

EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC
HOSPITAL

2023 Annual Services for Teens at Risk (STAR) Suicide Prevention Conference

Promoting Safe and Supportive Environments for All Youth
(EC11)

(Virtual Event on Zoom)

***Friday, May 5, 2023
8:30 a.m. to 3:30 PM EST***

*Login opens at 8:15 AM.
(Zoom link will be sent to registered participants May 4, 2023)*

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. Identify the suicide risks of sexual and gender diverse youth
2. Discuss the role of social media on the mental health of sexual and gender diverse youth
3. Highlight clinical strategies to reduce youth suicidality
4. Describe specific tasks that school-based staff can undertake to prevent or respond to school violence
5. Meaningfully connect with other mental health professionals to develop prevention practices
6. Access evidence-based tools to promote mental health and prevent youth suicide

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 for the maximum of two certificates. Please contact Nancy Mundy (mundnl@upmc.edu) for additional information.

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

2023 Virtual STAR-Center Conference Agenda

May 5, 2023

Via Zoom

8:15 AM LOG ONTO ZOOM

8:30 to 11:30 AM CONFERENCE OVERVIEW

KEYNOTES

Shelley L. Craig, PhD, LCSW

Professor and Canada Research Chair of Sexual and Gender Minority Youth, University of Toronto

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: Preventing Suicidality in Sexual and Gender Diverse Youth: The Role of Hope, Social Media and Affirmative Programs

Shelley L. Craig, PhD, LCSW

Professor and Canada Research Chair of Sexual and Gender Minority Youth
University of Toronto

This presentation will describe the prevalence of suicidality for sexual and gender diverse youth and identify emerging and evidence-based strategies to promote positive mental health with these vulnerable populations. The contribution of social media, family and peer relationships, and clinical interventions will be highlighted.

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

1. Identify the suicide risks of sexual and gender diverse youth
2. Discuss the role of social media on the mental health of sexual and gender diverse youth
3. Highlight clinical strategies to reduce suicidality in sexual and gender diverse youth

Keynote Address: School Violence and Its Impact: What You Can Do to Help

Mary Margaret Kerr, EdD

Professor of Health and Human Development, University of Pittsburgh

Beginning with prevention and mitigation, this presentation gives resources and examples of what those working in school-based mental health can do about school violence. Learning from examples of violent school attacks as well as averted school attacks, audience members will gain a deeper understanding of their particular roles before, during, and after a violent school event. Evidence-based resources will strengthen their ability to prevent and address school violence, including targeted school shootings.

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

1. Describe phases of school violence: prevention, protection, response, and recovery
2. Identify specific tasks they can undertake in each of these phases
3. Access evidence-based resources to fulfill their roles in each phase

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: Implementation of the Columbia Suicide Screen (C-SSRS) in K-12 Schools

- **Melissa M. Nelson, EdD**
Senior Vice President of Educational Services
New Story

As an evidence-based, highly endorsed rating scale used to screen for suicidality, the C-SSRS can be implemented in all K-12 school settings. A case example for training teachers, counselors, nurses, coaches, and administrators on how to use the screening tool, along with how to develop school-specific protocols to follow once the screening is completed, will be covered in this workshop.

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

1. Describe the C-SSRS as a tool that can be used for suicide screening in schools
2. Identify key school employees who can be trained to use the C-SSRS and how to develop training protocols to assist them with implementing the screen
3. Discuss approaches for creating rigorous post-screening protocols which can be implemented with fidelity across a school system

B. Workshop Title: Understanding and Responding to Mental Health Impacts of Online Victimization Among Marginalized Youth

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

Online victimization, referring to disparaging remarks, images, or behaviors that cause harm through social media is common, particularly among marginalized youth, and is associated with a range of mental health impacts and suicide risk. This presentation will offer practical guidance for understanding and responding to online victimization among adolescents.

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

1. Explain the prevalence and mental health impacts of online victimization, particularly among marginalized youth
2. Discuss the perspective on online victimization experiences of marginalized youth
3. Identify strategies and practical resources for responding to online victimization among marginalized youth

C. Workshop Title: Suicidality and Self-Injury in Autism: What we know and still need to learn about risk and management.

- **Caitlin M. Conner, PhD, LCP**
Research Assistant Professor, Department of Psychiatry, University of Pittsburgh School of Medicine
- **Ligia Antezana, PhD**
Postdoctoral Scholar, Department of Psychiatry, University of Pittsburgh School of Medicine

This presentation will focus on discussing research and clinical guidelines about identifying and managing suicidality and self-injury in autistic individuals, including suggestions for screening and emerging research on the unique characteristics and risk factors for non-suicidal self-injury and suicidal thoughts and behaviors in autistic people.

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

1. Discuss the current research about the elevated prevalence of suicidal thoughts and behaviors and non-suicidal self-injury in autistic people
2. Identify the common and unique risk factors for self-injury and suicidal thoughts and behaviors in autistic individuals
3. Explain how to assess for and manage suicidality and self-injury in autistic individuals

D. Workshop Title: LGBTQ+ Affirming Mental Health for Adolescents

- **Kristen Eckstrand, MD, PhD**
Assistant Professor of Psychiatry
Medical Director, UPMC LGBTQIA+ Health Quality
University of Pittsburgh School of Medicine
- **Layne Filio, MS, LPC**
Behavioral Therapist II
UPMC MPH Center for Children and Families
- **Olivia Leonard, MA, LPC**
Behavioral Health Therapist
UPMC MPH Center for Children and Families

This session will review the health disparities faced by LGBTQ+ adolescents, describe components of affirming mental health care to engage LGBTQ+ adolescents in mental health, and discuss strategies for adapting evidence-based interventions to address mental health concerns in LGBTQ+ adolescents.

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

1. Define affirming mental health for LGBTQ+ adolescents
2. Identify components of adapted interventions to address mental health in LGBTQ+ youth
3. Discuss strategies for including affirming mental health practices into current practice at WPH

E. Workshop Title: Suicidal Ideation Safety Planning for Youth Under 13

- **Kelsey Bero, LPC, NCC**
Behavioral Health Therapist II, STAR-Center, UPMC Western Psychiatric Hospital

This workshop will review the elements of safety planning with special consideration to the needs of the pre-adolescent population. Skill development will focus on adjustments to the assessment of suicidal ideation, introduction of safety plan, and collaborative creation of safety plan with the pre-teen. Additional discussion of how to present safety plan to parents and caregivers will be reviewed.

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

1. Identify and use age-appropriate language to assess suicidality and introduce the concept of safety planning
2. Apply safety planning steps to collaboratively create safety plan with pre-adolescents
3. Confidently communicate safety plan components to parents and caregivers of pre-teens for effective implementation

F. Workshop Title: “Help! I’m Completely Burned Out”

- **Mary Margaret Kerr, EdD**
Professor of Health and Human Development, University of Pittsburgh

Worldwide studies confirm that burnout leads to significant physical and mental health problems, as well as difficulties in the workplace. In this engaging session, you’ll learn proven strategies to implement as part of your daily routine to fend off burnout whenever work demands seem overwhelming. You’ll also analyze reality-based vignettes of staff coping with burnout, and come away with practical resources to deploy to prevent burnout.

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

1. Identify what burnout is and isn’t
2. Recognize the indicators for burnout
3. Identify strategies to prevent burnout or cope with it when it happens

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

G. Workshop Title: Help Students Facing Mental Health Challenges: Evidence-based tools to drive improvement in school mental health systems and practices.

- **Cassandra Doggrell, Ed.D.**
Director of Special Education, Upper St. Clair School District
- **Lauren Madia, Ed.D.**
Director of Pupil Services, Upper St. Clair School District

This presentation provides free, evidence-based self-assessment tools to support the development and improvement of school health practices, specifically mental health practices. School administrators, psychologists, counselors, and social workers will leave the session with practical tools and actionable strategies to enhance positive outcomes for school systems and students.

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

1. Discuss research to support comprehensive systems to address student needs
2. Identify evidence-based school health self-assessment tools appropriate for their schools' needs
3. Describe strategies for implementation of self-assessment tools in the school setting

H. Workshop Title: Helping Teachers Prevent Everyday Confrontations from Becoming Classroom Crises

- **Anthony (Tony) Babusci, Ed.D.**
Principal of Ryan Gloyer Middle School, Seneca Valley School District

Student misbehavior is difficult to manage and can escalate into more aggressive behavior with multiple adverse consequences. Those include disruption of the educational environment and the learning process of other students, as well as inequitable and exclusionary disciplinary practices. Educators may inadvertently contribute to these confrontations if they do not know how to react to each stage of confrontation. When this happens, student support personnel have to step in, despite their busy caseloads. Featuring an evidence-based video series designed especially for classroom teachers, this session will help those consulting with teachers.

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

1. Recognize the stages of the escalation cycle
2. Identify strategies for preventing escalation
3. Identify strategies for responding to escalation

I. Workshop Title: Understanding and Treating Young Adult Mental Health in an Intensive Outpatient Setting

- **Dara Sakolsky, MD**
Associate Professor of Psychiatry, University of Pittsburgh
Associate Medical Director, STAR-Center
- **Salena Binnig, LCSW**
Behavioral Health Therapist III, STAR-Center

Transitional age youth (TAY) face significant challenges in managing mental health while working towards independence. This presentation aims to highlight one of the programs specifically tailored for this population, College Option Services for Transition-Age Students at Risk (COSTAR) Intensive Outpatient Program and inform attendees when such program could be helpful.

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

1. Define key characteristics of what makes mental health issues unique in transitional age youth
2. Identify ways that transitional age youth can obtain support for themselves and how providers can help provide support for transitional age youth
3. Describe components of an intensive outpatient program for transitional-age youth and identify when such program could be of use

J. Workshop Title: Postvention Following a Tragic Loss: Guidelines for Schools and Community Behavioral Health Partners

- **Paula S. McCommons, EdD, LPC**
UPMC Student Assistance Program (SAP) Liaison
Director, STAR-Center Outreach
- **Perri Rosen, PhD, NCSP**
Consulting Psychologist, Pennsylvania Office of Mental Health and Substance Abuse Services

This training overviews the rationale and recommendations for conducting postvention in schools after a tragic loss, underscoring how postvention planning is a key component of comprehensive school-based suicide prevention efforts. Attendees will learn the essential components of a postvention response and the various responsibilities of postvention team members.

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

1. Discuss the rationale for a postvention response following a youth suicide as part of comprehensive school-based suicide prevention efforts
2. Describe key components and best practices of a postvention response following a youth suicide or other death in the school community
3. Identify national, state, and local resources to support an effective postvention response

K. Workshop Title: Managing Big Emotions and Building Resilience: Yoga Practices for Kids

- **Leah Northrop, LPC, RYT**
Behavioral Health Therapist, UPMC Western Wellness and Research Coordinator, UPMC Center for Integrative Medicine
- **Ali Popivchak, E-RYT, C-IAYT**
Yoga Therapist, Western Psychiatric Hospital

This presentation will briefly review empirical data supporting the use of mindful awareness practices for managing emotions and building resilience in children and adolescents. Most of our time will be focused on learning and trying out movement and breath practices that challenge and present opportunities for children to build confidence.

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

1. Identify at least one mindful awareness practice to be used with their patient population
2. Describe the benefit of practicing discomfort
3. Meaningfully connect with other professionals to develop supportive practice community while learning

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.

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 5.25 credits 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 questions 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 online registration 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.*
- *Completing the full evaluation is not required.*
- *NCC and General CEU certificates will come from Education and Consultative Services.*
- *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 [2023 Annual Services for Teens at Risk \(STAR\) Suicide Prevention Conference: Promoting Safe and Supportive Environments for All Youth | UPMC - Center for Continuing Education in the Health Sciences](#)

Registration deadline: May 3, 2023

Non-UPMC	\$40
UPMC/University of Pittsburgh	\$20 (with a UPMC or Pitt e-mail address)
Students (no CE credits)	\$20 (<i>Select non-UPMC attribute</i> and use code <i>STAR2023-Student</i>)

Tuition includes:

- * All registration and conference materials
- * Continuing education credits with the first two categories.

The registration fee includes continuing education credits. Two certificates per participant.

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 \$5 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, April 28, 2022. 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*