CRAWFORD COUNTY & ERIE COUNTY SYSTEM OF CARE PARTNERSHIPS
and EDINBORO UNIVERSITY OF PENNSYLVANIA
PRESENT:

4th ANNUAL TRAUMA INFORMED & RESILIENT COMMUNITIES CONFERENCE

ADDITION, TRAUMA & COMMUNITY RESILIENCE

Wednesday, September 27, 2017
Frank G. Pogue Student Center, 405 Scotland Road, Edinboro, PA 16444

Registration 7:45 am to 8:45 am ♦ Conference 8:45 am to 4:00 pm

KEYNOTE SPEAKERS

Ms. Wendy Ellis
George Washington University
Project Director, Building Community Resilience

Mr. Jason Snyder
Pennsylvania Department of Human Services
Special Assistant to the Secretary

Building Community Resilience: Creating Shared Understanding for a More Resilient Region

The Pennsylvania Opioid Crisis – Two Views: Government Response and Personal Recovery

LUNCH & BEVERAGES PROVIDED
Continuing Education Units Available (See details at page 16)

Childcare and transportation assistance is available,
but must be arranged in advance.
Contact Peter Zimmer at
pzimmer@co.crawford.pa.us or 814-373-2768.

This conference is FREE but you must register to attend.

REGISTER NOW - THIS CONFERENCE WILL FILL QUICKLY
CLICK HERE TO REGISTER ➔ http://www.edinboro.edu/trauma2017
or type this address in your web browser

This event is cosponsored by the Crawford County & Erie County Departments of Human Services, Edinboro University’s Departments of Criminal Justice, Anthropology and Forensic Studies and Social Work, University of Pittsburgh School of Social Work, Western Psychiatric Institute and Clinic of UPMC, Crawford County SOC/Safe Schools-Healthy Students grant and Peace4Crawford trauma informed community collaborative.

This project, publication/report/etc. was developed [in part] under grant numbers SM061250 and SM63421 and the Safe Schools/Healthy Students grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.
Conference Description and Objectives
The System of Care partnerships of Crawford and Erie County are committed to addressing the impact of Adverse Childhood Experiences (ACEs) and childhood trauma through awareness programs, trainings, screening and assessments, treatment capacity and community/system change. Why is this topic so important to our community?

ACEs Probability of Outcomes
Given 100 American Adults

<table>
<thead>
<tr>
<th>33 No ACEs</th>
<th>51 1-3 ACEs</th>
<th>16 4-8 ACEs</th>
</tr>
</thead>
<tbody>
<tr>
<td>With 0 ACEs</td>
<td>With 3 ACEs</td>
<td>With 7+ ACEs</td>
</tr>
<tr>
<td>1 in 16 smokes</td>
<td>1 in 9 smokes</td>
<td>1 in 6 smokes</td>
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<tr>
<td>1 in 480 are alcoholic</td>
<td>1 in 43 are alcoholic</td>
<td>1 in 30 are alcoholic</td>
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<tr>
<td>1 in 14 uses IV drugs</td>
<td>1 in 7 has heart disease</td>
<td>1 in 6 has heart disease</td>
</tr>
<tr>
<td>1 in 96 attempts suicide</td>
<td>1 in 10 attempts suicide</td>
<td>1 in 5 attempts suicide</td>
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http://www.iowaaces360.org/ace-study.html

Our fourth conference Addiction, Trauma and Community Resilience will provide all members of our communities with a basic introduction to the science of ACEs and trauma, and much more. We will continue our theme of promoting public and service system engagement in addressing trauma through a variety of speakers and workshops that will answer the questions: What is an ACE score? What is trauma? How do they impact behavior, school performance, mental health, physical health, substance abuse, relationships, careers, the economy, suicide and more? Why are childhood adversities and trauma a public health issue? What is resilience and recovery? What can I and my community do about it? This fourth conference will continue to answer these questions and inspire action.

In addition to our two keynote speakers, our afternoon will offer a variety of workshops for personal growth and professional development. (See workshop descriptions on p. 5)

Who should attend?
Our intended audience includes community members, family and youth (if under 18, with an adult); university students and staff; lawyers, judges and other members of the legal/judicial systems; social service providers; all levels of staff in professions of mental health, addictions, corrections, child welfare, domestic violence, education, juvenile/criminal justice, intellectual disabilities, and other family organizations and agencies.

Learning Objectives:
After attending this conference, participants should be able to:

- State three examples of the impact of childhood adversity and trauma.
- Explain how unaddressed trauma affects individuals and a community.
- Give three examples of secondary trauma and strategies to foster personal resilience through self-care.
- Give one example of the connection between adverse childhood experiences and adverse community environments.
- State three or more ways to promote individual and community resilience.
AGENDA

7:45 a.m.  Registration Opens (Complimentary Coffee, Tea, Water available)

8:45 a.m.  Welcoming Remarks

Presented by: Dr. Michael J. Hannan, Provost and Vice President for Academic Affairs, Edinboro University of Pennsylvania

9:00 a.m.  Keynote Session I – Building Community Resilience: Creating Shared Understanding for a More Resilient Region

Presented by: Ms. Wendy Ellis, Project Director, Building Community Resilience, Sumner M. Redstone Global Center for Prevention and Wellness, George Washington University

10:30 a.m.  Break

10:45 a.m.  Keynote Session II - The Pennsylvania Opioid Crisis – Two Views: Government Response and Personal Recovery

Presented by: Mr. Jason Snyder, Special Assistant to the Secretary, Pennsylvania Department of Human Services

Noon  Networking lunch (lunch & beverages provided)

1:00 p.m.  Workshops: Session I (Please select a 1st & 2nd choice when registering)

2:15 p.m.  Break

2:30 p.m.  Workshops: Session II (Please select a 1st & 2nd choice when registering)

3:45 p.m.  Conference Evaluation, Attendance Certificate and THANK YOU Gift!
Keynote Session 1

9:00 – 10:30 a.m.

**Building Community Resilience (BCR): Creating Shared Understanding for a More Resilient Region**

As Project Director of the Building Community Resilience collaborative at George Washington University, Wendy Ellis will discuss the Building Community Resilience (BCR) collaborative. BCR is testing and implementing a model based on her research in designing a strategic process for child health systems to align resources, programs and initiatives with community based partners to address childhood adversity and reduce the effects of social determinants that culminate in toxic stress. The strengths based approach is aimed at building the infrastructure to promote resilience in vulnerable communities. The BCR model is being tested in five major U.S. cities including Cincinnati, OH; Dallas, TX; Portland, OR; Washington, DC and Wilmington, DE and is supported in part by the Doris Duke Charitable Foundation, The Kresge Foundation and Nemours. Wendy co-authored “A New Framework for Addressing Adverse Childhood Experiences: The Building Community Resilience Model” which can be found in the September 2017 issue of the *Journal of Academic Pediatrics*.

**About the Presenter:** In 2017, Wendy Ellis was selected to receive a Doris Duke Fellowship for the Promotion of Child Well-Being—seeking innovations to prevent child abuse and neglect. The fellowships are designed to develop a new generation of leaders capable of creating practice and policy initiatives that will enhance child development and improve the nation’s ability to prevent all forms of child maltreatment. She is also a Milken Scholar at the Milken Institute School of Public Health at George Washington University where she is completing her dissertation research toward a Doctor of Philosophy in Health Policy. Wendy holds a Master's in Public Health from the University of Washington's School of Public Health and a Bachelor of Science from Seattle University. At the University of Washington, she led a study investigating factors associated with disparities in access to mental health care among children in Washington State, which was published in *Health Affairs*.

Keynote Session 2

10:45 a.m. - Noon

**Topic: The Pennsylvania Opioid Crisis – Two Views: Government Response and Personal Recovery**

Jason Snyder will share his personal and professional experience on the impact of the opioid crisis in PA. As a lifelong Pennsylvanian, Jason lost both of his siblings to drug overdose deaths and is in long-term recovery from the disease of addiction. He regularly speaks about Pennsylvania’s response to the opioid crisis, and his family’s experience with addiction including his personal recovery.

**About the Presenter:** Jason Snyder was awarded his Bachelor of Arts degree in journalism from the University of Pittsburgh in 1995. Since October 2016, Jason has served as Special Assistant to the Secretary of the PA Department of Human Services. In this role, he oversees implementation and operation of the $20.4 million *Centers of excellence Initiative*, Governor Tom Wolfe’s signature response to the opioid addiction and overdose death epidemic. Jason meets with key stakeholders to consider their input concerning substance use disorder policy, and facilitates multi-agency collaboration on related initiatives. Throughout his career, he has held executive-level positions in public relations, communications and nonprofit organization management, including serving as policy and communications director of the Pennsylvania Department of Drug and Alcohol Programs, and executive director of the Consumer Health Coalition. The Coalition works on behalf of underserved and at-risk groups including people with low incomes, the uninsured and underinsured, racial and ethnic minorities, and people with disabilities, to ensure access to affordable quality health care. In addition to other volunteer service activities, Jason serves on the board of directors of Gateway Rehabilitation Center.
Workshops  

Session I  

1:00–2:15 p.m.

**Co-occurring Disorders: Diagnosis and Treatment Challenges**  

Clients with co-occurring disorders, those who have a substance use disorder and a mental health disorder are common but often unrecognized, or if recognized, the client is sent to multiple treatment providers. This often leads to the client being overwhelmed by appointments and getting conflicting treatment recommendations. This workshop will focus on prevalence of co-occurring disorders, assessment, substance induced vs. independent psychiatric disorders, risks of suicide, and managing co-occurring disorders.

*About the Presenters –*  
**Elaine S. Rinfrette, PhD**, is an Assistant Professor of Social Work at Edinboro University where she is the Chair of the department. She has over 20 years of outpatient mental health treatment experience with a special interest in trauma and trauma informed care. Her research interests include trauma, trauma informed care, general mental health issues, and addictions. Dr. Rinfrette received her MSW from Boston University and her PhD from the University at Buffalo.

**David Pugh, PhD**, is an Associate Professor of Social Work at Edinboro University, and has been a member of the faculty the past seventeen years. Prior to Edinboro he was on faculty in social work at Youngstown State University, West Virginia University, and Louisiana State University. He has an MSW and Ph.D. in social work from the University of Maryland, and a Master’s degree in counseling, and BS in corrections from Youngstown State University. His practice experience has included corrections, juvenile justice, substance-abuse, and mental health. Current research underway includes assessing spirituality in the recovery of families, and individuals touched by addiction, developing a trauma-informed campus community, and the results of seven years of evaluating home-based services for at-risk youth.

**Erie County Treatment Court**  

This presentation will cover the history of drug courts, history and evolution of Erie County Drug/Treatment Courts, populations served, how it works (from admission to graduation) and program statistics. This is an example of resiliency that focuses on the addiction, trauma, mental health, family dependency and recovery.

*About the Presenters –*  
**The Honorable Judge William R. Cunningham** is a graduate of Allegheny College (B.A.) and University of Pittsburgh Law School (J.D.). Admitted to all PA and federal courts. Private practice, 1981-1987. Served as District Attorney of Erie County from 1988 - 1995; Member of the Court of Common Pleas since January 1996. Served as President Judge 2000-2005. Implemented and presides over a state-certified Drug Court, Mental Health Court and Family Dependency Court. Past President of Pennsylvania Association of Drug Court Professionals. Member of Statewide Veteran’s Court Advisory Committee, and statewide study group for the efficacy of mandatory sentences in Pennsylvania. Executive Committee and Instructor, PA District Attorney Association. Member of the Erie County Bar Assoc. since 1981. Adjunct instructor, Constitutional Law, Mercyhurst College. Instructor, Pennsylvania Constable Training Commission.

**Pat Kennedy, Esq-Chief Public Defender**, is the Erie County Public Defender, having held that position for the past 7 years. Her involvement with the Erie County Treatment Court program began nearly 20 years ago, when she was the assigned Assistant District Attorney. Since that time, she has worked with the program, advocating its use as an alternative to trial or a plea. She is a member of the Erie County Drug and Alcohol Coalition and a past member of the Erie County Drug and Alcohol Advisory Board.

**Dante Battles**- Erie County Adult Probation Supervisor of Special Programs and Drug Court Coordinator
Michelle Dushole - Erie County Children and Youth - Family Dependency Court Coordinator and Liaison

Kristen Heise - Erie County Children and Youth - Family Dependency Liaison

Linda Markle - Erie County Care Management (ECCM) Supervisor and Mental Health Liaison. Linda has worked in Mental Health for 30 years. Expertise in varied aspects of the mental health systems in Erie County. Her role is to conduct Mental Health assessments, refer to services, case manage all the mental health needs of the participants and be a collaborating partner to the Treatment Court team.

Donna Checchio - Erie County Drug and Alcohol Case Manager and Liaison. She is a graduate of Penn State University with a BS in Administration of Justice. She has 25 years of experience working in the drug and alcohol field, with training in trauma informed care Donna has worked in both outpatient and residential programs and with criminal justice and children and youth clientele, and has been the drug and alcohol case manager for Treatment Court for 4 years.

Keystone Crisis Intervention Team (KCIT) 1:00–2:15p.m.

KCIT is a statewide team of trained volunteers who respond to the community after a criminal crisis. In this session, you will learn more about KCIT services as well as basic responses to a crisis event. Learn more of how trauma affects the brain and how to help people who are experiencing crisis reactions.

About the Presenters –

Barb Ertl - A Marine Corps Veteran, Barb has over 30+ years’ experience as a school social worker directing a multi-district crisis team. Barb has been a KCIT member and trainer since 2016. She is an international trainer for CISM, and has conducted training in all 50 states and in 6 countries! She is a certified Trauma specialist with the Association of Traumatic Stress.

John Sushereba, MA has worked in the mental health field for over 36 years. He has both a BA and MA in clinical psychology, and is also a certified Cognitive Behavioral Therapist. He has worked as an outpatient therapist most of his career, but also served as a supervisor at a large adolescent partial hospitalization program. He has worked in many school districts as a mental health consultant prior to, and under the Student Assistance Program. He is a certified trainer for the mental health portions of the SAP training for the IU5. John served on the board of the Pennsylvania Association of Student Assistant Professionals (PASAP). In addition to serving in the U.S. Navy during Viet Nam, he was asked to speak at a retreat from the Marine Base in Camp Pendleton in California to over 25 military Chaplains on topics of “Dealing with Loss and Grief” and “Caregivers taking care of themselves” following losses sustained in the war on terrorism in Afghanistan. He recently retired from 16 years with Stairways Behavioral Health as a Mobile Therapist, and outpatient therapist. He now serves them in their Employee Assistance Program. One of his greatest privileges was donating a kidney 15 years ago. He sincerely wishes that he could do it again for someone else.

He is a trained & certified crisis responder for Pennsylvania’s KCIT (Keystone Crisis Intervention Team), having served on a number of deployments, and is their representative on the Northwest PA Regional Task Force. He is a trainer for KCIT and is a member of their advisory committee. He has done trainings for our state CASSP in Mental Health and Depression/Suicide topics and the former Columbia University TeenScreen, and the Signs of Suicide instruments. He also serves the Commonwealth as Co-Chair of the Emergency Behavioral Health Response Advisory Consortium and is trained to provide the state NCPTSD Psychological First Aid training. He has presented seminars at the State SAP Mental Health Liaison Conference, the PASAP Conference, and the CASSP Conference among others.
Music Therapy in Response to Crisis & Trauma  
1:00–2:15p.m.
An overview of how music & music therapy can provide an outlet for coping with events surrounding a crisis and its aftermath. Participants will explore a wide range of music applications in processing trauma, including song writing, lyric analysis and guided imagery.

About the Presenter –
Cindy Legwaila is a board-certified music therapist who received her Bachelors of Music in Music Therapy from Nazareth College. Among her work includes developing and implementing a music program during an internship at an in-treatment recovery program. Currently servicing Erie and Crawford Counties through private practice with a wide variety of clients from families of young children to seniors with dementia and Alzheimer’s, her focus is on empowering individuals and communities through the joy and power of music.

Recovery to Practice  
1:00–2:15p.m.
Goals: to understand the concepts of recovery oriented care and the reasoning behind it. RECOVERY - a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Per Patricia Deegan PhD, “recovery is rediscovering meaning and purpose after a series of catastrophic events which mental illness is. It is a way of life, an attitude, and a way of approaching the day's challenges.” This workshop facilitated by a team of peer specialist and psychiatrist will provide a basis of understanding recovery principles and then its application with specific focus on trauma informed care. Think resilience within day-to-day clinical work.

About the Presenters –
Edna VanBockern is a Certified Peer Specialist at Stairways Behavioral Health where she has worked for two years. Edna has been a CPS since 2009 and has been a consumer for over 20 years.

Mary Anne Albaugh MD, is Board Certified in General Psychiatry and Child and Adolescent Psychiatry. Dr. Albaugh has been active in Community Mental Health systems in Erie County and the surrounding region for over 25 years. She currently serves as Medical Director with Erie County DHS MH/ID. She is active in clinical work as a psychiatric physician with Deerfield Behavioral Health providing psychiatric services with the Achievement Center, Perseus House, SARCC, Millcreek School District Special Education Support Teams and teaching with LECOM/MCH Psychiatry Residency training program. Her interests include team coordinated care for children and families with complex needs, treatment of children and families who have experienced trauma, loss and disruptions in their lives, Early Intervention and prevention efforts, systems of care issues and advocacy for children and families.

The View from Inside the Child-Serving System—Young Adult Success Stories  
1:00–2:15p.m.
Three young adults from Erie County will share their experience, system insight and success stories. Mitchell, Dannielle, and Kyree are all unique stories of growth and resilience. How did they do it? What worked? What didn’t? What’s next for them?

About the Presenters –
Mitchell Carson Dombrowski is a 18-year-old transgender youth who has been a participant in the Erie County Independent Living Program for three years. Mitchell recently obtained his own apartment and is living independently in Meadville, Pennsylvania. Mitchell will be starting at Laurel Technical Institute in October where he will be studying Networking and Administration. Mitchell is an active participant on the Office of Children and Youth’s Youth Advisory Board (YAB) and the Independent Living Program’s Youth Advisory Board (ILYAB) where he serves as president. He spends his free time playing video games, watching Netflix, and hanging out with friends. Mitchell is a fearless survivor of childhood trauma including physical, mental and sexual abuse.
Dannielle Sidelinger is 20 years old and has been a participant in the Erie County Independent Living Program for approximately four years. Dannielle is entering her Junior year at Edinboro University where she is working on a double major in Social Work and Criminal Justice. She spends most of her time at her internship with the Child Welfare Resource Center as a Youth Ambassador or serving at a local Irish Pub, but spends her free time reading, hanging out with friends or watching Netflix. Dannielle is an active participant on the Office of Children and Youth's Youth Advisory Board (YAB) and volunteers her time on other projects such as Global Youth Service Day. Dannielle has experienced sexual, physical, mental, and emotional abuse. She is a courageous survivor of childhood trauma.

Kyree Chapin is 21 years old and has been a participant in the Erie County Independent Living Program for approximately six years. He has persevered through life challenges with maturity and continues towards his life goals. Kyree is entering his Junior year at Edinboro University where he is working towards a Bachelor's of Science degree with the concentration being on Pre-Med, Biology and Chemistry with a minor in Psychology. Kyree’s goal is to be an epidemiologist. While Kyree’s main focus is on his education he has also dedicated himself to giving back to the community by way of volunteering for Toys for Tots, the Caring Closet, and the Special Olympics. In addition, his extracurricular activities include the Office of Children and Youth’s Youth Advisory Board (YAB), the Office of Children and Youth’s Advisory Board where he serves as an appointee by County Executive Kathy Dahlkemper, and holds the position of Vice Chair, Tri Beta Honors Fraternity, playing the bagpipes, and holding the position as treasurer for the Pre-Healing Arts Club.

Yoga and Mindful Meditation  
1:00-2:15 p.m.

Yoga and Mindful Meditation practices provide a path to better health, happiness and emotional well-being by helping us to understand and connect the relationship between our body, mind and spirit. Combining these forms of therapy helps us to better manage the stresses of our fast paced, perpetually “tuned-in” lifestyle that cause much of the “dis-ease” we experience today. Are you living in your head? Are you often worried about the future or distracted with past regrets? Through his instruction of yoga and mindfulness meditation, Kirk moves his students to "live in the present moment, the only moment we truly have. “

This presentation will answer what is mindfulness, and how mindfulness can help us handle stress and other physical, emotional, and relational benefits. The workshop will include a meditation session.

About the Presenter-
Kirk J. Hardner M.S., CYT, Mindfulness Meditation Teacher has worked with Family Services of NW PA (FSNWPA) since 1990, first as a Master Level Therapist and as Program Director of Family Based Mental Health Services in Erie, Crawford, Venango and Mercer Counties. He graduated from Mercyhurst College with a Bachelor of Science Degree in Criminal Justice and a Master’s Degree in Juvenile Justice Administration. His experience prior to joining FSNWPA includes time with Harborcreek Youth Services and at the Erie County Juvenile Probation Department.

Kirk’s dedication to mental health and its connection to physical well-being have been strengthened though over 10 years spent as a personal trainer, having been certified through the Aerobics and Fitness Association of America. As a certified yoga teacher through Aura Wellness Center, he leads weekly yoga sessions in which he encourages his students to further deepen the relationship between mind and body and spirit. As well as his deep experiences in counseling and yoga instruction, Kirk also studied under Shamash Alidina, author of Mindfulness for Dummies and The Mindful Way through Stress. Under his tutelage, Kirk became a Certified Mindfulness Meditation Teacher.
You Rock! School-Wide Positive Behavior Support (SWPBS) Program 1:00–2:15p.m.

At Titusville’s Main Street Elementary School, We Rock! Let our team share how we started from scratch developing our School-Wide Positive Behavior Support program. The presentation will share our 20-month journey in creating a trauma sensitive, positive school climate for all. Supported by the Pennsylvania Positive Behavior Support Network, team members will discuss essential aspects such as creating a dynamic core team, developing a behavior expectation MATRIX, and celebrating high frequency reinforcement. The team will describe supports that were implemented to assist staff with effective behavior management as well as the resources provided by the Riverview Intermediate Unit (IU6) behavior consultant. SWPBS is an example of incorporating trauma sensitive practices into the school routine. This workshop is sponsored by the Crawford County System of Care, Safe Schools/Healthy Students Partnership.

About the presenters-
Kevin Vinson is a music teacher and music department chairperson for the Titusville Area School District. He has taught in the district for 20 years. He is a member of the Main Street Elementary Core SWPBS team as well as serves on TIPS (Team Initiated Problem Solving) team.

Nancy Wright is a special education teacher for the district. She has worked in Titusville for 11 years. She is a member of the Main Street Elementary Core SWPBS team and also serves on the TIPS team. Both have served on the school’s ESAP (Elementary Student Assistance Program) team.

Stephanie Keebler is the principal at Main Street Elementary School. For the past 4 years, she has worked at Main Street Elementary School. She has also served as the high school principal within the Titusville Area School District. The team recently shared their presentation in May at the PA Implementer’s Forum in Hershey.

See next page for second session workshops.
Workshops  
Session II  
2:30-3:45p.m.

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Time</th>
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<tr>
<td><strong>Center of Excellence</strong></td>
<td>2:30-3:45p.m.</td>
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<tr>
<td>To help address the current opiate epidemic the Pa Department of Human Services has developed Centers of Excellence. Centers of Excellence is a new approach to help ensure that people with opioid-related substance use disorder stay in treatment to receive follow-up care and are supported within their communities. The centers coordinate care for people with Medicaid, and treatment is team-based and “whole person” focused, with the explicit goal of integrating behavioral health and primary care. Esper Treatment Center, will present on being a Center of Excellence within our region, Medication Assisted Treatment (MAT) and use of a Certified Recovery Specialist.</td>
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**About the Presenters** –
**Jennifer Esper** has been Chief Executive Officer of Esper Treatment Center since 2002. She has always been very committed to reducing the stigma of MAT and has done extensive outreach and education on the efficacy and benefits of MAT, and trying to reduce the stigma of MAT and addiction. In 2016 Governor Wolf designated The Esper Treatment Center as a Center of Excellence. This designation allows Esper Treatment Center to not only expand services but it also offers a broader platform to educate and provide more outreach for those that suffer from Opioid Use Disorder.

**Joseph Currier** is a certified recovery peer specialist of Esper Treatment Center. He was born and raised in Erie, Pa. He has battled addiction since the age of 15. In 2011, Joseph’s wife was pregnant with their first son. That's when he said enough is enough and didn’t want his son to grow up without a dad. He’s been in recovery for six years. He’s worked in professional kitchens for twelve years. About six months ago, he knew it was time for a change. He wanted to help people just like all the people that helped him. He talked to an old counselor and was told her company has a position open that he would do great in. Six months later, he is a certified recovery peer specialist at the Esper Treatment Center. He loves waking up every day knowing he can give someone the help they need.

**Drumming and Rhythm Techniques for Coping and Community Building**  
2:30-3:45p.m.

Participants will be provided with the research and hands on experience of how rhythmic exercises and drumming can assist with relaxation, self-expression and forming bonds. Discussion will include how to build fast & easy experiences for all. (No prior drumming experience needed.)

**About the Presenter** –
**Cindy Legwaila** See Music Therapy in Response to Crisis & Trauma workshop above.

**Grooming Children into Child Sexual Abuse & its Effects on Adult Trauma Symptoms**  
2:30-3:45p.m.

*The subject matter of this presentation might be disturbing to some audience members. Minors are not permitted to attend this session.*

In this presentation, Dr. Wolf will present her research on grooming (as experienced by survivors of child sexual abuse), and its effects on trauma symptoms in adulthood. Ms. Leet will present her clinical findings about her work with sex offenders. Also included in this presentation will be a discussion panel with an individual who used grooming patterns, including drugs and alcohol in committing his own sexual crime.

**About the Presenters** –
**Molly R. Wolf, LMSW, PhD** is a faculty member at Edinboro University of Pennsylvania. She has spent years studying child sexual abuse in terms of both survivors and perpetrators, and has now dedicated her life to helping survivors through her research, publications, teaching, and social work. She enjoys teaching students the traumagenic nature of many of the social service issues that social workers will encounter in their practice. Her current research focuses on facets of child sexual abuse and the ways that these facets lead to lingering after-effects for survivors.
Tracy Leet, LCSW is a Licensed Clinical Social Worker currently employed at Parkside Psychological Associates in Meadville, Pa and is a professor in the social work program at Edinboro University. Her primary treatment focus includes adults and adolescents who have committed sexual crimes, victims of trauma and LGBTQIA individuals. She is trained in SPARCS (Structured Psychotherapy for Adolescents Responding to Chronic Stress). Tracy also presents regarding diversity and cultural competency surrounding LGBTQIA struggles.

**Facing the Cost of Caring: Creating Acknowledgement, Support and Solutions to Those People Impacted By Burnout, Compassion Fatigue and Vicarious Trauma**  
2:30–3:45p.m.

No matter what your discipline or profession (social worker, therapist, law enforcement, medical professional, teacher, etc.) is; if you work with children, adolescents, adults and/or families who have been victims of crime and/or experienced trauma, you have been personally exposed to vicarious trauma and secondary wounding. It is nearly impossible to provide support to those clients served without being personally impacted by their experiences and stories.

This workshop is designed to increase awareness, educate and support those professionals that have been impacted by the stories and experiences of their clients that have been victims of crime and/or trauma. The topics of burnout, compassion fatigue and vicarious trauma are not foreign experiences to those working in the helping professions, but are rarely discussed and given proper attention due to the stigma associated with admitting to the common costs of caring. As professionals in the field of helping others it is at times difficult to admit and seek support due to the various constraints we experience in our positions as well as the stigmas associated with the notion of helping professionals seeking help for themselves. This is a critical topic that deserves to receive more attention in the helping professions and if ignored, can create long-term negative consequences for both the professionals and those served in the work that we do.

**About the Presenters –**

**Tara Durkin** is a Licensed Clinical Social Worker who has been working at Family Services of NW PA in a variety of both in-home and office-based programs for over ten years. She is a Certified Trauma-Focused Therapist, providing Trauma-Focused Cognitive Behavioral Therapy to children and their caregivers. In addition, Tara provides office-based counseling to individuals, families and couples. In addition to her work at Family Services of NW PA, Tara is a clinician in a local private practice office. Tara received her Master of Social Work degree from Edinboro University in 2004. Previously, Tara worked in residential treatment, BHRS/Wraparound and family preservation programs.

**Angela Chambers** is a Licensed Professional Counselor as well as a National Certified Counselor. Angela has worked at Family Services of NW PA for over four years working with trauma. She is a Certified Trauma-Focused Therapist, providing Trauma-Focused Cognitive Behavioral Therapy to children and their caregivers. In addition, Angela provides office-based counseling to individuals, families and couples. In addition, Angela is a clinician in a local private practice office. Previously, Angela has worked with various populations in home, office and clinic environments where she has gained extensive experience working with children, adolescents, adults and families. Angela received her Masters of Science Degree in Community Counseling from Gannon University.
Not One More - Overdose Prevention and Awareness  
2:30-3:45p.m.
Not One More is a national nonprofit community organization that began in 2012. Their mission is to raise awareness and prevent drug abuse in the community through education and community partnership. A group of supporters, just regular people, each with their own unique talent and dedication, from very diverse backgrounds, but having all been touched in one way or another by substance abuse, addiction, or, sadly, death. This presentation will include an overview of the basics of overdoses, overdose prevention, treatment interventions, and what all of us can do to help.


About the Presenter -
Autumn Ferringer is the President of Not One More NWPA. Autumn resides in Cochranton, Pa. with her husband of 25 years. They have 2 children. Autumn is a Registered Nurse and has worked in the healthcare field for 26 years. Autumn’s oldest son was addicted to the opiate drug Morphine when he graduated from high school at 17 years old.

Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training  
2:30-3:45p.m.
QPR is an educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources. Participants receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources. For more information visit: [www.qprinstitute.com](http://www.qprinstitute.com)

About the Presenters -
Kris (KC) Miller began employment at Titusville Area School District in 2011 as the Elementary School Psychologist for Main Street, Hydetown, Pleasantville and the Early Childhood Learning Center. He earned a Bachelor of Science (B.S.) in Psychology from Allegheny College in addition to a Master of Education (M.Ed.) in Educational Psychology and a Master of Science (M.S.) in School Psychology from Edinboro University in Edinboro, Pennsylvania. KC is a member of the Association of School Psychologists of Pennsylvania and the National Association of School Psychologists. KC is a certified QPR Suicide Prevention Gatekeeper Instructor.

Rose M. Hilliard has worked at Women's Services, Inc. in various capacities since 2002. After a number of years as the Family Advocate, Rose accepted the position of Medical Advocacy Liaison in 2014. Rose is also the Chairperson of the Human Trafficking Task Force and the Faith-Based Mentoring Committee. Rose became a Commissioned Lay Preacher of the Presbyterian Faith in 2011 and preaches at rural churches in Crawford County. She also teaches Worship on Wednesdays for the intellectually disabled. This year, Rose took on the roles of Faith Representative for the Crawford County System of Care (SOC) Leadership Team and is the SOC Faith Community Coordinator for Open Table in Crawford County. Rose is a certified QPR Suicide Prevention Gatekeeper Instructor. Rose's civic engagement includes her work as the Chairperson for the Salvation Army in Linesville and as a Hospice Volunteer.

The Trauma of Addiction in the Family –Acknowledging the Elephant  
2:30-3:45p.m.
This session will cover the potentially traumatic impact on a family when one or more members has a substance use disorder. Differential impacts on family members as parents, children, siblings, and others will be examined. The critical importance of assessment across fields of practice, and the components of brief education, as well as CBT will be covered.

About the Presenters –David Pugh, PhD & Elaine S. Rinfrette, PhD
See Co-occurring Disorders: Diagnosis and Treatment Challenges workshop above.
TRE – Tension/Trauma Releasing Exercises®  2:30-3:45p.m.
This will be a classroom overview of the development of, and principles behind, world renowned TRE®. Counterpoise Solutions, LLC is founded on the basic principle that people are designed to be healthy, and stress may offset our balance as a normal reaction to abnormal events. TRE®, or Tension/Trauma Releasing Exercise®, is designed to restore balance by activating a natural stress reducing response in a safe and self-controlled manner from the body's nervous system. This technique has been used around the world from soldiers to school children. There is a wide range of reported benefits including reducing physical pains, emotional symptoms, and even improvement to one’s thought process or ability to focus. At Counterpoise Solutions, LLC we believe in a world that our children can feel proud of, experience safety in and be loved in. We support this by reducing responses such as anger, fear and stress within ourselves. This is why we share TRE®. For more information, visit: www.ResetStress.com.

About the Presenter-
Kevin Berceli, LPC, TRE® Practitioner - Kevin is the founder of Counterpoise Solutions, LLC, which he opened in 2013 to provide TRE® workshops and stress/trauma education services after having studied under an international trauma expert and founder of TRE®. Kevin has the fortunate opportunity to work with various populations including veterans, business professionals, mental health providers, and community members. Throughout his career, he has acquired experience in elementary, secondary and post-secondary education settings, drug and alcohol treatment and mental health treatment. Kevin holds a Bachelor’s Degree in Criminal Justice and a Master's Degree in Counseling, he is a Licensed Professional Counselor, and currently serves as a program director at a non-profit mental health treatment agency in Erie, PA.

Warm Hand-Off: Coordinated Substance Abuse Care in the Trauma Setting  2:30-3:45p.m.
This workshop will describe front-line efforts in connecting individuals who receive emergency medical treatment as a result of their substance use to necessary community resources. We will evaluate challenges, opportunities for interdisciplinary teamwork, and the role of community based care for people with addiction. A recognition of the impact of trauma on individuals with substance use disorder, their loved ones, and the medical personnel who help them is a key aspect of this presentation. We will include information on the needs of special populations, such as pregnant women, youth, veterans, and people with serious mental illnesses.

About the Presenters-
Mandy Fauble, PhD, LCSW, is Executive Director at Safe Harbor Behavioral Health of UPMC Hamot in Erie, PA. She has been with Safe Harbor since 2002. Her areas of focus include serious and persistent mental illness, trauma and crisis intervention. Dr. Fauble has been a faculty member at Mercyhurst University since 2005 and has been an assistant professor at Edinboro University of Pennsylvania since 2012. She is a certified trainer of Applied Suicide Intervention Skills Training (ASIST) and Question, Persuade, Refer. Dr. Fauble has served on a variety of boards and committees, including locally on the Erie County Department of Drug and Alcohol Abuse Advisory Board and the Erie County Criminal Justice Coalition, as well as the Erie County Suicide Prevention Task Force. She recently completed a term as a member of the PA State Board of Social Workers, Marriage and Family Therapists and Professional Counselors, is currently a board member of the Rehabilitation and Community Provider Association (RCPA) of Pennsylvania, and sits on the Erie County Child Death Review committee. She was one of 2016’s Mercy Center for Women’s 12 Women Making History.

Ferdinando L. Mirarchi, DO, is the medical director of UPMC Hamot’s Emergency Department and chairman of the UPMC Hamot Physician Network Governance Council. He is the principal investigator of the TRIAD Studies [The Realistic Interpretation of Advance Directives]. The results of his TRIAD I and II studies were featured in the New York Times. Dr. Mirarchi is the author of “Understanding Your Living Will; What You Need to Know before a Medical Emergency” published by Addicus Book. Dr. Mirarchi is a fellow of the American College of Emergency Physicians as well as a fellow of the American Academy of Emergency Medicine. He serves as a consultant for Emecine.com. He has been

**Jessianne Montie, LPC, CAADC**, has spent the last 11 years of her career dedicated to working with individuals who have substance use disorders. She has worked in a variety of settings treating those who have co-occurring behavioral health needs, serious mental illness, and substance abuse history. Within the last year, Jessianne stepped into the Clinical Supervisor role at Safe Harbor Behavioral Health of UPMC Hamot, overseeing the Outpatient Addiction Medicine Services Program and Warm Hand-Off Program. She is currently working in collaboration with UPMC Hamot’s Emergency Department in the fight against the opioid epidemic through the Warm Hand Off initiative. Jessianne graduated from Edinboro University of Pennsylvania earning her Master’s in Community Counseling and Bachelors in Criminal Justice with a minor in psychology. Jessianne is a Licensed Professional Counselor and is a Certified Advanced Alcohol and Drug Counselor.
CONTINUING EDUCATION UNITS

CEUs Offered through Western Psychiatric Institute and Clinic of UPMC

- Psychologists/psychiatrists - Continuing Education Units are not available for this conference.

- Other Healthcare Professionals (Nurses and Peer Specialists)
  Nurses and other health care professionals are awarded 0.525 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours.

  *Nurses:* For attending this program, you will receive a Certificate of Attendance confirming 5.25 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania.

  *Peer Specialists:* This program fulfills requirements for Certified Peer Specialist continuing education.

  *NOTE:* Applications for the above credits for Nurses Other Healthcare Professionals will be available at the training. Participants requesting continuing education credit will need to submit the completed application and the required $30 fee directly to Western Psychiatric Institute and Clinic of UPMC.

CEUs Offered through Pennsylvania Certification Board (PCB)

- This training is eligible for 5.25 PCB approved hours of education.

CEUs Offered through the University of Pittsburgh for Social Work Continuing Education (LSW/LCSW, LPC & LMFT)

- This program is offered for 7.0 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal.

  *NOTE:* The University of Pittsburgh certification fee for this program is $10.00 per person due at the conference by check payable to Crawford County Human Services. For information on social work continuing education, call (412) 624-3711.

(CLE) Credits Approved by the PA Continuing Legal Education Board

- This conference is approved by the PA Continuing Legal Education Board for five substantive credits.