



Linking Together a Chain of Care

The Pennsylvania Model for Youth Suicide Prevention

with a special emphasis on integrating primary and behavioral health care

September 21, 2011

**The Central Hotel and Conference Center, Best Western Premier
800 East Park Drive
Harrisburg, Pennsylvania 17111**

Sponsored by

*The Garrett Lee Smith Youth Suicide Prevention in Primary Care Grant Project
The Pennsylvania Youth Suicide Prevention Initiative Advisory Committee
University of Pittsburgh Medical Center Office of Regional Programming*

This symposium is funded by grant number 1 SM058386-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed do not necessarily reflect those of SAMHSA or HHS.

LINKING TOGETHER A CHAIN OF CARE

THE PENNSYLVANIA MODEL FOR YOUTH SUICIDE PREVENTION

PURPOSE:

To bring together individual stakeholders who interact with youth and young adults and promote cross-collaboration of systems of care to prevent youth suicide, in keeping with the vision and mission of the Pennsylvania Youth Suicide Prevention Initiative.

OVERALL SYMPOSIUM LEARNING OBJECTIVES

By the end of the symposium, participants will be able to:

- Identify ways to enhance collaboration between primary care and behavioral health care
- Describe the progress of the National Strategy for Suicide Prevention and its implications for Pennsylvania
- Develop knowledge and skills about specific approaches to dealing with youth affected by suicide
- Identify avenues for becoming involved cross-system collaboration to prevent youth suicide

TARGET AUDIENCE:

Primary care and behavioral health providers, school nurses, Student Assistance Program mental health and drug and alcohol coordinators and liaisons, other school personnel, county suicide prevention task forces, representatives from the three Garrett Lee Smith grant counties, crisis intervention workers, and concerned community members.

FORMAT:

This all-day symposium will consist of large group sessions in the morning, lunch with colleagues from your community, county or region, and afternoon breakout sessions in three tracks (primary care, behavioral health, and school and community). Breakout sessions are designed to be practical, so that participants will have gain new skills and/or knowledge to take home with them.

Participants will also be asked to indicate at least one goal related to suicide prevention that they plan to implement following the symposium. Approximately two months later, symposium sponsors will contact participants to check in on their progress toward meeting their goal(s).

KEYNOTE SPEAKERS:

Richard McKeon, Ph.D.

*Chief, Suicide Prevention Branch
Substance Abuse and Mental Health Services Administration (SAMHSA)
Rockville, MD*

David Litts, O.D.

*Director of Science and Policy
Suicide Prevention Resource Center
Washington, DC*

CONFERENCE SITE:

Central Conference Center Hotel (Best Western Premier), 800 East Park Dr., Harrisburg, PA 17111

A block of sleeping rooms is available at the hotel for September 20 at \$89 per room. Please call the hotel directly to make your room reservation: 717-561-2800 (booking name: PA Department of Public Welfare). Deadline for reserving a room at the group rate is August 30, 2011. Hotel website: www.thecentralhotelharrisburg.com

COST:

Attendance at the symposium is free of charge. A continental breakfast will be available at registration and lunch will be provided. Due to the limited space, please be sure to notify us if you are no longer able to attend the symposium.

EXHIBITS:

Free materials will be available from various organizations, including the Substance Abuse and Mental Health Services Administration, Suicide Prevention Resource Center, American Association of Suicidology, National Suicide Prevention Lifeline, Centers for Disease Control and Prevention, and others. Tables will also be available on a limited basis to other interested organizations. For information on exhibiting, please contact Kyessa Brian at 412-802-6905 or briankl@upmc.edu

CONTINUING EDUCATION CREDITS

Please note that there will be a \$30 processing fee for Continuing Education Credits. This fee is to be sent in along with an application for credits after attending the program.

CME Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Pittsburgh School of Medicine and Western Psychiatric Institute and Clinic. The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded 0.6 continuing education units (CEU's) which are equal to 6.0 contact hours.

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 6.0 continuing education credits.

Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professional: 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 6.0 continuing education credits.

Counselors

Western Psychiatric Institute and Clinic is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic adheres to the NBCC Continuing Education Guidelines. This program is being offered for 6.0 continuing education credits.

Certified Psychiatric Rehabilitation Practitioners: CPRP

A total of 6.0 credit hours can be applied to training hours for the Certified Psychiatric Rehabilitation Practitioner (CPRP).

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

This program is offered for 6.0 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.

Act 48

Western Psychiatric Institute and Clinic is recognized by the Pennsylvania Department of Education to offer continuing education credits under Act 48 guidelines. WPIC adheres to the Act 48 Continuing Education Guidelines.

Other Healthcare Professionals

Other health care professionals are awarded 0.6 Continuing Education Units (CEU's), which are equivalent to 6.0 contact hours.

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THE PENNSYLVANIA MODEL FOR YOUTH SUICIDE PREVENTION

SYMPOSIUM SCHEDULE

- 8:00-9:00 a.m.** **REGISTRATION AND CONTINENTAL BREAKFAST**
- 9:00-9:15 a.m.** **Welcome and Overview of Symposium**
Stan Mrozowski, Ph.D., Director, Bureau of Children's Behavioral Health Services, Office of Mental Health and Substance Abuse Services, Harrisburg, PA
- 9:15-9:45 a.m.** **Community Partnerships in Suicide Prevention**
Richard McKeon, Ph.D., Chief, Suicide Prevention Branch, Substance Abuse and Mental Health Services Administration
- 9:45-10:45 a.m.** **National Strategy for Suicide Prevention Ten Years Later: Implications for Suicide Prevention in Pennsylvania**
David Litts, O.D., Director of Science and Policy, Suicide Prevention Resource Center, Washington, DC
- 10:45-11:00 a.m.** **BREAK**
- 11:00 a.m.-12:00 p.m.** **The Pennsylvania Model of Youth Suicide Prevention in Primary Care**
Team Members, Garrett Lee Smith Youth Suicide Prevention in Primary Care Grant Project
- 12:00-1:00 p.m.** **LUNCH**
- 1:00-2:30 p.m.** **BREAKOUT SESSIONS**
- B-1**
Primary Care Track **Pharmacological Management of Adolescent Depression**
David Brent, M.D., Director, Services for Teens at Risk (STAR) Center; Academic Chief, Child and Adolescent Psychiatry, Western Psychiatric Institute and Clinic, Pittsburgh, PA
During this presentation, the indications and alternatives for the medication management of adolescent depression will be reviewed. The review will include the pharmacodynamic/kinetics, the risks and benefits of medication, and recommendations on how best to incorporate antidepressants in the treatment of teens who are depressed. Non-response to medication and treatment continuation will also be addressed.
- B-2**
Primary Care Track **Tools for Suicide Prevention in Primary Care**
Guy Diamond, Ph.D., Director, Center for Family Intervention Science, Children's Hospital of Philadelphia, Philadelphia, PA
David Litts, O.D., Director of Science and Policy, Suicide Prevention Resource Center, Washington, DC
Virginia Biddle, Ph.D., R.N., C.R.N.P., Jefferson Hospital, Philadelphia, PA
This workshop will present information to providers about a number of tools available to aid in suicide prevention efforts in the primary care setting. Three tools will be highlighted: 1) the Behavioral Health Screen is a web-based psychosocial screening tool designed to efficiently assess patients ages 14-24 years for a number of risk and protective factors; 2) the Suicide Prevention Toolkit for Rural Primary Care is both a web-based and hard copy training

curriculum for primary care providers and staff that resources practices will a number of tools to assist with preparing for and managing suicidal individuals; 3) a free, online suicide risk assessment training program for primary care providers will be discussed.

B-3 **Ethical and Legal Issues in the Treatment of Youth Who Are Suicidal**

Behavioral Health Track

Alan Berman, Ph.D., Executive Director, American Association of Suicidology, Washington, DC

This workshop will focus on ethical and legal issues inherent in working with youth at risk for suicide. Among the topics presented will be an overview of the concepts of “foreseeability” and the “standard of care,” an understanding of liability and common complaints lodged in malpractice (tort) actions, and ethical challenges posed by the interface between what the law expects of the clinical practitioner and the realities of clinical work with youth who are at-risk. Considerable case examples will be given and case application exercises will be offered in which participants will be challenged to make clinical and ethical decisions regarding assessment and treatment planning with at risk youth.

NOTE: This presentation spans both breakout sessions and qualifies for three hours of continuing education credits in ethics. You must attend both sessions to receive credit.

B-4 **Cognitive Behavioral Therapy for Youth Who Are Depressed and Suicidal**

Behavioral Health Track

Kimberly Poling, Ph.D., Clinical Program Manager, STAR-Center, University of Pittsburgh Medical Center, Pittsburgh, PA

This training for the practicing behavioral health clinician will: a) review strategies for socializing clients to the treatment model, including how to engage clients especially those initially reluctant to therapy; b) review strategies for establishing a validating, collaborative and structured therapeutic environment; and c) enhance techniques for identifying and changing cognitions and exploring underlying core beliefs.

B-5 **Depression and Suicide Disparities among Sexual Minority Youth: A Review of the Research Literature and implications for School and Community Interventions**

School and Community Track

Michael Marshal, Ph.D., Assistant Professor of Psychiatry, Western Psychiatric Institute and Clinic, Pittsburgh, PA

This is an introductory workshop to provide the audience with information regarding: 1) common definitions and dimensions of sexual orientation. 2) theoretical foundations of mental health disparities among sexual minority populations, 3) current scientific evidence for depression and suicide disparities among sexual minority youth, 4) longitudinal pathways of depression and suicidality among sexual minority youth as they transition to young adulthood, and 5) implications and suggestions for working with sexual minority youth in school and community settings.

B-6 **Aavidum Empowers Pennsylvania’s Youth to Conquer Teenage Depression and Suicide!**

School/Community Track

Joseph Vulopas and Students, Cocalico School District, Denver, PA

A banana walks down a crowded hallway... sounds like the start to a bad joke. Hardly. It’s a public service announcement about depression and suicide, just one of the creative ways students have raised awareness about depression and suicide across Pennsylvania. In this presentation, Aavidum members will underscore the importance of empowering teens to educate their peers about mental illness.

2:30-2:45 p.m.

BREAK

2:45-4:15 p.m.

BREAKOUT SESSIONS

B-3

Behavioral Health Track

Ethical and Legal Issues in the Treatment of Youth Who Are Suicidal (continued)

Alan Berman, Ph.D., Executive Director, American Association of Suicidology, Washington, DC

This workshop will focus on ethical and legal issues inherent in working with youth at risk for suicide. Among the topics presented will be an overview of the concepts of “foreseeability” and the “standard of care,” an understanding of liability and common complaints lodged in malpractice (tort) actions, and ethical challenges posed by the interface between what the law expects of the clinical practitioner and the realities of clinical work with youth who are at-risk. Considerable case examples will be given and case application exercises will be offered in which participants will be challenged to make clinical and ethical decisions regarding assessment and treatment planning with at risk youth.

NOTE: This presentation spans both breakout sessions and qualifies for three hours of continuing education credits in ethics. You must attend both sessions to receive credit.

B-7

Primary Care Track

Looking Suicide in the Face: How to Help the Survivor of a Loved One’s Suicide

Virginia Biddle, Ph.D., R.N., C.R.N.P., Jefferson Hospital, Philadelphia, PA

The purpose of this workshop is to assist primary care providers better manage the impact of suicide on surviving family members. The workshop will discuss the destructive effects that suicide can have on survivors. Primary care providers will receive guidance on recognizing signs and symptoms that may be displayed or experienced by a survivor of suicide, communicate with the survivor and provide therapeutic empathy, provide care on how the survivor can survive, and refer the survivor for appropriate sources of support and help.

B-8

Primary Care Track

Logistics of Behavioral Health Integration into Pediatric Primary Care

Gretchen Crum, L.C.S.W., Clinical Manager, Child and Family Counseling Center, Children’s Hospital of Pittsburgh, Pittsburgh, PA

Abigail Schlesinger, M.D., Medical Director, Children’s Community Pediatrics Behavioral Health Services, Child and Adolescent Psychiatrist, Western Psychiatric Institute and Clinic of UPMC, Pittsburgh, PA

Building collaboration between pediatricians and psychiatric providers requires a strong commitment to a new way of caring for patients. Co-located services are quite different from a ‘collaborating team’: different cultures come together to form a new clinical team willing to learn from each other, value different roles, and compliment each other’s unique training for better patient care. The obstacles are many, and this presentation will provide a clear description of the challenges facing both pediatricians and psychiatric providers. We will describe the provider issues we’ve faced: “*I am not sure we should be managing these depressed kids in the office, it’s too risky!*” “*What are you so scared of? Of course you can!*” We will also describe the operations of this model including payor issues, credentialing, and supervision. We will describe in detail the successes of our collaborative model in community pediatrics: pediatrician, psychologist/therapist, and child and adolescent psychiatrist as one team.

B-9

Behavioral Health Track

Attachment-Based Family Therapy for Youth Who Are Suicidal

Guy Diamond, Ph.D., Center for Family Intervention Science, Children’s Hospital of Philadelphia, Philadelphia, PA

Attachment-Based Family Therapy (ABFT) is the only manualized, empirically informed, family therapy model specifically designed to target family and individual processes associated with adolescent suicide and depression. It is a trust-based, emotion focused psychotherapy model that aims to repair interpersonal ruptures and rebuild an emotionally protective, secure-based, parent-child relationship. The workshop will use lecture and video

vignettes to provide a complete overview of the theoretical principles and clinical strategies of ABFT as well as the goals and structure of the five treatment tasks of the model.

B-10
School/Community Track

Lessons from Loss: Adaptive Community Responses to Contain the Aftermath of a Teen Suicide

David Brent, M.D., Director, Services for Teens at Risk (STAR) Center; Academic Chief, Child and Adolescent Psychiatry, Western Psychiatric Institute and Clinic, Pittsburgh, PA

This workshop will review the research on contagion. The mental health consequences of exposure to a peer suicide will be identified along with suggestions to prevent and contain contagion. In addition, the role of the internet and hotlines in teen suicide prevention will be discussed.

B-11
School/Community Track

QPR Training

Members of the Schuylkill County Suicide Prevention Task Force

QPR stands for Question, Persuade, and Refer – three simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR gatekeepers include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide. Participants in this workshop will learn from a trained QPR trainer how to recognize the warning signs of suicide, offer hope, and get people help that may save their life.\

4:30 p.m.

Adjournment

Disclaimer Statement

The University of Pittsburgh, as an educational institution and as an employer, values equality of opportunity, human dignity, and racial/ethnic and cultural diversity. Accordingly, the University prohibits and will not engage in discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, disability, or status as a disabled veteran or a veteran of the Vietnam era. Further, the University will continue to take affirmative steps to support and advance these values consistent with the University's mission. This policy applies to admissions, employment, access to and treatment in University programs and activities. This is a commitment made by the University and is in accordance with federal, state, and/or local laws and regulations. For information on University equal opportunity and affirmative action programs and complaint/grievance procedures, please contact: William A. Savage, Assistant to the Chancellor and Director of Affirmative Action (and Title IX and 504 Coordinator), Office of Affirmative Action, 901 William Pitt Union, University of Pittsburgh, Pittsburgh, PA 15260, (412) 648-7860

The American with Disabilities Act information:

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 contacting Kyessa Brian at 412-802-6905 or briankl@upmc.edu.

REGISTRATION FORM

Linking Together a Chain of Care: The Pennsylvania Model for Youth Suicide Prevention (MC53) September 21, 2011

Space is limited, so registration is on a first- come, first- served basis. Registration deadline is September 9, 2011.

Please complete all information requested below (please print or type):

Social Security Number (Last five digits only):			—				
First Name:		Last Name:					
Degree(s) to be noted on name badge (e.g. MD, PhD)							
Institutional Affiliation:							
Address:							
Address 2:							
City:		State:		Zip			
County:							
Day Telephone:							
E-Mail Address:							
Special Requests (dietary, accessibility, etc):							

Please indicate which workshop sessions you wish to attend:

Breakout Session 1 (1:00-2:30 p.m.)	<input type="checkbox"/>	B-1	<input type="checkbox"/>	B-2	<input type="checkbox"/>	B-3*	<input type="checkbox"/>	B-4	<input type="checkbox"/>	B-5	<input type="checkbox"/>	B-6
Breakout Session 2 (2:45-4:15 p.m.)	<input type="checkbox"/>	B-7	<input type="checkbox"/>	B-8	<input type="checkbox"/>	B-3*	<input type="checkbox"/>	B-9	<input type="checkbox"/>	B-10	<input type="checkbox"/>	B-11

**Denotes a two-part session. You will automatically be registered for both parts.*

Continuing Education Credits

Please indicate if you require any of the following. Note that CEUs require a fee of \$30 to be paid after the symposium.

<input type="checkbox"/> CME: Physicians	<input type="checkbox"/> CAC	<input type="checkbox"/> Social Work/LPC/LMFT	<input type="checkbox"/> NBCC
<input type="checkbox"/> Psychologist	<input type="checkbox"/> CPRP	<input type="checkbox"/> Act 48 (Educators) Please provide ID#:	

Additional Information requested.

This information will be compiled into a packet by region and distributed to all participants at the symposium to aid in local collaboration efforts.

How are you currently involved with youth suicide prevention efforts? Who might people contact for more information about this? (Submit additional pages, as needed.)

What do you hope to gain by attending this symposium?

E-Mail Registration Form by September 9, 2011 to Kyessa L. Brian at briankl@upmc.edu.

For questions, please contact Kyessa Brian at 412-802-6905.