

Participating Organizations:

- Allegheny HealthChoices, Inc.
- Butler County MH/MR
- Cambria-Somerset Council for Education of Health Professionals, Inc.
- Community Care Behavioral Health Organization
- Fayette County Behavioral Health Administration
- Health and Wellness Association
- Mental Health America of Westmoreland County
- Office of Mental Health and Substance Abuse Services
- S'eclairer-Enlightening Self with Knowledge
- Seton Hill University
- Torrance State Hospital
- Value Behavioral Health of Pennsylvania
- Westmoreland County MH/MR

Mindful Zones: **Secrets to Healthy Life**

Friday, September 17, 2010
8:00 am – 4:45 pm

Chestnut Ridge Inn on the Green
1726 Old William Penn Highway
Blairsville, PA

Course Directors:

Safdar I. Chaudhary, MD
Edna I. McCutcheon, LSW

For **Registration** Visit our Website:
www.cscouncil.com

For Additional Information:
www.seclairer.com

REGISTRATION FORM: Mindful Zones
REGISTRATION DEADLINE: September 3, 2010

Name _____ Discipline _____
Home Address _____
City _____ State _____ Zip _____
Home Phone _____
Place of Employment _____
Address _____
City _____ State _____ Zip _____
Work Phone _____ Email _____

Individual with Disability or Dietary Restriction (Identify Needs)

For Continuing Education purposes, Please check if you should receive:

Category 1 _____ APA _____ SW _____ CEUs _____

Tuition: \$125 Physicians \$90 Other Health Care Providers
 \$50 All State Employees \$40 Family Members & Consumers

Total Tuition Enclosed: _____

Method of Payment: _____ **Check** _____ **Credit Card**
 _____ Mastercard _____ American Express _____ VISA

Name on Card _____

Card Number _____ Exp Date _____

Signature: _____

Make Check Payable To: Cambria-Somerset Council



Mail To: Cambria-Somerset Council

140 Biddle Hall
UPJ, 450 Schoolhouse Road
Johnstown, PA 15904



Phone: (814) 269-2939 Fax: (814) 269-2966 E-mail: jdhoff@pitt.edu

Registration Includes: Registration, conference materials, refreshments, lunch and continuing education credits.

Full tuition must accompany the registration form. No refunds can be issued once the program has begun.

Please return the registration form and tuition by September 3, 2010.

PROGRAM SCHEDULE

8:00 AM **Registration/Continental Breakfast/Exhibits**

8:30 AM **Welcome & Introduction**—*Edna I. McCutcheon, LSW*

8:35 AM **Opening Remarks**—*Safdar I. Chaudhary, MD*

8:45 AM **Offering System of Care Alternatives and Making a Difference in Lives**
Brian Eberts, MD

9:30 AM **Move Naturally: Reinvent How to Exercise**
Safdar I. Chaudhary, MD
Christina Weimer, BS Psychology

10:30 AM **Break**

10:45 AM **Shared Decisions: Power of Effective Communications in Mental Health**
James Schuster, MD
Gail Kubrin, MD

11:45 AM **L Carnosine and Yoga in the Treatment of Schizophrenia**
Roy Chengappa, MD
Vishwajit L. Nimgaonkar, MD

12:30 PM **Lunch** (Boxed Lunch Provided)

1:15 PM **Awards & Music**

1:30 PM **Panel Discussion: Climbing Down the Ladder—Being Stressful to Stress Free**
Facilitators: Sherry Anderson
Lisa Ferris-Kusniar

2:45 PM **Role of the Family & Friends in Fostering Recovery and Resiliency in Children and Adolescents**
Ricardo Stephen Marsili, MDiv

3:15 PM **Break**

3:30 PM **PTSD: Coping After Combat**
Michael Crabtree, PhD
John Dowling, MPM, LTC (USAR)

4:15 PM **Phooey to Food—The Science and Fiction of Nutrition**
Mebernosb Khan, MD

4:45 PM **Best Attendee Prizes, Evaluation, Certificates**

PURPOSE OF CONFERENCE:

This conference will address the practices for enhancing the ability of professionals and individuals to develop preventive health care strategies to lead successful and fulfilling lives. Topics presented will include incorporating community health and wellness; coordination of physical and behavioral health systems; understanding and utilizing principles of living longer and improve quality of health indicators; applying best practices to increase awareness of effective preventive behavioral health approaches for fulfilling life.

WHO SHOULD ATTEND:

This conference is intended for psychiatrists, primary care physicians, psychologists, nurses, social workers, correctional counselors, certified rehabilitation counselors, addiction specialists, mental health professionals, educators, law enforcement specialists, consumers, and family members.

EDUCATIONAL OBJECTIVES:

At the conclusion of this program, participants should be able to:

- describe the alternative systems treatment approaches. (Offering System Alternatives and Making a Difference in Lives)
- plan and promote community based effective preventive care for psychiatric and medical disorders; incorporate best practices; develop strategies and skills to support an individual's psychiatric resiliency. (Move Naturally: Reinvent How to Exercise)
- enhance effective communication in mental health and personal wellness. (Shared Decisions: Power of Effective Communications in Mental Health)
- improve knowledge of complementary approaches in the treatment of Schizophrenia. (L Carnosine and Yoga in the Treatment of Schizophrenia)
- identify techniques to balance life and living in wisdom. (Panel Discussion: Climbing Down the Ladder-Being Stressful to Stress Free)
- identify and build the big picture motivational wellness factors in communities, patients and families for resiliency. (Role of Family & Communities in Fostering Recovery and Resiliency in Children and Adolescents)
- promote understanding for needs of returning veterans challenges-affecting families and individuals; develop mental health care and community approaches for effective management and awareness of mental health disorders in PTSD. (PTSD: Coping After Combat)
- enhance the role of food in promoting healthy living; develop creative strategies and skills to support an individual's dietary needs. (Phooey to Food: The Science and Fiction of Nutrition)

ACCREDITATION

Category 1: The Cambria-Somerset Council for Education of Health Professionals, Inc. is accredited by the Pennsylvania Medical Society to provide continuing medical education for physicians. The Cambria-Somerset Council takes responsibility for the content, quality, and scientific integrity of this CME activity.

The Cambria-Somerset Council designates this continuing education activity for a maximum of (6.5) AMA PRA Category 1 Credits TM. Each physician should only claim commensurate with the extent of their participation in the activity.

Disclosure: Faculty and all others who have the ability to control the content of continuing medical education activities sponsored by the Cambria-Somerset Council for Education of health Professionals, Inc. are expected to disclose to the audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).

Social Workers: Six and one half credit hours of continuing education are provided through co-sponsorship of the University of Pittsburgh School of Social Work, a PA approved provider of social work continuing education. These credit hours satisfy requirements for LSW renewal.

The Cambria-Somerset Council for Education of Health Professionals, Inc. is approved by the **American Psychological Association** to sponsor continuing education for psychologists. The Cambria-Somerset Council for Education of Health Professionals, Inc. maintains responsibility for this program and its content.

CEU'S: This program has been approved for (6.5) six and one half hours by the University of Pittsburgh at Johnstown and the Cambria-Somerset Council for Education of Health Professionals, Inc.

Participants with Disability or Dietary Restriction: Cambria-Somerset Council is committed to making its conferences accessible to all individuals. If you have a disability, and are in need of accommodations, please check the appropriate box on the registration form. Describe any auxiliary aids or services which are needed. If you have a dietary restriction, check the same box on the registration form and describe any food or beverage which is needed.



SPEAKERS

- **Safdar I. Chaudhary, MD**, Faculty, Torrance State Hospital, Associate Professor of Psychiatry, University of Pittsburgh School of Medicine
- **K.N. Roy Chengappa, MD**, Clinical Professor of Psychiatry, University of Pittsburgh
- **Michael Crabtree, PhD**, Principal Investigator CSIP/Professor of Psychology, Washington & Jefferson College
- **John Dowling, MPM, LTC (USAR)**, Director/Military Liaison, Combat Stress Intervention program (LTC, USAR), Washington and Jefferson College
- **Brian Eberts, MD**, Medical Director, Chestnut Ridge Counseling Services, Inc.
- **Gail Kubrin, MD, Medical Director, Turtle Creek MH/MR**
- **Mehernosh Khan, MD**, Family Practitioner Forbes Regional Hospital
- **Ricardo Stephen Marsili, MDiv**, Director, Adolescent Services at S'eclairer
- **Vishwajit L. Nimgaonkar, MD**, Professor of Psychiatry and Human Genetics, Director, Program for Genetics and Psychoses, University of Pittsburgh School of Medicine, Pittsburgh, PA
- **James Schuster, MD**, Medical Director, Community Care Behavioral Health
- **Christina Weimer, BS**, Psychology, Counselor, S'eclairer

PANEL PARTICIPANTS

- **Charles R. Joy, MD**, Child and Adolescent Psychiatrist, Erie, PA
- **Robert M. Hagins**
- **Earl F. Hill**, Western Regional Director, Department of public Welfare, Bureau of Juvenile Justice Services
- **Joan Kramer**, Highmark
- **Edward Malanowsky**



LOCATION

Chestnut Ridge Inn on the Green
Rts. 22 & 119
Blairsville, PA
(724) 459-7191



OVERNIGHT ACCOMMODATIONS

Hampton Inn & Suites, Blairsville, PA 15717— (724) 459-5920
Delmont Holiday Inn Express, Delmont, PA 15626—(724) 468-1050

GENERAL INFORMATION

Attendance Requirements: Program participants should claim only those hours of credit that he/she actually spent in the education activity.

Cancellation and Refund Policy: The Cambria-Somerset Council reserves the right to cancel this program due to lack of registrants. Any participant that cancels their registration is subject to a 30% administrative fee.

Comfort Zone: Please be advised that room temperatures may vary. Please dress accordingly.

COURSE DIRECTORS

Safdar I. Chaudhary, MD
Faculty, Torrance State Hospital
Associate Professor of Psychiatry
University of Pittsburgh School of Medicine

Edna I. McCutcheon, LSW
Chief Executive Officer
Torrance State Hospital

PLANNING COMMITTEE

- Sherry Anderson
- Robyn Brady
- Joan Freda
- Gayle Hinebaugh
- Raymond F. Jacquette
- Jim Kuemmerle
- Lisa Ferris-Kusniar
- Libby Rhoades
- Richard Stillwagon
- Patricia A. Tickle
- Curtis Upsher
- Christina Weimer

UPCOMING EVENTS

Dialectical Behavioral Therapy in Clinical Practice: An Intensive Training
As clinicians are confronted with increasingly complex mental health issues, DBT offers evidence based, highly effective tools for clinical use in most clinical settings. This includes inpatient, outpatient mental health, as well as adult and juvenile forensic settings. This intensive program will provide the participants with review of the Dialectic Behavioral Therapy (DBT) and strategies to implement DBT based treatments in all clinical settings.

- Four Full Day Training Sessions and One Consultation
- **Dates:** Friday, October 1, 8, 22 & 29, 2010 **Consultation:** October 15th
- **Location:** McKinniss Auditorium, Torrance State Hospital, Torrance PA
- **Cost:** \$350 **Credits:** Social Workers, Psychology and CEUs
- **Course Director:** Safdar I. Chaudhary, MD, Clinical Assistant Professor of Psychiatry, School of Medicine, University of Pittsburgh, Staff Psychiatrist, Torrance State Hospital, Medical Director, S'eclairer.

Good Medicine: An Integrative Approach to Healing
What's Got a Hold On Me? The Inner Journey to Healing Addiction
Saturday, October 2, 2010 9:00am—3:30pm

- **Faculty:** Safdar Chaudhary, MD; Haranath Parepally, MD; Gail Kubrin, MD; Donald Valentine, DC, MSW; Athanasius Cherry, MSN, CRNP; Lauri Lang, RD, LDN; Mariangela Mancuso, Yoga Fit Certified.
- **Cost:** \$50
- **For More Information:** Call 412-372-1465 or Visit seclairer.com or Contact Dr. R. Valentine, Registrar, 1212 Harvest Drive, Monroeville, PA