7th Annual Behavioral Health and Aging Conference
Wellness, Mental Health and Aging
(MD14)

June 29, 2017
Passavant Hospital Foundation Conference Center
Allison Park, PA
8:00 AM to 4:00 PM

COURSE DIRECTORS:

Americus DeSantis, CRNP
Senior Nurse Practitioner
Benedum Geriatric Center

Kelly O'Toole, MSW, LCSW
Clinical Administrator
Adult and Geriatrics
Western Psychiatric Institute and Clinic of UPMC

LalithKumar K. Solai, MD
Service Chief & Medical Director of Geriatric Psychiatry
University of Pittsburgh Medical Center

Recovery and Wellness: The Journey Starts Here
A Joint Effort Sponsored by
Community Care Behavioral Health Organization and
Western Psychiatric Institute and Clinic of UPMC
“7th Annual Behavioral Health and Aging Conference: Wellness, Mental Health and Aging”

Passavant Hospital Foundation Conference Center
700 Cumberland Woods Dr., Allison Park, PA 15101
Thursday, June 29, 2017

PROGRAM DESCRIPTION:

This conference will address challenges and opportunities in providing behavioral health services for the aging population. Designed specifically for staff of aging and behavioral health providers, (including front-line workers, therapists and clinicians), as well as caregivers, sessions will teach tangible, concrete skills to address aging and maintaining wellness. This year the focus will be on wellness, diet and spirituality in aging. Opportunity to network with other professionals will be made available.

EDUCATIONAL OBJECTIVES:

At the conclusion of this program participants should be able to:

1. Describe challenges and opportunities in maintaining wellness during the aging process
2. Recognize the potential impact of dietary factors on mental health and common physical health problems.
3. Describe the impact of Art and Spirituality on the aging patients.

TARGET AUDIENCE:

This is an introductory program for front-line staff, community-based organizations, case managers/service coordinators, therapists and clinicians. Family and caregivers are also welcome to attend.

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LalithKumar K. Solai, MD
Service Chief & Medical Director, Geriatric Psychiatry Service
Medical Director, Center for Interventional Psychiatry
Western Psychiatric Institute and Clinic of UPMC
Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
KEYNOTE SPEAKER

Judy L. Cameron, Ph.D.
Professor of Psychiatry; Obstetrics, Gynecology and Reproductive Medicine;
Clinical Translational Research Institute
University of Pittsburgh

GENERAL SESSION

Ronald M. Glick, MD
Assistant Professor of Psychiatry and Physical Medicine and Rehabilitation
University of Pittsburgh School of Medicine
Medical Director of the Center for Integrative Medicine
UPMC Shadyside

FACULTY

Jennifer L. Engel, MS
Director, Osher Lifelong Learning Institute
University of Pittsburgh

Tanya J. Fabian, PharmD, PhD, BCPP
Director of Pharmacy Research and Pharmacy Services
Western Psychiatric Institute and Clinic of UPMC
Associate Professor of Pharmacy & Therapeutics and Psychiatry
University of Pittsburgh Schools of Pharmacy and Medicine

Carol M. Greco, Ph.D.
Associate Professor of Psychiatry
Licensed Psychologist, Certified MBSR Instructor
Center for Integrative Medicine
University of Pittsburgh Medical Center

Donna McBride, LPC, NCC
MACP AT Specialization
C & E Arts Therapist II
Comprehensive Recovery Services
Western Psychiatric Institute and Clinic of UPMC

Thelma C. Mitchell, M.Div., M.Ed.
Psychiatric Specialty Counselor – Therapist
American Baptist Clergy
Comprehensive Recovery Services
Western Psychiatric Institute and Clinic of UPMC

Rick Morycz, Ph.D., QCSW, LCSW
Associate Professor of Psychiatry, Medicine, and Social Work
University of Pittsburgh School of Medicine
Geriatric Services, Western Psychiatric Institute and Clinic of UPMC
Judy Cameron received her Ph.D. in Physiology from the University of Arizona in 1981. Dr. Cameron is broadly interested in neuroplasticity and in particular how lifestyle factors shape changes in brain function, both during development and aging. Areas of interest include the interaction between genetic factors and life experiences on shaping brain plasticity, identification of factors that lead to stress sensitivity versus stress resilience, and effects of exercise on neuroprotection. She has a long-term interest in understanding the interactions between physical health and mental health.

For the past three years Dr. Cameron has chaired The Healthy Brain Aging Workgroup for the University of Pittsburgh/UPMC Aging Institute. This workgroup has brought together a large group of interdisciplinary faculty to perform several pilot projects studying the impact of increased physical activity on brain aging. This workgroup is in a particularly good position to further our understanding of (1) how physical activity drives healthy brain aging, (2) determining the critical aspects of ‘activity’ that lead to positive changes in the brain, (3) identifying biomarkers of healthy brain aging brought about by regular physical activity, (4) coming up with investigative strategies to link basic studies in research animals to feasible clinical programs, and (5) investigating strategies to get people to routinely undertake enough physical activity to improve brain aging.

Healthy Brain Aging: EXERCISE is Good for Your Brain!
Judy L. Cameron, Ph.D.

Dr. Cameron’s talk will first review the evidence that increased exercise increases blood flow to the brain, with a consequent increase in the delivery of oxygen and nutrients, increases expression of genes that play neuroprotective effects in the brain, and in fact can protect the brain against damaging elements that increase as the brain ages. The presentation will integrate information from both animal and human studies. She will then discuss how everyday life activities have a neuroprotective role so exercise does not need to be strenuous in order to be neuroprotective. She will discuss the findings of the Healthy Brain Aging Workgroup’s pilot study testing a new exercise intervention that involves three 10-minute bouts of moderate exercise across the day, showing evidence that this is both neuroprotective as well as very enjoyable and acceptable to participants 65-85 years of age. There is a lot of excitement about these findings because they suggest that moderate levels of exercise, that are doable by many in the senior population, can play an important role in healthy aging. Dr. Cameron will finish by guiding a discussion of strategies that can facilitate getting seniors to participate in exercise on a regular basis.

At the conclusion of this presentation, participants should be able to:

1. List at least three physiological mechanisms by which exercise has neuroprotective effects.
2. Recognize that there is a linear relationship between the amount of exercise one gets and the degree of neuroprotection that occurs.
3. Discuss various strategies that get senior citizens interested in exercising and keep them engaged in and participating in an exercise program.
Integrative and Lifestyle Approaches for the Management of Mental Health Problems Among Older Adults

The prevalence of mental health difficulties in older adults is high, given losses, other stressors, and medical comorbidities. Standard treatments are likely to result in more adverse effects and to be less effective as compared to treatment of younger adults and those in middle age. For all ages, lifestyle factors may contribute to mental health difficulties, but this can pose the greatest problem as we age. This lecture will focus on models of understanding of factors which may contribute to the burden and distress related to mental health problems in older adults. Each of the factors discussed have the potential to provide a window to augment the response to standard psychotherapies and pharmacologic treatment.

At the conclusion of this presentation, participants should be able to:

1. Identify the potential impact of dietary factors on mental health and common physical health problems, positioning them to provide counseling about pragmatic changes that can improve their patients’ well-being.
2. Recognize the impact of sedentary behavior on physical and mental health and be able to trouble shoot with patients regarding considerations to step up their aerobic activity.
3. Recall two whole systems approaches to address mental health difficulties in older adults.
### SCHEDULE

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<th>Time</th>
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<td>8:00 – 9:00 a.m.</td>
<td>Continental breakfast and registration</td>
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| 9:00 – 9:15 a.m. | **Welcome Remarks** - Theater  
*Lalith Kumar K. Solai, MD* |
| 9:15 – 10:30 a.m.| **Keynote Address** - Theater  
*“Healthy Brain Aging: EXERCISE is Good for Your Brain!”*  
*Judy Cameron, PhD* |
| 10:30 – 10:45 a.m.| Break                                                              |
| 10:45 a.m. – 12:00 p.m. | **General Session** - Theater  
*“Integrative and Lifestyle Approaches for the Management of Mental Health Problems Among Older Adults”*  
*Ronald M. Glick, MD* |
| 12:00 – 1:00 p.m. | Lunch                                                            |
| 1:00 – 2:30 p.m. | **Session 1**  
1A  
*“Recovery Principles in Mental Health, Strength-Based Approaches to Care and Successful Aging”*  
*Richard Morycz, PhD, QCSW, LCSW*  
1B  
*“OSHER/Art Talk: The Role of Lifelong Learning”*  
*Jennifer L. Engel*  
1C  
*“Spirituality Talk in Aging”*  
*Reverend Thelma Mitchell* |
| 2:30 – 2:45 p.m. | Break                                                              |
| 2:45 – 4:00 p.m. | **Session 2**  
2A  
*“Mind-Body Connection in Wellness”*  
*Carol Greco, PhD*  
2B  
*“Medications in Elderly- The Good, Bad and the Ugly”*  
*Tanya Fabian, PhD*  
2C  
*“Art and Wellness – A Perfect Match”*  
*Donna McBride, LPC, NCC* |
| 4:00 PM          | Adjournment                                                        |
CONTINUING EDUCATION CREDIT

Psychologists
Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its content. This program is being offered for 5.5 continuing education credits.

Certified Alcohol and Drug Counselor: CADC
Western Psychiatric Institute and Clinic, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.

Counselors
Western Psychiatric Institute and Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. Western Psychiatric Institute and Clinic is solely responsible for all aspects of this program. This program is being offered for 5.5 continuing education hours.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT
This program is offered for 5.5 hours of social work continuing education through co-sponsorship of the University of Pittsburgh’s School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

Other Healthcare Professionals
Nurses and other health care professionals are awarded 0.55 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 5.5 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.
LOCATION

Passavant Hospital Foundation Conference Center*
Cumberland Woods Village
700 Cumberland Woods Drive
Allison Park, PA 15101
412-635-8080

Please consider carpooling. There are a limited number of parking spaces available. Parking is not permitted on the grass.

*Please note that this address does not appear in most GPS maps.

From Pittsburgh: Take Interstate 79 North/Fort Duquesne Bridge ramp. Merge onto I-279 N. Take exit 4 to merge onto US-19 Truck N/McKnight Rd. Turn right onto Cumberland Road. Go past UPMC Passavant. Turn left at the entrance to Cumberland Woods Village.

REGISTRATION INFORMATION

Before 6/1/2017 After 6/1/2017

Professionals $100 $120
UPMC Employees $ 80 $100
Please use online discount code: aging.upmc

Families/Caregivers $ 30 $ 30
Please use online discount code: aging.family

Tuition Includes:
· Registration and course materials
· Continental breakfast, morning coffee break, boxed lunch and afternoon break
· Continuing education credit

Full tuition must accompany the registration form. Please return your registration form by June 9, 2016 to benefit from the reduced rate. A $25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun.

For additional information and to register online, please go to: http://bit.ly/2q3Qwsv. To register with a check or department transfer, please use the form below.

Nancy Mundy
OERP/WPIC
3811 O'Hara Street
Champion Commons Building, 3rd Floor
Pittsburgh, PA 15213
Telephone: (412) 204-9090
FAX: (412) 204-9110
E-mail: mundynl@upmc.edu
http://www.wpic.pitt.edu/oerp

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least two weeks in advance of the program.
REGISTRATION FORM

“7th Annual Behavioral Health and Aging Conference: Wellness, Mental Health and Aging” (MD14)
Thursday, June 29, 2017

Please register before June 1, 2017 to benefit from the reduced rate. Please only use this form for department transfers or check payments.

(Please type or print; photocopy for additional registrants; Telephone registrations cannot be accepted.)

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

For Continuing Education purposes, please check if you are:
☐ CADC/CCDP ☐ NCC Counselor
☐ Nurse ☐ Psychologist ☐ Social Worker (LSW/LCSW/LPC/LMFT)
☐ Individual/Family Member ☐ Certified Peer Specialist

Please indicate which workshops you plan to attend (Please circle):
Breakout Session 1A; 1B; 1C
Breakout Session 2A; 2B; 2C

Total $ ______________________
☐ Check (Payable to OERP/WPIC)  Check# ______________________

To be completed for UPMC account transfers ONLY:

Business Unit: ______________________ Dept. ID# ______________________
Administrator’s Name: ______________________

Registration with credit card payments – please go to: http://bit.ly/2q3Qwsv.

Please send your fee with this form to:
Nancy Mundy
OERP/WPIC
3811 O’Hara Street
Champion Commons Building, 3rd Floor
Pittsburgh, PA 15213
Telephone: (412) 204-9090
FAX: (412) 204-9110
E-mail: mundynl@upmc.edu