

Jointly presented by the Office of Developmental Programs (ODP) and the Office of Mental Health & Substance Abuse Services (OMHSAS) and supported by the Money Follows the Person grant funded by the Centers for Medicare and Medicaid Services

*Join us at a statewide conference focused on building capacity to support the complex needs of individuals in the community.*

**WHERE & WHEN:** The conference will be held Tuesday, November 13 through Thursday, November 15 at the Blair County Convention Center, 1 Convention Center Drive, Altoona, PA. A limited number of rooms are available at the Courtyard Marriott Altoona, at a discounted rate of \$109/night. The room block code and hotel contact information will be provided in your registration confirmation email.

**REGISTRATION:** Online registration is now open and will remain available until Friday, November 2, 2018.

**All attendees must pre-register to attend the conference.**

- Visit [Pennsylvania's 2018 Dual Diagnosis Conference](#) to register.
- Please note that you will need an account on MyODP in order to register for the conference and payment is made on an external site. Additional information about registration can be found beginning on page 5.
- **Seating is limited. Registration will be accepted on a first come, first serve basis.**

**CONFERENCE FEE:** Register for one of three options. Registration fee includes lunch, break snacks and all materials. You will be able to pay for your conference registration online using a credit card or you may pay by company/agency check. Personal checks are not accepted.

**Days 1, 2 and 3 – \$225.00**

**Day 1 and Day 2 – \$150.00**

**Day 3 – \$75.00**

#### **KEYNOTE SPEAKERS:**

**Brenda Finucane, MS, LGC** – Brenda is a licensed genetic counselor, professor, and the Associate Director of the Geisinger Autism & Developmental Medicine Institute in Lewisburg, PA. Her clinical and research activities have focused on genetic causes of developmental brain disorders, including autism and intellectual disability. Ms. Finucane has a particular interest in translating knowledge about genetic diagnoses into practical strategies that enhance healthcare, behavioral, and educational interventions for children and adults. She is widely published and has been in leadership roles in professional and advocacy organizations throughout her career, including a term as president of the National Society of Genetic Counselors.

**Dan Dubovsky, MSW** – Dan has worked for over 40 years in the field of behavioral health, in residential, outpatient, and hospital settings. Dan has been involved in the field of fetal alcohol spectrum disorders (FASD) for over 25 years, 14 of them as the FASD Specialist for the SAMHSA FASD Center for Excellence. For this work, his son Bill has been his mentor and best teacher. In addition to FASD, Dan has developed and presented curricula for those working in mental health and substance use services on loss and grieving, psychopharmacology, child and adolescent development, and stress and burnout, and others. Dan has also co-facilitated a group for non-offending caregivers of children who have been sexually abused. He currently works as a consultant, providing training and technical assistance in the U.S. and Canada.

## KEYNOTE SPEAKERS (CONTINUED):

**Beth Barol, PhD** – Beth has dedicated the past 42 years to serving and supporting people with Intellectual and Developmental Disability (IDD) who also have complex needs and challenging behaviors. After working in a community-based agency for 19 years in roles ranging from direct support to agency administration and leadership, she served for 10 years as the Clinical Director of the Pennsylvania Training and Technical Assistance Initiative. Her responsibilities included directing the Positive Approaches/Dual Diagnosis Initiative as well as providing clinically based training and consultation on behavioral timelines and annual trauma institutes for supporters and clinicians throughout the state.

## SCHEDULE AT A GLANCE:

<b>Tuesday, November 13</b>	7:30 a.m. – 9:00 a.m.	Registration; Coffee and Light Refreshments
	9:00 a.m. – 9:45 a.m.	Opening Remarks and Welcome
	9:45 a.m. – 10:00 a.m.	Morning Beverage Break
	10:00 a.m. – 12:00 p.m.	Keynote: Brenda Finucane, MS
	12:00 p.m. – 1:00 p.m.	Lunch
	1:00 p.m. – 2:30 p.m.	Panel Discussion
	2:30 p.m. – 2:45 p.m.	Afternoon Break
	2:45 p.m. – 4:15 p.m.	Concurrent Breakout Sessions
<b>Wednesday, November 14</b>	7:30 a.m. – 8:30 a.m.	Registration; Coffee and Light Refreshments
	8:30 a.m. – 9:00 a.m.	Announcements/Updates on MFP Initiatives
	9:00 a.m. – 12:00 p.m.	Keynote: Dan Dubovsky, MSW
	12:00 p.m. – 1:00 p.m.	Lunch
	1:00 p.m. – 2:30 p.m.	Panel Discussion
	2:30 p.m. – 2:45 p.m.	Afternoon Break
	2:45 p.m. – 4:15 p.m.	Plenary: Matthew Wintersteen, PhD
<b>Thursday, November 15</b>	7:30 a.m. – 9:00 a.m.	Registration; Coffee and Light Refreshments
	9:00 a.m. – 9:15 a.m.	Opening Remarks and Welcome
	9:15 a.m. – 12:00 p.m.	Keynote: Beth Barol, PhD
	12:00 p.m. – 1:00 p.m.	Lunch
	1:00 p.m. – 2:30 p.m.	Plenary: Vivian Jackson, PhD
	2:30 p.m. – 2:45 p.m.	Afternoon Break
	2:45 p.m. – 4:15 p.m.	Plenary: Jim Donovan, MEd

## SESSION DESCRIPTIONS:

### Tuesday, November 13, 2018

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#### 9:00 a.m. – 12 p.m.

##### Opening Remarks and Welcome

Presented by Gregory Cherpes, MD – Medical Director, Office of Developmental Programs;  
Kristin Ahrens – Acting Deputy Secretary, Office of Developmental Programs; and  
Lynn Kovich – Deputy Secretary, Office of Mental Health and Substance Abuse Services

##### **Keynote Address: A Practical Update on Genetic Testing, Diagnosis, and Next Generation Treatment Approaches for Persons with Developmental Brain Disorders**

Presented by Brenda Finucane, MS

Developmental brain disorders (DBD) include a wide range of conditions, including autism, intellectual disability, epilepsy, and schizophrenia, that affect a significant percentage of children and adults in the US. Advances in

genetic diagnostic testing have shed new light on the connections among several seemingly-unrelated DBD, and these discoveries have practical implications for the way we support individuals living with these conditions.

Current practices in genetic evaluation will be described, including information related to specific genetic syndromes and disorders. This training will be of interest to professionals and direct care staff supporting individuals with DBD in school, work, and residential settings.

*This session qualifies for 2.0 training hours for Nursing and Social Work.*

*This session qualifies for ACT 62 BSL training hours (2.0 hours of Co-morbidity and Medication).*

### **1:00 p.m. - 2:30 p.m. – Panel Discussion**

Following the Keynote Presentation, Brenda Finucane will moderate a clinically-focused, multidisciplinary panel discussion. Areas of assessment, support, and treatment will be highlighted.

*This session qualifies for 1.5 training hours for Nursing and Social Work.*

### **2:45 p.m. – 4:15 p.m. - Breakout Sessions (Attendees select one session to attend)**

#### **A1) Finding Solutions Together: Practical Assistive Technology and Tools**

Presented by Kim Singleton, MS

Together, we will create practical, step-by-step strategies to identify challenges and create assistive technology solutions for people with dual diagnosis. Sometimes solutions are simple and sometimes solutions are complicated. Assistive technology is any tool, item, piece of equipment, software, application or product system that can improve the functional capabilities of a person. Assistive technology can help people remember, talk, relax, organize, think, regulate, understand and much more. Bring your challenges and creativity to this interactive session and leave with some new ideas to try.

*This session qualifies for 1.5 training hours for Nursing and Social Work.*

#### **A2) Therapeutic Relationships: Working with the Most Vulnerable People**

Presented by Ginny Focht-New, PhD

Using therapeutic approaches with people who have limited communication and/or labels that minimize a person's capacity can seem like a challenge. Principles of therapy apply to everyone and at the same time therapeutic approaches must evolve based on the person. The benefits of individual, couples, and group therapy will be presented along with approaches that engage people with limited verbal communication with a lot of examples.

*This session qualifies for 1.5 training hours for Nursing and Social Work.*

#### **A3) Trauma Informed Behavioral Interventions**

Presented by Melissa Richards, PhD

Applied Behavior Analysis (ABA), known as a highly effective approach for helping children with Autism, is not limited to age or diagnosis. This session will provide an overview of ABA and basic strategies including functional assessment and intervention planning. Additional challenges faced when someone is dually diagnosed with ID/DD and a MH diagnosis will be discussed. These challenges include determining what is "behavioral" versus "psychiatric", and how to encourage collaboration between psychiatrists, psychologists, behavior analysts, and other supporters. Finally, approaches for supporting people with ID/DD who are also diagnosed with dementia, OCD, and borderline personality disorder will be shared.

*This session qualifies for 1.5 training hours for Nursing and Social Work.*

*This session qualifies for ACT 62 BSL training hours (1.5 hours of Assessments).*

## Wednesday, November 14, 2018

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**8:30 a.m. – 12 p.m.**

### **Announcements and Money Follows the Person Initiative Updates**

Presented by Gregory Cherpes, MD - Medical Director, Office of Developmental Programs;

### **Keynote Address: *Improving Outcomes for Individuals, Families, Agencies, and Systems of Care by Recognizing Fetal Alcohol Spectrum Disorders (FASD) and Modifying Approaches***

Presented by Dan Dubovsky, MSW - Consultant

When an individual demonstrates “difficult” behaviors in various settings, we often label the person as being non-compliant, unmotivated or disruptive. However, their behavior may well be due to brain damage caused by prenatal alcohol exposure, which is much more common than people suspect. Due to this damage, practices that rely on verbal interactions and reward and consequence systems are often ineffective or worse.

This presentation addresses the importance of recognizing FASD and modifying our approaches to improve outcomes. The brain basis of their behaviors is examined, along with why many are misdiagnosed. Methods to identify those with a possible FASD are introduced and strategies for improving outcomes are presented.

*This session qualifies for 2.75 training hours for Nursing and Social Work.*

**1:00 p.m. – 2:30 p.m. – Panel Discussion**

Following the Keynote Presentation, Dan Dubovsky will moderate a clinically-focused, multidisciplinary panel discussion. Areas of assessment, support, and treatment will be highlighted.

*This session qualifies for 1.5 training hours for Nursing and Social Work.*

**2:45 p.m. – 4:15 p.m. – Plenary Session: Suicide Prevention, Assessment, and Brief Intervention**

Presented by Matthew Wintersteen, PhD

Suicide is the second leading cause of death among American youth. Too often, clinicians and clinical support staff are undertrained in working with vulnerable populations who may be at increased risk for suicide and struggle to effectively assess for risk and intervene. This presentation will focus on reviewing suicide risk assessment and the rationale for our inquiry, as well as discuss a number of brief evidence-based interventions.

*This session qualifies for 1.5 training hours for Nursing and Social Work.*

## Thursday, November 15, 2018

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**9:00 a.m. – 12 p.m.**

### **Opening Remarks and Welcome**

Presented by Gregory Cherpes, MD

### **Keynote Address: *Supporting the Supporters***

Presented by Beth Barol, PhD

So many of the people we try to support live lives full of fear, anxiety, rage, and somatic illness among other "challenging behaviors". Many times this is an expression of a response to traumatic experiences. Happily, understanding the trauma dynamic can open doors to be able to make a positive impact, and promote healing largely through the efforts of direct supporters as pivotal members of the team. This session focuses on helping supporters to become 'Social Therapists' working daily with people who have experienced trauma. We will examine some of the sources of trauma in these people's lives from micro to macro, and explore interventions starting with the way of life/social therapy to create holistic healing environments.

*This session qualifies for 2.5 training hours for Nursing and Social Work.*

## **1:00 p.m. - 2:30 p.m. – Plenary Session: What About Me? - Approaches to Prevent and Address Worker Compassion Fatigue and Burnout**

Presented by Vivian H. Jackson, PhD

Those in the helping professions are beset by the dilemma of how to provide support, care, and nurture to individuals and to their family and friends, while also taking care of themselves. There is the risk for the debilitating effects of compassion fatigue and burnout – exhaustion, depression, disillusionment, irritability, and more! Organizations are at risk of high turnover rates, mistakes in services and supports, and elevated complaint rates. These issues set the stage for higher personnel costs and diminished program performance, leaving programs vulnerable to criticism by budget and policy analysts.

But, compassion fatigue and burnout are not inevitable consequences of being a helper. This presentation will explore strategies to address these professional hazards on three levels: individual, organizational, and systemic. Each has a role to play in preventing and addressing compassion fatigue and burnout.

*This session qualifies for 1.5 training hours for Nursing and Social Work.*

## **2:45 p.m. – 4:15 p.m. – Plenary Session: Mindfulness Self-Care Strategies Using Rhythm and Sound for the Non-Musician**

Presented by Jim Donovan, MEd

Join us for an energizing and enjoyable program of practical strategies to elicit calm mental focus and mindfulness, especially during the most challenging times. The active use of rhythm is scientifically proven to improve your mood, relieve stress, increase mental focus and to support social connections. Musical experience is not required. Beginners are warmly welcomed and percussion instruments are provided for use during program.

*This session qualifies for 1.5 training hours for Nursing and Social Work.*

### **ADDITIONAL REGISTRATION INFORMATION**

**How do I register?** [Link to a printable version of the below information, including screenshots.](#)

- Login or create an account on [www.MyODP.org](http://www.MyODP.org).
- If you need to create an account, follow the instructions on the [www.MyODP.org](http://www.MyODP.org) page. Please note that account creation does require email validation. If you need assistance, please contact [support@myodp.org](mailto:support@myodp.org).
- Once logged in, navigate to Training > Dual Diagnosis > Dual Diagnosis Conference Registration > 2018 Pennsylvania Dual Diagnosis Conference. Or you can go directly to the course at the following link: [Pennsylvania's 2018 Dual Diagnosis Conference](#).
- Once you've entered the course, choose "**Click Here to Register**" in the Registration block and this will take you to an external registration site to make your registration selections and process payment.
- **Your registration is not complete until you've paid for your conference registration on a credit card or indicate that you will be mailing a check.**

**Payment Options:** Participants have two options for how to pay for their registration. You may pay online using a credit card or you may pay by company/agency check. Personal checks will not be accepted.

- Checks should be mailed to The Columbus Organization, ATTN: DD Conference, 500 East Swedesford Road, Suite 100, Wayne, PA 19087.
- A copy of the registration confirmation(s) should be included with check payments to ensure payments are applied to the correct registrant.
- A copy of The Columbus Organization's W9 is available upon request if needed to process agency check payment by contacting Robin Levine at [rlevine@columbusorg.com](mailto:rlevine@columbusorg.com).
- Payment must be received prior to the start of the conference.

**Cancellation Policy:** The Pennsylvania Department of Human Services reserves the right to cancel or postpone the conference due to any unforeseen circumstances. In the event of a cancellation or postponement, DHS will refund the registration fee but is not responsible for any related costs, charges, or expenses to participants, including cancellations costs incurred by hotels, airlines, or travel agencies. Individual participants must provide written notice of registration cancellation two weeks prior to the conference (subject to a service fee) in order to receive a refund. **If you need to cancel your registration, please email Robin Levine at [rlevine@columbusorg.com](mailto:rlevine@columbusorg.com).** No refunds will be granted after October 30, 2018.

### **CONTINUING EDUCATION**

**All requests for continuing education will be made by completing the appropriate 2018 *Dual Diagnosis Conference Attendance Verification* form specific to the CEU discipline. All necessary forms will be provided onsite with instructions for submittal. A professional number or license number may be required. Please refer to individual session descriptions for credit hours specific to each session. Participants may claim credit only for sessions attended.**

**SOCIAL WORK (LSW/LCSW):** The program when attended in its entirety is available for 16.25 continuing education credits. The Widener University Center for Social Work Education is a Pre-Approved Provider by the State Board of Social Workers, Marriage & Family Therapists and Professional Counselors to offer continuing education credits for social workers.

**NURSING:** This educational activity has been approved for nursing continuing education units by the Office of Developmental Programs, Department of Human Services.

**ACT 62 BEHAVIOR SPECIALIST LICENSURE REQUIREMENTS:** Sessions presented during this conference are approved by the Bureau of Autism Services to meet Act 62 Behavior Specialist Licensure Requirements. Please see the individual session descriptions for the specific licensing requirement category that each session qualifies for training hours.

**GENERAL TRAINING HOURS:** Certificates of Achievement for general training credit hours will be available on MyODP.org by November 30, 2018. Participants will receive an email notification when certificates are available.

### **QUESTIONS?**

If you have questions about conference content please contact Marlinda Smith at [marlsmith@pa.gov](mailto:marlsmith@pa.gov). Questions related to registration should be directed to Robin Levine at [rlevine@columbusorg.com](mailto:rlevine@columbusorg.com) or (484) 919-6960.