Introduction:

When an individual of any age is diagnosed with a mental illness, the most effective response for families and caregivers is to seek education. Learning about the illness, the systems that serve individuals with mental illness, and available treatment and supports are the keys to recovery. This conference is designed to offer consumers, family members and mental health professionals an opportunity to further learn about the various forms of mental illness and gain insight into treatment, services and supports available to aid in the recovery process.

Objectives:

At the conclusion of the program, participants should be able to:

1. Identify key services available to mental health consumers and family members;
2. Describe various treatment options available to children/adolescents and adults;
3. Recognize the importance of forming collaborative relationships with all treatment professionals, child serving professionals and family members;
4. Effectively advocate for appropriate recovery focused mental health services and related supports.

Who should attend:

Consumers of mental health services, family members, and interested mental health professionals.

Continuing Education Credits:

Counselors: NBCC

Western Psychiatric Institute and Clinic is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic adheres to the NBCC Continuing Education Guidelines. This program is being offered for 6.0 continuing education credits.

Psychologists: APA

This program is co-sponsored by Western Psychiatric Institute and Clinic and NAMI Southwestern Pennsylvania. Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for the program. This program is being offered for 6.0 continuing education credits.

Social Workers: SW

6.0 credit hours of continuing education are provided through co-sponsorship of the University of Pittsburgh School of Social Work, a PA-approved provider of social work continuing education. These credit hours satisfy requirements for LSW renewal. For information on social work continuing education, call 412-624-3711.

Other Health Care Professionals: CEU

Nurses and other health care professionals are awarded up to 6.0 Continuing Education Units (CEUs).
Silent Auction

Again this year we will be holding a special event at the conference, a Silent Auction. Proceeds from the auction will assist in supporting future education and advocacy initiatives.

Keynote Presenter

King Davis, PhD, is the Director of the Hogg Foundation for Mental Health. The foundation’s mission is to improve access to quality mental health services and to help eradicate stigma through a variety of public information initiatives, public dialogues, publications, and electronic communication tools. Dr. Davis also serves on the faculty of the School of Social Work at the University of Texas at Austin. Dr. Davis previously served as the William and Camille Cosby academic chair, Howard University. Additionally, he has experience within the public mental health arena, as he is the former Commissioner, Department of Mental Health, Mental Retardation and Substance Abuse Services for the Commonwealth of Virginia.

Dr Davis is a nationally known expert in the areas of public mental health policy, cultural competency, physical health care issues for individuals with mental illness, and mental health disparities for underserved populations.

Dr. Davis served on the Surgeon General’s Taskforce on Mental Health and the National Association of State Mental Health Program Directors. Currently he is undertaking research in understanding the benefits of sibling and parental involvement in care giving for individuals with mental illnesses.
1 From Market to Table: A Journey to Recovery
The Solow family has raised two daughters with Bipolar Disorder. The Ianuzzi family has raised a daughter with Obsessive Compulsive Disorder. Hear their remarkable stories and gain insight into how children with mental illness face their challenges each day.
Debbie Solow, NAMI Southwestern Pennsylvania
Sandy Solow
Debbie Ianuzzi, Obsessive Compulsive Foundation, W. PA. Inc.
Amy Ianuzzi

2 A Recipe for Healthy Living: Living Life Longer Depression Free
Depression in later life worsens the quality of life. Suicide rates are five times higher in later life. Medical illness, medications and loneliness are a few factors that contribute to depression. Treatments can work. There is no reason to remain depressed in later life.
Mark Miller, MD, Late Life Depression Center, University of Pittsburgh Medical Center

3 The Test Kitchen: The Beaver County Jail Project — A Collaborative Approach
The project has been providing treatment to individuals identified with co-occurring disorders in the Beaver County Jail. This workshop will provide participants with an overview of this jail-based model, emphasizing the collaborative efforts. We will also highlight the successes and outcomes.
Holly P. Wald, PhD, HPW & Associates, LLC
Carol Steele-Smith, BS, Beaver County Jail
Karen Florence, MA, CAC, Gateway Rehabilitation Center

4 Publishing Your Cookbook: Financial Planning and Estate Planning for Individuals with Disabilities and Their Families
This session will review estate planning and trust options. Information will be provided on government programs through the Social Security and state Medicaid programs. An overview of legal and financial considerations in the estate planning process will be provided.
Maria Smith, The Family Trust
Kathleen Hendrickson, Esq., The Family Trust

5 Perusing the Menu for a Healthy Lifestyle
This presentation will address the importance of nutrition in the recovery process. Participants will understand the connection between food choices and mental health and the ease of developing a nutritional checklist to improve upon current eating habits.
Leslie Bonci, MPH, RD, LPN, UPMC Sports Medicine

6 Choosing the Best Recipe: What Are All of These Therapies?
Solution focused therapy, cognitive enhancement therapy, interpersonal therapy, what does it all mean? The presenters will discuss the overall approaches of these therapies and their practical relationships to recovery. Participants will learn to distinguish between therapeutic approaches and advocate for recovery based treatments.
Frank A. Ghinassi, PhD, Western Psychiatric Institute and Clinic
Jack Cahalane, PhD, Western Psychiatric Institute and Clinic

7 A Key Ingredient in the Recipe for Recovery: Consumer/Family Satisfaction Teams
Consumer/Family Satisfaction Teams (CFST’s) were designed to ensure consumer and family input into the delivery of behavioral health services. This workshop will explain the role of CFST’s in this process. It is essential that consumers and family members are at the forefront of designing the care, treatment and supports for a true recovery based system.
Janice Meinert, MSW, PA Health Law Project
Paul Freund, Consumer Action Response Team (CART)

8 The Master Chef: Ask the Doctor Session
The presenter will field participants’ questions concerning mental illnesses in children and adults while discussing effective treatments and supports.
Suzanne Vogel-Scibilia, MD, Beaver Psychiatric Services, Officer of the Board of Directors, National Alliance for the Mentally Ill
Parents and professionals share concern for a child's safe and successful return home following a hospitalization. This workshop will address elements needed to ensure continuity and a smooth transition from being a patient to being home with the family.
Jeffrey D. Freedman, PhD, Spiegel Freedman Psychological Associates
Joshua Bernstein, MA, LPC, Spiegel Freedman Psychological Associates

10 The Co-Op Market: A Partnership of Consumers and Staff to Optimize Recovery
The Penn Map Algorithm Project is an exciting partnership of consumers and staff who are building best practice supports for each person's recovery. The panel will review the educational focus areas that staff and consumers use to foster a positive dialogue.
Susan Crist, Turtle Creek Valley MH/MR
Sandra Kogut, Turtle Creek Valley MH/MR
Karen Lewis, Community Care Behavioral Health Organization
Lisa Strouss, Community Care Behavioral Health Organization

11 You Don’t Need to be a Master Chef: Skills for Navigating Complex Systems
This workshop will focus on developing techniques for effective collaboration within complex systems. Consumers and families must be able to effectively navigate and negotiate these systems in order to meet their needs. The goal of this workshop is to provide basic skills to enhance communication and collaboration between consumers, families and the service providers.
Denise Macerelli, LSW, ACSW, Western Psychiatric Institute and Clinic
Liz McCabe, LSW, Western Psychiatric Institute and Clinic
Judy Wein, MEd, Western Psychiatric Institute and Clinic

12 Cooking Over Hot Coals: The Impact of Co-occurring Disorders on Families
This presentation will identify current best practices with a focus on the impact upon families. The nature of addictive disorders will be explored and the recovery process will be explained.
Antoine Douaihy, MD, Western Psychiatric Institute and Clinic
Joshua Frank, MD, Western Psychiatric Institute and Clinic

13 Fruits of our Labor: Peer Support and Recovery-Alternatives for Individuals and Families
This presentation will illustrate the development, services and outcomes of the Peer Support and Advocacy Network (PSAN), the first consumer run nonprofit in Western PA. The focus will be on program outcomes that have been guiding the development of a recovery oriented system in Allegheny County.
Staff, Peer Support and Advocacy Network

14 The Secret Spices: Ten Tips to Loving Yourself
Loving the self has been said to be the key ingredient to success, happiness and health. We are told self-love is essential, but remarkably few sources tell us how to achieve it. Come join this highly interactive, exciting and fun workshop.
Maxine Bender-Bray, NAMI Berks County

15 Innovative Techniques: ECT and other Novel Treatments for Depression
This workshop will review the latest developments and research findings related to the administration of ECT for the treatment of patients with severe mood disorders. The presentation will also focus on the development of possible alternative brain stimulation interventions.
Roger Haskett, MD, Western Psychiatric Institute and Clinic

16 Taking Stock of the Pantry: Advance Directives for Mental Health Care
Advance Directives legislation became law late in 2004. Preparing an effective Advance Directive can help consumers to ensure active participation in treatment decisions while encouraging partnerships between consumers, their designated agent, and treatment professionals. Properly executed an Advance Directive can be an essential tool in recovery. This workshop will review the concept and describe the process of preparing an Advance Directive.
Carol Horowitz, Esq., Disabilities Law Project
17 The Country Kitchen: Meeting the Mental Health Needs of Underserved Rural Populations

This workshop will focus on how to improve collaboration and build upon the strengths of rural communities. A variety of innovative strategies used to increase access to mental health services in rural communities will be presented. Common cultural barriers will be discussed.
James M. Hepburn, PhD, Cornerstone Care, Waynesburg College

18 Combining Recipes: Best Practice Principles for Treating Co-occurring Disorders in Adolescents

This workshop will present the family focused "integrated model" of treatment. Participants will develop an understanding of assessment and engagement skills. The Motivational Enhancement Model will also be discussed with a focus on developing and understanding of the "articles of faith" to create positive outcomes.
Ricardo Marsili, MDiv, WPIC Addiction Medicine Services
Oscar Bukstein, PhD, WPIC Addiction Medicine Services

19 The Cream of the Crop: The OMHSAS Blended Case Management Pilot

In the blended case management pilot, two levels of case management are blended into one service. The case manager adjusts to the consumer's needs rather than the client adapting to the system's "rules and regulations". The workshop will review the Westmoreland County pilot program and the improved consumer outcomes.
Christine Michaels, MSHSA, Westmoreland Case Management and Supports, Inc. (WCSI)
Barbara Bruner, WCSI

20 Home Style Cooking: Recovery is a Family Journey

This is the personal story of a behavioral health professional who happens to be married to a man with bipolar disorder. The journey highlights the recovery model as applied to the family, where hope, growth and change are tantamount to healing.
Carole Taylor, RN, MSN, Community Care Behavioral Health Organization

21 Comfort Foods: Drop In Centers — A Key Ingredient to Recovery

Information will be presented on the potential role Drop-In Centers can play in a true recovery based system.
Rosetta Wilson, Circle Center DIC, Washington County
Wendy Keefer, Together We Stand DIC, Clarion County
Laurie Hancox, CHAPS DIC, Crawford County
Marilyn Lang, COPE DIC, Elk County

22 The Spice Rack: The Role of Culture in Mental Health Recovery

This workshop will present research that documents the effectiveness of incorporating cultural competency into overall treatment process. The real life application of these principles will be illustrated through the presentation of the Allegheny County Cultural Competence Initiative.
Laura Bell-Martin, Mercy Behavioral Health
Daniel Harris, Allegheny County Department of Human Services

23 Sifting the Dry Ingredients: Columbia Teen Screen Program — A Strategy for Suicide Prevention

Value Behavioral Health in collaboration with Columbia University is piloting a screening program in the community to help identify and treat at-risk teens as a suicide prevention strategy. Models for starting screening programs in the community setting will be presented.
Leigh Gardner, Value Behavioral Health-PA

24 The Boiling Point: Impulse Control Disorders and other Anxiety Disorders

Impulse control disorders are common, disabling disorders that are generally poorly understood. Participants will become aware of the various forms of this disorder and the very real problems associated with it. An overview of effective treatments will occur.
Jon Grant, JD, MD, Brown Medical School and Butler Hospital of Providence, Rhode Island
Registration Information

Please complete the attached registration form, being certain to include the following:
- Workshop selections — 1 choice per session
- Tuition/payment information

Mail completed registrations to: Training Department
251 Woodside Road
Pittsburgh, PA 15221

Tuition

Tuition is:
- $75.00 for mental health professionals
- $40.00 for mental health consumers and family members

Tuition includes:
- Registration and course materials
- Continental breakfast
- Lunch
- Continuing education credits

Payment information must be included with the registration form. Refunds will be issued only for those requests made in writing by April 22, 2005. For further information regarding registration, please contact: Kimberly Hall, Conference Planning Consultant, at 412-244-1244 or kimberlyhall@comcast.net.

Scholarships

If you need scholarship assistance, please contact your local NAMI affiliates, local CSP and WR CSP programs, your county MH/MR program, or local Mental Health provider/SCU to see if they can offer financial assistance. A limited number of NAMI Southwestern Pennsylvania scholarships are available for family members and consumers who are unable to find other assistance. For more information, please contact NAMI Southwestern Pennsylvania at 412-366-3788 or toll free at 1-888-264-7972.

Overnight Accommodations

A block of rooms has been reserved at the Wyndham Pittsburgh Airport for Friday, April 29. The room rate is $89.00 plus tax. When calling for reservations, please identify yourself as being with the NAMI Southwestern Pennsylvania Conference to benefit from these reduced rates. Room availability cannot be guaranteed after April 14, 2005.

Additional copies of this brochure can be downloaded from the NAMI Southwestern Pennsylvania website, www.namiswpa.org.

Bus Transportation

Community Connections for Families will be providing a bus from downtown Pittsburgh to the Wyndham Pittsburgh Airport. If you are interested or would like more information, please contact NAMI Southwestern Pennsylvania at 412-366-3788 or toll free at 1-888-264-7972.

Directions

Airport Wyndham Hotel
Parkway West — Montour Run Exit
777 Aten Road
Coraopolis, PA 15108
412-788-8800

From the Pittsburgh International Airport:
Take Airport Parkway to Route 60 South to exit #2, Montour Run exit. Bear to the right off the exit. At the stoplight make a left and follow signs to the hotel.

From Downtown Pittsburgh:
Take Parkway West (I-279) to exit #2, Montour Run exit. Bear to the right off the exit. At stoplight make a left and follow signs to the hotel.

*Please note that sometimes the temperature in the hotel conference rooms can fluctuate. You may want to bring a sweater or jacket so that you will be comfortable.*
Registration Deadline: April 22, 2005

Registration Form (Please print clearly)

Social Security Number (for credits only): ________________________________

Last Name: __________________ First Name: ________________________________

Address: ______________________________________________________________

City: ______________________ State: _____ Zip Code: _____ County: ___________

Daytime Telephone: __________________________ Fax: __________________________

E-mail: _________________________________________________________________

Agency Affiliation (if applicable): __________________________________________

Workshop Selections:

Please choose one workshop per session.

Session I 10:15 am - 11:45 am 1 2 3 4 5 6 7 8
Session II 1:15 pm - 2:45 pm 9 10 11 12 13 14 15 16
Session III 3:00 pm - 4:30 pm 17 18 19 20 21 22 23 24

Continuing Education Credits:

CEU _____ Social Work _____ NBCC _____ Psychologist ______

Lunch:

Lunch is provided. Please contact us if you will need a vegetarian meal.

Payment Information:

Tuition: ______ $75.00 for mental health professionals

______ $40.00 for mental health consumers and family members

______ Provision of Scholarship Support: $40.00 supports one consumer or family member registration

Not yet a member? Join NAMI Southwestern Pennsylvania today by submitting discounted membership dues with your registration payment. First time individual membership dues will be offered at the special rate of $25.00 for individual and family members and $40.00 for professional members.

______ $40.00 Professional Membership (discounted conference rate.)

______ $25.00 Individual/Family Membership (discounted conference rate.)

______ Total enclosed

Please make check or money order payable to NAMI Southwestern PA. Return completed registration form with payment to:

Training Department
251 Woodside Road
Pittsburgh, PA 15221
Attn: Kimberly Hall

Registrations can be faxed to 412-244-1244.