

EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC
HOSPITAL

2024 Annual Services for Teens at Risk (STAR) Suicide Prevention Conference

Promoting Safe and Supportive Environments for All Youth
(EC22)

(Virtual Event on Zoom)

*Friday, May 10, 2024
8:30 a.m. to 3:30 PM EST*

*Login opens at 8:15 AM.
(Zoom link will be sent to registered participants May 9, 2024)*

Course Directors

*David A. Brent, MD, Director, STAR-Center
Paula McCommons, EdD, Director, STAR-Center Outreach*

*Recovery and Wellness: The Journey Starts Here
A Joint Effort Sponsored by Community Care Behavioral Health Organization and
UPMC Western Psychiatric Hospital*

Description

STAR-Center is a suicide prevention program for teens and young children within the UPMC Western Psychiatric Hospital, Department of Psychiatry. From its inception in 1986, the program has been primarily funded through an appropriation from the Commonwealth of Pennsylvania to the University of Pittsburgh.

STAR-Center is a program that combines clinical and outreach services designed to combat the problem of child and adolescent suicide. We provide outpatient assessment and treatment for depressed and anxious children and teens. We also offer acute treatment to depressed and suicidal teens via our Intensive Outpatient Program (IOP).

Our annual conferences strive to disseminate what we have learned about best practice clinical care into practical guidelines for educational and community settings. STAR Center is devoted to providing training opportunities for students and psychiatric residents as well as contributing to the future development of research designed to study the pressing issues related to child and adolescent suicide.

Course Objectives:

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

1. Define important domains of social media use to consider in teens' mental health
2. Discuss the risks and benefits of social media related to adolescents' suicidality
3. Identify evidence-based strategies for addressing social media use with teens to promote mental health
4. Describe how the escalation cycle hinders crisis communication
5. Describe strategies to de-escalate tensions at each stage of the cycle
6. Find evidence-based resources to support crisis communications

Target Audience:

This program is appropriate for clinical and educational personnel.

Cost:

- Registration Fee - \$40
- UPMC/University of Pittsburgh Employee Registration Fee - \$20

The registration fee includes continuing education credits. Additional certificates can be purchased for \$10 by contacting Nancy Mundy (mundnl@upmc.edu).

PLEASE NOTE: PowerPoints will be made available electronically a few days prior to the conference. To print copies of the presentations, please visit the STAR-Center Website – www.starcenter.pitt.edu or go to <https://www.oerp.pitt.edu/conference-materials/> for additional information.

For additional information regarding presenters or presentations, please go to www.starcenter.pitt.edu, or contact Jamey Covaleski @ covaleskijj@upmc.edu.

2024 Virtual STAR-Center Conference Agenda

May 10, 2024

Via Zoom

8:15 AM LOG ONTO ZOOM

8:30 to 11:30 AM CONFERENCE OVERVIEW

KEYNOTES

Jessica L. Hamilton, PhD

Assistant Professor, Department of Psychology, Rutgers University

There will be a brief break between Keynotes

Mary Margaret Kerr, EdD

Professor of Health and Human Development, University of Pittsburgh

11:30 AM LUNCH (On Your Own)

12:45 PM SKILL DEVELOPMENT WORKSHOPS - *GROUP 1*

2:00 PM BREAK

2:15 PM SKILL DEVELOPMENT WORKSHOPS – *GROUP 2*

3:30 PM ADJOURNMENT

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

All workshops are introductory to intermediate instruction level.

KEYNOTE ADDRESSES

Keynote Address: The Clock is TikToking: The Urgent Need to Understand Social Media and Teen Suicide Risk

Jessica L. Hamilton, PhD

Assistant Professor, Department of Psychology, Rutgers University

The goal of this presentation is to provide knowledge about the current state of the science of teen's social media use and suicide risk, with emphasis on its potential risks and benefits. Clinical considerations and evidence-based strategies for addressing adolescents' social media use in clinical practice will be discussed.

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

1. Define important domains of social media use to consider in teens' mental health
2. Discuss the risks and benefits of social media related to adolescents' suicidality
3. Identify evidence-based strategies for addressing social media use with teens to promote mental health

Keynote Address: How Individuals in Crisis Process Information: Implications for Educators

Mary Margaret Kerr, EdD

Professor of Health and Human Development, University of Pittsburgh

Whether communicating by phone, in person, or via email, educators benefit from understanding how people process information during a crisis. This keynote draws on established best practices for communications during a crisis. To apply these principles, participants will analyze how communications become emotionally charged and lead to heightened alarm and anger. When these interactions escalate, they have the potential to damage relationships, sometimes permanently, with educators as well as the school system. The session also offers practical, time-saving strategies and templates that school personnel can adopt to facilitate better communications during uncertain times.

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

1. Describe how the escalation cycle hinders crisis communication
2. Describe strategies to de-escalate tensions at each stage of the cycle
3. Find evidence-based resources to support crisis communications

SKILL DEVELOPMENT WORKSHOPS

Please note that participants will select two workshops – one from Group 1 and one from Group 2.

GROUP #1 - 12:45 – 2:00 p.m. (SELECT ONE WORKSHOP FROM GROUP #1)

A. Workshop Title: Supporting LGBTQ+ Youth in On-line Spaces

- **Candice Biernesser, PhD, LCSW**
Assistant Professor of Psychiatry, Department of Psychiatry, University of Pittsburgh
- **César G. Escobar-Viera, MD, PhD**
Assistant Professor of Psychiatry, Department of Psychiatry, University of Pittsburgh

While social media can afford LGBTQ+ youth access to social connections, a sense of community, and social support, it can also give way to experiences of discrimination and victimization. This workshop will offer practical guidance for supporting the needs of and responding to victimization of LGBTQ+ adolescents in online spaces.

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

1. Understand current research examining both protective and risk factors for LGBTQ+ youth mental health on social media and other online spaces
2. Gain perspective on protective and risk factors experienced online by LGBTQ+ youth
3. Identify strategies and resources for fostering a healthy and developmentally appropriate use of online spaces among LGBTQ+ youth

B. Workshop Title: How to Find the Best Resources on School Safety Quickly: A Guided Tour for School Crisis Teams

- **Audrey Bowser, Doctoral Candidate**
University of Pittsburgh

Those working in schools do not have time to research school safety. Consequently, overworked school staff often get stuck designing procedures and training sessions. This workshop offers a guided tour of best school safety resources, including free tabletop exercises, emergency operations plans, reunification, plans and supplies, and much more.

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

1. Quickly find excellent school crisis training exercises
2. Quickly find resources for reassuring students and staff after a crisis
3. Quickly find resources for responding to a crisis including family reunification

C. Workshop Title: Fidelity with Flexibility: Facilitating Effective and Engaging Group Therapy for Adolescents and Young Adults

- **Dominique Dove, MS, LPC**
Research Principal, STAR-Center
- **Mackenzie Osborn, MSCP**
Behavioral Health Therapist I, STAR-Center

This interactive workshop will overview and demonstrate best practices for delivering group therapy to anxious, depressed, or suicidal adolescents and young adults. Learn how to make skills-based therapy groups more engaging and effective while watching seasoned facilitators teach CBT and DBT skills – just like they would in a group setting.

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

1. Describe the characteristics that it is important to embody when working with groups of adolescents and young adults
2. Identify concrete ways to bring CBT and DBT skills to life in a group setting
3. Plan and structure an effective group session for adolescents and young adults

D. Workshop Title: School-Based Behavioral Threat Assessment and Suicide Screening: Missteps and Solutions

- **Melissa M. Nelson, Ed.D.**
K12 School Safety and Security Subject Matter Expert
Southwestern PA Threat Assessment Hub
RSM: Risk and Strategic Management Corporation

Understanding the interconnectedness of targeted violence and suicide is essential for developing school-based supports for students in crisis. Dr. Nelson will provide an overview of the relationship between targeted violence and suicide and share evidence-based tools for use while conducting threat assessments and suicide screens.

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

1. Explain the importance of understanding and interpreting K12 children and adolescent behavioral health issues which indicate warning signs and risk factors for violence and suicide
2. Apply the use of evidence-based resources to develop Behavioral Threat Assessment and Suicide Screen systems in K12 settings
3. Use evidence-based strategies to improve Behavioral Threat Assessment and Suicide Screen systems in K12 settings

E. Workshop Title: “Livin’ la Vida Loca?”

- **Claudia Melendez Ardiles, LPC, NBCC**
Behavioral Therapist, Children’s Community Pediatrics - Wexford

Hispanic children in America suffer incredible social, family, financial and educational challenges that often lead to high rates of anxiety, depression, and suicidality. Unfortunately, access to mental health care is mostly unattainable or very difficult to navigate. Today we will attempt to understand and assist this population to prevent, treat or recover from severe mental health.

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

1. Describe challenges during the acculturation process for both immigrant parents and children that affect their mental health
2. Identify obstacles in accessing care for mental health problems locally and regionally
3. Learn how to transfer participants’ skills and strengths to the treatment of special populations.

F. Workshop Title: Case Study in the Treatment of Trauma and Suicidality

- **Teri Pentz, LPC, IMH-E®**
Supervisor, Behavioral Health Training, Child and Adolescent Trauma Services
UPMC Western Behavioral Health
- **Rachel Ludwig, LCSW**
Behavioral Health Therapist III, Child and Adolescent Trauma Services
UPMC Western Behavioral Health

Utilizing a case presentation format, this workshop will provide participants with a highly interactive training on how to provide clinical treatment to an adolescent exhibiting post-traumatic behaviors and suicidality. Discussion will include the impact of trauma on suicidal ideation and the importance of treating trauma symptoms while stabilizing suicidal behaviors.

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

1. Interpret current clinical symptoms within the context of prior traumatic experiences
2. Describe best practices for the assessment of traumatic experiences in suicidal youth
3. Begin to develop treatment goals and interventions that appreciate the influence of early traumatic experiences on current suicidal ideation

GROUP #2 - 2:15-3:30 p.m. (SELECT 1 WORKSHOP FROM GROUP #2)

G. Workshop Title: Engaging Hard-to-Reach Parents and Guardians Through Effective Communications

- **Mary Margaret Kerr, Ed.D.**
Professor of Health and Human Development, University of Pittsburgh

In this workshop, we will examine specific do's and don'ts for communicating effectively with families who are angry, worried, or non-responsive. First, we will look at case studies that depict these problem communications. Then we will examine what's behind these reactions and how we can more effectively communicate.

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

1. Analyze real conversations to detect underlying needs of the family
2. Identify more effective strategies for communicating with families
3. Reduce confrontations with families

H. Workshop Title: Adolescent and Young Adult Substance Use Disorders, Serious Mental Illness, and Suicide Risk

- **Duncan B. Clark, MD, PhD**
Professor of Psychiatry, School of Medicine, University of Pittsburgh

This workshop will review and discuss the assessment and treatment options for substance use disorders in adolescents and young adults in the context of comorbid serious mental illness and suicide risk. Behavioral and pharmacological interventions will be considered with a particular focus on common dilemmas in challenging clinical circumstances.

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

1. Clinically assess overlapping risk factors for substance use and suicide risk
2. Discuss approaches for distinguishing between serious mental illness symptoms and substance use effects
3. Outline intervention options, including behavioral interventions, level of care options, and pharmacological treatments

I. Workshop Title: “You Don’t Snooze, You Lose!” Tools for Adolescent Sleep Health

- **Kelsey Bero, LPC, NCC**
Behavioral Health Therapist III, STAR-Center
- **Karla Joyce, LCSW**
Research Operations Coordinator, STAR-Center Research

This workshop will provide information regarding adolescent sleep health and introduce strategies based on Transdiagnostic Sleep and Circadian Intervention (TransS-C) that can be implemented for youth experiencing sleep difficulties. Attendees will be introduced to specific tools and strategies for enhancing motivation and implementing change for adolescents’ sleep health.

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

1. Explain the etiology of sleep and circadian rhythm in adolescents
2. Describe specific tools for addressing common adolescent sleep concerns
3. Implement basic sleep health strategies for improving mental health and overall wellness

J. Workshop Title: Preventing Targeted Violence: Evolving Threats and Evolving Solutions

- **Eric R. Patterson, MAPP**
Special Agent, Threat Management Coordinator – FBI
FBI - Philadelphia Field Office
Adjunct Professor, Penn State University
- **Melissa M. Nelson, Ed.D.**
K12 School Safety and Security Subject Matter Expert
Southwestern PA Threat Assessment Hub
RSM: Risk and Strategic Management Corporation

This workshop will focus on the evolving threats and evolving solutions for preventing targeted violence. Attendees will learn about the FBI’s Community Anti-Threats Officer (CATO) Program, the FBI’s Community Anti-Threat Team (CATT) Program, the role of multi-disciplinary Threat Assessment Threat Management (TATM) Teams, and positive psychology’s role in TATM.

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

1. Discuss the evolving threats of targeted violence in today’s threat landscape
2. Discuss evolving solutions for preventing targeted violence through the FBI’s CATO Program, the FBI’s CATT Program, and the benefits of working threats cases through operational multi-disciplinary TATM Teams
3. Discuss the role of the field of positive psychology in TATM

K. Workshop Title: Parent Peer Support

- **Maria Silva, Chief Operating Officer
Allegheny Family Network**

This is an interactive presentation and discussion regarding Parent Peer Support Partners as a critical part of the mental healthcare team. This presentation will highlight how adding a Parent Peer Support Partner will improve parent engagement and outcomes. Hear how Parent Peer Support Partners share their lived experience and skills to build trust, improving engagement and follow through, and teach appropriate self-advocacy skills.

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

1. Discuss the value of Parent Peer Support as a critical part of the team
2. Describe how Parent Peer Support can improve family engagement and thus improve outcomes
3. Describe what sets Parent Peer Support apart from other clinical services (sharing our story, truth with respect, no power over)

All presentations are introductory to intermediate instruction level.

For additional information regarding presenters or presentations, please go to www.starcenter.pitt.edu, or contact Jamey Covaleski @ covaleskijj@upmc.edu.

CONTINUING EDUCATION CREDIT

Psychologists



As a Jointly Accredited Organization, University of Pittsburgh is approved to offer psychology continuing education by the American Psychological Association. University of Pittsburgh maintains responsibility for this course. Psychologists completing this course receive 5.25 continuing education credits.

Counselors



Education and Consultative Services of UPMC Western Psychiatric Hospital 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. UPMC Western Psychiatric Hospital is solely responsible for all aspects of this program. This program is being offered for 5.25 continuing education hours.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 5.0 continuing education credits.

Other Professionals

Other professionals are awarded .525 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours.

Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

PA Educators (Act 48):

UPMC Western Psychiatric Hospital is recognized by the Pennsylvania Department of Education to offer Continuing Education Credits under the Act 48 guidelines. UPMC Western Psychiatric Hospital adheres to the Act 48 Continuing Education Guidelines. PA educators will receive 5.25 hours of Act 48 credit for completing this program.

- *Upon completion of the evaluation on the CCEHS registration site, up to two continuing education certificates per attendee will be awarded. You will be able to obtain your APA and LSW/LCSW/LPC/LMFT certificate from this site. If you need additional certificates (NCC, General CEU, Act 48), please contact Nancy Mundy at mundnl@upmc.edu. Additional certificates beyond two are \$10.*
- *NBCC and General CEU certificates will come from Education and Consultative Services. Please allow four-to six-weeks for this process.*
- *Act 48 continuing education credit hours will be uploaded into the PERMS system via the University of Pittsburgh Department of Education. Please include your PERMS number in the evaluation where requested. Your credit hours will be available in the PERMS system two weeks after the program.*
- ***Please retain your certificate in a safe place. Replacement cost for NCC and General CEU certificates is \$30.***

Registration Information

Please register at: [2024 Annual Services for Teens at Risk \(STAR\) Suicide Prevention Conference | UPMC - Center for Continuing Education in the Health Sciences](#)

Registration deadline: May 3, 2024

Non-UPMC	\$40
UPMC/University of Pittsburgh	\$20 (with a UPMC or Pitt e-mail address)

Tuition includes:

- * Registration and conference materials
- * Continuing education and credits

The registration fee includes continuing education credits. Two certificates per participant. Additional certificates can be purchased for \$10 by contacting Nancy Mundy (mundnl@upmc.edu).

UPMC employees who would like to be sponsored by their department can request this from their manager. Please have your manager complete the form found [here](#). Participants paying through this Departmental Transfer still need to register online with the code found on the form, which will bring your conference fee to \$0 when registering, but your department will be charged. Your work e-mail address will need to be used when registering. All registrations with this code will be matched against the department transfers that are sent to us.

Full tuition must accompany registration. 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, May 9, 2024. There will be no refunds if a cancellation occurs on the date of the event.



*We encourage participation by all individuals. If you have a disability or require special accommodations, advance notification of any special needs will help us better serve you. Please notify us of your needs at least **two weeks** in advance of the program by contacting Nancy Mundy at mundnl@upmc.edu*