



PURSUIT *of* **PERFECTION** **and the Impact on** **Youth Mental Health**

Friday, February 10, 2023
The Westin Pittsburgh



**Child, Adolescent &
Transition Age Youth
Mental Health Conference**

NAMI KEYSTONE PENNSYLVANIA

PURSUIT OF PERFECTION *and the* IMPACT ON YOUTH MENTAL HEALTH

Working hard, having high standards, striving for goals are healthy building blocks for success. But there is a point when expectations can become unattainable. The pressure to meet unrealistic expectations is difficult to maintain, especially for young people, and it's taking a toll on their mental health.

From juggling the demands of academics, athletics, and other extra-curricular activities, to keeping up appearances on social media, young people are under a lot of stress to overachieve. Do they have the highest GPA? Are they on the best travel team? Will they be able to get into the best college? While the pursuit of perfection isn't new, it is getting more intense.

A study in the [American Psychological Association](#) found that more recent generations of college students reported significantly higher scores on what's known as the Multidimensional Perfectionism Scale than earlier generations. Between 1989 and 2016, the self-oriented perfectionism score increased by 10%, socially-prescribed perfectionism increased by 33% and other-oriented perfectionism increased by 16%.

Three Types of Perfectionism

- *Self-oriented*: irrational desire to be perfect
- *Socially prescribed*: perceiving excessive expectations from others
- *Other-oriented*: placing unrealistic standards on others.

Source: American Psychological Association

So how can we make the connection between the pressure to be perfect and a decline in youth mental health? What's especially difficult is that warning signs that a young person is in trouble usually include withdrawal from activities, a drop in grades, and general disinterest. But when adolescents and young adults are achieving at high levels in so many aspects of their life on the outside, adults rarely think to wonder whether they are doing okay on the inside.

In [2022](#), within the span of two months, three college student-athletes died by suicide: [Katie Myer](#) was 22 years old and a soccer player at Stanford University; 21-year-old [Sarah Shulze](#) was a member of the track and cross country teams at the University of Wisconsin, and [Lauren Bernett](#) was a 20-year-old softball player at James Madison University.

All three young women were performing at high levels in their respective sports. But at some point, life became too much. So how can adults work together to provide a space where young people feel comfortable expressing when they are overwhelmed and overworked without feeling like they're letting anyone down?

During the keynote presentation, *Perfectionism & Mental Health: Current Data and Our Role as a Community*, presenter Alexandra Salerno, LPC, NCC, from KPEX Consulting will discuss the research and trends related to perfectionism, the challenges young people are facing, and how adults can offer support in reframing the concept.

Our morning plenary speaker knows exactly what it's like to thrive on the outside but struggle on the inside. Olivia Lubarsky is a former NCAA Division 1 gymnast who spent her youth competing in a sport where every movement on the mat was critiqued. Her pursuit of perfection crossed over into other aspects of her life and by the time she was in college, she viewed her worsening depression as an excuse for not achieving excellence. Olivia will walk us through her long journey that now includes her passion for advancing social justice through achieving health equity.

During the guided discussion, *Helping Youth Process Pressure*, a panel of experts will examine the differences between healthy and unhealthy pressure and expectations, and explain ways adults can help young people cope.

Attendees will also gain insight from experts in the field during our two workshop sessions. The presentation, *The Perfect Teen: The Use*

of Self-Compassion to Respond to Perfectionism in Adolescents, will provide audiences with helpful approaches to coach adolescents on how to respond to the unrealistic expectations they see on social media.

There are also workshops dedicated to the topic of youth sports. *Helping or Hurting? Pushing Back on the Changing Culture of Youth Sports* examines how adults can help young athletes cope with the pressures they face by addressing their fear of failure. The workshop, *Trauma-Informed Coaching at All Levels of Play: Protecting Our Youth From Future Adversity*, will explain what trauma-informed coaching is and how volunteer coaches can implement a trauma lens into their style.

The conference also features workshops focusing on mindfulness, vaping, and using tabletop role-playing games while working with youth.

Conference Objectives

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

- Discuss the current research behind perfectionism and adolescents.
- Identify areas that can support in managing perfectionism (self-compassion, self-efficacy, and stress management).
- Differentiate between intrusive thoughts that fuel perfectionism and healthy ways to strive toward excellence.

Who Should Attend

Social Workers; Psychologists; Special Education and Classroom Teachers; Early Childhood Professionals; School Administrators; Therapists, Counselors; Parents and Caregivers; Coaches; Students

Citations

American Psychological Association. (2018, January 2). Perfectionism among young people significantly increased since 1980s, study finds. American Psychological Association. Retrieved December 14, 2022, from <https://www.apa.org/news/press/releases/2018/01/perfectionism-young-people>

Chuck, E. (2022, April 28). Suicides put spotlight on how hard it can be for student-athletes to ask for help . NBCNews.com. Retrieved December 14, 2022, from <https://www.nbcnews.com/news/us-news/suicides-put-spotlight-hard-can-student-athletes-ask-help-rcna26266>

Conference at a Glance

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

7:45 am – 8:45 am	Registration Continental Breakfast Exhibitor Hall Open
8:45 am – 9:00 am	Welcome and Opening Remarks Christine Michaels, MSHSA, CEO, NAMI Keystone PA Kathy Testoni, Board President, NAMI Keystone PA
9:00 am – 10:00 am	Keynote Presentation <i>Perfectionism & Mental Health: Current Data and Our Role as a Community</i> Alexandra Salerno, LPC, NCC, Peak Performance Specialist, KPEX Consulting
10:00 am – 10:15 am	Break Exhibitor Hall Open
10:15 am – 11:00 am	Morning Plenary Presentation <i>Perfectionism Paralyzes Potential</i> Olivia Lubarsky, former NCAA Division 1 gymnast; JD Candidate, American University Washington College of Law; TEDx Speaker
11:00 am – 12:00 pm	<i>A Guided Discussion: Helping Youth Process Pressure</i> <u>Moderator</u> Charma D. Dudley, PhD, FPPR, Associate Director of Behavioral Health Services, Beacon Health Options; Board Vice President, NAMI Keystone Pennsylvania <u>Panelists</u> <ul style="list-style-type: none">• Alexandra Salerno, LPC, NCC, Peak Performance Specialist, KPEX Consulting• Olivia Lubarsky, former NCAA Division 1 gymnast; JD Candidate, American University Washington College of Law; TEDx Speaker• Donald Holl, Athletic Director, Gateway School District; Head Football Coach, Gateway High School; Former Football Player, United States Naval Academy• Libby Mascaro, Parent; Coach, Beadling Soccer Club, Girls Academy League; Former Division 1 Soccer Player, Penn State University

12:00 pm – 1:00 pm Buffet Luncheon | Presentation of the 2023 Youth Mental Health Leadership Award | Exhibitor Hall Open

1:00 pm – 1:15 pm Break | Exhibitor Hall Open

1:15 pm – 2:30 pm Workshop Session One

1. The Perfect Teen: The Use of Self-Compassion to Respond to Perfectionism in Adolescents (P/C, Ed/SP, MHP, S)
2. LGBTQIA+ Mental Health: A Frank Discussion About Child Welfare, Implications for Practice and Practical Application (Ed/SP, MHP)
3. Engaging Youth in Digital Mental Health Interventions (Ed/SP, MHP)
4. Addressing Cultural Barriers to Treatment: How to Be Respectfully Curious When Working With Families (P/C, Ed/SP, MHP, S)
5. Helping or Hurting? Pushing Back on the Changing Culture of Youth Sports (P/C, Ed/SP, MHP, S)
6. Vaping, Nicotine and Tobacco: What They Don't Want You To Know (P/C, Ed/SP, MHP, S)

2:30 pm – 2:45 pm Break | Exhibitor Hall Open

2:45 pm – 4:00 pm Workshop Session Two

7. Mindfulness: Youth-Led and Youth Initiatives (P/C, Ed/SP, MHP, S)
8. Applied Tabletop Role-Playing Games: Change Through Play (P/C, Ed/SP, MHP, S)
9. Trauma-Informed Coaching at All Levels of Play: Protecting Our Youth From Future Adversity (P/C, Ed/SP, MHP, S)
10. The Impact of Poverty and Adverse Childhood Experiences (ACEs) On Child, Family, and Community Mental Health (P/C, Ed/SP, MHP, S)
11. Promoting Spiritual Care and Holistic Healing for Supporting Loss and Grief for Young Children and Families (P/C, Ed/SP, MHP, S)
12. Providing Mental Health Supports in Schools With Acute Trauma: A Case Study (P/C, Ed/SP, MHP, S)

At the conclusion of the conference, participants getting Continuing Education Credits must sign out at the registration table. Certificates of attendance will also be available.

Continuing Education Credits

Psychologists: UPMC Western Psychiatric Hospital is approved by the American Psychological Association to sponsor continuing education credits for psychologists. UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for 5 continuing education hours.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage & Family Therapists (LSW/LCSW, LPC, LMFT): The indicated number of clock hours of continuing education is provided through Education and Consultative Services of UPMC Western Psychiatric Hospital of UPMC's Office of Educational Resources and Planning, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Pennsylvania State Board of Social Workers, Marriage and Family Therapist. This program is being offered for 5 continuing education hours. These clock hours satisfy requirements for LSW/LCSW, LPC, and LMFT renewal.

Mental Health Professionals: Nurses and other health care professionals are awarded 0.5 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 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 the requirements for Certified Peer Specialist continuing education.

ACT 48: Educators will earn 5.5 credit hours for Act 48. Allegheny Intermediate Unit is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. Allegheny Intermediate Unit adheres to the Act 48 Continuing Education Guidelines. *Cancellations made prior to Monday, February 6 will be refunded. If requesting CEUs, a \$30 administrative fee will be deducted from your refund. No refunds will be issued after Monday, February 6.

Conference Hotel Information



The Westin Pittsburgh
1000 Penn Avenue | Pittsburgh, PA 15222
412.281.3700

Special Group Rate: \$169 per night (Available: 2/09/23 – 2/10/23)

[Click Here to Book](#)

Last day to book: Wednesday, Jan. 4, 2023

Conference Welcome and Opening Remarks



Christine Michaels, MSHSA
CEO, NAMI Keystone Pennsylvania



Kathy Testoni
Board President,
NAMI Keystone Pennsylvania

Keynote Presentation



Perfectionism & Mental Health: Current Data and Our Role as a Community

Alexandra Salerno, LPC, NCC, Peak Performance Specialist, KPEX Consulting

Perfectionism has been a part of society and culture in many ways. Since the pandemic, we are noticing an increase in thought patterns around the “need to be perfect,” and goals around the “need to perform perfectly.” Expectations can add additional stressors to adolescents and can create a narrative and an unrealistic expectation around what “perfect” is. What we

know is that the demand on adolescents appears to be trending in an upward position, causing challenges with stress management. This keynote is intended to give an overview of the current data on perfectionism, identify areas that can support in re-framing the idea of perfectionism, and ways that we as a community can support our adolescents, athletes, performers, clients, and teams.

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

- Discuss the current research behind perfectionism and adolescents.
- Identify areas that can support in managing perfectionism (self-compassion, self-efficacy, and stress management).
- Explain ways a community can act as a support system for youth and young adults.

About the Presenter:

Alexandra Salerno is a Licensed Professional Counselor in the state of Pennsylvania and serves as a Peak Performance Consultant at KPEX Consulting. She works with clients of various ages in the areas of building resilience, mental toughness, and overcoming mental blocks. Alexandra is also a supervisor at Western Psychiatric Hospital, UPMC Center for Eating Disorders, where she oversees outpatient programming. Alexandra received her degree at the University of Pittsburgh.

Morning Plenary



Perfectionism Paralyzes Potential

Olivia Lubarsky, former NCAA Division 1 gymnast; JD Candidate, American University Washington College of Law; TEDx Speaker

The collegiate sports environment, while fostering numerous benefits and positive outcomes for student athletes, is an environment where it may be difficult to maintain a balanced mental state. While collegiate athletics centralizes the physical being and performance, it is essential

that we prioritize the mental state in parallel by valuing mental illness as seriously as we do physical injury.

This presentation will discuss the dangers of failing to take adequate care of one's mental health and the consequences of adhering to a mentality that equates success with perfection. Participants will be given the tools to navigate their own thought processes, learning how to combat perfectionism and negativity, and instead cultivating a growth mindset that is conducive to achievement and well-being.

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

- Differentiate between intrusive thoughts that fuel perfectionism and healthy ways to strive toward excellence.
- Describe the detrimental impact of a fear of failure on performance and quality of life.
- Identify concrete steps to foster and maintain a growth mindset.

About the Presenter

Olivia Lubarsky is a former NCAA Division 1 gymnast, TEDx Speaker, and is a policy and health equity advisor to the Board of Mental Health America. Olivia was a stalwart voice for Towson University as the Student-Athlete Advisory Committee President and the Commencement Speaker for the College of Business & Economics. She is currently pursuing her Juris Doctorate at American University Washington College of Law where she serves as the Deputy Director of Mental Health for the Student Bar Association.

ABOUT NAMI KEYSTONE PENNSYLVANIA

NAMI Keystone Pennsylvania is a 501(c)(3) nonprofit organization dedicated to improving the lives of children, adolescents, adults, and families affected by mental illness through recovery-focused support, education, and advocacy. Located in Pittsburgh, NAMI Keystone PA is the state organization in Pennsylvania for the National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization.

www.namikeystonepa.org • info@namikeystonepa.org

105 Braunlich Drive • Suite 200 • Pittsburgh, PA 15237 • 412-366-3788

Panel Discussion



A Guided Discussion: Helping Youth Process Pressure

Moderator

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



Panelists

- Alexandra Salerno, LPC, NCC, Peak Performance Specialist, KPEX Consulting
- Olivia Lubarsky, former NCAA Division 1 gymnast; JD Candidate, American University Washington College of Law; TEDx Speaker
- Donald Holl, Athletic Director, Gateway School District; Head Football Coach, Gateway High School; Former Football Player, United States Naval Academy
- Libby Mascaro, Parent; Coach, Beadling Soccer Club, Girls Academy League; Former Division 1 Soccer Player, Penn State University

The pressure young people are facing these days is coming from all directions. From parents and peers, to teachers and coaches. And they're putting a lot of pressure on themselves, too. Pressure can be a positive thing by motivating them to reach their goals, but too much can have the opposite effect.

Teaching young people how to process the pressure in their lives is becoming more important if we want them to become well-rounded *and* well-adapted. During this guided discussion, panelists will talk about the role adults play in helping young people develop a strategy to survive and thrive in what has become a high-stakes environment of growing up.

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

- Identify ways adults can help young people process the pressure they face in their lives.
- Distinguish between healthy and unhealthy pressure and expectations.
- Recognize adult habits that contribute to unhealthy pressure.

About the Moderator

Charma D. Dudley, PhD, FPPR, serves as Board Vice President for NAMI Keystone PA, and is a member of NAMI Pittsburgh North. Dr. Dudley is passionate about promoting mental health awareness by educating families, with an emphasis on BIPOC communities, about mental health conditions to ensure that barriers are eliminated and quality, evidence-based treatment is available to meet their specific needs. She is Associate Director of Behavioral Health Services and a licensed psychologist at Beacon Health Options in Pittsburgh, PA. Dr. Dudley currently leads the Zero Suicide Taskforce at Beacon Health Options, Pennsylvania Engagement Center, and serves on the Health Equity Committee under Anthem's Inclusion and Diversity Council as well as the Elevance Health Equity Collaborative.

About the Presenters

Alexandra Salerno is a Licensed Professional Counselor in the state of Pennsylvania and serves as a Peak Performance Consultant at KPEX Consulting. She works with clients of various ages in the areas of building resilience, mental toughness, and overcoming mental blocks. Alexandra is also a supervisor at Western Psychiatric Hospital, UPMC Center for Eating Disorders, where she oversees outpatient programming. Alexandra received her degree at the University of Pittsburgh.

Olivia Lubarsky is a former NCAA Division 1 gymnast, TEDx Speaker, and is a policy and health equity advisor to the Board of Mental Health America. Olivia was a stalwart voice for Towson University as the Student-Athlete Advisory Committee President and the Commencement Speaker for the College of Business & Economics. She is currently pursuing her Juris Doctorate at American University Washington College of Law where she serves as the Deputy Director of Mental Health for the Student Bar Association.

Donald Holl serves as Athletic Director in the Gateway School District and Head Football Coach at Gateway High School. He has actively assisted in the recruitment of student-athletes at every level of collegiate football. Donald is a graduate of the United States Naval Academy, where he also played football for four years. He served seven years on Active Duty as a Surface Warfare Officer, instructor, and coach. While on active duty, he went to graduate school at Loyola University to become a social studies teacher. Donald is married with five children and is from Erie, PA.

Libby Mascaro is a mental health advocate and co-founder of the Upper St. Clair Wellness Committee whose mission is to ensure that the students and staff in the Upper St. Clair School District are healthy, both physically and mentally. Libby, who played soccer at Penn State University, is also a coach for the Beadling Soccer Club where she works to empower young female athletes to be the best at their game and their mind. As the mother of two young athletes who compete at high levels, she is active in addressing the ongoing challenges that youth, parents, and coaches are facing in today's competitive climate.

Target Audience Key

Parents/Caregivers (P/C)

Educators/School Professionals (Ed/SP)

Mental Health Professionals (MHP)

Students (S)

Workshop Session One

1:15 pm – 2:30 pm

1. The Perfect Teen: The Use of Self-Compassion to Respond to Perfectionism in Adolescents (P/C, Ed/SP, MHP, S)

Samantha Adams, LPC, NCC, Clinical Director, Charlie Health

In the age of social media, we are noticing an increase in teens experiencing depression and anxiety as a result of its use. What's underneath is the desire to be perfect; to be depicted and perceived as a branded social media post. This workshop is intended to introduce the audience to different types of perfectionism, potential risk factors of social media use on adolescent development, and helpful approaches to coach adolescents responding to unrealistic expectations through self-compassion, cognitive interventions, and family support.

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

- Understand the impact of social media use on adolescent development.
- Become familiar with signs/symptoms of perfectionism.
- Gain helpful approaches to coach teens on social media use and perfectionism.

About the Presenter:

Samantha Adams is a licensed professional counselor in multiple states and serves as the PA Clinical Director of Charlie Health, a virtual Intensive Outpatient Program for teens and young adults. Samantha has spent her career engaged in diverse treatment settings; primarily focusing on care in high acuity settings. Samantha completed her education at Chatham University in Pittsburgh.

2. LGBTQIA+ Mental Health: A Frank Discussion About Child Welfare, Implications for Practice and Practical Application (Ed/SP, MHP)

Tracy Leet, LCSW, Pennwest Edinboro University

Meghan Odon, Bachelor of Social Work Student, Slippery Rock University

Presenters will lead an honest conversation about how adults and professionals can be affirming to LGBTQIA+ youth involved in the child welfare system. The workshop will discuss the importance of advocating for and building relationships with LGBTQIA+ youth as an ally or professional. Youth behaviors can often mask their mental health needs and create barriers to effective mental health treatment. Participants will walk through a case study to learn to identify the needs and treatment modalities to best suit LGBTQIA+ youth.

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

- Review terminology describing LGBTQIA+ individuals.
- Identify and discuss the mental health implications on LGBTQIA+ youth and families involved in the child welfare system.
- Explore and develop elements of effective advocacy for LGBTQIA+ youth in the child welfare system.

About the Presenters:

Tracy Leet is a Licensed Clinical Social Worker and a professor at Pennwest Edinboro University and Keuka College. She works part-time at Parkside Psychological Associates in Meadville, PA. Tracy provides trauma-informed clinical supervision for individuals seeking social work clinical licensure and trauma-informed programming consultation to the Center for Family Services in Meadville.

Meghan Odon is a lesbian-identified social work student at Slippery Rock University working on her bachelor's degree. Meghan has first-hand knowledge of what it is like to be an LGBTQIA+ youth struggling with mental health issues.

3. Engaging Youth in Digital Mental Health Interventions (Ed/SP, MHP)

Ana Radovic, MD, Assistant Professor of Pediatrics, University of Pittsburgh

Kayla Odenthal, MSW, Research Coordinator, University of Pittsburgh

Srinidhi Alur, MSW, MPH, Research Assistant, University of Pittsburgh

The SOVA Lab team has been conducting research for the past seven years on how to design technology interventions for adolescents and young adults that help them to engage in mental health treatment. During this workshop, we will provide an overview of feedback we have received over the years on how young people want to engage with digital health technology and considerations to take into account when offering new digital health technologies to youth. We will include an interactive portion to explore available tools, discussing their positives and potential drawbacks.

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

- Identify characteristics important to youth when considering recommending a digital mental health intervention.
- Discuss ways that professionals may use digital mental health to improve their interactions (clinical or other) with youth.
- List a resource to use to evaluate the quality of digital mental health tools for youth.

About the Presenters:

Ana Radovic, MD, MSc, is an Assistant Professor of Pediatrics at the University of Pittsburgh. She is a pediatrician and subspecialist in Adolescent Medicine. Dr. Radovic sees patients at UPMC Children's Hospital and Carlow University, and conducts research focusing on how to use technology to improve mental health services for adolescents with symptoms of depression or anxiety.

Kayla Odenthal, MSW, is a research coordinator at the SOVA Lab. She received a Master's in Social Work from the University of Pittsburgh and is a field instructor for current social work interns.

Srinidhi Alur, MSW, is a research assistant in the SOVA Lab. She completed her Master's in Social Work and Public Health from the University of Pittsburgh in 2022.

4. Addressing Cultural Barriers to Treatment: How to Be Respectfully Curious When Working With Families (P/C, Ed/SP, MHP, S)

James Russell, MSCP, NCC, LPC; Family Therapy Lead, UPMC Center for Children and Families

Brittany M. Weaver, MA, LMFT, LPC, UPMC Center for Children and Families

Professionals have the unique opportunity to work intimately with families. As professionals, we have an obligation to be respectfully curious when granted this unique access. It is so easy to do harm, try to enforce our values on families, and attempt to “fix” a pattern of interaction that we have not taken the time to appreciate the “very good reason” why our families do what they do. Participants will practice how to be respectfully curious when engaging with families. Strategies will be presented and opportunities for the audience to learn from each other will be encouraged.

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

- Discuss and identify the nuances of culture and identity, especially within a clinician-client/family subsystem.
- Demonstrate 30 minutes of cultural humility experiential skill practice with fellow participant(s).
- Practice respectful curiosity when exploring an individual or family's cultural background, values, barriers, patterns of interaction, and protective factors.

About the Presenters:

James T. Russell, MS, NCC, LPC, is a licensed professional counselor who has expertise working with children and families whom have a multitude of needs, strengths, and diverse backgrounds. James has 17+ years of experience in the helping field including co-leading a family therapy clinic training program in a live-supervision, team approach setting.

Brittany M. Weaver, MA, is dually licensed as a Licensed Marriage and Family Therapist and Licensed Professional Counselor who received her master's degree at Seton Hill University in 2013. She is experienced in working with TFEBT, family therapy, and ADHD with clients of all ages. She also currently co-leads Family Clinic at the Center of Children and Families and supervises for licensure.

5. Helping or Hurting? Pushing Back on the Changing Culture of Youth Sports

(P/C, Ed/SP, MHP, S)

Hannah Lindey, Former NCAA Athlete, Student, Slippery Rock University

Denna Hays, PhD, Assistant Professor, Slippery Rock University

Chris Streidl PhD, Assistant Professor, Slippery Rock University

The evolution of youth sports has been incredible, yet the experience of young athletes can be detrimental without understanding the pressures they face. Analyzing the fear of failure in athletes from beginner to college recruits can help them learn to cope more effectively. This workshop will focus on assisting participants to understand the impact of stress and fear of failure experienced by youth athletes. Participants will also learn skills to assist youth athletes when responding to their stress.

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

- Identify the impact of stress and fear of failure in youth athletes.
- List skills to assist athletes in responding to their stress.
- Discuss the impact of stress on athletes.

About the Presenters:

Hannah Lindey, a former NCAA athlete, is a student at Slippery Rock University who has a passion for helping young athletes thrive. At 16, she had the opportunity to pursue her hockey career at a boarding school in Rochester, NY. During her time at Selects Academy, she found herself wanting to help her teammates work through academic and athletic issues that were weighing them down. It was this experience that opened her eyes to the issues athletes face.

Denna Hays is an assistant professor at Slippery Rock University in the social work department. Dr. Hays has extensive experience in child welfare and working with individuals who have experienced trauma. Additionally, Dr. Hays is involved with animal-assisted crisis response.

Chris Streidl is an assistant professor at Slippery Rock University in the social work department. Dr. Streidl has over twenty years of experience working with children and families in clinical settings.

6. Vaping, Nicotine and Tobacco: What They Don't Want You To Know (P/C, Ed/SP, MHP, S)

Hannah Cristofano, MS CTTS, Program Manager Tobacco Free Adagio Health

Diana Mihalcik, MS CTTS, Program Manager, Tobacco Prevention and Control, Adagio Health

In Pennsylvania, 24 percent of high school seniors reported using a vaping device regularly in the last month (PAYS 2021). Students across the state and country are turning to e-cigarettes and vaping devices at rates higher than ever before. They are largely unaware of the harmful effects, and

they are being targeted by appealing marketing tactics to draw in youth. This workshop will uncover the facts behind e-cigarettes while focusing on the effects e-cigarette use has on youth.

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

- Understand the influence of nicotine on the developing adolescent brain.
- Investigate the chemicals in cigarettes versus e-cigarettes and the evolution of vaping devices.
- Examine the latest health concerns and illnesses associated with e-cigarette use, including the influence on youth mental health.

About the Presenters:

Hannah Cristofano is the Program Manager for Tobacco Free Adagio Health in Allegheny County. She comes to Adagio Health with five years of experience working with students and young people and was previously the Youth Services Coordinator for Tobacco Free Adagio Health. Hannah is a graduate of Washington and Jefferson College and the University of Pittsburgh School of Education.

With a background in mental health and behavioral health, Diana Mihalcik has spent the last eight years working in the prevention field as a Certified Tobacco Treatment Specialist and Cessation Counselor working to prevent and eliminate tobacco use and exposure to all Pennsylvania residents. As a mother, Diana is a strong advocate for youth education and tobacco-free initiatives.

Workshop Session Two

2:45 pm – 4:00 pm

7. Mindfulness: Youth-Led and Youth Initiatives (P/C, Ed/SP, MHP, S)

Dr. Kristie Abbs, DSW, MSW, MEd, LCSW, LISW, BSL, Assistant Professor and Director of MSW Field Experience, Slippery Rock University

Mindfulness practices have decreased stress and allowed individuals to cope with daily stressors. Learning ways to teach youth how to lead mindfulness practices and support one another in the process is an effective way to increase the use and understanding of mindfulness. Participants will learn through hands-on activities how to teach and use mindfulness practices appropriate for youth. The barriers and strengths of these practices will be explored and understood from the young person's perspective. Learners will identify ways to assist the child in leading mindfulness practices.

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

- Demonstrate mindfulness practices used with youth.
- Identify ways youth can lead and use voice initiatives of mindfulness practices.
- Describe ways youth can decrease high levels of stress and improve coping skills.

About the Presenter:

Dr. Kristie Abbs is a licensed clinical social worker and serves as an Assistant Professor and Director of MSW Field Experience. Dr. Abbs has worked in the field for over 18 years serving various populations with expertise in aging, healthcare, mental health, case management, and education. She also treats clients in private practice experiencing mental illness.

8. Applied Tabletop Role-Playing Games: Change Through Play (P/C, Ed/SP, MHP, S)

Jack Berkenstock Jr., MHS, Executive Director, The Bodhana Group Inc.

Colleen Madrigale, LSW, DBT/Outpatient Therapist, Community Services Group

The Bodhana Group shares their ten years of experience as they discuss the benefits and applications of tabletop role-playing games (TTRPGs) such as *Dungeons and Dragons* while working with youth. The focus will be on what TTRPGs are, how they connect with therapeutic approaches, and how they facilitate clinical growth. The journey of a thousand miles begins with a single roll (of the dice)!

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

- Describe the basic mechanics of a tabletop role-playing game and how the game works.
- Identify how the basic flow of play connects to skill-building concepts and therapeutic modalities to facilitate work on clinical goals.
- Describe the framework of how a therapeutic or applied role-playing game session would operate and further clinical goals.

About the Presenters:

Jack Berkenstock Jr., MHS, is a master's level clinician, Executive Director, and one of the founders of The Bodhana Group. He specializes in the assessment and treatment of sexually problematic behaviors and also offers direct services, training, and consultation using tabletop board and role-playing games for skill building and therapy. He received his degree from Lincoln University in 2008.

Colleen Madrigale, is a Licensed Social Worker (LSW) practicing with Community Services Group in Lancaster, PA. She holds a Master of Social Work degree from Temple University. Colleen has completed foundational training in Dialectical Behavior Therapy (DBT) and Dialectical Behavior Therapy Prolonged Exposure (DBT-PE) for Stage 2 DBT trauma treatment. Colleen provides DBT treatment and outpatient therapy to individuals ages 14 and up. She is also a member of the Board of Directors for the Bodhana Group, a non-profit organization that utilizes tabletop gaming as a directed therapeutic and clinical practice.

9. Trauma-Informed Coaching at All Levels of Play: Protecting Our Youth From Future

Adversity (P/C, Ed/SP, MHP, S)

Bethany Hemingway, MSW, Sr. Program Officer, Staunton Farm Foundation

Justin Forzano, MPPM, Founder and CEO, Open Field

In this workshop, participants will explore the aspects of trauma-informed coaching from a professional to a volunteer level. Trauma-informed coaching includes the following components: creating a safe environment and promoting self-efficacy/self-determination, dignity, and personal control. Presenters will explain what trauma-informed coaching is, how it impacts the youth being coached, and they will also discuss the work Open Field does in Cameroon and in underserved communities in the Pittsburgh region. Participants will learn about the role parents can play and how volunteer coaches can implement a trauma lens into their style.

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

- Explain the impact sports and coaches have on youth mental wellness.
- Discuss the resources available for coach development including managing expectations.
- Describe how trauma-informed coaching can be applied to other vulnerable communities/populations such as refugees and immigrants.

About the Presenters:

Bethany Hemingway-Klobuchar (she/her/hers), MSW, has been the Senior Program Officer at the Staunton Farm Foundation for the past 12 years. She received her BA in Community Mental Health from SUNY Buffalo. She returned to her native city, Pittsburgh, to complete her MSW at Pitt. She worked as a behavioral specialist consultant/ mobile therapist for children before joining the foundation.

Justin Forzano is the founder and CEO of Open Field, an international sport-based youth development organization based in Pittsburgh, PA, with the mission to improve the lives and futures of youth through sport by promoting health, education, equity, girls' empowerment, and teen employment through the global game of soccer. Under Forzano's leadership, the organization engages more than 1,000 youth in western Pennsylvania and in three African countries (Cameroon, Guinea, and Liberia). In addition to leading the organization, Justin is an active coach mentor, facilitating programming for immigrant and refugee youth in Pittsburgh. He holds a Master of Public Policy Management from the University of Pittsburgh Graduate School of Public and International Affairs and is a graduate of the University of Dayton with a Bachelor of Civil Engineering. In May 2022, Justin completed a 300-hour Registered Yoga Teacher training and currently teaches the Original Hot Yoga 26 & 2 sequence. Forzano is an Albert Schweitzer Fellow for Life and was named one of Pittsburgh Magazine's '40 Under 40' in 2018.

10. The Impact of Poverty and Adverse Childhood Experiences (ACEs) On Child, Family, and Community Mental Health (P/C, Ed/SP, MHP, S)

Erin E. Neuman-Boone, PhD, LPC, Assistant Professor of Psychology, Robert Morris University

Patricia Kardambikis, PhD, Assistant Professor and the Coordinator of Graduate Education Leadership Programs, Robert Morris University

Molly Rosado, BS, Undergraduate Admissions Counselor, MS, Clinical Psychology Graduate Student, Robert Morris University

Nearly 1 in 6 children live in poverty in the U.S. Poverty has a profound impact on children's emotional well-being, risk-taking behaviors, and executive functioning. It also increases one's risk of experiencing adverse childhood experiences (ACEs). It is essential to understand how poverty and ACEs affect children and their families in order to help mitigate the long-term consequences. This presentation explores the impact poverty has on the mental health of children, families, and the community.

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

- Identify the impact that poverty has on child, family, and community mental health.
- Discuss the interaction between poverty and adverse childhood experiences and the implications for child, family, and community mental health.
- Identify the role of caregivers, advocates, and professionals when working with children and families living in poverty.

About the Presenters:

Erin E. Neuman-Boone, PhD, is a licensed professional counselor (LPC) and Assistant Professor in the Department of Psychology at Robert Morris University. Dr. Neuman-Boone has nearly 20 years of experience in community mental health in various clinical, supervisory, and administrative roles. She holds degrees from Duquesne University, University of Pittsburgh, and Florida State University.

Patricia Kardambikis, PhD, is an Assistant Professor at Robert Morris University and the Coordinator of Graduate Education Leadership Programs. Dr. Kardambikis holds a school counseling degree and a Bachelor of Science in Nursing. An area of concentration is Social and Emotional Learning. Dr. Kardambikis has 30 years of public education experience. She holds degrees from Carlow University, Slippery Rock University, Penn State University, Kent State University, and Westminster College.

Molly Rosado is a first-year master's student in Robert Morris University's Counseling Psychology program and also an Undergraduate Admissions Counselor for the university. For her future career in psychology, Molly is pursuing her passion for psychosocial oncology. Molly volunteered at the UPMC Hillman Cancer Center and interned with the Hospital Elder Life Program at Allegheny General Hospital. She also conducted an undergraduate thesis titled, "Anxiety Levels Among Current and Post Treatment Cancer Patients." Additionally, she contributed to a published study, led by RMU faculty, titled, "Update: Subjective Distress, Vaccination, and Returning to Campus During COVID-19." Molly will continue her involvement by interning with Cancer Bridges in spring 2023.

11. Promoting Spiritual Care and Holistic Healing for Supporting Loss and Grief for Young Children and Families (P/C, Ed/SP, MHP, S)

Kathleen I. Harris, PhD, Dean School of Education and Applied Social Sciences, Seton Hill University

This workshop defines spirituality and discusses the value of spiritual care in administering whole-person healing to children who are experiencing loss and grief. The workshop will explore loss and grief from a broad theoretical perspective to demonstrate the ways in which young children experience loss. Strategies and resources for supporting a young child when experiencing loss and grief will be presented including a variety of ways to promote self-expression, maintaining consistent routines, closely observing and listening to children, and communicating with families.

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

- Examine the value of spiritual care in administering whole-person healing to children who are experiencing loss and grief.
- Discuss spiritual care strategies and resources for supporting a young child when experiencing loss and grief.
- Identify spiritual care activities and children's literature that can support holistic healing and guide young children and families during loss and grief.

About the Presenter:

Dr. Kathleen Harris is the Dean of the School of Education and Applied Social Sciences and an Associate Professor in Early Childhood and Special Education at Seton Hill University in Greensburg, Pennsylvania. Dr. Harris' research interests include children's spirituality, peer interventions, strengths-based leadership, superhero play, and contemplative practices for all young children.

12. Providing Mental Health Supports in Schools With Acute Trauma: A Case Study

(P/C, Ed/SP, MHP, S)

Stephanie Maietta Romero, EdD, Executive Director, Awaken Pittsburgh

William Davies, EdD, Director, Chill Project by AHN

Awaken Pittsburgh and The Chill Project by AHN have been collaborating to combine their services and create a model for whole-school mindfulness-based mental health services serving students, staff, educators, and administrators. Additional mental health programming comes at a financial cost to districts, which is not affordable by all communities. This presentation will center around schools that are typically unable to afford these services and share how this model can be transformational in the lives of educators and students.

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

- Describe the mental health needs in schools.
- Identify how mindfulness interventions can support mental health in schools.
- Describe the structural roadblocks to providing these services in communities in need and ways to overcome these obstacles.

About the Presenters:

Dr. Stephanie Romero, founder and ED of Awaken Pittsburgh, works to bring mindfulness to those who are experiencing high levels of stress and trauma throughout western Pennsylvania. Dr. Romero explored the integration of mindfulness into her classroom in her dissertation, culminating three years of research. She is grateful to be able to bring these life-changing practices to individuals and systems every day.

Dr. Will Davies is the founder and program director for the Chill Project by Allegheny Health Network, bringing preventive evidenced-based skills to entire school communities. Will also leads Jefferson Counseling Services, providing outpatient, intensive outpatient, and medication management services across the lifespan. Will is passionate about improving the lives of children and adolescents through the lens of preventative skill-based learning that transforms school culture.



Conference Marketing Opportunities

There are a number of marketing opportunities available for companies and organizations to showcase their mission and resources at the 2023 Child, Adolescent, and Transition Age Youth Mental Health Conference, *Pursuit of Perfection and the Impact on Youth Mental Health*.

SPONSOR

Sponsors can choose from several categories. Each option gives companies and organizations an acknowledgment at the conference and in marketing materials; an exhibitor's table; and ad space in the conference program book.



EXHIBIT

Secure your resource table today at one of the country's only conferences specializing in youth mental health. Exhibit tables are located outside of the main ballroom to ensure visibility and high traffic volume.



PLACE AN AD

The day-of conference program book features a schedule of the day's events, bios on the main presenters, and workshop descriptions. Placing an ad is an opportunity to highlight your company or organization's mission, promote your book or research study, or spread the word about an important initiative.



For information on sponsoring, exhibiting, or placing an ad contact Sara Levine Steinberg at slsteinberg@namikeystonepa.org.

NAMI Keystone Pennsylvania
Child, Adolescent, and Transition Age Youth Mental Health Conference

Friday, February 10, 2023 | The Westin Pittsburgh

Online registration is available at www.namikeystonepa.org. The online registration deadline is **Monday, January 23.**

Mail completed form and payment to: NAMI Keystone Pennsylvania, 105 Braunlich Drive, McKnight Plaza, Suite 200, Pittsburgh, PA 15237. Please make check/money order payable to: NAMI Keystone PA. Registration forms will also be accepted via fax at 412-366-3935.

Refund Policy: Cancellations made prior to **Monday, February 6** will be refunded. If requesting CEUs, a \$30 administrative fee will be deducted from your refund. **No refunds will be issued after Monday, February 6.**

Pursuant to the ADA, if you require specific aid or services, please contact Sara Levine Steinberg by email at slsteinberg@namikeystonepa.org or call 412-366-3788 Ext. 122. Please make all requests for accommodations at least three weeks prior to the conference date.

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____ County: _____

Daytime phone: _____ Email: _____

Agency Affiliation (if applicable): _____

Continuing Education Credits ☐ 0.5 CEU ☐ 5 Social Work ☐ 5 Psychologists ☐ 5.5 Act 48

Workshop Selections (please choose one from each session):

Workshop Session One ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

Workshop Session Two ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12

**Act 48 Professional
Personnel ID**

Please specify dietary restrictions: ☐ Vegetarian ☐ Gluten-Free ☐ Allergies ☐ Restrictions

Specify: _____

Registration Rates

All rates include conference admission, continental breakfast, and buffet luncheon. A certificate of attendance will be available upon request at the conclusion of the conference.

MH Professional (Includes Continuing Education Credits) ☐ \$40

Educator (Includes Act 48 credits) ☐ \$20

Individual Rate ☐ \$15

Student Rate: (Must register with a valid school email) ☐ Free

***School group rates are available upon request. Email Sara Levine Steinberg at slsteinberg@namikeystonepa.org for more information.**

Total Registration Enclosed: \$ _____ ☐ Check ☐ Money Order

THANK YOU CONFERENCE SPONSORS

