

HeadsUp 

9th Annual

Pennsylvania Early Psychosis Conference

Week 1

**November 18-22
focusing on FEP CSC**

11/18/2024

**Hybrid In-Person in Harrisburg
for PA FEP & Virtual Via
Zoom Events**

11/20/2024–11/22/2024

**Virtual Sessions
Via Zoom Events**

Week 2

**December 9-13
focusing on CT-R**

12/9/2024–12/13/2024

**Virtual Sessions
Via Penn Zoom Events**

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Email questions to Crystal Vatz,
HeadsUp Education and Telehealth Manager
at: crystal.vatza@pennmedicine.upenn.edu

PENNSYLVANIA EARLY PSYCHOSIS CONFERENCE

The HeadsUp Annual Pennsylvania Early Psychosis Conference offers professionals and practitioners educational opportunities in early psychosis treatment and services. Through an intensive overview of early psychosis and Coordinated Specialty Care (CSC), it offers an opportunity to strengthen skill sets, share best practices with peers, and implement new strategies, research and trends into practice. This year's conference will highlight important treatment aspects including evidence-based clinical treatment integration options, substance use, cultural sensitivity, ethical concerns, engagement, psychopharmacology, and recovery-oriented cognitive therapy (CT-R) for providers of First Episode Psychosis care.

Conference Learning Objectives

Through our robust learning program, and together with our thought leaders, we remain committed to:

- Promoting the development of innovative and responsive services in CSC programs
- Improve the overall quality of services delivered and increase the competencies of clinicians and CSC team members
- Assist organizations and practitioners with the vision, knowledge and skills needed to shape new and emerging CSC teams, as well as support our mission
- Educate and increase the competencies of clinicians on the use of CT-R
- Enhance understanding and supported use of research obtained from the CSC teams and participants

Accreditation and Designation of Credit

In support of improving patient care, Penn Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

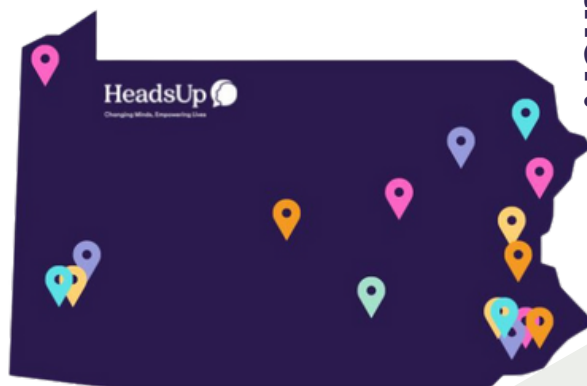
- *Physicians:* Penn Medicine designates this live activity for a maximum of up to 40 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- *Nurses:* This program provides up to 40 NCPD hours.
- *Pharmacists:* This Knowledge-Based (K) activity is approved for up to 40 ACPE contact hours of Continuing pharmacy education credit JA0000324-0000-24-032-L04-P
- *Physician Assistants:* Penn Medicine has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with the AAPA CME Criteria. This activity is designated for up to 40 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.
- *Psychologists:* Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs. This activity awards up to 40 credits for Psychologists.

CE Cost

There is no cost to obtain CE/CMEs however, full attendance is required for the duration of each session that CE/CMEs are requested. No partial CE/CMEs will be awarded.


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For information or questions regarding speaker financial relationships, special needs requests, or nondiscrimination state, please **contact event coordinator, Crystal Vatz, at crystal.vatza@pennmedicine.upenn.edu**. Special needs requests must be made no less than 14 days prior to the start date of the event.



Expanding early psychosis care in Pennsylvania, together.

WEEK 1: Coordinated Specialty Care in First Episode Psychosis

	Monday, November 18	Tuesday, November 19	Wednesday, November 20	Thursday, November 21	Friday, November 22
9:00-10:00	History & Current Status of FEP Care Presenter: Monica E. Calkins, PhD Intended Audience: All Staff	<div>Travel Day, No Programming</div> <div>  </div>	Enhancing Engagement in Peer Support Services Presenters: Liz Thomas, PhD & Maggie Smith, BS Intended Audience: All Staff	Introduction to CSC Model: Core Competencies & Team Roles Presenter: Denise Namowicz, MSW, LCSW Intended Audience: Less than 1-Year in CSC/ FEP Staff (Introductory Level Programming)	Introduction to Screening & Differential Diagnosis in CSC PT 1 Presenter: Arielle Ered, PhD Intended Audience: Less than 1-Year in CSC/ FEP Staff (Introductory Level Programming)
10:00-10:15					
10:15-11:15	Damaging Portrayals: Overcoming the Negative Narrative on Mental Illness in Mass Media Presenter: Chris Michaels, MSHA Intended Audience: All Staff		Diagnosis & Medical Monitoring in FEP PT 1 Presenter: Joshua Riley, MD, PhD Intended Audience: Psychiatric Care Provider Staff	Advanced CSC Model: Exposure & PTSD in Individuals with Schizophrenia Presenter: Aaron Brinen, PhD Intended Audience: More than 1-Year in CSC/ FEP & Psychiatric Care Provider Staff (Advanced Level Programming)	Advanced Screening & Differential Diagnosis: Secondary Diagnoses PT 1 Presenter: Monica Calkins, PhD Intended Audience: More than 1-Year in CSC/ FEP & Psychiatric Care Provider Staff (Advanced Level Programming)
11:15-12:15			Break		
12:15-1:15	Difficulty Engaging with K12 School-Based Teams? Here's How to Get Behind the Curtains PT 1 Presenter: Melissa Nelson, EdD Intended Audience: All Staff		Coordinating Care for Substance Use Disorders in FEP Presenter: Melanie Bennett, PhD Intended Audience: All Staff	CSC Model Implementation: Clinic Flow, Team Services, Coordination, Inclusion/Exclusion, Overview of Program Eval & Fidelity Monitoring PT 1 Presenter: Arielle Ered, PhD Intended Audience: Less than 1-Year in CSC/ FEP Staff (Introductory Level Programming)	Introduction to Screening and Differential Diagnosis in CSC PT 2 Presenter: Arielle Ered, PhD Intended Audience: Less than 1-Year in CSC/ FEP Staff (Introductory Level Programming)
1:15-1:30			Diagnosis and Medical Monitoring in FEP PT 2 Presenter: Joshua Riley, MD, PhD Intended Audience: Psychiatric Care Provider Staff	Advanced CSC Model Implementation - How to Effectively Engage Trainees PT 1 Presenter: Monica Calkins, PhD Intended Audience: More than 1-Year in CSC/ FEP & Psychiatric Care Provider Staff (Advanced Level Programming)	Advanced Screening and Differential Diagnosis: Secondary Diagnoses PT 2 Presenter: Monica Calkins, PhD Intended Audience: More than 1-Year in CSC/ FEP & Psychiatric Care Provider Staff (Advanced Level Programming)
1:30-2:30	Connecting the Dots: Service Starts with Self-Reaching Within to Reach Out PT 1 Presenters: Sean Driscoll, CPRS & Emeka Chima, CPRS Intended Audience: All Staff		Lunch		
2:30-2:45			PTSD in Psychosis: Understanding & Helping Young People When the Past Haunts Presenter: Aaron Brinen, PhD Intended Audience: All Staff	CSC Model Implementation: Clinic Flow, Team Services, Coordination, Inclusion/Exclusion, Overview of Program Eval & Fidelity Monitoring PT 2 Presenter: Arielle Ered, PhD Intended Audience: Less than 1-Year in CSC/ FEP Staff (Introductory Level Programming)	Introduction to Screening & Differential Diagnosis in CSC PT 3 Presenter: Arielle Ered, PhD Intended Audience: Less than 1-Year in CSC/ FEP Staff (Introductory Level Programming)
2:45-3:45	Connecting the Dots: Service Starts with Self-Reaching Within to Reach Out PT 2 Presenters: Sean Driscoll, CPRS & Kaitlyn Rosa, LCSWC Intended Audience: All Staff		Assessment & Treatment of Youth Who are at Risk for Psychosis Presenter: Tushita Mayani, MD Intended Audience: Psychiatric Care Provider Staff	Advanced CSC Model Implementation - How to Effectively Engage Trainees PT 2 Presenter: Monica Calkins, PhD Intended Audience: More than 1-Year in CSC/ FEP & Psychiatric Care Provider Staff (Advanced Level Programming)	Advanced Screening and Differential Diagnosis: Secondary Diagnoses PT 3 Presenter: Monica Calkins, PhD Intended Audience: More than 1-Year in CSC/ FEP & Psychiatric Care Provider Staff (Advanced Level Programming)
			Break		
			Supporting Family Wellness During the Period of Early Psychosis Presenters: Liz Thomas, PhD & Gretchen Sneathen, PhD Intended Audience: All Staff	Marginalized Sexual & Gender Identities in Early Psychosis: Current Knowledge & Future Directions Presenter: Maggie Manges, PhD Intended Audience: All Staff	Trauma Assessment & Interventions PT 1 Presenter: Kris Wright, LCPC Intended Audience: All Staff
			Break		
			Psychopharmacology in FEP: Medication Side Effects & Management Presenter: Melanie Yabs, PharmD, MS, BCPP Intended Audience: Psychiatric Care Provider Staff		
			Break		
			Introduction to Psychopharmacology in FEP for Non-Prescribers Presenter: Andrea Temelle, PharmD, BCPP Intended Audience: Less than 1-Year in CSC/ FEP Staff (Introductory Level Programming)	The Ethical Intersection of Psychosis, Equity, and Access Presenter: Sarah Vinson, MD Intended Audience: All Staff	Trauma Assessment & Interventions PT 2 Presenter: Kris Wright, LCPC Intended Audience: All Staff
			Advanced Psychopharmacology for Non-Prescribers: Promoting Medication Adherence in FEP Presenter: Melanie Yabs, PharmD, MS, BCPP Intended Audience: More than 1-Year in CSC/ FEP (Advanced Level Programming)		
			Psychopharmacology in FEP: New, Newer & Potential Medications for Treatment of Psychosis Presenter: Christian Kohler, MD Intended Audience: Psychiatric Care Provider Staff		

Visit the [Annual Conference section](#) of the Education & Training page on the HeadsUp website for more information on presentation content and presenters

Email questions to Crystal Vatza, HeadsUp Education and Telehealth Manager at: crystal.vatza@pennmedicine.upenn.edu

WEEK 2: Recovery-Oriented Cognitive Therapy (CT-R)

	Monday, December 9	Tuesday, December 10	Wednesday, December 11	Thursday, December 12	Friday, December 13
9:00-11:00	Recovery-Oriented Cognitive Therapy PT 1 Presenter: Aaron Brinen, PsyD Intended Audience: All Staff	Adapting Recovery-Oriented Cognitive Therapy for Psychiatric Care Providers Presenter: Elisa Nelson, PhD & Alison Swigart, MD Intended Audience: Psychiatric Care Provider Staff Recovery-Oriented Cognitive Therapy PT 3 Presenter: Aaron Brinen, PsyD Intended Audience: All Staff	Adapting Recovery-Oriented Cognitive Therapy for SEES & Case Managers Presenter: Elisa Nelson, PhD & Nicole Branning, BS Intended Audience: SEES/ CMs Recovery-Oriented Cognitive Therapy PT 5 Presenter: Aaron Brinen, PsyD Intended Audience: All Staff	Recovery-Oriented Cognitive Therapy PT 6 Presenter: Aaron Brinen, PsyD Intended Audience: All Staff	Recovery-Oriented Cognitive Therapy PT 8 Presenter: Aaron Brinen, PsyD Intended Audience: All Staff
11:00-11:15	Break				
11:15-1:15	Recovery-Oriented Cognitive Therapy PT 2 Presenter: Aaron Brinen, PsyD Intended Audience: All Staff	Adapting Recovery-Oriented Cognitive Therapy for Peer Specialists Presenter: Elisa Nelson, PhD and Steven Dages, BS, CPS Intended Audience: Peer Specialists Recovery-Oriented Cognitive Therapy PT 4 Presenter: Aaron Brinen, PsyD Intended Audience: All Staff	Empowering Family Members & Loved Ones with Recovery-Oriented Cognitive Therapy Presenter: Elisa Nelson, PhD Intended Audience: All Staff	Recovery-Oriented Cognitive Therapy PT 7 Presenter: Aaron Brinen, PsyD Intended Audience: All Staff	Recovery-Oriented Cognitive Therapy PT 9 Presenter: Aaron Brinen, PsyD Intended Audience: All Staff

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Thank you to our funders, organizers, & presenters who help keep this collaborative training relevant and dynamic. We look forward to continuing to help serve our Pennsylvania early psychosis community together!

WEEK 1: COORDINATED SPECIALTY CARE IN FIRST EPISODE PSYCHOSIS

November 18-22

Session descriptions

Monday, November 18

History & Current Status of FEP Care

Monica E. Calkins, PhD

9:00-10:00 AM

The Coordinated Specialty Care (CSC) model is the foundation of Pennsylvania's First Episode Psychosis (PA FEP) programs. This course provides an overview of the history of, and recent developments in, CSC and introduces the core components and stakeholders of the model. Recent advances in the Connection Learning Healthcare System hub of the national Early Psychosis Intervention Network (EPINET) collaborative will be reviewed along with their implications for growing our learning healthcare system for early psychosis care.

Objectives:

1. Describe 3 or more challenges faced in the effort to identify and intervene early in the course of psychosis disorders
2. Identify at least 2 benefits of CSC care for individuals with psychosis as suggested by research in this area
3. List two key features of the next phase of Connection Learning Healthcare System

Intended Audience: All staff encouraged to attend

Damaging Portrayals: Overcoming the Negative Narrative on Mental Illness in Mass Media

Chris Michaels, MSHA

10:15-11:15 AM

Most of us have heard news stories and seen movies depicting people with serious mental illness in a negative light. The effects of these images are far-reaching. Studies have shown that negative portrayals, including inaccurate stereotypes such as violence, sensationalizing situations, or using demeaning language, can increase stigma ([NIH, 2023](#)). That stigma doesn't just impact the public's view of people with mental health conditions, but it can also influence how people with a diagnosis see themselves. During this presentation, Damaging Portrayals: Overcoming the Negative Narrative on Mental Illness in Mass Media, Christine Michaels, CEO of NAMI Keystone Pennsylvania, will examine the dangerous ripple effect these images are having on awareness, acceptance, and treatment.

Objectives:

1. Recognize the need for decision support related to community participation among young adults with early psychosis
2. Describe the decision coaching process
3. Practice decision coaching communication skills based on an example scenario

Intended Audience: All staff encouraged to attend

Difficulty Engaging with K12 School-Based Teams? Here's How to Get Behind the Curtains PT 1

Melissa Nelson, EdD

12:15-1:15 PM

Understanding the organizational structure, overarching special education and disability related laws and mandates, and roles of school employees is essential for developing and deepening collaborative relationships with schools. Dr. Nelson will provide an overview of K12 school systems and provide resources to use as tools of support for your clients.

Objectives:

1. Understand the infrastructure of schools (who/what) to build collaborative relationships across systems.
2. Increase literacy about IEP and 504 laws, processes and procedures, and school-based supports
3. Review evidence-based resources endorsed by Subject Matter Experts and professional groups in the Field of Education early psychosis intervention network

Intended Audience: All staff encouraged to attend

Monday, November 18

Connecting the Dots: Service Starts with Self-Reaching Within to Reach Out PT 1

Sean Driscoll, CPRS & Emeka Chima, CPRS

1:30-2:30 PM

An interactive presentation to discuss the importance of effectively utilizing a peer support specialist and making sure everyone is working cohesively as a team. This will help maximize successful strategies and optimize treatment for a best possible potential outcome for patients in CSC programs. Presenters will discuss their own experiences as patients in CSC programs and working as peer support specialists to provide insight on how to help in an effective manner and meet patients/clients where they are at.

Objectives:

1. Understand the importance of lived experience and input of peer support specialist when working on a Coordinated Specialty Care Team
2. Implement evidence-based solutions and successful strategies for building client rapport
3. Review the team's current utilization of peer support specialist in order to maximize efficiency and optimize teamwork for all roles on the CSC team

Intended Audience: All staff encouraged to attend

Connecting the Dots: Service Starts with Self-Reaching Within to Reach Out PT 2

Sean Driscoll, CPRS & Kaitlyn Rosa, LCSWC

2:45-3:45 PM

This workshop is geared towards helping clinicians and other team members practice efficient self-care and understand who they are in order to help serve our population better. Many times we hear self-care and we think of medicine and safe places to talk, but in life that's just not enough. Our goal is to explain specific strategies that we use daily to help control our minds and detach from the emotions of others at work and in the world to help with burnout prevention for clinicians and other staff.

Objectives:

1. Recognize and relate to the imperfections of the human experience by finding ways to relate, without self disclosing (for clinical ethical boundaries)
2. Discover new strategies for emotional detachment from patients problems and human experiences
3. Understand what self care could truly look like to keep a healthy personal and professional balance and a charged emotional battery

Intended Audience: All staff encouraged to attend

Tuesday, November 19
TRAVEL DAY
NO PROGRAMMING

WEEK 1: COORDINATED SPECIALTY CARE IN FIRST EPISODE PSYCHOSIS

November 18-22

Session descriptions

Wednesday, November 20

Diagnosis & Medical Monitoring in FEP PT 1 & 2

Joshua Riley, MD, PhD

9:00-10:00 AM & 10:15-11:15 AM

Pennsylvania's First Episode Psychosis (PA FEP) Centers support a broad range of young individuals experiencing psychosis. Many of these individuals will have had some history of emotional and mental distress prior to presenting to our programs and often have received treatment for other disorders in the past. Diagnosis can be difficult and the number of potential medical etiologies for new psychotic symptoms makes monitoring critical. This course for prescribers provides an overview of diagnosis, examines aspects of phenomenology that can assist with differential diagnosis, and discusses the role of laboratory and imaging investigations in the workup of any individual experiencing psychosis of recent onset.

Objectives:

1. Understand the variety of ways a first episode of psychosis may initially present in a clinical setting
2. Delineate an approach to evaluate and rule out medical etiologies of first episode psychosis and indications for more intensive testing
3. Appreciate the distinction between psychosis and psychotic disorders on the one hand and non-psychotic disorders with overlapping symptoms
4. Evaluate common presentations of non-psychotic psychiatric symptoms that may occur in the context of first episode psychosis, and how to approach treatment of these symptoms

Intended Audience: Psychiatric care provider staff

Enhancing Engagement in Peer Support Services

Liz Thomas, PhD & Maggie Smith, BS

9:00-10:00 AM

This session will present key findings from a research study examining the perceptions of young adults with serious mental illnesses regarding peer support. The study explored young adults' understanding of peer support, the factors that would encourage them to participate in such services, and the concerns or misconceptions they have about the role of peer specialists. While many expressed a strong interest in connecting with someone who shares lived experience, they also voiced doubts about peer specialists' capabilities, concerns over privacy, and uncertainty about the potential benefits of peer support. This presentation will provide CSC providers with practical strategies to better orient young adults to peer support services, addressing these specific concerns. Attendees will learn how to clearly define the role of peer specialists and communicate the unique value that peer support offers in fostering recovery. By framing peer support in a way that resonates with young adults and meets them where they are, providers can increase engagement and ensure that this critical service is fully embraced.

Objectives:

1. Identify at least three common benefits to peer support according to the perspectives of young adults with serious mental illnesses
2. Participants will be able to identify at least three common concerns or misconceptions that young adults with serious mental illnesses have about peer support services
3. Describe and apply at least two strategies for clearly communicating the role of peer specialists to young adults in a way that addresses their concerns and highlights the benefits of peer support

Intended Audience: All staff encouraged to attend

Wednesday, November 20

Coordinating Care for Substance Use Disorders in FEP

Melanie Bennett, PhD

10:15-11:15 PM

CSC programs in Pennsylvania and Maryland serve many participants with FEP and comorbid substance use disorders. Substance use disorders can be challenging to address within CSC. Dr. Bennett will provide an update on research on treatment for substance use disorders in FEP. She will then review national EPINET and local CLHS data to understand how substance use and disorders present at admission and over time and how they impact early psychosis treatment. Finally, she will discuss what to consider when making decisions about interventions and level of care for FEP patients with substance use disorders.

Objectives:

1. Provide an update on research on treatment for substance use disorders in FEP
2. Use national EPINET and local CLHS data to understand how substance use and disorders present at admission and over time and how they impact early psychosis treatment
3. Discuss decision making about interventions and level of care for FEP patients with substance use disorders

Intended Audience: All staff encouraged to attend

Assessment & Treatment of Youth Who are at Risk for Psychosis

Tushita Mayanil, MD

12:15-1:15 PM

Young people can experience concerning and distressing symptoms that are warning signs that they are at clinical high risk of psychosis. Often these symptoms emerge in the context of other more common experiences such as depression, anxiety, substance use, and trauma. It is essential that professionals who work with young people are prepared to recognize and respond to clinical high risk experiences as early as possible in order to connect the young person with appropriate clinical care. Yet many community health providers report feeling uncomfortable or unprepared to inquire about potential clinical high risk symptoms. This session aims to fill this gap by providing an overview of clinical high risk symptoms, their assessment, and treatment. The major categories of clinical high risk symptoms and varying developmental trajectories and outcomes will be described and illustrated with case discussions. Attendees will receive and learn to use a free brief screening tool and decision-making guide that can be readily incorporated into routine care at mental health clinics, pediatric care clinics, and school counseling centers. Assessment of psychosis risk in the context of comorbidities will also be featured. Currently available gold standard treatments for at-risk youth will be described, including referral pathways and processes.

Objectives:

1. Describe clinical high risk for psychosis symptoms, their common comorbidities, and possible outcomes
2. Learn to screen for and respond to early signs and symptoms of psychosis
3. Understand how to connect to local specialized treatment resources for youth experiencing clinical high risk symptoms

Intended Audience: Psychiatric care provider staff

PTSD in Psychosis: Understanding & Helping Young People When the Past Haunts

Aaron Brinen, PhD

12:15-1:15 PM

This session will help providers develop an understanding of PTSD and its interaction with psychosis. Methods for helping young people will be covered and how to work as a team on the process.

Objectives:

1. Identify maintaining factors of PTSD
2. Explain the interaction of PTSD symptoms and psychosis
3. List three methods for helping with PTSD

Intended Audience: All non-medical staff encouraged to attend

WEEK 1: COORDINATED SPECIALTY CARE IN FIRST EPISODE PSYCHOSIS November 18-22

SESSION DESCRIPTIONS

Wednesday, November 20

Psychopharmacology in FEP: Medication Side Effects & Management

Melanie Yabs, PharmD, MS, BCPP

1:30-2:30PM

Pennsylvania's First Episode Psychosis (PA FEP) Centers support a broad range of young individuals experiencing psychosis. Diagnosis can be tricky, and monitoring our clients is paramount. This course for prescribers dives into particularly important aspects of medical monitoring, medication-related side effects, and pharmacological treatment considerations in this population.

Objectives:

1. Identify dosing strategies for antipsychotics in patients with FEP.
2. Recognize the importance of monitoring for side effects in this patient population.
3. Distinguish between second-generation antipsychotics and their propensity to cause certain metabolic side effects.
4. Understand how to approach treatment of antipsychotic-induced movement disorders.

Intended Audience: Psychiatric care provider staff

Supporting Family Wellness During the Period of Early Psychosis

Elizabeth Thomas, PhD & Gretchen Snethen, PhD, CTRS

1:30-2:30 PM

This session will equip CSC providers with strategies to support family members—both biological and chosen—while their loved one experiences a first episode of psychosis. Families often face a period of adjustment and grief as they come to terms with the ways their loved one's life has changed, which can bring about feelings of loss, uncertainty, and fear about the future. Additionally, family members may experience increased stress, strained relationships, and challenges in maintaining their own well-being. This training will explore these issues in depth and introduce a Family Leisure Toolkit designed to promote family wellness across physical, cognitive, spiritual/meaning, social, and emotional domains. The toolkit offers practical suggestions to help families prioritize their well-being while pursuing shared leisure interests, fostering connection, and building resilience. CSC providers will gain valuable insights into how they can guide families toward maintaining their wellness during a difficult time.

Objectives:

1. Identify at least three common emotional and psychological challenges that families face when their loved one experiences a first episode of psychosis, including adjustment and grief
2. Describe at least two strategies from the Family Leisure Toolkit to support family wellness in the physical, cognitive, spiritual, social, and emotional domains
3. Support families in planning leisure activities to foster connection and resilience

Intended Audience: All staff encouraged to attend

Wednesday, November 20

Introduction to Psychopharmacology in FEP for Non-Prescribers

Andreea Temelie, PharmD, BCPP

2:45-3:45 PM

National guidelines for the treatment of schizophrenia recommend the creation of a comprehensive, person-centered treatment plan that includes evidence-based pharmacologic and nonpharmacologic treatments. The goal of this treatment is to minimize the duration of untreated psychosis; however, psychopharmacology in First Episode Psychosis (FEP) can offer unique challenges. Medication management can be complex when it comes to different psychotropic drug classes, their varying mechanisms, and their side effects. This course provides an overview of key considerations for non-prescribing Coordinated Specialty Care team members regarding medication treatment.

Objectives:

1. Define the role of psychopharmacological care for FEP program participants
2. Identify medication response timeline in FEP
3. Understand the various medications and formulations that may be used in FEP
4. Recognize medication-related side effects relevant to the FEP population and substance use disorders in Coordinated Specialty Care

Intended Audience: Less than 1-Year in CSC/ FEP Staff (Introductory Level Programming)

Advanced Psychopharmacology for Non-Prescribers: Promoting Medication Adherence in FEP

Melanie Yabs, PharmD, MS, BCPP

2:45-3:45 PM

Pennsylvania's First Episode Psychosis (PA FEP) Centers support a broad range of young individuals experiencing psychosis. For many, effective treatment of psychosis entails successful engagement in CSC services along with adherence to a medication regimen. This course for non-prescribers discusses the importance of and strategies to promote medication adherence within the FEP population and ways to identify nonadherence.

Objectives:

1. Identify various types of medication nonadherence.
2. Describe common barriers to adherence that our clientele may face.
3. Recognize when a client may be nonadherent to their medication regimen.
4. Develop a personalized plan to assist a client with adherence depending on their specific circumstances and needs.

Intended Audience: More than 1-Year in CSC/ FEP (Advanced Level Programming)

Psychopharmacology in FEP: New, Newer and Potential Medications for Treatment of Psychosis

Christian Kohler, MD

2:45-3:45 PM

The session will review more recently available antipsychotic medications and specific considerations. We will then discuss the investigations into non-dopaminergic targets for development of potential antipsychotic medications. The session will provide a review of Cobenfy (KarXT) that was approved for psychosis treatment in September 2024 and the pipeline on potential new medications.

Objectives:

1. Understand different putative brain mechanisms associated with psychosis symptoms
2. Discuss differences of third generation antipsychotics from established older medications
3. Review the evidence of new and potential new medications for treatment in psychotic disorders

Intended Audience: Psychiatric care provider staff

WEEK 1: COORDINATED SPECIALTY CARE IN FIRST EPISODE PSYCHOSIS November 18-22

SESSION DESCRIPTIONS

Thursday, November 21

Introduction to CSC Model: Core Competencies and Team Roles

Denise Namowicz, MSW, LCSW

9:00-10:00 AM

The Coordinated Specialty Care (CSC) model is the foundation of Pennsylvania's First Episode Psychosis (PA FEP) programs. This course describes in detail the core components and stakeholders of the model and focuses on the specifics of team roles/responsibilities. The session will focus on program competencies to develop an effective team.

Objectives:

1. Define the roles of each team member in a CSC model
2. Describe staff competencies for each discipline
3. Identify the importance of team cohesion

Intended Audience: Less than 1-Year in CSC/ FEP (Introductory Level Programming)

Advanced CSC Model: Exposure and PTSD in Individuals with Schizophrenia

Aaron P. Brinen, PsyD

9:00-10:00 AM

Exposure therapies for PTSD have the strongest evidence for helping individuals with co-occurring PTSD and psychosis. A review of Prolonged exposure and the use in psychosis/PTSD.

Objectives:

1. Describe the process of prolonged exposure
2. Identify 3 methods for assisting individuals with psychosis increases
3. Explain why prolonged exposure is not counter-indicated

Intended Audience: More than 1-Year in CSC/ FEP (Advanced level programming)

Introduction to CSC Model Implementation: Clinic Flow, Team Services, Coordination, Inclusion/ Exclusion, Overview of Program Eval and Fidelity Monitoring PTs 1 & 2

Arielle Ered, PhD

10:15-11:15 AM & 12:15-1:15 PM

The Coordinated Specialty Care (CSC) model is the cornerstone of Pennsylvania's First Episode Psychosis (PA FEP) programs. This two-part course provides an overview of implementation of the model, as well as practical guidance from a hands-on perspective.

Objectives:

1. Outline areas of strengths and weaknesses in current practice as related to the CSC model (e.g., fidelity to the model in current practice)
2. Review overall CSC clinic flow and operational structure
3. Identify the pros and cons of telehealth in CSC

Intended Audience: Less than 1-Year in CSC/ FEP (Introductory level programming)

REGISTRATION
INFORMATION IS
AVAILABLE IN THE
EDUCATION AND
TRAINING SECTION OF
OUR OUR WEBSITE

Thursday, November 21

Advanced CSC Model Implementation - How to Effectively Engage Trainees PTs 1 & 2

Monica Calkins, PhD

10:15-11:15 AM & 12:15-1:15 PM

Staffing within Coordinated Specialty Care (CSC) Programs can prove difficult at times. The inclusion of trainees (interns/externs) from several disciplines can potentially help with client capacity, alleviate burnout among team members, engage early career mental health providers in psychosis care, and facilitate overall work force development of competent early psychosis providers. This is a two-part session focused on advanced CSC model implementation, specifically regarding the inclusion of trainees within the CSC model. The first part will lay out the foundational elements necessary to involve trainees in a CSC team, provide examples of trainee integration, and present a cost-benefit analysis. Participants will have the opportunity to identify operational and clinical barriers as well as potential solutions. The second part will build on identified challenges and solutions through a group activity in characterizing team challenges and problem solving these challenges using vignettes. Participants will have the opportunity to share successful examples of how to effectively incorporate trainees within their CSC teams.

Objectives:

1. Identify operational barriers to incorporating trainees into CSC programs
2. Discuss solution options to enhance CSC programs and support early career mental health providers in psychosis care by including trainees in the treatment team
3. Identify trainee inclusion opportunities within CSC programs through vignette practice

Intended Audience: More than 1-Year in CSC/ FEP (Advanced level programming)

Marginalized Sexual and Gender Identities in Early Psychosis: Current Knowledge and Future Directions

Margaret (Maggie) Manges, PhD

1:30-2:30 PM

This presentation will discuss the clinically important yet understudied intersection of having a marginalized sexual orientation or gender identity with early psychosis. Attendees will first receive some baseline information about the nuance of sexual orientation and gender identity, including learning the differences between sexual orientation, gender identity, gender expression, and sex. They will also hear about two important models in conceptualizing the role of stress for this population. The presentation will also include important information about nation-wide and state-wide practices which might be contributing to stress and decreased well-being for LGBTQ+ people broadly, followed by a discussion of high-risk outcomes for people with a marginalized sexual orientation or gender identity and for people with psychosis. Finally the presentation will provide critical information about barriers to care for this population, as well as detailed suggestions and recommendations for your work with these patients.

Objectives:

1. Identify the differences between sex, gender, gender expression, and sexual orientation
2. Describe the impact of stress in the role of adverse outcomes for sexual and gender minority people and the role of stress in the development of early psychosis
3. Implement new strategies to foster and promote identity-affirming clinical and research practice

Intended Audience: All staff encouraged to attend

The Ethical Intersection of Psychosis, Equity, and Access

Sarah Y. Vinson, MD

2:45-3:45 PM

Intended Audience: All staff encouraged to attend

WEEK 1: COORDINATED SPECIALTY CARE IN FIRST EPISODE PSYCHOSIS November 18-22

SESSION DESCRIPTIONS

Friday, November 22

Introduction to Screening and Differential Diagnosis in CSC PTs 1, 2 & 3

Arielle Ered, PhD

9:00-10:00 AM, 10:15-11:15 AM & 12:15-1:15 PM

Identifying individuals who meet enrollment criteria for our Pennsylvania First Episode Psychosis (PA FEP) Centers can be difficult, and the clinical picture continues to evolve in many young adults while participating in our programs. This 3-part course offers an in-depth review of referral and screening, discusses the nuanced work of ongoing differential diagnosis, and provides an overview of relevant factors prior to the onset of psychotic disorders.

Objectives:

1. Describe the positive symptoms of schizophrenia
2. Identify at least three negative symptoms
3. Identify at least two common environmental contributors to the development of psychotic disorders
4. Name and describe the utility of at least one screening measure for psychosis

Intended Audience: Less than 1-Year in CSC/ FEP (Introductory level programming)

Advanced Screening and Differential Diagnosis: Secondary Diagnoses PTs 1, 2 & 3

Monica Calkins, PhD

9:00-10:00 AM, 10:15-11:15 AM & 12:15-1:15 PM

Differential diagnosis of psychosis related disorders in youth presenting to our Pennsylvania First Episode Psychosis (PA FEP) Centers can be challenging, especially upon first admission. The diagnostic picture is often especially complex due to significant comorbidities, either current or past, experienced by individuals with emerging psychosis. This three-part course provides a refresher on key considerations for differentiating among primary schizophrenia spectrum and mood disorders, and an in-depth review of relatively common secondary diagnoses including obsessive compulsive disorder, substance related disorders, post-traumatic stress disorder, and autism spectrum disorder. Case examples and discussions will illustrate core differential and diagnostic considerations when considering both a primary psychosis disorder and one or more secondary diagnoses.

Objectives:

1. Identify the three "building blocks" that, depending on their occurrence with other building blocks, form different psychosis spectrum disorders
2. Describe the prevalence and features of common secondary diagnoses preceding or accompanying schizophrenia spectrum disorders
3. Describe and implement strategies to assess crucial pieces of information needed to diagnose primary psychosis disorders and comorbid conditions

Intended Audience: More than 1-Year in CSC/ FEP (Advanced Level programming)

Friday, November 22

Engaging Young Adults and Their Communities in the Design and Delivery of Mental Health Services: Making it Work

Kathryn Sabella, PhD

9:00-10:00 AM

Over the last two decades, there has been increasing recognition of the powerful potential of young adult peers in service delivery and the benefits of involving young adults in the design and conduct of research. Many principles from the peer movement and youth participatory action research (YPAR) can and should be applied to partner with youth and young adults in the design and delivery of services beyond formal peer mentor roles. The growing field of community engaged research (CER) further exemplifies how partnering with members of a given community can result in more meaningful services and interventions. This presentation will take lessons learned from the peer movement, CER, and YPAR to highlight the ways in which service providers can partner with young adults and their communities to ensure services are designed and delivered with their unique needs, strengths, and challenges in mind. Pulling from the existing literature and real-world examples from Massachusetts and beyond, this presentation will summarize the benefits of involving young adults and their communities in service design and delivery and highlight the best practices in doing so.

Objectives:

1. Summarize the benefits of involving young adults and their communities in service design and deliver
2. Provide examples from the field that highlight how to partner with young adults and their communities to design and deliver services
3. Highlight the best practices for partner with young adults and their communities in services design and delivery

Intended Audience: SEES & CMs

Stories of Community Participation

Gretchen Snethen, PhD, CTRS

9:00-10:00 AM

Storytelling is an integral activity for sharing identity and connecting with others. Peer specialists often use recovery stories to share their lived experience and connect with others to help navigate challenges experienced in one's pursuit of recovery. This session will provide an overview of the research evidence related to storytelling and makes the case for the use of community participation stories. Community participation stories have the potential to help individuals navigate community participation interests, social roles, and share connections outside of a mental illness identity. Attendees will learn about the key elements of creating stories, identify components of community participation stories, and identify strategies for supporting and sharing community participation stories. Attendees will come away from this session with the tools to create their own community participation story and with strategies to support others.

Objectives:

1. Identify at three potential benefits of community participation stories
2. Identify the core elements of a community participation story
3. Describe ways to use community participation stories as a way to support young people with serious mental illnesses

Intended Audience: Peer Specialists

WEEK 1: COORDINATED SPECIALTY CARE IN FIRST EPISODE PSYCHOSIS November 18-22

SESSION DESCRIPTIONS

Friday, November 22

Engaging with K12 School-Based Teams? Here's How to Get Behind the Curtains, PT 2: Ask the Expert

Melissa M. Nelson, EdD

10:15-11:15 AM

This session is a follow-up to the initial presentation on Monday, November 18, 2024. The collaborative session will provide participants the opportunity to "Ask the Expert" for additional resources and recommendations for how to best support clients in K12 settings. Additional topics that can be covered include supporting English Language Learners, IEP transition planning, and how to support K12 Educators who are working with your clients.

Objectives:

1. Understand the infrastructure of schools (who/what) to build collaborative relationships across systems
2. Increase literacy about IEP and 504 laws, processes and procedures, and school-based supports
3. Review evidence-based resources endorsed by Subject Matter Experts and professional groups in the Field of Education

Intended Audience: SEES, CMs, & Peer Specialists

Lighting the Path for Recovery in the Healthcare System with Psychosis: A First-Person Perspective

Benjamin McAfee, DrPH(c)

12:15-1:15 PM

In this session, Benjamin tailors his story to health care professionals. Through his experience in Peru with psychosis, Benjamin was hospitalized for a month. Benjamin was treated with compassion by healthcare providers and enjoyed his time in the hospital. Benjamin experienced a blend of recovery-based models and traditional models of mental healthcare throughout his recovery in Peru and the United States. Benjamin presents the challenges he has had navigating the healthcare system, both his successes and challenges. Benjamin speaks about the importance of other support systems to address mental health that includes utilizing people in recovery as a central focus in helping people with mental health conditions such as peer specialists, among others. Benjamin informs professionals of how insurance policies affected his mental health recovery concerning counseling, medication, and household income, and why navigating this should be of priority for healthcare professionals and individuals who experience psychosis. Finally, Benjamin offers hope to those who experience psychosis, parents, and healthcare professionals by detailing how he was able to navigate these challenges.

Objectives:

1. Distinguish between traditional and recovery-based models- with a unique international twist
2. Equip Support Systems for Families
3. Understand the difficulties people with psychosis face to maintain stability post-hospitalization

Intended Audience: SEES, CMs, & Peer Specialists

Friday, November 22

Trauma Assessment and Interventions PTs 1 & 2

Kris Wright, LCPC

1:30-2:30 PM & 2:45-3:45 PM

Objectives:

This 2-part session focuses on considerations specific to recognizing, assessing and working with signs of trauma in individuals with emerging/early psychosis. It will provide an overview of key concepts and an introduction to screening, assessment, and treatment options.

Objectives:

1. Recognizing signs of trauma in individuals in Community Based and Outpatient Behavioral Health Center services
2. Person-Centered approaches to assessing for trauma – the roles of screening and assessment
3. Exploring signs that trauma may be impacting a person's everyday experiences that may inspire trauma-focused work
4. Knowing your scope of work as a provider – what can you do and when might you add treatment that addresses the trauma directly
5. Engaging with individuals about empirically supported interventions by trauma treatment providers you may refer to and/or collaborate with if the individual is open to working on their traumas more directly

Intended Audience: All staff encouraged to attend



WEEK 2: RECOVERY-ORIENTED COGNITIVE THERAPY (CT-R) December 9-13

SESSION DESCRIPTIONS

Monday, December 9

Recovery Oriented Cognitive Therapy (CT-R) Training PT 1-2

Aaron P. Brinen, PsyD

9:00-11:00 AM & 11:15-1:15

This is a 9-session series focused on Recovery Oriented Cognitive Therapy (CT-R). Sessions will provide an overview of CBT and CT-R techniques and implementation of CT-R in the FEP population as well as with their family and support systems.

Intended Audience: All staff encouraged to attend

Tuesday, December 10

Adapting Recovery-Oriented Cognitive Therapy for Psychiatric Care Providers

Elisa Nelson, PhD & Alison Swigart, MD

9:00-11:00 AM

Recovery-oriented Cognitive Therapy (CT-R) is an evidenced-based treatment approach utilized in first episode psychosis (FEP) care. This course covers background research for CT-R, the core principles of the model, and ways to apply CT-R strategies to challenges that may arise for psychiatric care providers when working with individuals navigating psychosis.

Objectives:

1. Describe background research for CT-R
2. Describe core principles of CT-R
3. Describe ways to apply CT-R approach to psychiatric care providers

Intended Audience: Prescribers and medical team

Recovery Oriented Cognitive Therapy (CT-R) Training PT 3-4

Aaron P. Brinen, PsyD

9:00-11:00 AM & 11:15-1:15

This is a 9-session series focused on Recovery Oriented Cognitive Therapy (CT-R). Sessions will provide an overview of CBT and CT-R techniques and implementation of CT-R in the FEP population as well as with their family and support systems.

Intended Audience: All staff encouraged to attend

Adapting Recovery-Oriented Cognitive Therapy for Peer Specialists

Elisa Nelson, PhD & Steven Dages, BS, CPS 11:15 AM-1:15 PM

Recovery-oriented Cognitive Therapy (CT-R) is an evidenced-based treatment approach utilized in first episode psychosis (FEP) care. This course covers background research for CT-R, the core elements of the model, and reviews ways to apply CT-R strategies to support clients in peer support.

Objectives:

1. Describe background research for CT-R
2. Describe core principles of CT-R
3. Describe ways to apply CT-R approach to peer specialists

Intended Audience: Peer Specialists

Wednesday, December 11

Adapting Recovery-Oriented Cognitive Therapy for SEES & Case Managers

Elisa Nelson, PhD & Nicole Branning, BS

11:15-1:15 PM

Recovery-oriented Cognitive Therapy (CT-R) is an evidenced-based treatment approach utilized in first episode psychosis (FEP) care. This course covers background research for CT-R, covers the core principles of the model, and reviews ways to apply CT-R strategies to support individuals with their education and employment needs.

Objectives:

1. Describe background research for CT-R
2. Describe core principles of CT-R
3. Describe ways to apply CT-R approach to peer specialists

Intended Audience: SEES, CMs

Recovery Oriented Cognitive Therapy (CT-R) Training PT 5

Aaron P. Brinen, PsyD

9:00-11:00 AM

This is a 9-session series focused on Recovery Oriented Cognitive Therapy (CT-R). Sessions will provide an overview of CBT and CT-R techniques and implementation of CT-R in the FEP population as well as with their family and support systems.

Intended Audience: All staff encouraged to attend

Thursday, December 12

Recovery Oriented Cognitive Therapy (CT-R) Training PT 6-7

Aaron P. Brinen, PsyD

9:00-11:00 AM & 11:15-1:15 PM

This is a 9-session series focused on Recovery Oriented Cognitive Therapy (CT-R). Sessions will provide an overview of CBT and CT-R techniques and implementation of CT-R in the FEP population as well as with their family and support systems.

Intended Audience: All staff encouraged to attend

Friday, December 13

Recovery Oriented Cognitive Therapy (CT-R) Training PT 8-9

Aaron P. Brinen, PsyD

9:00-11:00 AM & 11:15 AM-1:15 PM

This is a 9-session series focused on Recovery Oriented Cognitive Therapy (CT-R). Sessions will provide an overview of CBT and CT-R techniques and implementation of CT-R in the FEP population as well as with their family and support systems.

Intended Audience: All staff encouraged to attend

Melanie Bennett, PhD

Professor of Psychiatry, University of Maryland School of Medicine

Dr. Bennett is a psychologist and has been involved in research on treatment for early psychosis for the last decade. She has participated in funded research in this area and is active in training clinicians and programs throughout the state of Maryland on the different components of Coordinated Specialty Care. In 2020 she and her team - in collaboration with colleagues at Johns Hopkins, Sheppard Pratt, the University of Pittsburgh School of Medicine, and the University of Pennsylvania School of Medicine - joined NIMH's Early Psychosis Intervention Network, a national effort to create a national database to support research that will improve practice. This project supports the Connection Learning Health System, a Pennsylvania-Maryland partnership to support CSC programs and improve services in both states.

Nicole Branning, MS

Supported Employment and Education Specialist HOPE, Children's Service Center

Nicole Branning, a Supported Education and Employment Specialist, has worked for Children's Service Center for the past six years. Nicole began working as a SEES four years ago when HOPE was established in Wayne and Pike Counties. She received her BA in Psychology, and after many years returned to school to earn her MS in Applied Psychology. Nicole has built close relationships with employers and schools in both counties. She acts as an advocate for her participants in school by being their voice during their annual IEP meetings. In order to help make the community aware of this program, Nicole outreaches to hospitals, schools, and speaks at community events. Nicole is currently in the process of transitioning into a new role at Children's Service Center where she will continue to provide services as an Outpatient Therapist.

Aaron P. Brinen, PsyD

Assistant Professor of Clinical Psychiatry and Behavioral Sciences and Director of Psychotherapy Training Psychiatry Residency Program, Vanderbilt University Medical Center

Aaron P. Brinen, PsyD, is an Assistant Professor of Psychiatry and Behavioral Sciences at Vanderbilt University Medical Center, where he directs psychotherapy training in the psychiatry residency program. He is a primary developer of recovery-oriented cognitive therapy (CT-R) along with Aaron T. Beck, MD. Under the guidance of Dr. Beck, Dr. Brinen has worked to formalize and standardize the CT-R protocol for individual and group therapy settings, as well as for use in team-based psychiatric care and during inpatient treatment. He is a co-author of the manual of CT-R for serious mental health conditions, and has been active in the training of community therapists from around the world. Dr. Brinen is interested in researching the impact of recovery oriented cognitive therapy on inpatient and outpatient individuals. Additionally, he is interested in the crossover of different evidence-based treatments, particularly prolonged exposure for PTSD applied to individuals living with both PTSD and schizophrenia. He is the principal investigator in a study applying CT-R during medication management checks and also the supervisor for the WISEUP clinical trial, studying treatment for persecutory delusions.

Monica Calkins, PhD

Professor of Psychology in Psychiatry; Co-Director, HeadsUp; Director, Clinical Research Assessment, Neurodevelopment and Psychosis Section; Associate Director, PERC

Monica E. Calkins, PhD, is the HeadsUp Co-Director who oversees outreach, education, training, and Coordinated Specialty Care program evaluation and fidelity. Dr. Calkins grew up in Philadelphia, attending Philadelphia public schools and earning a bachelor's degree from Temple University. She earned a doctorate in Clinical Science and Psychopathology Research from the University of Minnesota and completed a post-doctoral fellowship at the University of Pennsylvania before joining its faculty, currently Professor of Psychology in Psychiatry. Dr. Calkins' research and clinical work focuses on early identification and intervention in psychotic disorders, and she has authored more than 200 scholarly publications in this area. Her work and mission is to improve the lives and experiences of young people with psychosis and their families.

Emeka Chima, CPRS

Certified Peer Recovery Specialist OnTrack Maryland, Montgomery County

Emeka Chima (he/him) currently lives in Maryland and has been a Peer Support Specialist for the First Episode Psychosis Program OnTrack Maryland for over two years. He has attained his bachelor's degree from the University of Maryland Global Campus in 2022. Using his lived experience with a former diagnosis of schizophrenia at age 16, Chima extends mental health services and community-based support to adolescents and young adults in their recovery from a diverse range of mental health challenges. Chima also serves as the co-president for the non-profit organization, Students with Psychosis which aims to build on the collaboration and advocacy efforts of individuals while empowering them to find a voice and share their unique experiences. From the perspective of fostering hope for the future, identifying strengths to overcome obstacles, and establishing a community of peers and advocates worldwide, Chima is striving to bring mental health awareness into the global conversation and marginalized communities to the decision-making table. As a mental health advocate, Chima has spoken on several panels and keynotes on behalf of coming from a neurodivergent and stigmatized background. He has delivered talks at both in-person and virtual conferences such as the Schizophrenia International Research Society (SIRS) Conference in Florence, Italy, the Mental Health America (MHA) Conference in Washington, D.C., the Harvard Medical School in Boston, Massachusetts, and the Students With Psychosis 2023 Annual Conference New York City, as well as for various platforms including Living with Psychosis podcast, interviews for both Cure Talk and Health Hats, and a newsletter with CURESZ Foundation. Maintaining a hopeful vision for the future and a success story based on recovery, health, and wellness, Chima has been given the opportunity to speak from the point of view of a larger community, while representing those whose voices have been silenced and overlooked.

Stephen Dages, BS, CPS

Certified Peer Specialist PERC, University of Pennsylvania

Stephen Dages, BS received a bachelor's degree at Rowan University. In 2023, he participated in the stigma group at PERC. He enjoyed it and asked about possibly being a Peer after the group concluded and then trained at Mental Health Partnerships in August of last year and became a peer specialist in October 2023. He has been enjoying sharing his own lived experiences with psychosis and being able to inspire confidence and hope with his peers. He can see an encouraging difference in where his peers are now from where they were in October 2023. In sharing his story, his peers are encouraged by seeing how he has overcome the difficulties he had with psychosis. He sees an inspired confidence in them to where they feel better about themselves. He is passionate about learning ways to share and promote positive self-esteem with people living with psychosis. He hopes to help peers reach the goals they desire most in life and enjoys meeting new people at PERC with similar lived experiences, as well as gaining insight on how to navigate the mental health journey with psychosis. The staff and leadership at PERC have been greatly helpful to him through their insight and leadership. He enjoys events with family and friends and going to his local church, meeting new people there. He enjoys playing basketball, reading books, skiing, camping, hiking outdoors and fishing. He especially enjoys reading books that other peer support professionals have written to help gain insight in the field.

Sean Driscoll, CPRS

CSC Trainer/Consultant University of MD Baltimore, Co-Founder Konnect the Dots, Inc. Konnect the Dots, Inc.

Sean "Scoe Romero" Driscoll is a Certified Peer Support Specialist and Trainer/Consultant at the University of Maryland Baltimore. After spending more than 6 1/2 years serving clients in RCS and on two ACT teams, he currently has served over the last year and a half in his role as the trainer and consultant of the early intervention programs across the state of Maryland, one of which spent time in as a patient with bipolar I with psychosis. He is one of 3 cofounders of Konnect The Dots Inc, an educational outreach organization utilizing lived experience to relate to adolescents and young adults to combat mental health problems our youth experience. Sean also utilizes his social media brand "Scoe Romero" to display his extensive holistic self-care routine for how he learned how to manage his mental health without pharmaceutical medication after unknowingly being affected by a medication lawsuit for nine years. He is currently 18+ months med free and stable with bipolar I and is a representation of the slogan that recovery truly looks different for everyone.

Arielle Ered, PhD

Postdoctoral Fellow PERC, University of Pennsylvania

Dr. Arielle Ered is a postdoctoral fellow at the University of Pennsylvania within the Neurodevelopment and Psychosis Section and a clinician at the Psychosis Evaluation and Recovery Center. Dr. Ered completed her doctorate in Clinical Psychology and Neuroscience at Temple University and a clinical psychology internship at Vanderbilt University Medical Center within the psychosis track. She is passionate about recovery-oriented treatment for psychotic disorders and focuses clinically on individuals on the psychosis spectrum who have experienced co-occurring trauma, as well as folks on the LGBTQ+ spectrum. Her research examines the impact of stress and trauma on individuals on the psychosis spectrum, both prior to onset of the disorder and in the first episode.

Christian Kohler, MD

Professor of Psychiatry; Co-Director, HeadsUp; Clinical Director, Neurodevelopment and Psychosis Section Director PERC

Christian Kohler, MD, is the co-director of HeadsUp. Dr. Kohler grew up in Austria and obtained a doctorate in medicine from Innsbruck University. He completed residencies in psychiatry at Wright State University and neurology at the University of Cincinnati, and subsequently a post-doctoral fellowship at the University of Pennsylvania. Dr. Kohler has been on the faculty at the University of Pennsylvania since the late 1990's and is currently Professor of Psychiatry and Neurology. He has participated in research on emotional processing, brain-related studies and novel treatments resulting in over 100 publications to date. Dr. Kohler has extensive experience in the treatment of severe mental illness and, in particular, of young persons with recent onset of psychosis - a challenging and rewarding area to pursue improvement in clinical symptoms and functioning.

Margaret (Maggie) Manges, PhD

Postdoctoral Fellow The Ohio State University, Wexner Medical Center

Margaret (Maggie) Manges (she/her/hers & they/them/theirs) is a postdoctoral fellow at the Ohio State University Early Psychosis Intervention Center (EPICENTER). Maggie completed her PhD in Counseling Psychology at the University at Buffalo, SUNY and her predoctoral internship at EPICENTER. She has been working with people in first episode psychosis for five years and is dedicated to promoting equity and social justice for this population. She is particularly interested in promoting a deeper understanding of LGBTQ+ people with or at-risk for developing psychosis. In particular, she aims to understand symptom variation, barriers to care, and treatment gaps for this clinically important but significantly understudied population. Her research interests broadly encompass high risk outcomes, such as substance use, sexual violence, bullying, and suicide, for at risk or marginalized populations. She is also deeply committed to the development and dissemination of prevention and intervention science. Her scholarship and dedication to the field of psychology has garnered awards from her university and from professional organizations, including the Ph.D. Excellence Award, the Excellence in Research, Scholarship, and Creativity Award, and the American Psychological Association Division 44 Rising Star Award in Leadership and Advocacy.

Tushita Mayanil, MD

Assistant professor of Psychiatry, Medical Director, Hope Team University of Pittsburgh, School of Medicine

Dr. Mayanil completed her medical school at Byramjee Jeejeebhoy Medical College, Pune, India, and psychiatry residency at King Edward Memorial Hospital, Mumbai, India. She completed her General Psychiatry residency at the University of Illinois at Chicago and Child and Adolescent Psychiatry fellowship at the Children's National Medical Center, George Washington University, Washington, DC. During her fellowship, she worked at the Substance Abuse and Mental Health Services Administration (SAMHSA) as the SAMHSA Systems of Care Fellow and created a document on Systems of Care approach in Early Onset Psychosis and Clinical High Risk for psychosis populations. Some of the awards Dr. Mayanil won include the American Academy of Child and Adolescent Psychiatry (AACAP) Educational Outreach Program Award, AACAP Systems of Care Special Program Grant, and the AACAP Elaine Schlosser Lewis Pilot Research Award for Attention Disorders. Dr. Mayanil worked in various research programs including clinical trials and imaging studies. She focuses on individuals with Early Onset Psychosis, and at Clinical High Risk of Psychosis and is very interested in developing a system of care approach to preventing the progression of psychotic illnesses. Dr. Mayanil is a staff psychiatrist at the Western Psychiatric Hospital of UPMC, the Medical Director of the Western Psychiatric Hospital Outpatient clinic at the Pine Center Wexford and Hope team (clinical high-risk clinic) and is an Assistant Professor of Psychiatry at the University of Pittsburgh School of Medicine. She has been invited as an expert in childhood psychosis to various regional and national workgroups and committees including SAMHSA's National Training and Technical Assistance Center for Early Serious Mental Illness (ESMI TTA Center), PEPPNET adolescent committee, American Academy of Child and Adolescent Psychiatry's Early Psychosis workgroup.

Benjamin McAfee, DrPH(c) Professional Public Speaker

Benjamin is a public speaker who focuses on mental health education and destigmatizing mental illnesses. Benjamin has over ten years of experience speaking and participating in panels with college students, doctoral students, high school students, people living with mental illness and substance use, healthcare professionals, nonprofit organizations, and faith-based communities. As someone who experienced a psychotic episode in Peru after his freshman year at Georgetown University, he struggled to achieve success. Benjamin had to learn through trial and error how to create systems to succeed in the education space and to seek proper healthcare. Through these systems, he was able to graduate with an undergraduate degree, succeed in the workplace in which he was invited to share his story in a Mental Health Listening Tour with Demi Lovato, he is a published writer, and was featured in the award-winning BP magazine, one of the most widely read sources for bipolar disorder. Currently, he is attending Loma Linda University to get his Doctorate in Health Education concentrating on Wellness Coaching.

Chris Michaels, MSHSA

CEO, NAMI Keystone

Christine Michaels, MSHSA, is Chief Executive Officer of NAMI Keystone PA, the state organization in Pennsylvania for the National Alliance on Mental Illness mental health advocacy organization. Ms. Michaels has more than 35 years of experience in community mental health service delivery, social service agency legislative advocacy. Ms. Michaels serves on several planning councils and committees in Allegheny County and Pennsylvania, including the State 988 Advisor of Arts degree in Sociology and a Master of Science in Health Services Administration.

Denise Namowicz, MSW, LCSW **Director, HOPE**

Denise is a graduate of Marywood University (MSW) and Lock Haven University (BSW). She has more than 40 years' experience in the Health & Mental Health Field and Management. She is licensed Clinician and has held many management positions involving in Program Development, Integration and Implementation of Evidence Based Programs, Program Redesign, Quality Assurance, Peer and Family Peer Role Development. Her clinical experience is reflective in mental health and substance abuse with children, adolescents, adults and seniors through the practice modalities of individual, family, relationship/marital counseling and group therapy. Currently, Denise is the Director of HOPE (First Episode Psychosis Program) at Children Service Center. She is a Certified PCIT Therapist, Certified Peer Supervisor, State wide Trainer for First Episode Psychosis and Co Author of Pennsylvania Coordinated Specialty Care Programs for First Episode Psychosis: Six- and Twelve- Month Outcomes in Early Intervention in Psychiatry.

Elisa Nelson, PhD **Psychologist PERC, University of Pennsylvania**

Dr. Elisa Nelson is a psychologist in the Psychosis Evaluation and Recovery Center (PERC) at the University of Pennsylvania. She spent that past several years developing specialized training in Recovery-Oriented Cognitive Therapy (CT-R) for individuals with serious mental health conditions. She completed her post-doctoral training in CT-R at UPenn and has worked at the Beck Institute for the past 2 years training staff from various disciplines in this approach. She is currently interested in researching CT-R concepts and the effectiveness of this approach in coordinated specialty care programs, including ways CT-R can be adapted to support families.

Melissa M. Nelson, EdD **School Safety and Security Subject Matter Expert and Trainer** **United States Risk Training Firm, RSM**

For over 30 years, Melissa M. Nelson has developed a wealth of experience and expertise where K12 education, mental health services, and legal system sectors intersect. This is the source of her deep passion for serving schools, families, and communities who care for children with the most complex emotional, behavioral, and cognitive disabilities. Dr. Nelson has served in a variety of roles in urban, suburban, and rural education systems including as personal care assistant, elementary and special education teacher, and elementary and secondary administrator. After leaving K12 public education, Dr. Nelson was the Senior Vice President of Educational Services for an organization with specialized schools in six states for children with significant behavioral disorders, mental illness, and cognitive disabilities. In this role, she served as a thought-leader for the organization while focusing on special education initiatives, leadership development and coaching. Prior to her work in education, Dr. Nelson spent over a decade as a mental health clinician, teacher-counselor, and advocate in various psychiatric, educational, and legal settings. These settings included Western Psychiatric Institute and Clinic's Emergency Room, the Allegheny County Emergency Services Mobile Crisis Unit, the Center for Victims of Violent Crime, and the Pressley Ridge School for the Deaf. Most recently, Dr. Nelson served as the K12 Schools Subject Matter Expert for the Southwestern PA Threat Assessment Hub, a grant-based program supported by the US Department of Homeland Security, PA Commission on Crime and Delinquency, and University of Pittsburgh Medical Center. She is currently a School Safety and Security Subject Matter Expert and Trainer for the United States risk training firm, RSM. Dr. Nelson's research area focuses on gaining a greater understanding of educators' mental health and mental illness literacy, and how to increase educator literacy to provide mental health supports.

Joshua Riley, MD, PhD **Psychiatrist ENGAGE, Wesley Family Services**

Dr. Joshua Riley has been the psychiatrist at the ENGAGE program through Wesley Family Services for Allegheny and Westmoreland counties for 3 years. He earned his undergraduate degree from the University of Cambridge before completing a PhD in Linguistics at the University of Maryland - College Park and an MD at the University of Kentucky School of Medicine. After medical school he completed residency training in psychiatry at Western Psychiatric Hospital/UPMC, during which he designed and co-led an ACT for Psychosis therapy group on an inpatient schizophrenia unit. In the past he also worked as a psychiatrist at Mon Yough Community Services. Currently he is a clinical assistant professor at the University of Pittsburgh and teaches an annual course on the history and philosophy of psychiatry to psychiatry residents. He is also in private practice in Pittsburgh at OCD Spectrum. He is especially interested in the intersection of OCD and psychosis and the overlap in psychotherapeutic approaches useful for both challenges, particularly Acceptance and Commitment Therapy. He is also interested in phenomenological approaches to understanding psychosis as a self-disorder and the implications for treatment.

Kait Rosa, LCSWC **Co-Founder Konnect the Dots, Inc., Catholic Charities**

Kait Rosa is a 32 year old woman of color, with her own experience of mental health and substance misuse starting from early childhood. Those turbulent experiences shaped her into becoming passionate about the overall mental wellbeing of the people around her and in the world. Upon pursuing mental and behavioral health education and training in Baltimore City and surrounding counties, Kait has spent the last eight years as a beacon of hope by providing mental health services to underserved communities. From utilizing the sharing of her own personal experiences through speech in classrooms and conferences, to setting a standard of authenticity in clinical practice while maintaining ethical boundaries, Kait is a tremendous example of a genuine social worker that lives the principles she guides others in instilling. Outside of her work currently at Catholic Charities as an LCSWC in Baltimore City Public Schools, Kait is one of the co-founders of Konnect the Dots Inc. As a founder and speaker in an educational outreach organization centered around holistic self care and using vulnerability to relate to the youth, Kait utilizes personal testimony of lived experiences in overcoming all major forms of abuse and most traumas. Kait's personal grit, resilience and perception of her challenges have helped her shape into the courageous fighter that can relate to the underdog experience of many. Her choice in using her own adverse circumstances as a catalyst for transformation of self helps her be the guide to a path of empowerment for others.

Kathryn Sabella, PhD **Assistant Professor, Director of Transitions to Adulthood Center for Research** **University of Mass, Chan Medical School**

Kathryn Sabella, PhD, is an Assistant Professor and Director of the Transitions to Adulthood Center for Research, at the Implementation Science and Practice Advances Research Center (iSPARC), within the Department of Psychiatry at UMass Chan Medical School (United States). Dr. Sabella's research aims to a) create new knowledge and understanding about the needs and experiences of young adults with serious mental health conditions, and b) apply that knowledge to the development, testing, and implementation of age-appropriate and culturally appealing evidence-based practices that can improve the lives of these young adults. She is Co-PI of the Community Inclusion and Reflective Collaboration Center. Dr. Sabella uniquely employs an understanding of the social causes and consequences of mental health conditions in young adults. She engages in participatory methods of research, partnering with young adults from diverse perspectives in all her work.

Maggie Smith, BS **Research Assistant, Temple University**

Maggie Smith graduated from Temple University in 2024 with a Bachelor of Science in health professions. She is currently a research assistant in Dr. Thomas' Mental Health Services Research Lab, working on multiple different studies, including the Perceptions About Research Study. Within the Perceptions study, she helped recruit participants, complete research interviews, and analyze data. She is also interested in research specific to college students' mental health.

Gretchen Snethen, PhD, CTRS **Professor, Associate Director Temple University Collaborative on Community Inclusion**

Dr. Gretchen Snethen is a Professor in the Department of Health and Rehabilitation Sciences at Temple University and the Associate Director of the Temple University Collaborative on Community Inclusion. She is a recreational therapist by profession. Her research centers around the premise that community participation broadly, and leisure participation specifically, are medical necessities. That is, community participation is an important independent outcome and a catalyst for improved health. To that end, her work centers on the cross-section between community participation, health, and environment and includes both intervention development and efficacy, as well as exploratory research. She has funded projects that aim to increase community-based leisure participation for young adults; promote independent transportation usage; support parents to engage in meaningful activities with their children; and research that explores the relationship between community and personal factors and health behaviors. She is published in both academic journals and develops a number of evidence-based training resources and plain-language documents in order to increase provider and consumer access to research and stimulate the translation of research to practice.

Alison Swigart, MD **Assistant Professor, Penn State Department of Psychiatry and Behavioral Health and Director, Penn State Community Psychiatry Program**

Dr. Alison Swigart graduated from medical school at the University of Rochester School of Medicine and Dentistry and completed psychiatry residency training at Brown University. She is an Assistant Professor in the Penn State Department of Psychiatry and Behavioral Health and serves as Director of the Penn State Community Psychiatry program. She works as an attending psychiatrist at Pennsylvania Psychiatric Institute in Harrisburg, PA, where she focuses on treatment of individuals with First-Episode Psychosis as well as Schizophrenia across the lifespan. She has worked with participants in Pennsylvania Psychiatric Institute's CAPSTONE FEP program since 2018. She is actively involved in education of medical students, residents and fellows, and has received multiple awards for teaching.

Andreea Temelie, PharmD, BCPP **Pharmacist, University of Pittsburgh Medical Center**

Dr. Andreea Temelie received her BS in psychology from the University of Michigan and PharmD from the University of Minnesota with an integrative interprofessional mental health focus and leadership emphasis. She completed psychiatric pharmacy residency training at UPMC Western Psychiatric Hospital. Following residency, Dr. Temelie expanded clinical pharmacy services within the UPMC ambulatory child/adolescent psychiatry service line through integration into several hospital-based clinics and partial hospitalization/intensive outpatient programs. As a board-certified psychiatric pharmacist, she provides clinical pharmacy services and education for patients and providers on evidence-based treatment for developmental and behavioral health conditions.

Elizabeth Thomas, PhD **Assistant Professor, College of Public Health, Temple University**

Dr. Thomas is an assistant professor in the College of Public Health at Temple University. She is a psychologist and mental health services researcher with a background in psychiatric rehabilitation and recovery-oriented treatment for individuals with serious mental illnesses. Her research has particularly centered on early intervention in psychosis, treatment decision-making, and the role of peer specialists in fostering service engagement and community participation. Currently, Dr. Thomas is pursuing research on peer-delivered decision support to enhance emerging adults' engagement in early intervention services with support from a K08 Mentored Clinical Scientist Research Career Development Award from the National Institute of Mental Health. She is grateful for the profound influence that peer specialists have had on her work and understanding of how to best serve individuals with significant mental health issues.

Sarah Y. Vinson, MD **Professor, Chair of Psychiatry Morehouse School of Medicine**

Dr. Sarah Y. Vinson is a triple board-certified child & adolescent, adult and forensic psychiatrist and Professor and Chair of Psychiatry and Behavioral Sciences at Morehouse School of Medicine (MSM). A proud alum of Florida A & M University for undergraduate, she graduated from the University of Florida College of Medicine as an inductee in the Chapman Humanism Honors Society and with research honors. She then completed her general psychiatry training at Cambridge Health Alliance/Harvard Medical School. This was followed by fellowships in both child and adolescent and forensic psychiatry at Emory School of Medicine, where she remains on the adjunct faculty. At MSM, she was the lead architect and the inaugural Program Director for the Child Psychiatry Fellowship, the first at an HBCU medical school. Dr. Vinson is the co-editor of two texts, she has written book chapters and/or peer-reviewed articles, and she has received multiple awards in recognition of her leadership and service.

Kris Wright, LCPC **Licensed Clinical Professional Counselor and Clinical Supervisor Kris Wright Wellness, LLC**

Kris Wright, LCPC, is a trainer in empirically supported practices and Licensed Clinical Professional Counselor (LCPC) and Clinical Supervisor in Maryland and Virginia. Kris's work focuses on the Person-Centered holistic approaches working with individuals with emerging and persistent behavioral health concerns, co-occurring substance use, and trauma histories focusing on identifying and addressing the impacts of multiple life domains on individuals' behavioral health.

Melanie Yabs, PharmD, MS, BCPP **Clinical Pharmacist, STEP**

Melanie Yabs, PharmD, MS, BCPP is an outpatient psychiatric clinical pharmacist at Western Psychiatric Hospital (WPH), affiliated with the University of Pittsburgh Medical Center (UPMC). Dr. Yabs's clinical focus is on transitioning patients from inpatient to outpatient care and medication/side effect management at WPH's outpatient facilities, including Services for the Treatment of Early Psychosis (STEP). Dr. Yabs's passion for the treatment of psychosis spans over a decade as she helped run clinical trials for a long-acting injectable antipsychotic that many of her patients are now stabilized on. During her pharmacy residency, Dr. Yabs also conducted research on the outcomes of long-acting injectables in early psychosis.

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This training was made possible through a Community Mental Health Services Block Grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) Grant Award Number: SM063411-01. © 2021 HeadsUp. All Rights Reserved.

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