

2019



# Mental Health America of Southwestern PA

Finding Balance:  
Interventions for Modern Problems

10.4.2019

Monroeville, PA

# Schedule

**8:30 a.m.**  
Registration Opens

**8:30 a.m. - 9:00 a.m.**  
Registration and Breakfast

**9:00 a.m. - 10:15 a.m.**  
Keynote Presentation  
(Jewish Family and Community Services Panel)

**10:15 a.m. - 10:30 a.m.**  
Break / Exhibitors

**10:30 a.m. - 11:30 a.m.**  
Workshop Session 1

**11:30 a.m. - 12:30 p.m.**  
Networking Lunch

**12:30 p.m. - 1:15 p.m.**  
Special Afternoon Presentation  
(Pittsburgh Ballet Theatre)

**1:15 p.m. - 1:30 p.m.**  
Break / Exhibitors

**1:30 p.m. - 2:30 p.m.**  
Workshop Session 2

**2:30 p.m. - 2:45 p.m.**  
Break / Exhibitors

**2:45 p.m. - 3:45 p.m.**  
Workshop Session 3

**End of Conference**

*Thank you for attending, please fill out your evaluations.*

# Conference Information

## Conference Overview

Mental Health America of Southwestern PA's conference, Finding Balance: Interventions for Modern Problems aims to educate attendees about pressing issues regarding the current state of mental health and substance use in our region, as well as the innovative and effective approaches to these topics. 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.

This year's conference will feature a variety of topics relevant to the behavioral health and substance use disorder treatment fields. Topics such as trauma, substance use, movement, mental wellness, ethics, and recovery will be discussed.

## Continuing Education Credits

At this time Finding Balance: Interventions for Modern Problems conference has been approved for the following Continuing Education Credits (CEUs).

**Pennsylvania Certification Board**  
Community Care will award 5.5 hours of PCB-approved hours of education for participants attending the conference. Our program is certified by the Pennsylvania Certification Board, Provider #414.

## Social Workers

This program is offered for 5.5 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, continuing education through CSWE-accredited.

# Keynote: Jewish Family and Community Services Panel Discussion

The Pittsburgh synagogue shooting of October 27, 2018 changed countless lives forever. Within minutes of the attack, the staff at Jewish Family and Community Services (JFCS) stepped up to lead the community recovery response providing comprehensive care and counseling to bereaved and injured families, witnesses, and the broader community.

In the presentation, *October 27: Coming Together in the Face of Trauma*, the panelists will speak about responding to a community crisis in the context of this attack: the initial response, treatment, prevention, and future planning; and the personal experience of a family member of one of the injured in the attack. The presentation will discuss the need for collaboration and the importance of working with other agencies, especially in times of crisis. The panelists will also address best practices for determining the needs of affected groups and recognizing the importance of self-care for responders.

Participating in the panel are Dr. Jordan Golin, Psy.D., President and CEO of JFCS; Stefanie Small, Director of Clinical and Senior Services at JFCS; and Ellen Leger, a volunteer administrator with JFCS Senior Services and wife of Dan Leger who was critically wounded in the Tree of Life attack. All three will bring their unique perspectives and experiences to the discussion.



Dr. Jordan  
Golin, Psy.D



Stefanie Small



Ellen Leger

## Special Afternoon Presentation: Pittsburgh Ballet Theatre



Dance can have a powerful impact on those who practice and experience it, but facts and best practices around the topic are less well-known. In this special presentation, Kathryn Gigler, the Pittsburgh Ballet Theatre's director of education, will describe the ballet company's approach to enriching the physical and mental health of its audiences.

She will discuss the role of dance in the context of mental health more broadly, considering both the creative process and the viewing of the art form as therapeutic tools. She will outline the core pillars of programming at the Ballet Theatre, which include the development of evidence-based curricula, the building of diverse community partnerships, and the expansion of efforts and inclusive accessibility.

Finally, Ms. Gigler will address the unique interplay between the individual and community inherent in dance, and how this relationship relates to mental health, providing examples from Pittsburgh and beyond.

# Workshop Session One

10:30 a.m. - 11:30 a.m.

## Session 1A: Allegheny Ballroom

Trauma Informed Care: Balancing Wellness and Recovery

Dr. Lyndra Bills, MD; *Senior Medical Director*

UPMC Community Care Behavioral Health

Trauma informed care is a care approach that supports both wellness and recovery and can be used for anyone who is experiencing any type of stress. The presentation will introduce and describe the principles of trauma informed care as well as a review of the Adverse Childhood Experiences study. The key to good trauma informed care is the ability to return balance and reduce the impact of severe stress in the patient. Participants in this workshop will also be able to identify ways to support resilience in the face of significant stress.

## Session 1B: Ohio Ballroom

The Ebb and Flow of Life: Maintaining Balance Through Intentional Use of Music

Laurie Fox, *Certified Music Therapist and Licensed Professional Counselor*

Seton Hill University

In this interactive session, participants will delve into the meditative quality of music and its ability to bring about homeostasis between mind and body, inner and outer worlds, and opposite ends of mood state continuums. A variety of music interventions as part of a self care regimen will be explored which can then be applied both to the participant's life as well as the individuals in their care.

## Session 1C: Monongahela Ballroom

Trauma-Focused Cognitive Behavioral Therapy for Children and Caregivers

Dr. Judith Cohen, MD; *Medical Director*

Center for Traumatic Stress in Children and Adolescents

Allegheny Health Network

More than sixty percent of children experience traumatic exposure before adulthood, with a third of children experiencing multiple traumas. Childhood trauma is associated with increased risk of potentially serious and long-lasting medical and mental health problems including Posttraumatic Stress Disorder (PTSD), depression, anxiety, substance use, and suicide. Learn how these negative outcomes can be prevented through the use of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), an evidence-based treatment for trauma-impacted children ages 3 - 18 years-old and their non-offending parents or primary caregivers. The core principles of TF-CBT will be discussed, as will the nine TF-CBT components and the latest TF-CBT research.

## Workshop Session Two

1:30 p.m. - 2:30 p.m.

Session 2A: Allegheny Ballroom

Ethical Considerations in the Treatment of Trauma (Part One)

Debra Luther, MD; *Licensed Clinical Development Psychologist*

*Vice President*

Beacon Health Options of Pennsylvania

*Note: This is part one of a two part workshop. It is encouraged that you attend both parts of the workshop in order to get a full understanding of the content matter.*

Everyone is at risk for making unethical decisions. The first part of this workshop will examine the basic tenets of ethical decision making and then will discuss the risks of providing professional services to individuals with a trauma history. The special considerations that must be addressed when working with this population across the health and human services industry will be discussed.

Session 2B: Ohio Ballroom

Addiction and Recovery

Gary Seech

*Regional Director of Operations*

Glenbeigh

Addiction is a growing problem in Pennsylvania and beyond. In this workshop, participants will learn about the current addiction epidemic, contributing factors to the epidemic, and how the addiction manifests in the person's life. Workshop participants will also learn about the history and relevance of abstinence-based recovery in both 2019 and beyond.

Session 2C: Monongahela Ballroom

LGBTQ+ 101 (Part One)

Ted Hoover

*Educator/Trainer*

PERSAD Center

*Note: This is part one of a two part workshop. It is encouraged that you attend both parts of the workshop in order to get a full understanding of the content matter.*

Unraveling the LGBTQ+ experience can be intimidating, but in order to best serve clients within that community, this workshop will provide a basic training to cover the fundamentals. Current terms, as well as definitions and vocabulary will be discussed. The workshop will also examine the social context of discrimination and look at the physical and behavioral disparities experienced by the LGBTQ+ community.

# Workshop Session Three

## 2:45 p.m. - 3:45 p.m.

### Session 3A: Allegheny Ballroom

#### Ethical Considerations in the Treatment of Trauma (Part Two)

Debra Luther, MD; *Licensed Clinical Development Psychologist*  
*Vice President*  
Beacon Health Options of Pennsylvania

*Note: This is part two of a two part workshop. It is encouraged that you attend both parts of the workshop in order to get a full understanding of the content matter.*

The second part of this presentation will look at the ethical considerations important for the care of the professional themselves in working with individuals with a trauma history. Mindfulness, self-awareness, and self-care are necessary components of protecting the professional from vicarious trauma and this workshop will discuss techniques for their application.

### Session 3B: Ohio Ballroom

#### Identifying and Treating Trauma

Michael Crabtree, Ph.D  
*Professor of Psychology*  
Washington and Jefferson College

Trauma occurs when an individual experiences an event or series of events that exceeds their capacity to integrate the event into their lives and utilize appropriate coping skills. This workshop will identify situations that produce trauma; symptoms and diagnoses consequent to traumatic events; experimentally validated interventions for traumatized individuals; interventions specific to emergency responders; and strategies employed to assist military members transitioning back from deployment in the Middle East.

### Session 3C: Monongahela Ballroom

#### LGBTQ+ 101 (Part Two)

Ted Hoover  
*Educator/Trainer*  
PERSAD Center

*Note: This is part two of a two part workshop. It is encouraged that you attend both parts of the workshop in order to get a full understanding of the content matter.*

Part two of this workshop will continue with an extended look at Sexual Orientation, Gender Identity, and Expression (SOGIE) within the LGBTQ+ community and an examination of the challenges and issues facing transgender individuals and a discussion of the current best practices for working with this population. The workshop will finish with a brief discussion of current legal issues effecting the LGBTQ+ community.

# Presenter Biographies



**Dr. Lyndra Bills, MD**  
*UPMC Community Care  
Behavioral Health*

Senior Medical Director  
for integrated care and  
trauma informed  
practices with UPMC

Community Care Behavioral Health, Dr. Lyndra Bills has worked with and helped develop the Sanctuary Model of trauma informed care. She supports integrated practices for wellness and recovery using trauma informed approaches and care.



**Dr. Michael Crabtree,  
Ph.D.**  
*Washington and  
Jefferson College*

Dr. Michael Crabtree is a professor of Psychology at Washington and Jefferson

College. Along with teaching he has had an active research program. He is the author of five books, over 30 professional publications, and has presented hundreds of professional and community presentations on stress, trauma, addiction, and military psychology. He is the founder and owner of Washington Psychological Services where he specializes in Forensic Psychology and treatment of trauma.



**Dr. Judith Cohen, MD**  
*Center for Traumatic  
Stress in Children and  
Adolescents,  
Allegheny Health  
Network*

A board-certified child and adolescent

psychiatrist, Dr. Judith Cohen is the Medical Director of the Center for Traumatic Stress in Children and Adolescents at Allegheny General Hospital. She, along with two colleagues, developed and tested Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), an evidence-based treatment for traumatized children and their caregivers. Dr. Cohen has received more than twenty federal grants related to child trauma and has published and presented extensively on the assessment and treatment of traumatized children.



**Laurie Fox**  
*Seton Hill University*

With 25 years of clinical experience as a Music Therapist and Licensed Professional Counselor, Laurie Fox provides music

therapy and music psychotherapy in both individual and group formats and works with adults in the mental health, neurology, and personal growth fields. Specializing in voicework and therapeutic eurhythmics, Laurie engages her clients and participants in music-making in order to access, develop, and restore a person's personal wellbeing. She has worked as an associate professor and Coordinator of the Bachelor of Music Therapy program at Seton Hill University since the creation of the program in 2003.

# Presenter Biographies



**Kathryn Gigler**  
*Pittsburgh Ballet  
Theatre*

As Director of Education and Community Engagement at Pittsburgh Ballet

Theatre, Kathryn has advanced the theatre's work in community education, accessibility, and equity. Her background in cognitive neuroscience has provided her with extensive experience in research design and data analysis, including behavioral interventions related to mindfulness and movement in older adults and caregivers.



**Debra Luther, Ph.D.**  
*Beacon Health Options  
of Pennsylvania*

Dr. Debra Luther is a licensed clinical developmental psychologist and

Certified Clinical Trauma Professional.. She is the Vice President of Clinical Services at Beacon Health Options of Pennsylvania. She has over 15 years of clinical experience working with children, adolescents, and adults with trauma exposure and associated behavioral health needs in community mental health settings prior to her current role.



**Ted Hoover**  
*Persad Center*

Ted Hoover is an educator and trainer working with the Persad Center in Pittsburgh. He is currently working on

two programs through the Pennsylvania Bureau of Family Health: "LGBTQ+ Youth Suicide Prevention in Western PA" and "Adolescent Sexual Health Across the Commonwealth." He focuses on issues of discrimination and hate crimes with area law enforcement and the Civil Rights Division of the FBI.



**Gary Seech**  
*Glenbeigh*

For more than 35 years, Gary Seech has worked in the addictions field, and currently is serving as Regional Director of

Operations at Glenbeigh. He has presented in a variety of settings including conferences, universities, companies, and many other local social service agencies.

# 2019 Conference Sponsors

Mental Health America of Southwestern Pennsylvania would like to take a moment to acknowledge this year's generous conference sponsors and exhibitors. Your support makes mental health education and advocacy possible.

## PREMIER SPONSOR



# UPMC HEALTH PLAN

## BRONZE SPONSORS



formerly Value Behavioral Health of Pennsylvania



## SUPPORTING SPONSOR



## EXHIBITORS

Acheiva Family Trust

Ray of Hope Task Force

Allies for Health and Wellbeing

resolve Crisis Services

Clarion Psychiatric Center

Southwood Hospital

Excela Health

Unity Family Services

Glenbeigh

UPMC for Kids

Highlands Hospital

UPMC for You

Pittsburgh Mercy