



Fairmount Behavioral Health System, located on a spacious 27-acre wooded campus, is a peaceful, therapeutic environment for patients and families. For over 80 years, Fairmount has been a major

regional resource for children, adolescents and adults who have psychiatric, behavioral or addiction problems. Fairmount is fully accredited by The Joint Commission.

Fairmount provides acute inpatient psychiatric and dual diagnosis, residential drug/alcohol detoxification and rehabilitation, and acute partial hospitalization programs.

REGISTRATION FEES

\$20 per Lecture (*received 10 days before lecture date*)

\$30 per Lecture (*late registration and at the door*)

\$65 to attend all Lectures (*paid in advance*)

Lectures to be held at Fairmount Behavioral Health System

Registration and breakfast- 8:00am-8:30am

All programs will start promptly at 9:00am

Make checks payable to:

Fairmount Behavioral Health System

Send payment to:

Fairmount Behavioral Health System

ATTN: Megan Early

561 Fairthorne Avenue, Philadelphia, PA 19128

Register on-line:

www.fairmountbhs.com

Any questions, please call (215) 487-4030

Directions:

From Center City and areas South:

Take I-76W (Schuylkill Expressway) to Exit 338. This exit is Green Lane/Manayunk/Roxborough. (If driving from areas south, take I-95N to I-76W). Departing ramp, bear right onto Green Lane. Go 0.9 miles, crossing over a bridge and up a hill. At the traffic light, turn left onto Ridge Ave. Go 0.9 miles, past 5 traffic lights (will pass CVS/Wawa on the right) and turn right at the Shoprite onto Liveley Street. Go 0.2 miles and bear right at the stop sign onto Valley Avenue. Our driveway will be 0.1 miles further on the right.

From South Jersey:

Take the Benjamin Franklin Bridge to 676 West (Vine St. Expressway). Follow I-676 to exit for I-76 West. Follow directions above from I-76 West. OR, Take the Walt Whitman Bridge. Cross the Bridge onto I-76 West (Schuylkill Expressway). Follow directions above from I-76 West.

From PA Turnpike, Blue Route or Montgomery County:

(From the Northeast Extension: Take I-476 South to PA Turnpike I-276 West.) Take the PA Turnpike to Exit 333-Norristown Exit. After going through toll booth, immediately, depart ramp onto Germantown Pike East. At first traffic light, make right onto Chemical Road. Follow Chemical Road to Ridge Pike. Turn left onto Ridge Pike. [If taking the Blue Route, take I-476 North to Exit 18A (Conshohocken). From 18A, make a right onto Ridge Pike]. Continue on Ridge Pike for approximately 4 miles. Pass Andorra Shopping Center and at fork in road, bear left onto Henry Avenue. Go 1.8 miles and make a right onto Valley Avenue. Make the first left into our driveway.

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Fairmount
Behavioral Health System

561 Fairthorne Avenue, Philadelphia, PA 19128



Fall 2011 Lecture Series:

Friday, Sept. 23, 2011 • 9:00am - 12:15pm

Ethics and Boundaries for Social Service and Behavioral Health Care Professionals

— *Chuck McLister, MBA, CAC, CCS*

Friday, Oct. 7, 2011 • 9:00am - 12:15pm

The Brain as an Obstacle for Recovery

— *Dr. Christopher Davis, DO, CAADC*

Friday, Oct. 21, 2011 • 9:00am - 12:15pm

Contemporary Perspectives on Psychopathology

*Advances in the Treatment
of Schizophrenia - Where We
Were and Where We are Going*

— *Dr. Silvia Gratz, DO*

Psychopathology in Film

— *Dr. Jasmine Gill, MD &
Dr. Michael Cohen, MD*

Friday, Nov. 4, 2011 • 9:00am - 12:15pm

Gender-Specific Approaches with Girls and Women: Translating Research into Practice

— *Alyssa Benedict, MPH, Executive
Director, CORE Associates, LLC*

All Lectures to be held at Fairmount Behavioral Health System
Three (3) continuing education hours have been applied for with the PA Chemical Abuse Certification Board; PA State Board of Social Workers, Marriage and Family Therapists and Professional Counselors and the PA State Board of Nursing.

Friday, September 23, 2011
9:00am - 12:15pm

Ethics and Boundaries for Social Service and Behavioral Health Care Professionals

Charles S. McLister, CEO, Fairmount BHS

Participants understand ethical principles and processes, identify self risk factors, and to practice transparency and engage in supervision that minimizes the aggregate exploitation of clients and the occurrence of adverse ethical violations. Participants will:

- briefly discuss the history of ethics and be able to identify the three major approaches to ethical problem solving.
- demonstrate an understanding the concepts of the slippery slope, our clinical fiduciary responsibilities, and the nature of concurrent and consecutive dual relationships.
- understand basic ethical principles and how ethical dilemmas develop.
- learn to self-monitor and to use professional support and formal supervision to avoid ethical violations.
- be able to distinguish between boundary crossings and boundary violations.
- discuss the exploitation of clients/patients, myths associated with sexual abuse, & steps to minimize patient exploitation.

Friday, October 7, 2011
9:00am - 12:15pm

The Brain as an Obstacle for Recovery

Dr. Christopher Davis, Staff Physician, New Insights, Lemoyne, PA

This training will review the neurobiology of addiction in a way that will be clinically relevant. The role of the "reward pathway" in the development and maintenance of addiction will be presented. Common neurotransmitters, affecting drug/alcohol use, and resulting consequences of their altered levels, will be reviewed. Brain alterations as a result of chronic drug and alcohol use and its impact on treatment and the recovery process will be addressed. Denial and techniques to work through it will be discussed. Participants will also gain a better understanding of neurological damage that can result from drug and alcohol use and how it can affect treatment. Screening for cognitive impairment using the mini-mental status exam and how to work with the cognitively impaired client will also be presented.

Friday, October 21, 2011
9:00am - 12:15pm

Contemporary Perspectives on Psychopathology

Advances in the Treatment of Schizophrenia - Where We Were and Where We are Going

Dr. Silvia Gratz, Chief Medical Officer, Fairmount BHS

The ultimate goal of treatment for any illness is not just the remission of symptoms, but a full functional recovery from that illness. Schizophrenia is no exception. Recovery requires effort on the part of patients and support from caregivers to bypass societal barriers and reach functional objectives. Clinicians must learn strategies to achieve functional remission, consistently measure functional change in their patients and work with patients to raise the bar toward functional remission. Although there are several treatments for schizophrenia numerous individuals continue to experience the wide range of symptoms with which many patients present. Individuals will be able to distinguish benefits and risks of various pharmacological therapies in the treatment of Schizophrenia and to provide strategies for use in clinical practice. Participants will distinguish among efficacy and effectiveness profiles of different anti-psychotics to optimize treatment selection, be able to individualize treatment for patient with schizophrenia and implement strategies (pharmacologic and non-pharmacologic) to measure functional change.

Psychopathology in Film

Dr. Jasmine Gill, Medical Director of the Partial Hospitalization Program, Fairmount BHS

Dr. Michael Cohen, Medical Director, Chemical Dependency Services, Fairmount BHS

Film has a way of communicating emotion in a way that is unique and different from any other art form and has indisputably had an influence on modern society. Hollywood's depiction of psychiatrists and their treatment methods have varied through the decades, constantly influencing the public's perception of psychiatry and willingness to seek treatment. By the help of cinematic effects and watching skillfully prepared movies, people can also see the world from the eyes of the mentally ill. Mental illness will continue to be a controversial, yet, fascinating topic in film throughout the years.

Friday, November 4, 2011
9:00am - 12:15pm

Gender-specific Approaches with Girls and Women: Translating Research into Practice

Alyssa Benedict, MPH, Executive Director, CORE Associates, LLC

Including exciting new information from the fields of psychology and neuroscience, this workshop will provide participants with foundational research and theory regarding the importance of and benefits of gender-specific programming and approaches with females. It will include information on the science of connection and healing, the developmental and experiential pathways of system-involved females, and practical skills that practitioners can immediately apply to their work settings.

Historically, research on effective services and interventions has been conducted with primarily male participants. Consequently, many treatment and service methods have been oriented to males' needs and fail to consider the specific dimensions of female development and behavior. Because of this, females' unique service needs have been neglected, and their potential to succeed in programs is often not fully realized. This training will provide participants with an introduction to female psychosocial development and the concept of and need for gender-specific programming as well as more focused and practical information on effective interventions with females, best practices in gender responsive programming, and essential components of gender responsive programs.

This lecture will specifically focus on the following concepts: Overview of the impetus for and characteristics of the national movement to provide gender-specific and trauma-informed services and interventions to females

- Overview of female psychological development, including socialization, relational abilities and relational aggression, female identity development and patterns of healing
- Overview of females risks, strengths and needs (including those related to gender, class and ethnicity)
- Overview of the intersection between gender, class, trauma, and mental health
- Overview of the science of connection, trauma and healing
- Overview of the assumptions of gender-specific approaches and the research and best practice based principles of gender-specific programming and interventions
- Review of the @Five CORE Practice Areas of Gender Responsiveness (Benedict, 2005)
- Overview of applications of gender-specific programming principles and methods through targeted program/service components using the @CORE Gender-specific Programming Assessment