

# Be Inspired

Come Thrive With Us



**VIRTUAL CONFERENCE**

***December 2, 2022***

**MIIA**  
Mental Health America  
of Southwestern PA



# Conference Agenda

**8:30 - 8:40**

Opening Remarks

**8:40 - 9:40**

Keynote: *The State of Mental Health in America*

**10:00 - 11:00**

Plenary: *State of the State: Behavioral Health in PA*

**11:15 - 12:15**

Workshop #1

- *Our HAIR Initiative*
- *988 Suicide and Crisis Lifeline*

**1:00 - 2:00**

Plenary: *Social and Emotional Support for Refugees and Immigrants*

**2:15 - 3:15**

Workshop # 2

- *Social Isolation and Behavioral Health*
- *Intersections of Art Therapy and Mental Health*



# Featuring

## **The State of Mental Health in America**

*Schroeder Stribling, MSW*  
President and CEO  
Mental Health America

*Laurie Barnett Levine, MSW, LSW*  
CEO, MHA of Southwestern PA

This keynote presentation will cover the 2022 State of Mental Health in America report, the national rankings and where Pennsylvania falls within the rankings, as well as trends and other findings from the MHA screening tool results. Also discussed will be MHA's priorities regarding prevention and treatment addressing the issues of today--in this unique moment in our lives.

## **State of the State: Behavioral Health in PA**

*Richard Edley, Ph.D.*  
President and CEO, RCPA

Dr, Edley's presentation will focus on the state of behavioral health and associated healthcare areas, with an emphasis on:

- Workforce crisis: factors and potential solutions;
- Overall financial stress on the safety net/ public system;
- Telehealth expansion and efficacy;
- Alternative Payment Methodologies and Value Based Payments (VBP); and
- Analysis of election results.
- Ongoing advocacy efforts and what people can do to impact the situation at the local and state level.

## **Building Social and Emotional Support for Refugees and Immigrants through Peer-led Support Groups**

*Ivonne Smith-Tapia, MSW, Director, Refugee & Immigrant Services, JFCS*  
*Kristen Abdullah, Program Coordinator, Refugee and Immigrant Support Groups, JFCS*

Bicultural refugee and immigrant peer support groups have proven effective to help participants integrate in their communities, access information, and increase self-efficacy to manage post-migration stress and challenging situations that can impact their mental health. Presenters will give an overview of the history and structure of the support groups and share results of qualitative feedback provided by leaders and support group participants. The presentation will highlight recent results from sessions implemented with Afghan men and women focusing on Mental Health and Psychosocial Support.



# Workshop #1

## **Workshop 1A: Panel Discussion - Our HAIR Initiative**

*Lori Weems, MS, Program Manager, Community Care Behavioral Health*

*Curtis Miller, MSW, LSW, CEO/Owner, Heirs LLC; Training Specialist, University of Pittsburgh*

*Tennille Hill, MS, Human Research Technologist, Penn State University, Owner of Hair Counselor Salon*

*Mario Brown, MPH, CDP, Inaugural Associate Dean for Engagement, Equity, and Justice, University of Pittsburgh School of Pharmacy*

The purpose of Community Care's *Our HAIR* (Health Access in Recovery) initiative is to improve health outcomes in the African American community through increased culturally meaningful outreach, beginning in Pittsburgh. The outreach is conducted by trained black and brown barbers and stylists. The long-term goal is to decrease the disparities between Black and White Pennsylvanians in effective utilization of behavioral health resources including prevention, early intervention, and treatment. This panel discussion provides the perspectives of the program manager and consultants involved in the program development.

## **Workshop 1B: 988 Suicide and Crisis Lifeline**

*Shelley Palonco, MA, Manager, State Policy, Vibrant Emotional Health*

In this session, you will learn the history of the National Suicide Prevention Lifeline and the integration of the new 3-digit number 9-8-8. This presentation will also provide examples of different state legislation passed regarding funding for the crisis line. There will also be tools and resources to track and advocate for 9-8-8 legislation in your state.



# Workshop #2

## **Workshop 2A: Social Isolation and Behavioral Health**

*Geoff Neimark, MD*, Chief Medical Officer, Community Care Behavioral Health

*Ellen Beckjord, PhD, MPH*, Vice President, Population Health and Clinical Optimization, UPMC Health Plan

In this presentation, Drs. Neimark and Beckjord will review epidemiological data on social isolation, discuss issues and options related to the measurement and impact of social isolation, and describe evidence-based strategies for addressing social isolation as part of a comprehensive approach to behavioral health.

## **Workshop 2B: Intersections of Art Therapy and Mental Health**

*Dana Elmendorf, MA, ATR-BC, LPC*, Program Director, Graduate Art Therapy Program, Seton Hill University

Art Therapy offers the distinct capability of utilizing non-verbal expression that can reach individuals who struggle with verbalizing feelings and offers the capacity of art expression to enable clients to work through trauma and other concerns. This presentation will address common questions about the use of art therapy such as, How does art therapy help with mental health? What do art therapists actually invite and do that impacts mental health and wellness? What does a typical art therapy session look like and how might individuals incorporate creative means to support their own mental health even if they are not participating in art therapy?

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