



MENTAL HEALTH AMERICA OF  
SOUTHWESTERN PA

BEFORE  
STAGE 4

11.28.2017

WESTMORELAND COUNTY COMMUNITY COLLEGE  
SCIENCE HALL  
145 PAVILION LANE  
YOUNGWOOD, PA 15697



# Target Audience

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Individuals who work for the county, state, or national health or human service systems, behavioral health professionals, attorneys, physicians, academic faculty and students as well as community members interested in mental health and substance use.

The cost of the conference is \$100, which includes CEUs, breakfast, and lunch. Dinner and screening of the award winning film, *Before Stage Four: Confronting Early Psychosis* are additional.

# Program Description

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The conference will discuss pressing issues regarding substance use and first episode psychosis. Speakers and workshops will shed light on the current state of affairs, evidence based practices as well as provide an interactive forum and an opportunity for open discussion with stakeholders across the continuum of care.

# Sponsors

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Community Care Behavioral Health & UPMC Health Plan  
Adelphoi  
Value Behavioral Health of PA/ Beacon Health Options  
Magellan Healthcare  
Southwood Psychiatric Hospital



## PROGRAM OBJECTIVES

Mental Health America of Southwestern PA's Before Stage 4 Conference: Addressing Mental Health and Substance Use, aims to educate attendees about pressing issues regarding the current state of substance use and mental health in our region. MHASWPA continues to be guided by the philosophy that substance use and mental health issues should be treated before they reach the critical 'stage 4'. With this in mind, MHASWPA seeks to engage professionals, academics, and community members in achieving this goal. Conference speakers and workshop discussions will not only shed light on the current state of affairs and evidence based practices, but will also provide an interactive forum and an opportunity for open discussion with stakeholders from across the continuum of care.

## TRIGGER WARNING

Content discussed throughout the conference may address sensitive topics.

If you require support at any time, please see an MHASWPA staff person.



## WORKSHOP SESSIONS

**10:30 am-12:00 pm**

### **HEROIN, OXYS, AND THE HIGHWAY TO HELL**

***MARK FULLER, MD, FACP***

Opioid overdose deaths now surpass the number of deaths from car accidents each year. Westmoreland County alone had 174 overdose deaths in 2016 and as of August 30, 2017 66 are confirmed and 49 are pending. Some treatments for opiate use disorders generate polarized reactions that can interfere with individuals receiving treatment. The presentation is designed to inform clinicians and non-clinicians alike with the facts about opioid use disorders and provide specific information about opioid use disorders and their treatment. This presentation will discuss factors that have contributed to the rapid rise of this problem and how it should be addressed at a clinical, community, and policy level.

### **SCREENING, PHARMACISTS, AND MENTAL HEALTH: A PARTNERSHIP WITH WALGREENS**

***PAUL GIONFRIDDO, CEO MHA***

The session will discuss the innovative partnership between MHA and Walgreens in the promotion of MHA's screening tools in an effort to reach individuals are seeking answers to mental health needs online. Discussion will highlight how the partnership decreases barriers to care and reach those underserved with the new "Pharmacy Chat" program.



# CONFERENCE AGENDA

**8:30 AM- 9:00 AM**

**Registration and Continental Breakfast**  
**Science Hall**

**9:00 AM- 9:15 AM**

**Welcome Address**

Laurie Barnett Levine, LSW: Executive Director MHASWPA

**9:15 AM- 10:15 AM**

**Keynote Address**

Paul Gionfriddo: President & CEO MHA

**10:30 AM- 12:00 PM**

**Workshops**

Screening, Partnerships, & Mental Health- Paul Gionfriddo  
Heroin, Oxys, & The Highway to Hell- Dr. Mark Fuller

**12:15 PM-1:15 PM**

**Lunch Provided**

**1:30 PM- 2:30 PM**

**Workshops**

Behavioral Health Homes: Optimizing Health & Wellness-  
Deb Wasilchak, Patty Schake & Tracy Carney

**2:45 PM- 4:15 PM**

**Workshops**

Engage Early: Working with Young Adults Experiencing First Episode  
Psychosis- Marci Sturgeon-Rusiewicz  
Panel Discussion: Addressing Recovery Across the Treatment Continuum-  
Tim Phillips

**4:15 PM- 5:30 PM**

**Break**

**5:30 PM- 5:45 PM**

**Dinner Registration**

**5:45 PM- 6:45 PM**

**Dinner**

**7:00 PM- 7:45 PM**

**Screening:** Before Stage Four

**7:45 PM- 8:30 PM**

**Panel Discussion**

Film Producer David Solomon & Film Subject Paul Gionfriddo, MHA CEO

**1:30 pm-2:30 pm**

## **BEHAVIORAL HEALTH HOMES: OPTIMIZING HEALTH AND WELLNESS**

*DEBORAH WASILCHAK, MA, PATTY SCHAKE, MSW, LSW & TRACY CARNEY, CPS, CPRP*

Insufficient access to health care for individuals with serious mental illness results in a decreased life expectancy of up to 25 years. During this presentation, the audience will learn how two evidence based behavioral health home interventions have been implemented to combat the problem.

**2:45 pm-4:15 pm**

## **PANEL DISCUSSION: ADDRESSING RECOVERY ACROSS THE TREATMENT CONTINUUM**

*TIM PHILLIPS CADC, CFC MODERATOR*

Tim Phillips, Director of Westmoreland County Drug Overdose Taskforce, will moderate a panel discussion. Panelists will include a mental health professional, a mental health consumer, a substance user in recovery, and a member of the legal system.

## **ENGAGE EARLY: WORKING WITH YOUNG ADULTS EXPERIENCING FIRST EPISODE PSYCHOSIS**

*MARCI STURGEON-RUSIEWICZ, MS NCC, LPC, CPSS, PSYD CANDIDATE*

Early treatment of psychosis- especially during the first episode- leads to the best outcomes. This workshop will introduce the initiative of FEP (First Episode Psychosis) on both the national and state level, as well as provide an overview of what early intervention FEP programs do and how they help improve treatment outcomes for young adults experiencing psychosis. Topics to include: cause of psychosis, symptoms of psychosis (beyond delusions and hallucinations), impact of early intervention/specific interventions to use, medications and possible side effects, differing symptoms/behaviors of psychosis for child/adolescent vs adult, prognosis with psychosis, and suggested tools and resources.

## EVENING PROGRAM

**7:00 pm- 7:45 pm**

### **BEFORE STAGE FOUR:CONFRONTING EARLY PSYCHOSIS**

First time psychotic episodes are frightening, confusing and distressing for the entire family. Traditionally teens and adults experiencing first episode psychosis (FEP) have been pulled out of school and/or society- only to begin a lifelong journey of spotty treatment, recurring episodes, and unfulfilled hopes of a career, happy marriage and children. But new research shows a significant success rate for people who receive proper, coordinated care after a first episode. This documentary shows who's leading the FEP treatment movement, while families share personal stories of heartbreak, success and hope. The program also explores fascinating research on young adult brains that could lead to life-changing treatment of psychosis.

**7:45 pm- 8:30 pm**

### **PANEL DISCUSSION BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS**

***DAVID SOLOMON & PAUL GIONFRIDDO***

Panel Discussion about the film, Before Stage Four : Confronting Early Psychosis with David Solomon and Paul Gionfriddo



Before Stage Four: Confronting Early Psychosis was recognized with an Emmy in the Health/Science category. Earlier this year, the program received recognition from the National Institute of Mental Health and Mental Health America in Washington DC. Funding for the documentary was made possible by the Staunton Farm Foundation.

## SPEAKERS

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**Tracy Carney, CPS, CPRP** is a Senior Recovery/ Resiliency Specialist focusing on Peer Support and Member involvement at Community Care Behavioral Health. She has a strong background in recovery and wellness initiatives, providing Peer Support services at CMSU for ten years. She is a Co-investigator with Dr. James Schuster and Dr. Chip Reynolds on PCORI Grant “Optimizing Behavioral Health Homes by Focusing on Outcomes that Matter Most for Adults with Serious Mental Illness”. In addition to her certifications as a Certified Peer Specialist, CPS Supervisor, and Certified Psychiatric Rehabilitation Practitioner, Tracy has experience as a Trainer – in Wellness Coaching, Wellness Recovery Action Planning, and the Hearing Distressing Voices Simulcast. She serves on the Board of the Pennsylvania Mental Health Consumers’ Association and works with an anti-stigma drama group called The Go M.A.D. Players to educate communities about mental health issues.

**Mark Fuller, MD, FACP** is the CEO of Value Behavioral Health of Pennsylvania (VBH), a Beacon Health Options company. VBH is a managed Medicaid program serving over 300,000 people in Western Pennsylvania under the Commonwealth’s HealthChoices Program. Mark is the author of over 30 scientific articles, book chapters, and monographs, and he has made numerous presentations and lectures throughout the country.

**Paul Gionfriddo** is the President and CEO of Mental Health America (MHA) and has worked in a variety of health and mental health related positions during a career spanning nearly 40 years. In 2013, he was appointed to a four-year term on the 12- member National Advisory Council to the SAMHSA Center for Mental Health Services. His policy memoir, *Losing Tim: How Our Health and Education Systems Failed My Son with Schizophrenia*, was published in 2014. Paul served as President of the Quantum Foundation from 2007 until 2010. As Executive Director for the Austin, TX Integrated Care Collaboration and the Palm Beach County Community Health Alliance, Paul worked to improve access to safety net health and behavioral health care through implementing a variety of federal, state, and local public/private sector initiatives. From 1995 until 2001, Paul was Executive Director of the Connecticut Association for Human Services. From 1991 through 1995, he worked as a Health Policy Consultant, assessing policy issues and current trends in health care. Paul was an elected official from 1978 until 1991. As Mayor of Middletown, CT from 1989 until 1991, he served a municipality with 500 + employees and 45,000 citizens. From 1978 until 1990, he was a member of the Connecticut House of Representatives.



## SPEAKERS



**Tim Phillips CADC, CFC** is the Executive Director of the Westmoreland Drug Overdose Task Force. Tim has been in the field of Alcohol, Tobacco and Other Drug treatment and prevention since 1988. Prior to becoming involved in prevention he worked in treatment as a D&A Therapist with adolescents, adults and families in outpatient, inpatient, community corrections, and medically assisted treatment at various treatment venues. Tim is active in many local community and school venues, speaking on addiction, treatment and recovery. A person in long term recovery from addiction himself, he is active in a 12 Step Fellowship and is an advocate for the Recovery Community and their families. He also is a regular participant at the Greensburg Reality Tour Drug Prevention program and a regular contributor/Trainer to Sage's Army. Tim is also a founding member of the Young People in Recovery (YPR) Pittsburgh Chapter.

**Patty Schake**, MSW, LSW, is Senior Director Program Innovation with Community Care Behavioral Health. Her work has focused on quality improvement initiatives, program development and implementation, and building collaborative partnerships to promote recovery and whole health and wellness for children, adults, and families. She has served in leadership roles for PCORI awards, a Robert Wood Johnson grant with thirty community stakeholder partners and currently coordinates and accelerates the work of senior directors at Community Care focused on program innovations.

**David Solomon** joined WQED Multimedia, the PBS affiliate in Pittsburgh, in 2000 and is currently Executive Producer of production, overseeing much of the station's award-winning programming. Solomon is recognized for his work on some of WQED's most compelling documentaries, with a special expertise in mental health issues.

Solomon has earned 29 Emmy Awards and dozens of nominations from the Mid-Atlantic chapter of the National Academy of Television and Arts & Sciences. Other accolades include three national Gabriel, two national CINE Golden Eagle Awards, two Edward R. Murrow Awards in the New York/ Pennsylvania region, Three Pennsylvania Association of Broadcasters Awards, and ten Golden Quill Awards from the Press Club of Western Pennsylvania.

**Marci Sturgeon-Rusiewicz, MS NCC, LPC, CPSS, PsyD Candidate** As the Program Manager for the FEP Team, ENGAGE (Educate, Navigate, Grow and Get Empowered!), Marci holds a Master of Science (MS) in professional counseling, she is a Licensed Professional Counselor (LPC) in the state of Pennsylvania, a Nationally Certified Counselor (NCC) and a Doctoral Candidate of Counseling Psychology. Her clinical work involves providing therapy to young adults within a university counseling center. She also has extensive experience in working with the diversities of individuals diagnosed with severe and persistent mental illness (SPMI) as the Psychiatric Rehabilitation Program Manager with Family Services of Western PA. She is the Clinical Supervisor of the Certified Peer Specialist Program (CPSS) as well as the community based Drop-in Program, which includes two adult Drop-In Centers and one Transition Age Youth Drop-In Center. Marci is also the Program manager for Mobile Psychiatric Rehabilitation for Transition Age Youth, a program that provides a bio/psycho/social support system for youth who are transitioning from adolescence to adulthood. She has been an employee of Family Services for 20 years. She holds an undergraduate degree in education from Carlow College. She also earned her Master of Science from Carlow University, where she is presently completing her doctoral degree.

**Deborah Wasilchak, MA** is the Chief Operating Officer and Government Programs Officer at Community Care Behavioral Health Organization. Deb began her career at Community Care Behavioral Health Organization in 2000 and has served as a senior executive since 2010. Community Care is a recovery-oriented nonprofit behavioral health managed care company that primarily serves the public sector. In her current position, she is responsible for the programmatic growth of the Medicaid Behavioral Health Programs in all Pennsylvania-based contracts as well as the overall operations within the organization. Ms. Wasilchak is a licensed psychologist with 15 years of clinical experience in community behavioral health settings prior to joining Community Care. Ms. Wasilchak received Master and Bachelor of Arts degrees from Indiana University of Pennsylvania.



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# Continuing Education Credits

**Social Work** CEs offered in co-sponsorship with the University of Pittsburgh School of Social Work. The University of Pittsburgh School of Social Work is a pre-approved provider of continuing education credits for social workers by the State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors. This program is approved for 5 credits.

**Physicians** The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 6.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Attorneys** Westmoreland Bar Association members that wish to receive CLE credit will be charged \$30 per credit hour, Non-Members will be charged \$50 per credit hour. Attorneys must preregister and prepay with the Westmoreland Bar Association by Friday November 24th; no walk-ins will be accepted at the event. You can preregister by calling the WBA Office at 724-834-6730.

**Faculty Disclosure:** *All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by patients.*





*For 53 years, Mental Health America of Southwestern PA (MHASWPA) has worked to fight the stigma associated with mental illness through outreach and educational efforts. MHA of Southwestern PA provides educational programs that help individuals learn about mental wellness as well as explain the challenges of depression, bipolar disorder, other types of mental illness, and those impacted by addiction and suicide loss.*

*We continue to bring to the forefront key mental health issues to battle the stigma associated with the disease, teach others about mental wellness and deal better with the tragedies that our communities sometimes face.*

*MHASWPA invites you to support mental wellness and recovery by becoming part of the Bell of Hope; working together to foster a life style that advances mental wellness because there can be no health without mental health.*

*Please visit our website at [www.mhaswpa.org](http://www.mhaswpa.org); follow us on twitter at [mha\\_swpa](#); and sign-up for our e-mailings by giving us your email below.*



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

*Our mission is to transform lives by promoting mental health, wellness and recovery for individuals, families, and communities through education, advocacy, and services.*

The bell image in our logo is a graphic representation of the Mental Health America Bell. The Bell was forged more than 53 years ago, as a sign of hope, from the iron chains and shackles that bound people in mental asylums. It serves as an 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."

**Bell of Hope Annual Pledge Form for 2017**

How do you wish your name to appear in donor listings? \_\_\_\_\_

☐ I / We wish to remain anonymous.

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

- ☐ **Platinum** Gifts of \$2,500 and more
- ☐ **Gold** Gifts of \$500 to \$2,499
- ☐ **Silver** Gifts of \$150 to \$499
- ☐ **Bronze** Gifts of \$25 to \$149

**Form of Payment:**

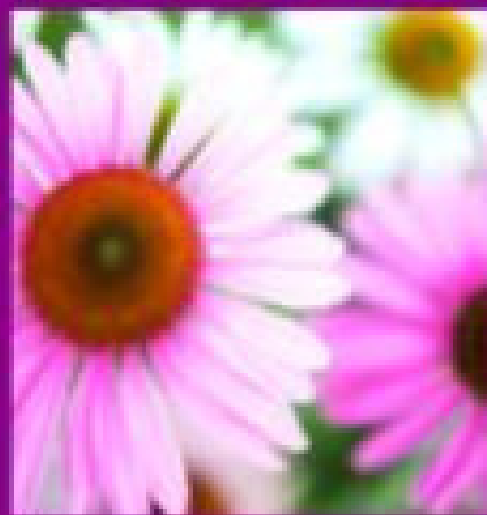
☐ Check enclosed \$ \_\_\_\_\_ ☐ MasterCard ☐ Visa Credit Card  
☐ Enclosed is a payment of \$ \_\_\_\_\_ toward my total pledge of \$ \_\_\_\_\_ to be paid \_\_\_\_\_ monthly \_\_\_\_\_ quarterly.  
Credit Card Number \_\_\_\_\_ Expy. Date \_\_\_\_\_

Signature: \_\_\_\_\_

\_\_\_\_\_ Company Matching Gift. I have enclosed my (and/or my spouse's employer) matching gift form(s).

**"Your contribution will be credited towards the current 2017 calendar year."**

**Please make your check payable to MHASWPA and mail to—409 Coulter Avenue, Suite 4, Greensburg PA 15601**



# LOVING AND LOSING

## *The War on Addiction*

An ongoing support group for those who lost loved ones to an overdose.

When: Last Wednesday of the Month

Time: 7:00 pm-8:00 pm

Where: MHA, 409 Coulter Ave, Greensburg.  
(corner of Coulter and Elm, please use side entrance next to the church)

Cost: Free

Ages: 18 and up



Toni @ 724-834-6351 x 128

# REGISTRATION INFORMATION

Register online for a small fee by clicking <https://www.eventbrite.com/e/before-stage-4-tickets-37252508255> or send your completed form to Toni Antonucci no later than November 17, 2017. Registrations can be sent by email to [tantonucci@mhaswpa.org](mailto:tantonucci@mhaswpa.org) or mailed to MHASWPA, attn. Toni Antonucci, 409 Coulter Ave, Suite 4, Greensburg, PA 15601.

**The American With Disabilities Act Information:** Participation by all individuals is encouraged. Advance notification of any special needs will us provide better service. Please notify us of your needs at least one week in advance of the program by calling Toni Antonucci at 724-834-6351 x 128 or emailing at [tantonucci@mhaswpa.org](mailto:tantonucci@mhaswpa.org).

## BEFORE STAGE 4 CONFERENCE

NOVEMBER 28, 2017

**REGISTRATION FORM** *\*Confirmations will only be sent via email\**

Name \_\_\_\_\_  
Degree \_\_\_\_\_  
Title \_\_\_\_\_  
Agency Affiliation \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
County \_\_\_\_\_  
Telephone \_\_\_\_\_  
Email \_\_\_\_\_

**For Continuing Education Purposes, Please Check if you are:**

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Social Worker | <input type="checkbox"/> Counselor |
| <input type="checkbox"/> Physician     | <input type="checkbox"/> Attorney  |

## PAYMENT INFORMATION

- ☐ Conference only \$100
- ☐ Conference + Dinner + Film \$125
- ☐ Film only \$25
- ☐ Mail (paper check payable to MHASWPA)
- ☐ Online payment go to <https://www.eventbrite.com/e/before-stage-4-tickets>



# Supporter

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**Staunton Farm Foundation**

# Exhibitors

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**Clarion Psychiatric Center**

**Gateway Rehabilitation Center Greensburg**

**Sunovion**

**Children's Institute Pittsburgh**

**Ray of Hope**





# Building a healthy future

We are proud to support **Mental Health America of Southwestern PA** and the **Annual Meeting**.



**UPMC HEALTH PLAN**