

Montgomery County Emergency Service, Inc.
Comprehensive Behavioral Health Services
50 Beech Drive
Norristown, PA 19403-5421

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mces Community Lectures

Education on mental health and related topics

2010

Montgomery County
Emergency Service, Inc.

***Promoting Recovery
and
Looking Toward
the Future of
Mental Health***



April 1 \$30 8:30 - 11:45 am Credits: RN/PCB

A Stitch in Time: Identifying Ways to Prevent Psychiatric Emergencies

Presenters: Rocio Nell, MD, CPE & Donald Kline, PhD

Life is full of circumstances that may overwhelm a person. Knowing how to reach for help may prevent the despair that leads to a psychiatric emergency.

- Understand reasons for psychiatric emergencies.
- Review the profile of people admitted voluntarily vs. involuntarily by diagnoses and other characteristics.
- Identify and discuss programs that could be available in the community to prevent a behavioral health crisis, and once they happen, promote recovery.

April 8 \$30 8:30 - 11:45 am Credits: RN/PCB

Why Didn't I See It Coming: Early Signs of Suicide Risk

Presenter: Anthony Salvatore, MA

Suicide is more often the outcome of a process than an impulsive act. A suicidal person always manifests many signs of their increasing distress and suicide risk. While the signs of acute suicidality and imminent risk are generally well known, the early signs of suicidality are not. These signs take many forms and provide an opportunity for early intervention and prevention for persons in regular contact with recovery coaches, case managers, or therapists.

- Describe the early warning signs of suicide risk.
- Define the principal reasons that providers do not recognize these early risk signs.
- Describe strategies for increasing provider awareness of early signs of suicidality.

2010 MCES Community Lecture Registration

<u>Date</u>	<u>Lecture</u>	<u>Price</u>	<u>Total</u>
11/4	Going from Patient to Staff.....	\$30	_____
11/11	MH Procedures Act.....	\$30	_____
11/18	Maximizing Your Client's Strengths	\$30	_____
12/2	GPS for Couples	\$30	_____
GRAND TOTAL \$			_____

Please, one registration per person.

Name: _____

Company: _____

Address: _____

City/State: _____

Phone: _____ Fax: _____

Email: _____

**Email confirmation will be sent upon registration receipt.
Email reminder will be sent close to lecture.**

Registration Payment Choices:

1. Fax registration to 610-279-0978. Check or Credit info to follow in mail.
2. Check enclosed with registration.
Payable to MCES, 50 Beech Dr., Norristown, PA 19403
3. Credit card # below for payment totaling \$_____.

_____ Visa _____ Mastercard Expiration Date: _____

Signature: _____

2010 MCES Community Lecture Registration

<u>Date</u>	<u>Lecture</u>	<u>Price</u>	<u>Total</u>
4/1	A Stitch In Time	\$30	_____
4/8	Why Didn't I See It Coming (AM)	\$30	_____
4/8	How Can I Help Now (PM).....	\$30	_____
4/15	MH Law: Adolescents (AM).....	\$30	_____
4/15	MH Law: Conditions Not Covered (PM)	\$30	_____
4/21-22	Crisis Intervention Specialist.....	\$120	_____
4/29	Preventing the Criminalization.....	\$30	_____
5/6	Non-Verbal Communication 101	\$30	_____
5/13	Walking In My Shoes.....	\$30	_____
5/20	Psychological Impact of Trauma (AM).....	\$30	_____
5/20	Incorporating Trauma Awareness (PM)	\$30	_____
5/27	Aging	\$60	_____
6/3	WRAP.....	\$30	_____
6/10	Basic Psychiatry	\$60	_____
6/17	Recognizing MI in the MR Population.....	\$60	_____
6/24	Hands On Techniques.....	\$30	_____
9/9	Understanding the Cut.....	\$30	_____
9/16	Street Drugs and the MI.....	\$30	_____
9/23	Sex Offenders & Paraphilias	\$30	_____
9/30	Chronic Suicidal Behavior.....	\$30	_____
10/7	Forensic Psychiatry	\$60	_____
10/14	BPD & DBT	\$60	_____
10/21	Emotional Intelligence.....	\$60	_____
10/28	The Art of Sanity	\$60	_____

April 8 \$30 12:45 - 4 pm Credits: RN/PCB

How Can I Help Now: Provider Roles After An Attempt

Presenter: Anthony Salvatore, MA

Persons with mental health and co-occurring substance abuse problems are at high risk of engaging in serious suicidal behavior including suicide attempts. The community health system largely deals with suicidality through crisis intervention and hospitalization. These are short-term “fixes” for a long-term and sometimes chronic problem. The recovery model and system transformation present an opportunity to add suicide attempt postvention and other aftercare supports. These and other doable measures are described.

- Describe how suicide attempts and other serious suicidal behavior increases ongoing suicide risk.
- Define feasible provider-friendly suicide postvention and support resources.
- Describe implementation tactics involving peer specialists and other resources.

April 15 \$30 8:30 - 11:45 am Credits: RN/PCB

Mental Health Law: Adolescents

Presenter: Paul DeMarco, RN, BSN

MCES remains the sole designated facility for emergency involuntary psychiatric evaluations and treatment (302), however, Montgomery County prefers adolescents be evaluated and treated at specialty facilities. Learn how these exceptions differ from long standing “adult” procedures.

- Learn the procedures for accessing 302 procedures for children and adolescents in Montgomery County.
- Understand why 302 procedures are not necessarily needed for children but why they are sometimes utilized.
- Discuss the appropriateness of 302 procedures for children and adolescents.

April 15 \$30 12:45 - 4 pm Credits: RN/PCB

Mental Health Law: Conditions Not Covered by the Mental Health Law of PA

Presenter: Paul DeMarco, RN, BSN

Pennsylvania’s Mental Health Procedures Act (MHPA) has a number of exclusions for which persons can not be subject to involuntary psychiatric procedures (302). Learn what options may exist.

- Learn the three conditions that are excluded from the MHPA for being the sole reason for utilizing the 302 process.
- Learn potential options for assisting persons with those conditions.
- Learn the exceptions to the exclusions to potentially access 302 procedures.

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April 21-22 \$120 8:30 am - 4 pm Credits: RN

Crisis Intervention Specialist

Presenter: Michelle Monzo, B.S.

This class is open to mental health and substance abuse workers, volunteers, advocates, consumers, and family members. The presentation will cover the same topics that are covered with police officers, i.e., mental health law, medications, MCES services, crisis intervention, Psychology 101, suicide, etc. At the conclusion of the class you will receive a certificate documenting that you are a Certified Crisis Intervention Specialist. Participants are expected to attend both days.

Join MCES at these Conferences

March 17
MAX Conference for Developmental Disabilities & Behavioral Health Professionals, King of Prussia, PA

April 19
Pennsylvania Certification Board (PCB) 11th Annual Conference, Harrisburg, PA

April 29 **\$30** **8:30 - 11:45 am** **Credits: None**

Preventing the Criminalization of the Mentally III

Presenters: Donald Kline, PhD, Bradley Powers, BBA, Kathy Burns, RN

We will look at the changes in the criminal justice and mental health systems that have directly impacted the incarceration rates in America.

- Review the historical overview and present overcrowding of the prison system and the impact on the mental health system.
- Examine the changes in the criminal justice and behavioral health systems.
- Discuss positive changes.

May 6 **\$30** **8:30 - 11:45 am** **Credits: None**

Non-Verbal Communication 101

Presenter: Fred McLaren, MS, CPS

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.

- Learn how to correctly interpret non-verbal communication.
- Learn the link between non-verbal communication and active listening.
- Learn how sending and receiving non-verbal communication is different when in crisis.

May 13 \$30 8:30 - 11:45 am Credits: RN/PCB

Walking In My Shoes: Hearing & Seeing as the Mentally Ill Do

Presenters: Michelle Monzo, BS; Bryce Holton, CPS & Greg Beauregard, BS

We will be utilizing "Developing Empathy for the Lived Experience of Psychiatric Disability, a Simulation of Hearing Distressing Voices," by Pat Deegan PhD and Associates, LLC.

We will also be using a "Mindstorm" unit, made available to us from Janssen Pharmaceutica, which will allow us to see and hear things as individuals who suffer from visual and auditory hallucinations. Personal stories, role play and other activities will be utilized.

- Develop an understanding about what individuals who experience auditory/visual hallucinations go through.
- Learn tips on how to interact with individuals challenged by auditory/visual hallucinations, as well as coping skill for those who personally experience this challenge.



May 20 \$30 8:30 - 11:45 am Credits: RN/PCB

Psychological Impact of Trauma: An Overall Perspective

Presenter: Thomas Siolek, Jr., BA

To further investigate the phenomena of psychological trauma; how it manifests and its clinical implications.

- Outline the historical perspective of trauma and how it effects current modalities of treatment.
- Review and demonstrate methods of therapeutically interacting with a traumatized population.
- Review how trauma effects caregivers; exploring the phenomenon of "Secondary Traumatization."

About MCES

Montgomery County Emergency Service, Inc. (MCES) is a 73-bed emergency psychiatric hospital. MCES uses facilities on the campus of the Norristown State Hospital and works closely with the Montgomery County Behavioral Health/Developmental Disabilities Department. MCES is a freestanding, private nonprofit organization addressing the crisis intervention needs of Montgomery County communities.

For 36 years, MCES has assured the 24/7 availability of (i) emergency psychiatric services regardless of ability to pay and (ii) given local police access to psychiatric evaluations for those experiencing a behavioral health crisis. MCES is dedicated to diversion of the mentally ill from the criminal justice system.

MCES offers a suicide/crisis hotline, walk-in and a mobile crisis intervention service, short-term voluntary and involuntary psychiatric hospitalization, and a crisis residential program (CRP). MCES also operates a dedicated psychiatric emergency medical service (EMS).

MCES's programs are person-centered, recovery-oriented, and focused on the need to avoid future acute episodes. We help those we serve learn about their illness and treatment, experience the most effective therapies, participate in their care, strengthen coping and self-help skills, link with other providers, and develop community support resources.

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. 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, and 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.

May 20 \$30 12:45 - 4 pm Credits: RN/PCB

Incorporating Trauma Awareness in an Inpatient Mental Health Setting

Presenter: Jessica Felix, BA

Trauma has an impact on mental health consumers and it is important to incorporate trauma awareness into inpatient mental health settings. We will introduce you to how trauma awareness is being incorporated at MCES.

- Learn why and how to incorporate trauma awareness in mental health settings.
- Understand the limitations that may occur.
- Learn how to avoid compassion fatigue related to trauma awareness.

May 27 \$60 8:30 am - 4 pm Credits: RN

Aging: What We Need to Know for Them (AM)
Aging: What We Need to Know for Us (PM)

Presenters: Rocio Nell, MD, CPE; Michelle Monzo, BS; Kathleen Burns, RN, Jane Gering, BA

Aging is for the birds...but it happens. Together we will explore how to make the best of it.

- Understand the problem of aging, the evolution of people who suffer from mental illness, conditions seen in the elderly, and appropriate interventions to assist.
- Review what is available and sources of support.
- Increase the awareness of the aging process and what can be done to grow the courage necessary to face it.

June 3 \$30 8:30 - 11:45 am Credits: None

Wellness Recovery Action Plans (WRAP)

Presenters: Fred McLaren, MS, CPS & Jessica Felix, BA

WRAP is a tool for mental health wellness, recovery and relapse prevention. We will discuss how this time-proven, seven-part plan can be used to deal with both mental health and co-occurring problems. WRAP has changed the lives of thousands of consumers worldwide.

- Develop highly individualized wellness tools and incorporate them into a daily maintenance plan.
- Recognize triggers and early warning signs and develop action plans to combat them.
- Learn how to develop a seven-part crisis plan, as well as post-crisis plan.

June 10 \$60 8:30 am - 4 pm Credits: RN/PCB/APA

Basic Psychiatry: AXIS I - V

Presenter: Rocio Nell, MD, CPE

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.

- Identify serious mental illnesses.
- Increase your understanding of character pathology.
- Discuss how health and life circumstances affect the above.

Directions

From Route 76 or 276 (Pennsylvania Turnpike) Take Exit 333 (Norristown) to Germantown Pike West. Follow for approximately 6 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 Chester - Take Exit 18B) (South from Allentown - Take Exit 18) **From North** - Turn right at Chemical Road. Turn right at W. Ridge Pike. **From South** - Merge onto W. Ridge Pike. Then, from either direction, turn right at Whitehall Road. Turn right at Sterigere St.. After 1/4 mile, turn left into Gate 4 and follow signs to MCES, 50 Beech Drive.*

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.

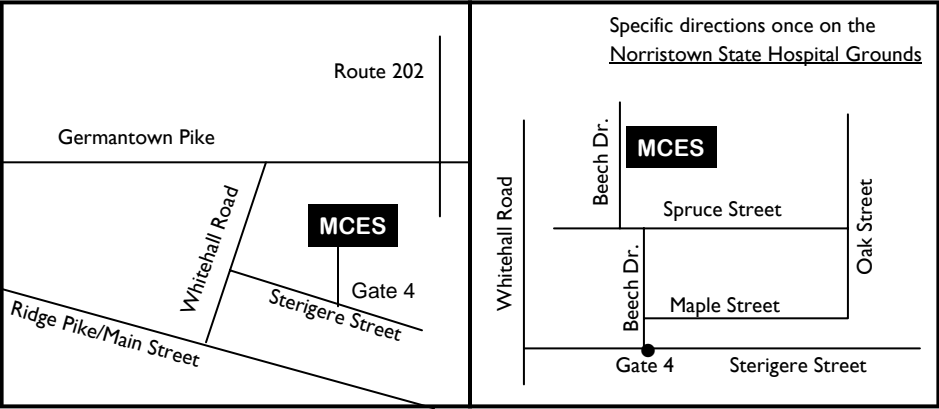
From Route 202 South Turn right onto Germantown Pike West. Turn left at Whitehall Road. Turn left at Sterigere Street. After 1/4 mile, turn left into Gate 4 and follow signs to MCES, 50 Beech Drive.

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.



Hours

Lectures run in three hours 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 eateries 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 Conference Room at 50 Beech Drive, Norristown. Please refer to the directions or visit our website www.mces.org and click on DIRECTIONS.

Contacts

For questions regarding reservations and/or cancellations, contact Sharon Bieber, ext. 110. For questions regarding credits, contact Tony Salvatore, ext. 227.

June 17 \$60 8:30 am - 4 pm Credits: RN/APA

Recognizing Mental Illness in the Mental Retardation Population

Presenter: Rocio Nell, MD, CPE

Understand how mental illness presents in persons with different levels of mental retardation and what interventions can be put in place to assist in their recovery.

- Understand mental retardation and how it affects the person.
- Recognize major mental illnesses in the developmentally disabled population.
- Identify interventions to help a person with developmental disabilities walk the path of recovery.

June 24 \$30 8:30 - 11:45 am Credits; RN

***Hands On Techniques for Crisis Intervention
(maximum of 25 attendees)***

Presenters: Michelle Monzo, BS & John Fulford, BA

Learn how to manage physically aggressive individuals in a safe and therapeutic manner. Non-harmful techniques allow caregivers to maintain a therapeutic relationship as well as promote a secure environment for others. Demonstration of non-aggressive safety techniques. Demonstration to include:

- | | |
|---------------------|---------------|
| Blocking techniques | Grabs |
| Hair pulls | Bites |
| Chokes | Safety stance |

September 9 \$30 8:30 - 11:45 am Credits: RN/APA

Understanding the Cut: An Introduction to Self-Injury

Presenter: Timothy Freitas, PsyD

Participants will be introduced to the phenomenon of self-injury. Basic dynamics and cultural considerations will be explored. Treatment implications will also be discussed from a recovery oriented perspective.

- Obtain a basic understanding of self-injury.
- Understand psychodynamic issues in self-injury.
- Identify treatment issues for self-injury including hope and personal responsibility.

September 16 \$30 8:30 - 11:45 am Credits: RN/PCB/APA

Street Drugs and the Mentally III

Presenter: Donald Kline, PhD

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.

- Explore the many facets of drugs and their impact on persons with behavioral health issues and society.
- Discuss the impact on society of both licit and illicit drug use.

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.

NOTE: The MAX Association is no longer paying for lectures of its membership. Payment is expected from your company or you.

You may register using the form at the end of this brochure OR you may register by using the MAX Association website: www.maxassociation.org and go the Training Course List, view, and click “add trainee.” Please keep in mind that MAX is no longer paying for MCES lectures, this is strictly a registration tool.

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.

CEUs

Applications are pending for APA and PCB CEUs. Nursing credits apply as applicable. Lecture credits are noted next to the description of each lecture.

American Psychological Association (APA) CE credits for selected presentations are offered with the cooperation and sponsorship of Norristown State Hospital. APA approved continuing education programs are recognized by the PA State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors (see PA Code Title 49 Section 47.36).

All attendees will receive a certificate of attendance and when applicable, the CEU information will be noted on the certificate.

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.

Richmond Parsons, MS; Montgomery County Adult Probation

Mr. Parsons is the Deputy Chief of Offender Services for Montgomery County Adult Probation and Parole Department. He is also currently the Chairman of the Montgomery County Sexual Assault Task Force and was recently appointed by Governor Rendell to the Governor’s Advisory Committee on Probation. His experience includes being a sex offender unit officer, as well as the supervisor of the unit. He has taught nationally on Sex Offender Management.

Bradley Powers, B.B.A.; MCES Forensic Transition Case Manager

Mr. Powers is a 20+ year employee of MCES and is part of the MCES Community Outreach Program, involved with jail diversion at the Montgomery County Correctional Facility and County Courthouse. Currently, he is a member of the County’s new Behavioral Health Court and Justice Related Services.

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.

Thomas Siolek, Jr., B.A.; Allied Therapist

Mr. Siolek works in the MCES Allied Therapy Department and has clinical experience in working with adolescents and those with acquired traumatic brain injury. Earning a B.A. from Neumann College, he has since pursued post graduate work at Immaculata University.

September 23 \$30 8:30 - 11:45 am Credits: None

Sex Offenders & Paraphilias

Presenters: Richard Parsons, MS & Michelle Monzo, BS

Participants will explore sexual deviancy with emphasis on rape and aggressive sex crimes.

- Review psychological issues related to sex offenders.
- Review the selective categories of sexual crimes.
- Review the prevalence and incidence of sexual crimes.
- Explore case law related to mental commitment.
- Explore assessment, diagnosis and treatment.

September 30 \$30 8:30 - 11:45 am Credits: RN/PCB/APA

Chronic Suicidal Behavior: How Can We Help?

Presenter: Anthony Salvatore, MA

“Chronic suiciders” are persons who use frequent expression of suicidal ideation and intent as a coping and control strategy. Threats are typically tied to contingent demands. They are often seen as manipulative and at low risk. Nonetheless they possess many serious risk factors and weakening protective factors. Chronic suicidality is routinely encountered among those with substance abuse disorders and especially in persons with co-occurring personality disorders and other mental illness.

- Describe the nature of chronic suicidality, its signs and symptoms, incidence and identification.
- Describe how chronic suicidality is related to acute suicidality, and how chronic ‘suiciders’ behavior intensifies their suicide risk over time.
- Describe indicated interventions and treatment methods for use with chronic suiciders.

October 7 \$60 8:30 am - 4 pm Credits: APA

Forensic Psychiatry: Civil (AM)
Forensic Psychiatry: Criminal (PM)

Presenter: Rocio Nell, MD, CPE

Birds-eye view of the crossroad between psychiatry and the law.

- Understand the basis for court commitments and other aspects of civil forensic psychiatry.
- Understand what criminal forensic psychiatry is, including competency and criminal responsibility.
- Review landmark cases that set precedent and how the law and psychiatry are practiced.

October 14 \$60 8:30 am - 4 pm Credits: APA

Borderline Personality Disorder & Dialectical Behavioral Therapy

Presenter: Thomas Siolek, Jr., BA

Lecture will overview the basic principles of therapy and counseling utilizing DBT for the treatment of the AXIS II diagnosis of BPD. Both psychotherapy and psychopathology will be reviewed in an effort to further explore the topic of personality disorders and their subsequent treatment. Interactive group exercises, incorporating the entire group's collective experiences, will be utilized in order to illustrate and exemplify therapeutic methodology and the improvement of clinical contact at all levels of client interaction.

- Gain a comprehensive overview of AXIS II disorders, BPD and its relationship to other AXIS I and II disorders.
- Practice and explore in a workshop environment effective methods in dealing with BPD/AXIS II disorders.

Lecture Presenters:

Jane Gering, B.A.

Ms. Gering is a past director of the Allied Therapy Department of MCES. After she retired from her full-time job, she has remained as a yoga instructor for the past 22 years.

Bryce Holton, C.P.S.; MCES Peer Specialist

Mr. Holton is a member of the MCES Outreach Department and facilitates an inpatient suicide prevention support group at MCES.

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 Specialists, 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.

Anthony Matteo, Ph.D.; Staff Psychologist

Dr. Matteo is a licensed psychologist who has been with MCES since 2004. He completed his Postdoctoral training on the inpatient unit at MCES in 2006-07 with a concentration in Intensive Short-Term Dynamic Psychotherapy.

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 Outreach Department. Mr. McLaren is the Technical Assistant for the five-county SE Regional Community Support Program (CSP). He has lectured at state and nation-wide conferences, including NAMI, PMHCA, USpra and NAPS.

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

Ms. Monzo trains police and other criminal justice personnel in mental health and crisis intervention techniques, works with consumers involved in the criminal justice system and their families, and is a member of the mobile crisis intervention team.

Lecture Presenters:

Greg Beauregard, B.S.; Janssen Pharmaceutica

Mr. Beauregard has been with Janssen Pharmaceutica for ten years and is currently a business specialist. Janssen is specifically dedicated to mental health.

Kathleen A. Burns, RN; 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.

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

Mr. DeMarco is a Registered Nurse with over 18 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.

Jessica Felix, B.A.; Allied Therapy Coordinator

Ms. Felix coordinates the Allied Therapy Department at MCES and chairs the Programs Team for the Trauma Task Force. She is currently enrolled in the graduate program at Millersville University pursuing a MSW, as well as working towards a CAC.

Timothy Freitas, Psy.D.; Director of Education

Dr. Freitas coordinates the Psychology Department, chairs the MCES Education Committee that oversees internal educational programs, and leads weekly seminars on the subject of Short-Term Dynamic Psychotherapy.

John Fulford, B.A.; Forensic Liaison

Mr. Fulford has close to 25 years of experience in the behavioral health field and he currently works 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.

October 21 \$60 8:30 am - 4 pm Credits: None

Emotional Intelligence (AM)
Thinking Styles: Right/Left Brain, Type A/B Personality

Intelligent Emotions (PM)
Anger Management, Stress Reduction Techniques

Presenters: Rocio Nell, MD, CPE & Michelle Monzo, BS

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

- Gain awareness of how the brain functions and the different thinking styles.
- Become familiar with emotions and how they can be handled in a manner that promotes personal growth and mental health.
- Increase capacity for relating to others with different thinking styles or emotional needs.

October 28 \$60 8:30 am - 4 pm Credits: None

The Art of Sanity: A Dialogue with People Who Found Their Sanity

Presenters: Rocio Nell, MD, CPE & a Panel of Former MCES Clients

A review of psychiatry from the perspective of mental health and a dialogue with people who have suffered different conditions and are now walking firmly on the path of recovery.

- Understand that sanity is possible even in the presence of a serious mental illness.
- Understand the concepts of recovery and how they can be put into practice.
- Explore what helped each participant find their way to recovery.

November 4 \$30 8:30 - 11:45 am Credits: None

Going From Patient to Staff: The C.R.E.W.W. Method for Mental Health Recovery

Presenter: Fred McLaren, MS, CPS

The CREWW method for mental health recovery stands for the integrated approaches of community integration, recovery principles, employment, WRAP and wellness strategies. This approach, which I developed, has been instrumental to my recovery and I believe it can help others.

- Learn how community integration can expedite recovery.
- Learn about supported employment.
- Learn about WRAP and Wellness Strategies to facilitate recovery.

November 11 \$30 8:30 - 11:45 am Credits: RN/PCB/APA

Mental Health Procedures Act (MHPA)

Presenter: Paul DeMarco, RN, BSN

A brief description of MHPA of 1976 (and updates) and how they are implemented in Montgomery County.

- Gain an understanding of the underpinnings of the laws governing involuntary procedures in Pennsylvania.
- Gain an understanding of how those procedures are implemented in Montgomery County.
- Gain an understanding of how MCES, a private not-for-profit organization, oversees this centralized process in Montgomery County.

November 18 \$30 8:30 - 11:45 am Credits: RN/PCB/APA

Maximizing Your Client's Strengths

Presenter: Anthony Matteo, PhD

Active discussion will identify growth-promoting and growth-inhibiting features of treatment from the perspective of client and provider, with high concentration on non-verbal communications. Attitudes maximizing and minimizing treatment success will be explored; and psychotherapy interventions will be discussed from the perspective of a psychologist working in an inpatient hospital setting using a short-term psychodynamic approach.

- Explore techniques that mobilize our clients and engage them in the therapeutic process most effectively. A review of literature and practice will be facilitated. Identification of contraindications, or factors limiting client capacity, for emotion-focused treatment will be discussed at length.
- Explore common reactions (counter-transference) from providers treating mental illnesses. Examine how attitudes toward clients may enhance or disrupt treatment.
- Interventions will be considered to improve communication and minimize negative effects of resistance from a short-term, dynamic perspective.

December 2 \$30 8:30 - 11:45 am Credits: None

GPS for Couples

Presenter: Rocio Nell, MD, CPE

Our culture is changing. Marriage is no longer a train ride. In some countries there are more divorces than marriages in a year. WHY?

- Understand the nature of interpersonal relationships and the multiple conflicts inherent in them.
- Dialogue about ways to balance personal development with a lasting relationship.
- Identify human needs and ways to meet them.