

2023 Pennsylvania Mental Health and Wellness Conference  
The Best Western Premier: The Central Hotel and Conference Center  
Harrisburg, PA | Monday, May 22 – Tuesday, May 23

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## ***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

### **MONDAY, MAY 22**

- 7:00 a.m. – 7:30 a.m.      Exhibitor Set-Up
- 7:30 a.m. – 8:30 a.m.      Registration Opens | Breakfast | Exhibitor Hall Open
- 8:30 a.m. – 9:15 a.m.      Welcome and Opening Remarks  
Christine Michaels, MSHSA, CEO, NAMI Keystone Pennsylvania
- 9:15 a.m. – 10:30 a.m.      Keynote Presentation | *An Advocate's Impact: Using Your Voice to Shape Public Policy*  
Joan Erney, JD, Behavioral Health Consultant, Trainer, Facilitator, and Mental Health Advocate
- 10:30 a.m. – 10:45 a.m.      **Break and Exhibitor Hall Open**
- 10:45 a.m. – 12:00 p.m.      Workshop Session One
1. Applied Tabletop Role-Playing Games: Change Through Play
  2. Caregiver, Put Your M.A.S.K. on First!
  3. Response to Persons with Mental Illness: Current Practices and Directions for Law Enforcement Training
  4. How Loss of Connection Affects Mental Health
  5. Racial Identity Development and Mental Health: AAPI Mental Health and Lessons Learned

12:00 p.m. – 1:00 p.m. Buffet Luncheon | Exhibitor Hall Open

1:00 p.m. – 1:15 p.m. **Break and Exhibitor Hall Open**

1:15 p.m. – 2:30 p.m. Afternoon Plenary | *Building the Crisis Continuum*

### **Moderator**

- Jenna Mehnert Baker, DPA, MSW, CAE, SHRM-CP, Bureau Director for Policy, Planning and Program Development, PA Department of Human Services, Office of Mental Health and Substance Abuse Services (OMHSAS)

### **Panelists**

- Matthew B. Wintersteen, PhD, Director, David Farber Center for the Advancement of Suicide Prevention Intervention, Research, and Education (ASPIRE); Associate Professor and Director of Research in the Division of Child and Adolescent Psychiatry, Sidney Kimmel Medical College at Thomas Jefferson University
- Annie Strite, MH.IDD Administrator, Cumberland and Perry Counties' Mental Health and Intellectual and Developmental Disabilities Office
- David Measel, Pennsylvania Certified Peer Specialist (CPS), CPS Supervisor, and National Certified Peer Specialist

2:30 p.m. – 2:45 p.m. **Break and Exhibitor Hall Open**

2:45 p.m. – 4 p.m. Workshop Session Two

6. Understanding Maternal Mental Health

7. Our HAIR (Health Access Initiative for Recovery): An Initiative to Improve Penetration and Engagement of Black and Brown Individuals in Behavioral Health Service

8. From Rock Bottom To Rock Solid: Overcoming Workplace Anxiety and Depression

9. Suicide and Substance Use Disorders

10. The Quiet Hero: Emotional Intelligence (EI) – Concepts Used in Incarcerated-Based Programs

5:30 p.m. – 7:30 p.m. Dinner | Presentation of the Carol Caruso Mental Health Advocacy Award

Dinner Speaker: *Meet and Greet with Jen Smith*

Jen Smith, Deputy Secretary, Office of Mental Health and Substance Abuse Services, Pennsylvania Department of Human Services

## TUESDAY, MAY 23

- 7:30 a.m. – 8:15 a.m. Breakfast/Exhibitor Hall Open
- 8:15 a.m. – 9:15 a.m. Morning Announcements  
Keynote Presentation | *2023 Public Policy Priorities*  
Christine Michaels, MSHSA, CEO, NAMI Keystone Pennsylvania  
Nikki Weigand, MSW, Advocacy Director, NAMI Keystone Pennsylvania
- 9:15 a.m. – 10:30 a.m. Morning Plenary | *Take A Hike! Benefits of Eco-Therapy*  
Tracy A. Carney, CPS, CPRP, Senior Recovery Specialist, Community Care Behavioral Health
- 10:30 a.m. – 10:45 a.m. **Break and Exhibitor Hall Open**
- 10:45 a.m. – 12:00 p.m. Workshop Session Three
11. Cultivating Self and Emotional Awareness in Order to Promote Mutually Respectful Interactions
  12. Talking Recovery in 4 Words or Less
  13. The Power of Peers: Starting a Hospital Wellness Program
  14. Vaping, Nicotine, and Tobacco: What They Don't Want You to Know
  15. Virtual IOP for BIPOC Communities: Using Telehealth to Overcome Common Barriers to Therapeutic Treatment Faced by People of Color
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*At the conclusion of the conference, participants getting Continuing Education Credits must sign out at registration.*

*Certificates of attendance will also be available.*