



CREATING A SYSTEM
OF INNOVATION &
PARTNERSHIP
THROUGH
PERSEVERANCE,
DETERMINATION,
AND FORTITUDE



OKLAHOMA DEPARTMENT
OF MENTAL HEALTH
AND SUBSTANCE ABUSE SERVICES

**24TH ANNUAL
CHILDREN'S
BEHAVIORAL
HEALTH
CONFERENCE**

EMBASSY SUITES CONFERENCE CENTER
NORMAN, OKLAHOMA

FOR MORE INFORMATION

CONTACT:

405.248.9191

OR

WWW.ODMHSAS.ORG

OVERVIEW

The 24rd Annual Children's Behavioral Health Conference theme is True Grit. This conference will bring together local, state and national leaders to discuss best practices in the areas of behavioral health and substance use disorder treatment, recovery and overall wellness. This three-day event will provide participants with practical tools they can utilize in their agencies and communities to assist with facilitating treatment, recovery and wellness. The conference dates are Wednesday, Thursday, and Friday, May 17-19, 2017, at the Embassy Suites Norman Hotel and Conference Center, located at 2501 Conference Drive, Norman, Okla., 73069.

THE GOAL OF THE CONFERENCE

The goal of the conference is to improve knowledge of behavioral health and wellness and to expand the possibilities of hope, recovery, and resilience for infants, children, youth and young adults.

THE CONFERENCE WILL FOCUS ON

- Current evidence-based and trauma-informed best practices on a variety of children's behavioral health topics.
- Raising the standard of care for infants, youth, and young adults with behavioral health challenges.
- The importance of utilizing cultural competence in every day practice.
- Integrated Wellness – Mind, Body, and Spirit.
- Supporting families and youth as the primary decision-makers in the care of their overall health and wellness.
- Motivating participants to reduce stigma in their communities regarding behavioral health challenges, mental health treatment, and recovery.

WHO SHOULD ATTEND

Those who work with children, youth, young adults and families will benefit from attending this conference. The conference will focus on the concerns of families, youth, behavioral health workers, counselors, school counselors, educators, child welfare professionals, juvenile justice professionals, social workers, foster care providers, direct care providers, physicians, psychologists, healthcare professionals, public health workers, administrators, faith-based organizations, law enforcement and members of the judicial system. Youth and young adults, ages 13-26, are invited to attend a specialized conference track dedicated to the interests of youth, on May 18.

REGISTRATION AND FEES

Please submit your registration on or before April 17th, to receive the early-bird rate of \$282.75 for the full three-day conference (or \$94.25 per day). The regular rate of \$435 for the full conference (or \$145 per day) will apply for all registrations received after April 17th. Be sure to indicate on the registration form the day(s) you will attend. **Cancellation Policy:** Refunds cannot be granted; however, another person can go in your place if you contact the ODMHSAS Training Institute at 405-248-9191.

The ODMHSAS Training Institute has converted all registrations for trainings and conferences to an electronic registration and database system called Xenegrade. With the registration system, each user will have a login that allows them to view and receive email notification of upcoming course offerings, register for trainings and conferences, view the classes they are registered for and look at transcriptions, see awarded CEUs and more!

Please use the online links to register and pay your registration fee. If you do not already have an account, you will be prompted to set one up before registering for the conference. Once in the system, you will add each day of the conference to your cart. Click here to access online registration.

<https://registration.xenegrade.com/odmhsastraininginstitute/searchResults.cfm?conference=1>

It is possible to register for an individual conference day and you can do so by using one of the following links:

- Day 1 – 24th Annual Children's Behavioral Health Conference
<https://registration.xenegrade.com/odmhsastraininginstitute/coursedisplay.cfm?schID=1221>

- Day 2 – 24th Annual Children’s Behavioral Health Conference
<http://registration.xenegrade.com/odmhsastraininginstitute/coursedisplay.cfm?schID=1222>
- Day 3 – 24th Annual Children’s Behavioral Health Conference
<http://registration.xenegrade.com/odmhsastraininginstitute/coursedisplay.cfm?schID=1223>

For More Information: Call the ODMHSAS Human Resources Development office at 405-248-9191 if you have questions about the conference.

SPECIAL ACCOMMODATIONS

Sign language interpreters or assistive listening devices are available by request. Please call 405-248-9191 to arrange for special accommodations. Please register as early as possible if special accommodations are needed.

LODGING

The conference will be May 17-19, 2016, at the Embassy Suites, Norman Hotel and Conference Center located at 2501 Conference Drive, Norman, Okla., 73069. Participants are responsible for making their own reservations. You can book online through the Embassy Suites website using the group code BHC where prompted. Guests may also make reservations by calling 1-866-577-1273, and asking for the group name —BHC— Behavioral Health Conference. The special rate of \$126 per night, plus tax is only good through April 17! So book early!!!

DIRECTIONS

Directions to the hotel are available at <http://embassysuites3.hilton.com/en/hotels/oklahoma/embassy-suites-norman-hotel-and-conference-center-OKCESES/maps-directions/index.html#localmap>

CALL FOR EXHIBITORS

Is your organization one you want others to know about? An exhibit at the Children’s Behavioral Health Conference will introduce your organization to behavioral health treatment professionals from Oklahoma and surrounding states. To discuss becoming an exhibitor, call Allison Woodard at 405-248-9191, ODMHSAS Training Institute or e-mail her at Allison.Woodard@odmhsas.org.

Our Conferences Are “Green”

Through ODMHSAS’s continued efforts to be environmentally conscious, attendees will receive a link with available conference speaker presentations and handouts prior to the conference. This not only helps save paper and printing ink but also will give you access to some of the information presented in other workshops.

CONTINUING EDUCATION

The Oklahoma Department of Mental Health and Substance Abuse Services Training Institute is accredited by the Oklahoma State Medical Association to provide continuing medical education for physicians. Approval of continuing medical education (CME) credits is pending for this live educational activity.

There are 16.75 continuing education credit (CEU) hours approved through the Oklahoma State Board of Licensed Social Workers, the Oklahoma Board of Examiners of Psychologists, the Oklahoma Board of Licensed Alcohol and Drug Counselors, the Licensed Professional Counselors Committee, and the Licensed Marital and Family Therapist Committee. There are 16.75 continuing education credit hours applied for through Council on Law Enforcement Education and Training (CLEET). Continuing education has been requested for Certified Prevention Specialists.

Please check in at the registration desk upon your arrival to verify your attendance. Continuing education credit is not provided without verification. At the completion of the conference, all participants will need to complete an online evaluation to receive an attendance certificate. For more information, call ODMHSAS Training Institute at (405) 248-9191.

FEATURED SPEAKERS



Jan Horton Spence is an international speaker, consultant, trainer and business coach. With contagious charisma and a zest for life which make her an excellent motivator and leader, the Georgia native has used her vast knowledge in sales, marketing, communications, finances and business operations to help numerous clients including Pillsbury, Walmart, and Frito-Lay. Jan and her husband, Mitch, launched the second FiltaFry franchise in the US in 2003. As CEO, Jan built such a successful operation that they were awarded the “2005 Franchisee of the Year” by the International Franchise Association. Meeting their four-year plan, they sold the business in 2007 at 300% ROI. Since then, Jan has circled the globe as a trainer, consultant and speaker for franchisees, organizations and companies. Jan is one of those unique individuals who can lead, organize and motivate to make a difference in the lives of those she influences. As a member of the National Speakers Association, Jan combines her business experience with her desire to see people live out their God-given purpose through teaching goal-setting, sales, priorities, and financial freedom. Known for her highly interactive, entertaining & inspirational style, she

recently taught in Panama, Romania, Switzerland and Uganda. Jan serves on the boards of Association of Talent Development – Northeast Florida and Compass Finances God’s Way – Florida. She serves on committees with the local Meeting Professionals International chapter and is active in her home church of Beach United Methodist in Jacksonville, Florida. She and her husband of sixteen years enjoy traveling the world when not at home attending Jaguars football games and cultural events.



Jerry Tello comes from a family of Mexican, Texan roots and was raised in South Central Los Angeles. He is an internationally recognized expert in the areas of fatherhood, family strengthening, community peace and mobilization and culturally based violence prevention/intervention issues. Over the last 30 thirty years Mr. Tello has dedicated his efforts to preventing and healing the pain of relationship/community violence, teen pregnancy, fatherless-ness and internalized oppression by speaking to over half a million people and training thousands of facilitators across the nation to address these issues. He is co-founder of the National Compadres Network (established in 1988) and the present Director of the National Latino Fatherhood and Family Institute.

Sebastian Serrano and Audrey Lucas

Sebastian Serrano is a published author of short fiction and a consultant to the ODMHSAS ONIT grant. He attended The Defense Language Institute Foreign Language Center from 2011 to 2013 for Korean Studies. Sebastian lives in Oklahoma City where he helps foster small animals for a rescue company called All Paws.

Audrey Lucas is a Certified Behavioral Health Case Manager, Peer Recovery Support Specialist and Behavioral Health Wellness Coach. She resides in Oklahoma City where she works in Specialized Outpatient Services. She was administrative employee of the year in 2015 and clinical employee of the year in 2016. Audrey is also the site coordinator for strengthening families for Oklahoma family drug court, in which she conducts family group and helps families reconnect and learn parenting skills. Audrey’s spirit and recovery animal is the dragonfly.

Wednesday, May 17, 2017

7:30 – 9:00 **REGISTRATION AND CONTINENTAL BREAKFAST**

9:00 – 10:30 **WELCOME**

Carrie Slatton-Hodges, Deputy Commissioner for Treatment and Recovery, ODMHSAS

Youth Performance

PLENARY

Dare to be Different! A New Perspective on Goal-Setting. *Jan Horton Spence*

Research shows that only 4% of people meet their goals each year. Part of the issue may be that using a traditional approach to goal-setting often leads to mounting frustration and undue stress. In this interactive, high-energy session, Jan Spence will provide participants with a new perspective on how to develop a game plan and maintain momentum to achieve both their goals and the organization's objectives. Attendees will learn and implement her easy step-by-step process right away and also share these techniques with others to promote further success. Participants will learn new ways to empower themselves and others to get rid of unnecessary roadblocks, focus on what makes them successful and capitalize on these new methods. Based on Jan's extensive experience helping organizations and individuals explore their full potential, she will expose attendees to a different approach to goal-planning.

Attendees can expect to apply what they've learned in order to:

1. establish core values to set new benchmarks for their own personal, professional, and organizational growth and development.
2. apply the "Target ABC" method of goal-setting.
3. set at least one goal using new methods by the end of the session.

10:00-12:00 **Seeing Beyond the Crisis: Law Enforcement and Youth Crisis Response.** *Carl Pendleton*

This workshop will address the realities of youth in crisis and resources available for them across the state. The session will also provide a brief overview of mental health law pertaining to youth, assessments and protective custody. A panel of youth, police officers (representing both urban and rural areas), and community behavioral health professionals will discuss their perspectives of a crisis intervention involving law enforcement and will give insight to what was helpful to deescalate the crisis at the time of engagement. (This session will count for 2 hours of CLEET mental health CEUs)

10:30 – 10:45 **BREAK**

10:45 – 12:15 **INSTITUTE WORKSHOPS: SESSION 1**

1-A **Having a Sexual Health Conversation with Youth in Care. Part 1.** *Doug Braun-Harvey, MFT, CGP, CST and Al Killen-Harvey LCSW*

This workshop proposes that to effectively reduce current rates of unplanned or unwanted pregnancy, HIV, sexually transmitted infections, and non-consensual or exploitive sexual circumstances among dependent youth in care requires thinking beyond traditional approaches. This innovative, harm-reduction model focuses on preparing behavioral health and child welfare workers to have a sexual "health" conversation with youth. This presentation will introduce sexual health conversation tools such as suspending judgments, sexual health principles and sexual health terminology. Open to all levels of Behavioral Health staff, Child Welfare workers, and anyone else that comes into regular contact with youth.

- 1-B Diagnostic and Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood: DC:0-5™ An Overview. Part 1. Kathleen Mulrooney, MA, LPC, ACS**
This full day training will provide an overview of the newly released DC:0-5™ Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood. This overview will describe the history in developing diagnostic systems for infancy/early childhood; detail the developmental, relationship-based and contextual basis of DC:0-5 and will outline the current DC:0-5 contents. Participants will become familiar with the multi-axial approach of DC:0-5 including understanding the scope of each of the five axes and learn about the Cultural Formulation for Use with Infants and Toddler table and cultural context as enhanced in the new DC:0-5. Learning Objectives:
1. Participants will increase understanding of why diagnosis in infancy and early childhood requires distinct approaches to diagnosis and classification.
2. Participants will learn about recommended approaches to diagnostic formulation which incorporate a developmental, relational and contextual framework.
3. Participants will be familiar with Axis I diagnostic categories and disorders.
4. Participants will be familiar with the multi-axial system approach and will have a working knowledge of Axes II-V.
- 1-C Fetal Alcohol Spectrum Disorders in Children: Screening and Management. Part 1. Dr. Larry Burd**
Fetal alcohol spectrum disorders affect 1-3% of all children. In some high-risk populations, the prevalence may be much higher. Current estimates suggest that only 1 in 20 children with an FASD are currently identified. Inappropriate diagnosis results in inadequate treatment planning. This three part presentation by Dr. Larry Burd from the University of North Dakota Fetal Alcohol Syndrome Center will describe current research and practice on fetal alcohol spectrum disorders (FASD).
Part 1.
Screening for prenatal alcohol exposure during pregnancy
Talking to mothers about alcohol use during pregnancy
FASD in Oklahoma: Prevalence, cost, mortality and morbidity
- 1-D You Can't Walk Through the Pig Pen Without Getting Mud on Your Feet. Part 1-Identifying Burnout. Jan Horton Spence**
Unhealthy stress is exhausting for the mind and has an immediate effect on the body. Left unchecked, it can lead to burnout, which can wreak havoc on one's health, happiness, relationships and job performance. This chronic stress can foster a host of other physiological ailments, from anxiety and depression to headaches, insomnia, and increased blood pressure. Mental health professionals, who spend the majority of their time addressing the needs of others, are especially susceptible to exhaustion and lack of self-care. In this enlightening, engaging session, Jan Spence will help participants identify vulnerable areas and provide tips on what to look out for to ward off emotional fatigue and combat it early. She will provide tips and tools on how attendees can practice "emotional hygiene" by better taking care of their emotions and minds, with the same diligence they take care of those they serve.
- 1-E The ASAM Criteria – Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions. Part 1. David Mee-Lee, MD.**
This workshop will review the underlying concepts and the six dimensions of The ASAM Criteria as well as inform participants about what is included in the ASAM Criteria continuum of care. The focus will be on improving clinical and systems application of The ASAM Criteria, especially with engaging clients into recovery (Dimension 4) and dealing with continued use or relapse (Dimension 5). Using the ASAM Criteria (both adult and adolescent) is not just completing a checklist that justifies admission to your program or level of care. Many clinicians already have some understanding about the ASAM Criteria. But there is a need for improved skills to carefully assess clients in a multidimensional way and implement a flexible continuum of care. Specific hands-on exercises will be provided to help improve implementation the ASAM Criteria.

- 1-F Can You See my Pain? Understanding and Treating the Self-Injurer. Part 1.**
Wendy Lader, PhD., M.S., M.Ed.
 Grief and loss are somethings we all experience as a part of life. But if responses are severe or prolonged, lead to ongoing difficulties that interfere with everyday life, and/or make it difficult to even experience positive memories, it might be traumatic grief. This workshop will focus on identification, treatment, and resources for Childhood Traumatic Grief (CTG), along with how to address the impact in our own lives. Open to all levels of staff: FSPs, PRSSs, CM, CC, Wellness Coaches, LMHPs, Administrators
- 12:15 – 1:45 LUNCH ON YOUR OWN**
- 1:45 – 3:15 CONCURRENT INSTITUTES: SESSION 2**
- 2-A Having a Sexual Health Conversation with Youth in Care. Part 2. Doug Braun-Harvey, MFT, CGP, CST and Al Killen-Harvey LCSW**
- 2-B Diagnostic and Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood: DC:0-5™ An Overview. Part 2. Kathleen Mulrooney, MA, LPC, ACS**
- 2-C Fetal Alcohol Spectrum Disorders in Children: Screening and Management. Part 2. Dr. Larry Burd**
 Screening for FASD in community settings
 Diagnosing FASD –What should we be doing now
 FASD and the Family
- 2-D You Can't Walk Through the Pig Pen Without Getting Mud on Your Feet. Part 2-Setting Boundaries. Jan Horton Spence**
 Learning to set effective boundaries at work with patients and coworkers, as well as at home, has many benefits for mental health and substance abuse professionals. Doing so inherently helps with self-care, as learning to say “no” when appropriate allows these individuals to focus on the things that truly matter to them. In this uplifting, interactive session, Jan will provide new and innovative practical tools for setting boundaries, which will improve working relationships and provide balance. Attendees will walk away feeling more self-aware by having actionable tools at their disposal on how to avoid feeling stressed and overwhelmed, therefore feeling more in control of their day.
- 2-E The ASAM Criteria – Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions. Part 2. David Mee-Lee, MD.**
- 2-F Can You See my Pain? Understanding and Treating the Self-Injurer. Part 2.**
Wendy Lader, PhD., M.S., M.Ed.
- 2:00-4:00 Seeing Beyond the Crisis: Law Enforcement and Youth Crisis Response. Carl Pendleton (REPEAT)**
 This workshop will address the realities of youth in crisis and resources available for them across the state. The session will also provide a brief overview of mental health law pertaining to youth, assessments and protective custody. A panel of youth, police officers (representing both urban and rural areas), and community behavioral health professionals will discuss their perspectives of a crisis intervention involving law enforcement and will give insight to what was helpful to deescalate the crisis at the time of engagement. (This session will count for 2 hours of CLEET mental health CEUs)
- 3:15 – 3:30 BREAK**
- 3:30 – 5:00 CONCURRENT INSTITUTES: SESSION 3**

- 3-A **Having a Sexual Health Conversation with Youth in Care. Part 3.** *Doug Braun-Harvey, MFT, CGP, CST and Al Killen-Harvey LCSW*
- 3-B **Diagnostic and Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood: DC:0-5™ An Overview. Part3.** *Kathleen Mulrooney, MA, LPC, ACS*
- 3-C **Fetal Alcohol Spectrum Disorders in Children: Screening and Management. Part 3.** *Dr. Larry Burd*
 Management of FASD
 Treatment needs across the lifespan
 Modifying existing treatment programs for FASD (substance abuse treatment, residential care, and juvenile corrections)
 Four community based prevention options
- 3-D **You Can't Walk Through the Pig Pen Without Getting Mud on Your Feet. Part 3-Practicing Self-Care Daily.** *Jan Horton Spence*
 Treatment saves lives, maintains close nurturing families, and promotes productivity and expanding businesses. However, many mental health and substance abuse professionals spend so much time caring for others, they let their own self-care slide. In this inspirational, practical session, through various guided exercises, Jan Spence will help attendees implement strategies to maintain their own physical, personal, spiritual and mental health in order to ensure professional effectiveness. Jan will share simple, untraditional, yet effective self-care practices that can be implemented immediately for a healthy mind, body, and soul.
- 3-E **The ASAM Criteria – Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions. Part 3.** *David Mee-Lee, MD.*
- 3-F **Can You See my Pain? Understanding and Treating the Self-Injurer. Part 3.**
Wendy Lader, PhD., M.S., M.Ed.

Thursday, May 18, 2017

- 7:30-8:30 Yoga
- 8:00 – 9:00 REGISTRATION AND CONTINENTAL BREAKFAST
- 9:00 – 10:30 WELCOME
Terri White, Commissioner, ODMHSAS
- Youth Performance*
- PLENARY
Reaching Youth through Culture. Storytelling as a Way of Teaching and Healing. *Jerry Tello*
 Recognizing that we all are part of a universal story, the keynote will address the significance of embracing our story in each of us learning, growing fulfilling one's life purpose. The presentation will reinforce the important role that we play in each other's lives in facilitating safe spaces and relationships to allow us to live out our life story. Finally, through stories and real life examples Mr Tello will demonstrate the healing and transformational power of honoring each others interconnected stories.
- 10:30 – 10:45 BREAK

10:45 – 12:15 CONCURRENT WORKSHOPS: SESSION 1

- 4-A The Deep Well: The Components for Enhancing Clinician Experience and Reducing Trauma Model for Sustaining a Career in Trauma Work. *Brian C. Miller, PhD***
It is beyond argument that supervision is one of the most fundamental supports we can provide for our trauma-exposed team members. The importance of supportive supervision has been emphasized by virtually all writers and researchers in the field of secondary trauma. But there is a secret in our field that we have rarely acknowledged: Many of our supervisors don't know how to best provide support to staff who have been exposed to secondary trauma. This workshop describes what, exactly, that supervision should include. Open to all levels of supervision, including PRSS, BHCM, LBHP, Child Welfare, Juvenile Justice. *Approved for supervisory hours.*
- 4-B Toddler Tantrums and Self Regulation. *Angie Metcalf, MA, LPC-S***
Managing toddler tantrums can be difficult and can result in frustration. Attendees will learn why toddlers have difficulty with self regulation and will have multiple temper tantrums throughout the day and what to do about it. Strategies will be provided to decrease tantrums while understanding the capacity that toddlers have with their brain development and emotional skills. Counselors and Early Childhood professionals will understand brain research connected to tantrums whether it be to behavior, trauma, or family system breakdown.
- 4-C Treating Emerging Youth and Young Adults with alcohol and substance use disorders. *CC Nuckols, Ph.D.***
In treatment programs throughout North America, as much as one-half to two-thirds of the patient population is 18 -30 years old. This is good news as more and more alcohol and substance users are having the opportunity at an early age to enter into recovery. The emerging young adult population has difficulty with treatment programs designed for more mature adults. Their subjective experience of life is much different than that of someone who has already achieved some success in the social and business world. Often, they need habilitation instead of being candidates for rehabilitation. This skills development training will give participants hands-on techniques based upon neurobiological and social science evidence. Neuroplastic changes are necessary to allow the prefrontal cortex to develop the abilities for formalized thought, management of affect and relationship skills. Without these skills the patient will not have an opportunity for life enhancement- to hold a good job, to raise a child and to be a part of a committed relationship. "This is the most important treatment issue facing the addictions, mental health and criminal justice treatment system today."
- 4-D Behavioral Health Interventions in School. *Brittany Couch***
Children have many behavioral health needs and those needs don't end when they reach the doors of the school. Mental health providers and schools have a unique opportunity to create partnerships that leverage and utilize strengths to improve the academic success and health of Oklahoma students. Attend this session to here examples from school partners, mental health providers and frontline mental health staff that are working on school based mental health initiatives for ideas on how you can create partnerships within your community!
- 4-E From Trauma to Healing Centered Practice: Working with Children and Families in Changing Times. *Jerry Tello***
In this workshop Mr Tello will provide the significance of moving from Trauma informed to Healing Centered practice. Issues of generational trauma and culturally based healing processes will be explored as aspects that need to be considered and integrated in a person's Transformational healing.

- 4-F Overview of Parent Coaching Program. *Kevin Collins, Ken Carpenter, & Jeff***
This session will give an overview of the Parent Coaching program and Network.
- 4-G The Effects of Human Trafficking in Youth. *Whitney Anderson***
This workshop is applicable to those professionals who may interact with victim/survivors of sex trafficking (attorneys, law enforcement, advocates, mental and medical health professionals, and service providers). Attendees will learn how to recognize and identify signs and symptoms of trauma in victim/survivors of sex trafficking. Actual case studies will be utilized to demonstrate examples of successes and the practical application of implementing a trauma informed approach with victim/survivors of sex trafficking from the perspective of direct care service providers.
- 4-H Youth Tokenism to Youth Transformation. *Debra Cady and Youth***
This session will discuss supporting youth and young adults to use their stories for systems change through trauma informed method of engagement for youth advocacy. Many new policies require youth and young adults with lived experience to share their stories to influence systems change. These opportunities can often result in unintended negative consequences to young advocates such as retriggering feelings of fear, hopelessness, and defeat from past traumatic events. The Trauma-Informed Method of Engagement (TIME) model teaches supportive adults how to engage, prepare, support and debrief young advocates to harness the power of their individual experiences while transforming systems.
- 12:15 – 1:30 Awards Luncheon**
- Youth Performance**
- Presentations of Awards:**
Tallent Award | Ramona Award
ACRA Award | Rising Star Award
- 1:45 – 3:15 CONCURRENT WORKSHOPS: SESSION 2**
- 5-A Bridge Over Troubled Waters: Defining Supervisory Competencies for Secondary Traumatic Stress *Brian C. Miller, PhD***
It is beyond argument that supervision is one of the most fundamental supports we can provide for our trauma-exposed team members. The importance of supportive supervision has been emphasized by virtually all writers and researchers in the field of secondary trauma. But there is a secret in our field that we have rarely acknowledged: Many of our supervisors don't know how to best provide support to staff who have been exposed to secondary trauma. This workshop describes what, exactly, that supervision should include. Open to all levels of supervision, including PRSS, BHCM, LBHP, Child Welfare, Juvenile Justice. *Approved for supervisory hours.*
- 5-B Feeding and Sleep Disorders in Infants and Young Children - Part I. *Tessa Chesher, D.O.***
This workshop will focus on regulatory problems in infants and young children. The feeding disorder section will review the identified feeding disorders of infants and young children as well as examples of basic interventions. The sleep section will review normal developmental patterns of sleep as well as common sleep problems in infants and young children. Basic interventions for sleep problems will be discussed as well.

- 5-C Parental Panel on Self Care. *Panel Facilitator Ken Carpenter***
Dr. Ken Carpenter of the Center for Motivation and Change will moderate a panel of parents to discuss the importance of self-care for parents and caregivers. The panel will explore the obstacles to attending to one's own needs, ways in which parents and caregivers can practice self-care, and techniques to talk about and encourage others to do so as well.
- 5-D Utilizing the Art and Science of Healing to Enhance Clinical Effectiveness. *CC Nuckols, Ph.D.***
It has been stated that as much as 75% of recovery from psychiatric (psychological) disorders such as depression is attributable to the various aspects of the relationship between the therapist and patient. Evidence-based approaches are important but without the creation of a healing relationship compliance is uncertain and effectiveness marginal, at best.
This skills training event will help participants learn to take advantage of their natural healing potential. The neurobiology behind this potential and the science of the "healing relationship," will be explained in detail. Without the development of a "healing relationship" the clinician is a technician and the client often noncompliant. Do you wonder why in controlled psychological studies some therapists do very well while other do not? This workshop will show you how to use this understanding to enhance your clinical effectiveness.
- 5-E On Their Own. *Norman Markland & Panel***
Statistics show that youth who grow up in unstable environments are more likely to grow into unstable adults. Young people, who live on their own, without parental support are less likely to graduate high school, get a college degree, and attain employment with average or lower income. The Supporting Kids in Independent Living (SKIL) Program serves youth, who are primarily couch homeless with the goal of obtaining their high school diploma. This workshop will highlight society's influx of youth who are experiencing homelessness and will unpack the barriers, causes, and consequences of homelessness among youth. Throughout this workshop, the presenters will examine mental health implications, social stigmas and best practices to support youth who are experiencing homelessness. The presenters will also share prevention and intervention strategies that assist youth in transitioning into adulthood successfully. Lastly, the presenters will share experiences of homeless youth in Oklahoma County, what it means to be homeless, and what educators and the community can do to address the needs of homeless youth, promote their academic success, and assist in their transition into adulthood.
- 5-F The CRAFT-MI approach and therapeutic model driving Parent Coaching. *Jeff Foote & Delia***
The Partnership for Drug Free Kids and the New York based Center for Motivation and Change will discuss the Community Reinforcement Approach Family Training and Motivational Interviewing (CRAFT-MI), both of which are proven methods to promote behavioral change. Oklahoma is collaborating with these entities to provide time-limited parent to parent support. Learn about this program and the resources available from the trainers and from Oklahoma based coaches.
- 5-G Using Life Course Tools to Ensure a Good Life. *Heather Pike and Sandra Jerrel***
Regardless of the age of an individual we serve, if they begin today by considering what a good life is for them and they set step by step goals to ensure they meet those goals, they are more likely to live the life they want. This workshop is a combination of lecture, website access to tools, education on tools, group work and discussion. Participants will leave this workshop with multiple tools to use with their clients/families and feel confident to do so.

- 5-H Parenting from the Heart. Charlotte Hollarn, M.ED**
Effective parenting begins with an authentic, loving relationship built on trust and understanding. Based on the premise that behavior is an outward expression of an inward condition, we will discuss strategies that allow parents to gain respect by loving their children enough to set enforceable limits that allow children the opportunity to be responsible for the choices they make! Take the stress out of parenting while increasing the odds that you will raise responsible, resilient and respectful children!
We will cover:
*Rules vs Expectations
*Rewards vs Natural Consequences
* Apathy vs Empathy
- 3:15 – 3:30 BREAK**
- 3:30 – 5:00 CONCURRENT WORKSHOPS: SESSION 3**
- 6-A Not Just a Measure: How Trauma Screening is Shaping Our System. Gwen Downing LPC & Elizabeth Risch Ph.D.**
Trauma screening has become a core component of the work that we do and an integral part of sustaining a trauma-informed system of care. From the CATS (Child and Adolescent Trauma Screen) to the PCL-5 (Post Traumatic Stress Disorder Checklist) what we are learning about those we are serving is becoming a driving force for change. This session will focus on the history, standards for billing and reporting trauma screens on the CDC, and current state data, along with an overview of the CATS measure and administration. Open to direct care, supervisors, and managers.
- 6-B Feeding and Sleep Disorders in Infants and Young Children - Part II. Tessa Chesher, D.O.**
This workshop will focus on regulatory problems in infants and young children. The feeding disorder section will review the identified feeding disorders of infants and young children as well as examples of basic interventions. The sleep section will review normal developmental patterns of sleep as well as common sleep problems in infants and young children. Basic interventions for sleep problems will be discussed as well.

6-C Tech Talk: Using Mobile Technology to Enhance Program Effectiveness. Jeff Harlin, Lissa James, and Lindsey Crawford

This session will discuss the success of iPad technology and mobile app use for behavioral management and consultation with clients at Grand Lake Behavioral Health Center and Family and Children's Services (FCS). Grand Lake is using their technology to facilitate effective, efficient, and easily accessible services utilizing tele-health via iPad and Face Time. Family and Children Services are having success using mobile app technology with program alumni. Repeated studies have found that aftercare is the single most effective prevention against substance abuse addiction relapse; therefore, the Continuing Care program at Women in Recovery (WIR) was created to provide services, support and healthy connections to community resources for all women who have been connected to the program. Continuing care programming is strategically designed to offer ongoing support, provide assistance as needs arise and prevent further entanglement with the criminal justice system. For the past year, WIR's Continuing Care division has been using the ACHES mobile app with its graduate community to increase outreach and engagement, as grads who continue to be engaged with the WIR community are better able to cope with those stressors that lead to relapse and recidivism. The FCS mobile app has provided an outlet for program graduates to never be without recovery tools, skills and community. FCS graduates love being able to connect, support and celebrate one another through the online community forum. Additionally, the use of the surveys and notifications provides therapeutic staff with a snapshot of daily life for clients. FCS are able to customize notifications and offer real time support to clients when identifying a struggle or symptom that is indicative of needing timely follow-up. The implementation of the ACHES app within the Women in Recovery graduate community has increased engagement and enhanced recovery.

6-D Partnership to Address Bullying. Melanie Jones, Lonnie Ray Harp, and Elizabeth Dew

Choctaw Nation has five grants that are funded through Indian Health Services that focus on suicide and domestic violence prevention. These grants were looking for a unique way to educate students on healthy relationships, bullying prevention, coping skills, and sexual assault prevention. A program with McAlester Tae Kwon Do was developed utilizing their curriculum called "Stop Bullying Now" and self defense techniques. This, combined with educational pieces from grant staff, has opened doors to schools in new ways and resulted in a change in school climate and student behaviors and responses.

6-E Secrets from the Hospitality Industry to Improve Engagement and Retention. Tasha Houck

Client engagement is an essential and often challenging part of effective treatment. Engaged consumers are active participants in their treatment, remain in treatment longer, and report higher levels of satisfaction. Tasha Houck, Director of Sales at the Embassy Suites will discuss her over a decade of wisdom from her work in the hospitality industry. The service industry requires expertise to support clients and guests from diverse backgrounds. These secrets of the service industry will then be the basis of a discussion with youth and families on how to engage youth and families in services.

6-F Parent & Family focused Resources. Kevin Collins

This class will showcase a parent panel on self-care and Workshop will discuss parent and family focused resources.

- 6-G** **Speak for Yourself! *Speak for yourself Panel***
 Oklahoma Systems of Care and the E-TEAM at the University of Oklahoma developed an online eLearning course called Wraparound 101 to facilitate continuing professional education for statewide staff. To enhance the eLearning course, the team decided to develop an animated case study of a family and youth experiencing Wraparound from Engagement to Graduation. The animated case study is called "Nevaeh is Heaven Backwards." To ensure youth voice and choice, youths and young adults were recruited to help with story development, script treatments, and voice acting. This is our story of telling Nevaeh's story.
- 6-H** **Trauma-Sensitive Yoga for Children & Adolescents. *Alissa Caitis***
 In this workshop, participants will explore yoga tools effective for managing anxiety, depression, and post-traumatic stress that can be taught to children and youth. These tools include breathing exercises, meditations, self-inquiry exercises, mudras (hand gestures), and mantras (sounds, words, or groups of words). This workshop will also include
 An overview of trauma and its impacts on the brain and body; Principles of trauma-sensitive yoga and research that supports its efficacy; and yoga tools effective for managing mood and post-traumatic stress that can be used with children and adolescents.

Friday, May 19, 2017

- 8:00 – 9:00** **REGISTRATION AND CONTINENTAL BREAKFAST**
- 9:00 – 10:45** **WELCOME**
Durand Crosby, Chief of Staff and Operations, ODMHSAS
- Youth Performance*
- PLENARY**
Recovery Intertwined: A mother and son story of crisis and recovery. *Sebastian Serrano and Audrey Lucas*
 Two stories intertwined at every turn. A mother and son share their experience strength and hope in recovery from substance abuse to mental health. Their stories show that all families have their challenges and all challenges can be overcome.
- 10:45 – 11:00** **BREAK**
- 11:00 – 12:30** **CONCURRENT WORKSHOPS: SESSION 1**
- 7-A** **The Peer Workforce: Building a Workforce, Maintaining a Movement. *Patty Metcalf***
 This is a time of opportunity for peer services. Changes in health care over the past decade have presented a great opportunity for peer recovery support service (PRSS) providers to innovate and move with the times. Because peer recovery support services are designed and delivered by peers who have been successful in the recovery process, they embody a powerful message of hope, as well as a wealth of experiential knowledge. The services can effectively extend the reach of traditional models of support into the everyday environment of those seeking to achieve or sustain recovery. It's in this environment where peers have taken hold of their passion and skills and stepped up to be a valuable part of the solution to eliminate suffering and spread hope. This workshop will explore the many roles of peers in the workforce and how together we can be unified in strengthening the movement.

- 7-B** **Time In. Part 1. *Brenda Butchee***
Participants will learn why Time Out is Out- combining our knowledge of Science and Early Childhood in order to meet the need for relationship based behavior management. Time-out may help the adult, but it does not teach a child how to behave. As a result of research we now know more. This presentation is an opportunity to learn the impact timeout has on children and about Time-In as an alternative to timeout.
- 7-C** **Understanding Behavior through ABA (Applied Behavior Analysis). *Mia Dianda***
The Workshop will help attendees understand what behavior really is, how to assess challenging behaviors by looking into their function (WHY?) and learn about strategies to either teach a skill to prevent a behavior or reduce challenging behaviors.
- 7-D** **Ethical Implications in Leadership. Part 1. *Durand Crosby, Ph.D, JD.***
This presentation will provide an overview of boundary and other ethical issues encountered when delivering mental health services as well as guidelines for solutions. This program focuses on ethical issues encountered in a variety of clinical situations, including psychotherapeutic relationships, confidentiality, and financial conflicts of interest.
- 12:30 – 1:45** **NETWORKING LUNCHEON**
- Panel Discussion**
- 2:00 – 3:30** **CONCURRENT WORKSHOPS: SESSION 2**
- 8-A** **Putting a Face to Recovery and Wellness. *Patty Metcalf***
We believe that recovery saves lives. We envision a world in which recovery and wellness is a common, celebrated reality - a world where individuals will not experience shame when seeking help. We are passionate about sharing our stories of recovery in the hope of inspiring others to join us on the rewarding yet diverse path to wholeness. Our stories demonstrate the power and proof of recovery from addiction and the joys of gaining physical, mental and emotional mental wellness. By sharing our stories and putting a face on recovery and wellness, we unify the recovery community around key priorities — to reduce stigma by ending discrimination against people in recovery. This workshop will discuss strategies to eliminate barriers to recovery for every American and every family, and to help today’s children and future generations, who often are the biggest winners in the process of recovery.
- 8-B** **Time In. Part 2. *Brenda Butchee***
Participants will learn why Time Out is Out- combining our knowledge of Science and Early Childhood in order to meet the need for relationship based behavior management. Time-out may help the adult, but it does not teach a child how to behave. As a result of research we now know more. This presentation is an opportunity to learn the impact time-out has on children and about Time-In as an alternative to time-out.
- 8-C** **The Power of Play Therapy. *Sharolyn Wallace, Ph.D.***
This workshop will focus on play therapy treatment with children and families. Children with trauma and psychosocial issues benefit from play therapy. Research findings and statistics will also be presented. Experiential techniques based in Gestalt, Adlerian, and CBT orientations will be presented in a fun and interactive manner.

- 8-D Ethical Implications in Leadership. Part 2. *Durand Crosby, Ph.D, JD.***
- This presentation will provide an overview of boundary and other ethical issues encountered when delivering mental health services, as well as guidelines for solutions. This program focuses on ethical issues encountered in a variety of clinical situations, including psychotherapeutic relationships, confidentiality, and financial conflicts of interest.