

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC  
HOSPITAL

## ***12th Annual Behavioral Health and Aging Conference “Improving Quality of Life”***

*(MD99)*

***October 13, 2022  
8:30 AM to 4:30 PM***

### ***In-person and Virtual Attendance Options***

***In-Person Registration/Sign-in/Light Breakfast – 8:00 to 8:30 AM  
Cumberland Woods Village Conference Center  
700 Cumberland Woods Dr., Allison Park, PA 15101***

***Virtual Sign-in on Zoom – 8:15 AM  
Link will be sent on Oct. 12, 2022***

#### ***Course Director:***

***Ellen M. Whyte, MD***

***Service Chief & Medical Director, Geriatric Psychiatry  
Medical Director, Integrated Behavioral Health – Primary Care***

***UPMC Western Psychiatric Hospital***

***Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine  
Pittsburgh, PA***

***Recovery and Wellness: The Journey Starts Here***

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

## Program Description

This year's speakers will discuss several challenges seen in late life, which if addressed, can improve an older patients' quality of life. While most dementias are terminal, many patients and families do not have the knowledge to make informed decisions that will improve quality of life throughout the illness course. In addition, many patients with dementia experience significant neuropsychiatric symptoms that cause distress to themselves and others. Our speakers will address these challenges through presentations on palliative care approaches and end of life care in dementia and on the non-pharmacological management of behavioral symptoms in dementia. Anxiety and hoarding are two additional challenges that can greatly impact the quality of life of an older person and their family. We will address these challenges through presentations on the management of late life anxiety disorders and on the assessment and management of hoarding disorders.

This program is designed for all providers serving the aging population.

## Educational Objectives

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

1. Describe a process for discussing end of life issues with families and patients living with dementia.
2. Describe factors associated with late life hoarding.
3. Describe strategies to help the older adult maintain a safe living environment in the context of hoarding.
4. Describe pharmacological and non-pharmacological strategies for managing late life anxiety disorders.
5. Describe techniques that families and other caregivers can use to help manage behavioral issues afflicting older adults living with dementia.

## Target Audience

Providers working with older adults including physicians, nurses, front-line staff, case managers/service coordinators, therapists, and clinicians. Family and caregivers are welcome to attend.

## Course Director

### **Ellen M Whyte, MD**

Service Chief & Medical Director  
Geriatric Psychiatry  
Medical Director, Integrated Behavioral Health – Primary Care  
UPMC Western Psychiatric Hospital  
Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

## Presenters

### **Peg Chabala**

Dementia Education Specialist  
Peg Chabala, LLC  
Pittsburgh, PA

### **Carrie Chiusano, PCHA, CADDCT, CDP, ADC**

Executive Director  
Dementia Care Center of Excellence  
Presbyterian SeniorCare Network  
Pittsburgh, PA

### **Robert Hudak, MD**

Medical Director, Obsessive Compulsive and Related Disorders Program  
UPMC Western Psychiatric Hospital  
Associate Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

### **Rachel Jones, MSW, LSW**

Behavioral Health Therapist  
Bellefield Clinic  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

### **Amy Kowinsky, RDN, CDP**

Executive Director, Dementia360  
Presbyterian SeniorCare Network  
Pittsburgh, PA

**Sinthana U. Ramsey, MD**

Clinical Assistant Professor  
UPMC Section of Palliative Medicine and Medical Ethics  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

**Esther G. Teverovsky, MD**

Assistant Professor of Psychiatry  
Associate Director, Geriatric Psychiatry  
Clinical Fellowship  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

**Rollin M. Wright, MD, MS, MPH**

Associate Professor of Medicine  
Division of Geriatric Medicine/Dept of Medicine  
Penn State Health at Hershey Medical Center  
Hershey, PA

**Steering Committee**

**Shabnam Jindal, DNP, PMHNP-BC**

Psychiatric Mental Health Nurse Practitioner  
University of Pittsburgh Medical Center  
Benedum Geriatric Center  
Pittsburgh, PA

**Candace Fraser, DO**

Integrated Health and Aging Program  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Jennifer H. Lingler, PhD, CRNP, FAAN**

Professor and Vice Chair for Research  
Department of Health and Community Systems  
University of Pittsburgh School of Nursing  
Pittsburgh, PA

**Erica Mccauley, LSW, MSW**

Senior Psychiatric Social Worker  
Integrated Health and Aging Program  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

## 2022 Behavioral Health and Aging Conference October 13, 2022

8:30-8:40 AM	<b>Welcome Remarks</b> <i>Ellen M Whyte, MD</i>
8:40-9:55 AM	<b>End of Life in Dementia: How to help patients and families navigate this terminal illness</b> <i>Sinthana U. Ramsey, MD</i>
9:55 – 10:10 AM	<b>Q&amp;A</b>
10:10 – 10:25 AM	<b>Break (15 minutes)</b>
10:10-11:10 AM	<b>Hoarding Disorder in the Aging Population</b> <i>Robert Hudak, MD</i>
11:10 – 11:25 AM	<b>Q&amp;A</b>
11:25 AM-12:25 PM	<b>Lunch (60 )</b>
12:25-12:30 PM	<b>Announcements</b> <i>Candace Fraser, DO</i>
12:30-1:30 PM	<b>Anxiety in Older Adults</b> <i>Esther G. Teverovsky, MD</i> <i>Rachel Jones, LSW</i>
1:30-1:45 PM	<b>Q&amp;A</b>
1:45-2:00 PM	<b>Break (15 minutes)</b>
2:00 – 3:00 PM	<b>Is There a Pill for This? Helping Families Alleviate the Behavioral and Psychological Symptoms of Dementia</b> <i>Amy Kowinsky, RDN, CDP</i> <i>Carrie Chiusano, PCHA, CADDCT, CDP, ADC</i>
3:00 PM - 3:10 PM	<b>Q&amp;A</b>
3:10 – 4:10 PM	<b>Dementia Skills Training: How to Help the Patient in the Moment</b> <i>Rollin M. Wright, MD, MS, MPH</i> <i>Peg Chabala</i>
4:10 PM – 4:25 PM	<b>Q&amp;A</b>
4:25-4:30 PM	<b>Wrap up and Adjourn</b> <i>Ellen M. Whyte, MD</i>

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

## CONTINUING EDUCATION UNIT/CONTINUING MEDICAL EDUCATION CREDITS

### 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 6.25 *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

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 6.25 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 a maximum of 6.25 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 6.0 continuing education credits.

### Other Healthcare Professionals

Nurses and other health care professionals are awarded a maximum of .625 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 a maximum of 6.25 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.

- Please retain your certificates in a safe place. Replacements cost \$30 for those that come from our office (Gen. CEU; NCC).
- Although the evaluation is not mandatory, we appreciate your participation. There are questions that need to be answered so we are aware of your credit request. Please expect the certificates from our office in four to six weeks post-conference. Those obtained from the registration site can be accessed immediately.

## Registration Information

**In-person registration closes on September 30, 2022**

**Virtual registration closes on October 10, 2022**

Please register at [12th Annual Behavioral Health and Aging Conference - Improving Quality of Life | UPMC - Center for Continuing Education in the Health Sciences](#)

**Fees are the same for in-person and virtual attendance:**

Physicians (non-UPMC)	\$80
UPMC Physicians and non-UPMC Professionals	\$65
UPMC Professionals/Employees	\$50
Students/Residents ( <i>No continuing education credits</i> )	No fee
Families/Caregivers ( <i>No continuing education credits</i> )	No fee

***Food and beverages are not allowed in the theater.  
Masks are required when not eating or drinking.***

### **Tuition Includes:**

- Registration and course materials
- Light breakfast and lunch when attending in-person
- Continuing education credit (at professional rate only)

**A Department Transfer (DT) form for UPMC participants can be found [here](#) or use this QR code:**



**Please have your supervisor complete it. The code to use is found on the department transfer form. Names using this code will be compared to the DT forms we receive.**

Full tuition must accompany your registration. A \$15 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. Please contact Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu) to cancel your registration.



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.

## New Registration Instructions and Directions to the Conference Center:

The UPMC Center for Continuing Education in the Health Sciences (CCEHS) learning portal is used to register, view, track, and manage all your continuing education credits.

*If, at any point these directions result in you seeing a blank page in your account, please look at your cart in the upper right-hand corner. If there is anything in there, please click on the cart to see how to proceed (and look at the directions below). Or delete what is in there and begin again. Please contact [Nancy Mundy](#) if you have difficulties after attempting the following directions.*

### Creating an Account at [cce.upmc.com](https://cce.upmc.com)

1. Go to <https://cce.upmc.com> in your browser or just click on the link.
2. On Login page, click on "Create Account"
3. Complete questions. Please add in your credentials as your degree (MSW, PhD, MD, etc.), and use the dropdown to identify your profession.
4. Click on "Save". Please keep track of your password or store your sign-in information.

### Registering for a Program

1. If you have your account set up (see #1), and you've logged in, please go to the link of the program that you've been sent, or click on the "Catalog" tab, and put the name of the program in the search bar or use the link in the page above.
2. You will be on the program page. Review the information and complete the options/choices (if any). Click on "Add to Cart". If there are no options to choose, please continue with the registration. You will see the activity in your "Pending Activities" and there is nothing else to complete until after the event.
3. You'll see the name of the payment page and the appropriate amount. Click on "Checkout"
4. Only add in a coupon code if you've been notified that there is one. Please refer to the program brochure if you need to. Coupon codes will be listed in the brochure. If there are no coupons, just please click on "Checkout". Don't forget to click on "apply" after entering a discount code.
5. Add your billing information on the next page. Please complete all required (\*) fields. Please make sure this address is connected to your credit card. Scroll to the bottom of the page and click on "Review Order"
6. Enter your payment information and click on "Continue"
7. Click on "Submit Order"
8. On the next page, click on *View Course Page*. If you go into your "Account", and then "Courses", you'll see this listed in your "Pending Activities".
9. You'll have to return to your "Pending Activities" once the program has occurred to finish the process and obtain your CE credits/certificate.

## Directions to the Conference Center:

### Location

Passavant Hospital Foundation Conference Center\*  
Cumberland Woods Village  
700 Cumberland Woods Drive  
Allison Park, PA 15101  
412-635-8080

\*Please note that this address does not appear in most GPS maps. **From Pittsburgh:** Take Interstate 79 North/Fort Duquesne Bridge ramp. Merge onto I-279 N. Take exit 4 to merge onto US-19 Truck N/McKnight Rd. Turn right onto Cumberland Road. Go past UPMC Passavant. Turn left at the entrance to Cumberland Woods Village.

**Please consider carpooling. There are a limited number of parking spaces. Parking is not permitted on the grass.**