2020 STAR-Center Conference

“Bringing Treatment into Focus: Being Virtually Present”

(MD70)

Friday, May 15, 2020
8:30 a.m. to 3:30 p.m.
(Sign-in to meeting: 8:15 a.m.)

ZOOM Livestreaming Meeting

Course Directors
David A. Brent, M.D., Director, STAR-Center
Paula McCommons, Ed.D. 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 of UPMC
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. Describe virtual approaches to assessment and intervention for at-risk youth
2. Identify challenges inherent to virtual approaches to behavioral healthcare
3. Discuss practical approaches to incorporating Measurement-Based Care into virtual practice.
4. Implement the new requirements of Act 44 for trauma-informed awareness
5. Describe trauma and its effects, especially in the school environment
6. Identify practical strategies for classroom teachers and other staff who may not have prior background in behavioral health

Target Audience:
This program is appropriate for clinical and educational personnel.

Cost:
- Registration Fee - $30
- UPMC/University of Pittsburgh Employee Registration Fee - $15

The registration fee includes continuing education credits.

PLEASE NOTE: A link to join the Zoom meeting will be e-mailed to all registrants prior to the conference. PowerPoint presentations will be available at https://www.oerp.pitt.edu/conference-materials/ a week prior to the event

For additional information regarding presenters or presentations, please go to www.starcenter.pitt.edu, or contact Jamey Covaleski @ covaleskjj@upmc.edu.
May 15, 2020 - Conference Agenda

8:15 to 8:30 A.M. SIGN IN TO MEETING

8:30 to 9:45 A.M. KEYNOTE #1 Focus on Virtual Assessment and Treatment
Tina R. Goldstein, PhD, Associate Professor of Psychiatry, University of Pittsburgh, School of Medicine, and Associate Director, STAR-Center (Services for Teens at Risk), UPMC Western Psychiatric Hospital

9:45 to 10:00 A.M. BREAK

10:00 to 11:00 A.M. KEYNOTE #2 Trauma-Informed Awareness in Schools
Mary Margaret Kerr, EdD, Professor, Psychology in Education, University of Pittsburgh

11:00 to 11:15 A.M. BREAK

11:15 to 12:30 P.M. SKILL DEVELOPMENT WORKSHOP #1 Trauma-Focused CBT for Childhood Traumatic Grief
Judith Cohen, MD, Professor of Psychiatry, Medical Director, AGH Center for Traumatic Stress in Children and Adolescents, Allegheny Health Network and Drexel University College of Medicine

12:30 to 12:45 P.M. BREAK

12:45 to 2:00 P.M. SKILL DEVELOPMENT WORKSHOP #2 Media and Youth Suicide: Through the Lens of “Thirteen Reasons Why”
   • Sansea L. Jacobson, MD, Associate Professor of Psychiatry, Child and Adolescent Psychiatrist, STAR-Center Western Psychiatric Hospital, University of Pittsburgh Medical Center
   • Beth Hoffman, MPH, PHD Student, Graduate Research Assistant, Center for Research on Media, Technology, and Health (MTH), Graduate School of Public Health

2:00 to 2:15 P.M. BREAK

2:15 to 3:30 P.M. SKILL DEVELOPMENT WORKSHOP #3 Borderline Personality Disorder in Teens
   • Stephanie D. Stepp, PHD, Associate Professor of Psychiatry and Psychology, University of Pittsburgh School of Medicine
   • Amy Byrd, PHD, Assistant Professor, Department of Psychiatry, University of Pittsburgh School of Medicine

3:30 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: “Focus on Virtual Assessment and Treatment”

Tina R. Goldstein, PhD Associate Professor of Child Psychiatry, University of Pittsburgh, School of Medicine, and Associate Director, STAR-Center (Services for Teens at Risk), UPMC Western Psychiatric Hospital

This presentation will discuss the use of technology to conduct assessment and treatment with at-risk youth. We will review data on effectiveness, and highlight lessons learned from our current experiences implementing telemedicine at STAR. We will explore practical ways that measurement-based care (MBC) can be incorporated into virtual delivery of mental healthcare for youth.

At the completion of this session, participants should be able to:
1. Describe virtual approaches to assessment and intervention for at-risk youth.
2. Identify challenges inherent to virtual approaches to behavioral healthcare.
3. Discuss practical approaches to incorporating Measurement-Based Care into virtual practice.

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Keynote Address: Trauma-Informed Awareness in Schools

Mary Margaret Kerr, EdD, Professor, Psychology in Education, University of Pittsburgh

This session helps school-based professionals in their implementation of the new requirements of Act 44 for trauma-informed education. Highlighted will be controversies in the field as well as on-line professional development for classroom teachers and other staff who may not have prior background in behavioral health. Participants will receive resources for use in their own schools.

At the completion of this session, participants should be able to:
1. Implement the new requirements of Act 44 for trauma-informed awareness
2. Describe trauma and its effects, especially in the school environment
3. Identify practical strategies for classroom teachers and other staff who may not have prior background in behavioral health

SKILL DEVELOPMENT WORKSHOPS

A. Workshop Title: Trauma-Focused CBT for Childhood Traumatic Grief
   Judith Cohen, MD, Professor of Psychiatry, Medical Director, AGH Center for Traumatic Stress in Children and Adolescents, Allegheny Health Network and Drexel University College of Medicine

This presentation introduces participants to Trauma-Focused Cognitive Behavioral Therapy (TF-CBT, https://tfcbt2.musc.edu), an evidence-based treatment for youth ages 3-18 years and their parents or primary caregivers, and the model’s applications for youth with traumatic grief, defined as developing trauma and maladaptive grief responses to the death of an important attachment figure.

At the completion of this session, participants should be able to:
1. Describe four core TF-CBT principles (components-and phase-based treatment; proportionality of treatment; parental inclusion; and use of gradual exposure)
2. Identify the 9 TF-CBT trauma-focused PRACTICE components for youth and parents
3. Discuss the 5 TF-CBT grief-focused components for youth and parents
B. Workshop Title: Media and Youth Suicide: Through the Lens Thirteen Reasons Why
   • Sansea L. Jacobson, MD, Associate Professor of Psychiatry, Child and Adolescent Psychiatrist, STAR-Center, Western Psychiatric Hospital, University of Pittsburgh Medical Center
   • Beth Hoffman, MPH, PHD Student, Graduate Research Assistant, Center for Research on Media, Technology, and Health (MTH), Graduate School of Public Health

In the month following the release of the controversial Netflix series, 13 Reasons Why, there was a 28.9% increase in youth suicide in our nation. This session will guide the audience to a better understanding of suicide contagion and related concepts as they pertain to media and adolescent mental health.

At the completion of this session, participants should be able to:
   1. Identify the key components of national guidelines for safe and effective media relevant to protecting individuals at risk for suicide contagion
   2. Access high-quality, on-line resources that raise awareness and promote open dialogues on sensitive topics without inadvertently placing youth at risk
   3. Explore options for advocacy that would reimagine the use of media as a method to enhance mental health awareness and decrease stigma for our nation’s youth

C. Workshop Title: Borderline Personality Disorder in Teens
   • Stephanie D. Stepp, Ph.D., Associate Professor of Psychiatry and Psychology, University of Pittsburgh School of Medicine
   • Amy Byrd, Ph.D., Assistant Professor, Department of Psychiatry, University of Pittsburgh School of Medicine

Early identification and treatment of borderline personality disorder during adolescence can mitigate long-term negative consequences of this illness, yet clinicians face many barriers when working with this population. We will dispel common myths about borderline personality disorder in teens to raise awareness in clinicians and educators, and review best practices in assessment, diagnosis, and general treatment strategies.

At the completion of this session, participants should be able to:
   1. Discuss evidence supporting the positive benefits associated with the early identification and treatment of borderline personality disorder in teens
   2. Identify one assessment tool appropriate for making a diagnosis of borderline personality disorder in teens
   3. Explain one general treatment strategy to help mitigate symptoms of borderline personality disorder in teens

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

The University of Pittsburgh is an affirmative action, equal opportunity institution

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

*Psychologists:
UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for 6.0 Continuing Education Credits.

**Counselors:
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 6.0 continuing education hours.

***Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT*:
This program is offered for 6.0 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 (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 6.0 hours of Act 48 credit for completing this program.

Other Professionals:
Nurses and other professionals are awarded 0.60 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 6.0 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.

1. Please retain your certificates in a safe place. Replacements cost $30.
2. Continuing education credits will be reduced if the participant chooses to leave before the end of the event.
3. The participant will be awarded continuing education contact hour(s) for attending the program, and upon completion and submission of the online evaluation form.

*Psychologists can earn up to 15 of their required 30 continuing education credits by home study. Livestreaming is considered a live presentation.

** National Certified Counselors are required to accrue 100 clock hours of continuing education activities that meet guidelines in each five-year certification period. There is no restriction on the percentage of those hours that may be accrued from distant learning courses.

***There is no restriction to the number of credits obtained online for those with LSW/LCSW/LPC/LMFT licenses.

****Educators must earn six credits of collegiate study; or six credits of PDE-approved continuing professional education courses; or 180 hours of continuing professional education programs, activities or learning experiences through a PDE approved provider; or any combination of the above every five years to maintain active certification status.
Registration Information

Online registration at https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=216481 or use the form below to pay by departmental journal transfer.

Cost:

- Registration Fee - $30
- WPH/UPMC/University of Pittsburgh Employee Registration Fee - $15. Use code star2020.upmc-pitt if registering online at https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=216481 and paying with a credit card. Please use your UPMC or University of Pittsburgh e-mail address.
- One name per registration, please.

The registration fee includes continuing education credits.

PLEASE NOTE: A link to join the Zoom meeting will be e-mailed to all registrants prior to the conference. PowerPoint presentations will be available at https://www.oerp.pitt.edu/conference-materials/ a week prior to the event.

Instructions for applying online: https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=216481

1. Click on ‘Register Now’ (small box at bottom of page)
2. If “STAR-Center Conference” appears under ‘Shopping Cart’, click on ‘Checkout’ (think of this as ‘continue’).
3. Register as a new registrant or sign in if you already have an account (username is your e-mail). You do not have to add in information about your insurance.
4. When the conference name appears again, click on ‘Checkout’ (again, think of this as ‘continue’)
5. Continuing Education Credit – Please use dropdown list for credential or choose Not Applicable/NA (you must complete this). Click on ‘continue’.
6. Please answer all questions regarding workshop choices.
7. Enter your promotional code if applicable (please see above). Click on ‘Apply to Total’!
8. Add credit card information and click on ‘Process Payment’.
9. Complete Transaction and print your receipt.

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.

If you have not done so already, please click on this link to return to the online registration page: https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=216481
Registration Form for UPMC Account Transfer Payments Only

STAR-Center Conference (MD70)
May 15, 2020 - Pittsburgh, PA
Registration Deadline: May 8, 2020

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

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

**UPMC/Pitt Tuition amount - $15**
- [ ] UPMC Account Transfer Business Unit ________________ Dept. ID ________________
- Administrator Name ________________________________________________________________
- Administrator Signature __________________________________________________________
  - Credit card payments are only accepted when registering online at: [https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=216481](https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=216481). Registration Fee - $30
  - UPMC/University of Pittsburgh Employee Registration Fee - $15. Use code star2020.upmc-pitt if registering online at [https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=216481](https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=216481) and paying with a credit card. Please use your UPMC or University of Pittsburgh e-mail address.
  - One name per registration, please.

Please email this form for departmental transfer registration to:

Nancy Mundy
mundnl@upmc.edu

Registration will not be accepted without payment or authorized signature for dept. transfers. Telephone registrations CANNOT be accepted. Please contact Nancy Mundy at mundnl@upmc.edu with any questions about registration.