

2024 Virtual STAR-Center Conference

May 10, 2024

Will be held virtually via ZOOM

INFORMATION TO BE INCLUDED IN CONFERENCE PROGRAM
 (Please complete and return to Jamey Covaleski no later than December 4th)

Name, Credentials, Position Title	Karla Joyce, LCSW, Research Operations Coordinator Kelsey Bero, LPC, NCC Behavioral Health Therapist III
Affiliation:	UPMC Western Psychiatric Hospital STAR-Center
<p>Please Provide a Brief Bio (Also please attach a copy of your CV)</p> <p>Karla Joyce is a licensed clinical social worker who has been working in the field of adolescent mental health for more than a decade. Karla currently serves as the Research Operations Coordinator for the STAR Research Department, where her work primarily focuses on adolescent mental health and suicide prevention research. She has also served as the clinical interventionist on the Transdiagnostic Sleep and Circadian Intervention Program.</p> <p>Kelsey (Johnson) Bero officially joined the STAR team as a therapist in June 2018. Prior to joining STAR as a therapist, Kelsey completed a year-long internship at STAR as a Graduate Intern. As a therapist at STAR, Kelsey continues to assess new patients and provide individual and group therapy at STAR. She also helps manage STAR's Intensive Outpatient Program (IOP) and assists in STAR Center's measurement-based care initiatives to improve clinical decision-making and patient care.</p>	
<p>Skill Development Workshop (1 hr. and 15 min session (includes Q&A)) Title of Presentation (As you would like it to appear in conference program)</p> <p>“You Snooze, You Lose! Tools for Adolescent Sleep Health”</p>	
<p>Description (Please describe your presentation in 50 words or less as you would like it to appear in the conference program)</p> <p>This workshop will provide information regarding adolescent sleep health and introduce strategies based on Transdiagnostic Sleep and Circadian Intervention (TransS-C) that can be implemented for youth experiencing sleep difficulties. Attendees will be introduced to specific tools and strategies for enhancing motivation and implementing change for adolescents’ sleep health.</p>	
<p>Level of Presentation (Select one) (This applies to workshops only)</p> <p>Introductory <input checked="" type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/></p>	
<p>Learning Objectives: (Please list 3)</p>	

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

1. Understand the etiology of sleep and circadian rhythm in adolescents
2. Describe specific tools for addressing common adolescent sleep concerns
3. Implement basic sleep health strategies for improving mental health and overall wellness

FOR ACCREDITATION PURPOSES PLEASE PROVIDE:

Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation. (See next page).

Publications must be listed in American Psychological Association (APA) Style (see www.apastyle.org for more information).

APA format for journal article citation:

Author last name, Author first initial. Author Second Initial. (Publication Year). Title of article. *Title of Journal*. volume(issue) (if issue numbered), pages.

1. Hamilton, J. L., Tsypes, A., Zelazny, J., Sewall, C. J. R., Rode, N., Merranko, J., Brent, D. A., Goldstein, T. R., & Franzen, P. L. (2023). Sleep influences daily suicidal ideation through affective reactivity to interpersonal events among high-risk adolescents and young adults. *Journal of child psychology and psychiatry, and allied disciplines*, 64(1), 27–38. <https://doi.org/10.1111/jcpp.13651>
2. Asarnow, L. D., Soehner, A., Dolsen, E., Dong, L., & Harvey, A. G. (2023). Report from a randomized control trial: improved alignment between circadian biology and sleep-wake behavior as a mechanism of depression symptom improvement in evening-type adolescents with depressive symptoms. *Journal of child psychology and psychiatry, and allied disciplines*, 64(12), 1652–1664. <https://doi.org/10.1111/jcpp.13880>
3. Goldstein TR, Franzen PL. A Comprehensive Review of the Literature on Sleep Difficulties and Suicidality in Youth to Inform an Integrative Developmental Model and Future Directions. *Curr Sleep Med Rep*. 2022 Mar;8(1):1-19. doi: 10.1007/s40675-022-00222-9. Epub 2022 Mar 3. PMID: 36274826; PMCID: PMC9586157.

If there is more than one presenter, please complete only one form and include information for each presenter. Please send a CV, COI form and AV form for each presenter.

Please e-mail your completed form, along with your CV, to me at covalskijj@upmc.edu by Monday, December 4, 2023