DUAL DIAGNOSIS CONFERENCE 2017

Positive Opportunities: Supporting the Whole Person

July 20 and July 21, 2017 • State College, PA

Jointly presented by the Office of Developmental Programs (ODP) and the Office of Mental Health and Substance Abuse Services (OMHSAS) and supported by the Money Follows the Person grant funded by the Centers for Medicare and Medicaid Services
Dear Attendees of the 2017 Pennsylvania Dual Diagnosis Conference,

As the administrative leadership team of the Office of Developmental Programs and the Office of Mental Health and Substance Abuse Services, we wish to extend a warm welcome and share our appreciation for your participation. A jointly hosted event has long been a goal. Through the planning process, we have enjoyed the camaraderie and cooperation of working toward addressing the needs of individuals with intellectual and developmental disabilities and mental health challenges. It is our hope this conference further enhances both the expertise of clinicians and the communication among the clinician community statewide. With an excellent faculty of speakers, we are certain that the next two days will be educational and thought provoking. We hope also that this conference will be an opportunity to connect or reconnect with others also serving those with complex needs.

We look forward to meeting you at this and future events planned to increase the capacity of serving people with Dual Diagnoses.

Thank you and welcome.

Sincerely,

Nancy Thaler, ODP Deputy Director

Dale Adair, MD, OMHSAS Acting Deputy Director

Gregory Cherpes, MD, ODP Medical Director
9:00 a.m. – 11:45 a.m.
Opening Remarks and Welcome
Presented by Gregory Cherpes, M.D. - Medical Director, Office of Developmental Programs; Nancy Thaler - Deputy Secretary, Office of Developmental Programs; and Ellen DiDomenico - Special Assistant to the Secretary, Department of Human Services/Office of Mental Health and Substance Abuse Services

Keynote Address: Trauma Informed Care for the Professional
Presented by Karyn Harvey, Ph.D. - Assistant Executive Director of Clinical Services for the Arc Baltimore

Explore the causes of trauma for people with intellectual disabilities; it’s biological, psychological and emotional effects and finally the key to recovery. The importance of safety, connection and empowerment will be explored along with the ultimate pursuit of happiness.

About the presenter: Dr. Harvey has worked as a clinician in the field of intellectual disabilities for over 30 years. She has a master’s degree in Clinical Psychology and a Ph.D. in Applied Developmental Psychology from the University of Maryland. She has published articles about therapeutic interventions with individuals with intellectual and developmental disabilities (IDD), workbooks for individuals with IDD and two books. Her first book, Positive Identity Development was published in 2009 and presents both theory and guidance for clinicians doing therapy with individuals with ID. Her second book, Trauma –Informed Behavioral Interventions was published in 2011 and presents a trauma- informed care approach to working with individuals with ID both programatically and clinically. She is currently the Assistant Executive Director of Clinical Services for the Arc Baltimore. She also consults with various state and individual agencies as well as trains staff, administrators and clinicians on trauma-informed care throughout the country. In 2016 she received the Earl Loschen Award from NADD for Excellence in Clinical Practice.

1:00 p.m. – 2:30 p.m. – Concurrent Breakout Sessions
A1) A Behavioral Approach: Engaging an Individual's Care Network
Presented by Stacy Nonnemacher, Ph.D. and Michael Murray, M.D.

Individuals with complex needs often have multi-disciplinary teams in their care networks. Traditionally, behavioral assessment and data have been used minimally to guide treatment decisions, if at all. In this session, we will discuss the utility and merit of behavioral assessment and data in the work of engaged care networks to optimally support individuals to achieve the best possible outcomes. Case examples will be shared to highlight the presenters’ experience with effectively designing and utilizing behavioral assessment and data to achieve optimal outcomes.

About the presenters:
Stacy L. Nonnemacher, Ph.D. is the Clinical Director for the Bureau of Autism Services, Office of Developmental Programs, Department of Human Services. She has been involved in the field of disabilities for almost twenty years supporting children, adolescents and adults in home, community, and school settings. Dr. Nonnemacher has conducted applied research and trainings on Positive Behavioral Support, fostering self-determination, Functional Behavioral Assessment, and needs of and support for adults with autism. She believes that supporting individuals with disabilities begins with a multiple theoretical perspective in understanding the person. Dr. Nonnemacher applies this belief to her work supporting, training and working with people living with disabilities, families, providers, and state systems.

Dr. Michael Murray is an Associate Professor of Psychiatry at the Penn State Hershey Medical Center. He is the division director for the Division of Autism Services, the director for the central region ASERT, and is the medical director of the Autism and Developmental Disorders Clinic for the Penn State Hershey Medical Group.
The clinic is built on a multi-disciplinary team that offers comprehensive assessments, psychological testing, ongoing case consultation, medication management, cognitive-behavioral therapy, care coordination and collaboration services, behavior therapy consultations, and group social skills interventions. Dr. Murray's clinical work focuses on co-occurring mental health concerns faced by adolescents and young adults living with ASD. His research seeks to improve social cognition and treatment outcomes for adolescents and young adults living with ASD.

A2) First Episode Psychosis
Presented by Jill Stemple and Irene Hurford, M.D.

Funded through the Community Mental Health Services Block Grant, First Episode Psychosis (FEP) programming in Pennsylvania has grown from only two providers in 2014, to ten funded Coordinated Specialty Care Programs across the state for FY17-18. Jill Stemple will discuss FEP services in Pennsylvania, making referrals and initiatives to expand FEP further.

Dr. Irene Hurford will provide an overview of the Coordinated Specialty Care (CSC) Treatment Model being provided by her team at the Psychosis Education, Assessment, Care and Empowerment (PEACE) Program for individuals experiencing their first episode of psychosis. Outcome data from both the PEACE program and the Pennsylvania-wide Program Evaluation for FEP will be included, demonstrating the powerful outcomes of this service.

About the presenters:
As the Section Chief of Planning for the Office of Mental Health and Substance Abuse Services, Bureau of Policy, Planning and Program Development, Jill Stemple serves as the First Episode Psychosis Supervisor for Pennsylvania. Prior to her current position, she was the Community Mental Health Service Block Grant Manager and lead staff for the FEP Program, overseeing the expansion of FEP services from two to eight funded FEP programs across Pennsylvania. Jill has worked in shelter-based mental health services and as an Income Maintenance Caseworker. She continues to volunteer in services for individuals who are experiencing homelessness. She studied Psychology and Religion at Franklin and Marshall College.

Dr. Hurford is an assistant professor in the Department of Psychiatry at the University of Pennsylvania, and the Director for the Psychosis Education, Assessment, Care, and Empowerment (PEACE) program at Horizon House. She is the principal investigator for the Pennsylvania-wide First-Episode Psychosis (FEP) services program evaluation, and the lead trainer for FEP Coordinated Specialty Care program training in Pennsylvania. She is a recipient of the 2017 NAMI Exemplary Psychiatrist award. Prior to her current position she led the Severe Mental Illness Treatment Team at the Philadelphia VA Medical Center. Her clinical and research work focuses on cognition in schizophrenia, treatment of early episode psychosis, and functional and quality of life improvements in young people with psychosis.

A3) Trauma Informed Behavioral Interventions
Presented by Karyn Harvey, Ph.D.

Reviews the sources of trauma for people with intellectual and developmental disabilities (IDD), the effects of that trauma and the ways in which staff and programs can assist individuals in trauma recovery. To begin with we will look at the many causes of trauma for people with IDD. Next we will explore the biological, psychological and psychiatric effects in detail. The actual symptoms of post-traumatic stress disorder and the ways in which these symptoms are manifested in people with IDD will be explored. Finally, the key ingredients for initial recovery from trauma will be discussed. This will be discussed in the context both of the power of positive regard and the positive identity development approach. Happiness and the pursuit of happiness will be discussed and the happiness assessment tool will be introduced.
2:45 p.m. – 4:15 p.m. – Concurrent Breakout Sessions

A4) From the DSM-5 to the DM-ID-2: A Focus on Modified Diagnostic Criteria
Presented by Robert Fletcher, DSW

The DM-ID-2 was developed to facilitate an accurate psychiatric diagnosis in persons who have intellectual disability and to provide a thorough discussion of the issues involved in reaching an accurate diagnosis. The DM-ID-2 provides state-of-the-art information concerning mental disorders in persons with intellectual disabilities. Grounded in evidence based methods and supported by the expert-consensus model, DM-ID-2 offers a broad examination of the issues involved in applying diagnostic criteria for psychiatric disorders to persons with intellectual disabilities. This session will explore the six (6) different types of diagnostic modified criteria. Examples of how these modified criteria are applied to specific psychiatric disorders will be addressed.

About the presenter: Dr. Robert Fletcher is the Founder and Chief Executive Officer of the NADD. His vision and leadership have brought NADD to a position where it is recognized as the world’s leading organization in providing educational resources, conferences, trainings, consultation services, as well as accreditation and certification programs in the field of dual diagnosis.

For the last forty years, Dr. Fletcher has dedicated his professional career to improving the lives of individuals who have a dual diagnosis (IDD/MI). He has been involved as a clinician, program developer, policy maker, researcher, and consultant. He has authored or co-authored numerous articles and has written or edited 10 books addressing mental health aspects in persons with Intellectual/Developmental Disabilities (IDD) including Chief Editor of the Diagnostic Manual-Intellectual Disabilities (DM-ID-2).

A5) Supporting All Supporters
Presented by Beth Barol, Ph.D.

Burnout and rapid turnover undermine all of our best efforts to support people with dual diagnosis and challenging behaviors. The pain of loss and insecurity exacerbate the root causes of people’s behaviors, creating a cycle of continued loss and abandonment. “Hanging in there” is a key principle of Positive Approaches, yet, what are we doing to promote supporters’ ability to hang in there and find fulfillment in the face of challenges? How are we preparing people to understand root causes, particularly trauma, and how to support people through the healing process? We will address these issues and offer examples of daily practice to help the caregiver as well as the people they support.

About the presenter: Dr. Barol has dedicated the past 40 years to serving and supporting people with Intellectual and Developmental Disability (IDD) who also have challenging behaviors. After working in a community- based agency for 19 years, she became the Clinical Director of the Pennsylvania Office of Mental Retardation’s Training and Technical Assistance Initiative. Her responsibilities included directing the Positive Approaches/Dual Diagnosis Initiative, building a statewide network including state facilities and community programs, providing clinically based training and consultation, and statewide annual trauma institutes for clinicians. She is currently the Associate Dean and Director of Widener University’s Center for Social Work Education.

A6) Trauma-Informed Residential and Clinical Supports: Ways to Make it Work
Presented by Doug Pickens, Cheryl Parker and Constance Romer-Quirin

The panel presentation highlights three different approaches to supporting people who have experienced trauma and mentoring supporters. Service delivery models used by the presenters include residential as well as clinical supports for people; developing and implementing behavior support plans; training/education/supervision for all team members; and working with people alongside their supporters (direct support professionals, supports coordinators, clinicians, and families) to ensure effective communication and coordination.
About the presenters:

**Doug Pickens** is the Clinical Director for Arc Human Services, Washington, PA. He has worked in the field of developmental disabilities/mental health for over 40 years. As a social worker he has worn many hats including direct care worker and supervisor/director of both residential programs and larger specialized programs. For the PA Department of Human Services/Office of Developmental Program (ODP) Doug served as the ODP Positive Practices Clinical Training Lead of Community Services and later led the workgroups that were responsible for the development of the Alternatives to Coercive Techniques Core Competencies (ACT Core Competencies) and the ODP/OMHSAS Positive Practices Core Competencies. Also at ODP, Doug was a core team member of the DPW Sanctuary Model Workgroup and was involved in the development of a number of statewide curriculum projects including Restraint Reduction, Debriefing (Post Critical Event/Crisis Management) and the Dual Diagnoses Direct Support Professional Curriculum.

At the Arc Human Services, Doug has developed a trauma informed care based specialized services - In The Moment Specialized Supports® (ITM Specialized Supports) to support persons with ID/DD who struggle with significant and complex mental health disorders along with the lifelong effects of the traumas they experienced. Doug and Arc Human Services have received national recognition as an emerging best practice model for Trauma Informed Care.

**Cheryl Parker** has twenty-two years of experience in a variety of roles with people who have an Intellectual Developmental Disability and complex behavioral challenges. She provides clinical consultation/facilitation with teams/individuals/families struggling with behavioral health, medical or sexuality concerns and completes risk management reviews and offers support to teams supporting individuals who are struggling or in crisis.

Cheryl is an Adjunct Instructor at Seton Hill University; she is a Crisis Intervention Specialist and Educator and has completed numerous specialized trainings on Dual Diagnosis with Guy Legare. Cheryl has also been trained in Non-violent communication intensive international training, Person Centered Planning, Biographical Timelines. She was also trained by WPIC in Dialectical Behavior Therapy/Personality Disorders; Autism/Late Speaking Children Workshop with Dr. McDonald and ASD training with; Safer Options, Static 99-R and the ARMDILO-S, Functional Behavioral Assessment (FBA) through the Bureau of Autism and developed an FBA tool to be used specifically for adults with Intellectual Developmental Disability (IDD) and Dual Diagnosis (DD).

**Constance Romer-Quirin** is a Pennsylvania licensed psychologist. She has a private practice in Bucks County and worked with the Center of Excellence for Mental Health Treatment for Persons with Intellectual Disabilities at Rowan University in Cherry Hill, New Jersey. She is a graduate of the University of Pennsylvania and Villanova University. She is certified in Applied Behavior Analysis, Cognitive Behavior Therapy, EMDR and Mindfulness. Her career began at Cresson State School and Hospital and included years at Pennhurst Center providing services to the plaintiffs in the Pennhurst lawsuit. Today she provides services to individuals with volatile behavior living in the community using multiple modalities, including Intensive Systems Therapy (IST). She trains and certifies individuals in IST. IST helps individuals and those in their primary social system structure thinking into logical patterns for problem solving and lead effective communication with groups. These skills create a common understanding within the primary social group that reduces volatile reactions.
8:30 a.m. – 11:45 a.m.
Announcements / Update on Money Follows the Person Initiatives
Presented by Gregory Cherpes, M.D.

Keynote Address: Minimizing Physical Restraint and Seclusion: Safety You Can Count (On)
Presented by Kimberly Sanders, M.S. – President of Ukeru Systems and Executive Vice President of Grafton
Integrated Health Network

This presentation will fully describe the journey of one behavioral healthcare provider with a restraint and
seclusion problem. Through an initiative to manage physically aggressive behavior safely without utilizing restraint
or seclusion, a problem became an invention and an opportunity to assist other organizations/schools. The lessons
that this industry leader learned can help other organizations across the country keep individuals and employees
safe while providing effective treatment/education, trauma informed environments, and financial responsibility.

About the presenter: Kim is the President of Ukeru Systems and Executive Vice President of Grafton
Integrated Health Network (Grafton). She has worked with children and adults with autism and other
developmental disabilities for over 28 years, serving in a series of both direct care and leadership roles at
Grafton facilities. She has presented at the national and international level on the Minimization of Restraint
and Seclusion model, and is recognized as an innovator for moving towards a physical restraint free
environment at Grafton.

1:00 p.m. – 2:30 p.m. – Concurrent Breakout Sessions
B1) Families are Families: Resident Experts
Presented by Nancy Richey and Crystal Karensmak

Families with a dually-diagnosed family member are, first and foremost, families like everyone else. While the
presence and nature of diagnoses, challenges and systems add a unique complexity and may vary widely, the
journeys these families travel reveal more similarities than differences. Through their personal stories and
experiences both as family members and as professionals in the field, the presenters will share some subtleties
and perspectives that can strengthen trust and partnership with families, and support all family members to have
high expectations for the best possible outcomes.

About the presenters:
Nancy Richey is a Family Policy Specialist for the Office of Developmental Programs, and facilitator of
Pennsylvania’s participation with sixteen other states in the National Community of Practice: Supporting
Families throughout the Lifespan. As a parent of a young adult son, she has been an advocate for systems and
social change for people with disabilities, and a volunteer and board member with numerous disability-related
organizations including having been chair of the PA Developmental Disabilities Council for four years. She is a
2002 graduate of Confidence and Competence: Partners in Policymaking, and a 2004 graduate of Partners in
Policymaking: Advanced Leadership Training. Her professional experiences have included human services and
advocacy, community organization, training and health promotion.

Nancy is passionate about supporting families to envision everyday lives for all, and helping all who touch
families’ lives to share in and communicate that collective vision. She is a native of Williamsport, an honors
graduate of Lycoming College, and lives in Mechanicsburg with her husband, Tom, and their son, Dan. As a
family, their favorite leisure pursuits include spending time at their cabin in Sullivan County, and camping in
the magnificent state parks of our Keystone State.

Crystal Karensmak and her family have a long history of multi-system involvement including Mental Health,
Juvenile Justice, Adult Criminal Justice, Education and Drug and Alcohol. She began her advocacy work for her
own family and then for others in the 1980’s. Crystal has worked with youth and adults in group home
settings, as a counselor advocate for sexual assault domestic violence and other serious crime victims. She retained her credentialing as a Victim Advocate through the Coalition of PA Crime Victims Organizations’ (COPCVO) till 2008. She partnered with the founding youth leaders of Rallying Youth Organized Together (RYOT) Against Rape helping to create the training manual for this youth adult partnership.

Crystal graduated from the PA Victim Assistance Academy through Scranton University where she won the George Award, provided the voice of victims for Project Point of Light team, a sex offender treatment program. Her training talent includes NAMI’s Family to Family training, being a STOP Grant trainer to provide training to advocates, police, other systems and the community on Rape Trauma and Post Traumatic Stress Disorder, Family Group Decision Making, Family Involvement in PA Juvenile Justice System, and is a certified trainer for Team Up for Families Roadmap since 2014.

**B2) How to Encourage a Trauma Informed Workplace**

Presented by Kimberly Sanders

Let’s talk about what is often the unspoken. These jobs are TOUGH. Everyday our employees are faced with situations that are mentally and often physically demanding. In our world, it is expected that employees will remain calm, cool, and collected in these demanding situations. It is possible, but it is easier when assisted by education and understanding in regards to trauma informed approaches and awareness of what WE bring to the situation related to our own life experiences.

**B3) Recovery, Resilience and Peer Support**

Presented by Denise Brown, Jessica Peacock and Mayme Carter

Peerstar employs certified peer specialists who support the mental health needs of individuals with a dual diagnosis by utilizing mental health recovery tools, assisting during transition and encouraging evidence based recovery tools such as Wellness Recovery Action Plans (WRAP). The Bradford/Sullivan County Intellectual Disability Program partnered with Main Link, a mental health agency to provide collaborative supports which produced significant positive clinical outcomes for dually diagnosed individuals. PCHC developed *Advanced CPS Training* to support individuals with intellectual disabilities and mental health challenges and were awarded a statewide grant to consider best practices in peer supports cross disabilities/cross systems.

**About the presenters:**

**Denise M. Brown** is the Director of Quality Management and Development at Philadelphia Coordinated Health Care (PCHC), Southeastern Pennsylvania’s Health Care Quality Unit. She has worked at PCHC for ten years and has had the opportunity to work on a number of exciting initiatives focused on health and wellness for people with intellectual disabilities and mental health challenges. Prior to her work at PCHC, she spent nearly ten years working as a provider of ID and MH services. Earlier in her career she worked at university and county programs with a focus on education and assistive technology.

**Mayme Carter** studied Anthropology at Bloomsburg University from 1986-1989. She obtained a Bachelor of Social Work Degree from Mansfield University in 1997. She obtained her Master of Social Work Degree from Marywood University in 2004. She lives with her spouse of 29 years on her family owned and operated dairy farm. She has worked with individuals with intellectual disabilities since 1997, first as a Supports Coordinator, then as a SC Supervisor and now as an Intellectual Disability Director in Bradford County

**Jessica Peacock** received a Bachelor’s Degree in Psychology from Penn State University and completed her Master’s Degree in Human Services, Marriage and Family Counseling at Liberty University. She has worked in Human Services, both IDD services and MH services for approximately 15 years in both leadership and direct service work. She has worked at Peerstar for the past 4 1/2 years and is currently the Director of Recovery and Community Outreach, working within 25 counties throughout Pennsylvania. Jessica is also an adjunct Psychology and Sociology instructor.
Session Materials
Hard copies of training materials are not provided during the conference. All materials, including all PowerPoint presentations which were provided in advance by the presenters, are available on the MyODP Training and Resources website. Please visit https://www.myodp.org/course/index.php?categoryid=385 or navigate to Training > Dual Diagnosis > Dual Diagnosis Conference Registration > 2017 Pennsylvania Dual Diagnosis Conference from the MyODP.org homepage. All available handouts will be posted in the “Handouts and Resources” section.

Conference Evaluations
A conference evaluation is included in your conference packet. Please take a few moments to fill out your evaluation and submit your completed form to the session facilitator in your last breakout session. You may also scan and email your completed evaluation after the conference to Marlinda Smith at marlsmith@pa.gov or return via fax to (412)565-5479.

Certificates
Continuing Education credits are not available for the conference. Certificates of Achievement for general training credit hours will be available on MyODP.org by August 4, 2017 once attendance has been verified and posted. Participants will receive an email notification when certificates are available. Once your certificate is available, you can access it anytime by logging into your account on MyODP.org and then navigating to Training > Dual Diagnosis > Dual Diagnosis Conference Registration > 2017 Pennsylvania Dual Diagnosis Conference.

A SPECIAL THANK YOU
Thank you to the Dual Diagnosis Conference work group members for your hard work and dedication to this event! It would not have been possible without each of your contributions.

Scott Anstey – OMHSAS • Beth Barol – Widener University • George Bell – ODP
Greg Cherpes – ODP • Carmen Culver – The Columbus Organization • Ellen DiDomenico – OMHSAS
Melissa DiSipio – SE Region Health Care Quality Unit/PCHC • Jared Ebert – ODP
Lucy Kitner – Pennsylvania Association of County Administrators MH/DS • Jeff Kohler – ODP
Robin Levine – The Columbus Organization • Dina McFalls – HCQU • Amy Nemirow – ODP
Stacy Nonnemacher – ODP • Sherry Peters – OMHSAS • Jean Rush – OMHSAS
Natalie Shaffer – OMHSAS • Andrea Sloan – ODP • Marlinda Smith – ODP • Tara Viens – ODP
Nina Wall – ODP • Lisa Zook – Pennsylvania Association of County Administrators MH/DS