

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC  
HOSPITAL

UPMC Western Psychiatric Hospital  
Department of Psychiatry  
Education and Consultative Services  
University of Pittsburgh School of Medicine  
Center for Continuing Education in the Health Sciences  
Community Care Behavioral Health Organization

## **Serving Patients with Complex Needs: The Integration of Physical Health and Mental Health in Persons with Disabilities** (MD79)

**Friday, December 4, 2020**

Live-streaming Program on ZOOM

Instructions and Zoom links will be sent out to registered participants the day prior to the event.

**8:30 AM to 2:30 PM**

**ZOOM with check in from 8:00 to 8:30 PM**

**Program from 8:30 AM to 2:30 PM**

**Course Director:**

Kimberly Mathos, DO, MPH

*Recovery and Wellness: The Journey Starts Here*

**A Joint Effort Sponsored by Community Care Behavioral Health Organization and UPMC  
Western Psychiatric Hospital**

## Introduction

This conference is designed to encourage thoughtful discussion of the latest clinical and research findings related to the care of patients with complex needs. Clinicians will be encouraged to think in a comprehensive way about the wellness of the patients that they serve. We will review the wide spectrum of coping strategies of people who have congenital and acquired disabilities. We will discuss provider dialogues which promote hope and help seeking behavior. We will review how clinicians can learn more about both mental health and disability related resources.

Cross disciplinary resource awareness, the advent of medical homes and innovative strategies to use peer supports are but a few new service models that have promoted recovery for patients with complex needs. In this symposium, we will review barriers that limit the comprehensive care of patients with complicated needs. We will discuss how consumer/academic and community partnerships have prompted helpful discussions that have improved services for patients in our region.

## Educational Objectives

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

1. Recognize the value of coordinated specialty care for complicated patients
2. Identify unique barriers to wellness which exist for people with co-morbid mental health, developmental, physical, intellectual, or sensory challenges
3. Review case studies which highlight aspects of provider care that consumers report served to instill hope, promote recovery, and improve quality of life

## Who Should Attend:

Mental Health Consumers; Mental Health Providers; Medical Physicians; Advanced Practice Providers; Nurses, Physical Therapists, Occupational Therapists, Medical Students, Dental professionals, Community Members

## Supporting Organizations:

- *Allegheny HealthChoices, Inc.*
- *The LEND Program of Pittsburgh*

## Course Directors and Planning Committee

### **Kimberly Mathos, DO, MPH (Course Director)**

Assistant Professor of Psychiatry  
University of Pittsburgh Medical Center  
Comprehensive Recovery Services  
Services for Treatment of Early Psychosis (STEP Clinic)  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

### **Miya Asato, MD**

Professor of Pediatrics  
UPMC Children's Hospital of Pittsburgh  
Division of Child Neurology  
Director, LEND Program of Pittsburgh  
Program Director, Neurodevelopmental Disabilities  
Pittsburgh, PA

### **Betty Y. Liu, MD**

Associate Professor  
Course Director, Disability Medicine Clerkship  
Course Director, Area of Concentration Disability Medicine  
Co-Director, Medical Student Education  
Department of Physical Medicine and Rehabilitation  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

### **Susan Rudisin, MEd, CRC, LPC**

Program Director, Comprehensive Recovery Services  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

### **Michelle L. Schein, PhD, CRC, LPC**

Assistant Professor  
Department of Rehabilitation Science and Technology  
School of Health and Rehabilitation Sciences  
University of Pittsburgh  
Pittsburgh, PA

## Faculty

### **Guy Anthony Caruso, PhD, FAAIDD**

Western Coordinator  
Institute on Disabilities at Temple University  
Baden, PA  
[guy@temple.edu](mailto:guy@temple.edu)  
[www.disabilities.temple.edu](http://www.disabilities.temple.edu)

### **Melva Fair**

Chief Executive Officer  
Community Living and Support Services (CLASS)  
Pittsburgh, PA

### **Ronald Glick, MD**

Associate Professor of Psychiatry and Physical Medicine  
and Rehabilitation  
University of Pittsburgh School of Medicine  
Medical Director of the Center for Integrative Medicine,  
UPMC Shadyside  
Pittsburgh, PA

### **Amy J. Houtrow, MD, PhD, MPH (Keynote Speaker)**

Vice-Chair for Pediatric Rehabilitation  
Program Director of Pediatric Rehabilitation Medicine  
Fellowship  
Department of Physical Medicine and Rehabilitation  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

### **Natasa Miljkovic, MD, PhD**

Assistant Professor, School of Medicine  
Physical Medicine and Rehabilitation  
University of Pittsburgh  
Physiatrist  
University of Pittsburgh Medical Center  
Pittsburgh, PA

### **Nancy Murray, MS**

President, The Arc of Greater Pittsburgh  
Senior Vice President of ACHIEVA  
Pittsburgh, PA

### **Jonathan R. Pletcher, MD**

Medical Director of Adolescent Inpatient Services  
Craig-Dalsimer Division of Adolescent Medicine  
Children's Hospital of Philadelphia  
University of Pennsylvania  
Philadelphia, PA

### **James Schuster, MD, MBA**

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

### **Kristy Trautmann, MS**

Executive Director of FISA Foundation  
Pittsburgh, PA

## Faculty Disclosure

No members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients to disclose.

*The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.*

## Conference Agenda - December 4, 2020

8:00 to 8:30 a.m.	<b>Sign in to ZOOM</b>
8:30 to 9:30 a.m.	<b>Welcome, Introductions and Background</b> <i>Kimberly K. Mathos, DO, MPH</i>
	<b>Bridging the Gap Within Systems of Care</b> <i>Guy Anthony Caruso, PhD, FAAIDD;</i> <i>Jonathan Pletcher, MD</i>
9:30 to 10:30 a.m.	<b>Keynote: Health Equity Lens: Understanding the Needs of Children with Disabilities</b> <i>Amy Houtrow, MD, PhD, MPH</i>
10:30 to 10:45 a.m.	<b>Break</b>
10:45 to 11:45 a.m.	<b>Panel #1 – Living Well with a Disability: Community Partnerships to Promote Health</b> <i>Discussion led by Guy Anthony Caruso, PhD, FAAIDD</i> <i>Panelists: Melva Fair; James Schuster, MD, MBA; Kristy Trautmann, MS</i>
11:45 a.m. to 12:00 p.m.	<b>Break</b>
12:00 to 1:00 p.m.	<b>Panel #2 – Raising the Bar Together: Interdisciplinary Training and Teamwork</b> <i>Discussion led by Jonathan Pletcher, MD</i> <i>Panelists: Ronald Glick, MD; Natasa Miljkovic, MD, PhD;</i> <i>Nancy Murray, MS</i>
1:00 to 1:15 p.m.	<b>Break</b>
1:15 to 2:15 p.m.	<b>Discussion of Two Filmed Case Studies</b> <b>One Size Does Not Fit All: Contrasting Personal Journeys</b> <i>Breakout Discussion Sessions</i> <i>Large Group Discussion led by Betty Liu, MD</i>
2:15 to 2:30 p.m.	<b>Closing Remarks</b> <i>Miya Asato, MD</i>
2:30 p.m.	<b>Adjournment</b>

## Continuing Education Credit Information

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

### Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 5.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 5.25 contact hours.

**Other Healthcare Professionals:** 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



Education and Consultative Services of UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. Education and Consultative Services of UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for 5.0 continuing education credits per day of attendance.

### 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 5.0 continuing education hours.

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

Education and Consultative Services of UPMC Western Psychiatric Hospital 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 5.0 continuing education credits.



**Commission on Rehabilitation Counselor Certification:**  
Conference has been approved for 5.0 hours in CE by CRCC

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

This program is offered for 5.0 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 0.50 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 5.0 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 Specialists:* This program fulfills requirements for Certified Peer Specialist continuing education.