

EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

UPMC | WESTERN PSYCHIATRIC
HOSPITAL

Department of Psychiatry

Community Care Behavioral Health Organization

2021 Virtual STAR-Center Conference

Preventing Suicide in Children and Youth: Building Resilience in the Face of Adversity

(MD86)

Friday, May 14, 2021

8:30 a.m. to 3:30 p.m.

(Login to Zoom: 8:00 a.m.)

Conference will be conducted Via Zoom

Course Directors

David A. Brent, M.D., Director, STAR-Center

Paula McCommons, Ed.D. 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. Recognize the shifting suicide trends for suicide among minority populations, specifically for Black youth
2. Recognize risk factors for suicide among Black youth
3. Discuss existing evidence about suicide risks and interventions for Black Youth
4. Assess their school crisis team's composition, reparation, training, and refresher training
5. Identify challenges in convening, preparing, and training school crisis teams
6. Identify evidence-informed strategies and resources to overcome these challenges

Target Audience:

This program is appropriate for clinical and educational personnel.

Cost:

- Registration Fee - \$30
- UPMC/University of Pittsburgh Employee Registration Fee - \$15.

The registration fee includes continuing education credits.

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

For additional information regarding presenters or presentations, please go to www.starcenter.pitt.edu, or contact Jamey Covaleski @ covaleskijj@upmc.edu.

2021 Virtual STAR-Center Conference

Conference Agenda

May 14, 2021

Via Zoom

8:00 A.M. LOG ONTO ZOOM

8:30 to 11:30 A.M. CONFERENCE OVERVIEW

KEYNOTES

“Suicide and Suicidal Behavior in Black Youth”

Tami D. Benton, MD, Psychiatrist and Chief, The Children’s Hospital of Philadelphia, Frederick Allen Endowed Professor of Psychiatry, The Perelman School of Medicine at the University of Pennsylvania

There will be a brief break between Keynotes

“Next Time We’ll Be Ready: What’s Wrong with School Crisis Preparation Today”

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

11:30 A.M. LUNCH (On Your Own)

12:45 P.M. SKILL DEVELOPMENT WORKSHOPS - GROUP 1

2:00 P.M. BREAK

2:15 P.M. SKILL DEVELOPMENT WORKSHOPS – GROUP 2

3:30 P.M. ADJOURNMENT

STAR-Center is funded by an appropriation from the Pennsylvania General Assembly. The University of Pittsburgh is an affirmative action, equal opportunity institution.

KEYNOTE ADDRESSES

Keynote Address: “Suicide and Suicidal Behavior in Black Youth”

**Tami D. Benton, MD, Psychiatrist and Chief, The Children’s Hospital of Philadelphia,
Frederick Allen Endowed Professor of Psychiatry, The Perelman School of Medicine at
the University of Pennsylvania**

This presentation will focus upon emerging data about Black youth suicide and exposomal factors contributing to its rise among black youth. Existing evidence about risk and protective factors, interventions and future directions for research will be presented.

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

1. Recognize the shifting suicide trends for suicide among minoritized populations, specifically for Black youth
2. Recognize risk factors for suicide among Black youth
3. Discuss existing evidence about suicide risks and interventions for Black Youth

Keynote Address: “Next Time We’ll Be Ready: What’s Wrong with School Crisis Preparation Today”

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

This presentation offers a practical look at evidence-informed strategies for crisis team preparation and training in school settings. Specifically, we review a) risky oversights in pre-service educator preparation programs, b) missteps in convening crisis teams, c) failures in crisis team training, and d) school-based practices for addressing these critical problems.

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

1. Assess their school crisis team’s composition, preparation, training, and refresher training
2. Identify challenges in convening, preparing, and training school crisis teams
3. Identify evidence-informed strategies and resources to overcome these challenges

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.

A. Workshop Title: Treating Childhood Traumatic Grief with a COVID-19 Focus (*Intermediate*)

(This workshop is offered in Group 2 as Workshop F)

Judith Cohen, MD, Professor of Psychiatry, Medical Director, AGH Center for Traumatic Stress in Children and Adolescents, Allegheny Health Network and Drexel University College of Medicine

More than 300,000 Americans have died from COVID-19, with many additional “excess deaths” also associated with the pandemic. Youth may develop childhood traumatic grief (CTG) due to pandemic-specific traumatic aspects of these deaths. This presentation will describe the application of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for COVID-19-related CTG for youth and their surviving caregivers.

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

1. Describe 3 circumstances of a loved one’s death specific to the COVID-19 pandemic that may increase youth risk of developing Childhood Traumatic Grief (CTG)
2. Describe the TF-CBT PRACTICE components and grief-focused components
3. Identify where to access material about CTG related to COVID-19

B. Workshop Title: Traversing the Transition to College: Assisting Students with Mental Health Concerns. (*Intermediate*)

Kym Jordan Simmons, Ph.D., Licensed Clinical Psychologist, Carnegie Mellon University

This presentation will provide an overview of the state of mental health services on college campuses, shifts in counseling center services during the COVID pandemic, ways to examine the mental health services being offered, and concrete tasks to help prepare students and caregivers prior to the launch to college.

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

1. Describe common developmental themes for students launching to college
2. Discuss ways to examine mental health services offered by a college or university
3. Identify concrete steps to preparing for the transition to college

C. Workshop Title: Suicidality among Transgender Youth: An Introduction to the Health Sciences Literature and Recommendations for Validating Care (*Introductory*)

Brian Thoma, PhD, Assistant Professor, University of Pittsburgh, UPMC Western Psychiatric Hospital

This workshop will provide clinicians with: (1) an introduction to transgender identities among teenagers, (2) an overview of the research literature describing suicidality among transgender adolescents, and (3) an in-depth discussion of how treatment providers can interact with transgender clients to foster a validating and accepting environment.

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

1. Define what it means to have a gender minority, or transgender identity
2. Describe current research evidence documenting elevated rates of suicidality among transgender youth, including which subgroups could have the highest risk for engaging in suicidal behavior
3. Demonstrate foundational knowledge of gender minority identities to provide validating care to transgender clients

D. Workshop Title: Self-Care and Mindfulness in the School (Intermediate)

Sara Goodyear, MsEd, LPC, NCC, STAR-Center, and A.W. Beattie Career Center

This session will provide school and community professionals with a variety of self-care and mindfulness strategies to utilize on an individual, classroom, and school-wide level. Highlighted will be teaching coping skills techniques and ways to present the concept of self-care and mindfulness in a meaningful manner to secondary students.

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

1. Identify practical coping strategies and mindfulness techniques that can be applied with secondary students
2. Identify ways to present coping strategies and mindfulness on an individual and classroom basis in a meaningful manner
3. Discuss options for normalizing mental health awareness on a systemic, school-wide level

E. Workshop Title: Social Determinants and their Impact on Childhood Mental Health (Introductory)

Paula Marie Powe, M.D., Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine, Medical Director, Matilda Theiss Early Childhood and School-Based Behavioral Health Center, UPMC Western Psychiatric Hospital

This presentation will discuss social determinants of mental health and ways that they contribute to early childhood adversity, toxic stress, and clinical outcomes. Resilience, protective factors, and considerations for policy change will also be reviewed.

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

1. Define social determinants of mental health
2. Explain how toxic stress and early childhood adversity can affect people throughout their lifetimes
3. Discuss how a range of social risk and protective factors contribute to mental health outcomes.

BREAK – 2:00 to 2:15 p.m.

GROUP #2 - 2:15-3:30 p.m.

F. Workshop Title: Treating Childhood Traumatic Grief with a COVID-19 Focus (*Intermediate*)

(This workshop was offered in Group 1 as Workshop A)

Judith Cohen, MD, Professor of Psychiatry, Medical Director, AGH Center for Traumatic Stress in Children and Adolescents, Allegheny Health Network and Drexel University College of Medicine

More than 300,000 Americans have died from COVID-19, with many additional “excess deaths” also associated with the pandemic. Youth may develop childhood traumatic grief (CTG) due to pandemic-specific traumatic aspects of these deaths. This presentation will describe the application of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for COVID-19-related CTG for youth and their surviving caregivers.

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

1. Describe 3 circumstances of a loved one’s death specific to the COVID-19 pandemic that may increase youth risk of developing Childhood Traumatic Grief (CTG)
2. Describe the TF-CBT PRACTICE components and grief-focused components
3. Identify where to access material about CTG related to COVID-19

G. Workshop Title: Autism Spectrum Disorders in Children and Adolescents: Assessment and Treatment Considerations for the School Setting. (*Introductory*)

Benjamin L. Handen, Ph.D., BCBA-D, Professor of Psychiatry and Pediatrics, University of Pittsburgh School of Medicine

Children and adolescents with autism spectrum disorder have social and communication deficits along with stereotyped interests and behaviors. Many have co-morbid disorders such as ADHD and anxiety. This session provides an overview of autism and comorbid disorders, followed by discussion of specific tools and strategies for working with this population.

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

1. Identify the characteristics of autism spectrum disorder (ASD) and common comorbid disorders
2. Discuss interventions and accommodations for children and adolescents with ASD and comorbid externalizing disorders (e.g., ADHD, ODD)
3. Explain interventions and accommodations for children and adolescents with ASD and comorbid internalizing disorders (e.g., anxiety, depression).

H. Workshop Title: Approaching Social Anxiety: Leading an Exposure-Based Group (*Intermediate*)

- **Christina Kirsch, Psy.D., Licensed Psychologist, Center for Pediatric Neuropsychology**
- **Kelsey Johnson, LPC, NCC, Behavioral Health Therapist, STAR-Center, UPMC Western Psychiatric Hospital**

This presentation will review the application of exposure-based interventions as a group treatment for social anxiety in adolescents. Special attention will be given to relevant skill development, the logistics of identifying, planning, and conducting exposures, engaging parents in exposures, and challenging patterns of family dynamics that may reinforce avoidant behaviors.

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

1. Apply a distress tolerance coping model to reduce patterns of behavioral avoidance in socially anxious teenagers
2. Identify, construct, and execute exposures for socially anxious teenagers
3. Coach parents in implementing community-based exposures to promote generalization of skills and reduce the reinforcement of avoidant behaviors

I. Workshop Title: Identifying and Responding to Cybervictimization among Adolescents (*Introductory*)

- **Candice Biernesser, Ph.D., LCSW, Postdoctoral Scholar, University of Pittsburgh**
- **Karla Joyce-Good, LSW, MSW, UPMC Western Psychiatric Hospital**

Cyberbullying is a growing concern among young people with reports of cyberbullying doubling over the past decade. Youth who are cyberbullied are approximately twice as likely to exhibit suicidal thoughts and behaviors. This presentation will offer practical guidance for understanding and responding to cyberbullying among adolescents.

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

1. Discuss current research focused on youth cybervictimization and its association with suicidal risk
2. Explain how to respond to reports of cybervictimization among youth
3. Identify practical resources relating to youth cybervictimization for mental health clinicians and educators

J. Workshop Title: Provider Well-Being: We Need Not Always Be Heroes (*Introductory*)

Sansea L. Jacobson, MD, Associate Professor of Psychiatry, Child and Adolescent Psychiatrist, STAR-Center, Program Director of Child and Adolescent Psychiatry Training, Western Psychiatric Hospital, University of Pittsburgh Medical Center

Wellness is an unspoken shared responsibility between patient and provider; now even more poignant during the COVID-19 pandemic. This session will guide the audience to a better understanding of how to conceptualize and approach our own well-being and its impact on our personal and professional identities.

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

1. List three potential negative outcomes related to unaddressed burnout in mental health care providers
2. Describe our current research understanding of the relationship between burnout, depression, and suicide
3. Name at least one method or resource that could help promote resilience and/or support the mental health of providers within your work setting

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 5.0 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 5.0 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 Healthcare Professionals

Nurses and other health care professionals are awarded 0.5 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.

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 5.0 hours of Act 48 credit for completing this program.

- * *Please retain your certificates in a safe place. Replacements cost \$30.*
- * *NBCC and General CEU – Please identify your CE needs on the survey. Participants will be awarded a continuing education certificate four to six weeks post-conference via e-mail.*
- * *APA and LSW/LCSW/LPC/LMFT certificates will be issued from the CCEHS registration site.*
- * *Upon completion of the survey on the CCEHS registration site, 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 survey where requested. Your credit hours will be available in the PERMS system two weeks after the program.*
- *Completing the evaluation is not mandatory, however, you are encouraged to complete it to help inform the course directors for future programming. There is one question for continuing education credits that is required. Please make sure to respond to it.*

Registration Information (New Process)

Fees - \$30; \$15 (UPMC/Pitt)

Please review program and register at <https://cce.upmc.com>. If you don't have an account, you'll have to set one up. Or, you can go directly to the registration page: [2021 STAR-Center Conference - Preventing Suicide in Children and Youth: Building Resilience in the Face of Adversity | UPMC - Center for Continuing Education in the Health Sciences](#)

1. After logging in at <https://cce.upmc.com>, click on "catalog" to locate the course. Search for 2021 STAR Conference.
2. After reviewing the event information, please click on the purple "register" tab.
3. Payment is required when registering. Ethos allows ACH debit/electronic checks.
 - **Coupon discount code for UPMC/University of Pittsburgh staff is STAR2021-UPMC.** Please use your UPMC or related work e-mail address.
 - **Coupon code for Journal Transfers from UPMC departments is STAR2021-JT.** Please only use this code if your department supervisor, manager, or director has given you permission to do so. The fee is \$15. Please register and use the coupon code and complete the form online (Journal Transfer Submission).
4. Telephone registrations are not accepted.

The evaluation will open after the event. To complete your evaluation and obtain your continuing education certificate, please follow these directions:

1. Go to <https://cce.upmc.com>
2. Go to My Account
3. My Courses
4. Pending Activities should be highlighted in purple. Scroll down if you need to.
5. Click on the program title
6. Click on the purple box (Register/Complete Course)
7. Click on the circle next to "Complete Course Evaluation: 2021 STAR-Center Conference"
8. Take the evaluation. No questions are required except for those asking about your continuing education credits. If you require Act 48, General CEU, or NCC credits, please make sure to answer these questions fully in the evaluation.
9. That should allow you to click on "credit" when done, and then "certificate" after that. This will be for APA and LSW/LCSW/LPC/LMFT certificates.
10. Act 48, General CEU, and NCC certificates will be issued via e-mail from Education and Consultative Services in four to six weeks.

Full tuition must accompany registration. A \$10 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, May 6, 2021. 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.*