

ANNUAL CONFERENCE PLENARIES

FRIDAY, OCTOBER 14H
1:10 PM - 2:10 PM

MARYLAND BEHAVIORAL HEALTH CRISIS SYSTEM: TRANSFORMATION AND INNOVATION

Lisa Burgess, M.D.
Maryland Department of Health
Sharon Lipford,
Dr. Maria Rodowski-Stanco, and
Kathleen Rebbert-Franklin
Maryland Behavioral Health Administration

The behavioral health crisis system is evolving around the country and Maryland is leading the way. This session will provide an overview of the Maryland Crisis System and showcase the work moving us forward. Specific best practices that will be used throughout the crisis system will be discussed.

SATURDAY, OCTOBER 15H
10:05 AM - 11:05 AM

THE 2022-2023 MENTAL HEALTH ADVOCACY LANDSCAPE

Kate Farinholt
NAMI Maryland
Rob Gargolia
Compass Government Relations

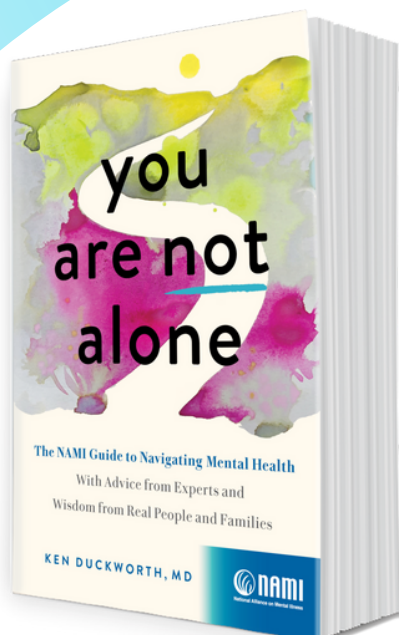
Hear from NAMI staff, advocacy partners, and legislative leaders about the progress NAMI Maryland made this year to address racial health disparities, increase funding for mobile crisis units, create a statewide mental health check-in program and protecting important telehealth expansions.

SATURDAY, OCTOBER 15H
3:35 PM - 4:35 PM

YOU ARE NOT ALONE: NAMI'S FIRST BOOK

Dr. Ken Duckworth
NAMI

"You Are Not Alone," NAMI's first ever book, is here to offer help. Written by Dr. Ken Duckworth with the expertise of a leading psychiatrist and the empathy of a family member affected by mental illness, this comprehensive guide includes stories from over 130 people who have been there — including people with mental illness and caregivers — and understand how challenging it can be to find the help you need, when you need it. Through the power of storytelling and lived experience expertise, this presentation will feature people who shared what they learned for the book. They use their names to reduce the shame and isolation so commonly found with mental health conditions.



FRIDAY WORKSHOPS

WORKSHOP SESSION I

10:05 am - 11:05 am

SCHIZOPHRENIA AND GLUTEN: NEW TARGET AND PRECISION MEDICINE

Deanna Kelly, PharmD, BCPP

Maryland Psychiatric Research Center

Currently, treatments for schizophrenia remain inadequate and precision medicine is often not used. For better identification and treatment we need to move toward better precision medicine and identify treatments that best meet needs of individual patients. Education can help relay gaps in care and summarize new data emerging on potential future treatment targets. This presentation will talk about a subgroup of people with schizophrenia that have higher inflammation and antibodies to gluten a protein in wheat, barley and rye. I will discuss possible treatment options in this group of people.

PARENT CRAFT: A FREE EVIDENCE-BASED RESOURCE TO SUPPORT CAREGIVERS CONCERNED ABOUT ADOLESCENT SUBSTANCE USE

Melissa Ambrose

Maryland Family and Youth Interventions for Substance Use (MD FYI)/National Center for School Mental Health

This presentation will introduce participants to Parent CRAFT, an evidence-based online video course that teaches parents, caregivers, and concerned others solution-focused, practical skills and techniques needed to meet the risks of adolescent substance abuse. Highly engaging online video segments include structured suggestions for practicing skills that are not only applicable to families with substance-involved youth but also relevant to anyone raising an adolescent. Focus areas include effective communication, positive reinforcement, natural consequences, and strategies to support youth accepting treatment.

BUILDING A MENTAL HEALTH NETWORK OF SUPPORT: INFORMED SERVICES FOR UNINSURED LATINOS

**Monica Guerrero Vazquez,
Marzena Maksym, and
Sarah Polk**

Johns Hopkins Centro SOL

The mental health symposium in May 2022, presented an innovative strategy to address mental health needs of Latinos in Baltimore. This workshop will navigate through the lessons learned and science behind offering culturally appropriate services for Latinos while working together to address their mental healthcare needs.

TOBACCO SMOKING CESSATION TREATMENT FOR PERSONS WITH MENTAL ILLNESS

**Stacy Goldsholl, and
Benjamin Eidman**

Johns Hopkins ALACRITY Center

Although tobacco smoking prevalence is higher among persons with mental illness than the greater population, their long-term smoking quit rates are roughly the same. There are effective treatments available that can significantly help persons with mental illness quit smoking. The presentation will provide an overview of evidence-based smoking cessation treatment for persons with mental illness, which includes the combination of behavioral counseling with a smoking cessation medication.

WORKING WITH FAMILIES IN CRISIS

TBD

NAMI Maryland

This workshop provides training on how to work well with family members in the context of a mental health or substance use crisis; this particular workshop would be especially helpful for emergency department personnel, police, other first responders and providers in providing services to persons cycling in and out of intense episodes.

FRIDAY WORKSHOPS

WORKSHOP SESSION II

11:20 am - 12:20 pm

MENTAL HEALTH CRISIS MANAGEMENT AND DE-ESCALATION TECHNIQUES

Oleg Tarkovsky

CareFirst BlueCross BlueShield

NAMI defines a mental health crisis as any situation in which a person's behavior puts them at risk of hurting themselves or others, and/or prevents them from being able to care for themselves or function effectively in the community. In this presentation, we will discuss the different ways to identify mental health crisis situations, various approaches to management of the crisis itself including verbal and non-verbal de-escalation techniques.

TREATING MORE THAN THE ILLNESS: COGNITIVE BEHAVIOR THERAPY FOR PSYCHOSIS (CBTP) AND RECOVERY IN SCHIZOPHRENIA

Heather A. Adams, Psy.D.

Spring Grove Hospital Center

Schizophrenia is a chronic and debilitating illness. Treatment of schizophrenia should include more than symptom reduction. The recovery model emphasizes a strengths based approach working towards personalized valued goals. Cognitive behavioral therapy for psychosis is an evidence-based intervention that aims to help people feel better and function better, linking tools learned with attainment of recovery goals. CBTP is not only effective in managing the illness, but aims to improve the overall quality of a person's life.

ACCESSING SSI/SSDI: BUSTING MYTHS THROUGH THE MARYLAND SOAR PROGRAM

Priya Arokiaswamy

Maryland Behavioral Health Administration

E. Caroline Mason

Maryland Disability Determination Services

Participants will learn how implementing key principles can lead to increased numbers of SSI/SSDI applications. The session aims to debunk the many myths surrounding the benefit process and provide practical tools that can be used when applying for benefits.

CULTURE, CONTEXT, AND EARLY PSYCHOSIS IDENTIFICATION AND INTERVENTION FOR UNDERSERVED YOUTH AND FAMILIES

**Pamela Rakhshan Rouhakhtar, Ph.D. and
Tiffany Beason, Ph.D.**

University of Maryland Baltimore County

Gloria Reeves, M.D.

University of Maryland

This presentation will provide a brief overview of psychosis spectrum symptoms, and highlight advances in early identification and intervention services. We will share unique considerations, challenges, and adaptations to assessment and treatment strategies for providers working with youth and families from underserved communities experiencing mental illness with psychosis. Information about the Maryland Early Intervention Program (EIP), including the components of the EIP, services provided to the community, and how to connect with the EIP, will be reviewed. The talk will conclude with an interactive discussion soliciting attendee feedback and perspective on this topic.

DIFFERENTIATING BETWEEN MENTAL HEALTH SYMPTOMS IN PEOPLE WITH DEMENTIA/COGNITIVE IMPAIRMENTS VS. PEOPLE WITH MENTAL ILLNESS

Suzann Lasson, OTR/L

Levindale Geriatric Center and Hospital

This presentation will focus on differentiating between symptoms of mental illness between people with mental illness and people with cognitive impairments experiencing symptoms of mental illness and stages of dementia. This will include main diagnosis (depression, anxiety, anger, paranoia/hallucinations/delusions), common symptoms, and treatment (both nonmedication and medication intervention). It will also include assessments that are specifically used for both categories, people with mental illness, and people with cognitive impairments and symptoms of mental illness.

FRIDAY WORKSHOPS

WORKSHOP SESSION III

2:20 pm - 3:20 pm

LIGHT EXPOSURE COULD BE NEUTRAL, BENEFICIAL, OR DETRIMENTAL TO MENTAL HEALTH. WHAT ARE THE CRITICAL DETERMINANTS?

Teodor Postolache

University of Maryland

Exposure to light is the main "time-giver", aligning our internal circadian rhythms to the 24-hour day cycles. Day length is also the critical factor in regulating seasonal rhythms, and reducing daylight in vulnerable individuals is the main trigger of fall/winter depression in seasonal affective disorder. Furthermore, evening light and lack of adequate exposure to morning light is associated with multiple indicators of morbidity and mortality, such as increased heart attacks and strokes at the onset of daylight saving time and higher incidence of certain cancers in individuals with chronic misalignment of circadian rhythms, such as shift workers and travelers across time zone. Exposure to bright blue light also at night is suspected to have multiple negative effects on human health. Concrete issues of timing, intensity, and wavelength of light exposure will be discussed, both in terms of environmental light, as well as light treatment for mood and circadian sleep disorders. Timed light avoidance will also be discussed.

MANAGING GRIEF SINCE 2020

Alexander Chan, M.D.

University of Maryland School of Medicine

It is an unfortunate reality that over 800,000 Americans have lost their lives due to the ongoing COVID-19 pandemic. Where there is loss of life, there is grief. Dr. Alex Chan will help us understand the grief process and how to find meaning despite the loss.

Dr. Chan will present practical techniques to cope with grief, whether the grief has resulted from pandemic- and racial-reckoning events of the past 2 years or the loss of a loved one. Participants will also walk away with an up-to-date understanding of the grieving process based on recent scientific inquiry into the topic.

PTSD PREVENTION FOR INDIVIDUALS WITH PSYCHOSIS-RELATED DISORDERS

Tiffany Beason, Ph.D. and

Gloria Reeves, M.D.

University of Maryland School of Medicine

Malka Dubin

CBT Baltimore

Individuals with psychotic illness and their family members may benefit from emergency or crisis mental health clinical services, but unfortunately these services can also be experienced as traumatic (e.g., involuntary hospitalization, seclusions, restraints, etc.). In this workshop we will review symptoms of trauma/PTSD, common developmental risk factors for PTSD among individuals with psychosis, and challenges that patients and families report about crisis service utilization. We will also introduce emerging PTSD prevention strategies. Our interactive discussion will focus on identifying unmet patient/family needs related to PTSD prevention during crisis care episodes to help guide future intervention work.

THE CLUBHOUSE MODEL: RECOVERY THROUGH WORK, SCHOOL, HOUSING, AND FRIENDSHIPS

Francesca Singleton

B'More Clubhouse

An overview of the Clubhouse Model and how it is making a difference here in Baltimore will be discussed. Learn how clubhouses continue to achieve positive outcomes helping people living with mental illness with friendships, education, employment, housing, and quality of life.

NAMI IN OUR OWN VOICE: SHARING OUR STORIES

Tevis Simon

NAMI Program Leader

Shannon Parkin

NAMI Program Leader

Individuals living with mental illness will lead an interactive presentation about living with mental illness. Hear their personal stories of struggles, acceptance, treatment, coping strategies, successes, hopes, and dreams!

FRIDAY WORKSHOPS

WORKSHOP SESSION IV

3:35 pm - 4:35 pm

"PATIENT, NOT PRISONER": HOW CRISIS INTERVENTION TEAMS HAVE SAVED MY LIFE

Melissa Owens
Private Individual

Melissa has successfully lived with bipolar disorder for over twenty years and benefited from CIT services amid six psychotic episodes. Melissa hopes to reduce the number of individuals with mental illness entering the criminal justice system by sharing her story. Attendees will view a view of Melissa experiencing severe psychosis, which will provide a comparison to Melissa as a completely stable, high-functioning, and living a happy, well-rounded life.

HOUSING OPTIONS AND RESOURCES: OPENING THE DOOR TO RECOVERY

Russell Springham
Maryland Behavioral Health Administration

Housing is fundamental to recovery. Persons with behavioral health conditions and low-income often need help accessing and maintaining safe, affordable housing. This session will explore different types of housing (ex: independent living, supported housing, residential rehabilitation, transitional housing, and assisted living), eligibility, access, and support services available.

ADDRESSING BLOOD DRAW BARRIERS WITH CLOZAPINE

**Deanna Kelly, PharmD., BCPP, and
Matt Glassman**
Maryland Psychiatric Research Center

This talk will discuss current barriers to clozapine and teach the audience new ways to use point of care and novel technology to improve blood draw barriers with clozapine. We will use a hands on approach to show how to use a new point of care device.

COMMUNITY ACTION TO SUPPORT HEALTHY AGING

Shannon Skowronski
Administration for Community Living
Erin Emery-Tiburcio, Ph.D.
Rush University Medical Center
Margo Quinlan
Mental Health Association of Maryland
Sue Lachenmayr
Maryland Living Well Center of Excellence

The purpose of this session is to provide an overview of mental health in later life, the Aging Network in communities and how older adults and their families and caregivers can access services that support healthy living and independence, and resources and training for professionals in aging and behavioral health.

NAMI ENDING THE SILENCE

Charita Cole Brown
NAMI Program Leader
Rebecca German
NAMI Program Leader

Ending the Silence is a free, evidence-based, 50-minute session designed for middle and high school students. Your students will learn about mental health conditions through a brief presentation, short videos, and personal testimony from a young adult who describes their journey to recovery.

NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Through dialogue, we can help grow the movement to end stigma.

SATURDAY WORKSHOPS

WORKSHOP SESSION I

11:20 am - 12:20 pm

ASK THE DOCTOR, OR EVERYTHING YOU'VE EVER WANTED TO ASK A PSYCHIATRIST BUT DIDN'T HAVE THE TIME

Mark Komrad, M.D.

Psychiatrist on the teaching faculty of Johns Hopkins and professor of psychiatry at University of Maryland and Tulane University

Open access to ask a psychiatrist a wide range of questions is scarce. Brief time with the doctor is often limited to the most immediate pressing issues. There is a need for many consumers and families to obtain deeper information and understanding. This open Q and A will allow participants to ask a psychiatrist everything they've ever wanted to ask, but didn't have the time.

FROM DENIAL TO ACCEPTANCE

Joy Cheriell Brown

Filmmaker

This session will present the short film From Denial to Acceptance, a autobiographical film of Joy's own experience being hospitalized. Joy Chariell Brown will discuss her experience with being hospitalized for psychosis at the age of 18, receiving a diagnosis of Schizoaffective Disorder at the age of 24, and making a short film about the experience.

THE MYTHS AND TRUTHS OF TEEN SUICIDE AND SUBSTANCE USE POST PANDEMIC

Kizzy Pittrell, Ed.D., LCPC

Ross Counseling

Dr. Kizzy D. Pittrell will explore the myths and truths of teen suicide and substance use during the COVID-19 pandemic. Dr. Pittrell will review the biological and psychological risk factors associated with teen suicide and substance use while also providing critical information on what parents/caregivers need to know to better support youth during these difficult times.

ASK ME ABOUT MY MENTAL HEALTH

Deneice Valentine

NAMI Maryland

Sarah Crimmins

NAMI Harford County

The stigma associated with mental health can make it difficult for individuals to talk about their mental health. There is a need for families and providers to obtain deeper information and understanding of lived experience. This open Q and A will allow family members and providers a safe place to ask questions in an effort to increase awareness and decrease stigma.

THE CONGREGATIONAL DEPRESSION AWARENESS PROGRAM

W. Daniel Hale, Ph.D.,

Denis Antione, II, M.D., and

Kimberly Monson

Johns Hopkins Bayview Medical Center

The Congregational Depression Awareness Program (CDAP) provides training and resources for volunteers from faith communities who are interested in helping those suffering from depression overcome obstacles that often stand in the way of the professional care and support they need. These obstacles can include difficulty recognizing the symptoms of depression, the stigma still too often associated with mental illnesses, pessimism and misunderstandings about treatment, and problems identifying and accessing services.

SATURDAY WORKSHOPS

WORKSHOP SESSION II

1:20 pm - 2:20 pm

MEETING THE MENTAL HEALTH CHALLENGES OF THE ELDER BLOOM: AN OVERVIEW OF COGNITIVE AND BEHAVIORAL ISSUES IN LATER LIFE

Michael B. Friedman

Columbia University School of Social Work

Professor Friedman will provide an overview of demographic and epidemiological data regarding cognitive and behavioral health issues in late life. He will note unmet needs and suggest a long-term agenda for advocacy to meet the challenges of the rapid increase in the population of older adults now taking place.

INTRODUCTION TO LGBTQIA+ MENTAL HEALTH DISPARITIES, AND THE NEED TO PROVIDE CULTURALLY COMPETENT AND AFFIRMING CARE

Dennis Sholler, Ph.D.

Otsuka Pharmaceutical Development and Commercialization, Inc.

In this presentation, the presenter will discuss what it means to be LGBTQIA+ identified, provide information on mental health disparities in LGBTQIA+ populations, and identify ways to include inclusive and affirming language and provide resources to the LGBTQIA+ populations.

CHILDHOOD TRAUMATIC STRESS 101: WHAT YOU NEED TO KNOW

Casey Anderson

Equilibrium Mental Health, LLC

This presentation serves as an overview of core concepts related to childhood traumatic stress. This is a basic introduction to trauma, various trauma types, common behavioral and emotional reactions to traumatic exposures, and evidence-based treatments.

NAMI IN OUR OWN VOICE: SHARING OUR STORIES

Sandy Paluzzi

NAMI Program Leader

Sarah Crimmins

NAMI Harford County

Individuals living with mental illness will lead an interactive presentation about living with mental illness. Hear their personal stories of struggles, acceptance, treatment, coping strategies, successes, hopes, and dreams!

SATURDAY WORKSHOPS

WORKSHOP SESSION III

2:30 pm - 3:20 pm

HOW TO CONVINCING SOMEONE TO GET PSYCHIATRIC HELP

Mark Komrad, M.D.

Psychiatrist on the teaching faculty of Johns Hopkins and professor of psychiatry at University of Maryland and Tulane University

Based on the popular book, *You Need Help!*, Dr. Mark Komrad will teach a variety of tactics to convince a troubled person in your life to have an evaluation by a mental health professional, from supportive persuasion through therapeutic-coercion, to involuntary approaches.

FROM HELPLESS TO HOPEFUL

**Beth Albaneze,
Rhona Reiss, and
Evan Taff**

House Calls Total Wellness

When deciding whether to advocate for yourself or seek an expert to advocate for you, it is most important to determine what needs to be addressed immediately since it is more serious and whether the parties involved agree on a course of action. The next consideration is whether you feel skilled to advocate for yourself and what the skill set is. Additionally, when family members are involved and don't agree, an outside expert is usually better in the advocacy role.

STRENGTHENING RELATIONSHIPS

**Deneice Valentine, and
Deborah Handy**

NAMI Maryland

This workshop will provide practical tips on working through the challenges of maintaining relationships while experiencing depression, anxiety, and fearful thoughts. Six main topics will be covered: 1. Relationships, 2. Healthy and Unhealthy, 3. Self-Appreciation, 4. Expressing Needs, 5. I Statements, 6. Goal Setting.

CURRENT BEST PRACTICES IN PSYCHOSIS AND SCHIZOPHRENIA SPECTRUM DISORDERS

Stephanie Kulaga

University of Maryland

This presentation will provide an overview of the different types of treatments currently indicated for psychosis and schizophrenia spectrum disorders. It will cover the use of different medication classes, management of side effects, and concurrent use of non-pharmacologic interventions. The aim will be to help patients and families understand why and how different treatment methods are used and offer providers a review of the current evidence on best treatment practices.