

Community Care Recovery Conference

Supporting Wellness & Recovery in the Digital Age

Thursday, April 6, 2017

8:30 AM– 3:30 PM

Omni William Penn Hotel
530 William Penn Place
Pittsburgh, PA 15219

Recovery & Wellness: The Journey Starts Here

Sponsored by Community Care Behavioral Health Organization
and Western Psychiatric Institute and Clinic

About the Conference

The *Community Care Recovery Conference: Supporting Wellness and Recovery in the Digital Age* will focus on the relationship between trauma, technology, social media and behavioral health wellness. We will also showcase innovative programs in Allegheny County embracing new approaches in serving children and youth.

During the conference, a special three-credit training on ethics will be offered. This course can be used to meet licensing renewal requirements for professional groups listed on the next page.

In addition, the conference will be highlighting:

- The impact of trauma and wellness
- Social media and mental health trends
- The interaction between sleep and electronic devices
- Ethics and professional boundaries
- Technology to support relationships between parents and children

This conference is intended for individuals in recovery, their families, social workers, psychologists, psychiatrists, nurses, certified peer specialists, and others interested in behavioral health services. The conference is free of charge for Community Care members and their families, as well as medical residents and students. For behavioral health professionals, the cost of this conference is \$75.00, which includes CEUs and lunch.

Early Bird Registration: register by March 1, 2017 and pay \$55!

About the Keynote Speaker

Martha Tavantzis, LCSW

Martha Tavantzis has held clinical director/senior leadership positions in nonprofit and for-profit behavioral health organizations. Working with the Sanctuary Organizational Model of Trauma-Informed Care for 17 years, Martha has successfully led major organizational culture initiatives in behavioral health and juvenile justice facilities.

Martha is former faculty of Sanctuary Institute-Andrus, a Clinical and Organizational Consultant at IMD, and a member of Philadelphia ACES Task Force and Delaware County Trauma-Informed Community Initiative. Martha has received multiple certifications including Sanctuary Model of Organizational Change, Highlands Ability Battery/Workshops, Imago Relationship Therapist, and Structural Family Therapy. Martha is married, a mother of three, and lives in the Philadelphia area.

Continuing Education

Mental Health Professionals

Nurses and other health care professionals are awarded 0.55 CEUs. One CEU is equal to 10 contact hours.

National Certified Counselors

Western Psychiatric Institute and Clinic (WPIC) 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. WPIC is solely responsible for all aspects of this program. This program is being offered for 5.5 continuing education hours.

Peer Specialists

This program fulfills requirements for certified peer specialist continuing education. Peer specialists are awarded 0.55 CEUs, which equals to 5.5 contact hours.

Pennsylvania Certification Board

Community Care will award 5.5 hours of PCB-approved hours of education for participants attending the conference. Our program is certified by the Pennsylvania Certification Board, Provider #414.

Psychologists

WPIC is approved by the American Psychological Association to sponsor continuing education credits for psychologists. WPIC maintains responsibility for this program and its content. This program is 5.5 continuing education credits.

Social Workers

This program is offered for 5.5 hours of social work continuing education through the co-sponsorship of the University of Pittsburgh School of Social Work, a Council on Social Work Education accredited and Pennsylvania pre-approved continuing education provider for LSW, LCSW, LPC, and LMFT. Those attending from other states should check with their social work boards on acceptance of, or number for, continuing education through CSWE-accredited.

Ethics Workshops

Individuals who attend both ethics workshops will attain three hours of ethics training to apply for licensing renewal. Participants who attend all three hours will receive a three-hour certificate for ethics and an additional certificate for the remaining two and a half hours of continued education. The *Ethics and Professional Boundaries—Values in Action* has been approved by the below:

- **Mental Health Professionals**

Nurses and other health care professionals are awarded 0.03 CEUs. One CEU is equal to 10 contact hours.

- **National Certified Counselors **

WPIC 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. WPIC is solely responsible for all aspects of this program. This program is being offered for 3.0 continuing education hours.

- **Peer Specialists**

This program fulfills requirements for certified peer specialist continuing education. Peer specialists are awarded 0.03 CEUs, which equals to 3.0 contact hours.

- **Psychologists**

WPIC is approved by the American Psychological Association to sponsor continuing education credits for psychologists. WPIC maintains responsibility for this program and its content. This program is 3.0 continuing education credits.

- **Social Workers**

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Agenda

8:00 AM **Registration & Continental Breakfast**

8:30 AM **Welcome & Introduction**

James Gavin, *CEO, Community Care*

James Schuster, MD, MBA, CMO, *Community Care & VP, Behavioral Health Integration, UPMC Insurance Services Division*

9:00 AM **When Social Media Turns Mean: Using a Trauma-Informed Lens to Help Youth Navigate Their World**

Martha Tavantzis, LCSW, *Clinical & Organization Consultant, Innovative Management Development (IMD), PC*

10:15 AM **Break**

10:30 AM **Workshops:**

A. Ethics & Professional Boundaries—Values in Action, Part I

James L. Aiello, MA, MEd, *Project Associate/Consultant, Institute for Research, Education and Training in Addictions (IRETA)*

B. Teen Social Media & Mental Health Usage Trends

Ryan Klingensmith MA, LPC, NCC, *Founder, Shape The Sky: Creating Responsible Kids on Smartphones*

C. It's My Recovery: New Trends in Self-Direction

Kim MacDonald-Wilson, ScD, CPRP, CRC, *Senior Program Director, Recovery Program Development & Implementation, Community Care*

11:45 AM **Lunch** (provided)

12:45 PM **Panel Discussion: Allegheny's Innovation: Programs Adopting New Strategies for Wellness**

Allegheny Community Providers

2:00 PM **Break**

2:15 PM **Workshops:**

D. Ethics & Professional Boundaries—Values in Action, Part II

James L. Aiello, MA, MEd, *Project Associate/Consultant, Institute for Research, Education and Training in Addictions (IRETA)*

E. To Parent-Child Interaction Therapy & Beyond! Technology & Innovation to Support Young Children & Families

Amy Herschel, PhD, *University of Pittsburgh, West Virginia University*

Shelley Hiegel, MEd, MSCP, NCC, *University of Pittsburgh*

Kristen F. Schaffner, PhD, NCSP, *West Virginia University*

Ashley Tempel Scudder, PhD, *Washington Hospital*

F. Addressing Sleep Pattern Issues in an Age of Electronics

Kavita Fischer, MD, FAPA, *Regional Medical Director, Community Care*

3:30 PM **Adjourn**

Registration Form

Register online using <https://www.surveymonkey.com/r/JQLFFQR> or send your completed form to Paul Wittman by March 23, 2017 by email (wittmanpj@ccbh.com), fax (412.454.2177), or mail (Community Care, Attn. Paul Wittman, 339 6th Ave., Suite 1300, Pittsburgh, PA 15222).

Special Needs: Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling 412.454.8625.

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Registration confirmation will be sent via email only

Name: _____ Title: _____

Organization: _____

Address: _____

Phone: _____ Fax: _____ Email: _____

Lunch Preference:

- Turkey
- Ham
- Vegetarian

Workshops (choose 2):

- A D
- B E
- C F

Continuing Education Credits:

- Mental Health Professional
- National Certified Counselor
- PCB
- Peer Specialist
- Psychologist
- Social Worker
- I don't need CEUs
- Other (please specify): _____

Payment Information

Early Bird Registration: register by March 1, 2017 and pay \$55!

A \$30 administrative fee will be deducted from any cancellation received less than two weeks before the session. No refunds can be issued once the program has begun.

- Mail (paper check payable to Community Care)
- Online payment (all major credit cards, e-check)

To pay online, go to <https://paybill.upmc.com>. From the first drop-down box, select "Conferences." Then choose "CCBH Conferences" from the second drop-down box. Click next, and enter your credit card or e-check information. ***Please enter the name of the conference you are attending***