2016 STAR-Center Conference

“Preventing Teen Suicide: Promise and Practice”

Friday, May 6, 2016
8:30 a.m. – 3:30 p.m.
(Registration: 8 to 8:30 a.m.)

William Pitt Union
(University of Pittsburgh Campus)
3959 Fifth Avenue
Pittsburgh, PA 15260

Course Directors:

David A. Brent, M.D., Director, STAR-Center
Paula McCommons, Ed.D., Director, STAR-Center Outreach

Course Objectives:

At the conclusion of this conference, participants should be able to:

1. Identify the recent trends in youth suicide and possible contributions.
2. Discuss the relatively cost-effectiveness of different approaches to the primary prevention of suicidal behavior in adolescents.
3. Evaluate the potential roles of improved service coordination.
4. Explain the role of method restriction as a means of youth suicide prevention.
5. Discuss the key components of a comprehensive school suicide prevention program.
6. Describe the aims of Pennsylvania’s current SAMHSA grant focusing on schools and suicide prevention efforts.
7. Identify and locate resources for schools and communities affiliated with SAMHSA grants.

Target Audience:

This program is appropriate for clinical and educational personnel.

Cost:

There is a $60 registration fee for this conference. Cost to employees of Western Psychiatric Institute and Clinic is $30. The registration fee includes a light breakfast (coffee/tea/juices/muffins, etc.) and continuing education credits.

PLEASE NOTE: Participants will receive workshop handouts via e-mail prior to the conference. We will no longer be providing hard copies of handouts the day of the conference.

Full tuition must accompany the registration form. A $10 administration fee will be deducted from all refunds for cancellations. All refund requests must be in writing and received in the office no later than Thursday, April 28, 2016. Please return registration form by Friday, April 29, 2016.

Continuing Education Credits

Continuing Education Credit is available for this program for Psychologists, Counselors, Licensed/Clinical Social Workers, Licensed Professional Counselors, National Board Certified Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT, PA Educators, and other professionals.
“Preventing Teen Suicide: Promise and Practice”

Conference Agenda

May 6, 2016
The William Pitt Union
(University of Pittsburgh Campus)

8:00 A.M.  REGISTRATION

8:30 A.M.  BACKGROUND

9:00 A.M.  KEYNOTES

Saving Holden Caulfield: Do We Have What it Takes to Prevent Teen Suicide?
David A. Brent, M.D., Academic Chief, Child and Adolescent Psychiatry, Endowed Chair in Suicide Studies, Professor of Child Psychiatry, Pediatrics & Epidemiology, University of Pittsburgh, School of Medicine, and Director, STAR-Center (Services for Teens at Risk), Western Psychiatric Institute and Clinic

There will be a brief break between Keynotes

A Summary of SAMHSA (Substance Abuse and Mental Health Services Administration) Suicide Prevention Grant Outcomes: PA’s Potential Contribution and Products
Paula S. McCommons, Ed.D., Outreach Director, STAR-Center (Services for Teens at Risk), Western Psychiatric Institute and Clinic.

11:30 A.M.  LUNCH (On Your Own)

12:45 P.M.  SKILL DEVELOPMENT WORKSHOP (See following pages)

2:00 P.M.  BREAK

2:15 P.M.  SKILL DEVELOPMENT WORKSHOPS – REPEAT

3:30 P.M.  ADJOURNMENT

STAR-Center is funded by an appropriation from the Pennsylvania General Assembly. The University of Pittsburgh is an affirmative action, equal opportunity institution.
KEYNOTE ADDRESSES

Keynote Address: Saving Holden Caulfield: Do We Have What It Takes To Prevent Teen Suicide?

David A. Brent, M.D., Academic Chief, Child and Adolescent Psychiatry, Endowed Chair in Suicide Studies, Professor of Child Psychiatry, Pediatrics & Epidemiology, University of Pittsburgh, School of Medicine, and Director, STAR-Center (Services for Teens at Risk), Western Psychiatric Institute and Clinic

In this keynote address, we will review current trends in youth suicide and consider reasons why the adolescent and young adult suicide rate has been increasing, and consider evidence-based preventions and interventions that may help to reverse this trend. We will review the evidence to support a role for primary prevention of risk factors for suicidal behavior, such as child maltreatment, depression, conduct problems, and alcohol and substance abuse. These interventions will be compared and contrasted with more suicide-specific preventive interventions, such as gatekeeper training. We will also consider the potential impact of improved access to mental health care through co-location of mental health specialists in primary care, the role of improved coordination and linkages between levels of care, and the potential contribution of restriction of lethal means.

At the conclusion of this session, participants should be able to:
1. Identify the recent trends in youth suicide and possible contributions.
2. Discuss the relatively cost-effectiveness of different approaches to the primary prevention of suicidal behavior in adolescents.
3. Evaluate the potential roles of improved service coordination.
4. Explain the role of method restriction as a means of youth suicide prevention.

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Keynote Address: A Summary of SAMHSA (Substance Abuse and Mental Health Services Administration) Suicide Prevention Grant Outcomes: Pennsylvania’s Projected Contributions and Products

Paula McCommons, Ed.D., Director, STAR-Center Outreach, Western Psychiatric Institute and Clinic

This keynote will highlight the outcomes and products generated by SAMHSA (Substance Abuse and Mental Health Services Administration) grants which focus on the facets of school wide suicide prevention over the past ten years. In particular, the current status and impact of Pennsylvania’s grants will be shared.

At the conclusion of this session, participants should be able to:
1. Discuss the key components of a comprehensive school suicide prevention program.
2. Describe the aims of Pennsylvania’s current SAMHSA grant focusing on schools and suicide prevention efforts.
3. Identify and locate resources for schools and communities affiliated with SAMHSA grants.
Please note when registering that participants will select two workshops and an alternate. All workshops will repeat. If space is not available in one of your selected workshops, you will be placed in your alternate.

A. Workshop Title: Trauma-Focused CBT for Youth and Caregivers (Intermediate)

Judith Cohen, M.D., Professor of Psychiatry, Allegheny Health Network, Drexel University College of Medicine

Trauma affects more than half of all U.S. children. Without effective treatment, trauma can have long-lasting negative developmental, mental and medical impacts. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) has the strongest evidence of successfully resolving youth trauma problems. This presentation briefly describes how to provide TF-CBT to children, adolescents and caregivers.

At the conclusion of this session, participants should be able to:
1. Identify the TF-CBT PRACTICE components for youth and caregivers
2. Describe principles of applying TF-CBT for youth and caregivers
3. Describe research findings about TF-CBT for youth and caregivers

B. Workshop Title: Assessment and Management of Suicidality in Specialized Youth Populations (Introductory)

Allen Meade Gregory, MA, Program Manager, Merck Adult Outpatient Clinic Vocational Training Center, Center for Autism and Developmental Disorders, Western Psychiatric Institute and Clinic

Jessica Candelora Kettel, MD, PhD, Medical Director and Attending Psychiatrist at the John Merck Child & Adolescent Outpatient Clinic, Western Psychiatric Institute and Clinic, Assistant Professor of Psychiatry, University of Pittsburgh

Cathryn Lehman, PhD, NSP, Psychologist, Merck Child and Adolescent Outpatient Clinic, Center for Autism and Developmental Disorders, Western Psychiatric Institute and Clinic

Jodi Toscolani, M.Ed., Program Manager, Merck Summer Therapeutic Inclusion Program, and Clinical Coordinator, Parent Child Interaction Therapy, Center for Autism and Developmental Disorders, Western Psychiatric Institute and Clinic.

This presentation will explore parameters for assessing youth with Intellectual Disability and/or Autism Spectrum Disorder for suicidality. In addition, recommendations for the acute and long term management of suicidal threats and behaviors will be presented.

At the conclusion of this session, participants should be able to:
1. Identify risk factors for suicide in youth with developmental disabilities.
2. Explain how and what to ask when assessing youth with developmental disabilities for suicidality.
3. Formulate a basic long-term management plan for youth with developmental disabilities who have suicidal ideation.
C. Workshop Title: Challenges in Managing Concussed Adolescents: The Biopsychosocial Balancing Act (Intermediate)

Luke C. Henry, Ph.D., Assistant Professor, Department of Neurosurgery, University of Pittsburgh, School of Medicine

Concussed adolescents often present with unique challenges for clinicians. Understanding the physiology of the injury within the context of adolescent behavior is difficult. Further, adolescents at risk for prolonged recovery often present with other mental health conditions. Treatment requires a comprehensive evaluation accounting for clinical concerns and practical limitations.

At the conclusion of this session, participants should be able to:
1. Discuss the basics of concussion management
2. Explain the role that co morbid conditions play in recovery from concussion
3. Identify the risk factors for prolonged recovery from concussion

D. Workshop Title: Avoiding Transition Wrecks: Successfully Facilitating the Transition of Students from Mental Health Facilities Back into Educational Environments (Intermediate)

Shirley Lyle, M.Ed., Developmental Specialist, Acute Adolescent Partial Hospitalization Program, Western Psychiatric Institute and Clinic

An emerging concern of counselors and educators is the difficulty of transitioning students with mental health concerns back into the educational arena, especially when information is scarce. Insight will be offered to manage these concerns. Discussion topics include students’ experience, common concerns, evading communication barriers, appropriate expectations, etc.

At the conclusion of this session, participants should be able to:
1. Describe the experience of students with mental health concerns who are transitioning back into an educational environment.
2. Discern appropriate expectations for students with mental health concerns who are transitioning back into an educational environment.
3. Develop an action plan to support the needs of students with mental health concerns despite the quantity or quality of treatment information received.

E. Workshop Title: Managing Non-Suicidal Self-Injury in Teens (Introductory)

Tina Goldstein, Ph.D., Associate Professor, Department of Child & Adolescent Psychiatry, University of Pittsburgh School of Medicine

Kimberly Poling, LCSW, Clinical Program Manager, STAR-Center

This workshop will provide an overview to help clinicians understand the potential motivations underlying non-suicidal self-injurious behavior. We will introduce the steps of chain analysis for determining treatment targets. Additionally, we will highlight the various strategies for addressing common treatment targets.

At the conclusion of this session, participants should be able to:
1. Describe common motivations underlying non-suicidal self-injurious behavior in teens.
2. Know steps for conducting a chain analysis to help identify treatment targets.
3. Recognize various strategies for addressing common treatment targets.
F. Parents as Partners: Helping Parents Help Their Depressed and Suicidal Teen (Introductory)

Brian McKain, RN, MSN, Nurse Clinician, STAR-Center, Western Psychiatric Institute and Clinic

Christina Hanna, MS, Clinician, STAR-Center, Western Psychiatric Institute and Clinic

This workshop will provide tools to help clinicians provide psycho education to parents with an emphasis on facts about depression and its impact on their children. We will focus on vignettes that model accessible and effective parent psycho education. Additionally, we will discuss psycho education’s effect on treatment compliance and effectiveness.

At the conclusion of this session, participants should be able to:
1. Identify the criteria vital to the assessment and diagnosis of depression related disorders.
2. Discuss developmentally appropriate ways to balance the teen’s need for confidentiality with the parent’s need to know.
3. Provide psycho education to parents of depressed and suicidal teens in an accessible manner.

G. Workshop Title: Safety Planning with Self-Injurious Youth in a Clinical Setting (Introductory)

Maria Anderson, LCSW, Clinician, STAR-Center, Western Psychiatric Institute and Clinic

Rebecca Pollack, MSW Intern at STAR-Center, Western Psychiatric Institute and Clinic

This interactive workshop will explore the purpose of safety planning for self-injurious youth in a clinical setting. The components and process of developing a safety plan will be described and demonstrated, with time for clinicians to “practice” safety planning. The importance of involving and educating the client in the implementation of the safety plan will be addressed. The appropriateness and limitation of safety plans will also be discussed.

At the conclusion of this session, participants should be able to:
1. Identify and explain the components of a safety plan for suicidal youth.
2. Clarify when to apply a safety plan for suicidal youth.
3. Describe how to collaborate with parents and caregivers in the implementation of the safety plan.

H. Workshop Title: Intensive Outpatient Program: What it is and Who it’s for: The Benefits of IOP (Introductory)

Sharon Shorak, LSW, Clinician, STAR-Center, Western Psychiatric Institute and Clinic

Anita Barnhart, LSW, Clinician, STAR-Center, Western Psychiatric Institute and Clinic

At the conclusion of this session, participants should be able to:
1. Explain the various levels of mental health care and the clinical criteria that would indicate the client may need a higher level of care such as IOP.
2. Discuss steps for building the infrastructure for IOP.
3. Describe therapeutic skills and strategies that are applicable within a group treatment modality including strategies for engaging parents.
I. Workshop Title: Medication Management/Mood Disorders (Intermediate)

Dara Sakolsky, MD, PhD, Assistant Professor of Psychiatry, Assistant Medical Director, Services for Teens at Risk (STAR), Western Psychiatric Institute and Clinic

Cynthia Baca, RN, MSN, Nurse Clinician, STAR-Center, Western Psychiatric Institute and Clinic

There are many causes for irritability and moodiness in children. In this session, we discuss how to distinguish symptoms of mania from other common mental health disorders. We will also discuss our general approach to medication management for youth with bipolar disorder, basic classes of medication, and two clinical cases. We will then use two cases, one newly diagnosed and one treatment-resistant, to illustrate our collaborative decision-making process.

At the conclusion of this session, participants should be able to:

1. Distinguish symptoms of mania from other common mental health disorders.
2. Discuss the overall approach to youth with bipolar disorder, including comprehensive assessment, psychotherapy, case management, and medication.
3. Explain the pros and cons of various medications used to treat bipolar disorder.
Registration Form  
STAR-Center Conference (MC97)  
May 6, 2016 - Pittsburgh, PA  
Registration Deadline: April 29, 2016

Please print or type legibly. If we cannot read your form, you may not receive your confirmation.

Social Security Number (Last Five Digits Only):

Name:

Institutional Affiliation:

Address1:

Address2:

City: State: Zip Code:

County:

Day Telephone: (______)

Degree(s) for name badge (i.e. MSW, PhD):

E-mail Address:

Are you an employee of Western Psychiatric? [ ] yes [ ] no

For Continuing Education, please check if you are:
[ ] Educator (Act 48) [ ] NCC Counselor [ ] Nurse [ ] Psychologist [ ] Social Worker/LPC/LMFT

Workshop Preferences: Circle two workshops and an alternate.

Workshop #1: A B C D E F G H I

Workshop #2: A B C D E F G H I

Alternate: A B C D E F G H I

Method of Payment ($60 Registration Fee) ($30 Registration Fee / WPIC Employee)

[ ] Check (Check#__________ Payable to OERP/WPIC)

[ ] VISA [ ] MasterCard [ ] AMEX [ ] Discover

To be completed by Credit Card Users ONLY:
Card Number:
Expiration Date:
Signature:
Security Code: (three digits in back of card)

Send this form along with payment to:
Nancy Mundy
OERP/WPIC
3811 O’Hara Street
Champion Commons, 3rd Floor
Pittsburgh, PA 15213

Credit Card registrations ONLY can be faxed to (412) 204-9110. Registration will not be accepted without payment. Telephone registrations CANNOT be accepted. Please contact Nancy Mundy - Email: mundynl@upmc.edu with any questions about registration.
Continuing Education Credits:

Psychologists:

Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 5.5 Continuing Education Credits.

Counselors:

Western Psychiatric Institute and Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program. This program is being offered for 5.5 continuing education hours.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and 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 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.

PA Educators:

Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer Continuing Education Credits under the Act 48 guidelines. Western Psychiatric Institute and Clinic adheres to the Act 48 Continuing Education Guidelines. PA educators will receive 5.5 hours of Act 48 credit for completing this program.

Other Professionals:

Nurses and other professionals are awarded 0.55 Continuing Education Credits. One Continuing Education Credit 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 Specialist: This program fulfills requirements for Certified Peer Specialist continuing education.