



Building Youth Wellness & Resilience

Hosted By
Office of Mental Health and Substance Abuse Services,
Bureau of Children's Behavioral Health Services
PA Care Partnership





Welcome to the 21st Children's Interagency Conference!

The Department of Human Services, Office of Mental Health and Substance Abuse Services (OMHSAS) is pleased to be holding another Children's Interagency Conference. We are excited to bring this back after having to postpone in 2020 due to COVID-19. The Conference has been a long-standing event, in Pennsylvania, that has brought together a variety of stakeholders who have focused on children's mental health and promoted the work of our Child and Adolescent Service System Programs (CASSP) and System of Care values and principles across the state.

The first Children's Interagency Conference, in 1987, was held shortly after the Child and Adolescent Service System Program began in Pennsylvania, through a series of federal grants. These grants helped states respond to the issues identified in Jane Knitzer's 1982 landmark study, *Unclaimed Children: The Failure of Public Responsibility to Children and Adolescents in Need of Mental Health Services*. The Commonwealth used the grants to develop a county-level infrastructure that allowed for the development of community-based services and supports and addressed the mental health needs of children and adolescents, as well as their families. In 1991, Pennsylvania's Office of Mental Health's Division of Children's Services was established. The Division's work continues through what is now recognized as OMHSAS' Bureau of Children's Behavioral Health Services.

The six core CASSP principles, articulated in 1995 – child-centered, family-focused, community-based, multi-system, culturally competent, and least restrictive/least intrusive – have guided Pennsylvania's public children's mental health system for many years. In 2009, Pennsylvania received a federal Systems of Care grant, and the six CASSP principles were reaffirmed in eight System of Care standards – youth-driven, family-driven, integration of child-serving systems, natural and community supports, cultural and linguistic competence, county leadership team, youth and family services and supports planning process, and evaluation and continuous quality improvement. Both the original CASSP principles and the current Systems of Care standards have continuously promoted partnerships and collaboration among everyone involved in meeting the behavioral health needs of children, youth, and young adults, as well as their families.

The 21st Children's Interagency Conference continues its previously held tradition of excellence. It is a prime opportunity for providers, county administrators, youth, family members, practitioners, and our child-serving system partners to learn and share information – such as changing trends, promising and best practices, System of Care activities, and a variety of resources. The Conference offers a national perspective on issues, including but not limited to government, family peer, early childhood, youth leadership, suicide prevention, and school-based mental health. Keynote presentations are a wide variety of three-hour and 90-minute workshops featuring content for youth and young adults, families and advocates, clinicians and supervisors, agency and county planners, cross-systems partners, including education and those serving youth with autism, as well as early-childhood practitioners.

Thank you for joining us for the 21st Children's Interagency Conference to ***Shine the Light on Mental Health to Build Youth Wellness & Resilience.***

Sincerely,

A handwritten signature in black ink that reads "Jennifer S. Smith". The signature is written in a cursive style.

Jennifer S. Smith
Deputy Secretary

IMPORTANT INFORMATION

Zen Den/Quiet Room - Room 102

The Zen Den/Quiet Room will be open throughout the conference from the start of morning conference activities through the last breakout session of the day. This room is a quiet space for relaxation and recharging. Please respect others using the room and keep any conversations to a minimum and quiet.

Also, the instructors for the Calming Room session will be demonstrating some examples of how they set-up calming rooms in the Zen Den.

Breaks

Break refreshments will be located in the common break areas. Hot and cold beverages are available from 7 am to 5 pm. Snacks will be available from 9 am to 11 am and 2 pm to 4 pm.

Conference App

Download the conference app on your mobile device to get up-to-date information about the conference, access handouts, and view the conference program. If you need help downloading, check with staff at the conference registration desk.



New Yapp Users

1. On your smartphone, visit <https://my.yapp.us/SHINE> or scan the QR Code with your smartphone camera
2. Follow the instructions on screen (it's a quick, two step process)

Existing Yapp Users

1. Tap "download existing app" or use the green + button (top right)
 2. When asked for the Yapp ID, enter: SHINE
 3. Press the "enter" button or tap "Add" at top right.
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Certificates of Attendance/Continuing Education Credits

Act 48 and Act 58: The conference has been approved for 14.5 credit hours.

CEUs for Social Work, APA, and NBCC are still pending as of the date of printing of this program; more information will be posted on the conference website at www.childrensinteragencyconference.org and in the conference app.

Please keep track of the codes provided at the end of each session you attend as you will need to include them on your evaluation form. You will also need to sign in on the forms provided in each session.

Evaluation Form

In order to receive a certificate of attendance, you need to complete the conference evaluation form after the conference ends.

The link for the evaluation form is: <https://www.surveymonkey.com/r/9X9JDSN>

or you can scan
this QR code:



Networking

Several activities are planned for the evening hours to provide some relaxation, fun and opportunities for networking:

Monday: Pizza and Movie Night for Youth and Young Adults and a Movie for All

Tuesday: Music by DJ Kevin Puskaric of Youth Move PA; Penn State Creamery Ice Cream

Wednesday: Poster Session/Exhibitor Time with appetizers and music by Colin Mekeel of Lancaster; Carnival Night with lots of arcade games and prizes; Penn State Creamery Ice Cream

Meeting Rooms and Hotel Floor Plan

The room names where each session is being held is included in the schedule. Use the floor plans at the back of the program to locate the meeting room.

**NEED ASSISTANCE OR HAVE A QUESTION?
Please let staff know at the
conference registration area
if you have a question or
need assistance.**



Building Youth Wellness & Resilience

MONDAY, APRIL 22, 2024	
8:00 am - 4:00 pm	On Site Check In/Registration Desk Open
8:00 am - 4:00 pm	Exhibitor/Conference Champion Booth Set-Up
11:30 am	Lunch PRESIDENTS HALL 1-2-3
12:00 – 12:30 pm	<p>Welcome and Opening Comments PRESIDENTS HALL 1-2-3</p> <ul style="list-style-type: none"> • Scott Talley, Director- Bureau of Children's Behavioral Services, PA Office of Mental Health and Substance Abuse Services • Jennifer Smith, Deputy Secretary, PA Office of Mental Health and Substance Abuse Services • Kathryn Perrotta, LCSW, Systems of Care Program Coordinator, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration
12:00 – 2:00 pm	<p>Keynote Speakers PRESIDENTS HALL 1-2-3</p> <ul style="list-style-type: none"> • Tony Cammilleri, Ph.D., BCBA-D, LABA, Senior Consultant/Director of Education, FTF Behavioral Consulting <p><i>Compassion Over Compliance: Exploring a Contemporary, Compassionate, and Trauma-Sensitive Form of ABA</i></p> <p>Dr. Cammilleri will describe a contemporary, compassionate, and trauma-sensitive version of applied behavior analysis for working with autistic persons or those with intellectual disabilities, especially when problem behavior is probable. The values at the forefront of this ABA approach will be explained along with their implications for how to respond to both mild and severe forms of problem behavior.</p>

TUESDAY, APRIL 23, 2024 (cont'd)

9:00 am – Noon
Three Hour
Workshops

2. *Coaching Up: The Secret to Influencing and Supporting Your Leader*
Mark Durgin, Program Director, PA Care Partnership; Anne Katona Linn, Ed.D., BCBA, Educational Consultant, Katona Linn Consulting, LLC **ROOM 104**

This presentation will introduce you to the concept of an organizational coaching culture and how it can help improve performance, motivation, engagement and retention. You will learn how coaching can be used to improve leadership, supervision, and practice in human services. You will also learn about adaptive leadership and how coaching can help leaders anticipate future needs, articulate those needs to build collective support and understanding, adapt their responses based on continuous learning, and demonstrate accountability through transparency in their decision-making process. You'll also learn about coaching up, which is the ability to use coaching skills and techniques to help your leader see different perspectives, explore possibilities, generate solutions, and act. This training will help you create a trusting and collaborative relationship with your leader, enhance your own professional development, and contribute to the success of your organization

3. *A Walk Through High Fidelity Wraparound: Implementing, Evaluating and Experiencing the Process* Dave Ozias, YFTI Lead Trainer, HFW Statewide Trainer/Coach, Youth and Family Training Inst.; Samantha Pulleo, Project Analyst, Youth and Family Training Inst.; Mary Morgan, Family Support Partner Coach, Allegheny Family Network **ROOM 109**

The High Fidelity Wraparound is a strength-based planning process that assists youth who have mental health challenges and multi-system involvement and their families by wrapping services and supports around them in a way that empowers them to meet their needs. It is a team-based process that includes HFW workers, natural supports, and service providers and representatives of child-serving systems. The process is driven by a four-part Theory of Change that enables youth and families to learn how to use resources and help from others to overcome challenges and achieve their own vision of a good future. This workshop will walk through the details of those key components, as well as best practices and strategies for evaluating the process. The team will share lessons learned, as well as strengths and challenges they continue to experience in our everchanging world.

4. *What is Infant Early Childhood Mental Health*
Shashi DeHaan, LSW, MSW, IMH-E, CFTP, Outpatient Therapist/Psychological Evaluator, Community Services Group **ROOM 207**

Participants will interactively gain perspective on why dyadic practice that includes the primary caregivers in sessions contributes to greater safety and opportunity for healing. Topics will include: unique developmental needs of young children and their families, early childhood brain science, trauma sensitivity, core competencies and principles, sensitive cultural practice, evidence-based practices delivery styles and more.

5. *Addressing Rural LGBT+ Youth Mental Health Issues through TTRPFs*
Nicholas Orlando, MA, LPC, C-PD, C-DBT, TGM, Outpatient Mental Health Therapist, Orlando Counseling Services; Joseph Burgess, Lead Cultural Linguistics Consultant for Greene County; Misty Hannah, MA, LPC, CSFT, CCTP-2, Outpatient Therapist, Hannah Counseling Services; Benjamin Lohr, NCC, MS, Outpatient Therapist, Hannah Counseling Services **ROOM 205**

This presentation will raise awareness to the warning signs and specific cultural factors that contribute to mental health/suicide risk for rural LGBT+ youth and teach a modality of engagement that youth can implement to develop personal distress tolerance/resilience. The session will provide relevant information to providers and care members regarding rural, LGBT+ youth, outlining their unique struggles and experiences. We will discuss cultural factors that contribute to barriers that youth may encounter and explore how the narradrama group therapy model assists in reducing suicide and other mental health risk factors.

TUESDAY, APRIL 23, 2024 (cont'd)

<p>9:00 am – Noon Three Hour Workshops</p>	<p>6. <i>Disseminating Evidence Based Practices for Suicide Risk Reduction</i> John Siegler, PsyD., Psychologist Advisor, Magellan Behavioral Health of PA ROOM 206</p> <p>Suicide risk assessment is an obligation of mental health service providers, yet agency and care network practices are often at variance to evidence based practices and create an overreliance on crisis services and emergency rooms. The outcomes from emergency room/crisis triage include referral for psychiatric hospitalization or discharge with referrals for community-based treatment intake. Many individuals experience multi-day emergency room holds due to lack of psychiatric hospital capacity followed by discharge with a referral for community-based treatment. We rarely achieve the “warm hand-off” that is needed. This presentation will increase community-based providers’ knowledge about and utilization of evidence based practices in the assessment and treatment of adolescents and young adults who report suicidal ideation and/or suicide attempt.</p>
<p>9:00 – 10:15 am 75 Min. Breakout Sessions</p>	<p>1. <i>Centering Youth-Voice for Systems Changes</i> Sarah Pesi, MSPPM, Policy Associate, Jewish Healthcare Foundation; Deborah Murdoch, MPH, Senior Program Manager, Community Health, Jewish Healthcare Foundation ROOM 203</p> <p>Members and organizational partners from the PA Youth Advocacy Network will discuss how they have worked on centering youth voices and hearing from youth themselves. Attendees will see examples of youth-centered content and different best practices of how youth have advocated for mental health system change. Hear from youth what they feel is most important to teen mental health, the importance of peer support, how to start a mental health initiative at school, and their efforts to destigmatize mental health. Adults will leave with specifics on how to be effective allies to youth-led initiatives.</p> <p>2. <i>Helping Families Thrive: Evidence-Informed Parent-Education Programming</i> Terri Rudy, MPA, Research Project Manager, Clearinghouse for Military Family Readiness at Penn State; Evie Wolbert, Research Project Support Specialist, Clearinghouse for Military Family Readiness at Penn State ROOM 107</p> <p>The Thrive Initiative is a portfolio of evidence-informed parent-education programs that are designed to empower parents and caregivers as they nurture children from birth until 18. This exciting initiative is a collaboration between the Clearinghouse for Military Family Readiness at Penn State and the Department of Defense’s Office of Military Community and Family Policy. The programs offer strategies to support parents and build family resilience and are directly available in a web-based format. Supplemental modules include topics such as adolescent mental health, co-parenting, harmful behaviors, and anger management. The initiative also contains two secondary prevention programs targeting high needs families who are at risk for child maltreatment.</p> <p>3. <i>A Pilot Program Perspective: The Opioid Misuse Prevention Project</i> Geneen Burriss, MS, Implementation Specialist/OMPP Project Coordinator, Penn State EPIS; Linnay Kirst, Project Coordinator, Keystone Wellness Programs ROOM 202</p> <p>The Opioid Misuse Prevention Project (OMPP) is a comprehensive pilot program coordinating and delivering two universal, evidence-based prevention programs to youth, as well as providing the Social Development Strategy (SDS) training to youth-serving adults in the project communities. Enveloping these program and training efforts are innovative marketing and messaging strategies for youth and adults around primary prevention. OMPP started implementation in communities and schools just before the national pandemic and continued its initiatives and programming during and now in the aftermath of the pandemic. Youth, families, schools, and communities were immensely affected by the pandemic, and our project needed to pivot in ways in unexpected ways. We will discuss successes and challenges our project faced, as well as describe and relate lessons learned around the resilience of the youth we serve.</p>

TUESDAY, APRIL 23, 2024 (cont'd)

9:00 – 10:15 am
75 Min. Breakout
Sessions

4. *Aggression in Children and Adolescents Pathways for Clinicians*

Mayank Gupta, MD, CPE, Medical Director Southwood Psychiatric Hospital **ROOM 204**

This session will help participants develop an understanding about how to recognize aggression as a transdiagnostic symptom; develop behavioral, cognitive, and other approaches; and, develop a clinical treatment plan. Participants will learn to recognize differences in psychopathological aggression with contextual nosology, as well as how to apply preventive and risk mitigation strategies.

5. *Coordinate with OCYF to Help Keep Kids Safe*

Sarah Treven, ChildLine Manager, PA Dept. of Human Services; Dawn Trull, Human Service Analyst, PA Dept. of Human Services; Denise Sheffield, Human Service Analyst, PA Dept. of Human Services; Megan Naylor, Acting Human Services Analyst Supervisor, PA Dept. of Human Services **ROOM 105**

Join us for a deeper look into the structure of the Office of Children, Youth and Families, Bureau of Policy, Programs, and Operations and learn more about statute guidance, policy updates, and best practices for reporting suspected child abuse. We will provide information, resources and review reporting scenarios to educate and empower the community of mandated reporters. Having a more thorough understanding of Child Protective Service Law requirements will build a stronger foundation of support and protection for the children of Pennsylvania.

6. *Violence Interruption and Schools: A Critical Intersection for Youth, Families and Community*

Licia Lentz, EdD, Director, Alternative Education Program, Allegheny Intermedia Unit; Lee Davis, CEO, Lee Davis and Associates, LLC **ROOM 108**

Using the public health approach to violence prevention, our project improves the health and safety of participants and the community at large by highlighting protective factors while addressing underlying risk factors. This, along with connecting the participant and family to community-based organizations and resources, increases the likelihood that an individual will not become a victim or a perpetrator of violence. This presentation will shed light on how schools, providers, and the community can work together to help our most vulnerable youth succeed in various systems. We will share strategies and best practices to help the participants develop a deep understanding of the supports happening in schools and in the community and how to leverage that knowledge and apply it to their systems.

7. *Working with Grace: DEIA Training on Human-Centered Support*

Sandra List, Principal Consultant, SList Change Consulting; Eric Ramsay, Executive Director, RAM Consulting Solutions LLC **ROOM 218**

Grace is a universal practice found across the world. Conversations about cultural awareness and acceptance led our DEIA committee to develop a platform emphasizing practices of grace, civility and psychological safety in our department's philosophy and training. The program presents practical and clear techniques for giving grace to oneself and others and introduces a calming breathing technique to relieve stress. We will discuss our planning process, present key design elements of the training, and share examples of the promotional and training materials and information that can be adapted by a broad range of community partners serving families, adults and youth.

TUESDAY, APRIL 23, 2024 (cont'd)

<p>9:00 – 10:15 am 75 Min. Breakout Sessions</p>	<p>8. Trauma-Informed Care: Concepts and Tools for Prevention, Resilience and Healing Caren Rosser-Morris, PhD., Consulting Clinical Psychologist & Trauma -Informed Care Specialist, PA Office of Mental Health & Substance Abuse Services; Gordon Hodas, MD, Policy Consultant, PA Office of Mental Health & Substance-Abuse Services ROOM 106</p> <p>Facilitated by the two co-leads in trauma-informed care for OMHSAS, this workshop considers trauma informed care as an overarching, universal system of care principle to promote prevention, resilience and healing. Presenters will discuss the basic elements of trauma informed care, including its six core principles and its role as a pathway to interpersonal connection, resiliency, and healing. The workshop will also include PA-specific context, including partnerships and trauma informed implementation tools.</p> <p>9. EPSDT: Exploring Care Coordination in Transitions Joanne Cashman, PA MH Community of Practice; Crystal Karenchak, PA Care Partnership; Brad Hartman, PA Department of Health; Northumberland Co. Transition Community of Practice EXECUTIVE CONFERENCE ROOM 1</p> <p>EPSDT provides services that build capacity across the years and improve skills necessary to meet life transitions. Yet, key stakeholders fail to fully engage in the possibilities in EPSDT. Too many families are unaware of the availability of service. Educators across the grade span need to more fully explore the EPSDT connection to individual development that supports educational goals. In this session, we will invite a stakeholder conversation around EPSDT, its possibilities, its challenges and the need for a shared understanding.</p>
<p>10:15 – 10:45 am</p>	<p>Break</p>
<p>10:45 am – Noon 75 Min. Breakout Sessions</p>	<p>1. Family Engagement: Looking at the Bigger Picture Beth-Ann McConnell, LSW, Certified School Social Worker/Interagency Coordinator, Capital Area Intermediate Unit; Rebecca Slavinsky, LCSW, CPT-E, Certified School Social Worker, Family Engagement Lead and Co-Lead for ANPS Crisis Team ROOM 108</p> <p>This session will focus on family engagement, looking at it from a trauma and cultural humility lens. The trauma lens will focus on understanding epigenetics and how school can be a place of trauma for the families we work with. Cultural humility needs to be the focus when working with families so we ensure we are maintaining their dignity and self-worth. Presenters will highlight the power of language and how schools have the power to set the cultural tone within the school. Participants will gain an understanding of the impact of trauma and strategies and resources to take back to their schools and programs.</p> <p>2. A New Initiative: Improving Continuity of Care for Youth During Transition Rusty Hewitt, Transition Age Youth Coordinator, Allegheny County Office of Behavioral Health; Mark Hugh, LPC, LBS, Associate Clinical Manager, Community Care Behavioral Health Organization; Amy Hill, Continuity of Care Supervisor, Allegheny County Dept. of Human Services ROOM 204</p> <p>The Department of Human Services, Office of Behavioral Health and Community Care Behavioral Health Organization launched a strategic initiative focused on improving and expanding services for transition age youth (ages 16-25). Our goal is to partner with outpatient providers in hopes of offering developmentally appropriate services that will assist youth in successfully transitioning to adulthood and achieving self-sufficiency. The Allegheny County Department of Human Services conducted focus groups with Child, Youth and Family Services, treatment providers, adults, and transition age individuals to determine where system improvements could be made. Learn more about the findings of the focus groups and how it led to Learning Collaboratives and the System Improvement Project.</p>

TUESDAY, APRIL 23, 2024 (cont'd)

10:45 am – Noon
75 Min. Breakout
Sessions

3. *Occupational Therapy's Contribution to the Comprehensive School Mental Health Team*

Miranda Virone, OTD, MS OTR/L, Occupational Therapist, Assistant Professor of Occupational Therapy ROOM 105

This presentation will outline multi-disciplinary programs through an MTSS approach implemented by a comprehensive school mental health team that includes school-based occupational therapy practitioners. An occupation-based lens is necessary to promote wellness and resilience when considering deficits in occupations such as social participation, education, leisure, and play that can occur as a result of mental health signs, symptoms, and diagnoses. Various approaches to build mental well-being and resilience will be outlined in this presentation, and most importantly, these initiatives will embrace a collaborative approach to school mental health and is essential to meet the current youth mental health crisis.

4. *Empowering Resilience Through Nurturing Connections* Dana Milakovic, PsyD., Mental Wellness & Trauma Specialist, PA Dept. of Education

 ROOM 106

Welcome to an exploration of the importance of whole child education, where schools are not just places of learning but also safe and inclusive environments that foster resilience. In a world full of challenges and increasing mental health needs, this presentation will provide strategies for navigating and building healing relationships that support youth through difficult times. Join us as we reveal the secrets to developing resilience, not in isolation, but through the power of meaningful connections. We'll share stories that bring this research to life. You'll feel the significance of building relationships, rather than being overwhelmed by statistics. Discover why relationships are essential tools for building resilience and leave with specific take-a-ways.

5. *Drink as You Pour: Care Provider Wellbeing as Essential to Child Wellbeing* Stephanie Romero, EdD, Executive Director, Awaken Pittsburgh; Dr. James Huguley, Associate Professor, University of Pittsburgh, School of Social Work; Walter Lewis, President & CEO, Homewood Children's Village

 ROOM 107

It is crucial that we care for ourselves while supporting others. Educating, parenting, or caring for a child or young person is inherently challenging, and these challenges are compounded by issues of oppression. Despite our best intentions, when our own care is left unattended, stress, burnout, secondary trauma, and compassion fatigue can negatively impact both our work with youth and our own health. In this workshop, we will explore how integrating mindfulness into our own personal routines and professional programming can 1) provide us with ways to cope with our own stress and build emotional and physical resilience, and 2) understand how mindfulness can be integrated into antiracist work in black communities. This workshop will provide opportunities to both explore practices that can help us reconnect to our joy and inspiration, and to learn how a promising interagency collaboration is supporting care provider's wellbeing as an approach to children's thriving.

6. *Calming Rooms: Supporting Self Regulation in Challenging Settings* Marci Hall, MS, LBS, Human Services Administrator, Clarion County Human Services; Jennifer Jones, CASSP Coordinator, CMSU Behavioral Health

 ROOM 218

The basis for calming rooms is to promote self-regulation and skill development in children and families. Calming rooms have demonstrated impact on schools, courts, child welfare agencies and mobile settings such as law enforcement. This presentation highlights the development of calming rooms in various settings and includes videos of calming rooms and photos of calming rooms in rural communities. Feedback and success stories from children will be shared.

TUESDAY, APRIL 23, 2024 (cont'd)

<p>10:45 am – Noon 75 Min. Breakout Sessions</p>	<p>7. <i>Fetal Alcohol Spectrum Disorder</i> Summer Krochta, LCSW, Vice President of Programs, Children’s Service Center; Jessica Sachs, FASD Family Navigator and FASD Educator, Children’s Service Center ROOM 203</p> <p>The Pennsylvania FASD Task Force, along with Luzerne and Wyoming Counties, and the Children’s Service Center collaborated on the development of a pilot program to identify children who may have FASD. This presentation discusses the interventions, modifications and adaptations for Family Based, PCIT, and Education Systems to improve outcomes for the children, their families, and the support providers who work with them. By learning about the prevalence of FASD, how it impacts behaviors, and understanding appropriate strategies, we can increase the success of agencies in improving outcomes for the people they serve and potentially lessen the demand for long-term intensive care.</p> <p>8. <i>Treatment Recommendations and Barriers to Care for Suicidal LGBTQ+ Youth</i> Lucas Zullo, PhD., Asst. Professor/Clinical Director David Farber ASPIRE Center, Thomas Jefferson University ROOM 202</p> <p>The focus of this presentation is on providing clear, implementation-ready suggestions on how to support affirming care for LGBTQ youth with the goal of suicide prevention. These guidelines offer a comprehensive view of how to empower LGBTQ youth to receive evidence-based services and how mental health providers can support building their wellness and resilience both before and after suicidality has emerged. Suggestions are designed specifically from feedback from LGBTQ youth with lived experience with the intent of enhancing suicide-prevention care for LGBTQ youth who may be at-risk for suicide. The workshop will provide an overview of how to implement recommendations into a variety of clinical settings and will engage participants in discussions on how to support the creation of LGBTQ affirming spaces and services.</p>
<p>Noon – 12:45 pm</p>	<p>Lunch PRESIDENTS HALL 1-2-3</p>
<p>12:45 – 2:15 pm</p>	<p>General Session PRESIDENTS HALL 1-2-3</p> <p>Suicide Prevention Panel led by Dale K. Adair, MD, FAPA, Chief Psychiatric Officer, Office of the Medical Director, PA Department of Human Services, Office of Mental Health and Substance Abuse Services</p> <p>Panel Members: Matthew Wintersteen, PhD., Director, David Farber ASPIRE Center. Associate Professor, Thomas Jefferson University; Charma Dudley, Ph.D., Associate Director of Behavioral Health Services at Carelon Health; Lisa Kennedy, Family Peer Support Specialist, York County Department of Human Services, Youth Representatives</p> <p>This panel will be discussing the many facets of suicide prevention from a clinical, family and youth perspective. Questions and participation from attendees is welcome.</p>
<p>1:00 – 4:00 pm</p>	<p><i>Computer Animation Training for Youth/Young Adults</i> Dani Bowman, Founder and CEO, DaniMation (Continued) ROOM 112</p>

TUESDAY, APRIL 23, 2024 (cont'd)

2:30 – 3:45 pm
75 Min. Breakout
Sessions

1. ***Youth Drop In Centers = Youth Leaders*** Rose Daniels, Youth/Young Adult Coordinator, Youth Revolution, Catholic Youth Center; Falon Nonnemacher, Certified Peer Specialist, Catholic Youth Center; Sonya Price, Certified Peer Specialist, Catholic Youth Center; Scott Muso, Youth Advocate, Youth Revolution; John Prater, Youth Revolution Advisory Council; Melissa Wasson, Family Support Partner and Lead Family Contact for Greene County **ROOM 105**

Having an effective Youth Drop In Center can build the foundation for youth to thrive in school, the community and at home. These safe spaces build confidence, friendships and help youth grow as individuals and as part of a community. This presentation will be delivered by youth and young adults sharing their personal growth and stories. It will speak to the development, growth and evolution of the Youth Drop In Center established through the Luzerne-Wyoming Counties System of Care. It will also speak to the leadership that has sprouted out of the growth of all those involved. And lastly, it will speak to the expansion and creation of a Drop In Center for Transitional Aged Youth.

2. ***Supporting Your Teen and Young Adult's Mental Health Recovery*** Christina Paternoster, MS, Director, PA Parent and Family Alliance; Tracy Palazzotto, Family Support Partner Supervisor, PA Parent and Family Alliance **ROOM 206**

Recovering from mental illness includes not only getting better but achieving a full and satisfying life. As a parent/primary caregiver of a teen or young adult living with mental illness, our journey changes as theirs does. We move from being primarily responsible for their wellness to a consultant along the journey. While this change is difficult, you are still a constant in your child's life and may need to be their safety net when supports and services lapse or fail. At the PA Parent and Family Alliance, we are parents helping parents. When we work together, we can better support children experiencing mental health challenges and ensure youth's wellness and resilience.

3. ***Behavioral Health MCOs Collaborative To Support Trauma Informed Care*** John Siegler, PsyD, Psychologist Advisor, Magellan Behavioral Health of PA; Lyndra Bills, MD, Senior Medical Director, Community Care Behavioral Health **ROOM 106**

Recovery and Resilience are key aspects of trauma informed care. This presentation will feature examples of activities that can increase access and effectiveness of services for youth who have experienced adverse events. Representatives from the Collaborative will share examples of trauma informed practices they have promoted and how they have supported providers to successfully implement these practices. Discussion will include how the practices articulate with guiding principles of trauma informed care. Presenters will also share examples of how implementing trauma-informed care principles by provider organizations can support the wellbeing of their staff, the helpers who provide care and witness the suffering of those they serve. Examples include application of the guiding principles within an organization that can decrease burnout and attrition and increase staff engagement and satisfaction.

4. ***Addressing Adolescent Problematic Sexual Behavior through an Ecosystemic Structural Family Therapy Lens*** Dr. Kimberly Ernest, Ph.D., LPC, President, PA Counseling Services **ROOM 218**

The use of pornography and sexual acting out behaviors among adolescents has become an increasingly prevalent concern in contemporary society, necessitating a nuanced and systemic approach to intervention and treatment. This workshop will train counselors and therapists to effectively utilize Ecosystemic Structural Family

TUESDAY, APRIL 23, 2024 (cont'd)

2:30 – 3:45 pm
75 Min. Breakout
Sessions

Therapy (ESFT) as a therapeutic framework for addressing these complex and sensitive issues. This training will review resources available to clinicians working within this often challenging content area, as they seek to assess the family structure, reframe the challenges in a system manner, enact change within the system, and ultimately seek to empower the caregiver(s) to assist the adolescent in overcoming these high risk behaviors. The application of systemic thinking and a family-centered approach provides a promising path toward supporting adolescents in their journey toward healthier behaviors and relationships, all within the context of their broader ecosystem. Participants will leave with practical tools, strategies, and a renewed sense of confidence to make a positive impact in the lives of the adolescents and families they serve.

5. *Cross Systems Partnership for Intensive Behavioral Health Services in Schools*
Lori Paster, MS, Clinical Care Management Coordinator, School-Based Liaison Services, Community Behavioral Health; Amy Kincade, MS, Clinical Care Management Supervisor, Community Behavioral Health **ROOM 205**

The promulgation of Intensive Behavioral Health Services in 2019 coincided with the school-based behavioral health transformation efforts in Philadelphia to improve access to care, quality of care, and improved outcomes for children and families. Informed by feedback from youth, parents, school leadership and behavioral health providers, the IBHS procurement ensured access to high quality, recovery-oriented, culturally and linguistically competent and evidence-based treatment. This presentation will discuss how Philadelphia IBHS providers are streamlines and scaled to meet the needs in each school through regionalization, the expectation that they deliver evidence-based clinical and school-consultation practices, and the heightened expectations for school and family engagement and collaboration. IBHS providers also support the whole school community during a school-wide crisis response, as well as during individual behavioral health emergencies.

6. *Positive Mindfulness: Moving From Mind-Full to Mindful*
Brent Maguire, PhD., Manager, Psychological Services, Community Care Behavioral Health **ROOM 107**

Many of us feel rushed, pressured, and running on empty despite having many time-saving devices at our disposal. Fortunately, there are approaches that can help us. Two such approaches are positive psychology and mindfulness. Positive psychology is the scientific study of what makes life worth living. By focusing on the positive aspects of our lives, we can build resilience and improve our overall well-being. Mindfulness is a mental health practice that involves paying attention to the present moment with an attitude of acceptance. Mindfulness can help us become more aware of our thoughts, feelings, and surroundings, which can lead to a more fulfilling life. Learn more about how positive psychology and mindfulness can help you build resilience, reduce stress, and improve your overall well-being.

7. *Medicaid Eligibility & Access to Behavioral Health Services for Youth* **Janice Meinert, MSW, Paralegal and Behavioral Health Specialist, PA Health Law Project** **ROOM 203**

Medicaid or Medical Assistance is a critical resource for children and youth to access mental health and substance use disorder services. Medicaid offers a broad range of services generally, and an even broader range of services for youth under 21 years of age. Medicaid eligibility is complicated and access to behavioral health services is unique in Pennsylvania's managed care system which includes the Physical HealthChoices program and the Behavioral HealthChoices program. Participants in this session will become familiar with the various eligibility categories for children and transition age youth and learn about the various behavioral health managed care plans across PA.

TUESDAY, APRIL 23, 2024 (cont'd)

2:30 – 3:45 pm
75 Min. Breakout
Sessions

- 8. *Problem Gambling in the Family*** Josh Ercole, Executive Director, Council on Compulsive Gambling of PA, Inc.; Gregory Krausz, Consultant Trainer, Council on Compulsive Gambling of PA, Inc. **ROOM 109**

Within an actively gambling culture and society, adolescents have significant exposure. In many situations, this begins at home. The earlier individuals begin actively gambling, the more likely it is they will develop gambling-related issues. Adolescents are at a higher risk for impulsive actions and compulsive behaviors due to their phase of human development, so it is vital to identify risk factors and enhance protective factors in an effort to build resiliency for those who are exposed to gambling early on. During this session, participants will learn about problem gambling, tools and resources to address problems and prevent them from starting, how to support someone experiencing gambling problems, and ways to have conversations with children and youth about gambling.

- 9. *Update on Evidence-Based Practices for Youth Suicide Prevention*** Matthew Wintersteen, PhD., Director, David Farber ASPIRE Center. Associate Professor, Thomas Jefferson University; Lucas Zullo, PhD., Clinical Director, David Farber ASPIRE Center, Asst Professor, Thomas Jefferson University **ROOM 207**

This presentation will describe several approaches that have demonstrated efficacy in reducing suicidal ideation and attempts among youth. One of the driving principles of the David Farber ASPIRE Center is an intentional focus on family-based interventions. Consequently, this presentation will describe evidence-based care in the context of working with parents and families. Interventions to be discussed include Dialectical Behavior Therapy, Cognitive Behavior Therapy for Suicide Prevention, the SAFETY Program, Attachment-Based Family Therapy, and the Safety Planning Intervention. The presentation will explain all these programs and how they can best be deployed in clinical settings to not only reduce morbidity and mortality in youth but also build a sense of resilience and well-being.

- 10. *Voices of the High Fidelity Wraparound Workforce: Recruitment, Cultivation, and Retention Strategies***

AnnaMaria Segreti, Ashley Danny, Chad Owens, Youth and Family Training Institute, University of Pittsburgh **ROOM 108**

Recruitment and retention of staff in the mental health field has been problematic in recent years. To learn more about our diverse workforce and to make sure they feel valued and appreciated, we conducted focus groups to help us design appropriate questions for workforce surveys to ensure that their voices were being heard. The results from the survey provided us with valuable information about the High Fidelity Workforce. By providing the workforce with access to the results, they can use the data for recruiting and onboarding new staff, identifying training and coaching needs to help cultivate current staff, and assisting with sustaining the workforce. In this presentation, we'll discuss our process and results to inspire others to hear the voices of their workforce and achieve better recruitment, cultivation, and retention of staff.

- 11. *Social Determinates of Health and Cross Sector Collaboration*** Doran Coley, MS, LPC, Senior Clinical Director Administration, Children & Families Service Division, Merakey **ROOM 202**

Participants in this session will learn how the integration of social determinants of health screening serves as a key indicator in the identification of a family's unique needs as well as proactively identify areas of multisystem collaboration. Community engagement, policy, relationship building, infrastructure, and referral systems will be reviewed as key components in effective collaborative processes on both a micro and macro level. Presenters will outline strategies and useful tools that can improve mental health services that are provided for children.

TUESDAY, APRIL 23, 2024 (cont'd)

<p>2:30 – 3:45 pm 75 Min. Breakout Sessions</p>	<p>12. <i>Creating Safety Plans with LGBTQ+ Youth</i> Lyndsay Smith, MS, Senior Program Specialist, and Angela Weeks, Director, The Center of Excellence on LGBTQ+ Behavioral Health Equity, The National SOGIE Center, Innovations Institute, University of Connecticut School of Social Work ROOM 104</p> <p>Research has demonstrated the importance of family support, as well as a supportive school environment, to positive LGBTQ+ youth mental health and well-being. However, there are certain situations that can be particularly distressful to LGBTQ+ youth, or those when the young person is uncertain of the level of safety or support they will have. This session provides information on safety planning with LGBTQ+ youth. Safety planning is a protective measure that can be implemented with youth in situations that may lead to distress and crisis — from disclosing their identities to engaging in gender-segregated activities. This session covers: (1) assessment of available supports for LGBTQ+ youth; (2) anticipation of challenges LGBTQ+ youth may face in distressing situations; and (3) tools that can help youth cope through difficult times. Attendees will learn about specific considerations for safety planning with youth around the coming out process, family gatherings, school events, and dating.</p> <p>13. <i>Domestic Violence and Human Trafficking: The Psychological Impact on Children</i> Jennifer Foxworthy, LMSW, VASII, MSM, DTM, Founder and CEO, Inspirationally Speaking, LLC ROOM 204</p> <p>Domestic violence and human trafficking are highly prevalent public health problems with devastating effects on individual, families, and communities. This workshop will equip and educate healthcare and human service providers who can play an important role in recognizing the mental health impact that comes from domestic violence and human trafficking trauma. Participants will become familiar with services in Pennsylvania as well as implement strategies to properly identify, treat, and empower human trafficking and domestic violence youth victims and survivors.</p>
<p>3:45 – 4:45 pm</p>	<p>Visit Exhibitors</p>
<p>7:00 – 9:00 pm</p>	<p>Networking Event with DJ Kevin Puskaric of Youth Move PA PRESIDENTS HALL 4</p>

WEDNESDAY, APRIL 24, 2024

<p>7:00 am – 6:00 pm</p>	<p>On-Site Check In/Registration Desk Open</p>
<p>8:30 – 9:30 am</p>	<p>Continental Breakfast/General Session/Conference Awards PRESIDENTS HALL 1-2-3</p>
<p>9:45 – 11:00 am 75 Min. Breakout Sessions</p>	<p>1. <i>Creating Dialogue: A Guide to Convening Conversations Across Perspectives</i> Joanne Cashman, Ed.D., Owner, Sharedwork, LLC; Crystal Karenchak, Family Liaison, PA Care Partnership ROOM 205</p> <p>In 2019, diverse stakeholders joined together to co-create Dialogue Guides as a vehicle to enable conversations about the issues that are evident in implementing school mental health programs and much more. These Dialogue Guides offer a model for holding conversations across stakeholders that have different experiences, hold different perspectives, and have different roles. Entirely stakeholder developed, these Dialogue Guides offer a suite of ready-to-use materials that enable conversations on the issues that challenge our shared work.</p>

WEDNESDAY, APRIL 24, 2024 (cont'd)

9:45 – 11:00 am
75 Min. Breakout
Sessions

2. *A Story of "HOPE"*

Darren Eckert, Certified Peer Specialist, Children's Service Center; Ashleigh Hillard, Certified Peer Specialist, Children's Service Center ROOM 105

Darren will share his personal story which includes first episode psychosis, his struggles, involvement with the criminal justice system, and how we overcame each of these challenges. He will speak to his involvement in the Helping Overcome Psychosis Early program and his peer specialist Ashleigh's role in his recovery and path to wellness. Darren and Ashleigh will speak to the dynamics of their relationship as peer and client and how and why Darren pursued the path to become a certified peer specialist and serve in the same role as Ashleigh once he became well and was capable of giving back.

3. *Why Support Youth Changemakers—From a Youth Changemaker*

Connor Dalgaard, Youth Activist ROOM 104

Today's youth face unprecedented stressors that have fundamentally changed the way we exist. Being trapped inside my bedroom during what were supposed to be the most formative years of my life worsened by mental health. I dealt with more adversity than ever before: a severe case of COVID-19, emergency surgery, family loss, and looming questions about my sexuality. Before high school, I didn't know what mental health was...let alone my family's history with it. Luckily, by the time I was struggling myself, I knew about self-care because of my involvement with a high school club. I've learned what it means to be resilient and chose to delve into mental health activism. I will share my myriad of experiences working with various mental health organizations which has provided me with a framework to gauge the effectiveness of youth-adult partnerships in mental health advocacy. When adults support youth efforts, the strengths of both parties are maximized.

4. *Children's Crisis Panel 2024*

Kara Kessel, Consultant, Clinical Consultant, OMHSAS; Maria Lynn Perrotta, Ph.D., MA, LPC, Director of Assessment and Outpatient Services, Human Services Center; Anna Trout, Mental Health Crisis & Diversion, Montgomery Co.; Cheryl Adams, Mama Bear and Family Peer Support Specialist; Jeffrey Schmidt, Crisis Specialist, SPSHS Crisis Intervention Services, Washington Co.; Scott Berry, Mental Health Director, Washington Co.; Lisa Kennedy, Family Peer Support Specialist, York County Department of Human Services ROOM 206

Join this diverse panel for an in-depth discussion between county, family, and provider representatives moderated by Kara Kessel, statewide Children's Crisis Coordinator, as we discuss current and progressive topics in youth and adolescent crisis initiatives. An explanation of the stepped care system comprising the core components of a comprehensive crisis response system will be discussed including someone to talk to, someone to respond, and a safe place for help. A broad overview of the current children's behavioral health crisis system and SAMSHA's guiding principles will be provided, and panel members will discuss current services, strengths of these services, and challenges. The panel discussion will also prioritize collaborative relationships & processes developed with educational entities to best respond to youth's mental health needs. Additionally, cross-systems work with law enforcement and other levels of care within child-serving systems will also be discussed to bring awareness to opportunities available for Pennsylvania youth and families within the community for relationships fostering resiliency and recovery.

WEDNESDAY, APRIL 24, 2024 (cont'd)

9:45 – 11:00 am
75 Min. Breakout
Sessions

5. *Forming a County Wide Trauma Coalition*

Larissa Kimmel, System of Care Coordinator, Carbon Monroe Pike Mental Health and Developmental Services; Lisa Bollinger, M.Ed, School Attendance Improvement Consultant, Colonial Intermediate Unit 20 **ROOM 204**

Following the 2020 Trauma-Informed PA Plan initiative, the Monroe County Children's Roundtable Trauma Coalition has grown from a discussion to a functioning movement to be trauma responsive. Learn about the steps taken to bring individuals together to learn about the broad topic of trauma, map out current and missing resources, examine organization practices, and continue to collaborate to decrease emotional activation of individuals through trauma-informed practices.

6. *Shedding Lies: A Personal Journey Towards Trauma-Informed Schools & Communities*

Anne Katona Linn, BCBA, Educational Consultant, Katona Linn Consulting, LLC **ROOM 218**

In this deeply engaging and heartfelt session, we'll take a journey that blends personal experiences with the professional goal of creating trauma-sensitive school environments. Drawing from my own life story, we'll delve into how overcoming personal challenges can illuminate the path to healing in educational settings and their surrounding communities. We'll examine how personal healing journeys can inform and enhance our professional practices. We'll delve into practical strategies for building resilience in classrooms. We'll explore how to listen to all stakeholders in school communities to identify needs and develop and implement plans that address those needs. And, we'll talk about empowering not just children and youth but also staff and creating an environment where everyone thrives.

7. *A Trauma-Informed Approach: It Starts with You!* Laura Clary, MSN, RN, FNE-A/P, SANE-A, SANE-P, Program Director/Forensic Nurse Examiner, GBMC SAFE, Domestic Violence & Child Protection Program; Scott Kilpatrick, Detective, Baltimore County Police Dept, Crimes Against Children Unit **ROOM 107**

This session will provide attendees with information on the importance of neurobiology of trauma and its relationship to investigative strategies, as well as the medical-forensic and multidisciplinary response to child abuse and sexual violence, provided in a victim-centered, trauma-informed manner. Attendees will learn practical skills that can be directly applied when interacting with victims who may have different cultural beliefs and values. The presentation will also illustrate how collaboration among different professionals, including law enforcement and healthcare providers, enhances victim-centered responses. Presenters have extensive experience collaborating on complex cases involving sexual assault, child abuse, and human trafficking, and ensuring that victims of all ages receive the best possible care.

8. *Continuity of Care Across Youth Serving Systems to Improve Suicide Prevention*

Rose Milani, Program Director, Garrett Lee Smith Youth Suicide Prevention Grant, Thomas Jefferson University; Peri Rosen, PhD., Consulting Psychologist, OMHSAS; O.A. Mowery, Research Coordinator, The David Farber ASPIRE Center, Thomas Jefferson University; Leah Doghramji, Clinical Research Coordinator, The David Farber ASPIRE Center, Thomas Jefferson University; Michael Sandella, Clinical Research Coordinator, The David Farber ASPIRE Center, Thomas Jefferson University **ROOM 108**

Over the last five years, the GLS Youth Suicide Prevention Grant team has been working closely with county leadership in 15 counties across the Commonwealth with the goal of improving continuity of care for youth at risk of suicide. This presentation will explain how the Zero Suicide framework is applied across multiple systems and settings, including schools, crisis, and outpatient hospitals, and the ways counties continue to make connections between various systems to improve continuity of care to support youth at risk and their families. The team will share information about a free toolkit that can be used to replicate these efforts and resources created by youth in PA.

WEDNESDAY, APRIL 24, 2024 (cont'd)

<p>9:45 – 11:00 am 75 Min. Breakout Sessions</p>	<p>9. <i>Domestic Violence and Human Trafficking: The Psychological Impact on Children</i> Jennifer Foxworthy, LMSW, VASII, MSM, DTM, Founder and CEO, Inspirationally Speaking, LLC ROOM 109</p> <p>Domestic violence and human trafficking are highly prevalent public health problems with devastating effects on individual, families, and communities. This workshop will equip and educate healthcare and human service providers who can play an important role in recognizing the mental health impact that comes from domestic violence and human trafficking trauma. Participants will become familiar with services in Pennsylvania as well as implement strategies to properly identify, treat, and empower human trafficking and domestic violence youth victims and survivors.</p> <p>10. <i>Optimizing Medicaid to Improve the Child and Youth Mental Health System</i> Kate Fox, DrPH (c) MPH, Behavioral Health Policy Director, Children First ROOM 202</p> <p>This presentation will highlight the need for Pennsylvania to adopt comprehensive reforms that permit Medicaid and CHIP resources to provide all publicly insured children access to effective mental health supports, including prevention, early intervention, and intensive therapeutic options delivered via a culturally competent system of diverse paraprofessional and professional providers. These reforms will advance youth wellness and resilience by reimagining the child and youth mental health system as a support for mental wellness, rather than a response to pathology.</p> <p>11. <i>The Complex Emotional Needs of Children Exposed to Parental Substance Misuse</i> Erin Troup, LPC, NCC, CT, IMH-E(IV), Owner/Therapist, Sprout Center for Emotional Growth & Development, LLC ROOM 106</p> <p>This presentation focuses on the complexities of children who have experienced a primary caregiver’s substance misuse. Many providers focus on the individual who has the substance misuse issue and forget that the children are often casualties of the illness. There are many factors that effect our young children when substance misuse is involved, and our young children display very complex and sometimes confusing reactions to the stressors they are experiencing. This presentation will look through the lens of trauma to help providers understand and support children when the stressors arise.</p>
<p>11:00 – 11:30 am</p>	<p>Break and Visit Exhibitors</p>
<p>11:30am – 12:45pm</p>	<p>Lunch PRESIDENTS HALL 1-2-3</p>
<p>1:00 – 4:00 pm 150 Minute Workshops</p>	<p>1. <i>Peer Generation Youth Empowerment</i> Kevin Puskaric, CPS, CPSS, CRS, CFRS, Program Director, Youth MOVE PA; Christopher Lunsford, Call for Change & Youth Care Coordinator, PA Mental Health Consumers’ Association ROOM 207</p> <p>Peer Generation Youth Empowerment Training is a youth driven and youth developed curriculum that offers an experiential introduction to youth peer support. The training focuses on strategies for resiliency and offers pathways for individuals to get in touch with their unique and authentic selves. Participants experience an environment that is culturally grounded and focuses on practical ways to be inclusive toward the diversity of all communities and experiences. Individuals are better equipped to practice peer support in real life situations that could be easily implemented. This training also provides an opportunity to learn about Peer Support as a career pathway.</p>

WEDNESDAY, APRIL 24, 2024 (cont'd)

1:00 – 4:00 pm
150 Minute
Workshops

2. *Client, Family and System Benefits of Early Childhood Trauma Treatment*

Kimberly Blair, PhD., Associate Professor of Psychiatry, University of Pittsburg;
Terry Pentz, LPC, IMH-E, Supervisor, Behavioral Health Training, UPMC Western
Behavioral Health **ROOM 205**

This session will provide an overview of a family-centered outpatient model of treating high-intensity, early childhood trauma including a review of the identified evidence-based trauma treatment approach, client-centered processes and procedures, and the supportive infrastructure for staff training and supervision. A detailed analysis of the benefits of early trauma treatment to young children, families, and the larger mental health system will be presented including both patient-level behavioral health, outcomes as well as the financial and service conservation benefits to the mental health system. Participants will have time to ask questions and problem-solve how aspects of this model of care and outcome assessment could be adapted to their own work settings and populations.

3. *Recognition and Meaningful Intervention with Autistic Adolescents at Risk for Juvenile Justice Involvement*

Lawrence Sutton, Ph.D., Psychologist/College Instructor, St. Vincent
College/Wesley Family Services; Elizabeth Pask, Ph.D., NCSP, Psychologist, St.
Vincent College; Robert Anderson, MSW, Healthy Relationships Curriculum
Account Manager, Wesley Family Services **ROOM 105**

Increasing numbers of adolescents with autism spectrum disorders are experiencing trouble with issues of loneliness, anxiety and depression, sometimes due in part to a strong need to belong and are at risk for involvement with the criminal justice system. Intervention at earlier ages or when troubling behaviors are recognized can provide needed and practical assistance. The Healthy Relationships Curriculum was developed in part to fill in those gaps with social learning for adolescents with autism. It is a holistic approach in defining changes occurring in adolescents and young adults and the development necessary for success as adults.

4. *Homicide Suicide Behaviors & Systemic Family Therapy*

Jennifer Benjamin, PhD., LPC, Clinical Family Specialist, Philadelphia Child and
Family Therapy Training Center; Pinky Patel, LMFT, Associate Director, PCFTTC;
Steve Simms, PhD., LMFT, Director, PCFTTC **ROOM 104**

Homicide-Suicide are most common in the infrafamilial setting with offenders having previous adversity as a child, legal issues, current exposure to stress/trauma, while involved in a conflictual family context. This intermediate course to co-assessing life-threatening behaviors will explore the importance of engaging the family in relational change, while establishing safety and response planning. Video recorded roleplays will illustrate this process of assessment, caregiver engagement, and response planning that is relationally focused.

5. *An IECMHC Approach to Reducing Challenging Behavior: Connection and Co-Regulation*

Lindsay Van Dyke, M.Ed., Infant and Early Childhood Mental Health Consultation
Supervisor-NE/NC, The Pennsylvania Key; Lauren Kryston, MSCD, IMH-E, Infant and
Early Childhood Mental Health Consultant **ROOM 204**

Challenging behavior inhibits healthy learning and development, derails engagement and learning, and can leave professionals feeling stuck, stumped, and even resentful. In this session, participants will leverage the foundations of Infant Early Childhood Mental Health, connection and co-regulation, to reformulate the challenging behavior problem. Participants will enhance their capacity to notice with soft eyes, respond effectively to challenging behavior, and reduce disengagement and resistance in their work with children and families. Participants will also be introduced to Pennsylvania's IECMHC program at the Pennsylvania Key, a program for reducing the impact of challenging behavior in child care environments.

WEDNESDAY, APRIL 24, 2024 (cont'd)

1:00 – 4:00 pm
150 Minute
Workshops

6. Fayette County High Fidelity Wraparound Engages with SOUL Timothy Truckenmiller, MS, Coach/Supervisor for HFW, Adelphoi Village; Mark Van Bibber, Family Support Partner, Adelphoi Village; Roxanne Johnson, Family Support Partner, Adelphoi Village; Kellie Gavran, MS Ed, NCC, LPC, HFW Program Manager, Fayette County Behavioral Health Administration; Maryann Smith, Facilitator; Erin Vaccaro, Facilitator **ROOM 108**

Through this presentation, the Fayette County High Fidelity Wraparound (HFW) Team will share a journey of adventure, engagement, and fortitude working and providing a community mental health process in rural southwestern Pennsylvania. Since 2008, Adelphoi Village and Fayette Co. Behavioral Health were one of six early implementers of the High-Fidelity Process in the state of Pennsylvania. In December of 2022 the National Wraparound Institute (NWI) released an article “IS WRAPAROUND LOSING ITS SOUL?” As the county’s HFW program manager I have spent the past year aiming to answer this question for myself and lucky enough to have an HFW Team that has been around long enough to help me share. So, “How has the Fayette County’s HFW Team maintained their SOUL in the HFW process over years of trauma?” High Fidelity Wraparound has made a difference in how providers work with families in Fayette County and our HFW Team is the reason why. This presentation will share how engaging and empowering families and colleagues on their strengths, needs, and culture is an inspiration for us all. The Team will also share what it has taken to celebrate over a decade of efforts to build wellness and resiliencies in families and youth in Fayette County.

7. I’m fine. Project: Sculpting Mental Health Awareness Through Art Maureen Joyce and Carrie Breschi, Co-Founders **ROOM 106**

In this hands-on workshop, participants will learn more about the I’m Fine. Project and the display of masks across the Commonwealth. Participants will also express their emotions by creating the ceramic mask they wear to overcome, portray or minimize their mental health struggles. The masks will then become part of the traveling exhibit.

8. Treating Preverbal Trauma in a Preschooler: A Case Study Bonnie McNally-Brown, LPC, President, Child Family & Community, Inc. **ROOM 107**

Many children have experienced traumatic events. This presentation explores how to address a traumatic experience in a child when the incident occurs before the child has language. In this case, a car accident when the child was four months old that resulted in the death of her mother and injuries to all involved. We will explore how to process with parents their fears of causing additional harm and ways the child is showing that she has memories of the trauma. We will follow the child through her treatment for her traumatic experience and resulting anxiety until her present age of seven, including how she weathered two additional traumas. Hear more about how the child and her parents incorporated what happened into their life stories, how they are heroes in their stories, and the qualities they possess that helped them survive and thrive.

1:00 – 2:15 pm
75 Min. Breakout
Sessions

1. Family Led Interviews: Conversations with the People in the Data Joanne Cashman, Ed.D, Owner, Sharedwork, LLC; Crystal Karenchak, Family Liaison, PA Care Partnership **ROOM 218**

In 2020, the Family Community of Practice convened by the PA Care Partnership, embarked on a new approach to interviewing—motivated by their interest in understanding the experience of other families with lived experience. Based on SAMHSA’s data collection around caregiver strain, the CoP shaped questions to guide conversations with volunteers whose children have been served in PA behavioral health systems. These candid conversations offer new insights into the family experience and themes across interviews and offer counties and providers insights beyond satisfaction and quality. Family Led Interviews is entirely family developed and family implemented and offers new pathways for family leadership. Learn more about this work and how your county can begin your own family-led interview initiative.

WEDNESDAY, APRIL 24, 2024 (cont'd)

1:00 – 2:15 pm
75 Min. Breakout
Sessions

2. *Bridging the Gap: Educational Advocacy for Youth Who Have Experienced Trauma*
Shoshi Goldfus, LCSW, J.D., Outcomes in Behavioral Health Clinical Coordinator, Support Center for Child Advocates; Morgen Black-Smith, Esq., Education Staff Attorney, Support Center for Child Advocates **ROOM 112**

One out of every four children attending school have been exposed to a traumatic event that can affect learning and/or behavior. Yet there is often a disconnect within the system of care between behavioral health providers and the educational setting. This presentation will review foundational information on trauma and conduct an in-depth exploration of trauma's impacts on childhood development, cognition brain architecture and social/emotional development, and how those changes can significantly impact a student's education experience. The session will help participants identify trauma-related behaviors in students, understand the function of these behaviors, and acquire the language needed to speak about trauma. The presentation will also provide practical strategies for addressing a child's trauma in the school setting. This presentation is applicable to educators and behavioral health providers and will provide tools to ensure that children's behavioral health and educational needs are met in trauma-responsive ways.

3. *Embracing the Challenges of Diversity: LGBTQIA2S+ Individuals and Their Unique Perspectives*

Bernadette Schmeltz, OTD, OTR/L, CLT, BCTS, DRS, Clinical Asst. Professor, Walsh University; Erin Naggy, OTD, OTR/L, Occupational Therapist, Torrance State Hospital; Coco Naggy, Student **ROOM 203**

Lesbian, gay, bisexual, transgender and/or gender expansive, queer/questioning, intersex, asexual, and two-spirit individuals experience stigma and discrimination and lesser mental health outcomes. Many youth underutilize mental health services and often experience inadequate support. This presentation will address evidence-based interventions as well as a personal account from a youth who identifies as transgender.

4. *Cornerstones of the Student Assistance Program: The Importance of Collaboration*
Renee Urick, LSW, Region VIII Coordinator, PA Network for Student Assistance Services; Rebecca Wallace, Learning Environment Specialist, PA Department of Education; Christy Unger, Region VI Coordinator, PA Network for Student Assistance Services **ROOM 109**

This presentation will review the Student Assistance Programs (SAP) throughout PA including the four cornerstones of: family engagement; trauma-informed values and practices; equity, inclusion and belonging; and early detection of risk factors and building protective factors. Ensuring family voice and choice is an essential part of the SAP process, and we will share how SAP teams utilize equitable practices in working with families. Attendees will leave this session understanding their potential role in working with SAP teams and ways they can support students. They will also gain an understanding of how SAP's positively benefits students socially, emotionally, and academically.

5. *Learn How One Green Light Bulb Can Illuminate Mental Health Awareness*

Larissa L. Kimmel, System of Care Coordinator, Carbon Monroe Pike Mental Health and Developmental Services; Melanie Trauth, System of Care Coordinator, Mental Health Program, Greene County Human Services; Colleen Igo, System & Community Initiatives Manager, County of York **ROOM 206**

The Green Light Campaign a.k.a. SHINE THE LIGHT ON MENTAL HEALTH is a simple yet impactful way to raise awareness and spark a conversation about mental health during Mental Health Awareness Month. You'll learn how to set up an entire campaign in your community, from start to finish. Here's what you can expect:

WEDNESDAY, APRIL 24, 2024 (cont'd)

<p>1:00 – 2:15 pm 75 Min. Breakout Sessions</p>	<p>Bright and Bold: We'll show you how to make your campaign stand out with eye-catching green light bulbs and templates for customizable campaign signs and artwork. Community Connection: We'll help you engage your community with fun events, educational materials, and opportunities for people to share their own stories. Partnerships Galore: We'll show you how to team up with local businesses, organizations, and community leaders to make your campaign even more impactful. Round Robin: We'll share ideas and examples from other counties to inspire your campaign including a turn-key social media campaign created by youth with support from a New York-based social media firm, Kylee Social.</p> <p>So, whether you are a seasoned Green Light Campaigner or a newbie, we've got you covered! Get ready to shine a light on mental health like never before!</p> <p>6. <i>Empowerment Through Understanding: ADHD and the Role of Coaching</i> Mark Durgin, Director, PA Care Partnership; Anne Katona Linn, Ed.D, BCBA, Educational Consultant, Katona Linn Consulting, LLC ROOM 202</p> <p>This presentation aims to educate and inspire individuals with ADHD to maximize their potential by providing them with a better understanding of the condition and how coaching can help them. The presentation includes: an introduction to ADHD, the concept of coaching, different types of coaching, what to expect from a coaching session, how to find a coach, and how coaching can help empower individuals with ADHD and improve their self-esteem, self-confidence, and overall quality of life.</p>
<p>2:15 – 2:45 pm</p>	<p>Break and Visit Exhibitors</p>
<p>2:45 – 4:00 pm 75 Min. Breakout Sessions</p>	<p>1. <i>The Hustle of Perfection, Achievement, Connection and Worth</i> Kara Vojcsik, Licensed Clinical Social Worker, Mental Health Speaker ROOM 203</p> <p>Kara is a former school social worker, school based therapist and therapeutic emotional support therapist. She is passionate about working with those who have experienced trauma, anxiety, depression and suicide prevention. This presentation will discuss negative core beliefs, trauma and how they shape the way that youth process and live their lives. Participants will gain a better understanding into how resiliency and trauma affect each other.</p> <p>2. <i>Hearing All Perspectives: The Devereux Youth Advisory Council</i> Amy Kelly, Natl. Director of Family Engagement, Devereux Advanced Behavioral Health ROOM 112</p> <p>Learn more about the formation of a novel and innovative version of a Youth Advisory Council that adds a twist by combining the voices of individuals served who have two very different diagnoses: those with an emotional/behavioral challenge and those with an autism/intellectual disability. This internal council has been established to hear the voices of and to teach leadership principles and skills to those who are receiving services by Devereux Advanced Behavioral Health. Lessons learned from the pilot will be shared.</p> <p>3. <i>Serving Our Hispanic Communities: Relatability and Cultural Competence</i> Pamela Rueda, High Fidelity Wraparound Supervisor, Pinebrook Family Answers; Emma Rarich, High Fidelity Wraparound Coach, Pinebrook Family Answers; Yadira Ayala, parent ROOM 109</p> <p>The High Fidelity Wraparound Model is an evidence-based practice that is led by the youth and family “voice and choice.” This presentation will specifically cover how building a team of staff who come from lived experience, as well as from the cultures that many of our families do, has increased relatability and built rapport with youth so that they know their voice matters. Our youth know they have a safe space to share their needs and navigate how to have them met with the help of the High Fidelity Wraparound Process. Come learn more about how this model lends itself to applications in a variety of cultures due to its unique youth-led process.</p>

WEDNESDAY, APRIL 24, 2024 (cont'd)

<p>2:45 – 4:00 pm 75 Min. Breakout Sessions</p>	<p>4. <i>Building Bridges: Facilitating a Function-Based Thinking Conversation with School Teams, Families, and Agency Partnerships</i> Crystal Vogtsberger, EdD., Training & Consultation Coordinator, Allegheny Intermediate Unit; Christina Frazier, Training & Consultation Coordinator, Allegheny Intermediate Unit ROOM 218</p> <p>Join us on a journey of collaborative exploration as we delve into the transformative power of function-based thinking to foster student success. In this presentation, we will explore the significance of bringing together school teams, family members, and agency partnerships to create a holistic support system. The spotlight will be on a key tool, the “Initial Line of Inquiry,” designed to seamlessly facilitate and enhance the meeting experience. By the end of this presentation, participants will be equipped with valuable tools and insights to choose effective interventions, strengthen collaboration, enhance communication, and truly build bridges across all stakeholders by using the powerful framework of function-based thinking.</p> <p>5. <i>Integrating Agency-Wide Suicide Prevention Practices</i> Kimberly Malayter, LCSW, Executive Director of Clinical Services, Merakey; Daniel Gilmore, LPC, Senior Clinical Director, Merakey ROOM 206</p> <p>Trauma-informed and resilience-oriented approaches are essential components of effective suicide prevention efforts with youth. Everyone plays a role in suicide prevention, and this presentation discusses how agencies, providers, and community members can help youth at risk for suicide by building awareness to risk factors, learning how to increase protective factors, and promote resilience through a trauma-informed lens. Specific resources and tools that will be discussed include suicide prevention clinical pathways, the Columbia-Suicide Severity Rating Scale assessment, and Stanley Brown safety plan template. When providers have the tools and resources to better identify individuals who are at risk for suicide, they are better able to address those risks and link those individuals with the supports they need.</p> <p>6. <i>Family Road Map: A Step-By-Step Guide to Navigating Health, Education, and Insurance Services for Families with Special Needs</i> Wanda Cummings, Training Coordinator; Jamal Ford, Youth Resources Coordinator; and Crystal Karenchak, Family Policy and Engagement Consultant, PA CARE Partnership ROOM 202</p> <p>Families of children and youth with autism, ADD/ADHD, behavioral and developmental disorders, or any type of special health needs will find practical strategies in this step-by-step guide to navigating health, education, and insurance systems. The five-part "Guiding Star" approach uses simple charts, worksheets and checklists to break down tough jobs into tasks a family caregiver can handle.</p>
<p>4:00 – 6:00 pm</p>	<p>Poster Session DEANS HALL 1-2 & Exhibitors Reception, Networking</p>
<p>7:00 – 9:00 pm</p>	<p>Networking Event – Carnival Game Night PRESIDENTS HALL</p>
<p>6:00 – 7:00 pm</p>	<p>Exhibitor Move Out</p>

THURSDAY, APRIL 25, 2024

7:00 am – 6:00 pm	On-Site Check In/Registration Desk Open
7:30 – 8:30 am	Full Buffet Breakfast PRESIDENTS HALL 1-2-3
8:30 – 9:45 am	<p>General Session led by Kenneth Nash, M.D., Professor and Vice Chair for Clinical Affairs, Dept. of Psychiatry and Professor of Pediatrics and Neurological Surgery, University of Pittsburgh</p> <p>Keynote Speakers:</p> <ul style="list-style-type: none"> • Kenneth Ginsburg, MD, MS Ed, Children’s Hospital of Philadelphia; University of Pennsylvania School of Medicine; Center for Parent and Teen Communication; Covenant House Pennsylvania <i>Building on the Strengths of Youth</i> PRESIDENTS HALL 1-2-3 <p>Dr. Ken Ginsburg is a pediatrician specializing in adolescent medicine and is co-founder and director of programs at the Center for Parent and Teen Communication. He also serves as director of health services at Covenant House Pennsylvania, an agency that serves Philadelphia’s homeless and marginalized youth. His research focuses on facilitating youth to develop their own solutions to social problems and to teach clinicians how to better serve them. He co-developed the Teen-Centered Method, a mixed qualitative/quantitative methodology that enables youth to generate, prioritize, and explain their own ideas. The theme uniting his clinical practice, teaching, research, and advocacy efforts is that of building on the strength of teenagers by fostering their internal resilience. He works to translate what is known from research and practice into practical approaches parents, professionals, and communities can use to build resilience.</p>
9:45 – 10:45 am	<ul style="list-style-type: none"> • Jarred Vermillion, VLCC Project Heroes, and James Clark <i>From Broken Pieces to Masterpieces: The Art of Resilience</i> PRESIDENTS HALL 1-2-3 <p>Join Jay and his colleague James on an unforgettable journey as they delve into the raw realities of their unique past, navigating the turbulent waters of child welfare, mental health struggles, substance abuse, parental incarceration, and the profound impact of choices and consequences. This is not a story of sorrow, pity and hopelessness—it’s a testament to the indomitable human spirit. Jay and James will Shatter the Stigma as they dismantle the negative stereotypes surrounding mental health, child welfare, and incarceration. Together they will demonstrate that true strength lies not in hiding our scars, but in using them to fuel our growth and inspire others. And, they will equip you with practical tools and strategies to cultivate resilience.</p>
11:00 – 11:30 am	Drawing for Gift Baskets

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POSTER SESSION PRESENTERS

Austin Kwisnek

Gardening: A Safe Space to Promote Mindfulness, Healing, and Wellness

Dear Mind

Coordinated Specialty Care with Community Agencies

Lehigh Co Integrated Services

Successful Gains in Cross System Collaboration

Mifflin Co Communities That Care

#Keep Your Focus (marketing campaign targeting youth)

Slippery Rock University of PA

School-Based Mental Health Promotion and Prevention by Occupational Therapy Student

Social Dynamics of Intervention (SODI)

Lab at A.J. Drexel Autism Institute

Police Departments and Care Continuity for Autistic Youth in Suicidal Cases

St. Luke's University Health Network

Improving Access to Care: Integrated Mental Health Treatment in Schools

Thomas Jefferson University

David Farber ASPIRE Center

Differentiating Between Youth with History of Suicidal Thoughts, Plans & Attempts

Thomas Jefferson University

David Farber ASPIRE Center

Suicide Risk Screening in the School Environment: Family Factors & Profiles

UPMC Western Behavioral Health

Identifying Patient Safety Concerns Utilizing Diary Cards for PHP, IOP Programs

UPMC Western Psychiatric Hospital

But What Do You Think? How the Stakeholder Engagement Process Informs the Development of Digital Interventions

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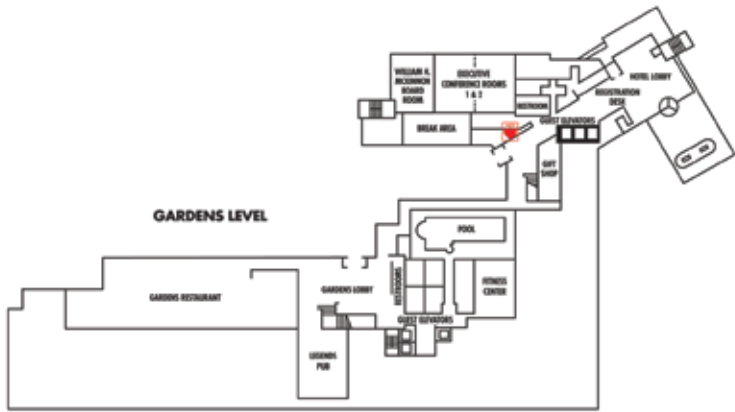
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