

## Supporting Student Clubs & Organizations:

The Mindfulness Club  
The Self-Care Club  
Primary Care Progress

*Logo Design By:*  
Beverly Brill



## The IHC Committee:

This conference would not have been possible were it not for the tireless efforts put forth by these students. We are so grateful to have such driven and passionate individuals at this college.

John Della Porta

Alexandria Muench

Brooke Trettin

Nupur Nischal

Christina Lee

Anna Leigh Jamison

Holly Brizell

Mark Cassano

## Special Thanks To:

Mark Cassano, M.S. for envisioning a more united, biopsychosocial approach to healthcare education, to the IHC Committee for making this vision a reality, to the Student Government Association for their support, to John Costa and Student Affairs for their time and expertise, and to all others involved in making 2014's IHC a success.

Questions? Comment? Suggestions?  
Email us at [pcomihc@gmail.com](mailto:pcomihc@gmail.com)

The Student Government Association Presents:

# The 1<sup>st</sup> Annual PCOM Integrated Healthcare Conference



## A Team-Based Approach to Patient-Centered Wellness

March 15<sup>th</sup>, 2014



## Welcome

Hello and Welcome!

The Student Government Association of PCOM is proud to welcome you to the first annual Integrated Healthcare Conference. This conference aims to provide students, faculty, and practicing professionals an opportunity to learn how shifting to a holistic, patient-centered approach can lead to improvements in both the quality of care and overall treatment outcomes. It is the goal of the conference to provide participants with exposure into the interdisciplinary team-based treatment models and foster inter-professional collaboration between different healthcare providers. Attendees will learn how different human services approach healing, and how each can be utilized in a primary care setting to provide a more comprehensive approach to treatment. We hope that you enjoy the event, and will continue to approach each new challenge with an open mind and a passion for improving the wellness of our present and future patients.

Wishing you the best,

The PCOM SGA and the IHC Committee

**Please Note:** A free lunch will be provided on the second floor mezzanine of Evans Hall at 12:45 PM.

If you are interested in entering a raffle for some amazing prizes, please collect a raffle ticket after every lecture you attend and deposit them in the prize bin of your choice located in the lobby of Evans Hall. The winner will be announced following the conference at 6:00 PM. You do not need to be present to win!



## Breakout Series 2

### **Constance A. Mulhern, R.N., MSN, FNP-BC:**

Constance Mulhern graduated with her BSN from Villanova University and received her MSN and Post Graduate Certificate from the University of Pennsylvania. She has since worked at UPENN for 34 years in the Emergency Department and at the Philadelphia VA in Emergency Medicine/Occupational Health. Continuing to give back, she is a clinical preceptor for the Adult-Gero NP program, and a lecturer in the Department of Biobehavioral and Health Sciences and School of Nursing at UPENN. Attend her session on *Low Socio-Economic Status Challenges in Care Coordination*.

### **Christopher Pitsch, D.O.:**

Currently a Fellow in Geriatric Medicine at PCOM, Dr. Christopher Pitsch is a Family Medicine Physician who graduated from WVSOM and completed his Family Medicine Residency at Aria Health while serving as Chief Resident. Dr. Pitsch will be leading *Hospice and Palliative Medicine: Where We Are Now and Ideas for the Future*.

### **Dionne Delgado, M.S.W.:**

Dionne Delgado is the Injury Prevention Coordinator for the Healing Hurt People program at the Drexel University College of Medicine. Her work began in NYC as she advocated for housing for homeless men diagnosed with drug dependence and mental illness. She also spent time working as a community director for people with HIV/AIDS, providing support and care management. Dionne received her BA in Philosophy from Mount Holyoke College and her MSW from the University of Pennsylvania. Attend her session on *Caring for Trauma Survivors with a Multidisciplinary Team*.



## Breakout Series 1

### Stephen Jacobs, M.D., FAAP:

Dr. Stephen Jacobs completed his medical degree and Pediatric Residency at the University of Medicine and Dentistry, Newark Campus. He has since worked at the Central Maine Medical Center specializing in Pediatrics and Adolescent Medicine for 28 years. Four time winner of the Teacher of the Year Award by the Central Maine Medical Center Family Practice Residency, PCOM is honored to have Dr. Jacobs present *ADHD: The DSM Reaches 5 While Dennis the Menace Turns 63*.

### Barbara A. Golden, Psy.D., ABPP:

Dr. Barbara Golden is a Professor of Psychology, Director of Clinical Services, and Director of the Center for Brief Therapy here at PCOM. She received her Psy.D. from Loyola University in Baltimore, completed her doctoral internship at UMDNJ, and her post-doctoral fellowship at Robert Wood Johnson Medical School. She has focused on the integration of psychology and primary care, nonpharmacological pain management and somatization disorder. Proud recipient of the PCOM Lindback Distinguished Teaching Award, she welcomes this opportunity to present *Multidisciplinary Assessment and Treatment of Chronic Pain*.

### Chinwe Onyekere, M.P.H.:

During her tenure as a Program Officer at the Robert Wood Johnson Foundation, Ms. Onyekere focused on reducing health care disparities, reversing the childhood obesity epidemic, and identifying innovative ideas for breakthroughs in health and health care. Programs under Ms. Onyekere's management have been featured in the New York Times, Stanford Social Innovation Review, BusinessWeek, and Philanthropy. After RWJF, Ms. Onyekere served as the Executive Director for Health Leads New York, where she had the opportunity to establish a new model of health care delivery, in which patients' unmet resource needs are addressed as a standard element of patient care. In her current role as Director of Ambulatory Services and Business Development at Lankenau Medical Center, Ms. Onyekere is responsible for implementing innovative models for primary care medicine at Lankenau Medical Associates and Lankenau's Clinical Care Center, as well as building relationships with community-based organizations in the Philadelphia area. Throughout her career, Ms. Onyekere has been committed to transforming the way health care is delivered locally and nationally to improve the health outcomes of all underserved and low-income communities. Ms. Onyekere received her Master of Public Health at Columbia University's Mailman School of Public Health, a Certificate in Business Essentials from Wharton School of Business at University of Pennsylvania, and her undergraduate degree from Wellesley College. Attend her session on *The Intersection of Population Health and Disparities in Care*.



## Schedule of Events

The 1st Annual PCOM Integrated Healthcare Conference

**"A TEAM-BASED APPROACH TO PATIENT-CENTERED WELLNESS"**

March 15<sup>th</sup>, 2014

9:00-10:00 AM	<b>Sign-In/Registration/Continental Breakfast</b>		
10:00 AM-12:30 PM	<b>Keynote Address</b> with Barry Jacobs, Psy.D., Stephanie Maruca Watkins, D.O., & Kelly Campanile, M.S.: <i>The Team's Work: Thriving in the Patient-Centered Medical Home and Other Integrated Healthcare Models</i> <b>Room: Zedeck Auditorium</b>		
12:45-1:45 PM	<b>Lunch/Club-Sponsored Table Discussions</b>		
2:00-3:45 PM	<b>Breakout Session 1 &amp; Vignettes</b> with Stephen Jacobs, M.D., FAAP: <i>ADHD: The DSM Reaches 5 While Dennis the Menace Turns 63</i> <b>Room: 334 Evans Hall</b>	<b>Breakout Session 2 &amp; Vignettes</b> with Barbara Golden, Psy.D., ABPP: <i>Multidisciplinary Assessment and Treatment of Chronic Pain</i> <b>Room: 326 Evans Hall</b>	<b>Breakout Session 3 &amp; Vignettes</b> with Chinwe Onyekere, M.P.H.: <i>The Intersection of Population Health and Disparities in Care</i> <b>Room: 327 Evans Hall</b>
4:00-5:45 PM	<b>Breakout Session 4 &amp; Vignettes</b> with Connie Mulhern, N.P.: <i>Low Socio-Economic Status Challenges in Care Coordination</i> <b>Room: 334 Evans Hall</b>	<b>Breakout Session 5 &amp; Vignettes</b> with Christopher Pitsch, D.O.: <i>Hospice and Palliative Medicine: Where We Are Now and Ideas for the Future</i> <b>Room: 326 Evans Hall</b>	<b>Breakout Session 6 &amp; Vignettes</b> with Dionne Delgado, M.S.W.: <i>Caring for Trauma Survivors with a Multidisciplinary Team</i> <b>Room: 327 Evans Hall</b>



## Keynote Speakers

### **Barry J. Jacobs, Psy.D.**

Barry J. Jacobs, Psy.D. is a clinical psychologist, family therapist and the author of the book, *The Emotional Survival Guide for Caregivers—Looking After Yourself and Your Family While Helping an Aging Parent* (Guilford, 2006). As a clinician, he specializes in helping families cope with serious and chronic medical illnesses. As an educator, he works as the Director of Behavioral Sciences for the Crozer-Keystone Family Medicine Residency Program in Springfield, PA and has had adjunct faculty positions with the Temple University School of Medicine, University of Pennsylvania School of Nursing and the Department of Psychology of the Philadelphia College of Osteopathic Medicine. He is the national spokesperson on family caregiving for the American Heart Association and a member of the AARP Caregivers Advisory Panel. He was a member of the American Psychological Association Presidential Task Force on Caregiving that produced the Caregiver Briefcase website. A former journalist, he writes a monthly column on family caregiving for AARP.com and was the long-time editor of the “In Sickness & Health” column for the APA journal *Families, Systems & Health*. He is a past board member of the Collaborative Family Healthcare Association, a national organization dedicated to the integration of physical and mental healthcare, and contributes frequently to its “Families and Health” blog. He is also an honorary board member of the Well Spouse Association and is on the expert panel for the Caregiving Crisis Great Challenge for TEDMED.com. Dr. Jacobs received his bachelor’s degree from Brown University and his doctorate in clinical psychology from Hahnemann/Widener Universities. He lives with his wife and two children in Swarthmore, PA. He maintains a website—[www.emotionalsurvivalguide.com](http://www.emotionalsurvivalguide.com).

### **Stephanie Watkins, D.O.**

Dr. Stephanie Watkins is the Physician Advisor for the Center of Population Health at Cooper University Health Care. Prior to this position, she completed a health care hot-spotting and super-utilizer fellowship with Dr. Jeffrey Brenner and the Camden Coalition of Healthcare Providers and Crozer-Keystone Family Medicine Residency Program. Dr. Watkins completed her Family Medicine residency at Crozer-Keystone Health Network. While in residency, Dr. Watkins received the Behavioral Health and Practice Management awards and selected for a Health Policy Residency Rotation in Primary Care and Prevention with the Agency for Healthcare Research and Quality (AHRQ) in Washington, DC. She was also designated “Patient Centered Medical Home” resident, selected as Resident Liaison for PA-IPIP Residency Collaborative Team and appointed Resident Practice Advocacy Commissioner for the Pennsylvania Academy of Family Physicians.

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## Keynote Speakers

As the physician advisor for Population Health at Cooper University Health Care, Dr. Watkins serves as a liaison between Cooper’s Center for Population Health initiatives and physicians, with particular emphasis on building integrated-care relationships between primary care and specialties, supporting the Patient-Centered Medical Home (PCMH) process and the tracking and reporting out of clinical metrics and publications. Her work includes developing pilot programs, promoting data-driven care delivery models, and implementing team-based care approaches. She has lectured at the Population Health Academy at Cooper and has presented at the annual meetings of the Society of Teachers for Family Medicine, the Collaborative for Family Healthcare Association, and the Family Medicine Education Consortium. She received her undergraduate degree in psychology from LaSalle University and a Doctor of Osteopathic Medicine degree from Philadelphia College of Osteopathic Medicine. She also has Lean Six Sigma Green Belt certification through Villanova University.

### **Kelly Campanile, M.S.**

Kelly J. Campanile is a Doctoral Candidate and Intern at the Philadelphia College of Osteopathic Medicine (PCOM). At her current internship placement she works in the Lancaster Avenue Healthcare Center and the Center for Brief Therapy. Her research experience is in treatment adherence and the recovery model of mental health care. She expects to graduate with her Doctor of Clinical Psychology degree in July 2014 from the American Psychological Association accredited Clinical PsyD program at PCOM. While specializing in Clinical Health Psychology, she is specifically interested in integrating behavioral health services into primary care settings. She is also currently an Adjunct Psychology Instructor at Delaware County Community College teaching undergraduate psychology courses. Additional educational interests include behavior science instruction and motivational interviewing for medical students and family medicine residents. Clinically, she specializes in cognitive behavioral interventions for depression, anxiety, and additional conditions commonly seen in primary care medical settings. She has worked side by side with the medical and psychology faculty, students, and staff at PCOM as part of the Patient-Centered Medical Home initiative. At Crozer-Keystone Center for Family Health, Kelly was closely involved with the development and implementation of the Super-Utilizer program. She currently lives in Delaware County, Pennsylvania with her husband. She plans to continue her work as a Primary Care Psychologist post-graduation.