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of the MCES
Community Lecture Series



National Alliance on Mental Illness
Montgomery County

The logo for Life Tree Pharmacy features a green silhouette of a tree inside a yellow circle, positioned above a green mortar and pestle. The words "LIFE" and "TREE" are written in a green, serif font on either side of the mortar and pestle. Below this, the word "PHARMACY" is written in a smaller, green, sans-serif font.

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2012
Community
Lectures

A faint, light-colored compass rose is visible in the background of the text, with the letters 'N', 'S', 'E', and 'W' marking the cardinal directions.

*Promoting Recovery
and
Shaping
the Future of
Behavioral Health*

2012 MCES Community Lecture Registration

<u>Date</u>	<u>Lecture</u>	<u>Price</u>	<u>Total</u>
3/14-15	CIS CANCELED	\$120	XXX
3/22	Implementing a Trauma Aware CANCELED .	\$30	XXX
3/29	Going from Patient to Staff CANCELED	\$30	XXX
4/12	Anger Management & Verbal De-Escalation.....	\$60	_____
4/19	Basic Psychiatry: Axis I - V	\$60	_____
4/26	Resilience After Traumatic Loss	\$30	_____
5/3	Birds of Different Feathers Survive Together	\$60	_____
5/10	Compulsive Hoarding.....	\$30	_____
5/17	When You're Crippled Inside.....	\$30	_____
5/24	Culture, Delusions, Illusions	\$60	_____
6/7	Street Drugs & Those Affected by MI	\$30	_____
6/14	Basic Psychopharmacology	\$60	_____
9/6	Non-Verbal Communication (Rescheduled)	\$30	_____
9/13	Understanding Anxiety.....	\$60	_____
9/20	Stress Management for Crisis Workers	\$30	_____
9/27	Highlights of Forensic Psychiatry	\$60	_____
10/3-4	CIS	\$120	_____
10/11	Crisis & Forensic Diversion	\$60	_____
10/18	Understanding, Identifying & Treating	\$60	_____
10/25	Preventing Suicide in Veterans.....	\$30	_____
11/1	Dementia: An Overview	\$30	_____
11/8	302 & The Law.....	\$30	_____
11/15	Understanding Character	\$60	_____

GRAND TOTAL \$ _____

Please, one registration per person.

Name: _____

Company: _____

Address: _____

City/State: _____

Phone: _____ Fax: _____

*Email: _____

- *Email for registrant please, not office personnel.
- *Email confirmation will be sent upon registration receipt.
- *Email reminder will be sent close to lecture.

Registration & Payment Choices:

1. You are encouraged to go to our website www.mces.org to register on-line and then mail payment or call to pay by credit card.
2. Fax registration to 610-279-0978. Check or Credit info to follow in mail.
3. Check enclosed with registration.
Payable to MCES, 50 Beech Dr., Norristown, PA 19403
4. Credit card # below for payment totaling \$ _____.

_____ Visa _____ MasterCard Expiration Date: _____

Credit Card Billing Zip Code: _____

Signature: _____

About MCES

Montgomery County Emergency Service, Inc. (MCES) is a freestanding not-for-profit organization in operation since 1974. It provides emergency psychiatric evaluations, inpatient psychiatric care, and other crisis intervention services on a 24/7 basis. These include a suicide/crisis hotline; walk-in and mobile crisis intervention; and a Crisis Residential Program (CRP). We operate a unique dedicated psychiatric emergency medical service (EMS) with two ambulances that respond to psychiatric emergencies in the community.

MCES also provides forensic consultations and outpatient treatment for the developmentally disabled and other people with special needs.

MCES provides all services based on need regardless of insurance coverage. Our services are person-centered, recovery-oriented, and trauma aware. We promote wellness and community integration. We advocate for the needs of those with mental illness who are involved with the criminal justice system. We educate police to recognize possible mental illness and to divert at-risk persons to treatment when appropriate.

The MCES Vision:

The staff, Board and volunteers of MCES pledge to promote mental health in our community and to provide excellent intervention in a safe and compassionate environment through innovation, teamwork, and a commitment to assist our clients in their recovery.

To make this statement a reality, MCES staff makes continuous efforts to be on the cutting edge of deliverance of behavioral health services. MCES staff embraced the recovery movement from its beginning, pioneered the utilization of peer specialists in an inpatient setting, and incorporated trauma awareness into all aspects of service. This attitude is reflected in the lecture series where some lectures represent our solid roots, providing factual information that is needed for those who want to better understand the field. Other lectures are intended to be like spring blooms, where new ideas are explored and growth is promoted. This is why some lectures are didactic in nature and others are like “think tanks” with the expectation that you will come prepared to fully participate in the lecture. (“Think tank” lectures will be marked with an asterisk *.)

Crisis Intervention Specialist (2 Days)

March 14-15, 2012 **8:30 am - 4:00 pm** **\$120**
Presenter: Michelle Monzo, BS
Approved Credits: 12 APA & 12 PCB

This is an introductory level presentation designed for psychologists and staff to deal safely and positively with individuals experiencing a psychiatric emergency, mental health crisis or other serious behavioral health problem as a first responder.

MCES's training assures improved crisis intervention skills, familiarity with signs of mental illness, decreased anxiety dealing with mentally ill individuals, and increased personal safety dealing with mentally ill individuals. It benefits the community by increasing empathy of individuals working with the mentally ill, lessening the probability of involuntary police contact, and decreasing the probability of criminal justice system involvement and incarceration.

This workshop is designed to help you:

1. Learn to interview and assess individuals experiencing a behavioral health crisis.
2. Demonstrate how to proactively resolve conflicts and de-escalate potentially violent situations without the use of force.
3. Discuss the use of local community-based mental health crisis services to divert mentally ill individuals from the criminal justice system, when appropriate.
4. Utilize state mental health laws and procedures to arrange involuntary psychiatric evaluations and hospitalizations, when indicated.

CANCELED



Implementing a Trauma Aware Culture

March 22, 2012 **8:30 am - 11:45 am** **30**
Presenters: Rocio Nell, MD, CPE; Kathleen Burdette, BS, PhD;
Jessica Celestin, MSW; & Naomi Fink, PhD
Approved Credits: 3 APA & 3 PCB

This intermediate level presentation is designed for psychologists and staff who are interested in better understanding how trauma recovery can be integrated into the delivery of behavioral health services.

MCES enhanced trauma awareness through the implementation of change in culture, environment, and programming. This lecture will highlight the transformation that has occurred in the delivery of care.

This workshop is designed to help you:

1. Analyze what it is to deliver trauma aware behavioral health services.
2. Learn a systematic approach to bring about change.
3. Discuss how culture, environment, and programming can be modified to become trauma aware in order to improve patient outcomes.

Going from Patient to Staff: A Five Part System for Mental Health Recovery

March 29, 2012 **8:30 am - 11:45 am** **30**
Presenter: Fred McLaren, MS, CPS
Approved Credits: 3 APA

This is an introductory level presentation designed for psychologists, providers and consumers. This is a five-part system for mental health recovery that will help individuals move out of the hospital and to work, live independently in the community and enjoy a complete quality of life to those who do not have mental health concerns.

Years ago, I was a patient in CPE attending groups. Now I work at MCES, and co-facilitate groups for the patients. I've developed a five-part system for mental health recovery which I call the C.R.E.W.W. system. The five parts are community integration, the recovery principles, supported employment, Wellness Recovery Action Plan (WRAP), and wellness strategies. The five-part system has been instrumental to my mental health recovery, allowed me

to work in the field, keep stable housing, and stay in a stable relationship and I believe this system can help a lot of other people with their own recovery.

This workshop is designed to help you:

1. Explain how community integration can help recovery.
2. Describe how employment can help recovery.
3. Analyze how WRAP and wellness strategies can facilitate recovery.



Anger Management & Verbal De-Escalation

April 12, 2012 **8:30 am - 4:00 pm** **\$60**
Presenters: Michelle Monzo, BS & John Fulford, MHS
Approved Credits: 6 APA & 6 PCB **(Limited to 25 attendees)**

This is an intermediate level presentation designed for psychologists and staff who want to learn non-harmful techniques to allow them to maintain a therapeutic relationship as well as promote a secure environment for others.

Anger plays a dual role in crises. It may be the cause or an effect. In either case, it is an impediment to crisis resolution and can significantly increase risk. Learn how to deter its onset and to contain it as a factor in dealing with mental health emergencies. Learn how to manage physically aggressive individuals in a safe and therapeutic manner. Demonstration of non-aggressive safety techniques, e.g. blocking techniques, hair pulls, chokes, grabs, bites, safety stance.

This workshop is designed to help you:

1. Identify common sources of anger in crisis and emergency situations.
2. Describe basic anger aversion techniques for crisis staff.
3. Discuss tactics for calming and controlling anger in individuals in crisis.
4. Assess and learn to manage our own anger.
5. Demonstrate how to work with an individual in crisis.
6. Discuss the use of verbal/physical intervention and non-verbal body language.
7. Demonstrate hands-on techniques for anger management and verbal de-escalation.

Basic Psychiatry: Axis I - V

April 19, 2012 **8:30 am – 4:00 pm** **\$60**
Presenter: Rocio Nell, MD, CPE
Approved Credits: 6 APA & 6 PCB

This is an introductory level presentation designed for psychologists and staff who want a birds-eye-view of the field of psychiatry, which is intended to increase the understanding of its complexity and why each clinical presentation is different.

A review of psychiatry from the perspective of AXIS I-V with the intent to understand the different clinical presentations that result from the combination of the different mental illnesses with character pathology and life circumstances.

This workshop is designed to help you:

1. Analyze how a psychiatric assessment is done from a holistic point-of-view.
2. Describe major mental illnesses and character pathology.
3. Discuss how health, trauma, and life circumstances affect the above.



Resilience After Traumatic Loss/Coping With Grief *

April 26, 2012 **8:30 am - 11:45 am** **\$30**
Presenters: Rocio Nell, MD, CPE, Anthony Salvatore, MA & Guest
Approved Credits: 3 APA & 3 PCB

This is an intermediate level presentation designed for psychologists and staff who work with individuals who have experienced a loss due to a suicide, homicide, accident, disaster or other critical incident. A personal traumatic grief story will be part of the presentation.

Many behavioral health consumers lose family members, friends, or even providers to deaths that are sudden, unexpected and often violent. These are traumatic losses that involve severe bereavement and may put those affected at

risk of recurrence or relapse, complicated grief reactions, and even suicidal behavior. Such losses may strain resilience and overwhelm coping skills and may require self-help and support as well as provider intervention. This workshop is designed to help you:

1. Explain the nature of a traumatic loss related to grief.
2. Discuss how a traumatic loss may lead to a complicated grief reaction and exacerbation of an existing psychiatric or addiction disorder.
3. Assess approaches for providing support, enhancing resilience, and maintaining recovery after a traumatic loss.

Birds of Different Feathers Survive Together *

May 3, 2012 **8:30 am - 4:00 pm** **\$60**
Presenters: Rocio Nell, MD, CPE & Michelle Monzo, BS
Approved Credits: 6 APA & 6 PCB

This is an intermediate level presentation designed for psychologists and staff who want to gain awareness of different thinking styles and emotional needs. The intent is to increase the capacity to communicate with others while valuing the differences.

We live in a Babel Tower, each one of us has our own language based on how he/she perceives and communicates. Gaining awareness will open the door for personal growth and healthy interpersonal relationships.

This workshop is designed to help you:

1. Describe how the brain functions and the different thinking styles.
2. Explain how emotions can be handled in a manner that promotes personal growth and mental health.
3. Create a capacity for relating to others with different thinking styles or emotional needs by increasing self awareness.

Compulsive Hoarding

May 10, 2012 **8:30 am - 11:45 am** **\$30**
Presenter: Michelle Monzo, BS
Approved Credits: 3 APA

This is an introductory level presentation designed for psychologists and staff who work with individuals who hoard. This lecture will assist staff in understanding people who hoard, their compulsions, ways to intervene and help them learn how to live safer, more enjoyable lives.

Think about the one material object in your home that you would grab first in a fire...now imagine feeling that strongly about every single possession. The disorder of hoarding is estimated to affect 2-5% of our population. Hoarding involves the excessive collection of items and the inability to discard them, resulting in fire hazards, health hazards, impaired functioning, economic burdens and adverse effects on family and friends.

This workshop is designed to help you:

1. Describe the signs and symptoms of hoarding.
2. Assess when hoarding is really Obsessive Compulsive Disorder (OCD).
3. List the risk factors related to hoarding.
4. Discuss intervention and treatment strategies that help people who struggle with hoarding.

When You're Crippled Inside: A Primer in Positive Psychology

May 17, 2012 **8:30 am - 11:45 am** **\$30**
Presenters: Janine Cope, PsyD & Ed Jablonski, MEd, CAADC, CCDP-D
Approved Credits: 3 APA & 3 PCB

Many consumers in the forensic population suffer from co-occurring disorders. Among this group, many suffer from a high recidivism rate both in terms of re-involvement with the criminal justice system and relapse to the symptomology of their co-occurring disorders. This introductory level presentation designed for psychologists and staff will provide staff with positive psychology tools that offer clients the opportunity to focus on their strengths as a tool in maintaining recovery. It also provides staff with a more specific view of positive psychology with varied forensic consumers.

To complement the disease model, this presentation seeks to focus on the strengths-based approach to treatment and recovery. It will discuss the benefits of positive psychology as a treatment approach. Literature review, discussion and an application exercise will be used as vehicles to promote these goals.

This workshop is designed to help you:

1. List the basic principles of the positive psychology model.
2. Analyze a case study to view an application of positive psychology tools.
3. Discuss the pros and cons of an integrative approach.
4. Assess the literature results pertaining to the use of positive psychology as a treatment intervention.

Culture, Delusions, Illusions *

May 24, 2012 **8:30 am - 4:00 pm** **\$60**
Presenters: Rocio Nell, MD, CPE & Violet Henighan, DO
Approved Credits: 6 APA & 6 PCB

This is an intermediate level presentation designed for psychologists and staff who work with people who come to the attention of the Behavioral Health field to understand the effect culture has on treatment.

When it comes to delusional ideation, there is a very fine line between what is considered normal and pathology. Given the culture we live in and our up-bringing each one of us has a frame of reference that interferes with our capacity to relate to others. This can lead to a distorted perception of their ideation or behavior. Gaining an understanding of how the mind works, how we perceive, and how culture and religion plays a role can open the path to empathy and greater self-awareness.

This workshop is designed to help you:

1. Analyze thinking and the power of language.
2. Discuss ideation and how it finds its roots in various cultures and religion.
3. Assess how culture and ethnicity become distorting factors in the transference/contra-transference phenomena.

Street Drugs & Those Affected by Mental Illness

June 7, 2012 8:30 am - 11:45 am \$30

Presenter: Donald Kline, PhD

Approved Credits: 3 APA & 3 PCB

This is an advanced level presentation designed for psychologists and staff who need to understand how drug abuse affects mentally ill individuals and what interventions and treatment options we can offer.

Explore the scientific facts about drugs commonly used and abused by persons with behavioral health issues (MH/MR/D&A). It integrates biological, psychological, social and cultural components in its discussion of the most popular psychoactive substances used in our society.

This workshop is designed to help you:

1. Analyze the many facets of drugs and their impact on persons with behavioral health issues and society, with discussion on why drug abuse and mental disorders commonly co-occur.
2. Discuss the impact on society of both licit and illicit drug use.
3. Compile a list of illicit drugs.
4. Critique "pro" and "anti" drug use websites for the participants to continue monitoring the use and abuse of street drugs after the lecture.

Basic Psychopharmacology

June 14, 2012 8:30 am - 4:00 pm \$60

Presenter: Zeeshan Javid, MD

Approved Credits: 6 APA & 6 PCB

This is an introductory level presentation designed for psychologists and mental health professionals (such as therapists and social workers) who may not have had extensive biological training to better understand pharmacological approaches to treating mental illness.

Over the past few decades, pharmacology has played an increasingly important role in the treatment of psychiatric disorders. This presentation will discuss the classes of medications used and their associated risks and benefits.

This workshop is designed to help you:

1. List major classes of psychotropic medication.
2. Describe FDA indications of medications as well as off label uses.
3. Explain the risks and benefits associated with psychotropic medication.
4. Discuss how medications may be incorporated into one's mental health treatment.

Non-Verbal Communication (Rescheduled from May 31)

September 6, 2012 8:30 am - 11:45 am \$30

Presenters: Donald Kline, PhD & Fred McLaren, MS, CPS

Approved Credits: 3 APA & 3 PCB

This is an intermediate level presentation designed for psychologists and other professionals and support staff who want to learn or be refreshed in perceiving and interpreting non-verbal cues or communication of individuals with behavioral health issues and who are in crisis. Misinterpretation and a poor attitude can destroy your rapport with individuals in crisis and is dangerous for all involved.

This lecture will cover non-verbal communication, both sending and receiving. The importance of correctly interpreting non-verbal communication will be stressed. Active listening and non-verbal communication will be covered. People perceive non-verbal communication differently when they're in crisis or not doing well.

This workshop is designed to help you:

1. Analyze how to correctly interpret non-verbal communication.
2. Explain the link between non-verbal communication and active listening.
3. Compare how sending and receiving non-verbal communication is different when in crisis.



Understanding Anxiety

September 13, 2012 8:30 am - 4:00 pm \$60

Presenter: Anthony Matteo, PhD

Approved Credits: 6 APA & 6 PCB

This is an intermediate level presentation designed for psychologists and staff who work with individuals that suffer from anxiety. Teaching our clients to manage their anxiety is an invaluable tool. Interventions will be discussed for DSM-IV Anxiety Disorders. Cognitive and behavioral interventions will be addressed. Short-term psychodynamic interventions will also be discussed.

Anxiety comes in many forms. While medications have been quite effective toward managing anxiety, these medications can be abused or even contraindicated for certain populations. Fortunately, psychotherapies have been developed to assist people suffering from anxiety. We will review talk and behavioral therapies for the DSM-IV diagnoses. Interventions will also be discussed from a psychodynamic perspective. Teaching clients that anxiety serves a particular function (giving client and provider insight into internal conflicts) will be a theme throughout this presentation.

This workshop is designed to help you:

1. Discuss theories of anxiety and its function.
2. List DSM-IV Anxiety Disorders and treatment.
3. Discuss psychotherapy interventions from the perspective of a psychologist working in an inpatient hospital setting using a short-term psychodynamic approach.

Stress Management for Crisis Workers *

September 20, 2012 8:30 am - 11:45 am \$30

Presenter: Michelle Monzo, BS

Approved Credits: 3 APA & 3 PCB

This is an introductory level presentation designed for psychologists, first responders, mental health workers, teachers, all levels of law enforcement, and dispatchers. Crisis workers are unique in that they are repeatedly exposed to stressful events. This lecture will provide insight into common stress reactions and managing stress.

While our work is personally rewarding and challenging, it has great potential to affect crisis workers in harmful ways. Very often the stress experienced by the crisis worker is ignored, minimized, or addressed as an afterthought. In order to properly care for/help others, we must first take care of ourselves! An unknown author once commented about stress that "We are only as sick as our secrets."

This workshop is designed to help you:

1. List the sources of stress in your life.
2. Analyze how you currently cope with stress.
3. Describe healthy ways to manage stress and to function well "in the heat of the moment."

Highlights of Forensic Psychiatry

September 27, 2012 8:30 am - 4:00 pm \$60

Presenter: Rocio Nell, MD, CPE

Approved Credits: 6 APA & 6 PCB

This is an intermediate level presentation designed for psychologists and staff who want a review of forensic psychiatry and whose jobs deal with persons that have behavioral health needs and involvement with legal system.

This is a birds-eye-view of the crossroad between psychiatry and the law, with emphasis on areas that most frequently require a psychiatrist's opinion.

This workshop is designed to help you:

1. Analyze the basis for court commitments and other aspects of civil forensic psychiatry.
2. Assess what criminal forensic psychiatry is, emphasizing competency and criminal responsibility.
3. Discuss aspects of civil forensic psychiatry, including guardianships, wills, and assessments to assist in child custody.



Crisis Intervention Specialist (2 Days)

October 3 - 4, 2012 8:30am - 4:00 pm \$120

Presenter: Michelle Monzo, BS

Approved Credits: 12 APA & 12 PCB

This is an introductory level presentation designed for psychologists and staff to deal safely and positively with individuals experiencing a psychiatric emergency, mental health crisis or other serious behavioral health problem as a first responder.

MCES's training assures improved crisis intervention skills, familiarity with signs of mental illness, decreased anxiety in dealing with mentally ill individuals, and increased personal safety in dealing with mentally ill individuals. It benefits the community by increasing empathy of individuals working with the mentally ill, lessening the probability of injury or police contact, and decreasing the probability of criminal justice system involvement and incarceration.

This workshop is designed to help you:

1. Learn to interview and assess individuals experiencing a behavioral health crisis.
2. Demonstrate how to pro-actively resolve conflicts and de-escalate potentially violent situations without the use of force.
3. Discuss the use of local community-based mental health crisis services to divert mentally ill individuals from the criminal justice system, when appropriate.
4. Utilize state mental health laws and procedures to arrange involuntary psychiatric evaluations and hospitalizations, when indicated.



Crisis & Forensic Diversion

October 11, 2012 8:30am - 4:00 pm \$60

Presenters: Donald Kline, PhD; Anthony Salvatore, MA; Kathleen Burns, BSN, RN & Invited Guests

Approved Credits: 6 APA & 6 PCB

This is an intermediate level presentation designed for psychologists, counselors, case managers, therapists, and other behavioral health and human service personnel who work with individuals at risk or in crisis. The Forensic Diversion of the Mentally Ill section will focus on the historical treatment of the mentally ill as they became entangled in the criminal justice system. We will review the transformation of the mental health system and its impact from hospitalization, deinstitutionalization, and community-based services to trans-institutionalization. The presentation will also focus on the criminal justice and mental health communities and how they can work in a collaborative manner to assist those who suffer from a behavioral illness (mental illness, mental retardation, and substance abuse) and become entangled in the criminal justice system. We will look at the current issues that surround the criminalization of the mentally ill and look at strategies to reduce the inappropriate incarceration of those that suffer with a mental illness.



Crisis Diversion: Many crisis situations can be prevented or minimized if addressed in the pre-crisis phase, before they emerge as serious problems or threats to the individual. Mental health crises and psychiatric emergencies are reviewed, points of early intervention are identified, and possible strategies for avoiding crisis situations are explored.

Forensic/Court Diversion: The recidivism rate of incarceration and hospitalization is higher among those with a severe mental illness and/or substance abuse problem than the general public. In addition, those with a severe mental illness tend to spend more time incarcerated than those without a mental illness for the same or lesser crime. This presentation will give alternatives to incarceration and hospitalization by outlining the types of treatment courts use in Montgomery County and how they function. The two currently operating in Montgomery County are Behavioral Health Court and Drug Court; we will be discussing both of them.

This workshop is designed to help you:

1. Explain the nature of a mental health crisis and a psychiatric emergency.
2. Assess the concept of the pre-crisis phase and investigate approaches to crisis diversion.
3. Describe Forensic Diversion from contact with law enforcement to re-entry and discuss ways to negotiate for the individuals we serve entangled in the legal system.
4. Recite a brief overview of the Sequential Intercept Model.
5. Analyze how each treatment Court works and the purpose of them, including the referral process, incentives and sanctions used for the individual Courts.
6. List the criteria used for eligibility as well as exclusionary criteria for these Courts and discuss why they play an important role in today's society.

Understanding, Identifying and Treating Self-Injury

October 18, 2012 8:30 am - 4:00 pm \$60

Presenter: Anthony Matteo, PhD & Guest

Approved Credits: 6 APA & 6 PCB

This is an intermediate level presentation designed for psychologists and staff who treat individuals who self-injure. Self-injury has frequently been mislabeled and misunderstood with negative consequences in treatment. For example, self-injury has frequently been referred to as "suicidal behavioral," which not only has implications for how people are treated, but often in which setting they are treated. Interventions will be explored from multiple theoretical orientations. A short-term psychodynamic approach will be detailed. A guest speaker has been invited to share her own experiences toward recovery.

Those who self-injure are frequently seen as difficult to treat, and self-injury is often misunderstood with potentially negative consequences. Understanding and empathy for those who self-injure will be fostered. The dynamics underlying self-injury will be examined and treatment interventions will be reviewed.



This workshop is designed to help you:

1. Explain the myths/facts surrounding self-injury.
2. Assess for presence of self-injury/identify "warning signs."
3. Discuss a bio-psychosocial model of self-injury and address intrapsychic dynamics related to self-injury.
4. Discuss the current interventions for people who self-injure.
5. Discuss psychotherapy interventions from the perspective of a psychologist working in an inpatient hospital setting using a short-term psychodynamic approach.

Preventing Suicide in Veterans

October 25, 2012 8:30 am - 11:45 am \$30

Presenters: Allison M. Stanco, MS, LPC; Rick Hohner, LCSW & Stephanie Landes, MS

Approved Credits: 3 APA & 3 PCB

This is an intermediate level presentation designed for psychologists, counselors, case managers, behavioral health therapists, clergy, and other human service personnel who work with veterans at risk of suicide and their families.

Military service is a significant risk factor for suicide, and a high incidence of suicidal behaviors and completed suicides has been documented among Veterans. This presentation will review what has been learned about suicide in Vets of all eras and what the Vet, the VA, other providers, the community, and families can do.



This workshop is designed to help you:

1. Assess the incidence of suicide and suicidal behavioral in U.S. Veterans.
2. Explain the VA's suicide prevention initiatives.
3. Discuss personal, family, and community suicide prevention measures for Vets.

Dementia: An Overview for Victims and Caregivers

November 1, 2012 **8:30 am - 11:45 am** **\$30**
Presenter: Jordan Santina, DO
Approved Credits: 3 APA

This is an intermediate level presentation designed for psychologists and staff who are interested in a better understanding of the different types of dementia and the skills needed for caregivers to successfully cope with these stages of life. A brief review of the current classification of dementia and how caregivers can make lemonade with such sour lemons.

This workshop is designed to help you:

1. Describe the classifications of dementia.
2. Explain the impact of dementia on immediate family and caregivers.
3. Discuss opportunities for engagement in life through this difficult process.

302 & The Law

November 8, 2012 **8:30 am - 11:45 am** **\$30**
Presenter: Paul DeMarco, BSN, RN
Approved Credits: 3 APA & 3 PCB

This is an intermediate level presentation designed for psychologists and staff to provide a background regarding the Mental Health Law and specifically the Montgomery County Procedures. Involuntary procedures are often the subject of much controversy and misconceptions. Since every County develops its own procedures, if you work in Montgomery County, this lecture gives you a chance to get the information and ask questions from the source of procedures developed for Montgomery County.

This fast moving lecture will provide information and ample time to discuss questions from the group regarding Montgomery County Involuntary Procedures. (Everyone who provides an email address will be provided a copy of the PowerPoint presentation to take back to their workplace.)

This workshop is designed to help you:

1. Discuss and provide examples of the four dangerous criteria described in the Mental Health Law.

2. Describe how to advise co-workers, family, or interested parties of the potential appropriateness of the request for involuntary procedures.
3. Explain how involuntary procedures can be accessed.
4. Discuss what conditions are not covered under the MHPA.

Understanding Character: Two Ways to Skin a Cat *

November 15, 2012 **8:30 am - 4:00 pm** **\$60**
Presenters: Rocio Nell, MD, CPE & Anthony Matteo, PhD
Approved Credits: 6 APA & 6 PCB

This is an advanced level presentation designed for psychologists, social workers, case managers, substance abuse counselors, therapists, counselors and clinical supervisors who work with individuals who struggle with character defenses. Additionally, those who have a general interest in the area are encouraged to attend as concepts and terms will be described and explained.

Those people who suffer with character defenses, such as those individuals diagnosed with Borderline Personality Disorder, are frequently seen as difficult to treat. The presentation will give an understanding of the development of personality struggles from a dynamic perspective. Additionally, using a recovery and trauma informed perspective, methods to understand and work with character defenses will be presented.

The Enneagram approach to character style assumes that according to your upbringing, people develop different ways of perceiving the world and relating to others. Gaining an understanding of one's own perspective can raise the ability to communicate with others and gain an understanding of where they are coming from, thus increasing their capacity to relate to them.

This workshop is designed to help you:

1. Describe a general definition of Borderline and other Personality Disorders.
2. Discuss the different character styles and how they develop from a psychodynamic perspective.
3. Compare the different ways of relating and perceiving the world based on the Enneagram approach.
4. Analyze the role of therapy and helping people cope with their emotions and ideations.

Lecture Presenters:

Kathleen A. Burns, B.S.N., R.N.; Forensic Services Assistant Director

Ms. Burns is a Registered Nurse specializing in jail diversion for individuals with mental health problems who have criminal justice involvement. She is a member of the Mobile Medical Crisis Intervention Team and a Certified Aging and Adult Protective Service Worker, helping the elderly who are abused, neglected and/or exploited. Ms. Burns is actively involved with the newly developed Montgomery County Behavioral Health Court Program as part of MCES Justice Related Services (JRS). She recently became a member of the Advisory Committee for the Community Advocates of Montgomery County.

Jessica Celestin, M.S.W.; Allied Therapy Coordinator

Ms. Celestin directs the Allied Therapy Department at MCES and supervises certified peer specialists. She chairs the Programs Team for the Trauma Task Force. She recently graduated with an MSW from Millersville University and she is a licensed social worker. She will be pursuing her LCSW in the upcoming year. Mrs. Celestin is also working towards a CCDP and a CADC.

Janine Cope, Psy.D.; Regional Forensic Psychiatric Center, Norristown State Hospital

Dr. Janine Cope works as a Forensic Psychological Service Associate at NSH-RFPC since 2008. Prior to coming to NSH-RFPC, she was the Crisis Coordinator for St. Luke's Hospital and Health Network working in the Emergency Department with various patients needing emergency mental health treatment. Dr. Cope has an extensive work history with autistic children using Applied Behavioral Analysis and youths placed in residential treatment facilities for therapeutic intervention. Dr. Cope graduated from Chestnut Hill College with her Doctoral Degree in Clinical Counseling with a concentration in psychological assessment.

Paul DeMarco, B.S.N., R.N.; Montgomery County Commitment Director & Montgomery County Mental Health Chief Delegate

Mr. DeMarco is a Registered Nurse with over 20 years experience at MCES, mostly in the Crisis Intervention & Commitment Office. He has been authorized by The Montgomery County Department of Behavioral Health and Developmental Disabilities to oversee the initial stages of the Commitment process.

Lecture Presenters:

Naomi Finkel, RN; Nurse Manager

Ms. Finkel is the Chairperson of the Trauma Environment Team at MCES.

John Fulford, M.H.S.; System Development Specialist/Forensic Liaison

Mr. Fulford has 26 years of experience in the behavioral health field and has worked directly with the courts as a consultant, concentrating on competency related cases and in the diversion of the mentally ill. He is also a member of the Mobile Crisis Outreach Team and provides training in crisis intervention. He was the 2011 recipient of the Criminal Justice Award present by NAMI of Montgomery County.

Violet Henighan, D.O.; Staff Psychiatrist

Dr. Henighan is a board certified psychiatrist and Diplomate of the American Board of Osteopathic Medical Examiners, the American Board of Psychiatry and Neurology, Inc., the American Osteopathic Board of Neurology and Psychiatry and a Fellow of the American Psychiatric Association. She has worked extensively in community, public and correctional psychiatry and her interests are access to and treatment of the seriously and persistently mentally ill. While Medical Director at Community Council in Philadelphia, Dr. Henighan was involved in research at The University of Pennsylvania with the Philadelphia Consortium on Psychiatric Disparities: Reducing Disparity for Severely Mentally Ill African Americans. Other participants included The University of Pennsylvania; Lincoln University; Horizon House, Inc.; The Consortium and Hall-Mercer. Dr. Henighan presented a workshop Psychopharmacology: Trends, Realities and Options at Senator Vincent Hughes' Conference, "Breaking the Silence: A Summit on Behavioral Health Within the African American Community."

Rick Hohner, L.C.S.W.; Coatesville VA Medical Center

Mr. Hohner received his Master's degree from Smith College School for Social Work. Along with working at the Coatesville VA, he is the Suicide Prevention Coordinator and is trained in Operation SAVE, 2PRT (Question, Persuade, Refer & Treat), as well as ASSIST (Applied Suicide Intervention Skills Training).

Lecture Presenters:

Ed Jablonski, M.Ed., CAADC, CCDP-D, Regional Forensic Psychiatric Center, Norristown State Hospital

Mr. Jablonski has worked in the co-occurring disorders field over the past twenty years. He has worked as an allied therapist at MCES, as the coordinator and group facilitator of a COD Intensive Outpatient Program at Keystone Center, and as a Drug & Alcohol Treatment Specialist at SCI Graterford. Most recently, he has been working as a Forensic Psychological Service Associate at the Regional Forensic Psychiatric Center. He nears completion of a Master's Degree in Clinical Psychology at Chestnut Hill College and is working toward attaining an LPC.

Zeeshan Javid, M.D.; Staff Psychiatrist

Dr. Javid is a staff psychiatrist who graduated from the Jefferson program and has interest in psychopharmacology. He is certified for the prescribing of Suboxone.

Donald Kline, Ph.D.; Community Outreach/Criminal Justice Director

Dr. Kline has been with MCES for 25+ years and currently directs the Mobile Crisis Intervention Service, Case Management, Transition Specialist, Forensic Services, Justice Related Services and Community Peer Specialists. He is an Adjunct Professor at Montgomery County Community College and has certifications in Municipal Police Officers' Education & Training Commission, Crisis Negotiations U.S. Department of Justice, Federal Bureau of Investigation, National Crisis Prevention Institute, Aging and Adult Protective Services, Critical Incident Stress Debriefing, and Disaster Crisis Outreach & Referral Team.

Stephanie Landes, MS; Montgomery County Adult Probation & Parole

Ms. Landes received her Master's of Science degree from West Chester University and has been employed for 16 years with the Montgomery County Adult Probation & Parole Department where she currently specializes as the Behavioral Health Court Coordinator and Veteran's Court Coordinator.

Lecture Presenters:

Anthony Matteo, Ph.D.; Staff Psychologist

Dr. Matteo is a licensed clinical psychologist who has been with MCES since 2004. He completed his Postdoctoral training on the inpatient unit at MCES in 2006-7 with a concentration in Short Term Dynamic Psychotherapy. In 2010, he completed the first year of training at the Washington School of Psychiatry in D.C. He specializes in helping consumers identify and regulate anxiety and self-defeating behaviors. He is currently the Director of Psychology and Education at MCES.

Fred McLaren, M.S., C.P.S.; MCES Peer & Community Support Specialist

Mr. McLaren has a Master's degree in Organic Chemistry and is certified as a WRAP Facilitator and Peer Specialist, as well as a member of the MCES Allied Therapy Department. Mr. McLaren is a member of the OMHSAS Adult Committee, a consultant and writer for the Temple University Collaborative on Community Inclusion for People with Psychiatric Disabilities, serves as co-chairman of the Collaborative's National Leadership Committee, and has lectured at numerous state and national conferences.

Michelle Monzo, B.S.; Forensic Diversion Education Specialist

Ms. Monzo has been with MCES for 20 years and currently is an instructor for the MCES Crisis Intervention Specialist Police School. The CIS police school is the oldest crisis intervention law enforcement school in the country, which Ms. Monzo has traveled nationwide presenting. The CIS school is designed to train law enforcement and criminal justice personnel in dealing with mental health consumers in crisis. Ms. Monzo also provides training to community agencies, universities, schools, and numerous other agencies on Crisis Intervention. She is a member of the Mobile Crisis Intervention team, certified in CISM, a certified Aging and Adult Protective Service Agent, a negotiator, trained by both the FBI and Homeland security, she also serves on the board of the Delaware Valley regional negotiators.

Lecture Presenters:

Rocio Nell, M.D., C.P.E.; Chief Executive Officer/Medical Director

Dr. Nell is a board certified psychiatrist and a Certified Physician Executive. In addition to her administrative duties, Dr. Nell is a forensic consultant to the courts and provides outpatient services, mostly to those with special needs, such as the developmentally disabled with mental illness. She has been recognized on two occasions by the National Alliance for the Mentally Ill as an exemplary psychiatrist.

Anthony Salvatore, M.A.; Director of Development

Mr. Salvatore is the chairperson of the MCES Suicide Prevention Team, develops all MCES suicide prevention materials, is a member of Montgomery County Suicide Prevention Work Group, and author of several articles on suicide.

Jordan Santina, D.O., M.A.; Staff Psychiatrist

Dr. Santina is a graduate of Philadelphia College of Osteopathic Medicine, and did his residency training at The Institute of Pennsylvania Hospital and The University of Pennsylvania Health System. He also received a Master of Arts degree in Pastoral Counseling from LaSalle University. He has been an attending psychiatrist at MCES since 2008.

Allison M. Stanco, M.S., L.P.C.; Montgomery County Veterans Center

Ms. Stanco graduated from the University of Scranton with a Master of Science in Community Counseling in 2008. She has been a member of the PA Army National Guard since 1997. Ms. Stanco joined the Montgomery County Veterans Center in September 2009 and is currently a Readjustment Counseling Therapist and is working on becoming a qualified Military Sexual Trauma Therapist.



Cost

Each 3-hour session is \$30, 6-hours is \$60, and 2-day session is \$120. A limited number of scholarships are available. Please call for more information. For cancellations, a voucher for attendance to a future lecture will be sent to you. No cash refunds will be given.

You may register using the form at the end of this brochure OR you are encouraged to register using our website www.mces.org. Early registration is encouraged, as we have a total seating capacity of 50. Please refer to our website, www.mces.org to see if lectures are full prior to registering and/or if there have been any changes/cancellations to any lecture.

Hours

Lectures run in three hour sessions: 8:30 - 11:45 am and/or 12:45 - 4:00 pm. Please refer to lecture descriptions for specific details. For those coming for the day, we have directions to local restaurants that are within ten minutes of MCES, we have vending machines with drinks and snacks, or you may bring your lunch.

Location

Lectures take place in the 2nd floor MCES Board Room at 50 Beech Drive, Norristown. Please refer to the directions (pg. 20) or visit our website www.mces.org and click on DIRECTIONS at bottom of the home page.

Contacts

Sharon Bieber, ext. 110 or Tony Salvatore, ext. 227.

No Smoking Please

The decision has been made to eliminate smoking at MCES during all lectures. Entrance into MCES is through our very busy Crisis Department. For the safety of everyone, we ask that you enter through the Crisis Department and a staff member will escort you out another exit after the lecture. When lectures are over or at the lunch break of full-day lectures you may smoke in your cars or off campus. Your cooperation is greatly appreciated

Approved Credits

Specific credit approvals are noted in each lecture description within this brochure. Upon completion of each lecture an attendance certificate will be given that will indicate credit type(s) and the number of hours applied.

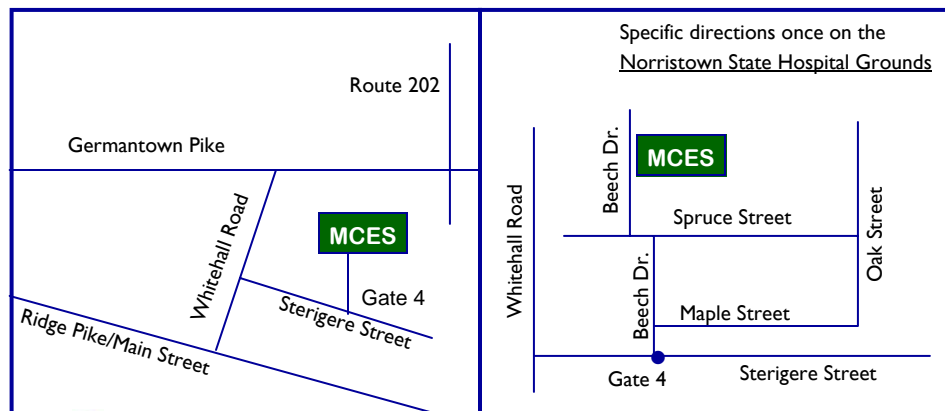
APA (American Psychological Association) credit applies for psychologists.

Norristown State Hospital Psychology Continuing Education Program for Psychologists is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Norristown State Hospital Continuing Education Program for Psychologists maintains responsibility for these APA approved programs and their content.

Nurses—MCES is a PA Department of Health approved/licensed hospital which recognizes APA approved credits for professional nurses per Section 21.134 of the PA Code.

Licensed Social Workers—MCES is recognized by the PA State Board of Social Workers, Marriage and Family Therapists and Professional Counselors which recognizes APA approved credits for social workers and clinical social workers per Section 47.36 of the PA Code.

PCB (Pennsylvania Certification Board) credit is relevant to the field of addiction, i.e., addiction counselors, prevention specialists, clinical supervisors, case managers, criminal justice addictions professionals, co-occurring disorders professionals, and auxiliary professionals.



Whitehall Road construction is finalized.
Detour is over.

Directions

For Computerized Directions and/or GPS,
please use the following address:

1505 Sterigere Street, Norristown, PA 19401

Pennsylvania Turnpike Take Exit 333 (Norristown) to Germantown Pike West. Follow for approximately 5 miles. Turn left at Whitehall Road. Turn left at Sterigere Street. After 1/4 mile, turn left into Gate 4 and follow signs to MCES, 50 Beech Drive.

From Route 476 (North from Philadelphia) Take Exit 20 to Germantown Pike West and follow PA Turnpike directions.

From Route 76 West (Schuylkill Expressway) Take Exit 328A. Follow signs to Route 422 West. Follow the Route 422 West directions.

From Route 309 To the PA Turnpike near Fort Washington. Travel west on the turnpike following PA Turnpike directions OR to Rt. 202 South to Germantown Pike West and follow directions from Rt. 202 South.

From Route 202 South Turn right onto Germantown Pike West. Turn left at Whitehall Road. Turn left at Sterigere Street. After 1/4 mile, turn left into Gate 4 and follow signs to MCES, 50 Beech Drive.

From Route 202 North Take exit leading to Route 422 West and follow Route 422 West directions.

From Route 422 East Take the Oaks Exit and merge right onto Egypt Road. Go 3.8 miles and turn right on to Main Street. Turn left at Whitehall Road. Turn right at Sterigere Street. After 1/4 mile, turn left into Gate 4 and follow signs to MCES, 50 Beech Drive.

From Route 422 West Take the Trooper Road/Route 363 Exit. Turn right at Egypt Road. Turn right at Main Street. Turn left at Whitehall Road. Turn right at Sterigere Street. After 1/4 mile, turn left into Gate 4 and follow signs to MCES, 50 Beech Drive.

Public Transportation Use SEPTA Bus Route 90 from the Norristown Transportation Center.

Education at MCES

In 1978, MCES was identified as an exemplary project by the National Institute of Law Enforcement and Criminal Justice. By accepting that recognition, MCES became committed to providing education, not just in how to handle psychiatric emergencies, but in all relevant aspects of the field. Education provided at MCES has been sought by surrounding counties and states and our staff has been presenters at national level conferences. At the present time, MCES provides education to patients and their families, to students from multiple disciplines, to the police and those who work in the criminal justice system, as well as to the community at large. Since 1994 MCES has provided an annual Community Lecture Series. The program has grown in response to the requests and reactions of the participants. The lectures are intended to decrease the stigma of mental illness, to promote the understanding of what behavioral health has to offer, and to promote personal growth. The Community Lectures are presented in the spring and fall and draws mostly on the knowledge base of MCES staff.



Equal Access and Opportunity

It is the policy of MCES to admit and treat all patients without regard to race, color, sex, sexual preference, national origin, religious creed, or disability. The same requirements for admission are applied to all. Patients are assigned within the hospital without regard to race, color, sexual preference, national origin, religious creed, disability or Limited English Proficiency (LEP). There is no distinction in eligibility for, or in the manner of providing, any patient service provided by or through the hospital. Furthermore, patients shall not be referred to those facilities which are known to the hospital to be in noncompliance with the provisions of the Pennsylvania Human Relations Act. MCES will contact corresponding appropriate agencies to assist with translative or interpretive services. MCES is an equal opportunity employer and considers all applicants without regard to race, color, age, sex, national origin, religious creed, disability, sexual orientation, or limited English proficiency. Complaints of discrimination may be filed with the U.S. Department of Health & Human Services, Office of Civil Rights, DPW Bureau of Equal Opportunity and PA Human Relations Commission.

