



Crossing The Boundaries Of Health Disciplines: *Promoting Recovery and Resiliency*

OCTOBER 1, 2014

8:00 AM – 4:30 PM

Sykes Student Union Ballroom
West Chester University

*Co-Sponsored by the West Chester University
College of Business and Public Affairs and College of Health Sciences*

WCU
WEST CHESTER
UNIVERSITY

- 8:00 – 8:30 REGISTRATION**
- 8:30 – 8:45 WELCOME**
 Dr. Linda Adams
Dean of College of Health Sciences, West Chester University
 Dr. Michelle Patrick
Dean of College of Business and Public Affairs, West Chester University
- 8:45 – 9:30 SETTING THE STAGE FOR CROSSING BOUNDARIES**
“Now is the Time: Let’s Talk About Health (and not just healthcare)”
 Darla Spence Coffey, PhD, MSW
President and Chief Executive Officer, Council on Social Work Education
- 9:30 – 10:30 KEYNOTE ADDRESS**
**“Reframing a Healthcare System Around Recovery and Resilience:
 What does it take, what does it look like, and what have we learned?”**
 Arthur C. Evans, Jr., PhD
Commissioner, Department of Behavioral Health, Intellectual disAbility Services, Philadelphia
- 10:45 – 11: 45 BREAKOUT SESSIONS (repeated in the afternoon)**
“The Value and Values of Mindfulness for Health Professionals”– Room 254
“Multi-dimensional Recovery: Diet, Depression, and Disease Management”– Room 210
“Motivational Interviewing: An Evidence-based Practice with Broad Applicability”– Room 252 B
“Yoga as a Means to Promote Recovery across Health Settings”–Room 252 A
“How Practicing Integrative Health Care Facilitates Healing and Recovery”– Room 255 B
“Food Insecurity: The Effects on Health, Recovery and Resiliency”– Room 255 A
- 11:45 – 12:45 LUNCH AND LEARN PRESENTATIONS**
 Center for Hunger-free Communities
 ChesPenn
 La Comunidad Hispana
 Community Volunteers in Medicine
 Creative Health Services
 Maternal Child Health Consortium
- 12:45-1:45 PLENARY SESSION**
“Turning the Personal into Policy: Recovery, Resilience and Research
 Debbie Plotnick, MSS, MLSP
Senior Director of State Policy, Mental Health America
- 2:00 – 3:00 BREAKOUT SESSIONS (repeat of morning sessions)**
- 3:15 – 4:15 CLOSING PANEL DISCUSSION**
“Translating Belief into Action: Promoting Recovery & Resiliency via Integrative Health Education”
 Andrew Trentacoste, PsyD, MBA, CEO
Creative Health Services
 Amy Lambert, LCSW, MPH
Senior Clinical Social Worker, La Comunidad Hispana
 Mary Wirshup, MD
Medical Director, Community Volunteers in Medicine
- 4:15 – 4:30 EVALUATIONS**

PRESENTER BIOGRAPHIES AND LEARNING OBJECTIVES

“Reframing a healthcare system around recovery and resilience: What does it take, what does it look like, and what have we learned?”

Arthur C. Evans, Jr., PhD

Policy maker, clinical and community psychologist, healthcare innovator, Arthur C. Evans Jr., PhD, is the Commissioner of Philadelphia's Department of Behavioral Health and Intellectual Disability Service (DBHIDS) – a \$1 billion healthcare agency. Dr. Evans holds faculty appointments at the University of Pennsylvania School of Medicine and the Philadelphia College of Osteopathic Medicine and has held faculty appointments at the Yale University School of Medicine and Quinnipiac University. Dr. Evans has been recognized nationally for his work in behavioral healthcare policy and the transformation of service delivery systems. In 2013, he received the American Medical Association's top government service award in health care, the Dr. Nathan Davis Award for Outstanding Government Service, for leadership in transforming the Philadelphia behavioral health system, particularly around the adoption of a public health approach. Dr. Evans is also regarded as a strong advocate for people experiencing behavioral health conditions and was recognized by Faces and Voices of Recovery with the Lisa Mojer-Torres Award. Prior to his work in Philadelphia, Dr. Evans was the Deputy Commissioner for the Connecticut Department of Mental Health & Addiction Services, where he led major strategic initiatives for the Connecticut behavioral healthcare system.

1. Describe a recovery and resilience-oriented system of care.
2. Understand a framework for large scale change for a behavioral health care system.
3. Identify implications for promoting a recovery and resilience oriented system of care.

“Now is the Time: Let's Talk about Health (and not just healthcare)”

Darla Spence Coffey, PhD, MSW

Darla Spence Coffey assumed the duties of CSWE President and CEO and Gero-Ed Center co-Principal Investigator in 2012. Prior to her appointment as President, she served as professor of social work, associate provost, and dean of graduate studies at West Chester University. Coffey received her bachelor's degree from Eastern College, her MSW from the University of Pennsylvania, and her PhD from Bryn Mawr College Graduate School of Social Work and Social Research. Coffey has an extensive background in social work practice in the areas of mental health, substance abuse, and domestic violence, and is a nationally recognized author and speaker on these topics. After years of working with, and researching, the effects of domestic violence on children, Coffey developed a curriculum, Parenting after Violence, and trained cohorts of social workers in the child welfare system in Philadelphia, PA in its implementation.

1. Identify the multiple dimensions of health versus health care.
2. List the social determinants that are protective factors for recovery and resiliency.
3. Discuss the changes needed in health education for an integrative and recovery oriented model.

“The Value and Values of Mindfulness for Health Professionals”

Donald McCown, PhD, MAMS, MSS, LSW

Christine Moriconi, PsyD, RNC, LMFT

Donald McCown spent 30 years in the advertising business as an executive and creative director, before making a shift into human services, obtaining two Masters degrees and a PhD, as well as completing the advanced Mindfulness-Based Stress Reduction (MBSR) trainings through the Center for Mindfulness at the University of Massachusetts Medical School, and a practicum and one-year internship in MBSR at the Jefferson Myrna Brind Center of Integrative Medicine. Prior to joining West Chester University, he held positions at Thomas Jefferson University and Director of Mindfulness at Work programs at Jefferson's Mindfulness Institute. He was a full-time instructor at the Won Institute of Graduate Studies, teaching in the Applied Meditation Studies Program and the Won Buddhist Studies program. He continues to teach (summers) in the post-graduate program in Marriage and Family Therapy at Council for Relationships in Philadelphia, where he maintains a year-round practice of mindfulness-based family therapy there.

Christine Moriconi is an Assistant Professor of nursing at West Chester University (WCU). She has a broad educational background including a B.S.N. from Boston College; M.A in Pastoral Counseling; MSN in Oncology and PsyD from La Salle University in clinical psychology. Christine has a special research interest in mindfulness meditation and education, as well as healthcare teacher training in MBSR at the Center for Mindfulness in Worcester, MA. This has prepared Dr. Moriconi to co-direct the Center for Contemplative Studies at West Chester University. As a clinical psychologist within a pediatric practice, she counsels families and supervises MFT students.

1. Discuss the current research on clinician mindfulness as it relates to patient outcomes.
2. Describe the relationship of mindfulness to self-compassion and compassion, focusing on the neuroscientific evidence.
3. Learn two short practices to promote clinician and patient mindfulness.

“Multi-dimensional Recovery: Diet, Depression, and Disease Management”

Nadine Bean, PhD, LCSW

Patricia Davidson, DCN, RDN, CDE, LDN

Dr. Bean’s commitment to underserved populations is best exemplified by her work in New Orleans, where she was a founding board member of lowernine.org, an organization dedicated to rebuilding the devastated Lower Ninth Ward after Hurricane Katrina. As a Disaster Mental Health Services volunteer with the American Red Cross, she has worked in the aftermath of local and national disasters, including in New York City after the September 11th terrorist attacks. Dr. Bean also works with military families as a national board member and volunteer clinician for The Soldiers Project and as a trainer for the Red Cross’ Coping with Deployments and Reconnections programs. She is a past president of the NASW-Pennsylvania Chapter (2005 to 2007) and in 2011 received a Lifetime Achievement Award from the Chapter. In 2012, she received a SAGE/CSWE Award for Innovative Teaching in Social Work Education. Her current research interests involve integrative health education and services, teaching from a recovery/resiliency framework and the use of socially transformative and narrative research approaches to give voice to those traditionally not heard in larger society.

Dr. Patricia Davidson comes to West Chester University with nearly 30 years of experience as a clinician, researcher, and educator. She is a registered dietitian, certified diabetes educator and holds degrees from the University of Medicine and Dentistry of New Jersey (now Rutgers University) (DCN, Doctor of Clinical Nutrition), Virginia Tech (MS, Nutrition and Food Science), Southern Illinois University (BS, Nutrition and Food Science). Her research skills were honed by seven years of medical research in Israel at the Rebecca Sieff Medical Center. Her research interests include the prevention and management of diabetes, applications of technology in diabetes management, and MNT. Her service to the Academy of Nutrition and Dietetics has included coauthoring the Heart Failure Toolkit, chairing the Prediabetes Workgroup, president of NJDA, and several leadership positions. In 2011, she received the Carolyn Sebastianelli Distinguished Member Award from NJDA and the Distinguished Service Award of the Garden State Assoc of Diabetes Educators, and also served as their president.

1. Discuss the latest research findings regarding the links among nutritional status, diabetes, and depression.
2. Identify the steps in a collaborative, recovery-oriented, and integrative health approach to treatment.
3. Develop treatment plans whose primary goals are to promote recovery and build resiliency in individuals, families challenged by diet, depression and disease management.

“Motivational Interviewing: An Evidence-based Practice with Broad Applicability”

Julie Tennille, MSW, LSW, PhD

Casey Bohrman, MSW, LSW, PhD

Dr. Tennille has taught advanced clinical social work practice at the University of Pennsylvania since 2003 and at Temple University in 2012 and 2013. Her research focuses on developing effective models for teaching evidence-based practice in social work, HIV prevention, and the role of intimacy in mental health recovery. She has worked in direct practice, services research, and administration in public mental health and HIV/AIDS services for more than 25 years. In recent years, she has been part of a research team of therapists expertly trained to provide Motivational Interviewing to women in emergency room settings. Dr. Tennille is passionate about social justice, teaching, and continuing her lines of research and scholarship. She received her PhD in Social Welfare from the University of Pennsylvania.

Dr. Bohrman has worked throughout the mental health system in a variety of capacities. Her research interests include the intersections between the criminal justice and mental health systems, neighborhood effects, and access to mental health services for hard-to-reach populations. Her current research focuses on police interactions with people who have co-occurring disorders. She has taught in a variety of content areas, including introduction to research, the history of social work and social welfare, modern social policy, the history of American racism, and addressing oppression through institutional change. She received her PhD in Social Welfare from the University of Pennsylvania.

1. Describe the “spirit” of Motivational Interviewing.
2. Practice an introductory technique used in Motivational Interviewing.
3. Discuss how Motivational Interviewing could be used with persons in various contexts.
4. Identify “change talk” and “sustain talk” in the context of MI and the rationale for eliminating the concept of “resistance.”

“Yoga as a Means to Promote Recovery across Health Settings”

Jocelyn Spencer Sagrati, LCSW, CYT

Jocelyn Spencer Sagrati is a licensed clinical social worker who utilizes a strengths-based, empowerment approach to therapy that incorporates mindfulness and yoga breathing techniques into clinical interventions for traumatized individuals. Certified as a Kripalu yoga teacher in 2008, she has an additional certification in trauma-sensitive yoga instruction. Jocelyn is a program therapist and yoga and mindfulness teacher at Main Line Health and a trauma therapist clinician at SOAR, Survivors of Abuse in Recovery, Inc. in Wilmington, DE. Jocelyn is a member of the Delaware Coalition for Health and Justice, the National Association of Social Workers, and The Kripalu Yoga Teachers Association.

1. Explain the value of yoga philosophy and methodology as they relate to recovery and wellness.
2. Understand the benefits of mindfulness as it relates to yoga (meditation in motion) and how both can enhance self-efficacy for those who are healing.
3. Learn how yoga and mindfulness can be used on a day-to-day basis for recovery and resiliency.

“How Practicing Integrative Health Care Facilitates Healing and Recovery”

Miriam Pinto, BSW, Social Services Coordinator, Community Volunteers in Medicine

Mary Wirshup, MD, Medical Director, Community Volunteers in Medicine

Miriam Pinto received her Bachelors in Social Work from West Chester University in 2012, and is currently a student of the WCU Graduate Social Work Advanced Standing program. She began at Community Volunteers in Medicine (CVIM) as the social services intern during her undergraduate studies. Miriam has filled the role of Social Services Coordinator at CVIM since August 2013. As the Bilingual Social Services Coordinator, Miriam provides case management, public benefits counseling, and one-on-one counseling to CVIM patients.

Mary Brennon Wirshup, MD, is a family practitioner who has been the Medical Director at Community Volunteers in Medicine (CVIM) since 2001. CVIM provides primary medical and dental services to the uninsured, low-income population of Chester County.

1. Assess the need for integration of medical, dental, mental health, and social services
2. Identify local application of integrative medicine
3. Discuss how integration of services improves quality of medicine and expedites patient care

“Food Insecurity: The Effects on Health, Recovery and Resiliency”

Molly Knowles, MPH, Qualitative Research Coordinator, Center for Hunger-Free Communities

Sherita Mouzon, Member, Witnesses to Hunger

Molly Knowles, MPH is the Qualitative Research Coordinator at the Center for Hunger-Free Communities at Drexel University School of Public Health. She oversees data collection, analysis, and dissemination of the Center’s qualitative and mixed-methods studies, including Witnesses to Hunger, a participatory research and advocacy project that partners with low-income parents in order to impact health and public assistance policy on a local, state, and national level. Molly is a graduate of the Drexel University School of Public Health with a concentration in Health Management and Policy. Her research interests include participatory action research and the impact of social safety net programs on health.

Sherita Mouzon is a member of Witnesses to Hunger, a participatory research and advocacy project in which parents with first-hand knowledge of hunger and poverty share their experiences and advocate for policy changes. Sherita deeply understands the health impacts of food insecurity on children as the mother of a 6-year-old daughter, Joeanna, who was diagnosed as a baby with failure-to-thrive but is now a flourishing first-grader. Sherita is a peer mentor and case manager for the Salvation Army, drawing on her own experiences to lead trauma-informed peer support groups.

1. Describe the effects of food insecurity on the physical and mental health of adults and children.
2. Assess how hunger and adversity across the lifespan affect resilience of individuals and communities.
3. Identify policy-oriented solutions to food insecurity that promote resilience.

“Turning the Personal into Policy: Recovery, Resilience and Research”

Debbie Plotnick, MSS, MLSP, Senior Director of State Policy, Mental Health America

Debbie F. Plotnick, MSS, MLSP is the Senior Director of State Policy at Mental Health America, and was previously the Director of Advocacy and Policy for the Mental Health Association of Southeastern Pennsylvania (MHASP). In her role at Mental Health America Debbie works with affiliates and state and local advocates on Medicaid, health care reform, and state mental health programs and policies. She also coordinates the efforts of the Regional Policy Council, a ten person council of state affiliate policy leaders. She provides technical assistance to mental health advocates, participates in national mental health coalitions, and develops and disseminates policy information for affiliates, stakeholders, decision makers and the general public. In her previous role at MHASP Debbie supervised a team of advocates, built effective working relationships with legislators from both sides of the political aisle, frequently gave testimony before the Pennsylvania state legislature and mental health boards and committees, and established respectful alliances with groups that hold conflicting viewpoints in order to facilitate policy and systems change. Debbie has taken many opportunities to develop and find funding for innovative services and programs, including working with local and national corporations to obtain sponsorship for specific projects. In 2012 she was the recipient of MHASP’s highest honor, The Board of Director’s Award. Debbie holds degrees from Bryn Mawr College, including an AB in political science, and dual master’s degrees in Social Service (MSS) and Law and Social Policy (MLSP). But her real understanding and her passion come from the people she works with and for, and her true expertise comes from her own lived experience, as a family member, and a mental health systems advocate.

1. Discuss the multi-generational transmission of mental health challenges.
2. Define community inclusion as the foundation needed for a recovery and resiliency system of care.
3. Identify the policy changes needed for a recovery and resiliency system of care.

“Translating Belief into Action: Promoting Recovery & Resiliency via Integrative Health Education”

Andrew Trentacoste, PsyD, MBA, Chief Executive Officer, Creative Health Services

Amy Lambert, LCSW, MPH, Senior Clinical Social Worker, La Comunidad Hispana

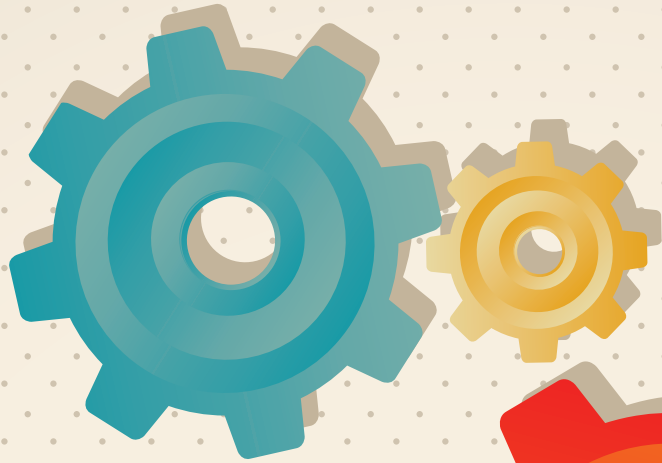
Mary Wirshup, MD, Medical Director, Community Volunteers in Medicine

Dr. Trentacoste provides administrative and clinical oversight of all programs and services at Creative Health. He has always enjoyed his work in public, behavioral healthcare. He has worked with the staff and board of Creative Health Services to re-vision the organization’s role in the community, culminating in the development of the main location in Pottstown. He is particularly proud of the design of the new center, “which not only makes Creative Health more innovative, but also clearly demonstrates the importance of both our staff and clients.”

Amy Lambert has over 4 years of experience and has worked as a school social worker, a reproductive health counselor and as an intensive outpatient family therapist. In 2013, she joined LCH as a behavioral health consultant doing brief, solution-focused interventions, overseeing all social services activities, and focusing on how the immigration experience and subsequent changes in social support systems impact mental health. Mrs. Lambert is a licensed clinical social worker in both Delaware and Pennsylvania. She received a BS from the University of Richmond and a Masters in Social Work and a Masters of Public Health from the University of Pennsylvania.

Mary Brennon Wirshup, MD, is a family practitioner who has filled the position of Medical Director at Community Volunteers in Medicine (CVIM) since 2001. CVIM provides primary medical and dental services to the uninsured, low-income population of Chester County.

1. Identify the steps toward transforming health education at WCU (and other universities) to an integrative and recovery oriented framework.
2. Discuss the educational experiences that integrative health care centers are looking for in potential employees today.
3. Define the possible obstacles to educating students across the boundaries of health disciplines and with a recovery/resiliency framework.



SYMPOSIUM PLANNING COMMITTEE

Co-Chairs:

Nadine Bean, Associate Professor, Graduate Social Work
Patricia Davidson, Assistant Professor, Nutrition

Members:

Michelle Belliveau, Chair, Undergraduate Social Work
Casey Borhman, Assistant Professor, Undergraduate Social Work
Page Buck, Chair, Graduate Social Work
Claire Dente', Associate Professor, Undergraduate Social Work
Robin Garrett, Assistant Professor, Nursing, Women and Gender Studies
Stacie Metz, Associate Professor, Health
Barbara Harrison, Associate Professor, Nursing
Donald McCown, Assistant Professor, Health
Christine Moriconi, Assistant Professor, Nursing
Julie Tennille, Assistant Professor, Graduate Social Work Department
Greg Tully, Associate Professor, Undergraduate Social Work

Special thanks to:

Amanda Blue, Outreach Business Manager, College of Health Sciences
Emilee Duckworth, MSW Candidate (December 2014), Graduate Assistant
Rebecca VanderMeulen, Secretary, Graduate Social Work