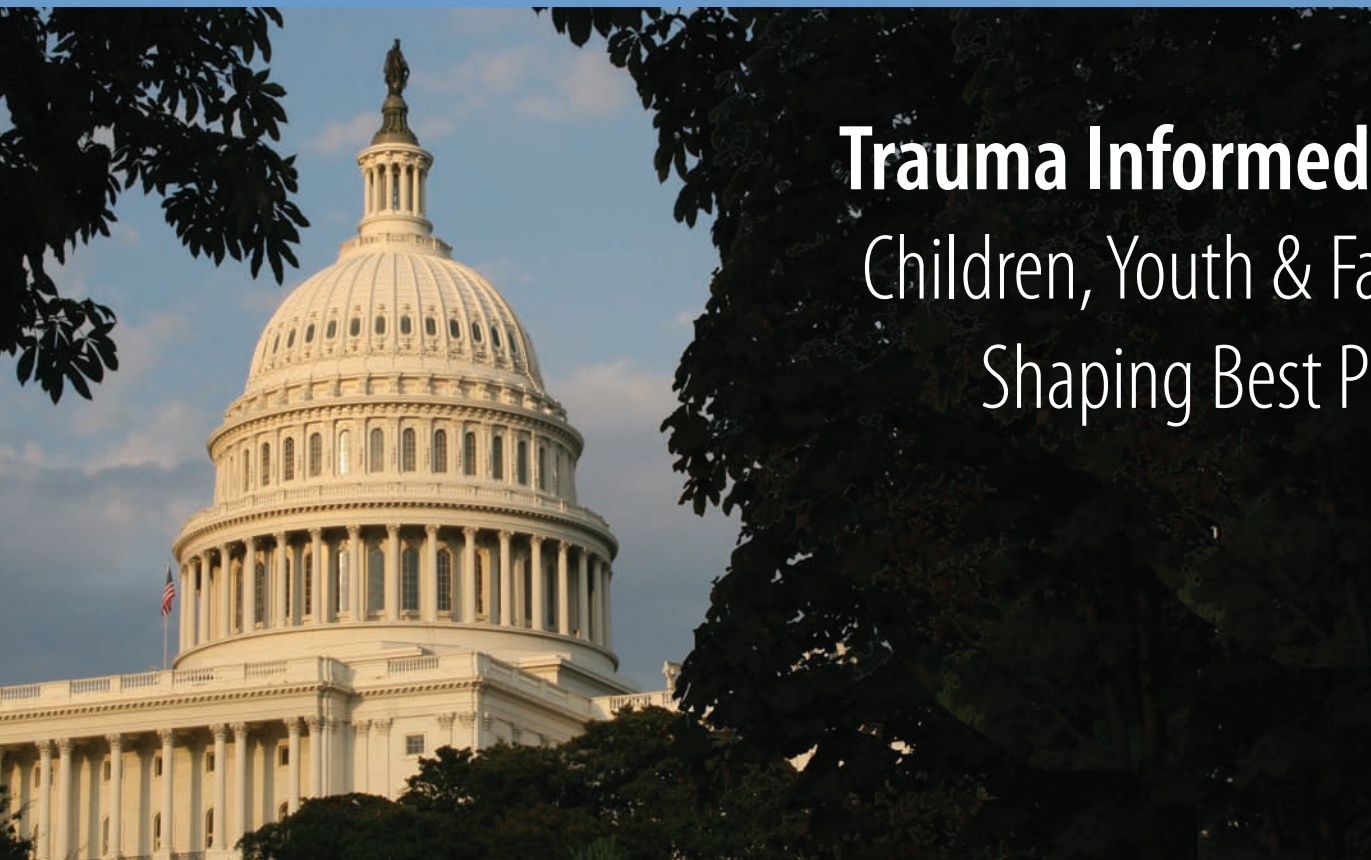


National Federation of Families
for Children's Mental Health

22nd Annual Conference

AGENDA



Trauma Informed Care: Children, Youth & Families Shaping Best Practice

Washington, DC
Grand Hyatt

November 18-20, 2011

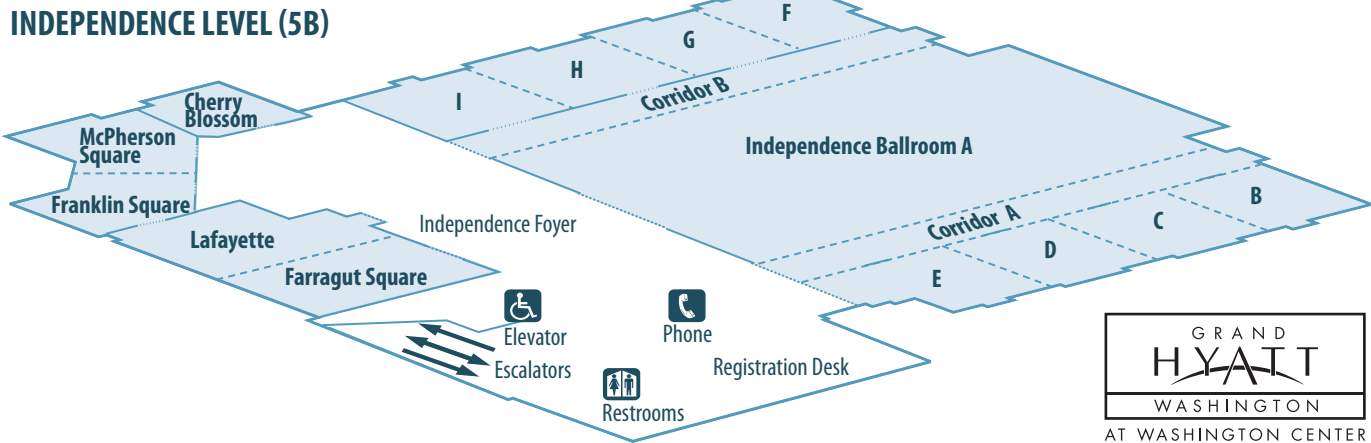
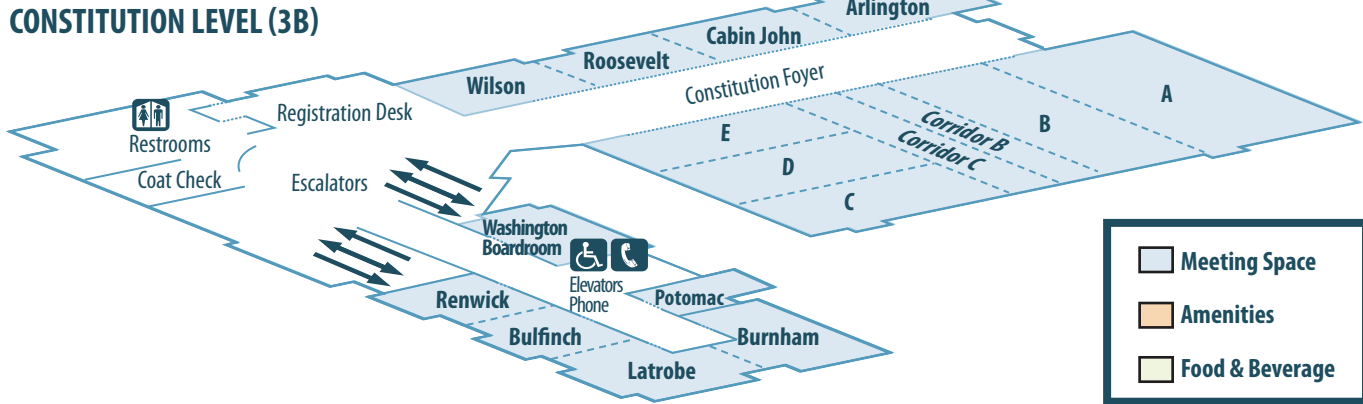
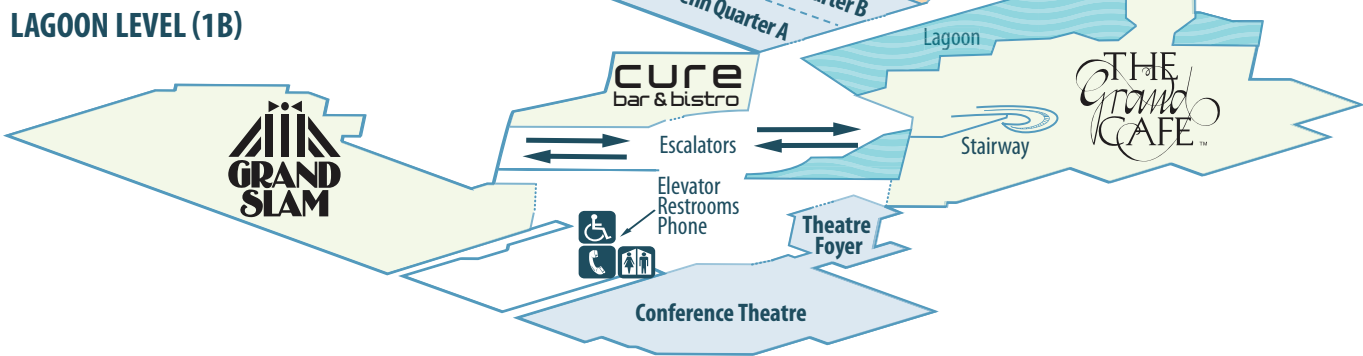
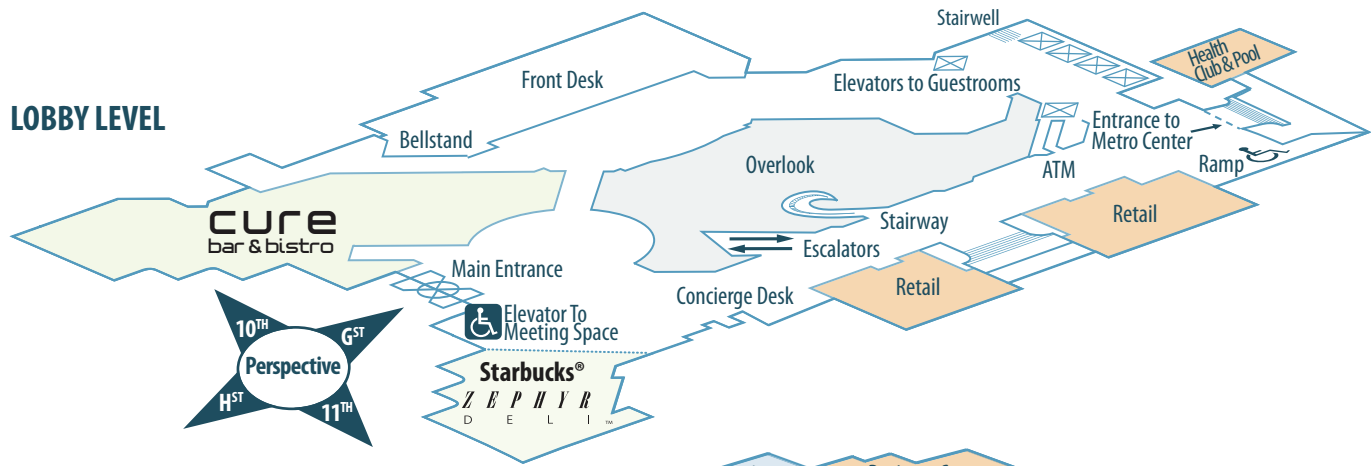


NATIONAL FEDERATION OF FAMILIES

For Children's Mental Health

Grand Hyatt Washington

FLOOR PLANS





National Federation of Families for Children’s Mental Health

22nd Annual Conference

Trauma Informed Care: *Children, Youth and Families Shaping Best Practice*

November 18-20, 2011 • Washington DC

(Policy Day November 17th)

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Welcome

Welcome to the National Federation of Families for Children’s Mental Health 22nd Annual Conference, “Trauma Informed Care: Children, Youth and Families Shaping Best

Practice.” This is the only children’s mental health conference in the country put on by families and youth with firsthand lived experience. I strongly believe the experience of families and youth can provide the foundation for best practice in creating trauma-informed care.

This conference will address the complex issue of trauma; the impact it has on children and families; the promotion of healing and prevention strategies; knowledge about how to address trauma through resiliency-based interventions, utilizing a family driven, youth guided approach; and examples of how family organizations and the partners they work with are raising awareness and improving trauma-focused services and supports.

The National Federation is committed to shining a spotlight on these issues, lending support, and identifying workable solutions and promising practices.

Topics of special interest include:

- Healing and prevention-based approaches to equip and empower children with mental health challenges and their families to respond to traumatic events.
- Addressing the needs of children birth to five in ways that foster resiliency and manage the impact of trauma.
- Understanding the relationship between substance abuse and trauma, with particular attention to effective family-driven treatment approaches.
- Youth guided resiliency-based approaches for delivering trauma-informed care.
- Understanding and addressing trauma experienced by children involved in foster care or adoption, children living in military families, and children surviving disasters.

I hope this conference will be a great learning experience for you. Thanks so much for supporting the National Federation of Families.

Enjoy the conference and the greater DC area!

Sandra Spencer, Executive Director
National Federation of Families for Children’s Mental Health

OVERVIEW

Thursday, November 17, 2011	
8:30 – 12:00 pm	Policy Day
12:00 – 5:00 pm	Capitol Hill Visits
8:30 – 11:30 pm 1:00 – 2:30 pm	Youth Track
4:00 – 5:30 pm	Feedback on the Parent Support Provider Certification application and process
Friday, November 18, 2011	
6:30 – 7:30 am	Zumba—Fitness for everyone!
7:00 – 8:30 am	Coffee Station Open
8:30 – 9:15 am	Remarks from SAMHSA Administrator Pamela Hyde
9:30 – 11:30 am	Preconference Workshops
12:00 – 2:30 pm	Welcome Lunch & Plenary Presentation
3:00 – 4:00 pm	Concurrent Workshops
4:15 – 5:30 pm	Concurrent Workshops
5:45 – 7:15 pm	Poster Session
Saturday, November 19, 2011	
6:30 – 7:30 am	Zumba—Get Your Dance On!
7:00 – 8:30 am	Coffee Station Open
7:00 am – 5:00 pm	Registration & Information Fair Open
8:30 – 10:00 am	Plenary Presentation
10:30 am – 12:00 pm	Concurrent Workshops
12:00 – 2:30 pm	Luncheon
3:00 – 4:30 pm	Concurrent Workshops
4:45 – 6:00 pm	Concurrent Workshops
8:00 – 10:00 pm	Movie Night
8:00 – 11:00 pm	Dance Party!
Sunday, November 20, 2011	
6:30 – 7:30 am	Zumba—Get Your Dance On!
7:00 – 8:30 am	Coffee Station Open
7:30 – 8:15 am	Non-Denominational Worship Service
8:30 – 9:45 am	Plenary Presentation
9:45 – 10:15 am	Celebration of Youth
10:30 am – 12:00 pm	Concurrent Workshops
12:00 pm	Conference Adjourns

THE 22ND ANNUAL CONFERENCE

National Federation of Families for Children's Mental Health

Registration

Registration is being hosted by the Vermont Chapter of the National Federation of Families for Children's Mental Health. Be sure to stop by the registration desk and say hello!

Zumba ~ Fitness for everyone!

Friday, Saturday & Sunday, join Nadia Cayce-Gibson of the National Federation of Families for Children's Mental Health for an hour of Zumba!

Zumba is an invigorating dance fitness class featuring Caribbean movements and rhythms like Salsa, Calypso and Reggaeton. Zumba has been featured in NewsWeek and in the New York Times. Over the last five years, Zumba has become an international sensation. No dance experience is necessary to participate. All levels are welcome!

Youth Track ◀Y▶ *Youth Focus*

The National Federation youth leadership track provides diverse training opportunities for youth leaders and advocates. Youth M.O.V.E. National and the National Federation have teamed up to develop and co-sponsor the Youth Track at the conference. The Youth Track is open to all participants.

VIVA VOX ◀YO▶ *Youth Only*

Viva Vox provides an exciting arts mentoring program for youth attending the conference. The program promotes self discovery, positive personal growth, and helps to impact social change. Thursday's sessions at 8:30 am and 1:00 pm focus on poetry and spoken word. Friday's VIVA VOX sessions at 9:30 am, 3:00 pm and 4:15 pm will teach West African Dance, drumming and costuming, while Saturday's sessions at 10:30 am, 3:00 pm and 4:45 pm concentrate on circus education and skills. Sunday's Celebration of Youth will showcase what was learned throughout the conference in a performance by the youth.

Presentation Notes:

Workshop PowerPoint presentations will be available after the conference online at (<http://ffcmh.org>).

CONFERENCE HIGHLIGHTS

Policy Day

Thursday, November 17th

Things are changing so rapidly on the Federal front with potential changes to mental health and social services policy and funding that it's hard for any of us to keep up. This is why now more than ever it is important for all family leaders to be aware of these actions and be prepared to address these issues with their legislators.

By attending the November 17th Policy Day, you will get quickly updated on what you need to know and equipped with the talking points you need to make sure children aren't left behind.

Plenary Sessions

Friday, November 18th

Jimmy Wayne

Jimmy Wayne is a famous country singer, a product of the foster care system, and a relentless advocate for youth who walks the walk. He is determined, generous, serious-minded, talented, selfless and an activist. But those who know him well also see a different side: playful, self-deprecating, sometimes bawdy and off-color and often a bit of a jokester – and they are perplexed by the oh-so serious image that has followed Wayne since his breakthrough hit “Stay Gone” captivated country music fans and critics alike with its release in 2002. Jimmy Wayne is the sum of his experiences—the good and the bad. And he will tell you he is grateful for every one of those experiences because they made him the complex man he is today.

Saturday, November 19th

Dr. Harold Koplewicz, Child Mind Institute

We are honored to have as our plenary speaker Dr. Harold Koplewicz, President of the Child Mind Institute and one of the nation's leading child and adolescent psychiatrists. An incredibly passionate advocate for children and mental health, Dr. Koplewicz participated in National Children's Mental Health Awareness Week 2011 by spearheading the inclusion of awareness ads in newspapers, and by encouraging psychiatrists across the United States to lead education sessions with the public. At the National Federation's 2011 Annual Conference, you will hear Dr. Koplewicz speak on the myths that contribute to stigma and how he has worked to end them. He will also talk about best practices for treating children with mental health issues who have experienced trauma, and what factors contribute to resiliency. You don't want to miss this!

Sunday, November 20th

What Does a “Trauma-Informed” Approach Mean to Family and Youth Organizations?

Arabella Perez LCSW, *THRIVE, Lewiston, ME*; **Carol Tiernan**, Director, *G.E.A.R. Parent Network, Maine's National Federation of Families For Children's Mental Health, Lewiston ME*; **Ryun Anderson**, MSW, Director Youth *M.O.V.E. Maine, Lewiston, ME*

Maine's system of care data shows that caregivers report having experienced an average of 7 traumatic events prior to the age of 18. Additionally children enrolled in THRIVE experienced an average of 3 traumatic events. Understanding how trauma impacts family and youth and the way they approach service systems is at the core of what it means to be “trauma-informed.” In this plenary session participants will hear from a family, youth and system leader about their strategies and lessons learned. Creating trauma-informed communities that highlight resiliency and hope involve everyone and leads to asking the all important question, “What happened to you?”

Do Not Miss . . .

Silent Auction

Do not miss the National Federation auction. This is a great opportunity to bid on unique items from across America while helping support the Federation at the same time. The silent auction will run from Friday at noon through Saturday evening.

Memorial Tribute Wall

Every year the National Federation offers a space to honor the lives of people we have lost: children and youth who have died from circumstances related to their mental, emotional, or behavioral disorder; family members and advocates who have worked tirelessly to improve the world for our children; and our professional allies who have invested so much of their talent.

We invite anyone who would like to honor the life of a child or youth, family member, an advocate, or an ally to visit the Memorial Tribute Wall. Supplies will be available for you to post your remembrance.

2012 Winner Announced

2012 National Mental Health Awareness Week Poster Artwork

Children ages 11 and under and youth 12-18 years old have put together some amazing artwork that celebrates their families' diversity and resilience. Selected artwork will be on display, and you are invited to view the artwork that these young artists have created. All displayed artwork has the opportunity to be submitted for the 2012 National Children's Mental Health Week Poster Contest. The artwork that is selected for this poster will be announced at the dance on Saturday so don't miss it!

Special Performance

Reach – There Is a Better Way

Enjoy an inspiring performance during the Saturday luncheon of REACH, the award winning play produced by Ben Hodge Studios.

REACH is a one-act production that is like no other. The play is a call to action for young people, adults and professionals alike. While it is meant to be entertaining and engaging, REACH is designed to act as a catalyst for discussion, dialogue and honest communication for all who see it.

Great Resources!

Information Fair and Book Store

We have a great array of information tables at the conference this year, plus the always popular *Mental Health Resources* book store! Check them out by the Independence Ballroom.

Thursday, November 17, 2011

8:00 Breakfast for Policy Day Participants			
Policy Day Plenary Session – 8:30 – 10:15 AM			
	Policy Day 2011		Constitution A&B
Policy Day Workshops – 10:30 AM – 12:00 PM			
Policy 1	What's Advocacy, What's Lobbying, and What's Plain Old Educating Our Policymakers?	Sandra Spencer, Andrea Barnes	Constitution C
Policy 2	The Affordable Care Act	Teresa King, Jim Wotring, Gary Macbeth	Constitution D
Policy 3	Youth in Policy	Eric Lulow	Constitution E
Youth Track 8:30 – 11:30 AM & 1:00 – 2:30 PM			
YOUTH	◀YO▶ Spoken Word/Poetry – Viva Vox	Dezmond Perkins	McPherson Square/ Franklin Square
Visit With Legislators– 12:00 – 5:00 PM			
Visits with Legislators	Staging Room for Visits with Legislators		Roosevelt
Special Session – 4:00 – 5:30 PM			
Special Session	Feedback on the Parent Support Provider Certification application and process		Constitution E

Friday, November 18, 2011

Coffee 7:00 AM			
SAMHSA Remarks – 8:30 – 9:30 AM			
	Shaping the Future of Behavioral Health: Better Serving Children and Families	Pamela Hyde	Independence Ballroom
Pre-Conference Sessions – 9:30 – 11:30 AM			
VIVA VOX I	◀YO▶ West African Dance, Drumming and Costuming	Diadié Bathily	Franklin/McPherson
PreCon 1	What IDEA Says about Discipline	Dixie Jordan	Constitution A
PreCon 2	Addressing Trauma through a Peer Support Model	Beth Piccora, John Mayo, Victoria Hummer	Constitution B
PreCon 3	Dads on the Move! Leading Change to Harness the Positive Power of Fathers	Frank Rider, Nadia Cayce-Gibson	Constitution C
PreCon 4	The Relationship Between Adverse Childhood Experiences, Clinical Characteristics and Outcomes Among Children and Adolescents Receiving Children's Mental Health Initiative (CMHI) Grant Services	Brigitte Manteuffel	Constitution D
10:00 – 11:00 AM			
YOUTH	◀Y▶ Youth Orientation 10:00 - 11:00 am		Wilson
Welcome Lunch & Plenary – 12:00 – 2:30 PM			
	Welcome and Overview, Luncheon and Plenary Presentation	Sandra Spencer, Jimmy Wayne	Independence Ballroom
Friday Afternoon Concurrent Workshops — 3:00 – 4:00 PM			
Workshop	Title	Presenters	RM
VIVA VOX II	◀YO▶ West African Dance, Drumming and Costuming	Diadié Bathily	Franklin/McPherson
1	Reducing the Effects of Trauma Through a Neighborhood-based Approach	Dianne Shaffer, Anthony Poplar	Burnham
2	A Caregiver Support Group for Healing: Utilizing a Trauma-Informed Lens	Craig Cypher, Lisa Kinney	Latrobe
3	Family Driven, Family Centered, What's the Difference?	Lisa Lambert, Dalene Basden	Constitution A
4	Youth and Community Driven Approach to Starting a Youth Group	Chesari Tempesta	Constitution B
5	Peer Support for Kids (and Families Too!)	Terre Garner; Alex Cook; Laquita Howell; Bill Stidham	Constitution C
6	◀Y▶ Effective Communication with Your Child Psychiatrist: Making Your Voice Heard!	Malena Banks, Gary Blau	Constitution D
7	Trauma-Informed Care WITH Us: Prioritizing Youth Voice in Creating a Trauma-Informed Culture in a Behavioral Health Setting	Veronica Highley, Deborah Craig, Nikayla Morris	Constitution E
8	Alamance Alliance Family Partners	Laura Muse, Libby Jones, Barbara Young	Wilson
9	◀Y▶ Conversation with Jimmy Wayne	Jimmy Wayne	Roosevelt
10	Trauma-Informed Behavior Support (TIBS): A Training and Coaching Model for Caregivers	Victoria Hummer, Kimberly Crosland	Cabin John
11	◀Y▶ No Bullying Zone	James Martin, Justis Batchelder	Arlington
12	CiviCRM – The Ultimate Affordable Toolkit for Taking Your Nonprofit Family-and-Youth-Run Organization Into the Future	Laura Rose Misaras	Penn Quarter A
13	Persuasive Storytelling	Barbara Huff, Jane Tobler	Penn Quarter B
14	Evaluating Keys for Networking's Efforts to Build Parent Capacity to Drive Services - Part I	Jane Adams, Mary Tierney	Conference Theatre
15	IDEA Consultation Room	Dixie Jordan	Bullfinch
Networking Break — 4:00 – 4:15 pm			

Friday Afternoon Concurrent Workshops — 4:15 – 5:30 PM			
VIVA VOX III	◀YO▶ West African Dance, Drumming and Costuming	Diadié Bathily	Franklin/McPherson
16	Everyone Can Go to College: The Better Futures Project	Lee Ann Phillips, Richard DeMarko Brown	Burnham
17	Evaluating Keys for Networking's Efforts to Build Parent Capacity to Drive Services - Part II	Jane Adams, Mary Tierney	Conference Theatre
18	Project Fatherhood- Men in Relationships Group (MIRG)	Alan-Michael Graves, Ronald Banks	Constitution A
19	Addressing Trauma Impacts on Children, Families, Protective Caregivers and Child Welfare Workers	Frank Rider, Eric Lulow	Constitution B
20	Creating Partnerships with Families: "How Do We Get There and What Will We See?"	Kathleen Ferreira, Elaine Slaton	Constitution C
21	Family Voice: Building Community Capacity by Using a Continuum of Leadership From Informal to Parent Peer-to-Peer Supports	Theresa Varos, Heather Stanley, Dawn Davis, Bonnie Verhine	Constitution D
22	Engaging and Supporting Military Families	Gloria Klinefelter, Joseph Hickey	Roosevelt
23	What's Your Story? The Power to Influence Change Through Personal Stories	Cathy Imburgia, Janet Taylor-McDowell, Barbara Cherneski	Wilson
24	Basic Understanding of Healthcare Reform - The Affordable Care Act	Teresa King, Jim Wotring, Gary MacBeth	Constitution E
25	Fostering the Engagement of Young People of Transition-Age Who Have Experienced Trauma	Nathan Gawlik	Cabin John
26	Art Expression Room: Create art work that showcases what inspires you during times of difficulty		Arlington
27	Trauma-Informed System Transformation: A Rural County's Child Welfare Transformation Journey	Brenda Konradi, Kim Linkel	Penn Quarter A
28	Broadening Our Box	Brenda Donaldson, Kashonda Babb	Penn Quarter B
29	◀Y▶ Train the Trainers: Youth teach professionals how to partner...with...uh, youth	Martin Rafferty, Ariana Archer	Latrobe
Friday Evening Workshops — 5:45 – 7:15 PM			
Special Workshop	Art Expression Room: Create art work that showcases what inspires you during times of difficulty – Part II		Arlington

Poster Presentations & Networking — 5:45 – 7:15 PM — Lafayette Park / Farragut Square		
	Title	Presenters
100	Climbing the LADDER to YouthDriven Care – Massachusetts Makes the MAP!	Chandra Watts
101	Understanding Child Trauma and the National Child Traumatic Stress Network (NCTSN)	Jennifer Grady
102	Effective Implementation of Cultural and Linguistic Competence (CLC) Trainings in Mental Health Settings	Maria Avila, Thomas Delaney
103	The National Directory of Family-Run and Youth-Guided Organizations for Children's Behavioral Health	Kathy J. Lazear, Frank Reyes
104	Behind the Seen: Encounters with the Contemporary Family (Alamance Alliance for Children and Families) Jamestown, NC	Courtney Cormier
105	Teen FAST: A New Way to Give Youth and Parents a Voice	Pat Davenport
106	Parents, First Responders, and Juvenile Justice Working for Successful Outcomes	Nelson Rascon, Curtis Dennis
107	Sustaining Family and Youth Organizations: Implementing Family-Driven Business Practices	Nadia Cayce-Gibson, Bruce Jennings
108	Disaster Preparedness: Families Prepare and Empower Themselves to Persevere Through Traumatic Events and Unexpected Disaster	Laurie Cavanaugh, Paige Cummings, Joy Hodgson
109	Team Leadership, Family Fun, and Fundraiser – All-In-One!	Maryann Barber, Jim Cantoni
110	Sustaining a Peer Youth Support Network	Brian Lombrowski
111	Family Organization Strategies for Navigating Budget Cuts in Creative and Sustainable Ways	TJ Rosenberg, Retta Dermody
112	Social Media Q and A	Brittany Smith, Corey Brown
113	Engaging youth in partnership for social change: Understanding trauma and the impact on the transition to adulthood	Zakia Alavi, Joanne Riebschleger, Sarai Embaye, Angelique Day
114	WIN Georgia: "You Are Not Alone"	Theresa Varos
115	Self-Care	Andrea Burleigh
116	Black Families Successfully Responding to Hazardous Adversity and Trauma	W. Henry Gregory
117	A Case of Betrayal: Resiliency of a Community Following the Trauma of The Worst Pedophile in U.S. History	Cathy Imburgia
118	Youth Engagement of Diverse Populations	Bruce Brumfield
119	Community Collaboration: Working toward Developing a School-based Educational/Mental Health Day Treatment Program for Students	Ernest Fruge, Sherrie Raymond, Karen Gould, Norma Finkelstein

Saturday, November 19, 2011

Plenary – 8:30 – 10:00 AM			
	Why Trauma-Informed Care?	Sandra Spencer, Harold Koplewicz	Independence
Saturday Morning Concurrent Workshops — 10:30 AM – 12:00 PM			
Session	Title	Presenters	RM
VIVA VOX IV	◀YO▶ Circus– VIVA VOX	Circus Harmony	Franklin/McPherson
30	Promoting Children's Mental Health and Resiliency Through "Healthy Policy" Initiatives: The Role of Family Leaders	Joyce Sebian, Lynn Todman, Cathy Ciano	Burnham
31	The Healing Circle	Terry Ellis, Nicolette Bannister	Latrobe
32	◀Y▶ Keepin' It Real: When Bad Stuff Happens	Vikki Rompala, Akil Smith, Tricalouise Gurley	Constitution A
33	◀Y▶ Recipe for Success: Collaborative Strategies for Great Ideas	Ryun Anderson, Laurie Cavanaugh, John Lees, Jeff Friedman	Constitution B
34	After a Suicide — Strategies to Respond	Steve Roggenbaum, Kathy Lazear, Larry English	Constitution C
35	Addressing Historical Trauma for African American Children, Youth and Their Families	Vivian Jackson, Henry Gregory, Jr., Amber Price, Florence Blas, Gary Macbeth, James Wotring	Constitution D
36	◀Y▶ Understanding Adoptive Families and Accessing Appropriate Resources	Emma (Gerri) Mullendore, Marie Niarhos, Sharon Hunt	Constitution E
37	Stressors on Military Families: Together We're Stronger	Barbara Cohoon	Wilson
38	From Trauma to Triumph	Howard Overby, Coreaner Price, Anthony Jones, Heidi Nelson	Roosevelt
39	What's the Deal with Eating Disorders?	Kiran Iqbal, Gary Blau	Cabin John
40	Art Expression Room: Create art work that showcases what inspires you during times of difficulty		Arlington
41	Challenging the Cradle to Prison Pipeline: Taking Ownership for Systemic Trauma of Boys of Color	John Cruz, Bruce Jennings	Penn Quarter A
42	Families and Youth: Our Greatest Natural Resource	Malisa Pearson, Jane Shank, Connie Conklin	Penn Quarter B
43	To Speak or Not to Speak — That Is a Family's Question. Let's Talk About It	Mary-Therese Edgerle	Conference Theater
44	IDEA Consultation Room	Dixie Jordan	Bullfinch
Luncheon & Performance — 12:00 – 2:30 PM			
<i>Luncheon & Performance</i>			
Saturday Afternoon Concurrent Workshops — 3:00 – 4:30 PM			
VIVA VOX V	◀YO▶ Circus– VIVA VOX	Circus Harmony	Franklin/McPherson
45	Mentorship: A Sustaining Force in Crisis (Mentoring is a Two-Way Street)	Judi Turpen, Tammy Miller	Burnham
46	◀Y▶ Sustaining Youth Voice Beyond System of Care Youth Groups	Brianne Masselli, Ryun Anderson, Chesari Tempesta	Latrobe
47	Critical Strategies to Develop and Sustain Family Organizations	Peggy Nikkel, Sue Smith	Constitution A
48	Child and Adolescent Trauma	Dan Karlow	Constitution B
49	Supporting Positive Development for Emerging Adults	Janet Walker, Richard DeMarko Brown	Constitution C
50	Short-Term Intervention: Long on Outcomes!	Pat Hunt, John Lees, Jeff Friedman	Constitution D
51	Take Control – SEL as a Personal Tool to Manage Challenges and Respond To Stress and Trauma	Trina Osher, Shannon Crossbear, David Osher	Constitution E
52	Family Bridge: Advance Empowerment and Boost Communication	Peter Henrie, Kristen Anderson	Wilson
53	Your Trauma Doesn't Have to Be Your Drama: Healing through Peer to Peer Work, Advocacy and Partnerships	Kay Connors, Gladys Fonfield-Aniyla, Tricalouise Gurley, Angela Vaughn-Lee	Roosevelt
54	◀Y▶ "Your Point Is"	Leah Holmes-Bonilla, Brittany Smith	Cabin John
55	The Power of Family Support in NYC: Yesterday, Today and Tomorrow	Bernadine Meeks, Wanda Greene, Lorraine Jacobs, Marie Carrion, Ashley Carrion, Shamar Sowell	Arlington
56	Caring for Children Who Have Experienced Trauma	Alison Hendricks; Pamela Toohey	Penn Quarter A
57	Trauma Informed Care When Working with Children in Military Families and Children in the Foster Care System	Deana Salter, Kristen Howard	Penn Quarter B
58	Trauma-Informed Care in Juvenile Justice and Foster Care Improves Communication, Collaboration and Outcomes	Joyce Burrell, Kim Helfgott	Conference Theater
59	IDEA Consultation Room	Dixie Jordan	Bullfinch
<i>Networking Break 4:30 – 4:45</i>			

◀Y▶ Youth Track ◀YO▶ Youth Only

Saturday, November 19, 2011

Saturday Afternoon Concurrent Workshops — 4:45 – 6:00 PM			
VIVA VOX VI	◀YO▶ Circus– VIVA VOX	Circus Harmony	Franklin/McPherson
60	GAMES! Convert Family Peer Workshops into Young Adult Peer Workshops	Ariana Archer, Kristen Anderson	Burnham
61	Igniting the Transformation Process through Hope and Self-Confidence: The PASS Program a Culturally-Responsive Youth Development Program	Lenora Reid-Rose, Neville Morris, Dana Finely, Carla Johnson	Latrobe
62	Running a Family Support Organization? Got Trauma? Let's Talk	Jammie Farish, Laura Rose Misaras, Mary-Therese Edgerle	Constitution A
63	How Do You Know if Your System Is Trauma-Informed? Maine's Journey Answering This Question	Arabella Perez, Brianne Masselli	Constitution B
64	Exploding the Myths: Digging into Recovery and Support Together	Theresa Varos, Heather Stanley, Catherine Schueman, Anita Vines	Constitution C
65	Empowering Youth Voice with Social Media	Brittany Smith, Corey Brown	Constitution D
66	Using Family Mental Health History and the New Science of Risk to Empower Family Recovery and Prevention	Victoria Costello	Roosevelt
67	Challenging but Not Impossible: A Latino Father and Son's Story of Healing	John Cruz, Carlos Garcia	Constitution E
68	Ensuring Access for Immigrant and Limited English Proficient Families	Diana Autin, Mercedes Rosa	Conference Theatre
69	◀Y▶ Empowering Youth: Young Adult Leadership Series	Brittany Holt	Arlington
70	On the Road to Family Driven Care	Tiffany Leischner, Frank Rider	Penn Quarter A
71	Coming To America: Examining the Immigration Experience of Immigrant Youth from the Caribbean Basin and Their Mental Health Needs within System of Care	Karen Francis, Ezra Bourne, Curtis Ward	Penn Quarter B
72	◀YO▶ (Entry Level) Youth Leadership Academy: Be a Community Leader and Stay True to Who You Are	Jerard Johnson, Carlos Garcia, Tessa Cayce, Nadia Cayce-Gibson, and James Sawyer	Cabin John
Saturday Evening Workshops — 6:30 – 8:00 PM			
Special Workshop	Which Outcomes Should Be Measured?	Janet Walker, Cindy Bustillo	Arlington

Dinner on your own

Movie Night

8:00 – 10:00 pm » Conference Theatre

“Win Win”

A light-hearted comedy about how a rough-and-tumble runaway changes the lives of a suburban New Jersey family and turns around the luck of a high school wrestling team. This film highlights several themes of this year's conference; the child welfare system, and a youth in need of support.

Dance Party

8:00 – 11:00 pm » Independence Ballroom

You bring the moves, and we will bring the music. This is a family event, so bring your entire crew and join the fun! Be sure not to miss the 50/50 drawing at 9:30 pm!

Sunday, November 20, 2011

Non-denominational Worship – 7:30 – 8:00 AM			
	Non-denominational Worship		Arlington
Plenary Session – 8:30 – 9:45 AM			
	A Call to Action	Sandra Spencer	Independence Ballroom
	What Does a “Trauma-Informed” Approach mean to Family and Youth Organizations?	Arabella Perez, Carol Tiernan, Ryun Anderson	
Youth Performance – 9:45 – 10:30 AM			
	This Cultural Extravaganza will culminate with a performance by the participants with their newly acquired African Dance (with handmade costumes), Circus, and Spoken Word skills for the conference as part of the closing ceremony activities.	Viva Vox	Independence Ballroom
Sunday Morning Concurrent Workshops — 10:45 AM – 12:00 PM			
Session	Title	Presenters	RM
73	Self Advocates with Fetal Alcohol Spectrum Disorders In Action (The SAFA Network)	Rob Wybrecht, Jasmine Suarez-O’Connor, Leigh Ann Davis	Burnham
74	North Carolina Family Driven Sustainability From Cradle to Career	Gail Cormier, Candace Wilson, Libby Jones, Teka Dempson	Latrobe
75	How to Develop a Social Media Strategy	Brittany Smith, Corey Brown	Constitution A
76	◀Y▶ Kareem’s Triumph: At Risk Youth, or At Risk Environment?	Randy Alexander, Kyshon Johnson, Kareem Jamal	Constitution B
77	Living in So Many Worlds: Lesson Learned from the Joys and Challenges of Youth and Families Living in Overlapping Cultural Identities — In Their Own Words	Tessa Cayce, Carlos Garcia, Gloria Hamlett, Julia Harper, Eva Viamis, Bruce Jennings, John Cruz	Constitution C
78	Psychotropic Medications with Children and Youth: What Do You Know?	Pat Hunt	Constitution D
79	Meaningful Involvement of Parents in Trauma Training	Dalia Smith, Lula Haynes, Shareen McBride-Wicklund, Leann Brow	Constitution E
80	Examining Factors Contributing to Resilience among Children and Youth with Serious Emotional Disturbance	Russell Carlton, Tesfayi Gebreslassie	Wilson
81	Attachment – Trauma – What Is This All About?	Diane Kopitowsky	Roosevelt
82	Building Community Capacity to Enhance Informal Supports in the Wraparound Process	Theresa Varos, Dawn Davis, Bonnie Verhine, Heather Stanley	Cabin John
83	Empowerment and Recovery Through Trauma Treatment and Parent Partnership	Alison Hendricks, Pamela Toohey	Arlington
84	The Next Generation of Child and Adolescent Psychiatrists: Promoting Youth and Family Empowerment	Gordon Hodas, Justine Larson, Eunice Peterson, Jake Vandall	Penn Quarter A
85	Resiliency Training Via the Web (See How It Works!)	Terre Garner	Penn Quarter B
Conference Conclusion — 12:00 PM			

Policy Day Highlights

Thursday, November 17

7:00 am Early Registration

Policy Day

8:00 am Breakfast for Policy Day Participants

8:30 am Policy Day 2011 Plenary

10:30 am Policy Day Workshops

12:00 pm Visits with Legislators

Viva Vox Program

8:00 am Viva Vox Spoken Word Poetry

1:00 pm Viva Vox Spoken Word Poetry

Policy Day Plenary Session

8:30 am – 10:15 am

Things are changing so rapidly on the Federal front with potential changes to mental health and social services policy and funding that it's hard for any of us to keep up. This plenary session will show you how!

Three Great Workshops!

10:30 am – 12:00 pm

Understanding the nuances of lobbying, figuring out the Affordable Care Act, and honing in on the skills youth need to be effective in policy advocacy are all covered in the Policy Day workshops. Don't miss them!

Special thanks to Magellan Health Services
for being a co-sponsor of the
Policy Day breakfast

Head to the Hill!

12:00 pm – 5:00 pm

Roosevelt

The National Federation is ready to help prepare you for your visit to Capitol Hill. Stop by the Staging Room before heading out to meet with your legislators.

Viva Vox! ◀YO▶

8:30 – 11:30 am & 1:00 – 2:30 pm

Spoken Word/Poetry – VIVA VOX

Dezmond Perkins, *Viva Vox, St. Louis, MO*

"I've got something to say, and I want it heard, so I'm gonna think about every word." Dezmond Perkins, performer in national SLAM poetry competitions, demonstrates his art and will lead participants to add their own voices to this exciting and socially aware art form. Participants will write and perform their very own art created from the heart! Don't miss this day-long opportunity to participate.

Policy Day Plenary Session

8:30 am – 10:15 am

Constitution A & B

Things are changing so rapidly on the Federal front with potential changes to mental health and social services policy and funding that it's hard for any of us to keep up. This plenary session will show you how!

This is a critical time when all family leaders need to be especially concerned with what's on the horizon for Federal mental health policy and funding and be prepared to address these issues with their legislators. During the exciting morning plenary, you will hear from national policy experts on the opportunities that the Affordable Care Act's provisions around health homes, CHIPRA, and Medicaid could present for family organizations. You will also hear from family leaders who have successfully advocated in their communities and who are ready to tell you that you absolutely can, too! Have you been frustrated with how our Congress has been operating and prioritizing issues this past year, and are now eager to be a change agent? In the afternoon you will have the opportunity to charge onto the Hill, with the support of National Federation staff who can help you prepare. Whether you are new to policy or a seasoned advocate, everyone will benefit from attending Policy Day 2011!

Transition to Workshops

10:15 – 10:30 am

Policy Day Workshop 1

10:30 am – 12:00 pm

Constitution C

What's Advocacy, What's Lobbying, and What's Plain Old Educating Our Policymakers?

Sandra Spencer, Andrea Barnes, *National Federation of Families for Children's Mental Health*

You need to know the difference so that you can be an effective voice in children's mental health policy. So many communities that operate with federal grants feel that there is little they can do to influence policy in their state. At this workshop you will learn concrete and simple actions that your organization, or you as an individual, can take to make an impact in changing the children's mental health system.

Policy Day Workshop 2

10:30 am – 12:00 pm

Constitution D

The Affordable Care Act

Teresa King, *National Federation of Families for Children's Mental Health*; **Jim Wotring, Gary Macbeth**, *Georgetown University*

This workshop for advanced policy practitioners will teach you how to make the new health care reform law work for you, your family, and your organization. If we want healthcare reform to succeed we all must do the following:

- Educate yourself and others to know the opportunities for families and your organization within the Act.
- Publicize the stories of families who have benefited already to legislators, newsgroups, and policymakers.
- Counter controversial messages with fact and real stories to legislators, newsgroups, and policymakers.
- Find out what your state is doing and how decisions on the design of health care reform are being made.
- Work in coalitions with other organizations to have a broader impact.
- Be at the state tables where decisions are being made.

Policy Day Workshop 3

10:30 am – 12:00 pm

Constitution E

Youth in Policy

Eric Lulow, *National Federation of Families for Children's Mental Health*

The Youth in Policy workshop is designed for those youth new to legislative policy advocacy, and provides the opportunity to learn from experienced advocates about how policy works. Participants will also learn skills needed to affect changes in their communities. This will include how to write a persuasive letter to a congressional member, and proper phone etiquette when calling a member's office.

Youth Track ◀YO▶

8:30 – 11:30 am
McPherson Square/Franklin Square
& 1:00 – 2:30 pm

Spoken Word/Poetry – VIVA VOX

Dezmond Perkins, *Viva Vox, St. Louis, MO*

“I’ve got something to say, and I want it heard, so I’m gonna think about every word.” Dezmond Perkins, performer in national SLAM poetry competitions, demonstrates his art and will lead participants to add their own voices to this exciting and socially aware art form. Participants will write and perform their very own art created from the heart! Don’t miss this day-long opportunity to participate.

Special Session

4:00 – 5:30 pm
Constitution E

Feedback on the Parent Support Provider Certification Application and Process

We want to hear from all who applied or contemplated applying to take the pilot exam. We also want to learn from your experience, impressions and ideas for the future pilot exam and application process for the Parent Support Providers Certifications.

Friday, November 18 Highlights

6:30 am	Zumba
7:00 am	Registration & Information Fair Opens
8:30 am	Preconference Workshops 1-4
9:00 am	Youth Track
12:30 pm	Welcome Lunch & Plenary Presentation
3:00 pm	Concurrent Workshops
4:15 pm	Concurrent Workshops
5:45 pm	Poster Session

Join us for Zumba

6:30 – 7:30 am Independence Ballroom

Zumba is an invigorating dance fitness class featuring Caribbean movements and rhythms like Salsa, Calypso and Reggaeton. Zumba has been featured in Newsweek and in the New York Times. Over the last five years, Zumba has become an international sensation. No dance experience is necessary to participate. All levels are welcome!

Pre-Conference Plenary

8:30 – 9:30 am Independence Ballroom

Shaping the Future of Behavioral Health: Better Serving Children and Families

Pamela Hyde, JD, Administrator, Substance Abuse Mental Health Services Administration, Rockville, MD

Pamela Hyde was nominated by President Barack Obama and confirmed by the U.S. Senate in November 2009 as Administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA), a public health agency within the Department of Health and Human Services. The agency's mission is to reduce the impact of substance abuse and mental illness on America's communities.

Ms. Hyde is an attorney and comes to SAMHSA with more than 30 years experience in management and consulting for public healthcare and human services agencies. She has served as a state mental health director, state human services director, city housing and human services director, as well as CEO of a private non-profit managed behavioral healthcare firm. In 2003 she was appointed cabinet secretary of the New Mexico Human Services Department by Gov. Bill Richardson, where she worked effectively to provide greater access to quality health services for everyone.

Friday Welcome Luncheon & Plenary Presentation

12:00 – 2:30 pm Independence Ballroom

Jimmy Wayne - Country music singer Jimmy Wayne grew up in Kings Mountain, NC, with a less-than-perfect childhood. By age 16 he had been in and out of the foster care system, had attended 12 different schools in only two years, was placed in a juvenile detention center for running away from a group home, and was living on the streets. But that all changed on the fateful day he met Bea and Russell Costner. They gave him a home, the ability to complete his education, encouragement and most of all, stability and love. With this new stability, Jimmy began learning guitar and writing songs. After many years of hard work Jimmy hit it big with the three week #1 single "Do You Believe Me Now."

Music isn't the only thing that Jimmy is passionate about, and he has never been one to stand by and remain silent when he felt something needed to be said. So on January 1, 2010, he began a 1700-mile walk from Nashville TN to Phoenix AZ in order to raise awareness of at-risk youth who age out of the foster care system without any support and who, at age 18, often find themselves homeless. Jimmy continues to advocate through his music, and his actions, and strives to be a voice for so many children who need to be heard. Don't miss his compelling story and inspirational music at the opening keynote presentation!

Friday Poster Session

5:45 – 7:15 pm Lafayette Park / Farragut Square

Don't miss this wonderful opportunity to meet and learn from colleagues in an informal and festive atmosphere to learn about family-driven, youth guided and trauma-informed efforts taking place across the country.

PreCon Plenary

8:30 – 9:30 am

Independence Ballroom

Shaping the Future of Behavioral Health: Better Serving Children and Families

Pamela Hyde, JD, Administrator, Substance Abuse Mental Health Services Administration, Rockville, MD

SAMHSA released *Leading Change: A Plan for SAMHSA's Role and Actions 2011-2014*, laying out eight strategic initiatives to focus its limited resources on areas of urgency and opportunity. These initiatives will guide SAMHSA's work through 2014. Please join Administrator Pamela Hyde in this pre-conference plenary session, *Shaping the Future of Behavioral Health: Better Serving Children and Families*, as she discusses SAMHSA's plans to ensure the unique needs of children and families are served through the implementation of the eight initiatives. She will address the impact of budget cuts on children's mental health. Participants will also learn how SAMHSA is working with DHHS to implement the Affordable Care Act and the positive implications for children and families and hear about SAMHSA's work around trauma informed care. You don't want to miss this critical information.

VIVA VOX

8:30 – 11:30 am ◀YO▶

Franklin/McPherson

West African Dance, Drumming and Costuming

Diadié Bathily, Ivory Coast/Viva Vox, St Louis, MO

High energy and fun filled, taught by professional dancer and instructor Diadié Bathily, this workshop series will have three activities:

1. Introduction for students to the basic movement of West African dance. Through African dance, participants will develop coordination and concentration, and build an understanding of African culture. Participants will learn authentic African dance, gain an understanding of West Africa, and learn some of the languages and customs of Mali and the Ivory Coast. The history and cultural importance of the dance is taught to participants as they are learning the steps.
2. Students will learn basic drum rhythms taught by Caph Guei; the musical director of Afriky Lolo. A native of Ivory Coast, West Africa, Caph holds the distinct title "Master Drummer," having mastered several indigenous drum styles and rhythms including the djembe drum.
3. Students will create their own authentic West African masks and costumes! These costumes and masks will be the participants' to keep.

◀YO▶ Youth Only

PreCon Workshop 1

9:30 – 11:30 am

Constitution A

What IDEA Says about Discipline

Dixie Jordan, Cora, WY

Must we accept discipline policies that punish children for behaviors that are part of their disability? How should we use a child's diagnosis when writing an Individualized Education Program (IEP)? Should poor behavior be punished, or should appropriate behavior be taught? And what on earth is a "manifestation determination review?" Come to this session to learn how to use special education law to ensure an appropriate education for children and youth with mental health needs!

Still have questions or concerns? Drop in to the IDEA Resource Room to get answers! Dixie Jordan will be available throughout the conference to answer questions and offer strategies tailored to your specific situation.

PreCon Workshop 2

9:30 – 11:30 am

Constitution B

Addressing Trauma through a Peer Support Model

Beth Piccora, John Mayo, *Success 4 Kids & Families, Tampa, FL*;
Victoria Hummer, *University of South Florida, Tampa, FL*

This workshop addresses trauma through a Peer Support Model. The Certified Recovery Peer Specialist Model of the State of Florida gives peers the credentials to provide support and advocacy to families with children and youth who are experiencing significant emotional and behavioral issues. This model trains peers on the psychological and behavioral impact of trauma in order to guide a peer's awareness and assistance to the children/youth and their families involved in service delivery.

Friday – Nov. 18

PreCon Workshop 3

9:30 – 11:30 am

Constitution C

Dads on the Move! Leading Change to Harness the Positive Power of Fathers

Frank Rider, MS, Nadia Cayce-Gibson, *National Federation of Families for Children's Mental Health, Rockville, MD*

Since the National Federation of Families first Fatherhood Roundtable at our annual conference two years ago, increasing strides have been made in communities across the nation to nurture and capitalize on the many positive contributions that dads make on behalf of their own children, in support of one another, and in helping to develop, refine and expand community systems of care.

By popular demand, the National Federation has arranged another Fatherhood Roundtable as a special pre-conference opportunity for this year's gathering. Please consider learning from, participating in and helping to strengthen this growing "movement within a movement."

Join us to learn from some of our colleagues who are doing exemplary work – and from one another – about some of the ways that fathers are emerging as leaders, are being more effectively engaged by service systems, and are reaching out in many directions to ensure that the positive power of dads is being drawn from all the different corners of our American community!

PreCon Workshop 4

9:30 – 11:30 am

Constitution D

The Relationship Between Adverse Childhood Experiences, Clinical Characteristics and Outcomes among Children and Adolescents Receiving Children's Mental Health Initiative (CMHI) Grant Services

Brigitte Manteuffel, *ICF Macro, Atlanta, GA*

Children exposed to trauma early in life can suffer long-term negative effects well into adulthood including chronic physical illness and mental health problems. Using data presented from the Adverse Childhood Experiences (ACE) study, this presentation examines linkages between mental health challenges and adverse childhood experiences (ACE) for children and youth served in systems of care. Family members will discuss successful healing, prevention and treatment strategies designed to reduce the impact of childhood trauma.

Youth Orientation

10:00 – 11:00 am

Wilson

Youth Orientation

Cindy Bustillo, Brittany Smith, *National Federation of Families for Children's Mental Health, Rockville, MD*

The Youth Orientation is an interactive session for youth to get to know each other and to better understand the Federation Conference and all it has to offer young participants. Youth will have the opportunity to ask questions, and will receive support and information to assist them in choosing workshops that will best fit their needs. Join us and gain insight that will enhance your conference experience. See you there!

Welcome Luncheon & Plenary Presentation

12:00 – 2:30 pm

Independence Ballroom

Country music singer Jimmy Wayne grew up in Kings Mountain, NC, with a less-than-perfect childhood. By age 16 he had been in and out of the foster care system, had attended 12 different schools in only two years, was placed in a juvenile detention center for running away from a group home, and was living on the streets. But that all changed on the fateful day he met Bea and Russell Costner. They gave him a home, the ability to complete his education, encouragement and most of all, stability and love. With this new stability, Jimmy began learning guitar and writing songs. After many years of hard work Jimmy hit it big with the three week #1 single "Do You Believe Me Now."

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VIVA VOX Program II

3:00 – 4:00 pm ◀YO▶ Franklin/McPherson

West African Dance, Drumming and Costuming

Diadié Bathily, *Ivory Coast/Viva Vox, St Louis, MO*

High energy and fun filled, taught by professional dancer and instructor Diadié Bathily, this workshop series will have three activities:

1. Introduction for students to the basic movement of West African dance. Through African dance, participants will develop coordination and concentration, and build an understanding of African culture. Participants will learn authentic African dance, gain an understanding of West Africa, and learn some of the languages and customs of Mali and the Ivory Coast. The history and cultural importance of the dance is taught to participants as they are learning the steps.
2. Students will learn basic drum rhythms taught by Caph Guei; the musical director of Afriky Lolo. A native of Ivory Coast, West Africa, Caph holds the distinct title “Master Drummer,” having mastered several indigenous drum styles and rhythms including the djembe drum.
3. Students will create their own authentic West African masks and costumes! These costumes and masks will be the participants’ to keep.

Workshop 1

3:00 – 4:00 pm Burnham

Reducing the Effects of Trauma through a Neighborhood-Based Approach

Dianne Shaffer, LMSW, Anthony Poplar, *Advocacy Services for Kids, Kalamazoo, MI*

We will illustrate a partnership between a neighborhood association, ASK, a local trauma center, police and community members, to provide a culturally responsive approach to incidents of violence within a particular neighborhood. Psychological First Aid is the curriculum utilized to train community members to respond to situations. Responders coordinate with a Family Support Partner for engagement of youth and families in follow-up support and services. Learn the strategies utilized and lessons learned in the process.

Workshop 2

3:00 – 4:00 pm Latrobe

A Caregiver Support Group for Healing: Utilizing a Trauma-Informed Lens

Craig Cypher, PsyD, *Crestwood Children’s Center, Rochester, NY*;
Lisa Kinney, *Hillside Family of Agencies, Rochester, NY*

The Caregiver Trauma Support Group at Crestwood Children’s Center was developed to address the needs of caregivers to work through the always emotional and often traumatic aspects of raising children with behavioral needs. Participants will gain a greater understanding of the importance of the trauma experiences of caregivers and the personal impact of support, and learn ideas about how to develop curricula that can build caregiver connections and facilitate healing.

Workshop 3

3:00 – 4:00 pm Constitution A

Family Driven, Family Centered — What’s the Difference?

Lisa Lambert, Dalene Basden, *Parent/Professional Advocacy League, Lynn, MA*

Children’s mental health systems aspire to a standard of family-driven care while medical homes, early intervention and child welfare are guided by the principle of family-centered care. Because they share many common elements, “family driven” and “family centered” are sometimes used interchangeably. Massachusetts has developed a tool to understand how each is different and how they support one another; as well as what is at stake when we don’t know the difference.

Workshop 4

3:00 – 4:00 pm Constitution B

Youth and Community Driven Approach to Starting a Youth Group

Chesari Tempesta, *Youth M.O.V.E. Maine, Lewiston, ME*

So you have a great idea. Maybe it’s part of your job... you’ve decided to start a youth group! How hard can it be? We have learned that starting a group in a new community takes time, effort, connections and perseverance. We developed a manual for how to start a new group, ensuring that the focus and direction of the group is driven by youth and molded around the resources in the community. Come learn our step-by-step approach!

Workshop 5

3:00 – 4:00 pm

Constitution C

Peer Support for Kids (and Families Too!)

Terre Garner, Alex Cook, Laquita Howell, Bill Stidham, *Ohio Federation of Families for Children's Mental Health, Cincinnati, OH*

Mental health challenges and behavioral issues (and the stigma surrounding them) create caverns of isolation for both youth and families. The resiliency component, “supportive connections,” is critical to the survival and well-being of teens, young adults and their families. Hear stories of how they built (and discovered) those connections that nurtured and supported their resiliency.

Workshop 6

3:00 – 4:00 pm ◀Y▶

Constitution D

Effective Communication with Your Child Psychiatrist: Making Your Voice Heard!

Malena Banks, M.D., *Georgetown University, Washington, D.C.;*
Gary M. Blau, PhD, *Substance Abuse Mental Health Services Administration, Rockville, MD*

Youth often do not feel like they are a part of the conversation when it comes to their mental health treatment. The purpose of this presentation is to capture the youth voice regarding how to communicate effectively with child psychiatrists in order to help empower youth in their mental health care treatments.

Workshop 7

3:00 – 4:00 pm

Constitution E

Trauma-Informed Care WITH Us: Prioritizing Youth Voice in Creating a Trauma-Informed Culture in a Behavioral Health Setting

Veronica Highley, MA, LPC, Deborah Craig, Nikayla Morris, *Truman Medical Center, Kansas City, MO*

Trauma is pervasive and affects how people approach services. The service system itself has often been re-traumatizing. Creating a Trauma-Informed Culture begins with the voice of the youth and the family. This workshop will show how a community mental health center utilized the principles of safety, choice, collaboration, empowerment and trustworthiness to recruit and sustain a youth advisory board. You will also learn how the youth advisory board is partnering with the community mental health center on its Trauma-Informed Care initiative.

Workshop 8

3:00 – 4:00 pm

Wilson

Alamance Alliance Family Partners

Laura Muse, Libby Jones, Barbara Young, *North Carolina Families United, Greensboro, NC*

The North Carolina County of Alamance received a System of Care grant to work with young children (birth – five) and their families who have experienced trauma. Alamance Alliance has adopted a Family Driven approach that includes Family Partners as peer support for the families as well as North Carolina Families United's Family Partners as the family Care Coordinators. This presentation will address the positive impact and reduction in length of services when a Family Partner is involved in the care of the family. The NC Families United staff will share the design of the project, and how they have addressed stumbling blocks along the way to a truly family-driven successful approach to working with families and young children who have experienced trauma. Data will be discussed.

Workshop 9

3:00 – 4:00 pm ◀Y▶

Roosevelt

Conversation with Jimmy Wayne

A great opportunity for youth attending the conference to have a dialogue with our opening keynote speaker, Jimmy Wayne.

Workshop 10

3:00 – 4:00 pm

Cabin John

Trauma-Informed Behavior Support (TIBS): A Training and Coaching Model for Caregivers

Victoria Hummer, MSW, Kimberly Crosland, PhD, *University of South Florida, Tampa, FL*

This innovative intervention model is for caregivers working directly with children and youth with behavioral challenges as a result of trauma. Participants will examine research measuring caregivers' ability to increase the frequency of positive interactions with children and youth, to decrease their over-reaction to problem behaviors, and to learn effective behavior management skills. The workshop examines some research and implications for using these tools in the home and within youth peer groups.

Workshop 11

3:00 – 4:00 pm ◀▶

Arlington

No Bullying Zone

James Martin, Justis Batchelder, *Tennessee Voices for Children, Columbia, TN*

Our workshop will empower participants to identify groups to have discussions about bullying and mental health concerns. We will teach participants how to network with guidance counselors and utilize the present school structure. In addition we will identify ways to get community support and build a more positive environment without bullying in the school system. Participants will learn how to teach youth how to utilize their voice in the school system, and have a one day assembly called “No Bullying Zone.”

Workshop 12

3:00 – 4:00 pm

Penn Quarter A

CiviCRM – The Ultimate Affordable Toolkit for Taking Your Nonprofit Family-and-Youth-Run Organization into the Future

Laura Rose Misaras, MPA, *Oregon Family Support Network, Inc. and Youth M.O.V.E. Oregon, Salem, OR*

If you don't know CiviCRM, you don't know what you've been missing! It's a free, jam-packed, powerful, web-based, open-source solution designed for nonprofits from the ground up! Interact with your donors, stakeholders, policymakers, staff, partners, members and other constituents based on dynamic real-time information with tagging, mapping, tracking, reporting, subscriptions and more. We'll show you how we customized it to serve our mobile statewide staff for day-to-day operations.

Workshop 13

3:00 – 4:00 pm

Penn Quarter B

Persuasive Storytelling

Barbara Huff, *National Federation of Families for Children's Mental Health, Rockville, MD*; **Jane Tobler**, *Vanguard Communications, Washington, D.C.*

Often times family members need to speak out to gain buy-in and action from various decision makers and the media. They need to be able to effectively tell their story. To help make family voices heard, family members need to be comfortable and strategic in telling their story. During this workshop, participants will learn to persuade through storytelling with an eye toward more effective communication.

Workshop 14

3:00 – 4:00 pm

Conference Theatre

Evaluating Keys for Networking's Efforts to Build Parent Capacity to Drive Services - Part I

Jane Adams, *Keys for Networking, Topeka, KS*; **Mary Tierney, MD**, *Senior Research Analyst, American Institute for Research, Washington, DC*

Keys for Networking uses a nationally demonstrated effective family strengthening parent engagement model, Targeted Parent Assistance (TPA), which builds parent skills in seven core areas: persistence, articulation of needs, resourcefulness, as well as being expectant, well networked, transparent and strategic. In 2002 and again in 2009-2010, the American Institutes for Research confirmed TPA as effective. This workshop will demonstrate the process of data collection and evaluation used to inform this peer-to-peer parent assistance. Keys has demonstrated that increased family engagement through peer-to-peer assistance improves school performance and enrollment in health insurance, and decreases recidivism for youth involved with the juvenile justice system.

Workshop 15

3:00 – 4:00 pm

Bullfinch

IDEA Consultation Room

Dixie Jordan, *Cora, WY*

Got a question about IDEA? Come to the IDEA Consultation Room to get answers! Dixie Jordan will be available throughout the conference to answer your questions, share information and offer workable strategies tailored to your specific situation.

Transition to Workshops

4:00 – 4:15 pm

VIVA VOX Program III

4:15 – 5:30 pm ◀YO▶ Franklin/McPherson

West African Dance, Drumming and Costuming

Diadié Bathily, *Ivory Coast/Viva Vox, St Louis, MO*

High energy and fun filled, taught by professional dancer and instructor Diadié Bathily, this workshop series will have three activities:

1. Introduction for students to the basic movement of West African dance. Through African dance, participants will develop coordination and concentration, and build an understanding of African culture. Participants will learn authentic African dance, gain an understanding of West Africa, and learn some of the languages and customs of Mali and the Ivory Coast. The history and cultural importance of the dance is taught to participants as they are learning the steps.
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3. Students will create their own authentic West African masks and costumes! These costumes and masks will be the participants’ to keep.

Workshop 16

4:15 – 5:30 pm Burnham

Everyone Can Go to College: The Better Futures Project

Lee Ann Phillips, MSW, Richard DeMarko Brown, *Portland State University, Portland, OR*

This presentation focuses on the transition experiences of foster youth with mental health challenges. We will share information about the Better Futures Project, which focuses on a self-determination approach with peer coaches, Summer Institute and mentoring workshops. Participants will gain a better understanding of the challenging context foster youth with serious mental health conditions typically face as they plan for their futures, as well as strategies for meeting their transition needs and goals around higher education.

◀YO▶ Youth Only

Workshop 17

4:15 – 5:30 pm Conference Theatre

Evaluating Keys for Networking’s Efforts to Build Parent Capacity to Drive Services - Part II

Jane Adams, *Keys for Networking, Topeka, KS*; **Mary Tierney, MD**, *Senior Research Analyst, American Institute for Research, Washington, DC*

Keys for Networking uses a nationally demonstrated effective family strengthening parent engagement model, Targeted Parent Assistance (TPA), which builds parent skills in seven core areas: persistence, articulation of needs, resourcefulness, as well as being expectant, well networked, transparent and strategic. In 2002 and again in 2009-2010, the American Institutes for Research confirmed TPA as effective. This workshop will demonstrate the process of data collection and evaluation used to inform this peer-to-peer parent assistance. Keys has demonstrated that increased family engagement through peer-to-peer assistance improves school performance and enrollment in health insurance, and decreases recidivism for youth involved with the juvenile justice system.

Workshop 18

4:15 – 5:30 pm Constitution A

Project Fatherhood—Men in Relationships Group (MIRG)

Alan-Michael Graves, MSPA, Ronald Banks, PsyD, *Children’s Institute, Inc, Los Angeles, CA*

This workshop will provide outcome data that highlight the effectiveness of MIRGs in achieving these goals: increased father involvement, decreased child welfare system involvement, decreased parenting stress, and strengthened fathering skills.

This parent-to-parent support group addresses matters such as: appropriate discipline, substance abuse, child abuse neglect, domestic abuse and communicating needs.

Over the years, MIRGs have proved useful for not only biological fathers but other men in caregiving roles such as stepfathers, foster parents, and relative caregivers such as uncles and grandfathers.

Workshop 19

4:15 – 5:30 pm Constitution B

Addressing Trauma Impacts on Children, Families, Protective Caregivers and Child Welfare Workers

Frank Rider, MS, Eric Lulow, *National Federation of Families for Children’s Mental Health, Rockville, MD*

For more than 40 years the United States has codified laws prohibiting maltreatment of children, and every state, territory and Indian Tribe has child protective services in place to

investigate child abuse and neglect and to protect vulnerable children. Maltreatment causes serious psychic wounds in children, and child protection rightly aims to ensure that all children can experience safety, stability and well-being. Unfortunately child trauma is often unintentionally compounded when vulnerable children are removed from unsafe family situations into foster care. This workshop will explain salient trauma impacts of both child maltreatment and removal on children, their families, their protective caregivers, and the child welfare workers charged with child protection. Positive strategies to prevent, treat and heal trauma for all four sets of victims will be described and documented.

Workshop 20

4:15 – 5:30 pm

Constitution C

Creating Partnerships with Families: “How Do We Get There and What Will We See?”

Kathleen Ferreira, PhD, *University of South Florida, Tampa, FL*;
Elaine Slaton, MSA, *National Federation of Families for Children’s Mental Health, Rockville, MD*

Although there is increased emphasis on partnering with families in decision-making at all levels of mental health service planning and delivery, many organizations and systems have difficulty making partnerships with families a reality. This workshop will describe research results, including a proposed framework for implementing family-driven care and indicators of what family-driven care “looks like” in mental health service systems. Discussion will include audience feedback and plans for developing a guidebook for communities..

Workshop 21

4:15 – 5:30 pm

Constitution D

Family Voice: Building Community Capacity by Using a Continuum of Leadership from Informal to Parent Peer-to-Peer Supports

Theresa Varos, MS, Heather Stanley, MPS, Dawn Davis, Bonnie Verhine, *WIN Georgia, Fort Oglethorpe, GA*

Family voice is an integral piece of an effective system of care, and the use of family members as helpers in the wraparound process is quickly emerging as an essential component in a family’s wraparound team. These family members serve as empathetic “parent peers,” working with families from a lived experience while assisting them in connecting to their communities. This process helps families remain engaged in the wraparound process by ensuring the recognition of their voice and choice. This interactive workshop will provide tangible ideas and tools for recruiting, training and managing parent peers, and sustaining family involvement.

Workshop 22

4:15 – 5:30 pm

Roosevelt

Engaging and Supporting Military Families

Gloria Klinefelter, RN, *Community Circle of Care, Dubuque, IA*;
Joseph Hickey, BS, *Dubuque, IA*

Military families living in areas without a large military installation are often isolated from their peers. Providing opportunities for military families to gather socially is the first step in providing essential support. We offer fun activities for the families to connect, and then begin building the type of relationship that is critical in addressing trauma induced distress.

Workshop 23

4:15 – 5:30 pm

Wilson

What’s Your Story? The Power to Influence Change through Personal Stories

Cathy Imburgia, Janet Taylor-McDowell, Barbara Cherneski, *Delaware’s B.E.S.T. Newark, DE*

Sharing personal stories is a powerful tool that is helping communities across the nation transform attitudes and take action to meet children’s mental health needs for all ages.

Learn from family members and professionals how Delaware’s B.E.S.T., a federally funded initiative to establish effective treatments and support for children birth to five and their families, is using stories told with families’ own voices to educate, advocate and influence change in Delaware through speaking engagements and other media.

Workshop 24

4:15 – 5:30 pm

Constitution E

Basic Understanding of Healthcare Reform - The Affordable Care Act

Teresa King, *National Federation of Families for Children’s Mental Health, Rockville, MD*; **Jim Wotring, MSW, Gary Macbeth, MSW**, *Georgetown University, Washington, DC*

This workshop will explain healthcare reform in language that any layperson can understand. Participants will be able to illustrate the benefits of the Affordable Care Act. Participants will also learn what actions they can take right now in their states to ensure that implementation of the Act provides for the behavioral health needs of children and youth. Attendees will be introduced to the language and concepts found within the general provisions of the Act that affect child and family behavioral health and developmental disability services. Key terms found in health insurance exchanges will be explained. The ABC’s of the expansion of Medicaid and reauthorization of CHIP will be explored.

Workshop 25

4:15 – 5:30 pm & 5:45 – 7:15 pm Cabin John

Fostering the Engagement of Young People of Transition-Age Who Have Experienced Trauma

Nathan Gawlik, *Youth M.O.V.E. National, Grand Forks, ND*

This presentation will focus on how to engage young people who have experienced trauma aging out of the foster care system in a strengths-based and culturally appropriate manner. Information about trauma and developmental needs of this population will be combined with foster care alumni personal experiences.

Collaboration barriers and strategies to engage systems partners will be discussed.

Workshop 26

4:15 – 5:30 pm Arlington

Art Expression Room: Create Art Work That Showcases What Inspires You During Times of Difficulty

This room is set up to provide our more artistic participants the opportunity to express their thoughts, feelings and emotions through art! Participants 18 and under will have the opportunity to submit their art work for the 2011 Children's Mental Health Awareness Week poster contest.

Note: This session continues from 5:45 pm - 7:15 pm

Workshop 27

4:15 – 5:30 pm Penn Quarter A

Trauma-Informed System Transformation: A Rural County's Child Welfare Transformation Journey

Brenda Konradi, MS, **Kim Linkel**, *One Community One Family, Batesville, IN*; **Jennifer Tackitt**, *Indiana Dept. of Child Services, Indianapolis, IN*; **Angel Schiering**, *United Families, Batesville, IN*

How do you get your community to not only be willing, but also excited, about becoming trauma-informed? This workshop will detail the steps and strategies utilized by a local System of Care in working with child welfare to become trauma-informed by utilizing the Niatx Process Improvement Model. This presentation, from a rural perspective, details the use of training, consultation, social marketing, evaluation and ongoing technical assistance in not only implementing but also sustaining trauma-informed changes. Presenters will also offer various perspectives on this system transformation from their own experiences as a project director, child welfare regional manager, parent with experience in child welfare system, and training and social marketing coordinator.

Workshop 28

4:15 – 5:30 pm Penn Quarter B

Broadening Our Box

Brenda Donaldson, BS, Kashonda Babb, MS, *TN Voices for Children, Nashville, TN*

Transitioning to a different environment for a Hispanic family can be a traumatic experience with numerous barriers. The engagement of community providers who are not typically on the mental/behavior health radar provides for diverse opportunities to empower parents and youth to invest and take ownership of their communities. Through these unique relationships with those providers, families and youth are not put into our boxes, but allowed to broaden the range of support to empower the families and youth.

Workshop 29

4:15 – 5:30 pm Latrobe

Train the Trainers: Youth teach professionals how to partner...with...uh, youth

Martin Rafferty, Ariana Archer, *Youth M.O.V.E. Oregon, Eugene, OR*

This training is made especially for young adults, but is also professional and family member friendly. It will teach participants how to train professionals how to partner with young adults at both the local and regional level to become full, participating members on their local mental health advisory committees, quality improvement boards, and other children's mental health committees.

Warning: This workshop is actually a jam-packed training for young adult leaders that can change everything.

5:45 – 7:15 pm Arlington

Art Expression Room: Create Art Work That Showcases What Inspires You During Times of Difficulty – Part II

This workshop is designed to provide our more artistic participants the opportunity to express their thoughts, feelings and emotions through art! Participants 18 and under will have the opportunity to submit their art work for the 2011 Children's Mental Health Awareness Day poster contest.

Friday Poster Session

5:45 – 7:15 pm » Lafayette Park / Farragut Square

100. **Climbing the LADDER to YouthDriven Care – Massachusetts Makes the MAP!**

Chandra Watts, *Youth M.O.V.E. Massachusetts, Boston, MA*;
Meri Viano, *PPAL Statewide Regional Manager, Boston, MA*

Youth M.O.V.E. Massachusetts has youth in groups that help them to connect, fight stigma, advocate and speak. They will be offering information on how they continue to climb the ladder to be YouthDriven.

Samples of tip sheets will include:

- Youth Involvement on Conference Calls
- Youth Language in Educational Plans
- Youth Voice in Residential Settings
- Youth Run focus groups to outline leadership

Youth M.O.V.E. will be available for questions, discussion and advice on how to be Youth DRIVEN!

101. **Understanding Child Trauma and the National Child Traumatic Stress Network (NCTSN)**

Jennifer Grady, MSSW, *National Center for Child Traumatic Stress, Durham, NC*

The National Child Traumatic Stress Network (NCTSN) is focused on changing the course of the lives of children and families affected by trauma by changing the course of their care. NCTSN considers collaboration an essential part of its mission, and those involved with the NCTSN work together as researchers, providers, families, youth and representatives of service systems, professional and advocacy organizations. This poster will show evidence-based treatment and free child trauma resources and training.

102. **Effective Implementation of Cultural and Linguistic Competence (CLC) Trainings in Mental Health Settings**

Maria Avila, MED, *Vermont Child Mental Health Initiative (CMHI), Burlington, VT*; **Thomas Delaney**, *Vermont Child Health Improvement Program, University of Vermont, Burlington, VT*

Vermont developed a Cultural and Linguistic Competence training model that focuses on health disparities. The poster session will include core components of the training and review data attesting to the model's effectiveness in increasing providers' knowledge. To date, results from pre- and post-surveys indicate increases in participants' knowledge across a number of areas including their ability to eliminate their own prejudices or assumptions about clients (21% pre vs. 79% post; $p < .01$).

103. **The National Directory of Family-Run and Youth-Guided Organizations for Children's Behavioral Health**

Kathy J. Lazear, MA, Frank Reyes, *University of South Florida, Tampa, FL*

Experience The National Directory of Family-Run and Youth-Guided Organizations for Children's Behavioral Health. Search our database to find organizations across the country run by families or youth consumers that are working to support families with emotional and/or behavioral health challenges. Adding your organization or nominating an organization to the National Directory is completely free.

104. **Behind the Seen: Encounters with the Contemporary Family (Alamance Alliance for Children and Families Jamestown, NC)**

Courtney Cormier, *North Carolina Families United, Greensboro, NC*

"Behind the Seen: Encounters with the Contemporary Family" is a community art project that will bring 16 artists into the lives of four families to create unique interpretations of family dynamics and challenges. Finished pieces and documentary will provide a vehicle in which the community can start a conversation about mental health and diversity, effectively reducing stigmatizing judgments that often exist regarding families with young children suffering from emotional and behavioral health challenges.

105. **Teen FAST: A New Way to Give Youth and Parents a Voice**

Pat Davenport, *Families and Schools Together Inc, Madison, WI*

This poster session focuses on a model program that engages teens and their parents to create a supportive school environment and build social support. Participants will learn how FAST, a youth-driven, multi-family group program, empowers youth and parents, improves youth's relationships with parents and teachers, and engages youth and parents in school and their community.

106. **Parents, First Responders, and Juvenile Justice Working for Successful Outcomes**

Nelson Rascon, CPC, Curtis Dennis, CPC, *Dads MOVE, Tacoma, WA*

Dads MOVE began a project in Pierce County, WA to educate first responders about our kids and their specific needs. Parents receive organizational information and local resources to assist them while the officer is at the home. We recently launched another project where parent partners who have been through the Juvenile Justice system with their own kids are available in the King County courtroom to educate, inform and support parents/caregivers to successfully navigate the system.

107. **Sustaining Family and Youth Organizations: Implementing Family-Driven Business Practices**

Nadia Cayce-Gibson, *National Federation of Families for Children's Mental Health, Rockville, MD*; **Bruce Jennings**, *Long Branch, NJ*; **Carlos Garcia**, *Long Branch, NJ*

Family organizations sometimes find it difficult to remain focused on their values and ensure long-term success, especially in these difficult financial times. Project management is traditionally seen as a private sector strategy for ensuring efficiency and effectiveness in corporations. Recently, non-profit organizations have been implementing various project management strategies in their organizations that have demonstrated great success. Let's take private sector practices and infuse them with the values of family-driven and youth-guided practices to make sure family and youth organizations are strong and sustained!

108. **Disaster Preparedness: Families Prepare and Empower Themselves to Persevere through Traumatic Events and Unexpected Disaster**

Laurie Cavanaugh; **Paige Cummings**; **Joy Hodgson**, *G.E.A.R. Parent Network of Maine, Augusta, ME*

When disaster strikes, will you be ready? This poster session focuses on the reactions and needs of children and adolescents in times of unexpected disaster. Participants will learn how to engage their communities and emergency teams effectively. Materials and strategies will be presented to prepare for an emergency evacuation and make the unforeseen event more bearable and less traumatic.

109. **Team Leadership, Family Fun, and Fundraiser – All-In-One!**

Maryann Barber, *Oregon Family Support Network, Salem, OR*; **Jim Cantoni**, *GivaGeta, Glastonbury, CT*

Oregon Family Support Network (OFSN) has recently been using an innovation in learning that sparks meaningful conversation and promotes teamwork, leadership skills, communication, positive character development, resiliency and more. OFSN has been piloting the Teamwork and FamilyPlay™ family strengthening program. Participants will enjoy hands-on activities as well as receive our preliminary data results. Co-founder Jim Cantoni will share his family's story and the vision that led to the creation of GivaGeta and The World's Kindest Playing Cards™.

110. **Sustaining a Peer Youth Support Network**

Brian Lombrowski, *New York State Office of Mental Health, New York, NY*

New York City is home to approximately 30 hired peer youth advocate positions in the children's mental health, child welfare and transition-age young adult systems. This poster session will highlight funding strategies and the training and ongoing supervision and support required to sustain these positions.

111. **Family Organization Strategies for Navigating Budget Cuts in Creative and Sustainable Ways**

TJ Rosenberg, *Nevada PEP, Las Vegas, NV*; **Retta Dermody**, *Las Vegas, NV*

Nevada PEP is a statewide Parent Organization that has been sustained for over 16 years. We have several ways of developing income including two major fundraisers each year. We will share what we have done in the past and what we are looking for in the future.

112. **Social Media Q and A**

Brittany Smith, **Corey Brown**, *National Federation of Families for Children's Mental Health, Rockville, MD*

Most of us are using social media tools such as blogs, Facebook, and Twitter, but are we using them effectively? If you're currently using – or want to use – social media but you're not sure you're doing it correctly, come to this session and get suggestions. A panel of experts (in their mid-twenties) will be at your disposal to answer any question you can think of.

113. **Engaging Youth in Partnership for Social Change: Understanding Trauma and the Impact on the Transition to Adulthood**

Zakia Alavi, MD, *Michigan State University, East Lansing, MI*; **Joanne Riebschleger, PhD**, *Michigan State University, East Lansing, MI*; **Sarai Embaye, BS** *Lutheran Social Services of Michigan, Detroit, MI*; **Angelique Day, PhD**, *Wayne State University, Detroit, MI*

This study examines trauma faced by foster care youth who are transitioning to adulthood from the perspective of youth themselves. This study also offers youth-guided solutions to address trauma. Two Kidspeak events provided opportunities for 43 foster youth from around the State of Michigan to testify in front of panels of policy-makers. Qualitative data analysis involved an empowerment theory-driven, action research approach.

114. WIN Georgia: “You are Not Alone”

Theresa Varos, MS, *WIN Georgia, Fort Oglethorpe, GA*
WIN (Wraparound Initiative Northwest) Georgia is a six year, \$9-million cooperative agreement with Substance Abuse Mental Health Services Administration (SAMHSA). WIN Georgia is a regional effort to help “Build a System of Care” that works better for families and their loved ones. WIN provides wraparound to children between birth to age 21 with a diagnosed mental illness.

115. Self-Care

Andrea Burleigh, *Atlantic Cape Family Support, Northfield, NJ*

I have been diagnosed with depression/anxiety for over twenty years. I have one child who has bipolar disorder and borderline personality disorder, and a son who suffers from anxiety. I would like to share what I have learned throughout my journey in order to help parents and professionals understand the importance of self-care. It took me years to learn what true self-care is, and another few years to actually do it – but what a change it has created in my life. Now when crises come (and they still do) I can handle them better and with a clearer head. In matter of fact, they don’t even seem unmanageable any more. Since this change I would really like to help other people get there and know their quality of life will be much better if they do this.

116. Black Families Successfully Responding to Hazardous Adversity and Trauma

W. Henry Gregory, PhD, *Rafiki Consortium, Woodstock, MD*

Presenters will share the findings and clinical implications of a study of black families who have successfully responded to hazardous adversity and trauma. Ten processes were identified that support the resilient behavior of the participant children and families. This combination of processes implies a cultural resiliency pattern that might be useful to those who are interested in implementing a competency or strengths-based approach to the service and treatment of black families.

117. A Case of Betrayal: Resiliency of a Community Following the Trauma of The Worst Pedophile in U.S. History

Cathy Imburgia, *Delaware’s B.E.S.T., Newark, DE*

The resort town of Lewes, Delaware was rocked when a trusted pediatrician was charged with sexual abuse of his patients. Accused of raping or assaulting 103 girls he treated, with most of his victims too young to speak and the attacks recorded on video, he is convicted of 24 counts of rape, assault and sexual exploitation of a child.

Learn how the community is recovering through intensive support and responsive interventions with evidenced-based trauma treatments.

118. Youth Engagement of Diverse Populations

Bruce Brumfield, MS, *ON CARE-CCA, Syracuse, NY*

This poster session will focus on the benefits and challenges of engaging youth from different and diverse backgrounds, experiences, sexual orientations, cultures and beliefs with emotional, behavioral and mental health challenges. Youth will discuss the groups’ mission and the journeys they experience while being labeled, bullied and threatened because of their differences, at home, in school and in community settings. In addition, the poster session will offer strategies on how they have and are overcoming these challenges with the support of one another.

119. Community Collaboration: Working toward Developing a School-based Educational/Mental Health Day Treatment Program for Students

Ernest Fruge; Sherrie Raymond, RN, *Calcasieu Parish School System, Lake Charles, LA*; **Karen Gould**, *Institute for Health and Recovery*; **Norma Finkelstein, PhD**, *Cambridge, MA*

Positive Connections: Calcasieu Academic and Treatment Center is a new concept in educational and mental health service delivery to children with serious mental illness in the Calcasieu Parish Public School System. The program takes a holistic approach to working with the family unit in that the parent, child, Positive Connections staff, home-based school and community agencies serving the student are involved with the plan of care for students suffering with a serious mental illness and experiencing academic difficulties in school. The program is open to both regular education and special education students. Over the past three years, over 45 community agencies have collaborated and partnered with the Calcasieu Parish School System to bring the concept of Positive Connections: Calcasieu Academic and Treatment Center to reality.

Saturday, November 19 Highlights

6:30 – 7:30 am	Zumba—Get Your Dance On!
7:00 – 8:30 am	Coffee Station Open
7:00 am – 5:00 pm	Registration & Information Fair Open
8:30 – 10:00 am	Plenary Presentation
10:30 am – 12:00 pm	Concurrent Workshops
12:00 – 2:30 pm	Luncheon & Performance
3:00 – 4:30 pm	Concurrent Workshops
4:45 – 6:00 pm	Concurrent Workshops
8:00 – 10:00 pm	Movie Night
8:00 - 11:00 pm	Dance Party!

Join Us for Zumba

6:30 – 7:30 am Independence Ballroom

Zumba is an invigorating dance fitness class featuring Caribbean movements and rhythms like Salsa, Calypso and Reggaeton. Zumba has been featured in Newsweek and in the New York Times. Over the last five years, Zumba has become an international sensation. No dance experience is necessary to participate. All levels are welcome!

Evening Entertainment

8:00 – 11:00 pm Independence ballroom

Dance Party

You bring the moves, and we will bring the music. This is a family event, so bring your entire crew and join the fun! Be sure not to miss the 50/50 drawing at 9:30 pm!

8:00 – 10:00 pm Conference Theatre

Movie Night Featuring “Win-Win”

A light-hearted comedy about how a rough-and-tumble runaway changes the lives of a suburban New Jersey family and turns around the luck of a high school wrestling team. This film highlights several themes of this year’s conference; the child welfare system, a youth in need of support and substance abuse issues.

Saturday Plenary

8:30 – 10:00 am Independence Ballroom

Why Trauma-Informed Care?

Sandra Spencer, *National Federation of Families for Children’s Mental Health, Rockville, MD*

Plenary Presentation

Harold Koplewicz, *Child Mind Institute, New York, NY*

We are honored to have as our plenary speaker Dr. Harold Koplewicz, President of the Child Mind Institute and one of the nation’s leading child and adolescent psychiatrists. An incredibly passionate advocate for children and mental health, Dr. Koplewicz participated in National Children’s Mental Health Awareness Week 2011 by spearheading the inclusion of awareness ads in newspapers, and by encouraging psychiatrists across the United States to lead education sessions to the public. At the National Federation’s 2011 Annual Conference, you will hear Dr. Koplewicz speak about the myths that contribute to stigma and how he has worked to end them. He will also talk about best practices for treating children with mental health issues who have experienced trauma, and what factors contribute to resiliency. You don’t want to miss this!

Awards, Luncheon & Special Performance

Awards and Recognitions!

Sandra Spencer, *Executive Director, National Federation of Families for Children’s Mental Health, Rockville, MD*

Enjoy lunch, awards and special recognitions, and an inspiring performance of REACH, the award winning play produced by Ben Hodge Studios.

Reach – There Is a Better Way

REACH is a one-act production that is like no other. The play is a call to action for young people, adults and professionals alike. While it is meant to be entertaining and engaging, REACH is designed to act as a catalyst for discussion, dialogue and honest communication for all who see it.

Plenary Presentation

8:30 – 10:00 am Independence Ballroom

Why Trauma-Informed Care?

Sandra Spencer, *National Federation of Families for Children's Mental Health, Rockville, MD*

Building Resiliency in Children and Families

Harold Koplewicz, *Child Mind Institute, New York, NY*

We are honored to have as our plenary speaker Dr. Harold Koplewicz, President of the Child Mind Institute and one of the nation's leading child and adolescent psychiatrists. An incredibly passionate advocate for children and mental health, Dr. Koplewicz participated in National Children's Mental Health Awareness Week 2011 by spearheading the inclusion of awareness ads in newspapers, and by encouraging psychiatrists across the United States to lead education sessions to the public. At the National Federation's 2011 Annual Conference, you will hear Dr. Koplewicz speak about the myths that contribute to stigma and how he has worked to end them. He will also talk about best practices for treating children with mental health issues who have experienced trauma, and what factors contribute to resiliency. You don't want to miss this!

Transition to Workshops

10:00 – 10:30 am

VIVA VOX Program IV

10:30 am – 12:00 pm ◀YO▶ Franklin/McPherson

Circus- VIVA VOX

Circus Harmony, *St. Louis, MO*

"We teach the art of life through circus education. We work to build character and expand community for youth of all ages, cultures, abilities and backgrounds. Through teaching and performance of circus skills, we help people defy gravity, soar with confidence, and leap over social barriers, all at the same time." - Jessica Hentoff, founder of Circus Harmony

Participants will be invited to learn and perform circus skills packed with tumbling, flying, flipping and juggling, thereby forming their own circus!

◀YO▶ Youth Only

Workshop 30

10:30 am – 12:00 pm Burnham

Promoting Children's Mental Health and Resiliency through "Healthy Policy" Initiatives: The Role of Family Leaders

Joyce Sebian, MS Ed, *Georgetown University Center for Child and Human Development, National TA Center for Children's Mental Health, Washington, D.C.*; **Lynn Todman, PhD**, *The Adler School, Chicago, IL*; **Cathy Ciano**, *Executive Director, Parent Support Network of RI, Johnston, RI*

Multiple public systems and sectors make policy decisions that shape the environments where children are born, grow, live and learn. These policies impact children's mental and behavioral health, their resilience and their ability to manage trauma. This session explores how a public health framework can guide family leaders in efforts to improve social conditions for children, examines the benefits of "Healthy Policy" initiatives, and describes how Mental Health Impact Assessments can help create healthy communities where children and families can thrive.

Workshop 31

10:30 am – 12:00 pm Latrobe

The Healing Circle

Terry Ellis, LCSW; **Nicolette Bannister**, *NARA Northwest, Portland, OR*

Western trauma-related intervention casts the major focus of the work on the traumatized individual, instead of on the traumatized family and community. It is very difficult for a child to be healthier than his or her family. This is why there is an urgent need to develop further practices related to helping families recover, heal and grow beyond their traumatic experiences. The search for answers related to healing the wounds of chronic stress, multi-generational and present day discrete trauma events that are being processed and influenced by the continuing context of historical trauma and continuing cultural genocide led to our initial work related to the development of a culturally specific model of trauma intervention. This model is known as the "Healing Circle." The "Healing Circle" focuses not only on creating healing and resiliency, but also on post-traumatic growth in an effort to develop wisdom, vision and knowledge from devastation, trauma and loss.

Workshop 32

10:30 am – 12:00 pm ◀Y▶ Constitution A

Keepin' It Real: When Bad Stuff Happens

Vikki Rompala, *La Rabida Children's Hospital*; **Akil Smith**, *Chicago Child Trauma Center, Chicago, IL*; **Tricalouise Gurley**, *Youth M.O.V.E. Maryland / National, Baltimore, MD*

Youth will present educational and personal information about trauma and when bad stuff happens. They will talk about ways to cope and resources that exist for youth to help themselves and others. Youth will also share the different ways that they have educated others.

Workshop 33

10:30 am – 12:00 pm ◀Y▶ Constitution B

Recipe for Success: Collaborative Strategies for Great Ideas

Ryun Anderson, MSW, *Youth M.O.V.E. Maine, Lewiston, ME*;
Laurie Cavanaugh, *GEAR Parent Network, Lewiston, ME*

This workshop will focus on the value of collaborating with people who have different ideas than you to get a job done. We have learned that when we bring different ideas together, our solutions make more sense, are easier to implement, have greater staying power, and reach more people. Of course, there are always challenges along the way, and we'll talk about these challenges and ways to overcome them.

Workshop 34

10:30 am – 12:00 pm Constitution C

After a Suicide — Strategies to Respond

Steve Roggenbaum, MA, **Kathy Lazear, MA**, *University of South Florida, Tampa, FL*; **Larry English, MA, MEd, NBCC**, *Federation of Families for Children's Mental Health, Hillsborough County, Tampa, FL*

An effective suicide prevention program should not limit its scope to include only preventive and intervention measures, but should also address postvention measures, or measures that are taken after a suicide crisis. Postvention strategies can reduce subsequent death by suicide and reduce the onset and degree of debilitation by psychiatric disorders. After a suicidal crisis, friends and family are at an increased risk of developing post traumatic stress disorder, as well as relying more heavily on alcohol and drug use to numb the pain.

Workshop 35

10:30 am – 12:00 pm Constitution D

Addressing Historical Trauma for African American Children, Youth and Their Families

Vivian Jackson, PhD, **Gary Macbeth, MSW**, **James Wotring, MSW**, *Georgetown Child and Human Development Center, Washington, DC*; **Henry Gregory, Jr., PsyD**, *Rafiki Consortium, LLC, Woodstock, MD*; **Amber Price, Florence Blas, MSW**, *SOC Community Karimu, Hagatna, GU*

This workshop will explore how the concept of "historical trauma" applies to African Americans. The legacy of slavery, segregation and continued social oppression has taken a toll on African American families. However, interventions that stress resiliency, cultural legacy and strengths related to African heritage, such as Rites of Passage programs, enable recovery. Listen to the journey of this former participant as she describes her journey as part of her healing.

Workshop 36

10:30 am – 12:00 pm ◀Y▶ Constitution E

Understanding Adoptive Families and Accessing Appropriate Resources

Emma (Gerri) Mullendore, *Oklahoma Systems of Care, Oklahoma City, OK*; **Marie Niarhos, MEd**, *National Federation of Families for Children's Mental Health, Rockville, MD*; **Sharon Hunt, AIR**, *Washington, DC*

Adoptive parents know that their children's life experiences can be complex and that growth, development and behavior can be impacted. Trauma probably has affected their family connections. Experienced adoptive parents will provide an overview about the challenges of adoptive parenting, specific needs of children who were adopted, and resources that are available. All who work with families formed by adoption are encouraged to attend.

Workshop 37

10:30 am – 12:00 pm Wilson

Stressors on Military Families: Together We're Stronger

Barbara Cohoon, PhD, RN, *National Military Family Association, Alexandria, VA*

The National Military Family Association will provide: our Association's mission; demographics related to Service, deployments, family makeup, injuries, etc.; risk factors causing mental health stress; the Association's research on the war's impact on children and caregivers; ways attendees can help our military and their families in their community; and the importance to focus on preventive programs to keep our military families healthy rather than wait to provide treatment programs at the time of crisis.

Workshop 38

10:30 am – 12:00 pm

Roosevelt

From Trauma to Triumph

Howard Overby, Coreaner Price, *Community Cares / Mississippi Families as Allies, Jackson, MS*; **Anthony Jones**, *Community Cares*; **Heidi Nelson**, *Community Cares / Pine Belt Mental Healthcare Resources*

Witness two personal accounts from a youth and a parent how they were able to overcome traumatic events with the help of family-driven and youth-guided supports, partnered with case management and therapy. Hear how physical and verbal abuse, economic hardship and a tragic death led to a dangerous combination of substance abuse and gang activity. These stories not only detail their struggles but show their resiliency as well.

Workshop 39

10:30 am – 12:00 pm

Cabin John

What's the Deal with Eating Disorders?

Kiran Iqbal, MD, *University of Maryland, Baltimore, MD*; **Gary Blau, PhD**, *Substance Abuse Mental Health Services Administration, Rockville, MD*

Many youth struggle with self-image such that it affects their eating habits in unhealthy ways. Youth who have eating disorders or eating disorder symptoms are often not adequately assessed by their mental health providers. This session will focus on helping child psychiatrists learn more about how to communicate with youth about eating disorders with the goal of developing a screening tool.

Workshop 40

10:30 am – 12:00 pm ◀Y▶

Arlington

Art Expression Room: Create Art Work That Showcases What Inspires You During Times of Difficulty

This room is setup to provide our more artistic participants the opportunity to express their thoughts, feelings and emotions through art! Participants 18 and under will have the opportunity to submit their art work for the 2011 Children's Mental Health Awareness Day poster contest.

Workshop 41

10:30 am – 12:00 pm

Penn Quarter A

Challenging the Cradle to Prison Pipeline: Taking Ownership for Systemic Trauma of Boys of Color

John Cruz, *NJ Alliance of Family Support Organizations, Neptune, NJ*; **Bruce Jennings**, *NJ Alliance of Family Support Organizations, Atlantic City, NJ*

The "Cradle to Prison Pipeline" shocked America's child serving systems by holding them accountable for contributing to the incarceration of Hispanic/Latino and African American men. The report clearly indicates the challenges of the child welfare system as a critical determinant for adult correctional involvement. Through understanding the report, sharing national data and personal testimony, learn about the trauma faced by Hispanic/Latino and African American boys involved in the system. As a context for discussion, consider your role with youth of color. Do you contribute to this phenomenon? Explore strategies for challenging the nation's "Cradle to Prison Pipeline."

Workshop 42

10:30 am – 12:00 pm

Penn Quarter B

Families and Youth: Our Greatest Natural Resource

Malisa Pearson, Jane Shank, Connie Conklin, *ACMH, Lansing, MI*

Michigan, in partnership with ACMH, the statewide family network, has worked for several years creating a place for family members and youth within the mental health workforce. Parent Support Partners, now available in over 11 counties, have blazed a path toward Family Driven Care with a Youth peer to Peer model expected to launch sometime in 2012. Learn how Michigan is utilizing the expertise of families and youth to transform the mental health, child welfare, juvenile justice and educational systems in Michigan to become more family-driven and youth-guided.

Workshop 43

10:30 am – 12:00 pm

Conference Theater

To Speak or Not to Speak — That Is a Family's Question. Let's Talk About It

Mary-Therese Edgerle, *G.I.F.T.S., Guam' Federation of Families for Children's Mental Health*; **Florence Blas**, *SOC Community Karinu, Agana, Guam*

Trauma affects families on many levels in multiple ways. A single trauma can affect a family for generations. A Family Driven approach to trauma means partnering, speaking up and

going outside comfort zones. A family may panic or become silent when questioned. How do families cope when talking to outsiders? What builds a family's trust to talk? How does it affect a family when trust is broken by a family member seeking outside help? What helps overcome the feeling of being shut down and invalidated? How do families find courage when scared? Reliance, skills, feeling safe, building trust, and partnering with providers doesn't just happen automatically. We'll address these questions and others in a discussion forum.

Workshop 44

10:30 am – 12:00 pm

Bullfinch

IDEA Consultation Room

Dixie Jordan, *Cora, WY*

Got a question about IDEA? Come to the IDEA Consultation Room to get answers! Dixie Jordan will be available throughout the conference to answer your questions, share information and offer workable strategies tailored to your specific situation.

Awards Luncheon & Special Performance

12:00 – 2:30 pm

Independence Ballroom

Sandra Spencer, *Executive Director, National Federation of Families for Children's Mental Health, Rockville, MD*

Enjoy lunch, awards, special recognitions, and an inspiring performance of REACH, the award winning play produced by Ben Hodge Studios.

Reach — There Is a Better Way

REACH is a one-act production that is like no other. The play is a call to action for young people, adults and professionals alike. While it is meant to be entertaining and engaging, REACH is designed to act as a catalyst for discussion, dialogue and honest communication for all who see it.

VIVA VOX Program V

3:00 – 4:30 pm ◀YO▶

Franklin/McPherson

Circus- VIVA VOX

Circus Harmony, *St. Louis, MO*

"We teach the art of life through circus education. We work to build character and expand community for youth of all ages, cultures, abilities and backgrounds." - Jessica Hentoff

Participants will be invited to learn and perform circus skills packed with tumbling, flying, flipping, and juggling, thereby forming their own circus!

◀Y▶ Youth Track ◀YO▶ Youth Only

Workshop 45

3:00 – 4:30 pm

Burnham

Mentorship: A Sustaining Force in Crisis (Mentoring Is a Two-Way Street)

Judi Turpen, Tammy Miller, *Indiana Federation FFCMH and Youth M.O.V.E., Anderson, IN*

The old wives' tale of "Trauma coming in Threes," seems to play out in our families. Tiffanie and I began to share about our personal challenges and coping skills. I suggested that she journal, and she suggested I make a stronger commitment to my own writing. Soon Tiffanie had an answer that responded to her doctor's wish, "If I only knew how your brain works!" In her writings, Tiffanie discloses what happens when she deals with personal loss, educational neglect and constant struggle to find the right medication and diagnoses. Judi will talk about the impact Tiffanie has had on her techniques.

Workshop 46

3:00 – 4:30 pm ◀Y▶

Latrobe

Sustaining Youth Voice beyond System of Care Youth Groups

Brianne Masselli, *THRIVE, Lewiston, ME*; **Ryun Anderson**, *MSW, Chesari Tempesta, Youth M.O.V.E. Maine, Lewiston ME*

Youth M.O.V.E. Maine will explain the journey it has taken to become Maine's first youth run organization. This presentation will show how youth voice was started in Maine as a youth group of a System of Care, how youth collectively organized and partnered with adults to develop a logic model, and ultimately became a fully sustained statewide Youth M.O.V.E. Chapter. This workshop aims to show how applying a theory of change or logic model can improve and ease implementation to sustain youth voice beyond systems of care.

Workshop 47

3:00 – 4:30 pm

Constitution A

Critical Strategies to Develop and Sustain Family Organizations

Peggy Nikkel, *UPLIFT, Casper, WY*; **Sue Smith, Ed. D.**, *Georgia Parent Support Network, Atlanta, GA*

This session will present proven strategies to successfully develop and sustain family organizations including: keeping the family voice central; fostering collaborative partnerships; letting your mission drive your work; rooting activities in fiscal and business integrity; choosing an organizational model that meets your unique needs; communicating organizational success through marketing, evaluation, data collection, and reporting; and diversifying funding. Group activities will enhance peer learning.

Workshop 48

3:00 – 4:30 pm

Constitution B

Child and Adolescent Trauma

Dan Karlow, MS, *Youth Advocate Programs, Lancaster, PA*

This training is geared toward direct care staff, social services, teachers, parents and others wanting to learn about trauma and its impact on children and adolescents. The training will explore the impact trauma has on the brain, and will educate staff on prevention and intervention strategies for different developmental groups. This training will also explore strengthening relationships, using CBT strategies, connecting to the future, working through labels, expressing emotions, and working through traumatic memories and dissociations.

Workshop 49

3:00 – 4:30 pm

Constitution C

Supporting Positive Development for Emerging Adults

Janet Walker, PhD, 8j Richard DeMarko Brown, *Portland State University, Portland, OR*

This interactive session focuses on the period of late adolescence and early adulthood, a period now being described as a distinct stage of life called “emerging adulthood.” The session highlights trends in social, economic, health, lifestyle and demographic data that demonstrate how radically this life stage has changed for all young people in the last few decades, and promotes discussion of what this implies for effectively supporting (both interpersonally and through developmentally appropriate services) young people in this life stage who have serious mental health conditions and/or who are coping with histories of trauma.

Workshop 50

3:00 – 4:30 pm

Constitution D

Short-Term Intervention: Long on Outcomes!

Pat Hunt, *Magellan Health Services, Turner, ME*; John Lees, *Magellan Behavioral Health of Pennsylvania Inc, Bethlehem, PA*; Jeff Friedman, PhD, *MCC Warwick House, Warminster, PA*

Outcomes from Magellan Health’s new approach to residential care in Pennsylvania speak for themselves. With significantly reduced lengths of stay and no re-admissions during the first 12 months, youth are spending less time separated from their families, friends and communities. What makes it work? Join the discussion to learn more about this successful model – PLEASE DO TRY THIS AT HOME!

Workshop 51

3:00 – 4:30 pm

Constitution E

Take Control – SEL as a Personal Tool to Manage Challenges and Respond To Stress and Trauma

Trina Osher, MA, *Huff Osher Consulting, Inc., Takoma Park, MD*; Shannon Crossbear, *Strongheart Resource Development, Grand Portage, MN*; David Osher, PhD, *American Institutes for Research, Washington, DC*

Social and Emotional Learning (SEL) is about understanding and managing our own emotions and relationships and applying these skills throughout life. Families where one or more children or adults have a behavioral health disorder can be very emotionally charged. This workshop will explain how developing our own social and emotional capacity and teaching these skills to others in our families can help defuse this stress and empower us to improve relationships within our families.

Workshop 52

3:00 – 4:30 pm

Wilson

Family Bridge: Advance Empowerment and Boost Communication

Peter Henrie, *The Family Bridge, Lehi, UT*; Kristen Anderson, *Oregon Family Support Network, Salem, OR*

Is team communication a challenge? The Family Bridge technology empowers families in sharing information and facilitating team communication. Family Bridge provides a highly secure (meets/exceeds federal privacy standards) webpage similar to a Facebook page. The only people who have access are those whom you invite to join. Members can post photos, announce triumphs, post blogs, schedule meetings, post messages, etc. Outpatient and inpatient providers can remain current.

Workshop 53

3:00 – 4:30 pm

Roosevelt

Your Trauma Doesn’t Have to be Your Drama: Healing Through Peer to Peer Work, Advocacy and Partnerships

Kay Connors, MSW, *FITT Center-NCTSN, Baltimore, MD*; Gladys Fonfield-Aniyla, *NCTSN’s Partnering with Youth and Families Committee, Baltimore, MD*; Tricialouise Gurley, *Youth M.O.V.E.-MD / National, Baltimore, MD*; Angela Vaughn-Lee, *Maryland Coalition of Families, Baltimore, MD*

Trauma shatters the protective shield that families and children need to be resilient and meet their full potential. Trauma-informed, family-centered strategies that focus on social support

are essential to recovery and promoting resiliency. In this interactive workshop, participants will learn about innovative peer-to-peer, advocacy and partnership approaches to improve trauma services in your community.

Workshop 54

3:00 – 4:30 pm

Cabin John

“Your Point Is?”

Leah Holmes-Bonilla, *Vanguard Communications, Washington, DC*;
Brittany Smith, *National Federation of Families for Children’s Mental Health, Rockville, MD*

Often times youth need to speak out to gain buy-in and action from various decision makers and the media. They need to be able to effectively tell their story.

To help youth voices be heard, they need to be comfortable and strategic in telling their story. During this workshop, participants will learn to persuade through storytelling with an eye toward more effective communications.

Workshop 55

3:00 – 4:30 pm

Arlington

The Power of Family Support in NYC: Yesterday, Today and Tomorrow

Bernadine Meeks, Wanda Greene, Lorraine Jacobs, Marie Carrion, Ashley Carrion, Shamar Sowell, *Families Together of New York State, New York, NY*

This workshop will cover the growth and success of family support from 1993 through the present and provide a vision for the future. It will give participants insight into how powerful the movement has become, and how it is supporting the development of the youth voice for tomorrow.

Workshop 56

3:00 – 4:30 pm

Penn Quarter A

Caring for Children Who Have Experienced Trauma

Alison Hendricks, Pamela Toohey, *Chadwick Center of Rady Children’s Hospital, San Diego, CA*

This workshop will provide an overview of a training curriculum that teaches resource parents about the effects of trauma on children and gives them skills to better manage trauma-related behaviors. The presenters have co-facilitated this workshop for parents and will provide training tips as well as real-life case examples and an interactive exercise.

The curriculum is a product of the National Child Traumatic Stress Network.

Workshop 57

3:00 – 4:30 pm

Penn Quarter B

Trauma Informed Care When Working with Children in Military Families and Children in the Foster Care System

Deana Salter, BS, *MIKID, Yuma, AZ*; **Kristen Howard, AA**, *MIKID, Phoenix, AZ*

Everyday there are children experiencing sources of trauma. As unfortunate as that is, it is reality. Trauma should be an experience, not a diagnostic category. When discussing trauma, the one word that best captures the experience is “terror.” Terror is defined as a feeling totally unsafe and powerless to do anything about one’s situation. Intervention must be directed at the restoration of a sense of safety and power when the primary experience is Trauma. Family-run organizations can assist in this restoration through educating youth, families and staff.

Workshop 58

3:00 – 4:30 pm

Conference Theater

Trauma-Informed Care in Juvenile Justice and Foster Care Improves Communication, Collaboration and Outcomes

Joyce Burrell, MS, *Principal Researcher and Director of the Juvenile Justice Program, American Institutes for Research, Washington, DC*; **Kim Helfgott**, *Principal Researcher, Co-Director of the Western and Pacific Island Technical Assistance Center, Washington, DC*

Our team will present a 90-minute workshop on trauma and the impact for youth in the juvenile justice system and in child welfare, especially foster care. The presentation team will discuss issues families face and barriers agencies face when trauma and other behavioral health issues impact the communications between the two. Each of us will present strategies to improve engagement with each other, and tips conference attendees can take away to improve communication and collaboration when families, children, youth and systems learn to deal with trauma as a normal part of everyday life. References will be made to the impact of strategies used in the statewide roll-out of a trauma-informed philosophy of care in NY State called Sanctuary, and how it improved communication and the environment for youth and staff. Participants will answer the questions in the Adverse Childhood Experiences Survey and discuss results and the importance of knowing when we are exposed to trauma, how it is initially handled, how it could impact us in the future, and how best to manage it and still actively move toward a fulfilling future.

Workshop 59

3:00 – 4:30 pm

Bullfinch

IDEA Consultation Room

Dixie Jordan, *Cora, WY*

Got a question about IDEA? Come to the IDEA Consultation Room to get answers! Dixie Jordan will be available throughout the conference to answer your questions, share information and offer workable strategies tailored to your specific situation.

Transition to Workshops

4:30 – 4:45 pm

VIVA VOX Program VI

4:45 – 6:00 pm ◀YO▶

Franklin/McPherson

Circus– VIVA VOX

Circus Harmony, *St. Louis, MO*

“We teach the art of life through circus education. We work to build character and expand community for youth of all ages, cultures, abilities and backgrounds.” - Jessica Hentoff

Participants will be invited to learn and perform circus skills packed with tumbling, flying, flipping, and juggling, thereby forming their own circus!

Workshop 60

4:45 – 6:00 pm

Burnham

GAMES! Convert Family Peer Workshops into Young Adult Peer Workshops

Ariana Archer, *Youth M.O.V.E. Oregon, Salem, OR*; Kristen Anderson, *Oregon Family Support Network, Salem, OR*

Youth M.O.V.E. Oregon has brought more fun to many peer workshops. Young people have reviewed and retooled many OFSN workshops into YMO peer workshops. Identifying Strengths, Building Support Networks –by young people for young people. YMO has also co-developed our *Peer Delivered Service Foundations for Family and Young Adult Peer Support Providers* curriculum. Many of their suggestions have been updated into family workshops, too. More breaks! More fun! More learning! You can do it, too!

◀YO▶ Youth Only

Workshop 61

4:45 – 6:00 pm

Latrobe

Igniting the Transformation Process through Hope and Self-Confidence: The PASS Program - A Culturally-Responsive Youth Development Program

Lenora Reid-Rose, Neville Morris, *Coordinated Care Services, Rochester, NY*; Dana Finely, Carla Johnson, *Rochester, NY*

The Prevention, Access, Self-Empowerment and Support (PASS) initiative supports often troubled youth experiencing behavioral and emotional challenges in their daily lives to become successful, thriving young people. Using a culturally competent curriculum and a culturally competent staff, participants in the program are given tools to improve communication with their families, opportunities and direction to develop pro-social skills and social competencies, and advocacy, speaking and leadership skills. PASS also aims to improve youth psychosocial, educational and community outcomes. It also works with the parents of the youths providing them with education and supports to enable them to improve their own outcomes and relationships with their children.

Workshop 62

4:45 – 6:00 pm

Constitution A

Running a Family Support Organization? Got Trauma? Let's Talk

Jammie Farish, Laura Rose Misaras, *Oregon Family Support Network, Salem, OR*; Mary-Therese Edgerle, *G.I.F.T.S. Guam' Federation of Families for Children's Mental Health, Hagatna, GU*

Does your phone ever stop ringing? Get more than 100 emails a day? The only friends you have left are your co-workers? Find yourself “un-friended” on Facebook? Instead of being Linked In – you’re “Linked Out”? Budget accounting behind because you’re behind turning in receipts? Board challenges – not involved or supportive, or micromanaging? Staff crises? Your kids hate your job? Your partner hates your job? Your parents hate your job? Compassion fatigue? We can help!

Workshop 63

4:45 – 6:00 pm

Constitution B

How Do You Know if Your System Is Trauma-Informed? Maine's Journey Answering This Question

Arabella Perez, Brianne Masselli, *THRIVE, Lewiston, ME*

Maine's system of care addressed the needs of children birth to 21 involved in multiple systems using a trauma-informed approach, which assumes that everyone has been impacted by trauma until proven otherwise. This approach required that providers at the state and local level assess themselves against trauma-informed principles. An assessment was created in Maine that identified several best practice standards such as the availability of trauma specific evidence based programs, all-staff training on trauma, partnering with family and youth on policy development and others. Results will be shared with ideas on how to replicate this in your own community.

Workshop 64

4:45 – 6:00 pm

Constitution C

Exploding the Myths: Digging into Recovery and Support Together

Theresa Varos, MS, Heather Stanley, MPS, Catherine Schueman, CRCII, Anita Vines, *Lookout Mountain CME, Fort Oglethorpe, GA*

Sobriety Treatment and Recovery Team (START) is an evidence-based program, which integrates fast access to treatment and intensive family preservation services to ensure the safety of young children with parents who have abused alcohol and/or drugs. START families are assigned to a team of Child Welfare Workers and Parent Support Partners (PSPs). The PSPs work with these families from a lived experience. The START Program is working to operationalize the key principles that underlie the system of care movement.

Workshop 65

4:45 – 6:00 pm

Constitution D

Empowering Youth Voice with Social Media

Brittany Smith, Corey Brown, *National Federation of Families for Children's Mental Health, Rockville, MD*

Are you a change agent? Join this session to learn how you can broadcast your message to the world and empower your peers using social media platforms such as a blog, Facebook or Twitter. If you're trying to supercharge a movement, don't miss this interactive session where you'll get the tools to start using social media as a change agent.

Workshop 66

4:45 – 6:00 pm

Roosevelt

Using Family Mental Health History and the New Science of Risk to Empower Family Recovery and Prevention

Victoria Costello, BA, *Board Member, Mental Health Association of SF, San Francisco, CA*

To date, peer mental health counselors have refined the art and practice of telling personal stories of coping with mental illness in the family in order to aid others newly making this adjustment. The next step, modeled in this workshop, is to give peers—and by extension new consumers—access to the latest techniques and findings from longitudinal family studies and psychiatric epidemiology so that their role can be broadened to fill several gaps in today's mental health care system.

Workshop 67

4:45 – 6:00 pm

Constitution E

Challenging but Not Impossible: A Latino Father and Son's Story of Healing

John Cruz, *NJ Alliance of Family Support Organizations, Neptune, NJ*; **Carlos Garcia**, *NJ Alliance of Family Support Organizations, Long Branch, NJ*

John Cruz was just a teenager when his first son, Carlos, was born. Struggling in poverty and navigating the streets seemed impossible especially with system involvement. Carlos spent most of his childhood years without John until one day they reunited in difficult circumstances. Join John and Carlos as they share their story of resiliency and work together to unite families and communities. By replicating the strengths and strategies used to develop their own relationship, they help others by demonstrating youth and adult partnerships, youth and family empowerment and, overall, culturally competent systemic reform.

Workshop 68

4:45 – 6:00 pm

Conference Theater

Ensuring Access for Immigrant and Limited English Proficient (LEP) Families

Diana Autin, JD, Mercedes Rosa, BA, *Statewide Parent Advocacy Network, Newark, NJ*

Growing numbers of families in the United States speak languages other than English, and the US government has expressed a renewed commitment to meeting the needs of LEP families, making language access even more important. This workshop will provide family organizations with information on the right to language access, requirements and tools to conduct language access self-assessments and develop language access plans, and resources to family agencies to enhance and expand language access.

Workshop 69

4:45 – 6:00 pm ◀Y▶

Arlington

Empowering Youth: Young Adult Leadership Series

Brittany Holt, *Youth M.O.V.E. North Carolina, Greensboro, NC*

The Young Adult Leadership Series is a youth-driven exemplary model designed to provide youth who have experiences with trauma, mental illness, juvenile justice and foster care with the tools to take control and advocate for themselves and other youth. The workshop will present a toolkit for youth to start their own series, from pre-planning to facilitation, with notes from experience to help through the process.

Workshop 70

4:45 – 6:00 pm

Penn Quarter A

On the Road to Family Driven Care

Tiffany Leischner, *Association for Children's Mental Health (ACMH), Lansing, MI*; **Frank Rider, MS**, *National Federation of Families for Children's Mental Health, Rockville, MD*

This presentation will cover:

- Research that shows better outcomes for children and families when families have a meaningful role in the treatment process
- History of the family involvement movement
- Ways that we can each support families to be involved, and how families support us; and
- Some solutions to barriers families and professionals face along this journey

Workshop 71

4:45 – 6:00 pm

Penn Quarter B

Coming To America: Examining the Immigration Experience of Immigrant Youth from the Caribbean Basin and Their Mental Health Needs within Systems of Care

Karen Francis, Ezra Bourne, *American Institutes for Research, Washington, DC*; **Curtis Ward**, *Caribbean Research and Policy Center, Olney, MD*

This workshop will:

- Engage participants in a discussion about the immigration experience of children and their families from the Caribbean Basin
- Explore factors that impact mental well-being and psychological adjustment of Caribbean Basin immigrant children; and
- Present effective strategies for providing cultural and linguistically competent services for Caribbean Basin immigrant youth and their families.

Workshop 72

4:45 – 6:00 pm

Cabin John

◀YO▶ (Entry Level) Youth Leadership Academy: Be a Community Leader and Stay True to Who You Are

Jerard Johnson, Carlos Garcia, *Long Branch, NJ*; **Tessa Cayce**, *Tinton Falls, NJ*; **Nadia Cayce-Gibson, James Sawyer**, *National Federation of Families for Children's Mental Health, Rockville, MD*

Have you ever wondered whether your identity, experiences, and background influence how you lead and interact with those around you? Have you ever wondered how you could work better with your peers and adults? If so, come to this interactive workshop, which will help you become a stronger you! Decide what type of leadership style best suits you, and how to grow as an emerging youth leader on the basis of your own identity. Through dynamic dialogue, role play, and other activities, join other young adults and the Cultural Competence Action Team to gain a better understanding of youth leadership, and concrete strategies to advance your local and the national youth movement.

◀Y▶ Youth Track ◀YO▶ Youth Only

Dinner on your own

Special Session

6:30 – 8:00 pm

Arlington

Which Outcomes Should Be Measured?

Janet Walker, *Portland State University, Portland, OR*; **Cindy Bustillo**, *Youth M.O.V.E. National, Rockville, MD*

More and more agencies and service systems are recruiting systems-experienced youth and young adults to participate in making decisions on boards, steering committees and other bodies. The Evaluating Youth Work Group has been asked to develop resources that will help communities show that involving young people in decision making has a positive impact. Part of this work involves deciding what impacts or outcomes are the most important to measure. This session is a chance for youth and young adults to have their say about which outcomes should be assessed.

Movie Night

8:00 – 10:00 pm » Conference Theatre

“Win Win”

A light-hearted comedy about how a rough-and-tumble runaway changes the lives of a suburban New Jersey family and turns around the luck of a high school wrestling team. This film highlights several themes of this year’s conference; the child welfare system, a youth in need of support and substance abuse issues.

Dance Party

8:00 – 11:00 pm » Independence Ballroom

You bring the moves, and we will bring the music. This is a family event, so bring your entire crew and join the fun! Be sure not to miss the 50/50 drawing at 9:30 pm!

Sunday, November 20 Highlights

6:30 am	Zumba
7:30 am	Non-denominational Worship Service
8:30 am	A Call to Action
8:45 am	Plenary Presentation
9:45 am	Celebration of Youth
10:45 am	Concurrent Workshops
12:00 pm	Conference Adjourns

Join us for Zumba

6:30 – 7:30 am Independence Ballroom

Zumba is an invigorating dance fitness class featuring Caribbean movements and rhythms like Salsa, Calypso and Reggaeton. Zumba has been featured in Newsweek and in the New York Times. Over the last five years, Zumba has become an international sensation. No dance experience is necessary to participate. All levels are welcome!

Non-denominational Worship

7:30 – 8:00 am Arlington

A time of quiet reflection open to all faiths.

Sunday Plenary

8:30 – 8:45 am Independence Ballroom

A Call to Action

Sandra Spencer, *National Federation of Families for Children's Mental Health, Rockville, MD*

What Does "Trauma-Informed" Really Mean, and How Can Family Organizations Empower Families with a Trauma-Informed Approach?

Ryun Anderson, MSW, Director, Youth M.O.V.E. Maine; Arabella Perez, LCSW, Executive Director, THRIVE; Carol Tiernan, Director, G.E.A.R. Parent Network, Maine's National Federation of Families For Children's Mental Health, Lewiston, ME

Maine's system of care data shows that caregivers report having experienced an average of 7 traumatic events prior to the age of 18. Additionally children enrolled in THRIVE experienced an average of 3 traumatic events. Understanding how trauma impacts family and youth and the way they approach service systems is at the core of what it means to be "trauma-informed." In this plenary session participants will hear from a family, youth and system leader about their strategies and lessons learned. Creating trauma-informed communities that highlight resiliency and hope involves everyone, and leads to asking the all important question, "What happened to you?"

Celebration of Youth

9:45 – 10:30 am Independence Ballroom

Cultural Extravaganza — Viva Vox

This Cultural Extravaganza will culminate with a performance by the participants with their newly acquired African Dance (with handmade costumes), Circus, and Spoken Word skills for the conference as part of the closing ceremony activities.

Workshops

10:45 – 12:00 pm

Thirteen Workshops to Choose From!

Finish your conference experience with an amazing choice of excellent workshops.

Sunday Plenary

8:30 – 8:45 am

Independence Ballroom

A Call to Action

Sandra Spencer, *National Federation of Families for Children's Mental Health, Rockville, MD*

What Does a "Trauma-Informed" Approach Mean to Family and Youth Organizations?

Arabella Perez LCSW, *THRIVE, Lewiston, ME*; **Carol Tiernan, Director**, *G.E.A.R. Parent Network, Maine's National Federation of Families For Children's Mental Health, Lewiston ME*; **Ryun Anderson, MSW**, *Director Youth M.O.V.E. Maine, Lewiston, ME*

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Transition to Workshops

10:30 – 10:45 am

Workshop 73

10:45 am – 12:00 pm

Burnham

Self Advocates with Fetal Alcohol Spectrum Disorders In Action (The SAFA Network)

Rob Wybrecht, Jasmine Suarez-O'Connor, Leigh Ann Davis, *The Arc of the United States, Washington, DC*

FASD is an umbrella term describing the wide range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, behavioral, mental, and/or learning disabilities with possible lifelong implications. The Arc received a contract from SAMHSA/Northrop Grumman to begin a formal project called SAFA (Self-Advocates with FASD in Action), which is developing a national network of people with an FASD ages 18 years or older who want to learn how to become better advocates for themselves and for others who have an FASD. Come learn how you can get involved!

Workshop 74

10:45 am – 12:00 pm

Latrobe

North Carolina Family Driven Sustainability From Cradle to Career

Gail Cormier, MS, Candace Wilson, *Meckcares, MHA, Charlotte, NC*; **Libby Jones**, *Alamance Alliance, Greensboro, NC*; **Teka Dempson**, *Project Becoming, Durham, NC*

Family organizations often struggle independently for crumbs of funding to sustain themselves. The family organizations throughout the state have torn down the silos that become barriers and have collaborated with each other in the process of developing a sustainable Family Partnership in all areas of the state, including non-funded grant sites in North Carolina. The diversified method to sustain these positions and support family voice on policy making boards and state committees is the key to North Carolina success. North Carolina leads the way in sustained family driven initiatives that includes family organizations and Family Partners as Peer Support and Care Coordinators, with over 100 such positions across the state. These positions include various methods of funding that use braided funding, administration annual budget funding, contracts, block grant funding and insurance coverage.

Workshop 75

10:45 am – 12:00 pm

Constitution A

How to Develop a Social Media Strategy

Brittany Smith, Corey Brown, *National Federation of Families for Children's Mental Health, Rockville, MD*

This workshop will walk participants through the development of a social media strategy (or community management strategy) using the POST methodology. POST stands for P – people; O – objectives; S – strategies; T – technology

Participants will walk away with a worksheet that maps out a social media strategy based on this methodology. They will also get a resource sheet that includes links to websites and books that will help them to learn more about social media and how to use it effectively. Additionally, participants will receive a tip sheet for how to engage youth and family members in the development of a social media strategy.

Workshop 76

10:45 am – 12:00 pm ◀Y▶

Constitution B

Kareem's Triumph: At Risk Youth, or At Risk Environment?

Randy Alexander, Kyshon Johnson, Kareen Jamal, *DBHIDS, Philadelphia, PA*

This interactive workshop performed by Youth M.O.V.E. Philadelphia will immediately grab the audience's attention with dramatic displays of trauma, trauma-informed care and youth resilience. Also, our youth members will describe how they actively participate in the system-wide transformation of Philadelphia's behavioral health system – promoting resilience, recovery and self-determination. Youth M.O.V.E. Philly operates under Philadelphia's Department of Behavioral Health and Intellectual disAbility Services' "Strategic Planning Division – Community Based Services Development Unit." We are youth advocates for children's behavioral health.

Workshop 77

10:45 am – 12:00 pm

Constitution C

Living in So Many Worlds: Lesson Learned from the Joys and Challenges of Youth and Families Living in Overlapping Cultural Identities — In Their Own Words

Tessa Cayce, *Tinton Falls, NJ*; **Carlos Garcia**, *Long Branch, NJ*; **Julia Harper**, *Atlantic City, NJ*; **Eva Viamis**, *Trenton, NJ*; **Bruce Jennings**, *Atlantic City, NJ*; **John Cruz**, *Neptune, NJ, NJ Alliance*

We already live in a complex world, and it becomes even more complex when we come from or identify with multiple cultural identities – for example, a gay youth of color or a Muslim mother struggling with addiction. This multimedia workshop will feature youth and family members and their personal expressions about their journey dealing with mental health and substance abuse challenges while experiencing the world from a blended, or not so blended, cultural perspective.

Workshop 78

10:45 am – 12:00 pm

Constitution D

Psychotropic Medications with Children and Youth: What Do You Know?

Pat Hunt, *Magellan Health Services, Turner, ME*

The use of psychotropic medication with children and youth is a big deal. What does research say? What do you know? This interactive discussion about medication decisions, what influences you, and medication's effects on health is an opportunity for you to share your personal experiences and outcomes. Youth and families have a lot to say – we want to hear it!

Workshop 79

10:45 am – 12:00 pm

Constitution E

Meaningful Involvement of Parents in Trauma Training

Dalia Smith, Lula Haynes, *Association for Children's Mental Health, Saginaw, MI*; **Shareen McBride-Wicklund, Leann Brow**, *Association for Children's Mental Health, Muskegon, MI*

Learn how Resource Parent Training (RPT), a component of trauma focused cognitive behavioral therapy (TF-CBT), has been established in two Michigan communities. We will share information about how to recruit, train and support parents as co-trainers. Parents are an integral part of RPT and are valuable in helping with development, coordination and implementation of this training. We will also share information about how we have partnered with clinicians, other child serving systems, and community and faith-based organizations for consultation, contribution, and to co-train RPT to diverse audiences including parents/caregivers, service providers, and the community at large. Through these partnerships we have successfully run quality trainings at minimal cost. We will share ideas about how to sustain RPT as a part of the service continuum offered to families in treatment, and how to use this training as a prevention strategy by bringing it into community and faith-based centers as an ongoing workshop offered to the community. We have been able to incorporate RPT as part of parent support services by training families one on one in conjunction with TF-CBT as a Medicaid billable service, as well as in a (non-billable) support group setting. We will include a demonstration by presenting part of one of the eight training modules.

Workshop 80

10:45 am – 12:00 pm

Wilson

Examining Factors Contributing to Resilience Among Children and Youth with Serious Emotional Disturbance

Russell Carlton, Tesfayi Gebreselassie, *ICF Macro, Atlanta, GA*

Despite their mental health challenges, many children and youth in systems of care are able to cope well and exhibit positive outcomes. Findings from a special study examine resiliency and discuss different trajectories of resilient adaptation among groups of children and youth with severe mental health problems. Risk factors that inhibit positive adjustment and protective factors that promote positive development will be discussed. Families will share strategies that foster resilience to manage the impact of adversity.

Workshop 81

10:45 am – 12:00 pm

Roosevelt

Attachment – Trauma – What Is This All About?

Diane Kopitowsky, *Families Together in New York State, Albany, NY*

The presenter will provide a PowerPoint and DVD concerning the relationship between attachment-trauma and the emotional needs of children and families. While this is often thought of as an issue in foster care and adoption, this issue falls in the trauma realm for all.

Workshop 82

10:45 am – 12:00 pm

Cabin John

Building Community Capacity to Enhance Informal Supports in the Wraparound Process

Theresa Varos, MS, Dawn Davis, Bonnie Verhine, Heather Stanley, MPS, *WIN Georgia, Fort Oglethorpe, GA*

The WIN Georgia Community Engagement Team assists families to identify and develop appropriate social, emotional and behavioral supports within their communities. By connecting families to these informal supports, we have discovered that families are later able to identify resources for themselves, thus establishing sustainability. In addition, when families become independently involved with these supports, they have a higher level of success and graduate on from wraparound. In many cases these informal supports have helped families develop a sense of connection and a desire to “pay it forward” by becoming the next level of peer-to-peer supports. This light hearted and interactive workshop will provide concrete examples of ways to assist families in connecting to each other and their communities.

Workshop 83

10:45 am – 12:00 pm

Arlington

Empowerment and Recovery through Trauma Treatment and Parent Partnership

Alison Hendricks, *Chadwick Center of Rady Children's Hospital, San Diego, CA*; **Pamela Toohey**, *Birth parent Association, San Diego, CA*

This workshop will tell a true survivor's story about trauma, substance abuse, child welfare involvement and recovery. Presenters will discuss the link between trauma and addiction, and the importance of trauma-focused treatment in child welfare. Evidence-supported treatment models will be shared, as well as parent mentoring programs.

Workshop 84

10:45 am – 12:00 pm

Penn Quarter A

The Next Generation of Child and Adolescent Psychiatrists: Promoting Youth and Family Empowerment

Gordon Hodas, MD, *PA Office of Mental Health and Substance Abuse Services, Philadelphia, PA*; **Justine Larson, MD**, *Arlington County Psychiatric Services, Tacoma Park, MD*; **Eunice Peterson, MD**, *University of South Carolina, Columbia, SC*; **Jake Vandall**, *Family Services of Western PA, New Kensington, PA*

Child and adolescent psychiatrists need to embrace youth and family empowerment. The System of Care Committee within the American Academy of Child and Adolescent Psychiatry has developed a “Toolkit for System-Based Practice” for child and adolescent psychiatrist resident training programs. These modules uphold “family-driven, youth-guided care” at the practice and policy levels.

This workshop describes the toolkit and the experience of one young adult. We then pose the following question: How can families and committed child and adolescent psychiatrists together promote effective collaboration and partnerships?

Workshop 85

10:45 am – 12:00 pm

Penn Quarter B

Resiliency Training Via the Web (See How It Works!)

Terre Garner, *Ohio Federation of Families for Children’s Mental Health, Cincinnati, OH*

The Resiliency Model developed by youth with serious emotional challenges and their families in Ohio will soon be available across the country through a web-based training. Video clips featuring youth and family stories to illustrate the 12 components will reinforce that they know what works for them.

Conference Adjourns

12:00 pm
