

Expanded Agenda

This expanded agenda provides an overview of session topics, descriptions, and speakers to guide your experience throughout the day's programming.

8:15 AM – 8:45 AM

REGISTRATION & BREAKFAST

Join us for a light breakfast in the ballroom. Take this time to check-in, visit our resource table, and network with the people around you.

8:45 AM – 9:00 AM

WELCOME & OPENING REMARKS

Dr. Linda Snyder, DrPH
Executive Vice President
Title X Project Director
Adagio Health

Dr. Christine Karshin, Ph.D.
Dean, College of Health Professions
Slippery Rock University

Angela Morton, MA, CFRS
Consortium Director, Recovery Is NWPA Grant Projects
Project Manager, NIH R62 Grant
Recovery is Community

9:00 AM – 10:00 AM

KEYNOTE #1 | BALLROOM

Navigating the Crooked Mile to Wellness and Recovery: How Do We Get There from Here?

This session explores the challenges and opportunities involved in addressing problematic substance use and behavioral health concerns that occur in medical and behavioral care settings, using a dignity-centered approach. Discussion will include a focus on the importance of working with community partners and multi-disciplinary providers to address stigma and coordinate care for individuals and families in the crosshairs of this country's drug epidemic, and the value of adopting an integrated approach.

Pam Baston, MPA, MCAP, CPP, CRA
Technical Expert Lead III, *JBS International Inc.*

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Increasing Access to Psychiatric and Substance Use Disorder Care in Western PA: UPMC Children's TiPS and Perinatal TiPS

This presentation will provide an overview of and describe the outcomes of UPMC Children's TiPS (Telephonic Psychiatric Consultation Service), which has been operating since 2016, as well as UPMC Perinatal TiPS, which has been operating since January of 2025. Moreover, it will describe the UPMC Perinatal TiPS doula pathway, which aims to provide support around mental health topics to doulas, who are often at the front lines of caring for vulnerable pregnant and postpartum individuals through monthly educational sessions and the ability to call the access line for support through the Perinatal TiPS Program Director. Attendees will also be introduced to the SMART Choices Program, which is a support program for adolescents in western Pennsylvania (up to age 20) and their families who are concerned about substance use.

Meredith Spada, MD, Medical Director, UPMC Perinatal TiPS, Assistant Professor of Psychiatry, *University of Pittsburgh School of Medicine*

Abigail Schlesinger, MD, Medical Director, Children's TiPS, Clinical Chief, Child & Adolescent Psychiatry and Integrated Care UPMC Western Psychiatric Hospital and Children's Hospital of Pittsburgh, Professor, Psychiatry & Pediatrics, *University of Pittsburgh School of Medicine*

Colleen Gianneski, LCSW, Program Director, Children's TiPS, Perinatal TiPS, *SMART Choices Program*

Shannon Meyers MSN, RN, PMH-BC, CFRS, Outpatient Nurse Coordinator II, *SMART Choices UPMC Children's Community Pediatrics*

Priya Gopalan, MD, Medical Director, UPMC Psychiatry Consultation-Liaison Service, Chief of Psychiatry, Magee Women's Hospital, Associate Professor of Psychiatry and Obstetrics, Gynecology and Reproductive Sciences, *University of Pittsburgh School of Medicine*

Enjoy a short break before breakout sessions begin. Feel free to network, visit the resource table, or take a restroom break.

ROOM 320

1A. From Burnout to Balance: Creating Trauma-Informed Environments that Support Provider Wellness and Integrated Care

This session will focus on caring for caregivers. It will look at how the spaces you work in, the way you show up with one another, and how small daily practices can make a meaningful difference in reducing burnout. Participants will leave with simple, realistic strategies to support wellness, connection, and balance within their integrated care teams.

Dr. Denna Hays, LSW, DSW Assistant Professor of Social Work
Dr. Christopher Streidl, LISW-S, LCSW, PhD Assistant Professor of Social Work
Slippery Rock University

ROOM 323

1B. Beyond the Clinic Walls: How Equine-Assisted Services Support Whole-Person Wellness

Participants will learn about how innovative collaborations between equine programs and behavioral health providers can enhance integrated care, support recovery, and contribute to community-wide strategies addressing the impact of substance use disorders across Western Pennsylvania. It will provide an overview of the Equine-Assisted Service (EAS) continuum, including adaptive riding, equine-assisted learning, and therapy-based models, and outline how these services contribute to wellness through improved emotional regulation, stress reduction, and engagement in care. Participants will also engage in discussion and reflection activities on how EAS can complement other clinical practices, strengthen therapeutic rapport, and reduce stigma within substance use treatment.

Dr. Whitney Angelini, PT, DPT, CTRI, MMES Instructor for the Psychology, Social Work and Recreational Therapy Department, *Slippery Rock University, Storm Harbor Equestrian Center*

ROOM 322

1C. Doula Care: Helping to Improve Care in Rural Communities

This presentation will encompass self-advocacy with an emphasis on evidence-based education, warning signs in pregnancy education, and the improvement of birth outcomes for patients that have limited access to care or education. It will also address what labor support looks like and how doulas can decrease rates of surgical deliveries, as well as a decrease in PP behavioral health issues.

Megan Orris, Certified Perinatal Doula, Certified Breastfeeding Counselor, Lead Doula at UPMC Northwest and Horizon, *UPMC Magee Women's Hospital*

ROOM 319

1D. Invisible Chains: Confronting Stigmatizing Language and Imagery as Barriers to Recovery

This presentation will examine the profound influence of stigmatizing language and imagery as critical barriers to recovery in behavioral health. It will define how stigma, stereotyping, prejudice, and discrimination manifest across various cultural, media, and interpersonal spheres before exploring the historical context of U.S. drug policy and its role in shaping societal perceptions. A core focus of the presentation will be on distinguishing between stigmatizing and person-first language, providing concrete examples of non-stigmatizing alternatives. The session will also address the impact of imagery in perpetuating stereotypes within clinical, correctional, and public health settings. Attendees will gain a deeper understanding of these "invisible chains" and learn practical strategies to challenge and reduce stigma, fostering a more supportive environment for individuals in recovery.

Rachel Shuster, BSN, RN, CARN, CAAP, FIAAN, Addiction Specialist | Behavioral Health, *Highmark Inc.*

ROOM 315
THEATER

1E. Developing Animal-Assisted Programs

Participants will gain insight into the emerging, beneficial specialty practice of animal-assisted social work. Practical knowledge of interventions and implementation with individuals and groups will be shared. Animal-assisted interventions offer effective treatment with a variety of populations and conditions, yet many social workers fail to utilize this intervention due to a lack of knowledge. This session will assist practitioners in recognizing the benefits while also gaining valuable knowledge and skills on how to integrate therapy dogs in their practice settings, both with individuals and groups. Programs and recommended policies will be shared to help participants leave with concrete resources to implement a therapy dog program.

Dr. Yvonne Eaton-Stull, DSW, LCSW Associate Professor of Social Work
Faye Butterbaugh & Isabella Louise, Slippery Rock University MSW Students
Slippery Rock University

12:15 PM – 1:00 PM

LUNCH

Join us for a boxed lunch in the ballroom. Take this time to reflect about the morning sessions, visit our resource table, and network with the people around you.

ROOM 320

2A. You Are Not Alone: A Multipronged Approach to Family-Centered Care

This session will focus on sharing the strategies and successes of the ABC Life Center and how it empowers women, children and families to be the best they can be. The center is a non-profit pregnancy resource center that serves families within the Northwestern PA rural community. Services start with the positive pregnancy test and continue until the child graduates at 4 years old. Participants will learn about the center’s multifactorial approach and its six goals to equip families in parenting, relationships, nutrition, spirituality, finances, and employment/life skills.

Dr. Elise Somers, PA-C, DHSc Associate Professor, ABC Life Center Board Member
Slippery Rock University

ROOM 319

2B. Foundations of Infant Mental Health: Strengthening Bonds, Supporting Recovery

Early relationships are powerful drivers of health, shaping brain development, emotional regulation, and long-term recovery. This session offers a clear overview of infant mental health and attachment, emphasizing how caregiver wellbeing directly influences infant wellbeing — and vice versa. We will examine the role of trauma, stress, and substance use in early relational health and discuss how nurturing caregiver–infant connections can support healing for families affected by the opioid epidemic. Attendees will gain a practical framework for integrating infant mental health principles into rural health and recovery services.

Jennie Cole-Mossman LIMHP, IMH-E Technical Expert Lead
JBS International Inc.

ROOM 322

2C: Building Comprehensive Perinatal Recovery Programs in Addiction Medicine - Clinical Design, Ethical Considerations, and Implications for Practice

Pregnant and postpartum individuals with substance use disorders (SUD) experience disproportionate morbidity and mortality, driven in part by fragmented care, stigma, and the use of coercive or punitive practices within healthcare systems. This presentation explores the clinical design and ethical considerations essential to effective perinatal recovery programs in addiction medicine. Attendees will learn about key programmatic elements associated with successful integrated perinatal recovery models which, include multidisciplinary staffing structures, clearly defined clinical workflows, and the intentional inclusion of peer recovery support specialists.

Samantha Hartle BSN, RN, CARN, FIAAN, CRS Nurse Navigator
UPMC Magee-Womens Pregnancy & Womens Recovery Center (PWRC)
UPMC Perinatal Addiction Consultation & Education Services (PACES)

ROOM 323

2D. Supporting Servicemembers, Veterans, and their Families in Community Health Settings

Military-affiliated individuals and their families face unique physical, mental, and social health challenges that require coordinated, culturally competent care within community settings. This session outlines strategies currently being implemented by the Pennsylvania Governor’s Challenge Team and examines approaches to bridge the gap between the military, VA, and civilian healthcare systems. Key strategies include the implementation of collaborative care models, the integration of a standardized veteran status question, the use of communities of practice to identify and fill knowledge gaps, and the adaptation of existing healthcare frameworks to meet the specific needs of veterans and their families. By emphasizing evidence-informed practices and interprofessional collaboration, the presentation provides actionable insights for healthcare providers, policymakers, and community organizations aiming to enhance the health and well-being of military-connected populations.

Patti Tanner, MA Veterans Mental/Behavioral Health Subject Matter Expert
Team Lead, PA Governor’s Challenge
PA Department of Military and Veterans Affairs | Bureau of Veterans Programs

ROOM 315
THEATER

2E. Animal-Assisted Crisis Response

Human service professionals are increasingly needed to respond to traumatic situations, including shootings, disasters and other incidents of mass violence. Animal-assisted crisis response (AACR) is an emerging, specialized intervention for individuals impacted by crises. These specially trained, skilled and evaluated teams (handler and canine) offer unique options for human service practitioners to utilize the human-animal bond to facilitate effective interactions and promote recovery following traumatic events. Benefits of this intervention, along with case studies, will be shared to illustrate application of this specialized form of crisis intervention. Attendees will be able to identify how to utilize AACR in their work and access these valuable volunteer teams to assist clients in the aftermath of crises.

Dr. Yvonne Eaton-Stull, DSW, LCSW Associate Professor of Social Work
Kelsey Goodwin & Callie Kossan, Slippery Rock University MSW Students
Slippery Rock University

2:00 PM – 2:15 PM

BREAK

Refresh, stretch, and prepare for the remainder of the afternoon programming.

ROOM 319

3A. Food & Housing as Health Integrated Care:
A Whole-Person Model in Rural Butler County

The Lighthouse Foundation, a faith-based nonprofit headquartered in Butler County, has spent over four decades meeting these needs through a whole-person model that treats food and housing as foundational healthcare. This session explores how their community-based integration—linking a large-scale food pantry, transitional housing, financial education, and faith-driven mentorship—has measurably improved the stability and well-being of individuals and families. Attendees will gain insight about practical tools and partnership strategies for blending social care and health outcomes within the constraints of rural systems.

Devin Cunningham, BSW Director of Housing, *The Lighthouse Foundation*
Erin Cioffi, MS Development Director, *The Lighthouse Foundation*

ROOM 323

3B. Bridging Health and Justice

This session will provide an integrated approach to improve the outcomes of individuals involved in both the health and justice systems, with a special focus on supporting pregnant women with opioid use disorder (OUD). Participants will explore how coordinated communication, shared goals, and cross-system collaboration can enhance care across law enforcement, courts, corrections, and community health partners. The session highlights practical strategies for improving continuity of care, reducing system gaps, and promoting trauma-informed, person-centered practices.

Ann Wing, MSW Technical Expert Lead, *JBS International Inc.*

ROOM 320

3C. Knowing Your Community

This session will explore ‘ways of knowing’ the communities we serve and how we, as service providers, can cultivate meaningful engagement with individuals and families that will contribute to more equitable health outcomes. Research indicates that populations that experience health disparities related to systems of care and engagement in care, are more likely to experience secondary negative consequences that limit client engagement and impede recovery. Attendees will gain insight into how organizational practices and strategic partnerships can improve client engagement and increase the likelihood of sustained recovery. This session will offer a refreshed conceptual framework for knowing and serving special populations (as defined by SAMHSA including women, LGBTQ, veterans, individuals living in poverty) and provide practical tools to implement compassionate, trauma informed services.

Sandra Soloski MA, Special Projects Senior Manager, *Adagio Health*

ROOM 322

3D. From Distress to De-stress: A Sampling of Recreational Therapy Interventions to Educate on Problem-Focused and Emotions-Focused Coping Skills in Behavioral Health Settings

Coping skill education is essential for clients’ holistic health and wellbeing during treatment in behavioral health settings. Recreational therapy is a goal-oriented, complementary therapy approach that utilizes leisure and preferred activities to reach clients’ therapy goals. One of the staples of recreational therapy practice within behavioral health settings is coping skill education. Therefore, this session will feature a sampling of recreational therapy interventions implemented in group settings to educate on coping skills. Interventions will address both problem-focused and emotions-focused coping skills. The presentation will be overall interactive in nature, and participants will be able to reflect on implications to their specific practice areas by the end of the session.

Dr. Kaitlin E Mueller, PhD., LRT, CTRS Assistant Professor of Recreational Therapy
Slippery Rock University

ROOM 315
THEATER

3E. Animal-Assisted Substance Use Treatment

Participants will learn how therapy dogs enhance substance use treatment. Therapy dogs can help to foster strong therapeutic alliances between practitioners and the individual in substance use treatment. Animal-assisted interventions can be utilized to enhance self-care and relapse prevention skills to help clients be successful in their recovery journey. Intervention ideas and application will be demonstrated so practitioners can have specific take-aways to utilize in their settings.

Dr. Yvonne Eaton-Stull, DSW, LCSW Associate Professor of Social Work
Christie Denniston & Benjamin Porter, Slippery Rock University MSW Students
Slippery Rock University

3:15 PM – 3:30 PM

BREAK / SNACK

Enjoy a brief snack break before the final breakout session begins.

ROOM 322

4A. A Journey Toward Integrated Care

This session explores practical strategies for implementing integrated care activities in a community-based nonprofit across a diverse geographic region to address the complex needs of individuals and families. By leveraging lessons learned, attendees will see how integrated care activities can be adapted to fit unique workflows. Attendees will explore strategies for addressing social determinants of health in integrated care frameworks and how partnerships with local organizations and creative use of technology can bridge gaps in access and improve outcomes for communities. This presentation will also identify key operational components, referral pathways, billing workflows, and staff training protocols that support compliance and efficiency.

Natalie Catalano, Chief of Clinical Operations
Marla Breitbarth, MS, LDN, RDN, Nutrition Operations Manager
Dr. Linda Snyder, DrPH, Executive Vice President and Title X Project Director
Allison Clevenger, MPH Vice President Disease Prevention & Special Programs
Adagio Health

ROOM 319

4B. The Consortium Model: Integrating Care and Social Determinants of Health

This session explores how a regional consortium model integrates care and social determinants of health (SDOH) to better support individuals with mental health and substance use concerns. Participants will learn how cross-sector partnerships, coordinated screening and referrals, and community-based supports can strengthen engagement, reduce fragmentation, and improve recovery-oriented outcomes. Practical examples will highlight how nurses and behavioral health providers can incorporate SDOH-informed approaches into everyday practice.

Angela Morton, MA, CFRS Consortium Director, Recovery Is NWPA Grant Projects
Project Manager, NIH R62 Grant,
Recovery is Community

ROOM 323

4C. Animal-assisted Support for Grief & Loss

Grief and loss are universal and significant life events, but for many folks they may not get to process their grief/loss. Unresolved grief can lead to a host of other difficulties, including prolonged grief disorder; therefore, practitioners have a critical role in assisting those experiencing loss. This presentation will describe innovations in animal-assisted treatment for grieving individuals, including application of Worden’s tasks of grieving.

Dr. Yvonne Eaton-Stull, DSW, LCSW Associate Professor of Social Work
Ann Beckel & Jenifer Rune, Slippery Rock University MSW Students
Slippery Rock University

ROOM 320

4E. Empowering Mind, Body, and Baby: Integrating Behavioral Health into Perinatal Care

This session will spread awareness about perinatal mental health in an integrated health setting. Presenters will educate participants on the Healthy Women for Life program as it pertains to behavioral health. Participants will learn about evidence-based interventions and perinatal screeners that the presenters use in their own clinical practice. By attending, participants will gain valuable insight into how perinatal clients are supported by behavioral health clinicians in an integrated health setting.

Julia Evans, MS, CHES Care Navigator
Blaine Shindel, LSW Behavioral Health Clinician
Adagio Health

ROOM 315
THEATER

4D. Animal-Assisted Support for Criminal Justice Involved Individuals

Participants will learn about various animal-assisted interventions being provided in prisons. This will include a brief overview of prison programs, including service dog training programs, shelter dog socialization, and animal-assisted intervention. Benefits of using animal-assisted therapy for those within secure settings will be shared. This presentation will focus on group therapy strategies to assist incarcerated individuals with mental health issues. Session topics and therapeutic strategies will be discussed to facilitate participant understanding of how to integrate therapy dogs into group therapy. Lessons learned from working within this secure institution will be offered to provide insights for those considering this treatment modality. Finally, benefits from these groups will be shared to demonstrate the utility of animal-assisted groups in prison.

Dr. Yvonne Eaton-Stull, DSW, LCSW Associate Professor of Social Work
Kylie Smith & Emily Switala, Slippery Rock University MSW Students
Slippery Rock University

The Way Forward: Integrated Care Symposium is hosted by:



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