



The AHN Chill Project Presents:
**School-Based Behavioral Health
& Wellness Conference**

Monday, October 10, 2022
8:00 a.m. - 3:30 p.m.

CME Credits are Available



Sponsored by

The Chill Project

Psychiatry & Behavioral Health Institute

Allegheny Health Network

Bootay Bevington & Nichols Attorneys at Law

Conference Overview

The last few years have been incredibly challenging times for schools with far reaching behavioral health and wellness implications for students, educators, and school communities. The first annual School Based Behavioral Health and Wellness Conference will address such implications through a focus on topics directly related to understanding behavioral health concerns within a school environment. Sessions will include topics such as trauma-informed school environments, engaging and enhancing mindful awareness of the school community, how grief and loss have an impact upon student behavior and outcomes, teacher burnout, impact of social media, and recognizing anxiety and depression in students. Additionally, the conference will provide courses on non-traditional methods of amplifying the wellness of a school community, such as mindfulness and the arts, and the impact of school athletics upon a student's emotional wellness.

Intended Audience

School educators, social workers (LSW, LCSW), Counselors (LPC), school administrators, psychologists (PhD, PsyD), Physicians (MD), Nurses.

Global Objective

Participants will gain knowledge of the following:

1. To apply trauma informed techniques to school environments.
2. Identify the impact of grief and loss on student behaviors and outcomes within school environments.
3. To learn and apply practices such as mindfulness and other evidenced based interventions to a school community.
4. Identify the expression of specific psychiatric diagnoses within the school setting
5. To demonstrate wellness through the use of art and music within school and therapeutic environments.

Conference Chairs

William Davies, Ed.D.

Emily Nymick, MS, NCC, LPC

Guest Speakers

Aileen Oandasan, MD

Caroline Johns, Ph.D.

Cindy Everett, LCSW

Don Alexander, MS

Emily Dunker M.Ed.

Janell Logue-Belden, Ph.D.

Jessica Lee

John Kreider, Ed.D.

Lakin Mcorley, MA, ATR-BC, LPC

Michelle Higgins, LCSW

Patricia Serdy, Ph.D.

Rick Gallagher

Allegheny Health Network Faculty

Anthony Mannarino, Ph.D.

Marco Alcala, MD

Shawn Sledzianowski, NCC, LPC, CT

Disclosures:

The following speakers have nothing to disclose:

- Aileen Oandasan, MD
- Caroline Johns, Ph.D.
- Cindy Everett, LCSW
- Don Alexander, MS
- Emily Dunker M.Ed.
- Emily Nymick, MS, NCC, LPC
- Janell Logue-Belden, Ph.D.
- Jessica Lee
- John Kreider, Ed.D.
- Lakin Mcsorley, MA, ATR-BC, LPC
- Marco Alcala, MD
- Michelle Higgins, LCSW
- Patricia Serdy, Ph.D.
- Rick Gallagher
- Shawn Sledzianowski, NCC, LPC, CT
- William Davies, Ed.D.

The following speakers disclose:

- **Anthony Mannarino, Ph.D.**
 - Grant/Research Support: SAMHSA Guilford

Acknowledgments:

The conference directors and planning committee would like to thank the following companies for providing support:

Bootay Bevington & Nichols Attorneys at Law

Agenda

Monday, October 10, 2022

8:00am - 8:20am	Breakfast - Visit Exhibitors	Cafeteria
8:20am - 8:30am	Introduction to the conference <i>Dr. William Davies, Ed.D. & Emily Nymick, MS, NCC, LPC</i>	Auditorium <i>*Virtual Option</i>
8:30am - 9:30am	Keynote: Trauma Exposure in Children and Adolescents: Impact, Treatment, and What Schools Can Do <i>Dr. Anthony Mannarino, Ph.D.</i>	Auditorium <i>*Virtual Option</i>
9:30am - 9:40am	Break - Visit Exhibitors	
9:40am - 10:25am	Mindfulness, Mental Health & Educating the Whole Child <i>Dr. Patricia Serdy, Ph.D., Don Alexander, MS& Emily Dunker M.Ed.</i>	Auditorium <i>*Virtual Option</i>
	Wellness through Art Therapy <i>Lakin Mcorley, MA, ATR-BC, LPC</i>	Library <i>*No Virtual Option</i>
	Supporting Grieving Students <i>Shawn Sledzianowski, NCC, LPC, CT</i>	Chorus Room <i>*No Virtual Option</i>
10:25am - 10:35am	Break - Visit Exhibitors	
10:35am - 11:20am	Building Trauma Informed Schools <i>Michelle Higgins, LCSW & Cindy Everett, LCSW</i>	Auditorium <i>*Virtual Option</i>
	Sound Healing with Jessica Lee & ViveVenture, LLC <i>Jessica Lee, Certified in HealthRhythms, Sound Healing & Music Mindfulness & Rick Gallagher, Professional Jazz pianist/ composer</i>	Chorus Room <i>*No Virtual Option</i>
11:20am - 12:10pm	Lunch - Visit Exhibitors	Cafeteria
12:10pm - 1:10pm	Superintendent Panel <i>Dr. Caroline Johns, Ph.D., Dr. Janell Logue-Belden, Ph.D., & Dr. John Kreider, Ed.D.</i>	Auditorium <i>*Virtual Option</i>
1:10pm - 1:20pm	Break - Visit Exhibitors	
1:20pm - 2:05pm	The A, B, C's of Pediatric Mental Illness <i>Dr. Aileen Oandasan, MD</i>	Auditorium <i>*Virtual Option</i>
	Wellness through Art Therapy <i>Lakin Mcorley, MA, ATR-BC, LPC</i>	Library <i>*No Virtual Option</i>
2:05pm - 2:15pm	Break - Visit Exhibitors	
2:15pm - 3:00pm	Mindfulness, Mental Health & Educating the Whole Child <i>Dr. Patricia Serdy, Ph.D., Don Alexander, MS& Emily Dunker M.Ed.</i>	Auditorium <i>*Virtual Option</i>
	Mental health in Sports <i>Dr. Marco Alcala, MD</i>	Library <i>*No Virtual Option</i>
	Sound Healing with Jessica Lee & ViveVenture, LLC <i>Jessica Lee, Certified in HealthRhythms, Sound Healing & Music Mindfulness & Rick Gallagher, Professional Jazz pianist/ composer</i>	Chorus Room <i>*No Virtual Option</i>

Registration Information

The registration fee includes a light breakfast and lunch

Monday Conference Fee:

Attendees: \$25.00

North gate & Chill Project Employees: No charge

To Register:

Register online at cme.ahn.org or use the QR Code above.

A brochure PDF is also available on this website. Telephone registrations are not accepted Additional Information

For additional information, contact Kristen Darkey at kristen.darkey@ahn.org.



Location

Northgate Senior High

589 Union Ave

Pittsburgh, PA15202



Refund Policy

Refunds are not able to be provided for this event. Fees will not be re-funded for failure to attend.

Allegheny General Hospital reserves the right to cancel or postpone any conference because of unforeseen circumstances or insufficient enrollment. In the event of such cancellation, full tuition will be refunded.

Accreditation

Credits:

This conference will provide a maximum of 5 hours of education.

Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Allegheny General Hospital designates this live activity for a maximum of 10 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Credits Offered:

Physicians (CME) Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Approved for AMA PRA Category 1 Credit™.

The National Commission on Certification of Physician Assistants (NCCPA) states that the AMA PRA Category 1 Credits™ are acceptable for continuing medical education requirements for recertification.

American Nurses Credentialing Center (ANCC) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

American Academy of Nurse Practitioners (AANP) accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

Psychologists (APA) Allegheny Health Network is approved by the American Psychological Association to offer continuing education for psychologists. Allegheny Health Network maintains responsibility for the program and its content.

Social Workers (APA) The American Psychological Association (APA) is a preapproved provider of continuing education courses and programs for social workers and clinical social workers and can be used to ward licensure. Social workers may claim credits for attending educational courses and programs delivered by preapproved providers, such as the American Psychological Association (refer to CE for Psychologists above). For verification, please refer to Continuing Education Regulations §47.36#(6)(ix) found at www.dos.state.pa.us/social. Certificates of attendance will be awarded following the conference provided a completed evaluation form is submitted.

School Educators (Act48) Through Northgate Senior High

In accordance with the Accreditation Council for Continuing Medical Education (ACCME) and the policy of Allegheny General Hospital, presenters must disclose all relevant financial relationships, which in the context of their presentation(s), could be perceived as a real or apparent conflict of interest, (e.g., ownership of stock, honoraria or consulting fees). Any identifiable conflicts will be resolved prior to the activity. Any such relationships will be disclosed to the learner prior to the presentation.