

# Registration Form

Register for sessions by clicking the link in the title

## Monday, November 1

### Introduction to the History of FEP Care

**Monica E. Calkins, PhD, HeadsUp Co-Director, Associate Director PERC, University of Pennsylvania 9:00-10:00 AM**

The Coordinated Specialty Care (CSC) model is the foundation of Pennsylvania's First Episode Psychosis (PA FEP) programs. This course provides an overview of the history of FEP care and describes the core components and stakeholders of the model.

### Introduction to the CSC Model: Core Competencies and Team Roles

**Denise Namowicz, MSW, LCSW Director HOPE Children's Service Center 10:15-11:15 AM**

The Coordinated Specialty Care (CSC) model is the foundation of Pennsylvania's First Episode Psychosis (PA FEP) programs. This course describes in detail the core components and stakeholders of the model, and delves into the specifics of team roles.

### Group Support in CSC

**R Marie (Wenzel) Fisher, MSW, LSW, Director, PEACE, Horizon House & Christina Babusci, MSS, LSW, Resilience Counselor, PEACE, Horizon House 10:15-11:15 AM**

Bringing participants together in a group format is important in Coordinated Specialty Care (CSC), but it can be difficult to know where to start. This course provides some background on the utilization of groups in CSC, discusses real-world logistical considerations, and offers practical guidance around running groups from a hands-on perspective.

### Introduction to the CSC Model: Team Activity

**Denise Namowicz, MSW, LCSW Director HOPE Children's Service Center 12:00-1:00PM**

The Coordinated Specialty Care (CSC) model is the foundation of Pennsylvania's First Episode Psychosis (PA FEP) programs. This course invites active participation from attendees in review of a practice case from the perspective of each CSC team role.

### Overview of Substance Use Disorders in FEP and Best Practices for Addressing Them

**Melanie Bennett, Ph.D. – Director Division of Psychiatric Research Services, University of Maryland 1:15-2:15 PM**

Pennsylvania First Episode Psychosis (PA FEP) program participants discuss a wide range of experiences, including substance use. This course provides an overview of the most common substance use issues and discusses evidenced-based methods for care.

## Tuesday, November 2

### CSC Model Implementation

**R Marie Wenzel, MSW, LSW, Director PEACE, Horizon House Part 1 9:00-10:00 AM. Part 2 10:15-11:15 AM**

The Coordinated Specialty Care (CSC) model is the cornerstone of Pennsylvania's First Episode Psychosis (PA FEP) programs. This 2-part course provides an overview of implementation of the model, as well as practical guidance from a hands-on perspective.

### CSC Model: Operational Barriers and Problem Solving

**Molly Oross, MS, NCC, LPS, CPSS Team Lead ENGAGE Wesley Family Services & Denise Namowicz, MSW, LCSW Director HOPE Children's Service Center Part 1 9:00-10:00 AM Part 2 10:15-11:15 AM**

The Coordinated Specialty Care (CSC) model is fundamental to Pennsylvania's First Episode Psychosis (PA FEP) programs. However, it poses a unique set of barriers. This 2-part course discusses common difficulties and offers problem solving guidance from the perspective of two of PA FEP's long-time team leaders.

### Using Motivational Interviewing to Have Productive Conversations About Substance Use in FEP Practice

**Melanie Bennett, Ph.D. – Director Division of Psychiatric Research Services, University of Maryland 12:00-1:00 PM**

Pennsylvania First Episode Psychosis (PA FEP) program participants discuss a wide range of experiences, including substance use. This course provides an overview of Motivational Interviewing (MI) and focuses on an in-depth review of MI techniques to discuss and address substance use.

Registration is required for each course, *to register click the title*. Multiple session courses require only one registration. Access link will be received upon registration.

## Tuesday, November 2

### **Psychopharmacology in FEP for Non-Prescribers – Melanie Yabs, PharmD, MS, BCPP – Clinical Pharmacist, STEP UPMC Western Psychiatric Hospital 1:15-2:15 PM**

Psychopharmacology in First Episode Psychosis (FEP) offers unique challenges. This course provides an overview of key considerations important to non-prescribing Coordinated Specialty Care team members.

## Wednesday, November 3

### **Pennsylvania, Connection LHS, and the Early Psychosis Intervention Network (EPINET): An Overview – Monica E. Calkins, PhD, HeadsUp Co-Director, Associate Director PERC, University of Pennsylvania 9:00-10:00 AM**

HeadsUp provides support to Pennsylvania's First Episode Psychosis (PA FEP) programs, and PA's FEP programs have joined with Maryland's First Episode Psychosis (MD FEP) programs in the National Institute of Mental Health (NIMH) funded Early Psychosis Intervention Network (EPINET) project. But, have you ever wondered what HeadsUp and EPINET are and why they exist? This course provides an overview of the purpose of HeadsUp and EPINET, a review of components of each, a discussion of why participation matters, and specifics of support provided to PA and MD programs through each mechanism.

### **Diagnosis, Medical Monitoring and Psychopharmacology in Early Episode Psychosis – Andrea Bowen, MD, MPH, Psychiatrist PEACE Horizon House & Melanie Yabs, PharmD, MS, BCPP – Clinical Pharmacist, STEP UPMC Western Psychiatric Hospital Part 1 9:00-10:00 AM Part 2 10:15-11:15 AM Part 3 12:00-1:00 PM. Part 4 1:15-2:15 PM**

Pennsylvania's First Episode Psychosis (PA FEP) Centers support a broad range of young individuals experiencing psychosis. Diagnosis can be tricky, and medical monitoring is paramount. This 4-part course for prescribers provides an overview of diagnosis, dives into particularly important aspects of medical monitoring, and discusses psychopharmacological considerations in this population, with an emphasis on practical implementation guidance.

## Wednesday, November 3

### **Outreach and Engagement: A Collaborative Approach – Meredith Jacoby, BA – HeadsUp, University of Pennsylvania 10:15-11:15 AM**

We can't provide support to individuals experiencing early psychosis if we don't get the word out about our Centers. This course provides an overview of outreach strategies and techniques, discusses the core components of an outreach campaign, and provides information about the support HeadsUp provides to all of Pennsylvania's First Episode Psychosis (PA FEP) Centers.

### **Stigma in FEP – Cat Conroy, MEd, Manager, HeadsUp, University of Pennsylvania 12:00-1:00 PM**

Stigma surrounding mental health is an ongoing issue. This course explores the historical and current definitions of stigma, how it relates to first episode psychosis (FEP) care, and offers practical suggestions on ways we can incorporate destigmatizing language into our interactions

### **Fidelity and Program Evaluation: Benefits and a Look into the Future – Megan Westfall, MS, Data Analyst, HeadsUp, University of Pennsylvania 1:15-2:15 PM**

How do we demonstrate the good work accomplished and positive outcomes of Pennsylvania's First Episode Psychosis programs? Through our annual fidelity reviews and ongoing program evaluation! This course provides an overview of the fundamentals of these processes, and offers a glimpse of soon-to-launch tools to assist programs and participants in accessing and interpreting progress.

## Thursday, November 4

### **Screening, Differential Diagnosis, and Referral: Introductory Level – Molly Cross, MS, NCC, LPS, CPSS Team Lead ENGAGE Wesley Family Services Part 1 9:00-10:00 AM Part 2 10:15-11:15 AM Part 3 12:00-1:00 PM Part 4 1:15-2:15**

It can be challenging to know whether a person is eligible to receive care at one of our Pennsylvania First Episode Psychosis (PA FEP) Centers. This 4-part course offers practical guidance around referral and screening, and covers the sometimes tricky task of differential diagnosis.

Registration is required for each course, *to register click the title*. Multiple session courses require only one registration. Access link will be received upon registration.

## Thursday, November 4

**Screening, Differential Diagnosis, and Referral: Advanced Level** – Monica E. Calkins, PhD, HeadsUp Co-Director, Associate Director PERC, University of Pennsylvania Part 1 9:00-10:00 AM Part 2 10:15-11:15 AM Part 3 12:00-1:00 PM Part 4 1:15-2:15

Identifying individuals who meet enrollment criteria for our Pennsylvania First Episode Psychosis (PA FEP) Centers can be difficult. This 4-part course offers an in-depth review of referral and screening and discusses the nuanced work of differential diagnosis.

## Friday, November 5

**Crisis and Suicide Assessment, De-escalation and Treatment** - Crystal Vatz, MS, LPC, NCC, BC-TMH, Education and Telehealth Manager, HeadsUp, University of Pennsylvania & R. Marie (Wenzel) Fisher, MSW, LSW, Director, PEACE, Horizon House 9:00-10:00 AM

Pennsylvania First Episode Psychosis program participants discuss a wide range of experiences, including suicidality. This course focuses on assessment of risk and de-escalation techniques, along with guidance on treatment considerations.

**Shared Decision Making within Early Intervention Services: Highlighting the Unique Role of Peers** – Elizabeth Thomas, PhD, Assistant Professor, Temple University & Elijah Nnaeto, CPS CAPSTONE, PPI/YWCA/CMU & Crystal Vatz, MS, LPC, NCC, BC-TMH, Education and Telehealth Manager, HeadsUp, University of Pennsylvania 10:15-11:00 AM

Shared decision making is a core component of the Coordinated Specialty Care (CSC) model utilized across Pennsylvania's First Episode Psychosis (PA FEP) Centers. But what does "shared decision making" really mean? This course offers an overview, as well as practical guidance from the perspective of one of PA FEP's Certified Peer Support Specialists.

## Friday, November 5

**Ethics in FEP and CSC** – Crystal Vatz, MS, LPC, NCC, BC-TMH, Education and Telehealth Manager, HeadsUp, University of Pennsylvania & Molly Oross, MS, NCC, LPS, CPSS Team Lead ENGAGE Wesley Family Services Part 1 12:00-1:00 PM Part 2 1:15-2:00 PM

Caring for individuals experiencing First Episode Psychosis presents a unique set of ethical concerns. This 2-part course tackles the most commonly asked questions and offers practical guidance on how to navigate and circumvent barriers.

## WEEK 2 December 13-17 M-F 9:00-1:15

**Recovery-Oriented Cognitive Therapy in FEP** – Aaron Brinen, PsyD - Assistant Professor, Vanderbilt University Psychiatric Hospital

Recovery-oriented Cognitive Therapy (CT-R) is an evidenced-based treatment modality frequently utilized in first episode psychosis (FEP) care. This 8-part course covers the core components of CT-R, implementation of the model, and addresses common barriers.

**Adapting CT-R for Families** - Elisa Nelson, PhD, Therapist PERC & CHOP FEP, UPenn/CHOP

Recovery-oriented Cognitive Therapy (CT-R) is an evidenced-based treatment modality frequently utilized in first episode psychosis (FEP) care. This 2-part course covers current research on adapting CT-R for families and offers guidance around increasing family member's understanding of challenges and identifying strategies with families.

Registration is required for each course, *to register click the title*. Multiple session courses require only one registration. Access link will be received upon registration.