



Conference presented by the AMWA with assistance from Temple University Harrisburg



November 21 – 22, 2019
Radisson Hotel Harrisburg, Camp Hill PA

*Up to 15.5 continuing education hours have been APPROVED in
Social Work/Counseling*, Nursing, Act 48, and the Pennsylvania Certification Board.*

Pre-Conference: Mental Health First Aid Training | Wednesday, November 20, 2019

This conference is for professionals and paraprofessionals working in the fields of mental health, medical, healthcare, military/veterans, business/industry, justice, child welfare, education (K-12, College); in faith based organizations, philanthropy, as well as lay people invested in the health, safety and humanity of their communities.

**courses available for SWCE may vary*



Pre-Conference: Wednesday, November 20
 8:00am to 5:00pm
 COST: \$100
 Continental breakfast and light lunch provided.
Only 30 seats available – register early!

Mental Health First Aid Matters. Most of us would know how to help if we saw someone having a heart attack—we’d start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend, co-worker, or stranger might be showing signs of alcoholism.

Mental Health First Aid is an 8-hour certification course that teaches you how to identify, understand and respond to signs of mental health problems and substance use disorders for adults. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

You can register for the MHFA training as an add on to the conference or entirely separately at the registration page.

Mental Health First Aid USA is managed by the National Council for Behavioral Health and is valued at \$170 per participant. Discounted rate is available to you through the work of the Mental Wellness Awareness Association.



REGISTRATION RATES

Early Bird	July 1 – August 30	\$350
Regular	September 1 – October 31	\$425
Late	November 1 – November 20	\$500
At Door	November 20 or 21	\$525

REGISTER ONLINE: <https://www.americanmentalwellness.org/national-conference/>

REGISTER BY PHONE: Contact Temple Continuing Education Systems: 215-204-4866

2019 CONFERENCE SCHEDULE

Thursday, November 21

- 7:30 Check-in/Registration
- 7:30-8:45 Breakfast
- 8:45-9:00 Welcome & Introductions
Sharon Engdahl, Executive Director, American Mental Wellness Association
- 9:00-10:00 **PLENARY 1:** Victims of Mass Violence: Why Psychological Trauma is a Public Health Issue
- 10:00-10:15 *BREAK*
- 10:15-11:45 **Workshop 1:** Youth Mental Health is Everyone's Responsibility
Workshop 2: My So-called Manic Life | Human Maintenance
Workshop 3: This is My Brave Mini Documentary & Panel Discussion
- 11:45-12:30 **LUNCH**
- 12:30-2:00 **Keynote:** A Neuroscientist's Perspective on Mental Health & Mental Illness
- 2:00-2:15 *BREAK*
- 2:15-3:45 **Workshop 4:** Resilience Building in Children – Align to Your VISION, Act on your PLAN, MEASURE your success
Workshop 5: It's Never Too Early: How to Prevent, Recognize and Treat Alcohol & Drug Use in the Autism Community
Workshop 6: Holistic Ways in Working with Anxiety, Depression, PTSD, and Stress
- 3:45-4:00 *BREAK*
- 4:00-5:30 **Workshop 7:** Enhancing Outcomes in Systems of Care through Trauma Informed Practices- Providing Hope & Healing
Workshop 8: The Physiology of Stress and Mild TBI. How to Hack into the System to Control PTSD & TBI Symptoms
Workshop 9: Just Talk About It
- 6:30-8:30 **RECEPTION:** Heavy hors d'oeuvres & cash bar
7:00–8:00: Presentation "You're Thinking About Mental Health, Addiction, and Choices All Wrong"

Friday, November 22

- 7:30-8:30 Breakfast
- 8:30-10:00 **PLENARY 2:** Strategic, Early Stage Intervention: Identification and Intervention for Mental Health Crisis in Its Earliest Form
- 10:00-10:15 *BREAK*
- 10:15-11:45 **Workshop 10:** The Physiology of Stress and Mild TBI: How to Hack into the System to Control PTSD & TBI Symptoms (*repeat of workshop 8*)
Workshop 11: How to Get and Keep Insurance Funding for Mental Health Treatment for Children (ages 0-20) Until the Treatment is Completed Successfully
Workshop 12: It's Never Too Early: How to Prevent, Recognize and Treat Alcohol & Drug Use in the Autism Community (*repeat of workshop 5*)
- 11:45-12:30 **LUNCH**
- 12:30-2:00 **PLENARY 3:** "Beyond Beds": Using Crisis Services as Primary Diversion from Jails & Emergency Rooms "Crisis Now" - Transforming Crisis Services
- 2:00-2:15 *BREAK*
- 2:15-3:45 **Workshop 13:** From a Non-Compliant Patient to the Non-Compliant Parent | Stand Together: Promoting Early Intervention and Reducing Stigma in School Using a Student Driven Peer-to-Peer Model
Workshop 14: Fairweather Lodge: An Adept Model for 21st Century Challenges
Workshop 15: Resiliency through Vulnerability: Suicide Prevention Through Role-Modeling | It Takes a Village: A Campus Process of Mental Health Awareness & Suicide Prevention
- 3:45-4:00 *BREAK*
- 4:00-5:30 **PLENARY 4:** Learn more about the American Mental Wellness Association and MyBrain365 Powered by Roberto App

SPEAKER & SESSION INFORMATION

THURSDAY, NOVEMBER 21

PLENARY 1: 9:00 – 10:00 am

1.0 CE

Victims of Mass Violence: Why Psychological Trauma Is a Public Health Issue

Manya Chylinski, M.S.

The proliferation of mass shootings, bombings and other terrorist incidents has left thousands of survivors--some with physical injuries, but more who may experience psychological and emotional trauma or will later develop symptoms of PTS (Post-Traumatic Stress). Although invisible in the media, witnesses to violent events commonly suffer mental health injuries, particularly when they are unprepared for the violence and powerless to prevent it. The stigma against discussing mental health and the lack of awareness and support services impacts everyone who experiences these types of issues. At the conclusion of this workshop, attendees will be able to: identify signs of trauma that may or may not be present immediately following a mass violence event; understand and identify the emotional and psychological issues survivors may experience following a mass tragedy; and explain why mental health and PTS and emotional trauma are a public health issue and must be addressed in preparation for the next wave of victims.

Manya Chylinski is a writer, marketing consultant, and speaker, and also a survivor of the 2013 Boston Marathon bombing. She advocates for those who are psychologically impacted by crime and addresses such topics as communicating in a crisis, overcoming obstacles, and the importance of recognizing the psychological impacts of tragedy.

Workshop 1: 10:15 – 11:45 am

1.5 CE

Youth Mental Health is Everyone's Responsibility

Kara Vojcsik, M.S.W., L.C.S.W. & Gina Daniel, M.S.W., Ph.D.

Supporting the mental health of youth, teaching and removing stigma through education and self-care. Identifying strengths and weaknesses for youth struggling with mental health in school, within families, and in community mental health services. What is working and what is not working along with practical strategies to encourage youth to participate in their care. At the conclusion of this workshop, attendees will be able to: describe the mental health concerns facing today's youth; explain why youth are struggling without help; and identify the role society plays to help or hurt mental health care.

Kara Vojcsik has been speaking and teaching to various audiences the past couple of years. Most recently she has been visiting local school districts speaking to students, staff and parents in the community. Kara started and continues to lead a Youth Mental Health Coalition in York County made up of youth from 17 school districts. This group won a National Award for the coalition's efforts. Kara is active in suicide prevention in her local school district and is passionate talking about anxiety, depression, self-care and setting boundaries. She draws upon her experience in her private practice as well as her position within the school district.

Gina Daniel has been a social worker for 20 years and is currently working on her doctorate in social work (DSW). Her experience is primarily with school social work, private practice and mental health related concerns. Through her professional experience, she has gained an interest in collaborating with education professionals related to their knowledge of and experience with student "carry-in" obstacles. Her dissertation is a qualitative study of direct-to-consumer DNA ancestry tests and unexpected paternity results. After receiving her DSW, she plans to broaden her research and efforts to narrowing the gap between social worker and public educator for improved student educational (and personal) achievement.

Workshop 2: 10:15 – 11:45 am

1.5 CE

My So-called Manic Life (60 minutes)

Amy Cummings-Barnabi, M.S.

When you heal, your story may change. Some of us only know how to be that, anything else is too frightening or it doesn't feed what we need it to feed. And while we all have important stories to tell, we are so much more than our story, and that is the healing. At the end of this workshop, participants will learn to: identify the many components of bipolar disorder and the importance of tracking your moods; learn what triggers your mood swings and how this can be the most effective tools you have from preventing bipolar disorder from taking over your life; and be able to discuss bipolar and its effect on pregnancy, work stigmatization, your rights and accommodations.

Amy Cummings-Barnabi is a veteran teacher with 18 years' experience. In 2011 she was named Claymont School District's Teacher of the Year. Her "THIINKFit Project" revolutionized how her students began their school day. She is a published author (Randy Howe's, "One Size Does Not Fit All.") and has coached at both the junior high and high school levels. While on a full D1 basketball scholarship in 1992, Amy was diagnosed with bipolar disorder. She has fought mental health stigma on every level in her life. Amy has been married for 15 years and has two children. She takes great pride in being a mental health advocate and consultant.

Human Maintenance (30 minutes)

Mark Everest

Just as physical health and safety can have an impact on an employee's job performance and risk of injury-so can mental health and safety. Companies are seeing the symptoms of mental health problems, but most are not addressing the root cause of these issues. Mental health problems are medical conditions that are both preventable and treatable. The Mental Safety Training Seminar will provide a reality check that demonstrates how your workforce's mental health affects personal safety at work, home, and play and how managing mental health can drive an employee's health and performance. At the end of the workshop, participants will be able to: restate that mental health problems are physical medical conditions that need to be better understood in the workplace; associate total workplace safety includes a mental safety focus; and be able to support a healthy lifestyle plan for themselves and workplace personnel.

Mark is President and CEO of Occupational Athletics, Inc. (OAI), a Pennsylvania-based company specializing in injury, accident, and illness prevention. Mark completed his certification in personal training, human movement, and strength training from the American College of Sports Medicine in 1981. Soon after he created the Human Maintenance System® (HMS), which is a sports medicine approach to employee health and safety utilizing Certified Athletic Trainers who proactively deliver health and safety initiatives onsite. Utilizing medical practitioners as well as Certified Athletic Trainers, he is able to deliver the highest level of expertise in sports medicine, orthopedics, and occupational medicine in corporate and industrial wellness and prevention initiatives in conjunction with company's safety departments. Mark is

a gifted speaker and has trained and motivated thousands of audiences with his *Gameplan for Aging* training seminar series.

Workshop 3: 10:15 – 11:45 am

1.5 CE

This is My Brave Mini Documentary & Panel Discussion – Shining a Light on Mental Illness Through Storytelling

Jennifer Marshall, Hayley Sherwood, Ph.D., & Kristin Kosyluk, Ph.D.

This mini documentary, produced by Principle Pictures, is funded through a prestigious Inspiration Grant from Alkermes in 2017. Watch four brave individuals from our Boston production who audition for the show and are cast to experience sharing their stories of living with PTSD, depression, suicidal ideation, schizoaffective disorder, bipolar disorder and substance use disorder for the This Is My Brave stage. Following the film there will be a panel discussion. At the conclusion of this workshop, participants will be able to: identify various mental health issues that can surface based on events or family; describe various pathways to recovery from mental health conditions; and apply knowledge learned from the film to their own life.

Jennifer Marshall is the Co-Founder and Executive Director of This Is My Brave, Inc., the leading platform for individuals to share their story of overcoming mental illness through creative expression. Jennifer formed the organization after experiencing a positive outpouring of support following the publication of her story on a well-known news website. Wanting to provide that same opportunity to others living with mental illness, Jennifer envisioned a theater show concept and together with her Co-Founder Anne Marie Ames, launched the project on Kickstarter. The project was successfully funded within 31 days, raising over \$10k to create the inaugural show and the movement became a non-profit organization the following year. In addition to her work with This Is My Brave, Jennifer has served on the Editorial Committee for Postpartum Progress and was a 2-year Climb Out of the Darkness Team Leader. Jennifer speaks regularly at mental health and storytelling conferences.

Dr. Hayley Sherwood is a Clinical Psychologist and Owner of Oak Hill Psychological Services, PLLC, in Herndon, VA. In her clinical practice, she provides psychotherapy and assessment services to children, adolescents and adults from a family systems and psychodynamic perspective. In her clinical work, Dr. Sherwood favors a holistic approach to treatment. She regularly consults with psychiatrists, mental health providers, physicians, school personnel, attorneys, and other professionals on her clients' behalf as needed. She is a Board Member of This is My Brave.

Dr. Kristin Kosyluk is a Rehabilitation Counselor, Rehabilitation Counseling Educator and Researcher and the research arm for This Is My Brave. Her research evaluation involves four separate research studies. The first two evaluated the impact of This Is My Brave programming on stigma among the audience members, and the second two are currently in progress and aim to explore the impact of participation in This Is My Brave performances on the storytellers themselves. Dr. Kosyluk is currently an Assistant Professor of Rehabilitation Counseling at the University of South Florida in Tampa where much of her work to date has investigated how stigma interferes with outcomes for this population. As a rehabilitation counselor, she recognizes the crucial role that vocation plays in the lives of individuals with disabilities, and has undertaken work in the area of employment and postsecondary education.

A Neuroscientist's Perspective on Mental Health & Mental Illness

Karen Lankford, Ph.D.

This presentation will introduce a general audience to the way neuroscientists think about the brain and neuropsychiatric disorders. Comparisons will be drawn between how the brain actually works and the way it is perceived to work. Dr. Lankford will describe how the same basic causes are responsible for both neurological disorders and psychiatric conditions and the same strategies and medications are used to treat both. A major focus of the presentation will be on how people who study the brain think about and talk about mental illness and addiction differently from the way the general public thinks and talks about these issues and how a more scientific perspective could lead to better public policies. At the end of this presentation, participants will be able to: list and describe the 4 basic strategies used for treating all brain disorders; explain how those strategies are commonly applied to treating mental illnesses; and identify common misunderstandings about the brain that distort public perceptions of mental illness and addictions.

Karen Lankford has a Ph.D. in Neurobiology and Physiology and is currently an Associate Research Scientist at Yale University. She has over thirty years of experience with cell culture and quantitative morphometric analysis techniques using a wide variety of light and electron microscopic procedures. She is philosophically committed to following the data wherever it may lead, even when it involves shifting the direction and learning new techniques. In addition to her research activities, she is the co-founder of a nonprofit website called Simply Gray Matters which provides basic brain science information to patients and families dealing with serious neurological or neuropsychiatric disorders. The site provides this information in a layman-friendly conversational tone with the goal of helping patients and family members understand what their doctor is trying to explain to them and participate in a more meaningful way in the treatment decision.

Resilience Building in Children – Align to Your VISION, Act on your PLAN, MEASURE your success - An Evidenced Based Approach Via a Hands-on Engagement Intervention Exercise

Skip Brown, M.A., Jim Burgess, M.Ed, & Ellen G. Smith, M.D., F.A.A.F.P.

This is a three part mission: Resilience Engagement – Measure Evidenced-Based Engagement Intervention - Return on Impact and Investment. We need to build resilience in children in order to get the best return on investment and impact. This presentation will review the evidence-based effectiveness of these strategies. We will include an active hands-on engagement intervention in order to give real world experiences to these ideas. Proactive identification and measurement of outcomes will be demonstrated for greatest return on investment and impact. At the end of this workshop, participants will be able to: explain how childhood trauma affects behavior and outcomes related to changes in brain function; identify effective strategies for managing disruptive and other behavior that interferes with learning; and apply real-world behavioral examples to develop immediate tools for implementing and measuring your work.

Bolinger "Skip" Brown, is CONNECTSYNERGY's owner and principal consultant. Skip provides results-based organizational development and training services. These include virtual workshops and long-term on-site consulting tailored to an organization's needs. Skip's passion is helping staff, the executive director, board, committees, and volunteers achieve an agency's mission by working together. Skip's expertise helps an organization determine its

priorities, develop its best structure, improve its members' working relationships, and apply effective ways to measure the organization's success.

Jim Burgess professionally worked as an elementary school principal in the Carlisle Area School District in three elementary schools for 24 years. After retiring as an elementary school principal in 2013, he started working for the National Energy Foundation, a non-profit organization based in Utah. He is in his sixth season of being an energy educator in elementary schools, middle schools, and high schools. He has been part of over 300 presentations to elementary, middle, and high school students spreading the word about energy efficiency and staying safe around natural gas. He is also a Mental Health First Aid Instructor and is certified to teach both the Youth Mental Health First Aid and Adult Mental Health First Aid (Public Safety; Service Members, Veterans, and their Families; Higher Education; Older Adult) courses. Jim has co-taught over 20 Mental Health First Aid Courses since his national certification in 2014. He is also on the board of directors for two nonprofit organizations that include Summer Program for Youth and the American Mental Wellness Association.

Dr. Ellen Smith is the Founding Physician of Heritage Family Medicine, Lemoyne, PA, a fully electronic, comprehensive family medicine office, now retired. Her expertise was in adverse childhood experiences, resilience-building and trauma-informed approaches. She has recently worked with the West Shore School District, the Capital Area Intermediate Unit, Communities Practicing Resiliency of Greater Harrisburg and the Pennsylvania Academy of Family Physicians, as well as others, to educate and move our community forward on these topics. She spent 20 years in family medicine education at the Harrisburg Family Practice Residency Program.

Workshop 5: 2:15 – 3:45 pm

(This session will be repeated Friday in workshop 12)

1.5 CE

It's Never Too Early: How to Prevent, Recognize and Treat Alcohol & Drug Use in the Autism Community

Elizabeth Kunreuther, M.S.W., L.C.S.W. & Ann Palmer, B.A.

The presentation will cover the protective and risk factors of autism for developing a Substance Use Disorder (SUD) and address the use of substances to self-medicate. It will also touch on how Autism Spectrum Disorder (ASD) and SUD affect one another behaviorally and genetically such as perseveration and a desire for routine. Presentation participants will be invited to investigate and tease out possible misdiagnoses of adults with undiagnosed ASD. We will offer evidence-informed prevention approaches as well as strategies on how to choose and modify ASD and SUD screenings and assessments. Presentation participants will explore tailored treatments such as social narratives, goal-tracking, schedules, harm reduction logs and digital applications. At the end of this workshop, participants will be able to: identify protective and risk factors associated with an autism spectrum diagnosis for developing a substance use diagnosis; recognize the behavioral connections between an ASD and a SUD including routinized and perseverative behaviors; and implement strategies for co-occurring ASD and SUD such as specifically tailored assessments, schedules, narratives, etc.

Elizabeth Kunreuther currently works for the Social Work School of Medicine, Department of Psychiatry at the University of North Carolina at Chapel Hill as a clinical instructor in the Addiction Detox Unit. She serves as part of a multi-disciplinary team responsible for counseling individuals with substance abuse disorders and co-occurring mental health issues where they develop and provide psycho-educational lectures as well as extensive case management to include appropriate post-detox placement for continuing care. Prior to her current position, she worked for Carolina Institute for Developmental Disabilities(CIDD), Carolina Outreach, Alcohol and Drug Council of North Carolina, and interned at Duke University Medical Center, ARC of Massachusetts, and Wake County Human Services.

Ann Palmer is currently is a faculty member with the Leadership Education in Neurodevelopmental and Related Disabilities (LEND) Program at the University of North Carolina Chapel Hill and also serves as the CIDD Family Faculty Representative for the UNC Maternal and Child Health Leadership Consortium. She has also served as Director of Advocacy and Chapter Support for the Autism Society of North Carolina and Parent Support Coordinator at Chapel Hill TEACCH Center. Ann has authored numerous publications relating to her research on Autism as a diagnosis, effects of autism on family dynamics, and parental support of a child with autism. Additionally, she has presented at numerous behavioral health conferences all over the country since 2004.

Workshop 6: 2:15 – 3:45 pm

1.5 CE

Holistic Ways in Working with Anxiety, Depression, PTSD, and Stress

Cindy Beers, M.S., ERYT500

This presentation will give a general overall description and demonstration with audience interaction of holistic ways to help individuals with anxiety, depression, PTSD, and stress. This includes Emotional Freedom Techniques (EFT)/Tapping, Meditation, Affirmations, and yoga while finishing the talk with Yoga Nidra (Yoga Sleep)—all of which can be used along with any medical intervention. Cindy is an expert at helping those with emotional and physical trauma to care for themselves in mind, body and spirit, and in turn heal them from the inside out. She embraces teaching as an opportunity to inspire and empower, with a goal to enhance student learning as a transformative experience. It is movement "against and beyond boundaries" that empowers, transforms, and humanizes. At the conclusion of this workshop, participants will be able to: describe and define each of the above modalities (EFT/Tapping, Meditation, Affirmations, Yoga, & Yoga Nidra) and its purpose for treating anxiety, depression, PTSD, and stress and how it affects the brain; demonstrate each of the modalities to the audience and have them participate and answer any questions; and instruct on each modality as to its effects and importance.

Cindy Beers is a member of Yoga Alliance and the International Association of Yoga Therapist (IAYT). She is trained in Mindful Yoga Therapy for Veterans, Healing Trauma Through Yoga, Aqua Yoga, Prison Yoga, Yoga and Meditation for Military Sexual Trauma, Vinyasa Yoga, Hatha Yoga, Thai Yoga, Yin Yoga, Biomechanics, Somatics, Egoscue, Chakras, Ayurveda, Emotional Freedom Technique (EFT), Reiki Master, and Body Rolling. She is also an expert on different types of meditations such as Yoga Nidra, Mindfulness, I Am, Vipassana, Body Image, Third Eye, does her own practice in Transcendental Meditation. She earned her Bachelor's Degree in Leadership and Professional Communications and a Master's Degree in Leadership and Philosophy from Duquesne University, Pittsburgh, PA. She received the Teaching in Excellence Award Winner 2015 from Northeastern University and is co-author of "*Mindful Yoga for Anxiety, Depression, PTSD, & Stress.*"

Workshop 7: 4:00 – 5:30 pm

1.5 CE

Enhancing Outcomes in Systems of Care through Trauma Informed Practices-Providing Hope & Healing

Brian Sims, M.D. (Psychiatrist)

In this presentation enhancements in the delivery of care in various systems will be discussed. The audience will be given an overview of the elements of trauma informed care, to not only increase understanding, but reduce or eliminate the stigma often associated with the treatment of the mental health population. Interwoven will be the neurobiological associations to aid in understanding the why's of behavior, promoting understanding that all behavior has meaning, and

one “does not have to be a therapist to be therapeutic”. At the conclusion of this workshop, participants will be able to: explain the importance of connection in the delivery of successful care in any setting, seeing connection as the vital first step to trust and healing; apply the suggested strategies to their own systems to enhance safety and productivity, approaching those they serve in empathic ways to avoid re-traumatization; understand the prevalence of trauma in the work environment and that addressing of their own trauma can lead to successful outcomes in any setting

Dr. Brian Sims, Psychiatrist, is the Senior Medical Advisor for the National Association of State Mental Health Program Directors and Senior Consultant, for the NASMHPD Center for Innovation in Behavioral Health Policy and Practice. The NASMHPD works with states, federal partners, and stakeholders to promote wellness, recovery, and resiliency for individuals with mental health conditions or co-occurring mental health and substance related disorders across all ages and cultural groups, including: youth, older persons, veterans and their families, and people under the jurisdiction of the court. NASMHPD’s vision is that mental health is universally perceived as essential to overall health and well-being with services that are available, accessible, and of high quality. Wellness, resiliency and recovery are the overall goals and certain fundamental values that guide NASMHPD in its mission. Prior to serving at NASMHPD Dr. Sims was a Senior Psychiatrist and Senior Director of Behavior and Mental Health at Conmed Healthcare Management Inc. a Physician Supervisor at Spring Grove Hospital Center, Unit Head Psychiatrist at Crownsville Hospital Center and Psychiatric Resident for the Veterans Administration Hospital.

Workshop 8: 4:00 – 5:30 pm

1.5 CE

(This session will be repeated Friday in workshop 10)

The Physiology of Stress and Mild TBI. How to Hack into the System to Control PTSD & TBI Symptoms

Karen Lankford, Ph.D.

This session will explain, in layman's terms, the biological mechanisms responsible for many of the common symptoms of PTSD and mild TBI and describe strategies that can be applied to manage those symptoms. The focus will be on helping individuals with such conditions understand what is happening to them and how they can apply this understanding to aid in their own recovery. The session will explain how physiological hacks can complement medications or other therapies to reduce symptoms and promote recovery. A question and answer session will address specific concerns affecting patients or treatment providers. At the end of this workshop, participants will be able to: describe the major effects of elevated stress hormone levels on the brain and body; explain how mechanical brain injury from physical trauma or chemical injury from elevated stress hormones can cause problems with memory, concentration, organizational skills, emotional balance, and/or emotional control; and apply basic techniques, such as slow breathing exercises, postural control, and directed thought patterns to control troubling symptoms and promote recovery.

Karen Lankford has a Ph.D. in Neurobiology and Physiology and is currently an Associate Research Scientist at Yale University. She has over thirty years of experience with cell culture and quantitative morphometric analysis techniques using a wide variety of light and electron microscopic procedures. She is philosophically committed to following the data wherever it may lead, even when it involves shifting the direction and learning new techniques. In addition to her research activities, she is the co-founder of a nonprofit website called Simply Gray Matters which provides basic brain science information to patients and families dealing with serious neurological or neuropsychiatric disorders. The site provides this information in a layman-friendly conversational tone with the goal of helping patients and family members understand what their doctor is trying to explain to them and participate in a more meaningful way in the treatment decision.

Just Talk About It

Andrew Onimus, M.B.A. & Mollye Readinger-Scott, M.S.

This interactive presentation is an introduction to mental health, which is designed to train both adults and youth on how to recognize the warning signs of stress, anxiety, depression, and crisis. Just Talk About It will educate adolescents and the adults who support them to look beyond stigma and notice warning signs in themselves and their peers. It covers the role of negative coping as it relates to crisis and leaves participants with an understanding and suggestions of positive coping. Participants will discuss ways to assist others to cultivate positive coping skills and the ability to ask for help. Crisis intervention is emphasized by learning the signs of suicidal ideation and risk, and how to encourage those at risk to seek immediate help. At the conclusion of this workshop, participants will be able to: develop an understanding of adolescent brain development and the impact of prolonged elevated stress levels on brain chemistry; identify signs and symptoms of common mental health disorders among adolescents including depression and anxiety; and identify signs and symptoms of social thoughts and behaviors.

Andrew Onimus is the Director of Corporate Programs at Minding Your Mind. He assists in implementing and marketing Minding Your Minds' Corporate Education Programs, which provides education and resources for mental health issues and how to create an environment of advocacy and understanding within organizations. He has spoken 425+ times to over 65,000 people in the last 3 years. Andrew earned his MBA from West Chester University.

Mollye Readinger-Scott is the Clinical Facilitator at Minding Your Mind, and has been facilitating retreats and workshops for over 20 years. She holds a B.A in Communications from Temple University and an M.S. in Pastoral Counseling from Neumann University. Mollye is also a certified co-active coach and a Facilitator of the Myers-Briggs Personality Type Indicator. In addition to her work with Minding Your Mind, Mollye has a private Coaching practice and works to create and facilitate leadership development and personal growth programs for both adults and young people.

You're Thinking About Mental Health, Addiction, and Choices All Wrong

Nick Jaworski, B.S.

So few people understand the neurobiology of choice. Within the addiction and mental health debates, there are two very black and white perspectives. Either it's all about biology - genes and neurochemical balances, or it's about choice. Neither of these perspectives accurately captures the science behind choice. This presentation will dive into the role of unconscious learning as it relates to these issues. At the end of this workshop participants will be able to: differentiate between unconscious and conscious learning; incorporate unconscious learning and social supports into treatment protocols; and explain how neurobiology and genetics interact with psycho-social factors.

Nick Jaworski is the CEO and Chief Strategist of Social Circle, Inc. He has helped build startups across the globe from Turkey to China to the US. A passionate recovery advocate, he sits on the board of Above & Beyond Recovery Center as well as advising the Behavioral Health Association of Providers. Through strategic marketing and operations, Nick has helped several companies start from humble beginnings and grow to multi-million dollar a year organizations. His expertise drives results for all of Social Circle's treatment center clients.

FRIDAY, NOVEMBER 22

Plenary 2: 8:30 – 10:00 am

1.5 CE

Strategic, Early Stage Intervention: Identification and Intervention for Mental Health Crisis in Its Earliest Form

Randall Fox, M.S.

This presentation will define developmental behaviors when compared to identifying mental health concerns. Critical cross section communication will be discussed with strategies to ensure all available resources are utilized during events requiring early intervention. These interventions will include required elements during school transitions and effective continuity through a crisis and beyond. An emphasis will be on the long-term effects of strategic interventions and their impact. At the end of this session participants will be able to: identify normal developmental behaviors of children ages PreK-12; identify mental health challenges at their earliest stages for children ages PreK-12 and compare similarities/differences to typical behaviors; and arm themselves with strategies, interventions, and effective communication frameworks, to support individuals displaying early mental health concerns with comprehensive supports.

Randal Fox is the Director of the Center for Safe Schools located in Camp Hill, PA. He provides statewide guidance and technical support for comprehensive school safety. The CSS collects data, assists schools in meeting the requirements of PA Act 1995-26 and provides resources to educators on a variety of programs and issues. The CSS in partnership with the PA Department of Education supports schools, local agencies and parents in developing and practicing emergency management and crisis response plans; creating positive school environments; implementing evidence-based programs; and institutionalizing proactive safety measures in partnership with law enforcement and other community entities to address local needs. Through expert staff, as well as access to a network of state and national researchers and practitioners, the CSS provides state-of-the-art professional development, technical assistance and resources to schools throughout Pennsylvania.

Workshop 10: 10:15 – 11:45 am

1.5 CE

*** THIS IS A REPEAT OF WORKSHOP 8 → SEE WORKSHOP 8 FOR INFO ON SPEAKER & CONTENT ***

Workshop 11: 10:15 – 11:45 am

1.5 CE

How to Get and Keep Insurance Funding for Mental Health Treatment for Children (ages 0-20) Until the Treatment is Completed Successfully

Steve Kossor, M.A.

Insurance funding requires treatment outcome measurement. Practitioners and others need to learn about a reliable, valid, criterion-referenced measure to easily document progress in order to obtain and retain treatment funding for 10, 20, 30 or more weekly hours of intensive, individualized mental health treatment for children. This tool and strategy has been used successfully in Pennsylvania for more than 20 years. At the end of this workshop, participants will be able to: maximize private insurance funding for a child's behavioral support and mental health treatment by using Early and

Periodic, Screening, Diagnosis and Treatment (EPSDT) funding via the Medicaid Act; learn how treatment can be delivered anywhere in the US to comply with Medicaid EPSDT requirements and private insurance standards to get and keep funding in a Managed Care environment; and apply techniques to collect treatment outcome data quickly and easily, using that data to obtain and maintain treatment funding in a Managed Care environment.

Steve Kossor is a Licensed Psychologist at The Institute for Behavior Change. For the past 40 years he has performed diagnostic psychological testing and behavioral treatment planning, concentrating on children with developmental disabilities including autism. As a certified school psychologist, he has helped intellectually and emotionally challenged children to achieve greater success in school. He has presented his professional work in the areas of behavioral treatment design and outcome measurement at state and national meetings of professionals and advocates. He also provides leadership to a nonprofit Foundation that provides training and supervision to professionals who deliver treatment services funded by the Medicaid EPSDT program at no cost to families, regardless of income or the existence of private insurance.

Workshop 12: 10:15 – 11:45 am

1.5 CE

*** THIS IS A REPEAT OF WORKSHOP 5 → SEE WORKSHOP 5 FOR INFO ON SPEAKER & CONTENT ***

Plenary 3: 12:30 – 2:00 pm

1.5 CE

“Beyond Beds”: Using Crisis Services as Primary Diversion from Jails & Emergency Rooms “Crisis Now” – Transforming Crisis Services

Brian Sims, M.D. (Psychiatrist)

This presentation is about the importance of the continuum of care of mental health services with specific emphasis on crisis services and how those services will keep people out of emergency rooms. Provision of early diversion of the jail population will emphasize the significant benefits of timely intervention and improved overall outcomes. NASMHPD's Crisis Now will be discussed, providing the core elements that can change the way we treat mental health crises. At the end of this presentation, participants will be able to: understand the changes in bed capacity for mental health inpatient services and why diversion is critical; identify the necessary services in the continuum of care for a modernized system; and describe the Crisis Now system and how its implementation can transform mental health crisis services.

Dr. Brian Sims is the Senior Medical Advisor for the National Association of State Mental Health Program Directors and Senior Consultant, for the NASMHPD Center for Innovation in Behavioral Health Policy and Practice. The NASMHPD works with states, federal partners, and stakeholders to promote wellness, recovery, and resiliency for individuals with mental health conditions or co-occurring mental health and substance related disorders across all ages and cultural groups, including: youth, older persons, veterans and their families, and people under the jurisdiction of the court. NASMHPD's vision is that mental health is universally perceived as essential to overall health and well-being with services that are available, accessible, and of high quality. Wellness, resiliency and recovery are the overall goals and certain fundamental values that guide NASMHPD in its mission. Prior to serving at NASMHPD Dr. Sims was a Senior Psychiatrist and Senior Director of Behavior and Mental Health at Conmed Healthcare Management Inc. a Physician Supervisor at Spring Grove Hospital Center, Unit Head Psychiatrist at Crownsville Hospital Center and Psychiatric Resident for the Veterans Administration Hospital.

From a Non-Compliant Patient to the Non-Compliant Parent (30 minutes)

Catherine Walsh

The understanding of mental illness has not come far enough within the school system. There should be no more children with mental illness placed in a group of young criminals for truancy due to extreme mental illness. At the conclusion of this workshop, participants will be able to: list and understand at least three experiences of a partial hospitalization program; recognize the importance of knowing the side effects of psychiatric and other medications prescribed by their physicians; and advocate for their and their children's health and wellbeing.

Catherine Elizabeth Walsh has been an advocate for children and adults living with mental illness for 20 years. Catherine has been a speaker for NAMI Erie and at Edinboro University. Her research and knowledge on mental health law is profound. She is the mother of five children all living with mental health issues. Catherine has an array of experience in advocating for proper educational understanding and supports for her children in the school setting

Stand Together: Promoting Early Intervention and Reducing Stigma in School Using a Student Driven Peer-to-Peer Model (60 minutes)

Michael Gruber, M.S.W. & Danyelle Borish, B.A.

Beginning its 7th year of operation in 20 middle and high schools, Stand Together is an anti-stigma initiative that trains and equips middle and high school youth to take action against stigma toward peers with behavioral health disorders using a peer- to-peer, student-driven service learning model facilitated over the course of a school year. The presentation will describe the anti-stigma education research that provides the foundation for Stand Together, how the program is structured, the training with students, student projects, and the data collected about the impact of Stand Together. Participants will learn how they can start Stand Together chapters and/or advocate with their local mental health providers and funders to initiate Stand Together programs. At the end of this session participants will be able to: develop and implement a mental health anti-stigma program in their schools utilizing Stand Together curricula; be able to utilize evaluation tools to collect data about their initiative to demonstrate its effectiveness; and be able to list at least three strategies for starting and funding an anti-stigma program in their school.

Mike Gruber is the System Transformation Unit Coordinator for the Allegheny County Department of Human Services (DHS) Office of Behavioral Health in Pittsburgh, PA and is the Project Director for Stand Together. In his current capacity as Coordinator of the System Transformation Unit, he supervises staff who promote wellness, recovery, and resiliency principles and practices and seek to end stigma and advance community integration for youth and adults who have behavioral health challenges. Mr. Gruber has worked in the mental health field for over 35 years as a clinician, EAP counselor, outpatient supervisor, mental health planner, and program manager of six programs, starting four of them. He was named the 2019 recipient of the Albert C. Craig, Jr. Award by the Staunton Farm Foundation which recognizes people who have challenged society to think in fresh ways about problems and solutions in mental health, to forge new paths, whether through uncommon partnerships or new ways of serving people with mental illnesses. He earned his MSW with a specialization in planning, policy, and evaluation at Western Michigan University.

Danyelle Borish is the Recovery Specialist and Project Coordinator at the Allegheny County Department of Human Services (DHS) Office of Behavioral Health. She has been working in human services for the past nine years, but has only recently started using her own experiences to help others. Her passion for mental health has expanded to community advocacy and conference presentations and her story has been featured in BP and SELF magazines. She is also co-chair

of the Depression Bipolar Support Alliance (DBSA) Young Adult Council and currently acts as the Project Coordinator for Stand Together, a peer-to-peer anti-stigma initiative in 21 middle and high schools in Allegheny County (PA). In addition, Danyelle serves on her county's emergency behavioral health response team and is a certified Youth Mental Health First Aid trainer.

Workshop 14: 2:15 – 3:45 pm

1.5 CE

Fairweather Lodge: An Adept Model for 21st Century Challenges

William McHenry, III, B.S. and Panel with Coalition for Community Living

Fairweather Lodge is an effective model to provide services that promote real recovery through peer support that can supplement or replace inefficient paid support systems that promote system dependence. A panel of Fairweather Lodge experts will present their knowledge and experiences with this unique housing and employment model. Emphasis will be on helping the participants to develop an understanding of the structure of a Lodge and the standardized principles that guide Lodge life. Details for starting a Lodge, including acquiring start-up and operations funding, developing house rules and routines and creating a self-sufficient business will be reviewed. At the conclusion of the session participants will be able to: describe key components of a Fairweather Lodge model and how it works; describe Lodge principles and how to implement them; and identify resources for technical assistance in exploring establishment of a Lodge.

William C. McHenry III ("Bill") has dedicated his 37 year career to improving the lives of individuals with lived experience and their families while promoting awareness of mental health solutions within the community. As an employee of New Visions Inc., Bill works as a Lodge Coordinator, utilizing the Fairweather Lodge model of individuals living and working together to achieve their goals. Working with the Lodge Members, he has created a successful transportation business, Perry Apex Services Unlimited (PASU), which provides employment opportunities to current Lodge members, US Military Veterans and others who have been diagnosed with mental health disorders. Bill also serves on the Perry County Behavioral Health Task Force, The Presbytery of Carlisle's Commission on Ministry, and as an ordained Elder on the Session of Highland United Presbyterian Church, Newport, PA.

Workshop 15 : 2:15 – 3:45 pm

1.5 CE

Resiliency through Vulnerability: Suicide Prevention Through Role-Modeling (30 minutes)

Valeria Hernandez, B.S.

This presentation will empower educators, mentors, and leaders within different community spheres to not fear vulnerability but rather share their experiences to reduce youth suicide. Mental illness has the power to make children and adolescents believe they are truly alone. With the stigmas surrounding different illnesses such as bipolar disorder, anxiety, schizophrenia, and many others, our youth may feel terrified to reach out for help to avoid being labeled as such. The power of mentorship has proven itself to have great results in the professional field and personal aspects, but mentorship with mental illness has not been explored until now. Through a model of resiliency through vulnerability, Valeria will share her experience serving as a mentor to several students at the University of Florida to own their narratives with mental illness to assist in connecting them with adequate mental health resources. At the end of this workshop, participants will be able to: recognize suicidal ideation within youth one works with; facilitate conversation with the student to empathize and empower them; and redirect the student to appropriate resources.

Valeria Hernandez is a current student at Indiana University Bloomington seeking her Masters in Higher Education and Student Affairs. While completing her bachelor's degrees in Psychology and Family, Youth and Community Sciences, Valeria was the Head Chairwoman for the Mental Health Advocacy Task Force which allocated more funding for the University of Florida's Counseling and Wellness Center. During this time, she was a keynote speaker in TEDxUF presenting on high functioning mental illness, destigmatizing it, and focusing more on preventative care as opposed to reactionary. She was inducted into the University of Florida Hall of Fame in 2018 and received the Outstanding Student Leader Award in her graduating class. In addition to this, she received the Bill Fleming Memorial Award in recognition of her work and advocacy for a better mental health climate at the University of Florida. She is currently a Graduate Supervisor for Diversity Education at Indiana University where she supervises CommUNITY Educators on campus where they teach residential students about diversity, social justice, and inclusive environments.

It Takes a Village: A Campus Process of Mental Health Awareness & Suicide Prevention (60 Minutes)

Todd Hastings, Ph.D. & M.S.R.N. Psychiatric (CNS)

This presentation involves articulation of how faculty, staff, and students can collaborate in supporting mental health awareness and suicide prevention initiatives on campus. Faculty have a distinct obligation to support social justice on campus. Faculty roles in teaching, service, and scholarship can be aligned to facilitate campus mental health awareness and suicide prevention strategies. Providing training for bystanders (Mental Health First Aid and QPR) and acting as an advisor to an appropriate student club (i.e. Active Minds) suggest faculty expanded roles as examples. Further, scholarship relative to mental health awareness and attitudes supports a balance facilitating broader campus discussion. Upon completion of this workshop, participants will be able to: describe 3 approaches nurse educators can use beyond their typical roles to improve mental and whole health awareness of undergraduate students on college campuses; identify 2 service opportunities faculty can use in collaboration with other groups (staff or students) to facilitate mental and whole health awareness; and explain the process of forming partnerships within the campus community to support a just culture poised to improve mental wellness and prevent suicidal tendencies.

Dr. Todd Hastings has been a nurse for 25 years, with over 20 years in mental health specialty. He has worked in both inpatient settings for 8 years and then outpatient settings for over 13 years. His education as a nurse includes an AA and then RN to MS program as a Psychiatric Clinical Specialist, and then PhD in nursing education. He has performed in an academic setting the past 14 years in teaching primarily undergraduate (BSN) students, currently an assistant professor at Cedar Crest College's School of Nursing. Todd is also active in service on campus and in the broader community supporting mental health awareness and suicide prevention.

Plenary 4: 4:00 – 5:30 pm

1.5 CE

Learn more about the American Mental Wellness Association and MyBrain365 Powered by Roberto App

Sharon Engdahl, B.So.Sc. & Mike Hauser, M.S., M.Ed.

The American Mental Wellness Association is a one stop hub to obtain information for all ages on mental health, substance use disorders, and how to prevent and treat them. One program is their "Schools Mental Wellness Initiative", which provides students, faculty, staff and community members education on prevention and early intervention of mental health problems including substance use disorders. The importance of enhancing teacher training to develop mental health literacy and to prevent suicide will be part of the discussion. The Roberto App is an application designed to educate and encourage all people to develop healthy brain lifestyles by monitoring how their brains are performing. It is an imperative resource that will allow us all to be more aware of the influence that our amazing brain has in determining physical, mental, behavioral and intellectual health. Come learn more about the AMWA, the Roberto App, and what both organizations are doing to improve the holistic health of individuals and society. Upon completion of this

workshop, participants will be able to: identify and describe the signs and symptoms of a mental health problem in first, second, third and fourth stages of these physical medical conditions; know how to find and utilize resources for help with mental health emergencies; identify and describe resources that are available to monitor and manage their brain health; and discuss reasons why all students and adults will want to regularly self-monitor how their brains are performing.

Sharon Engdahl has over 45 years of mental health research experience and is the founder of the Pennsylvania Mental Wellness Awareness Association and the American Mental Wellness Association. She is also a Board Member for the Mental Health Association in Pennsylvania. In 1998 she received an award for "Leadership and Courage in the Battle for Insurance Parity" from the Alliance for the Mentally Ill of Pennsylvania. In 2008 she was one of the first 100 people in the country trained as a Mental Health First Aid instructor and was additionally certified as a Youth Mental Health First Aid instructor in 2013. Prior to her retirement, Sharon served for 25 years as a research analyst for the PA House of Representatives, writing one of the first Health Care Savings Account bills in the country, and also serving on the Professional Licensure Committee, working on many health care professionals' licensure laws and regulations. She has also contributed to the enactment of Pennsylvania's first mental health insurance law and Mental Health Advance Directives, and also spearheaded the organization of a state-wide mental health forensic summit.

Michael Hauser serves as Vice President for School and Youth Programs for RC21X. He was a classroom teacher for ten years in grades 3-12. He instructed adult education classes in the corporate setting for three years and was a public-school administrator for 19 years. Mike currently serves as Vice President of the Moon Area School District Board of Directors and as Secretary of the Joint Operating Committee for the Parkway West Career and Technology Center. He created a youth training program "Project AWARE" and has created two handbooks for that program, "*AWARENESS HANDBOOK FOR YOUNG ADULTS – A Conscious Approach to Abundant Living*" and "*AWARENESS WORKBOOK FOR YOUNG ADULTS – A Working Approach to Abundant Living*". He volunteers for the Sports Balance Initiative, a summer youth development program in Pittsburgh that provides psychological and drug and alcohol services to under-served populations.

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