, and provides health journey support to those desiring to make a change.

1.2) Practical Approaches for Using Telehealth and Helping People Stay Engaged in Care (P/C)
   Amy D. Herschell, Ph.D., Senior Director of Research Strategy and Outcomes Management, Community Care Behavioral Health Organization; Dr. Kim MacDonald-Wilson, ScD, CPRP Senior Program Director of Recovery and Wellness, Community Care Behavioral Health Organization, Adjunct Assistant Professor of Psychiatry, University of Pittsburgh

The COVID-19 pandemic necessitated an unprecedented, unplanned, and rapid transition from in-person services to telehealth. While there have been many strengths to using telehealth, there have also been some challenges. This workshop will offer tips for
Describe the benefits and challenges of telehealth. The workshop will also focus on facilitating a discussion on the pros and cons of using telehealth (e.g., what does and does not work, recommendations for improving the experience).

At the end of this presentation, participants will be able to:
- Describe the benefits and challenges of telehealth.
- Specify practical approaches for telehealth best practices.
- Identify strategies to prepare for, connect with, and get feedback from individuals and families to actively engage in care.

Presenter: Amy D. Herschell, Ph.D. is the Senior Director of Research Strategy and Outcomes Management for Community Care Behavioral Health Organization.

Presenter: Dr. Kim MacDonald-Wilson is the Senior Program Director of Recovery and Wellness for Community Care Behavioral Health and Adjunct Assistant Professor of Psychiatry at the University of Pittsburgh, overseeing the development and implementation of recovery and wellness-oriented programs and systems innovations in the Community Care network. She received her Doctor of Science degrees in Rehabilitation Counseling-Psychiatric Rehabilitation from Boston University. Dr. MacDonald-Wilson has worked in mental health and psychiatric rehabilitation for over 40 years, as a practitioner, program director, trainer, professor, and researcher. Her presentations and publications focus on psychiatric rehabilitation and recovery of people living with mental health conditions.

1.3) Using QPR for Suicide Prevention: Strategies Anyone Can Use (P/C)
Paul Wittman MSW, LSW, MPA Training Manager, Community Care Behavioral Health;
Lauren P. Marshall, MPW Community Relations Coordinator, Community Care Behavioral Health

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. This training is for all adult members in your community, and it will be both engaging and interactive. You will gain skills that enable you to support yourself, and your neighbors, friends, and family who surround you. You will learn about available resources and where to go for help.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR is a nationally-certified, evidence-based program taught by certified trainers. Those completing the course will receive a certificate. The course focuses on training individuals to be “Gatekeepers” – someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers can be anyone.
At the end of this presentation, participants will be able to:

- Recognize someone at risk for suicide.
- Intervene with those at risk.
- Refer them to an appropriate resource.

Presenter: Paul Wittman, MSW, LSW, MPA is the Training Manager for Community Care Behavioral Health Organization where he is responsible for the design, implementation and administration of training and educational events for the Community Care network of providers and staff.

Presenter: Lauren Marshall is the Community Relations Coordinator for the Capital Region of Community Care Behavioral Health. She holds over 15-years of nonprofit experience, including work as a clinical chaplain, mentor for those incarcerated, and community advocate. She has delivered over 200 talks and facilitated retreats covering topics such as mental health, resiliency, domestic violence, human trafficking, suicide prevention, wellness, and trauma. Lauren celebrates her 2019 graduation from Chatham University with a Master's of Professional Writing and a 2020 graduation from the University of Notre Dame Mendoza School of Business’ Certificate Program in Nonprofit Fund Development. In 2019, she became part of the “This Is My Brave Speakers Bureau” as a result of her participation as a cast member in the 2019 Baltimore Show of “This Is My Brave” at the Notre Dame of Maryland University. Lauren currently serves as a member of the South-Central Pennsylvania Council of the American Foundation for Suicide Prevention. She also is the Social Media Ambassador for the entire Eastern Pennsylvania Chapter. Recently nominated as a Fellow of the Severn Leadership Group, she is working towards increasing her capacity to be a transformational leader. Lauren’s lived experience fuels much of the energy she puts into her roles and is seen as an asset to the Zero Suicide Initiative Internal Work Group of Community Care.

1.4) Impulsivity and Mental Health (P/C/MHP)
Katherine Mullins, MBA, MHP, Director of Dual Diagnosis, Peerstar, LLC

Everyone experiences impulsivity in their lives, but when does it become unmanageable? This workshop will explore impulsivity and mental illness, including which mental health conditions are more prone to impulsivity, when impulsivity becomes dangerous, and how to address impulsivity with someone you support.

At the end of this presentation, participants will be able to:

- Define impulsivity.
- Identify and understand impulse control disorders.
- Identify strategies to help someone who lives with impulse control issues.

Presenter: Katherine Mullins has been in the dual diagnosis field for 16 years. Currently, Katherine has been working on developing and perfecting a program for those with a dual diagnosis and peer support. Katherine is an advocate for those with a mental illness and intellectual disability in various community groups.
1.5) Primary Care 2.0: Integrating a Multi-Disciplinary Approach to Reducing Substance Use Disorder (MHP)
Missy Bennett, B.S., Empower360; Julie Frischkorn, LCSW

Learn how a community partnership between Blair Co. Drug & Alcohol Program, Inc. and PeopleOne Health (formerly EMPOWER360) Primary Care has been working at reducing substance use disorders in their rural community and Medicaid population. Utilizing the SBIRT model of evidence-based screening tools, the site champion and care coordinator work to make community referrals to help to assist in the overall care of a patient.

PA SBIRT is a five-year initiative funded by the Substance Abuse and Mental Health Services Administration (SAMSHA). The project is directed by the Pennsylvania Department of Drug and Alcohol Programs (DDAP) and The University of Pittsburgh School of Pharmacy, Program Evaluation and Research Unit (PERU). SBIRT is a comprehensive and integrated public health approach to the delivery of screening, early intervention, and treatment services employing empirically-based and clinically useful practices to circumvent harmful consequences from substance use. Blair County was the pilot program for the Commonwealth of Pennsylvania. We will share what has been learned, what has been successful, and what we continue to build on post grant as PeopleOne Health has implemented SBIRT into its primary healthcare model.

At the end of this presentation, participants will be able to:
- Develop strategies to build capacity and work collaboratively with an integrated care team.
- Interpret DA screening data to pragmatically incorporate medical treatment.
- Utilize community resources to facilitate a universal, holistic approach to patient care.

Presenter: Missy Bennett is the Lead Social Worker for Empower360, a direct primary care provider that is changing the face of healthcare. She has worked extensively in the field of substance use disorders and is a trained SBIRT facilitator and Care Coordinator.

Presenter: Julie Frischkorn, LCSW, is Vice President of Behavioral Health at PeopleOne Health where she works with program implementation of psychotherapy, psychiatry, and substance use services for members. Ms. Frischkorn, a clinical social worker, has 20+ years of experience in the field of behavioral health and training/education. She is a Certified Mindfulness Facilitator, a Mental Health First Aid Instructor, and a Certified Registered Yoga Teacher. Ms. Frischkorn received her bachelor’s degree in Philosophy and Women’s Studies at Saint Mary’s College and received her MSW in the Graduate School of Social Work at Boston College.

1.6) Autism: Understanding and Helping (C/MHP)
Luciana Randall, President, Autism Connection of PA (an Achieva affiliate)

Attendees will view and talk about images from the National Institutes of Health which illustrate how the autistic brain works. They will then hear and discuss ways to best support people with these differences in communication, social, and sensory areas.
At the end of this presentation, participants will be able to:

- Discuss autistic brain differences.
- Tell three ways the learner can adapt their own ways to support autistic people.
- Explain to others the reasons for changing practices in autism-friendly ways, as newly informed autism advocates.

Presenter: Lu Randall has a master's degree in rehabilitation counseling. She learned much of what she knows about autism from the gracious families and people who have shared their personal situations and insights both as helpers and when needing supports. She breaks down autism science and combines this with practical experience in memorable and applicable training presentations.

**BREAKOUT SESSION TWO**

**2.1) Civic Health and Mental Health: How are they related and why should we care? (P/C/MHP)**

Julie Graziane, MD, Pennsylvania Psychiatric Institute; Caitlin Miller, BA, Medical Student; Elisabeth J. Kunkel, MD, Chief Medical Officer, Pennsylvania Psychiatric Institute; Sarah Horton, Community Psychiatry Project Manager, Penn State College of Medicine

There is growing awareness that civic engagement is important to health and particularly mental wellbeing. In this interactive workshop, the relationship between civic health and mental health will be reviewed, with a primary focus on increasing voting-related behaviors amongst individuals with mental illness. Audience polling and small group discussion will allow for self-reflection and enhance communication surrounding this topic. Participants will leave the workshop with an action step to help themselves or their organization become more civically engaged.

At the end of this presentation, participants will be able to:

- Understand the mental health benefits of civic engagement and voting.
- Identify barriers that individuals with mental illness may experience when trying to vote.
- Formulate an action step for you or your organization to become more civically engaged.

Presenter: Julie Graziane, MD, is an inpatient psychiatrist at Pennsylvania Psychiatric Institute in Harrisburg. Her clinical specialty is in geriatric psychiatry, and she has an interest in the intersection of voting and mental health.

Presenter: Caitlin Miller is currently a first-year medical student at Sidney Kimmel Medical College at Thomas Jefferson University in Philadelphia. She works with both the Pennsylvania Psychiatric Institute and the non-profit Vot-ER to help advance civic health.

Presenter: Elisabeth J. Kunkel, MD, is the Chief Medical Officer of Pennsylvania Psychiatric Institute (PPI), a joint venture of the Penn State Milton S. Hershey School of Medicine and UPMC-Pinnacle, a true academic-community partnership. She is a Professor and Director of
Population Health in the Department of Psychiatry and Human Behavior at the Milton S. Hershey Pennsylvania State University College of Medicine, the Joyce D. Kales University Chair in Community Psychiatry, and Vice Chair for Community Psychiatry. Dr. Kunkel oversees 31 physicians, 3 NPs, and 20 therapists. She publishes and presents frequently on administrative issues, consultation-liaison psychiatry, psycho-oncology, and has served as a co-investigator on research studies in medically-ill populations. Her main interests are administration, clinical operations, patient satisfaction, population health, social determinants of health, psycho-oncology, and cancer prevention and control. She has authored over 60 peer-reviewed and 50 non peer-reviewed publications.

Presenter: Sarah Horton is a Community Psychiatry Project Manager with Penn State College of Medicine, Department of Psychiatry and Behavioral Health. Her home office is located at Pennsylvania Psychiatric Institute in Harrisburg, and her work is centered on assisting with strategic and performance improvement projects, improving access to psychiatric services, and enhancing quality of care, while concentrating on Social Determinants of Health, and Engagement, Diversity, and Inclusion. Sarah holds a B.S. in Health Policy & Administration from Penn State University and has been employed with Penn State University since 2013. Prior to her role as a Project Manager, Sarah worked in Student Affairs at Penn State Harrisburg, as well as the Department of Pathology, Penn State College of Medicine. Sarah completed an Administrative Internship with the Pharmacy Department at Penn State Health in 2019 and earned a Yellow Belt in Lean Six Sigma through the Office of Operational Excellence. Outside of work, Sarah is a member of the board of directors for Dauphin County Court Appointed Special Advocates (CASA), and she and her family serve as mentors to a little brother through Big Brothers Big Sisters of the Capital Region.

2.2) Family Wellness (P/C)
Rebekah Sedlock, DSW, LCSW, Project Director, Community Care Behavioral Health

This presentation discusses the impact of substance use on the family. It reviews family roles in a chemically-dependent family and reviews a case vignette of a family impacted by substance use. The presentation reviews professional stigma as it applies to working with the family.

At the end of this presentation, participants will be able to:
• Identify family roles in the recovery process.
• Identify interventions for recovery supports.
• Identify resources for recovery supports.

Presenter: Rebekah Sedlock, DSW, LCSW is a Project Director at Community Care in Pittsburgh, with a focus on improving clinical care in substance use disorder (SUD) agencies. She recently completed her doctorate in social work, focusing on the role of therapeutic jurisprudence in the SUD treatment referral process.
2.3) Creating a Family Crisis Plan (P/C/MHP)

Jim Fouts, LSW, Director, Family Training and Advocacy Center: Forensic Systems Solutions

Crises don’t occur in a vacuum. Both internal and external factors feed into their development and their resolution. The Crisis Formula (Biology plus Perceived Stress minus Personality Traits, Supports and Coping equals The Intensity of the Crisis) assists us in identifying these factors, how they affect individuals and families, and how they can be used to prevent or limit the impact of the crisis. During a crisis people tend not to think clearly. Without a written plan, including contact information, referral information, instructions, and plans to access supports, coping strategies, and predetermined actions, chaos can take over. Using the information gained in this workshop, families can develop a plan to recognize signs of an impending crisis and use restorative factors to limit the impact of the crisis. Worksheets and examples of completed worksheets are included.

At the end of this presentation, participants will be able to:

- Identify family and individual resiliency skills and preventative strategies.
- Recognize stressors and risk factors to avoid.
- Identify six areas of warning signs of coming troubles, and come away with a response plan for coping with a crisis event.

Presenter: Jim Fouts, LSW, is the Director of Forensic Systems Solutions. He is a Trainer and Consultant working throughout the Commonwealth on issues related to Forensic Mental Health and Crisis Services. He has worked with Police and Crisis Intervention Services for over 35 years.

2.4) Becoming a Healthcare Champion: The Journey from Suicide to Leading Healthcare Change (MHP)

Jamie E. Malone, MSN, RN, WTA-c, Behavioral Health Education Manager for Allegheny Health Network

Join Jamie as she reviews her deeply personal journey through the struggles with depression and suicidality to becoming a leader in the suicide risk reduction efforts for her health system. She will review the stages of her life living with this mental health illness including the feeling of being suicidal as a child and then as a young adult, discussing becoming a nurse but still being in denial and fearing the stigma of mental illness, how she finally got help for her disease, and lastly becoming a healthcare leader in suicide risk reduction. Throughout the workshop, she will review suicide terms, risk and protective factors, signs and symptoms, resources, and prevention techniques in healthcare.

At the end of this presentation, participants will be able to:

- Describe the signs and symptoms, risk factors, and protective factors for suicide in childhood and adulthood.
- Explain how to find resources for themselves and/or others who are at risk for suicide.
- Discuss the suicide risk reduction efforts in an acute care, healthcare system.
Recognize the challenges that families face when ACT 65 of 2020 is not understood or followed correctly.

Discuss how families/providers can use this law to improve the services that children receive with mental health.

Identify who can consent to mental health treatment.

Presenter: Jamie Malone is a registered nurse with a master’s degree in nursing education and a doctoral student in nursing executive leadership. Malone is the Behavioral Health Education Manager for Allegheny Health Network. Malone helps to lead the behavioral health projects and education across the health system, including leading the changes in suicide risk reduction and workplace violence prevention.

2.5) What is ACT 65 of 2020 and What You Need to Know to Protect Yourself (P/C/MHP)

Tracy Palazzotto, Family Support Partner, PA Parent and Family Alliance; Kristen Grebey, Family and Community Support Coordinator, PA Parent and Family Alliance

Pennsylvania’s mental health consent law was recently updated as of September 2020, and is now called ACT 65 of 2020. This law allows children ages 14-17 to consent to their own mental health treatment without their parents/guardian having to also consent. Once a parent gives consent to treatment, this consent cannot be taken away by the child. This workshop will review the basics of the law and what it means for youth and families.

At the end of this presentation, participants will be able to:
- Recognize the challenges that families face when ACT 65 of 2020 is not understood or followed correctly.
- Discuss how families/providers can use this law to improve the services that children receive with mental health.
- Identify who can consent to mental health treatment.

Presenter: Tracy Palazzotto is currently a Community Family Support Partner with the PA Parent and Family Alliance where she offers support to parents that are raising a child(ren) involved in any of our systems the support they need. She has two children that live with mental health issues and that is why she is so involved in helping others.

Presenter: Kristen Grebey is a mother of five children. All five have suffered with various mental health issues in their lifetimes. Kristen works for PA Parent and Family Alliance as a Family and Community Support Coordinator, supervising Family Support Partners, and working with rural counties to help raise family involvement with their communities.

2.6) Engaging Fathers Who are Short on Trust in our Systems (P/C/MHP)

George Fleming, Outreach Engagement Specialist, Allegheny Family Network

Studies show that having a father involved in a child’s life is one of the most important protective factors in offsetting the impact of childhood stress caused by income challenges, unstable living conditions, and racially disparate policies and practices. But in many of the neighborhoods whose residents experience trauma on a regular basis, fathers are absent, discouraged from having a meaningful role in their children’s lives by systemic bias against men as parents. This causes a demoralizing role identity crisis. This presentation will explore the results of the absence of fathers’ meaningful involvement in their children’s lives and offer a model that is highly successful in engaging fathers in services. Through engagement,
Identify the deleterious effects on children when fathers are not engaged in their lives.

Explain systemic bias against fathers.

Design a model for engaging and sustaining fathers in services.

Presenter: George Fleming has worked for more than 42 years supporting families who are raising children with behavioral and mental health concerns. His responsibilities have included Director of Clinical Services and Mobile Crisis Manager with the Whale’s Tale (now known as Family Links), Target Case Manager for Mercy Behavioral Health, Executive Director of C & G Consulting and Training, and most recently, Community Outreach Specialist with Allegheny Family Network. His passion is to connect with organizations to help them understand the needs of fathers and to engage fathers in community collaborations and formal services. He has made significant contributions to the Allegheny County Battering Intervention Program, and to many programs that focus on African American trauma and father engagement.