

“Protecting Children from Harm”

**STAR-Center Conference
(Services for Teens At Risk)**

King of Prussia, PA (MC59)

**Monday, March 19, 2012
(Registration Deadline: Monday, March 5, 2012)**

STAR-Center is pleased to invite you to our 2012 conference in King of Prussia. Inside you will find detailed information and a registration form.

**Radisson Hotel Valley Forge
1160 First Avenue
King of Prussia, PA 19406
610-337-2000**

**8:30 A.M. – 3:30 P.M.
(Registration: 8:00 A.M. – 8:30 A.M.)**

Course Directors

David Brent, M.D.

Director, STAR-Center

Western Psychiatric Institute and Clinic
University of Pittsburgh Medical Center

Paula McCommons, Ed.D.

Director, STAR-Center Outreach

Western Psychiatric Institute and Clinic
University of Pittsburgh Medical Center

Conference Objectives

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

1. Identify impact of sudden loss of a parent on children's social, emotional, and physical development.
2. Explain how strengthening family relationships can support troubled adolescents.
3. Describe effective strategies to use with at-risk youth one-on-one and in a group setting.

Target Audience

This program is appropriate for all clinical and educational personnel.

Cost

There is a \$60 registration fee for this conference. The cost includes a light breakfast (coffee/tea/muffins), training materials and continuing education credits.

Full tuition must accompany the registration form. A \$25 administrative fee will be deducted from all refunds for cancellations. All refund requests must be in writing and received in the office no later than March 12, 2012.

Please return registration form by Monday, March 5, 2012.

Please e-mail Jamey Covalleski (covaleskiji@upmc.edu), Administrative Coordinator of STAR-Center Outreach, with questions regarding the conference program.

Questions regarding registration can be e-mailed to Maria Pena Jordan (penajordanmi@upmc.edu), Conference Planner, OERP/WPIC.

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 is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic adheres to the NBCC Continuing Education Guidelines. This program is being offered for **5.5** Continuing Education Credits.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/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 one of these programs.

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.

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King of Prussia Conference Agenda

8:00 A.M. REGISTRATION

8:30 A.M. OPENING REMARKS

WELCOME and ANNOUNCEMENTS

9:00 A.M. KEYNOTES

Resilience in the Face of Loss: Promoting Healthy Development in Parentally Bereaved Youth
David A. Brent, M.D., Academic Chief, Child and Adolescent Psychiatry, Western Psychiatric Institute and Clinic, and Director, STAR-Center (Services for Teens at Risk)

Parental bereavement has a broad impact on the health and development of children. In this talk, we review the biological impact of parental loss, its effects on health, health risk behaviors, psychiatric disorders, and developmental competence. We also identify individual and parental resources that can protect against these adverse consequences as well as specific interventions to marshal these protective resources.

There will be a brief break between Keynotes

The Family Safety Net Project: Attachment Based Family Therapy for Suicidal Adolescents
Guy S. Diamond, Ph.D., Director, Center for Family Intervention Science, Associate Professor, University of Pennsylvania, School of Medicine

ABFT is a manualized, empirically informed, family therapy model specifically designed to target family and individual processes associated with adolescent suicide and depression. ABFT emerges from interpersonal theories that suggest adolescent depression and suicide can be precipitated, exacerbated, or buffered against by the quality of interpersonal relationships in families. It is a trust-based, emotion focused psychotherapy model that aims to repair interpersonal ruptures and rebuild an emotionally protective, secure-based, parent-child relationship. This lecture will give an overview of the supporting research, theoretical foundation and clinical practice of ABFT.

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

12:45 P.M. SKILL DEVELOPMENT WORKSHOPS

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.

Skill Development Workshops:

A. **CBT and DBT Group Therapy Techniques** *Introductory*

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

This workshop will present information to clinicians to reach numerous clients at one time by engaging them in group Cognitive Behavioral Therapy. Group concepts and dynamics will be addressed, as well as the benefits that can arise from these. Attendees will leave with group ideas they can implement into their practice.

B. **Understanding Non-Suicidal Self-Injury in Teens** *Introductory*

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

This workshop will provide information to help clinicians distinguish between non-suicidal self-injurious behavior and suicidal behavior in teens. Attendees will also gain tools for understanding and assessing the motivations underlying self-injurious behavior. We will conclude by discussing how this assessment informs treatment planning.

C. **Mental Health Disparities Among Lesbian, Gay, and Bisexual Youth: Research Findings and Implications for Prevention and Treatment** *Introductory*

Michael P. Marshal, Ph.D., Licensed Clinical Psychologist, Assistant Professor of Psychiatry and Pediatrics, University of Pittsburgh.

This introductory workshop will provide clinicians with information regarding: (1) common definitions of sexual orientation, (2) current scientific evidence for mental health disparities among sexual minority youth, (3) minority stress theory, and central mechanisms of risk for sexual minority youth, (4) and how to conceptualize problems and approaches to treatment using the Cognitive Behavioral Therapy framework.

D. **Survivors Of Suicide (SOS) Group for Children and Adolescents** *Introductory*

Sue Wesner, RN, MSN, CS, Adult Bellefield Clinic, and Partial Hospital Program, Western Psychiatric Institute and Clinic

This workshop will address the grief process and the task of grief in children and adolescents. The presenter will share exercises which can be used in helping those grieving develop an understanding of the loss and the intense emotions of grief. Information will be presented to assist adults on how to and when to explain suicide to children who must deal with that specific type of death.

E. **Developing Effective Safety Plans for Suicidal Youth** *Intermediate*

Matthew Wintersteen, Ph.D., Assistant Professor and Director of Research, Licensed Psychologist, Thomas Jefferson University, Department of Psychiatry and Human Behavior, Division of Child & Adolescent Psychiatry

Far too often, youth in need of specialty behavioral health services do not receive these services. Even in outpatient behavioral health settings, managing the safety of suicidal youth can be challenging. This presentation focuses on the effective use of safety plans as an intervention across a number of settings.

STAR-Center Conference Registration Form
King of Prussia, PA (MC59) Monday, March 19, 2012
Registration Deadline: Monday, March 5, 2012

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:		

For Continuing Education, please check if you are:

Educator (Act 48) NBCC Counselor Nurse Psychologist Social Worker/LPC/LMFT

Workshop Preferences: Circle your top three workshop choices.

Choice #1:	A	B	C	D	E
Choice #2:	A	B	C	D	E
Alternate Choice:	A	B	C	D	E

Method of Payment (\$60 Registration Fee)

<input type="checkbox"/> Check (Check# _____ Payable to OERP/WPIC)			
<input type="checkbox"/> VISA	<input type="checkbox"/> MasterCard	<input type="checkbox"/> AMEX	<input type="checkbox"/> 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:

Maria Pena-Jordan, Conference Manager
WPIC/OERP
Room 179, 4601 Baum Building
3811 O'Hara Street
Pittsburgh, PA 15213

Credit Card registrations ONLY can be faxed to (412) 802-6910. Registration will not be accepted without payment. Telephone registrations CANNOT be accepted. Please contact Maria Pena-Jordan at penajordanmi@upmc.edu with any questions about registration.