

**19TH ANNUAL
DAY OF “SELF” DISCOVERY
CONFERENCE**

**CARAVAN TO WELLNESS:
JUST FOR THE HEALTH OF IT!**



**Thursday, June 6, 2019
Rodef Shalom
4950 Fifth Avenue
Pittsburgh, PA 15213**

SPONSORED BY:

**Allegheny County Dept. of Human Services/Office of Behavioral Health
Community Care Behavioral Health Organization
Allegheny Health Choices, Inc.
Peoples Oakland
Multicultural Outreach and Education Committee
Mathilda Theiss Early Childhood Behavioral Health**

Conference Planner:

UPMC Western Psychiatric Hospital (WPH)/OERP

WELCOME!

The Day of “SELF” Discovery Conference is held each year to celebrate individuals who are involved in their own personal Recovery Journey! This Conference serves as a way to learn tools to help promote Recovery, learn about available resources and services, share experiences related to personal recovery journeys, as well as a time to network and renew friendships made in previous years at the Conference. Ultimately, this Conference is held each year to celebrate the infinite possibilities that lie within each of us!

The 19th annual Day of “Self” Discovery Conference, “Caravan To Wellness: Just For The Health Of It!” will focus on knowledge and awareness to improve the overall mental and physical wellness of conference attendees. In addition to some very stimulating workshops and presentations, the conference includes continental breakfast, lunch, raffles and prizes as a part of the day’s activities. The Joyce King “EveryDay People” Award will be highlighted during the lunch break. Joyce King believed strongly that people who receive behavioral health and/or addiction services should have a voice in their treatment and that their voices must be heard! The conference will also include a Recovery Panel Presentation.



The Multicultural Outreach & Education (MOE) co-founders would like to “THANK” all conference attendees, sponsors and the Planning Committee for their contributions to making the 19th Annual Conference a SUCCESS!

KEYNOTE SPEAKER

Gab Bonesso is a Pittsburgh comedy veteran who pioneered the city's alternative-comedy scene. In 2004, after graduating from Duquesne University with a degree in Theater Arts, Gab created underground comedy rooms at Club Cafe and Brillobox as an alternative to comics who didn't fit into the traditional comedy club scene.

Gab Bonesso is a national mental health advocate, renowned performer, comedian, musician, and motivational speaker, best known for her award-winning school assembly programs and concert appearances. Gab's musical-comedy education programs have been featured in over 800 community locations across fifteen U.S. States, directly engaging over 400,000 kids & teens.

Gab Bonesso is an award-winning standup comedian, columnist, actress and children's performer. She has won the title “Best Comedian in Pittsburgh” three times: twice voted by the readers of Pittsburgh City Paper and once voted by the readers of Pittsburgh Magazine.

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AGENDA

Thursday, June 6, 2019

- 8:30 a.m.** Registration & Continental Breakfast
- 9:30 a.m.** Welcome & Early Bird Raffle
- 10 – 10:45 a.m.** Keynote Presentation: Gab Bonesso
- 10:45 – 11 a.m.** BREAK
- 11 -12 noon** WORKSHOP SESSION I
- A. Ease Your Mind-Relax Your Body:** Sarah Goldstein, BSJ, CPS, Community Care
Erin Commendatore, MAED/CN, Community Care
 - B. Healthy Cooking:** Darah Thompson, OMNI Health & Wellness, LLC
 - C. Mental Health Advanced Directives:**
Kierston Parham, UPMC Western Psychiatric Hospital
 - D. Telling Your Recovery Story:** NAMI Keystone Pennsylvania
 - E. Smoking Cessation:** Dr. Jaspreet Brar, MD, Community Care
 - F. Art Party Pittsburgh****
- 12 – 1:15 p.m.** Lunch and Raffles,
Joyce King Award & Special Presentation Award
Musical Presentation (Ukulele): Jaime Cummings
- 1:15 – 2:00 p.m.** Recovery Panel
- 2 – 2:15 p.m.** Break
- 2:15 – 3:15 p.m.** WORKSHOP SESSION II
- G. Pet Therapy(Cat Peanuts):** Jen Ritchey, MA, Peoples Oakland
 - H. Parenting Tools:** Melissanne Myers, M. Div., MTS, CPRP & CPS
 - I. Mental Health Advanced Directives:**
Kierston Parham, UPMC Western Psychiatric Hospital
 - J. Music Party:** Robert Miller, UPMC Western Psychiatric Hospital
 - K. Work/The Joy of Recovery:** Elise Barr & Julia Valles, Peoples Oakland,
June Kelley, AHEDD
 - L. Art Party Pittsburgh****, Nikki Pushkar
- 3:15 – 4 p.m.** Acknowledgements, Door Prizes & Evaluations

****Attendance is limited. Choose an alternate choice in case workshop is full.**

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Chair Person:

Willina Walker

Multicultural Outreach & Education (MOE) Co-Founder

Matilda Theiss



Committee Members:

Elise Barr

MOE Co-Founder, People’s Oakland

Delores Burgess

MOE Co-Founder, Matilda Theiss

Wilma Sirmons

MOE Co-Founder, People’s Oakland

Curtis Upsher, Jr.

Community Care Behavioral Health Organization

Aurelia Carter

Allegheny County Dept. of Human Services

Melissa Medice

Allegheny County Dept. of Human Services

Justin Hasson

People’s Oakland

Julia Valles

People’s Oakland

Keirston Parham

UPMC Western Psychiatric Hospital

Ralph Hughes

UPMC Western Psychiatric Hospital

Sara Levine Steinberg

NAMI Keystone Pennsylvania

Nixa Cowen

Mon Yough Community Services

Ann Harris

Volunteer/Community

Doreen Barkowitz

UPMC Western Psychiatric Hospital/OERP

Nancy Mundy

UPMC Western Psychiatric Hospital/OERP

Topaz Calloway

Allegheny Health Choices, Inc.

REGISTRATION FORM (P111)
Day of "SELF" Discovery Conference
CARAVAN TO WELLNESS: JUST FOR THE HEALTH OF IT!
June 6, 2019

Name:

Address:

Phone:

Email:

Agency/Program Affiliation (if any)



Please circle your workshop choices. Please fax or mail registration to Nancy Mundy. Phone registrations cannot be accepted.

Session I: 11:00 – 12:00 A B C D E F** **Alternate, if filled _____**

Session II: 2:15 - 3:15 G H I J K L** **Alternate, if filled _____**

Check if vegetarian meal is needed.

Special Needs: Please notify us at least two weeks in advance of any special needs.

Please return registration form by mail or fax before May 30, 2019 to:

WPH/OERP
Attn: Nancy Mundy
3811 O'Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213
Fax: 412-204-9110

***At the conclusion of the Day of "Self" Discovery Conference, Peer Support Specialists are awarded 4.5 hours of recovery focused continuing education credits.