



UPMC Western Psychiatric Hospital  
Department of Psychiatry  
Office of Educational Resources and Planning  
Community Care Behavioral Health Organization  
UPMC Insurance Services Division

***“Shaping the Future: Models of Integrated Care at UPMC”***  
*(MD49)*

***Saturday, December 7, 2019***

***UPMC Herberman Conference Center***  
*5150 Centre Ave.*  
*Pittsburgh, PA 15232*

***7:30 to 8:00 AM - Registration***  
***8:00 AM to 5:00 PM – Event***  
***5:00-5:30 PM - Reception***

***Course Directors***  
*Eva Szigethy, MD, PhD*  
*Susan Jarquin, PhD*

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

# **“Shaping the Future: Models of Integrated Care at UPMC”**

**December 7, 2019**

**UPMC Herberman Conference Center**

## **Introduction**

Large healthcare systems across the nation are now pursuing the quadruple aim: 1) improving the health of populations, 2) enhancing the patient experience of care, 3) reducing the per capita cost of health care, and 4) improving the work life of those who deliver care. These aims can only be realized if behavioral health services are carefully and extensively integrated across health care systems.

The purpose of this conference is to illustrate the innovative ways in which behavioral health services are being delivered to support integrated care at UPMC and how the provision of these services is allowing for the accomplishment of the quadruple aim. The conference will involve presentations given by UPMC hospital and health plan leaders, physicians, psychologists, and other mental health professionals. Additionally, the conference will involve a keynote address given by Douglas Tynan, PhD, former Director of Integrated Care at the American Psychological Association, which will describe the state of integrated care across the nation as well as the future of integrated care.

The provision of world-class care and the accomplishment of the quadruple aim necessitates the integration of medical and behavior health services. This conference will offer participants an inside look at how integration is happening at UPMC as well as an opportunity to see and shape the future of integrated care at UPMC.

## **Educational Objectives**

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

- Recognize the need for integrated care
- Describe the components of successful integrated care models
- Discuss the need to measure the effectiveness of integrated care and explain ways to do so
- Articulate ways to efficiently scale up the integration of behavioral interventions

## **Who Should Attend:**

UPMC leadership, UPMC Health Plan leadership, physicians, advanced practice providers, psychologists, social workers, nurses, hospital and clinic staff, patients, community members, students – psychology, medical, social work

## **Course Directors**

### **Eva Szigethy MD, PhD**

Professor of Psychiatry and Medicine  
Co-Director, IBD Total Care Subspecialty Medical Home  
Director, Behavioral Health within the Chief Medical and Scientific Office  
University of Pittsburgh Medical Center  
Pittsburgh, PA

### **Susan E. Jarquin, PhD**

Psychologist III  
Clinical Assistant Professor  
Pain Rehabilitation Coordinator  
University of Pittsburgh Medical Center, Division of Pain Medicine  
Pittsburgh, PA

## **Keynote Speaker**

### **Douglas Tynan PhD, ABPP**

Professor of Pediatrics  
Sidney Kimmel College of Medicine  
Thomas Jefferson University  
Philadelphia, PA

## **Faculty**

### **Kathryn Barbash, PsyD**

Lead Psychologist  
Behavioral Science Division of UPMC Children's Hospital of Pittsburgh  
Embedded Psychologist, Plastic Surgery Department  
Pittsburgh, PA

### **Robert Bart, MD**

Chief Medical Information Office, UPMC Health Services Division  
Pittsburgh, PA

### **Ellen Beckjord, PhD**

Associate Vice President, Population Health & Clinical Affairs at UPMC Health Plan  
Pittsburgh, PA

### **Deborah Brodine**

President, UPMC Western Psychiatric Hospital  
President, UPMC Senior Services  
Pittsburgh, PA

### **Jodie Bryk, MD**

Clinical Assistant Professor of Medicine  
Medical Director, Enhanced Care Program  
University of Pittsburgh Department of Medicine  
Pittsburgh, PA

**Gretchen Crum, LCSW**

Director, Clinical Care Services  
Behavioral Science Division  
UPMC Children's Hospital of Pittsburgh  
Children's Community Pediatrics Behavioral Health  
Pittsburgh, PA

**Andrea DiMartini, MD**

Professor of Psychiatry, Surgery and Clinical and Translational Sciences  
Medical Director of Transplant Psychiatry  
Starzl Transplant Institute  
University of Pittsburgh Medical Center  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Robert J. Ferguson, PhD**

Assistant Professor of Medicine  
University of Pittsburgh School of Medicine  
Division of Hematology/Oncology  
Pittsburgh, Pennsylvania

**Alyssa Ford, PhD**

Licensed Psychologist  
Primary Care Mental Health Integration Program Lead and Psychosocial Oncology Coordinator  
VA Pittsburgh Healthcare System  
Pittsburgh, PA

**Colleen D. Gianneski, LCSW**

Program Manager, TiPS (Telephonic Psychiatric Consultation Service)  
Behavioral Health Therapist, TiPS & Child and Family Counseling Center (CFCC)  
Children's Community Pediatrics Behavioral Health Services (CCP)  
UPMC Children's Hospital of Pittsburgh  
Pittsburgh, PA

**Deborah A. Gillman, PhD**

Clinical Psychologist  
Division of Pulmonary, Allergy and Critical Care Medicine  
UPMC Presbyterian Shadyside  
Pittsburgh, PA

**Priya Gopalan, MD**

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Medical Director, Consultation-Liaison Service  
Western Psychiatric Institute and Clinic of UPMC  
Pittsburgh, PA

**Diane Holder**

Executive Vice President, UPMC  
President, UPMC Insurance Services Division  
President and CEO, UPMC Health Plan  
Pittsburgh, PA

**Matt Hurford, MD**

Chief Medical Officer of UPMC Community Care Behavioral Health Organization  
Pittsburgh, PA

**David J. Kolko, PhD, ABPP**

Professor of Psychiatry, Psychology, Pediatrics, and Clinical and Translational Science  
University of Pittsburgh School of Medicine  
Director, Special Services Unit  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Jane Liebschutz, MD**

Chief, Division of General Internal Medicine  
Professor of Medicine with Tenure  
UPMC Endowed Chair of Translational Medicine and Research  
Director, Center for Research on Health Care  
Pittsburgh, PA

**Michael Lynch, MD**

Assistant Professor of Emergency Medicine Medical Director  
Pittsburgh Poison Center Medical Director for Substance Use Disorder  
UPMC Health Plan Emergency Department Attending Physician  
Pittsburgh, PA

**Eydie Moses-Kolko, MD**

Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Lauren Lorenzi Quigley, MS, LPC**

Neonatal Developmental Specialist  
Behavioral Sciences Division & Division of Newborn Medicine  
UPMC Children's Hospital of Pittsburgh  
Pittsburgh, PA

**Ryan Peterson MD**

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Psychiatrist, Consultation-Liaison Service  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Gina Perez, MD**

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Associate Chief, UPMC Behavioral Health Network  
Pittsburgh, PA

**Abigail Schlesinger, MD**

Medical Director, TiPS  
Clinical Director, Behavioral Science Division  
UPMC Children's Hospital of Pittsburgh  
Medical Director, Ambulatory Integrated Behavioral Healthcare  
Associate Professor  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**James Schuster, MD, MBA**

Associate Chief Medical Officer  
Senior Vice President for Behavioral and Medicaid Services for the UPMC Insurance Services Division  
Pittsburgh, PA

**Catherine Serio, PhD**

Associate Vice President, Digital Behavior Solutions  
UPMC Insurance Services Division  
Pittsburgh, PA

**Steve Shapiro MD**

Executive Vice President, UPMC Health Services  
Chief Medical and Scientific Officer, UPMC  
President, Health Services Division  
Pittsburgh, PA

**Jennifer Steel, PhD**

Associate Professor of Surgery, Psychiatry, and Psychology  
Director, Center for Excellence in Behavioral Medicine  
UPMC Children's Hospital of Pittsburgh  
University of Pittsburgh Department of Psychiatry  
Pittsburgh, PA

**James Tew, MD**

Associate Professor of Psychiatry  
Associate Chief, Inpatient Clinical Services  
Medical Director, Quality and Clinical Pathways  
University of Pittsburgh Medical Center  
Pittsburgh, PA

**Robin Valpey, MD**

Assistant Professor, Department of Psychiatry  
Medical Director, Center for Counseling and Cancer Support  
University of Pittsburgh Medical Center  
Pittsburgh, PA

**Ajay Wasan, MD, MA, MSc**

Professor of Anesthesiology and Psychiatry  
University of Pittsburgh School of Medicine  
Vice Chair for Pain Medicine, Department of Anesthesiology  
University of Pittsburgh Medical Center  
Pittsburgh, PA

**Ellen Whyte, MD**

Medical Director, Geriatric Psychiatry Outpatient Services

Medical Director, Adult Integrated Health Care - Primary Care

Pittsburgh, PA

*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.*

## Agenda

7:30-8:00 am

### Registration

8:00 to 8:45 am

### UPMC Strategies

#### *Overview*

Susan Jarquin, PhD

#### *Using Behavioral Strategies to Support Health and Wellness: The Experience of UPMC Health Plan*

Diane Holder

#### *A UPMC Strategy for Integrating Behavioral Health into All Aspects of Medical Care*

Steve Shapiro, MD

8:45 am to 12:15 pm

### Integrated Care

8:45-9:10

#### *The Key Role of Behavioral Health in Pediatric and Primary Care*

Abigail Schlesinger, MD

9:10-9:55

#### *Integrated Care in Specialty Settings*

Deborah Brodine; Jodie Bryk, MD; Abigail Schlesinger, MD; Jennifer Steel, PhD; Eva Szigethy, MD, PhD

9:55-10:05 - *Break*

10:05-10:45

#### *Technological Approaches to Integrated Care*

Robert Bart, MD; Ellen Beckjord, PhD; Gina Perez, MD; Catherine Serio, PhD

10:45-11:30

#### *Integrated Care in Behavioral Health Programs*

Priya Gopalan, MD; Matt Hurford, MD; James Tew, MD

11:30-12:15

#### *Integration in Healthcare Systems*

Alyssa Ford, PhD; Eydie Moses-Kolko, MD; Ellen Whyte, MD

12:15-1:00 pm

### Lunch and Poster Session

- Kathryn Barbash, PsyD, Pediatric Cleft-Craniofacial Center and Plastic Surgery, Pediatric
- Jodie Bryk, MD, Enhanced Care Program, Adult
- Gretchen Crum, LCSW, Primary Care, Pediatrics
- Andrea DiMartini, MD, Hepatology, Adult
- Robert Ferguson, PhD, Oncology, Adult
- Colleen Gianneski, LCSW, Primary Care, Pediatric
- Deborah Gillman, PhD, Pulmonology, Adult
- Priya Gopalan, MD and Ryan Peterson, MD, Psychiatry, Adult
- Susan Jarquin, PhD, Pain Medicine, Adult
- David J. Kolko, PhD, Primary Care, Pediatrics
- Eydie Moses Kolko, MD, Ob-Gyn, Adult
- Lauren Quigley, MS, LPC, Neonatal Developmental Specialist, Pediatric



- Jennifer Steel, PhD, Surgery, Oncology, Adult
- Robin Valpey, MD and Ellen Ormond, PhD, Oncology, Adult
- Ellen Whyte, MD Primary Care, Adult

**1:00-2:00 pm**

**Keynote Speaker**

***Collaborative Care Models 2020 and Beyond***

Douglas Tynan PhD, ABPP

**2:00-3:00 pm**

***Innovative Approaches that Fund Integrated Care***

James Schuster, MD, MBA

**3:00-3:15**

**Break**

**3:15-4:15 pm**

***Management of Substance Abuse Disorders in Medical Settings***

Jane Liebschutz, MD; Mike Lynch, MD; Ajay Wasan, MD

**4:15-4:45 pm**

**Wrap Up**

Eva Szigethy, MD, PhD

Susan Jarquin, PhD

**4:45 pm**

**Adjournment**

**All presentations are introductory to intermediate instructional levels**

**For additional information on speakers or presentations, please contact Doreen Barkowitz at [barkowitzdh@upmc.edu](mailto:barkowitzdh@upmc.edu).**

## Continuing Education Credit

### Physicians

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 7.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

### 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 7.5 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 7.5 continuing education hours.

### Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP

The Office of Education and Regional Programming, Western Psychiatric Institute and Clinic is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is being offered for 7.5 continuing education credits.

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

This program is offered for 7.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh's 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.

### Other Healthcare Professionals

Nurses and other health care professionals are awarded 0.60 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. **Nurses:** For attending this program you will receive a Certificate of Attendance confirming 7.5 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 Specialists:** This program fulfills requirements for Certified Peer Specialist continuing education.

*We request that all participants complete the online survey. Everyone must sign out at the end of the program. General CEU and CADC certificates will be available once the program has ended. All other certificates will be sent via e-mail to participants four to six weeks after completing the online survey. Please keep your certificate in a safe place once you receive it. Replacement certificates cost \$30.*

## Registration Information

	Before November 7, 2019	After November 7, 2019
Physicians	\$100	\$120
UPMC Physicians and Non-UPMC Prof.	\$80	\$100
<b>Online registration- Use promo code <i>IntegratedUPMC.doc</i> Please use your UPMC e-mail address</b>		
UPMC/WPH and affiliated professionals VA/County/ and state employees	\$60	\$80
<b>Online registration – Use promo code <i>IntegratedUPMC.prof</i> Please use your UPMC, VA, state, county e-mail address</b>		
Community members/students/residents (No continuing education credit)		
<b>Online registration – Use promo code <i>Integrated.comm</i></b>	\$40	\$60

### Tuition includes:

- \* All registration and conference materials
- \* Lunch and refreshments
- \* Continuing education credits at the professional rate

## Instructions for registering at

<https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=208979>

1. Click on 'Register Now' (scroll to the bottom of the page and click on the small box)
2. If "Shaping the Future: Models of Integrated Care at UPMC" 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 answer questions about your health 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 (**you must complete this or click on N/A**). Click on 'continue'.
6. **Enter your promotional code if applicable (please see above). Click on 'Apply to Total'!**
7. Add credit card information if applicable and click on 'Process Payment'.
8. Complete Transaction and print your receipt.

Please direct general questions and requests to pay via a Journal Transfer to Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu). Full tuition must accompany registration. A \$25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please register by **November 16, 2018** to take advantage of the lowest tuition rate. Please contact Nancy Mundy if you are paying by check or departmental journal transfer.



*We encourage participation by all individuals. If you have a disability, 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 calling Nancy Mundy at 412-204-9090.*

***Please dress in layers. It's difficult to keep the room temperature adjusted to suit everyone's needs.***

## Location

**UPMC Herberman Conference Center 5150 Centre Ave.  
Pittsburgh, PA 15232**

### **From the north (North Hills, Zelienople)**

Take Interstate 279 South to Exit 8B (Route 28 North). Follow Route 28 North to the 40th Street Bridge. Cross the bridge and continue on 40th Street to Liberty Avenue. Turn left onto Liberty and continue to

Centre Avenue. **Centre Avenue Parking Garage:** At Centre Avenue, turn right, go to the first traffic light, and turn left into the Centre Avenue Parking Garage.

### **From the northeast (Allegheny Valley, Kittanning)**

Take Route 28 South to the Highland Park Bridge. On the bridge, get into the left lane and follow the Washington Boulevard ramp. As you exit the ramp, stay in the right lane. Just before the traffic light, veer

right onto Washington Boulevard, and travel straight through four traffic lights (about two miles). At the fourth traffic light, cross Penn Avenue, continuing straight onto Fifth Avenue. Continue on Fifth to S. Aiken Avenue and turn right. **Centre Avenue Parking Garage:** Continue on S. Aiken to the third traffic light and turn left onto Centre Avenue. At the first traffic light, turn left into the Centre Avenue Parking Garage.

### **From the east (Monroeville, Greensburg)**

Take the Parkway East (Interstate 376) to Exit 7 (Edgewood/Swissvale). At the end of the exit ramp, turn right onto S. Braddock Avenue. Go approximately two miles and turn left onto Penn Avenue. At the intersection of Penn and Fifth avenues, turn left onto Fifth Avenue. Continue on Fifth to S. Aiken Avenue and turn right. **Centre Avenue Parking Garage:** Continue to the third traffic light on S. Aiken and turn left onto Centre Avenue. At the first traffic light, turn left into the Centre Avenue Parking Garage.

### **From the south (South Hills, Washington, PA.)**

Take Route 51 North or Route 19 North through the Liberty Tunnels and cross the Liberty Bridge. Take the Bigelow Boulevard exit and continue on Bigelow to Centre Avenue. Turn left onto Centre and continue past Morewood Avenue. **Centre Avenue Parking Garage:** At the first traffic light past Morewood, turn right into the Centre Avenue Parking Garage.

### **From the west (Route 60, Pittsburgh International Airport)**

Take Interstate 279 North. Get into the right lane before you pass through the Fort Pitt Tunnels. As you exit the tunnel, take the exit ramp for Interstate 376 East (Monroeville). Follow Interstate 376 to Exit 2A (Forbes Avenue/Oakland). Continue on Forbes Avenue through Oakland and turn left at N. Craig Street (just after the Carnegie Museum of Art). Make a right turn onto Fifth Avenue, continue to S. Aiken Avenue, and turn left. **Centre Avenue Parking Garage:** Continue on S. Aiken to the third traffic light and turn left onto Centre Avenue. At the first traffic light, turn left into the Centre Avenue Parking Garage.