Young Adults and Mental Illness: Voices for Hope

Featuring Keynote Presenter
Kevin Hines, International Speaker, Author and Mental Health Advocate

Saturday, April 12, 2014
Pittsburgh Airport Marriott
Today's young adults live in a very different world than that of previous generations. Raised in an era where they have rapid access to vast quantities of information, they are often described as highly educated, confident, technologically savvy and ambitious. Known as the Millennial Generation (those born from the early 1980s through the early 2000s), young adults today tend to be open-minded, upbeat, self-expressive and receptive to new ideas.

But this generation is not without its problems. Despite graduating with advanced degrees, young adults struggle to find jobs that enable them to live on their own, pay off excessive student loans and secure healthcare coverage. Worry over work and finances has made Millennials the most stressed-out generation of our time, increasing their risk for mental illness and substance use disorders.

*Statistics from the Substance Abuse and Mental Health Services Administration show that:

- 20-somethings have the highest rate of mental illness among any adult age group. Many young people don’t recognize or try to ignore the early stages of mental illness, so they also have the lowest rate of use of mental health services.
- Easy access to both legal and illegal drugs has cultivated a culture of rampant substance use among this generation. They have a higher rate of illicit drug use, binge drinking, heavy drinking and driving under the influence of alcohol than any other age group.
- The third leading cause of death among young adults is suicide. Millennials have the highest rate of depressive episodes and suicidal thoughts of any other age group.

A Cause for Hope

Advances in brain research and years of advocacy to eliminate stigma provide new hope for today's young adults. A commitment to address serious mental illness in young people by organizations like NAMI Southwestern Pennsylvania will help to lessen the impact mental illness has on youth in our society. Focusing on recovery efforts is as vital as prevention strategies for this age group, and young people play an integral role in defining and shaping the recovery process for their generation.

Parents, teachers and mental health professionals can empower Millennials to add their voices to those of previous generations to improve quality of care and resources for those with serious mental illness —now and into the future.

* Substance Abuse and Mental Health Services Administration, Results from the 2011 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-45, HHS Publication No. (SMA) 12-4725. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2012.

Who Should Attend

- Individuals living with mental illness & family members;
- Educators, students and other young adults;
- Mental health professionals;
- Local community leaders;
- Government leaders in Southwestern Pennsylvania.

This Conference is co-sponsored by Allegheny County Department of Human Services, Office of Behavioral Health
Objectives

At the end of this day-long program, attendees will be able to:

1. Recognize distinguishing characteristics of today's young adults and leading stressors that place them at high risk for mental illness and substance use.
2. Identify the drugs of choice, including their effects and dangers, among young adults and explain treatment options for drug and alcohol addiction.
3. Acknowledge that the needs of young adults in recovery differ from the needs of older and younger generational groups.
4. Demonstrate how the involvement of family, caregivers and significant others is vital to young adults in recovery.
5. Illustrate the importance of eliminating stigma to promote more effective behavioral health treatment and recovery efforts.
6. Demonstrate the characteristics of bipolar disorder, borderline personality disorder and other mental illnesses, and their impact on lifestyles and relationships.
7. Describe how to engage young adults in defining and shaping their treatment and recovery efforts.
8. Recall the impact of dialectical behavior therapy and body modification as a treatment option.
9. Identify risk factors for suicide and why it is the third leading cause of death among young adults.

Continuing Education Credits*

Psychologists: Western Psychiatric Institute and Clinic is approved by the American Psychological Association to sponsor continuing education credit for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 5.5 continuing education credits.

Counselors: Western Psychiatric Institute and Clinic is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. This program is being offered for 5.5 continuing education credits.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage & Family Therapists (LSW/LCSW, LPC, LMFT): This program is offered for 5.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education.

These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

ACT 48: Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. WPIC adheres to the Act 48 Continuing Education Guidelines.

Mental Health Professionals: Nurses and other health care professionals are awarded 0.55 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. Nurses: For attending this program you will receive a Certificate of Attendance confirming 5.5 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

* A $25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun.
Conference Schedule
Saturday, April 12, 2014

8:00 am – 9:00 am
Registration/Continental Breakfast/Exhibits
During breaks, please visit the local community providers and organizations displaying helpful information to increase awareness of the services they offer to individuals and families affected by mental illness.

9:00 am – 9:15 am Welcome and Opening Remarks
“Who Is the Millennial Generation?”
Christine Michaels, MSHSA, Executive Director, NAMI Southwestern Pennsylvania

9:15 am – 10:15 am Morning Keynote Address
“What I Wish I’d Known in My 20s: A Unique Story of Recovery”
Stacy Pershall, Motivational Speaker and Writer

10:15 am – 10:30 am Break and Exhibits

10:30 am – 11:45 am Morning Plenary Session
“The Voice of Addiction: Substance Use Among Young Adults”
Dana M. DeFonso, MA, Supervisor for Behavioral Health Rehabilitation Services, SPHS Behavioral Health

11:45 am – 1:00 pm Buffet Luncheon
NAMI Southwestern Pennsylvania
Annual Membership Meeting
Charma D. Dudley, PhD, FPPR, Associate Director of Behavioral Health Services, Value Behavioral Health of Pennsylvania; President, NAMI Southwestern Pennsylvania Board of Directors

Presentation of the Dick Jevon Education and Advocacy Award
Christine Michaels, MSHSA, Executive Director, NAMI Southwestern Pennsylvania

1:00 pm – 2:30 pm Afternoon Keynote Address
“Hope and Survival: Inspiring Recovery in Young Adults”
Kevin Hines, International Speaker, Author and Mental Health Advocate

2:30 pm – 2:45 pm Break and Exhibits

2:45 pm – 4:00 pm Workshops
1. “Ask the Doctor”
Presenter: Roger Haskett, MD, Professor of Psychiatry, University of Pittsburgh School of Medicine; Director, ECT Program at Western Psychiatric Institute and Clinic

Presenter: Jen Lukondi, MA, Content Director, MedRespond

3. “Eating Disorders and Young Adults: What You Need to Know”
Presenter: Liz McCabe, PhD, Clinical Administrator for Eating Disorders and Behavioral Medicine; Director of Social Work, Western Psychiatric Institute and Clinic of UPMC Presbyterian Shadyside

4. “Exploring Gender Identity and Sexual Orientation”
Presenter: Sarah Rosso, MA, Director of Public Education, Mental Health America Allegheny County; Trainer, Persad Center, Inc

5. “How Young Adults Can Afford the Affordable Care Act”
Presenter: Jennifer Grybosky, Healthcare Navigator for the Affordable Care Act, Mental Health America of Westmoreland County (MHAWC)

Presenter: Stacy Pershall, Motivational Speaker and Writer

KEYNOTE SPONSOR
PROJECT TRANSITION
Hope and Healing Through Community

DIAMOND SPONSOR
COMMUNITY CARE
Behavioral Health Organization
Conference Presentation and Speaker Information

Morning Keynote Address
“What I Wish I’d Known in My 20s: A Unique Story of Recovery”
Stacy Pershall, Motivational Speaker and Author

When Stacy Pershall was a teenager, she knew she was different, both in how she felt and how she acted on those feelings. But what she didn’t realize for many years was that she was struggling with a serious mental illness, borderline personality disorder (BPD), as well as an eating disorder. It was only after she reached a state of complete exhaustion, near suicide, that she submitted to treatment. Stacy’s presentation highlights BPD, eating disorders and bullying from a young person’s perspective. She shares how BPD looks to others as opposed to how it feels, and the healing effect of unconditional love. She also discusses suicide, body modification, dialectical behavior therapy and reducing stigma, and how young people facing serious mental illness have found innovative, highly personalized recovery methods such as tattooing and body piercing.

Presenter: Stacy Pershall is an accomplished author who lives with borderline personality disorder (BPD) and struggled with eating disorders for 20 years. Since discovering dialectical behavior therapy and body modification, Stacy has been an outspoken mental health advocate who is committed to showing audiences that people with BPD can recover, and body modification can be a healing agent. The author of Loud in the House of Myself (W.W. Norton, 2011), Stacy is currently working on her second book. She also teaches creative writing at Gotham Writers’ Workshop in New York City and the Johns Hopkins Center for Talented Youth (online).

Morning Plenary Session
“The Voice of Addiction: Substance Use Among Young Adults”
Dana M. DeFonso, MA, Supervisor for Behavioral Health Rehabilitation Services, SPHS Behavioral Health

The voice of addiction is consuming. Drugs and alcohol are becoming this voice for many youth and young adults. How can we as parents, caregivers, family members and professionals help them to hear other positive voices, and not the destructive voice of addiction? This presentation will reveal the drugs of choice for today’s youth and young adults, including the effects, dangers of these substances and treatment options. The presentation will also include feedback of consumers from their own voices as to what they needed prior to, during, and after their addiction. What did they wish they would have known? What did they need for success in their recovery? We will discuss the roles connected adults can play in leading, guiding, supporting and strengthening 20-Somethings struggling with addition so that they can recover.

Presenter: Dana DeFonso earned her Bachelor of Arts degree in Psychology at Chatham University in Pittsburgh and her Master’s in Drama Therapy from New York University, New York. Dana has worked for SPHS Behavioral Health for 10 years, currently serving as supervisor for Behavioral Health Rehabilitation Services and providing outpatient Parent Child Interaction Therapy (PCIT) services. PCIT promotes improved parent/child relationships by teaching caregivers specific behavior management techniques for use with their child.
Annual Meeting and Award Presentation

Charma D. Dudley, PhD, FPPR, Associate Director of Behavioral Health Services, Value Behavioral Health of Pennsylvania; President, NAMI Southwestern Pennsylvania Board of Directors

Dick Jevon Education and Advocacy Award Presentation

Christine Michaels, MSHSA, Executive Director, NAMI Southwestern Pennsylvania

Afternoon Keynote Address*
“Hope and Survival: Inspiring Recovery in Young Adults”
Kevin Hines, International Speaker, Author and Mental Health Advocate

In 2000, two years after being diagnosed with bipolar disorder, Kevin Hines tried to take his own life by jumping off the Golden Gate Bridge. He immediately regretted his decision and, remarkably, Kevin survived. Since then, Kevin has dedicated his life to living and staying mentally well and inspiring people of all ages to change their lives for the better. In his keynote presentation, Kevin will discuss his experiences and feelings as a 19-year-old on the brink of despair, and how parents, teachers, caregivers, professionals and other role models can connect with and help young adults who are coping with a serious mental illness. He will speak with gripping candor about surviving his suicide attempt and his journey through recovery, and how he has dedicated his life to helping others find the peace and hope that now fills his life.

Presenter: Kevin Hines, who was diagnosed with Bipolar Disorder at the age of 17, has spoken to more than 300,000 people about his firsthand experience with suicidal thoughts and eventual attempted suicide in 2000 by jumping 220 feet from the Golden Gate Bridge. Kevin is a powerful, honest and intimate presenter and writer. He has been featured in the critically acclaimed film The Bridge, on Larry King Live, 20/20, Anderson Cooper 360, Good Morning America, and Ireland’s famed Tonight with Vincent Brown. He has also been featured in hundreds of national and international print, radio, film and television media outlets. In 2012, he was awarded a Lifetime Achievement Award for his outstanding work as a suicide prevention advocate and speaker. Kevin has written several articles about the prevention of suicide and mental health in America and in July 2013 published his memoir, Cracked...Not Broken, Surviving & Thriving After a Suicide Attempt.

* Special thanks to Project Transition for sponsoring Kevin Hines as our keynote speaker.
Workshops 2:45 pm - 4:00 pm

1. Ask the Doctor
Mental health consumers and family members often have many questions that can't be quickly answered in a short doctor's visit. Do you have questions about: Medications and their side effects? The symptoms of different mental illnesses? Issues related to co-occurring disorders? How to make better lifestyle choices? During this workshop, Dr. Haskett will answer participants' wide variety of questions concerning mental illness while discussing effective treatments and supports that promote recovery and healthier living.

Presenter: Roger Haskett, MD, is Professor of Psychiatry, University of Pittsburgh School of Medicine and Director of the ECT Program at Western Psychiatric Institute and Clinic.

2. Treatment in the Millennial Age: Using Modern Technology in Recovery
The Internet, with its myriad online communication tools (chats, discussion boards, email, social network sites), is an environment where many people—especially young adults—connect and interact. As such, the Internet can be an effective tool in accessing treatment and peer and other recovery support services. This workshop will review various types of online screening, treatment and recovery support services, including:

- Treatment facility locators and databases.
- Alcohol and drug abuse screening questionnaires.
- Group and individual counseling.
- Chat room-based support groups.
- Text message recovery support.
- In-school peer recovery support group meetings.
- Peer-based recovery support services.

Presenter: Jen Lukondi, MA, is the Content Director for MedRespond, LLC

3. Eating Disorders and Young Adults: What You Need to Know
Eating disorders are serious mental illnesses that disproportionately affect adolescents and young adults, causing potentially devastating health consequences. This presentation will review the diagnostic criteria, onset and course for anorexia nervosa, bulimia nervosa and binge eating disorder. Theories of causation including genetic, familial and personality factors, as well as cultural influences such as technology and media, will be discussed. Medical complications, the importance of medical monitoring and intervention will be explained. A review of empirically supported treatment interventions will be presented, with an emphasis on the role of the family in treatment and recovery.

Presenter: Liz McCabe, PhD, is the Clinical Administrator for Eating Disorders and Behavioral Medicine, and Director of Social Work at Western Psychiatric Institute and Clinic of UPMC Presbyterian Shadyside.

4. Exploring Gender Identity and Sexual Orientation
The Millennial Generation is seeking to honestly and openly explore gender norms and traditions. What does it mean for young people to identify their sense of gender as different from their assigned gender? How do those with an LGBTQ orientation gain acceptance in a society when heterosexuality is the cultural normative? Being lesbian, gay, bisexual, transgender or queer/questioning (LGBTQ) is NOT a mental illness. However, LGBTQ people often face societal stigma and resulting prejudice and discrimination. For some individuals, this can impact wellness and exacerbate other signs and symptoms that might lead to depression, substance use and anxiety. This workshop is designed to give participants a basic understanding of sexual orientation and gender differences in today's young adults and how these traits might impact mental health.

Presenter: Sarah Rosso, MA, is the Director of Public Education at Mental Health America Allegheny County, and Trainer at Persad Center, Inc.
5. How Young Adults Can Afford the Affordable Care Act

Many young adults in America are currently living without health insurance. The Marketplace is the answer for these young people who are no longer being carried under their parents' plan and do not have access to employment-based coverage. It is available to ensure that health needs are being met. This workshop will discuss the Affordable Care Act: how the law works; who it is intended to help; and the potential impact it can have related to personal health care needs. The presenter will provide a brief overview of the history and current status of the nation's healthcare system and will help participants to understand how the Affordable Care Act impacts consumers. A review of the application process will be provided, as well as some details related to Health Exchanges. Learn how you can find assistance in paying the monthly premium. Real-life barriers to healthcare access and possible solutions to these problems will also be discussed.

Presenter: Jennifer Grybosky is employed by Mental Health America of Westmoreland County (MHAWC) as a Healthcare Navigator for the Affordable Care Act.

6. The Most Astounding Facts: A Writing Workshop for Recovery

Inspired by the words of renowned astrophysicist Neil deGrasse Tyson, this writing workshop will provide participants with helpful tools to feel less alone in their journey through recovery. Presenter Stacy Pershall will reveal the power of connection to others and the healing that comes from feeling like a relevant participant in the world. Writing exercises will focus on body acceptance, and each participant will leave with a memento created by all.

Presenter: Stacy Pershall is an accomplished author who lives with borderline personality disorder (BPD) and struggled with eating disorders for 20 years.

Hotel Information

Airport Marriott Hotel, Parkway West-Montour Run Exit, 777 Aten Road, Coraopolis, PA 15108.
Ph: 412-788-8800

Directions:
From the Pittsburgh International Airport: Take Airport Parkway to Route 60 South to Montour Run Exit, follow signs to hotel.
From Downtown Pittsburgh: Take Parkway West (I-279) to Montour Run Exit, follow signs to hotel.
Please dress in layers as room temperatures can vary.

About NAMI Southwestern Pennsylvania

NAMI Southwestern Pennsylvania is dedicated to improving the lives of individuals and families affected by mental illness through recovery-focused support, education and advocacy. Membership consists of individuals living with mental illness, family members and friends, treatment professionals, educators and others in the 10-county region of southwestern Pennsylvania. If you are not a member of NAMI Southwestern Pennsylvania, please consider joining today at www.namiswpa.org or call 412-366-3788 for more information.

BRONZE SPONSORS

Pittsburgh Mercy Health System  Value Behavioral Health of PA
Western Psychiatric Institute & Clinic
Registration Information
Deadline for registration is Monday, March 31. Space is limited.

Ways to Register
Online: Registration and payment may be completed at www.namiswpa.org. Only Visa, MasterCard and Discover card payments accepted for online registrations.

By Mail: Complete registration form and mail with payment to: NAMI Southwestern Pennsylvania, 105 Braunlich Drive, McKnight Plaza, Suite 200, Pittsburgh, PA 15237. Please make check/money order payable to “NAMI Southwestern Pennsylvania.”

Fax: Registration forms may be faxed to (412) 366-3935. Payment and original registration form(s) must also be mailed to the above address to confirm your registration.

Refund Policy
Refunds will be issued only for those requests made in writing prior to the conference. No refunds will be issued once the program has begun. A $25 administrative fee will be deducted from all refunds for cancellations requesting CEU’s.

Scholarship Information
NAMI Southwestern Pennsylvania is pleased to present our annual conference for an affordable tuition rate. Should you require scholarship assistance, please contact your local NAMI affiliate, your county MH/MR program, or local MH provider or County CSP and inquire about financial assistance for the education conference.

Conference Rates
For information regarding registration, please contact NAMI Southwestern Pennsylvania at 412-366-3788 or email info@namiswpa.org.

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<td>MH Professional</td>
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<td>Rate includes conference, luncheon and Continuing Education Credits.</td>
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<td>Individual</td>
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If you have special access needs related to a disability or impairment, please contact info@namiswpa.org or (412) 366-3788.
2014 NAMI Southwestern Pennsylvania Education Conference
April 12, 2014 ~ Pittsburgh Airport Marriott


Social Security Number (for continuing credits only). Last five digits only: ________________________________

First Name: __________________________ Last Name: ________________________________

Address: ____________________________________________________________________________

City: __________________ State: _____ Zip Code: ______ County: ____________________________

Daytime phone: _____________________ email: ________________________________

Agency Affiliation (if applicable): ____________________________________________________________________________

Continuing Education Credits

CEU  Counselors (NBCC)
Social Work  Act 48  Psychologists

Workshop Selection (please choose one):

1. Ask the Doctor
2. Treatment in the Millennial Age: Using Modern Technology in Recovery
3. Eating Disorders and Young Adults: What You Need to Know
4. Exploring Gender Identity and Sexual Orientation
5. How Young Adults Can Afford the Affordable Care Act
6. The Most Astounding Facts: A Writing Workshop for Recovery

Conference Rates:

MH Professional: $110 Non-Member  $100 NAMI Member
Individual: $60 Non-Member  $50 NAMI Member
Educator: $75
Student: $35 (valid Student ID required)

Dietary Restrictions

Vegetarian meal
Gluten-free meal

Total Registration Enclosed $________

Check
Cash/Money Order

Checks payable to: NAMI Southwestern PA

Mail to: NAMI Southwestern PA, 105 Braunlich Drive, Suite 200, Pittsburgh PA 15237. Fax forms with payment to follow to 412-366-3935.