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Mental Health America of Southwestern PA

Calming the Storm:
Behavioral Health in Rapidly
Changing Times

December 3 & 4, 2020

Conference Schedule

December 3

8:30 a.m. - Opening Remarks

8:40 - Keynote Speaker

Amy Herschell, PhD and Matthew Hurford, MD: *"The Impact of COVID on BH Services Across PA"*

9:40 - Break

10:00 - Workshop #1

11:00 - Break

11:20 - Workshop #2

12:20 p.m. - Closing Remarks

12:25 - Day 1 Conference Ends

December 4

8:30 a.m. - Opening Remarks

8:35 a.m. - Special Remarks

Mrs. Pennsylvania American:
Catherine Clemons Sloane

8:40 - Keynote Speaker

Richard Edley, PhD: *"State of Our State"*

9:40 - Break

10:00 - Workshop #1

11:00 - Break

11:20 - Workshop #2

12:20 p.m. - Closing Remarks

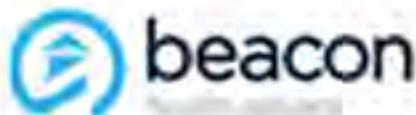
12:25 - Day 2 Conference Ends

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Keynote Speaker: December 3

"The Impact of COVID-19 on Behavioral Health Services across Pennsylvania"

Amy Herschell, PhD and Matthew Hurford, MD



Since the COVID-19 pandemic, many providers who did not previously use telehealth have rapidly shifted given social distancing and stay-at-home orders. In this presentation, Drs. Amy Herschell and

Matthew Hurford from Community Care Behavioral Health Organization will explore the use of telehealth in behavioral health, examining both the strengths and challenges of this model of treatment. Through extensive surveying of members, family members, providers and allied professionals, all have supported the continuation of telehealth. The presentation will provide an overview of research, present data on telehealth use in Pennsylvania, discuss the strengths and challenges of telehealth, and facilitate a discussion on future directions for telehealth in Pennsylvania communities.

Keynote Speaker: December 4

"The State of Our State"
Richard Edley, PhD

Special Guest

Catherine Clemons Sloane
Mrs. Pennsylvania American

This presentation, done by Dr. Richard Edley from RCPA, will focus on the "state of behavioral health" (and associated healthcare areas) in three phases of understanding: the system pre-COVID-19 Crisis; changes, adaptations, and issues during the Current Crisis; and what to expect post-COVID-19. As part of the presentation, data will be shared from recent Pennsylvania and national studies, and there will be a discussion as to ongoing advocacy efforts.

Catherine Sloane was crowned Mrs. Pennsylvania American on August 23rd.

Catherine's platform is called Blossom Within. She hopes to open communication and break stigma around Mental Illness. Through expressing her own story of mental health recovery, she hopes to raise awareness, offer perspective, as well as give strength to those that are still struggling.

We at Beacon understand and recognize the high prevalence of mental illness and substance use disorders. We also know that when **recognition** is coupled with **reeducation** and **acceptance**, health-seeking action can be taken. These actions lead to **recovery**, which is achievable for everyone.



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Workshop #1: December 3

10:00 a.m. to 11:00 a.m.

Workshop 1A: "Design thinking for change agents: Three (or more) considerations for success" (John McCarthy, PhD and Joel Brown, MA)

Design thinking--an iterative, collaborative, and human-centered process around problem-solving—is typically associated with the business world. However, it has interesting parallels to the counseling process, and concepts from design thinking can aid in the skills toolbox for mental health professionals and their various professional roles. This workshop offers an overview of the design thinking stages before sharing concepts and exercises that apply to the mental health domain.

Workshop 1B: "Peer Support for Dual Diagnosis" (Katherine Mullins, MBA)

Providing peer support for someone who is struggling with their mental health has been a service in Pennsylvania for many years now. There was a population that was also being served during this time, Dual Diagnosis. This presentation is going to go over the Dual Diagnosis population within peer support. There will be discussion on what peer support for Dual Diagnosis is, strategies and tips for staff and identifying barriers to peer support.

Workshop 1C: "Veterans Suicide Prevention: Operation SAVE" (Bree Piper, LCSW)

Operation S.A.V.E. is a one- to two-hour gatekeeper training program provided by VA suicide prevention coordinators to veterans and those who serve veterans, though is appropriate for non-Veteran populations as well. Optional role-playing exercises are included. S.A.V.E consists of the following four components:

1. Brief overview of suicide in the veteran population
2. Suicide myths and misinformation
3. Risk factors for suicide
4. Components of the S.A.V.E. model (Signs of suicide, Asking about suicide, Validating feelings, Encouraging help and Expediting treatment)

This workshop is approved to meet Act 74 of 2016 license requirements.

Workshop #2: December 3 11:20 a.m. to 12:20 p.m.

Workshop 2A: "Hope-Helping in Mental Health" (John McCarthy, PhD and Emma Shannon, BS)

The concept of hope can be instrumental in promoting and facilitating change in counseling. In a broad sense, it can be viewed as a goal-oriented cognition surrounding a desire and the expectation of achieving it (Kelley et al, 2010). Though the literature on hope in counseling is limited, this workshop focuses on its importance in the change equation as well as ways to interject into the counseling process.

Workshop 2B: "Trauma and its Impact on Substance Use" (Mark Fuller, MD, FACP)

Experiencing traumatic events in life is common. However, when an individual is exposed to multiple traumas, especially during childhood, their risk of developing a substance use disorder increases. This workshop explores the nature of trauma and how it impacts the trajectory of a person's life. It will also include an in depth look at how life events affect our brain and our body to increase the likelihood of substance misuse. Implications for effective treatment will also be highlighted and reviewed.

Workshop 2C: "Enhancing Financial Wellness Using Social Security Work Incentives" (Kim MacDonald-Wilson, Sc.D., CRC, CPRP and Donna Jenkins, CPS)

Poverty and unemployment are a few of the major determinants that affect our overall health and wellness. Making decisions about how to improve our financial future creates additional stresses when you have few resources, limited information, or complex systems to navigate. This workshop provides a Financial Wellness framework to help providers and people with Social Security disability benefits interested in working to identify practical strategies to Build Hope for Financial Wellness, Know the basics of SSWI, and identify when, where, and how to Ask the Experts for assistance with complex individual situations. Attendees will get information and tips sheets to share and use, as well as hear from a working peer specialist about her experience in using the work incentives.

Workshop #1: December 4 10:00 a.m. to 11:00 a.m.

Workshop 1A: "Caring for the Caregiver -- Vicarious Trauma" (RaeAnn M. Taylor, Ph.D.)

Vicarious trauma (VT) is a form of trauma that occurs when someone reads, hears, or sees something about an event that causes them to have a post-traumatic stress response. For those in the helping professions, it is the cost of working with people who have experienced trauma and abuse; of bearing witness and of empathic engagement with those affected. VT is a normal reaction and not a sign of weakness. This workshop will explore what VT "looks like", risk and protective factors, and what you can do to limit the negative side effects of helping others.

Workshop 1B: "When Staying Home Isn't Safe: Domestic Violence Amid the COVID-19 Pandemic" (Shelbi-Lynn Moonley, BS)

Domestic violence has impacted our communities long before COVID-19, but the pandemic has escalated the severity of violence experienced by survivors while leaving them with fewer resources to access supportive services. Together we will work to understand and identify the challenges experienced by the pandemic. We will further learn how to utilize trauma-informed practices to overcome those challenges to create stronger supports for survivors who are living and surviving in an abusive environment.

Workshop 1C: "Social Connectedness and Self-Care Amidst a Pandemic" (Tracy A. Carney, CPS, CPRP)

Social distancing forced us to be apart from friends and family and almost overnight, many of our workplaces moved from offices to work-from-home spaces. In this workshop, we will look at two important topics raised during the pandemic: the power of social connectedness and self-care. We will explore the power of connection and self-care as a necessary job requirement.

Workshop #2: December 4 11:20 a.m. to 12:20 p.m.

Workshop 2A: "Telehealth Delivery of Addiction Care, COVID and Beyond" (Michael Lynch, MD)

The delivery of healthcare, including substance use disorder care, through telehealth has accelerated dramatically due to the COVID-19 pandemic and associated waivers of traditional regulations. This global tragedy has spawned innovative solutions to both new and old barriers to care allowing a trial period to assess the impact of these developments. Will those innovations be beneficial, and if so, can they be sustained?

Workshop 2B: "How to Be an Anti-Racist Mental Health Professional" (Julius Boatwright, MSW, LSW)

This presentation will give a brief overview of the knowledge, skills, and competencies needed to be an anti-racist mental health professional. Participants will be invited and encouraged to unpack how they themselves and their respective workplaces uphold racially and culturally insensitive practices. Participants will also be invited to identify and implement anti-racist practices in their personal lives.

**Participation links will be e-mailed on Tuesday,
December 1, 2020.**

Continuing Education Credits

Each day is approved for three hours of continuing education. The totals below reflect two day attendance. If attending only one day you will be eligible for three hours.

Certified Psychiatric Rehabilitation Providers

Pennsylvania Association of Psychiatric Rehabilitation Services is approved by the Psychiatric Rehabilitation Foundation (Provider #4875530-2016) to sponsor continuing education for Certified Psychiatric Rehabilitation Practitioners and Certified Child and Family Resiliency Practitioners or PRA Certification Candidates for this event. Pennsylvania Association of Psychiatric Rehabilitation Services maintains responsibility for the program and its content of this event.

Mental Health Professionals

Nurses and other health care professionals are awarded the designated 6 Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania.

National Certified Counselors

UPMC Western Psychiatric Hospital has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. UPMC Western Psychiatric Hospital is solely responsible for all aspects of this program. This program is being offered for 6 continuing education hours.

Pennsylvania Certification Board

Community Care will award 6 hours of PCB-approved hours of education for participants attending the conference. Our program is certified by the Pennsylvania Certification Board, Provider #414. Includes CPS, CRS, and CAC.

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 6 continuing education credits.

Social Workers

This program is offered for 6 hours of social work continuing education through the co-sponsorship of the University of Pittsburgh School of Social Work, a Council on Social Work Education accredited and Pennsylvania pre-approved continuing education provider for LSW, LCSW, LPC, and LMFT. Those attending from other states should check with their social work boards on acceptance of, or number for,

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Presenter Bios



**Julius Boatwright,
MSW, LSW**
Steel Smiling

Julius Boatwright serves as the founder and CEO of Steel Smiling, an organization that works to bridge the gap between people of color and mental health supports. The organization hopes to achieve this through education, advocacy, and awareness. Julius has received the Mental Health America Social Work Award, Black Enterprise Modern Man of Distinction, and the NAMI Keystone Pennsylvania Dick Jevon Advocacy Award, among others.



Joel Brown, MA
*Indiana University of
Pennsylvania*

Joel Brown is a doctoral candidate and adjunct professor at Indiana University of Pennsylvania. He is also a Licensed Professional Counselor and National Certified Counselor with counseling experience in correctional and community settings.



**Tracy Carney,
CPS, CPRP**
*UPMC Community
Care Behavioral
Health*

Tracey Carney is a senior Recovery and Resiliency Specialist for UPMC Community Care Behavioral Health. She has worked as an advocate for individuals living with behavioral health conditions. In a professional capacity, she has focused on providing individuals with positive experiences and support on their journey to mental health recovery.

Presenter Bios



Richard Edley, Ph.D.
RCPA

Dr. Richard Edley is lead executive for RCPA, responsible for all aspects of operations and direction for the association. His professional career began in 1988 and most recently he was president and CEO of PerformCare/Community Behavioral HealthCare Network of Pennsylvania, Inc., a national, full-service, behavioral health managed care organization. He oversaw all aspects of the organization including operations, business development, provider contracting, and finance. Dr. Edley is a national presenter and is published in a broad variety of areas.



Mark Fuller, MD
Allegheny Health Network

Dr. Fuller is the Medical Director of Addiction Medicine at Allegheny Health Network's Center for Inclusion Health. He has an extensive background in addiction medicine, behavioral health and population health management as well as in the field of addiction medicine and behavioral health as both a clinician and as a physician executive working for several managed care organizations. He has a strong interest in teaching and research as evidenced by his authoring of numerous papers, book chapters and other publications.



Amy Herschell, Ph.D.
UPMC Community Care Behavioral Health

Dr. Amy Herschell is the Senior Director of Research Strategy and Outcomes Management at UPMC Community Care Behavioral Health. Dr. Herschell has researched implementation of evidence-based treatments in community practice with particular interest in improving treatment programming for high risk children. She has published several book chapters in addition to other publications. She has also done presentations across the United States and Canada.

Presenter Bios



Matthew Hurford, MD
*UPMC Community
Care Behavioral
Health*

Dr. Matthew Hurford is currently the Chief Medical Officer of Community Care Behavioral Health. He has over 10 years of progressive public-sector leadership experience in community mental health, the Indian Health Service, academic medicine, city government, and not-for-profit Medicaid managed care. He is a clinical associate at the Perelman School of Medicine at the University of Pennsylvania.



Donna Jenkins, CPS
*CMSU Behavioral
Health*

Donna Jenkins is a Certified Peer Specialist, Residential Program Worker who works at CMSU Behavioral Health. She currently works at a Community Housing and Support program. She has worked in the past at the Decision Support Center, Peer Run Crisis Residential Program and Mental Health Recovery Central. She has also participated with In Your Own Voice Presentation with National Alliance on Mental Illness and is a member of the Go Make A Difference Drama Club. She is also a Certified Nursing Assistant.



Michael Lynch, MD
*UPMC Health Plan
Substance Use
Disorder Services*

Dr. Michael Lynch is the Medical Director of the Pittsburgh Poison Center, Medical Director for Substance Use Disorder Services at UPMC Health Plan, and serves on the Boards of Directors for the PA College of Emergency Physicians and the American Association of Poison Control Centers. The Toxicology service at UPMC is one of the busiest in the country, seeing patients at five Pittsburgh hospitals as well as providing inpatient addiction and telemedicine treatment. In addition, Dr. Lynch works in the Emergency Departments at UPMC Presbyterian and Mercy Hospitals.

Presenter Bios



John McCarthy, Ph.D.
*Indiana University of
Pennsylvania*

Dr. John McCarthy, Ph.D., is a professor in the Department of Counseling at Indiana University of Pennsylvania where he also directs the Center for Creativity and Change. He has 29 journal publications and over 60 professional presentations spanning 13 countries. His professional writings have been featured in the Pittsburgh Post-Gazette, the Buffalo News, Cleveland.com, Counseling Today, and the Psychotherapy Networker.



**Kim MacDonald-
Wilson, ScD, CRC,
CPRP**
*Community Care
Behavioral Health*

Dr. Kim MacDonald-Wilson is the Senior Program Director of Recovery and Wellness for Community Care Behavioral Health and an 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 has worked in mental health and psychiatric rehabilitation for over 30 years. Her presentations at national conferences and publications focus on psychiatric rehabilitation and recovery of people living with mental health conditions.



**Shelbi-lynn Moonley,
BS**
Blackburn Center

Shelbi-lynn Moonley is an Outreach Advocate and Counselor with Blackburn Center in Greensburg, Westmoreland County. She provides support to victims of crime and their family while navigating the criminal justice systems and the medical systems. She further specializes in working with underserved populations including victims with disabilities and older adults. She frequently provides trainings to professionals and community members on how to recognize abuse.

Presenter Bios



**Katherine Mullins,
MBA**
Peerstar

Working for sixteen years in the human services field specifically with individuals with an Intellectual Disability, Katherine Mullins came to Peerstar to help develop and implement the Peer Support for Dual Diagnosis specialty program. She serves as the Statewide Director of Dual Diagnosis. She has been a part of many committees and groups dedicated to helping others around the community. She currently serves as a board member of the Women's Help Center in Johnstown.



Bree Piper, LCSW
*VA Pittsburgh
Healthcare System*

Bree Piper recently started with the Suicide Prevention Team at VA Pittsburgh Healthcare System as the Community Engagement and Partnership Coordinator. She started her career within VA Pittsburgh in working out of the Veterans Recovery Center – Vocational Services Department where she devoted her work to supporting veterans overcoming homelessness, unemployment, mental health, and addiction. She is a motivated advocate in best supporting any individual needing help, and is especially passionate in serving our nations heroes.



Emma Shannon, BS
*Indiana University of
Pennsylvania*

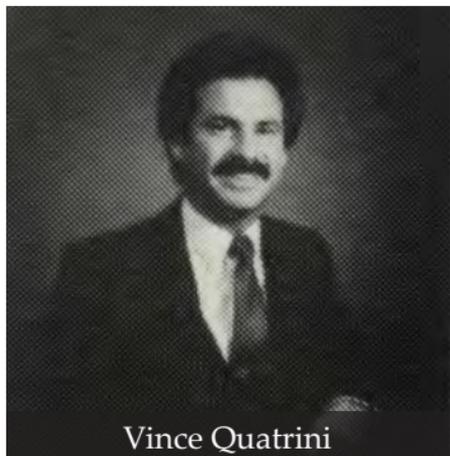
Emma Shannon is a current master's student in the Clinical Mental Health Counseling program at Indiana University of Pennsylvania. She earned a bachelor's degree in Political Science and Environmental Studies at the University of Pittsburgh and completed master's level coursework in Environmental Science at the University of Cologne as a Fulbright Scholar. While transitioning into counseling she worked for several years as a parent mentor facilitating supervised family visits. She currently works with individuals exiting incarceration in a residential drug and alcohol treatment setting.

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Other MHA of Southwestern PA Activities

Support Groups:

*In person support groups are not meeting at this time:

*Westmoreland Support Group

Virtual Support Groups

**Annual Conference
Operation Reindeer
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**For more information on these programs, please contact
MHA of Southwestern PA at 724-834-6351 or visit www.mhaswpa.org**

Bell of Hope



Be a Friend of Mental Health America of Southwestern PA Support Recovery through the Bell of Hope Campaign

Our mission: to strengthen resilience and recovery in our communities with mental health and substance use education, prevention, advocacy and supportive services.

The bell image in our logo is a graphic representation of the Mental Health America Bell. The Bell was forged in 1953 as a sign of hope, from the iron chains and shackles that bound people in mental asylums. It serves as a powerful reminder of the past and the progress made. The inscription on the MHA Bell reads: "Cast from the shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness."

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