2015 STAR-Center Conference

“Understanding Adversity and Helping Youth to Overcome it”

Friday, May 1, 2015
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. Review the psychological effects of maltreatment on psychological outcome
2. Summarize the extant knowledge about effects of maltreatment on brain structure and function
3. Outline implications of these findings for clinical care, prevention, and future research
4. Identify elements of a comprehensive school-based prevention program and self-evaluate their own school’s policies, procedures, and programs.
5. Describe key research findings and the best practices they support
6. Identify resources for remaining well informed about suicide prevention in schools and communities.

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.), training materials, and continuing education credits.

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 30, 2015. Please return registration form by Monday, April 27, 2015.

Continuing Education Credits

Continuing Education Credit is available for this program for Psychologists, Counselors, Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT, PA Educators, and Other professionals.
Understanding Adversity and Helping Youth to Overcome it

Conference Agenda

May 1, 2015
The William Pitt Union
(University of Pittsburgh Campus)

8:00 A.M. REGISTRATION

8:30 A.M. WELCOME and ANNOUNCEMENTS

9:00 A.M. KEYNOTES

Hidden Scars: The Impact of Maltreatment on Young Peoples’ Minds and Brains

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

Suicide Prevention In Schools: What We Know and Don’t Know

Mary Margaret Kerr, Ed.D., Professor, Applied Developmental Psychology and Psychiatry, University of Pittsburgh

11:45 A.M. LUNCH (On Your Own)

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

2:00 P.M. BREAK

2:15 P.M. SKILL DEVELOPMENT WORKSHOPS CONTINUE

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: Hidden Scars: The Impact of Maltreatment on Young Peoples’ Minds and Brains

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, Dr. David Brent will review the relationship between maltreatment and psychological outcome, such as psychiatric disorder, suicidal behavior, and cognitive functioning. We will then examine how maltreatment may affect brain structure and function, and how these findings relate to clinical presentation. Finally, we will discuss the implications of these findings for clinical care, prevention, and future research.

At the conclusion of this session, participants should be able to:
1. Explain the psychological effects of maltreatment on psychological outcome
2. Summarize the extant knowledge about effects of maltreatment on brain structure and function
3. Outline implications of these findings for clinical care, prevention, and future research

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Keynote Address: Suicide Prevention in Schools: What We Know and Don’t Know

Mary Margaret Kerr, Ed.D., Professor, Applied Developmental Psychology and Psychiatry, University of Pittsburgh

Suicide prevention is a major priority for those working in school mental health, highlighted even more so by recent school shootings involving suicides. Yet school-based staff often struggle to make decisions regarding prevention, intervention, and postvention practices, because of fears about elevating suicide risk. Further complicating matters, educators and mental health professionals may disagree on approaches, language, and priorities. For example, common concerns include whether to teach students about suicide, how to involve the greater community in identifying those at risk, and what to do about memorials. The purpose of this session, therefore, is to offer practical guidance, supported by the best available research. While helping participants understand the complexities and controversies in the field, we share lessons learned through three decades of school-based suicide prevention, intervention, and postvention work.

At the conclusion of this session, participants should be able to:
1. Identify elements of a comprehensive school-based prevention program and self-evaluate their own school’s policies, procedures, and programs
2. Describe key research findings and the best practices they support
3. Identify resources for remaining well informed about suicide prevention in schools and communities

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SKILL DEVELOPMENT WORKSHOPS

Please note when registering for workshops that all workshops are 2 ½ hours in length; therefore, you will select only one workshop and an alternate on your registration form.

A. Workshop Title: Mindfulness and Self-Soothing Strategies (Introductory)

Sarah Caligiuri, LPC, NCC, Clinician, STAR-Center

This two and a half hour workshop is designed for clinicians to work at integrating mindfulness into their daily lives and utilizing it in their clinical practice. We will review the benefits of living a more mindful life and how this can be expressed to clients. Finally, we will look at different mindfulness exercises to use in both individual and group settings.

At the conclusion of the session, participants should be able to:
1. Describe the benefits of living a mindful life for both themselves and their clients
2. Identify which techniques could be beneficial based on diagnoses
3. Develop a repertoire and understanding of mindfulness exercises to use with a range of settings

B. Workshop Title: Motivational Interviewing: Practices from the Heart (Introductory)

Antoine Douaihy, M.D., Associate Professor of Psychiatry, University of Pittsburgh School of Medicine, Medical Director of Addiction Medicine Services at Western Psychiatric Institute and Clinic, Associate Residency Training Director and Director of the Addiction Psychiatry Fellowship at Western Psychiatric Institute and Clinic.

This workshop will focus on the elements of Motivational Interviewing (MI) including new elements from the Third Edition of Motivational Interviewing and methods for eliciting and strengthening change talk. This workshop is designed to introduce the clinical method and applications of MI.

At the conclusion of this session, participants should be able to:
1. Describe MI theory and research
2. Focus on patient change language and how it guides the practice of MI
3. Identify and learn the new 4-process framework for MI that allows for easier integration in diverse settings
4. Practice core skills for evoking motivation to change

C. Workshop Title: Managing Non-Suicidal Self-Injury in Teens (Intermediate)

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 two and a half hour workshop will provide tools to help clinicians understand the motivations underlying self-injurious behavior. Next we will discuss important clinician characteristics that help engage youth to effectively work on changing behavior. Additionally, we will review and practice assessment and treatment interventions.

At the conclusion of this session, participants should be able to:
1. Describe common motivations underlying non-suicidal self-injurious behavior in teens.
2. Identify clinician characteristics that impact treatment outcomes for self-injurious behaviors in teens
3. Implement strategies for assessing non-suicidal self-injurious behavior in teens

D. Workshop Title: Teen Social Media and Mental Health Usage Trends for Professionals (Intermediate)

Ryan Klingensmith, NCC, LPC, Addiction Medicine, Prevention Education and SAP Services, Western Psychiatric Institute and Clinic

The presentation will update the attendee with the most current social media sites and apps including Instagram, Tumblr, Kik, Snapchat and Ask.fm. It will then review youth mental health concerns including eating disorders, self-harm, suicide and posting related content on these sites. Prevention and intervention strategies will conclude the presentation.

At the conclusion of this session, participants should be able to:
1. Define current social media sites most popular with youth
2. Recognize current trends with certain populations of youth using social media to share mental health concerns
3. Develop personal and professional practices related to discussing and educating youth to be socially responsible digital citizens

E. Workshop Title: Youth Suicide Prevention: What Can We Do? (Introductory)

Paula S. McCommons, Ed.D., Director, STAR-Center Outreach

This interactive workshop will utilize video clips, scenarios and experiential activities to explore the risk factors, warning signs and protective factors associated with suicidal youth behaviors. Exciting and promising developments in national and local suicide prevention initiatives will be highlighted. In particular, activities and programs associated with the PA SAMHSA Suicide Prevention In Schools grant, Act 71 school law for suicide prevention efforts and PAYSPI (PA Youth Suicide Prevention Initiative) will be discussed. Guidelines and illustrations for safe and effective messaging around suicide prevention will be offered. Recommended resources for youth, caregivers and professionals will be reviewed and selected items (i.e. templates for PSAs, school readiness surveys, and support groups) shared. Participants will also have an opportunity to practice emotional regulation strategies and examine their own self-care strategies.

At the conclusion of this session, participants should be able to:
1. Describe the risk factors, warning signs and protective factors associated with suicidal and at-risk behavior among youth
2. Outline the national and local initiatives to address youth suicide
3. Offer suggestions on safe and effective messaging around suicide prevention
4. Identify reputable resources for youth, professionals and caregivers around youth suicide prevention
5. Demonstrate emotional regulation and self-care strategies