



Perspectives

CULTIVATING A LIFETIME OF MENTAL WELLNESS

Annual Virtual Conference
1.26.24



Conference Agenda

8:30 - 8:40 **Opening Remarks**

8:40 - 9:40 **Keynote**
Updates from Washington: Overview of the National Mental Health Landscape

10:00 - 11:00 **Plenary**
Violence 301: How Antiracism and Diversity Help Us Manage Violence Risk

11:15 - 12:15 **Workshop 1**
A. Dialectical Behavior Therapy Brief Overview
B. The State of the Nation Post-Pandemic: What We've Learned From MHA Screening

1:00 - 2:00 **Plenary: Panel Discussion**
Building Bridges: Supporting Our First Responders Through Education, Engagement, and Resources

2:15 - 3:15 **Workshop 2**
A. Youth Voices of Change in Mental Health
B. Developing Resilience in Correctional Settings: Promoting Lasting Change in a Challenging Environment

Featuring

Updates from Washington: Overview of the National Mental Health Landscape

Chuck Ingoglia, MSW

President and CEO

National Council for Mental Wellbeing

This keynote presentation will provide an overview of the national landscape—where we are, what is new and what might be expected in the coming months. The media is filled with stories of a youth mental health crisis and long waits in emergency rooms for inpatient beds. These headlines come after record spending on the federal level for mental health services. How can both realities be true?

Violence 301: How Antiracism and Diversity Help Us Manage Violence Risk

Jack Rozel, MD, MSL, DFAPA

Medical Director, resolve Crisis Services

Tarasoff may be one of the most famous legal cases in emergency psychiatry. While most often considered as a duty to warn case, it was also a case about cultural diversity in a system poorly equipped to recognize the impact of cultural incompetence.

And, perhaps, Tarasoff's tragic outcome was as much about a failure to recognize and manage systemic racism and implicit bias as it was about a failure to protect a target. This presentation will use Tarasoff as a launching point to explore the impact of racism, bias, and cognitive errors in the evaluation and management of violence risk in the psychiatric emergency setting and the risks of law enforcement response to BIPOC experiencing psychiatric and substance use emergencies.

Workshop 1

CHOOSE ONE:

Workshop 1A: Dialectical Behavior Therapy (DBT) Brief Overview

Tiffany L Painter, MSW, LCSW, ACSW

Program Director

UPMC Western Behavioral Health

This session will provide a brief overview of DBT including modes of treatment, treatment targeting, and ways of delivering DBT. The speaker will attend specifically to how DBT helps to prevent suicide.

Workshop 1B: The State of the Nation Post-Pandemic: What We've Learned From MHA Screening

Khendra Lucas

Project Coordinator

Mental Health America

In 2014, Mental Health America created MHAScreening.org, a collection of 11 free, anonymous, confidential, and clinically validated screens, which has amassed 25 million screens taken to date. In this presentation, we will discuss data from millions of domestic screeners. Additionally, we'll take an in-depth look at analysis from the newly added ADHD screen, trends in suicidal ideation, main concerns affecting users' mental health, and natural language processing analysis that gives insight into everyday language screeners use to talk about their mental health. Lastly, we will review local mental health data trends from Pennsylvania screeners and highlight MHA's efforts to provide real-time, localized data with the MHA Mapping Project.

Panel Discussion

Building Bridges: Supporting Our First Responders Through Education, Engagement, and Resources

Heather McLean

Outreach Coordinator

MHA of Southwestern PA

Tim Carson

Coroner

Westmoreland County, PA

Bobby Tanyer

Behavioral Health Adult Program Specialist

Westmoreland County, PA

Sue Soltis, MA

Curriculum Services Support Specialist

Westmoreland Intermediate Unit 7

This training will provide an overview of the CIT (Crisis Intervention Teams) Program in Westmoreland County along with the county EBH (Emergency Behavioral Health) response team. This panel will discuss education and support provided to the first responders in Westmoreland County. The session will also include information on the newly formed L.O.S.S. Team (Local Outreach to Suicide Survivors) and supports for those that have lost loved ones to suicide. The panelists include the county coroner, lead CIT Coordinator/EBH Oversight, Chair of the county suicide task force, EBH Coordinator, and a suicide loss survivor/facilitator of the LOSS (Loved Ones Stolen by Suicide) Support Group.

Workshop 2

CHOOSE ONE:

Workshop 2A: Youth Voices of Change in Mental Health

This session is not eligible for continuing education credits.

Youth Advocate Panelists

Jewish Healthcare Foundation

This session will feature youth advocates working to advance mental health change across systems. Youth Leaders will be sharing their unique perspectives on the needs of youth and their vision of change. Hear from a diverse panel of youth advocates and their perspectives and experiences of mental health. Youth advocates will share their experiences promoting mental health in their community and among their peers. Learn how to center and support youth in your community and support youth change efforts.

Workshop 2B: Developing Resilience in Correctional Settings: Promoting Lasting Change in a Challenging Environment:

Judge Victor Reyes (Ret.)

Since 2017, Judge Victor Reyes has been facilitating a weekly Domestic Violence Survivor's Support group at the Colorado Department of Corrections La Vista Women's Correctional Facility located in Pueblo, Colorado. This session will focus on the breadth of the conversations within this group over the past 5 years and will include the effect of trauma, domestic abuse, coercive control, and being in a prison setting while suffering the effects of physical, emotional, psychological, and spiritual abuse. Also there will be a discussion of a variety of tools that have been shared with the participants, how those techniques have affected their lives, and place special emphasis on the need of trauma informed correctional officers and therapist in the correctional system to better support resilience and change.

2024 Conference Sponsors

Thank you!

UPMC HEALTH PLAN

