



THURSDAY, MAY 20, 2021

8:00 AM – 9:15 AM KEYNOTE ADDRESS

Title: Champion of Change: A Journey of Healing and Resilience

Speaker(s): William Kellibrew, IV

Track: Keynote Address

Speaker Bio(s):

William Kellibrew is a global advocate for human, civil, children and victims' rights. Kellibrew works closely with top leaders and communities to address trauma and violence across multiple fields including local, state, and federal agencies, Native American reservations and communities that impact children, youth, and families.

Kellibrew is no stranger to violence. At age 10, he witnessed the murders of his mother, Jacqueline, and 12-year-old brother, Anthony, in their family living room in July 1984. The killer died by suicide, but not before making young William beg for his life at gunpoint.

In 2008, Kellibrew was featured on the Oprah Winfrey Show discussing his pathway to healing and resiliency. In 2011, Kellibrew was recognized by the White House as a 'Champion of Change' and in 2013, he received the Voice Award from SAMHSA for his work across the country as a peer/consumer leader. In 2014, he accepted the Capitol Probe Award at the District of Columbia Hall of Fame Induction Ceremony and in 2015 he received the U.S. Congressional Victims' Rights Caucus Eva Murillo Unsung Hero Award.

Kellibrew credits his grandmother, family and those who created a safe space for him to heal and thrive. Follow Kellibrew on Twitter/Facebook.com/willkelli or on Instagram @nxgleaders.

Presentation:

At age 10, William witnessed the murders of his mother, Jacqueline and 12-year-old brother, Tony, in their family living room on July 2, 1984, by his mom's ex-boyfriend. The killer died by suicide that day, but not before making William beg for his life at gunpoint.

In this presentation, William shares his personal and professional journey of healing. From experiencing multiple childhood traumas including child sexual abuse, domestic and gun violence, bullying, and other victimizations, William has emerged as a global advocate and respected authority on addressing violence and trauma throughout multiple systems and settings. His synergy with the audience is inspiring and motivating as he provides a practical trauma-sensitive healing-centered approach to supporting individuals, families, and communities impacted by violence and trauma.

Objectives:

1. Identify key elements in healing after being impacted by childhood trauma.
2. Use William's story as a catalyst to continue the conversation on supporting children and families affected by violence and trauma in multiple systems and settings.

9:15 AM – 10:00 AM BREAK, BOOK SIGNING, NETWORK, VISIT EXHIBITS



10:00 AM – 11:30 AM CONCURRENT BREAKOUT SESSIONS

Title: Lessons Learned: Effective Interventions and Support for Young Children with Trauma

Speaker(s): Rachel Hanks, MSW, LCSW, RPT

Track: Trauma

Speaker Bio(s): Rachel Hanks, MSW, LCSW, RPT, has been the therapist at the Therapeutic Preschool at FamilyForward since 2016. She received her MSW from the University of Missouri-St. Louis in 2016 with a concentration in Family Practice and a focus on violence and injury prevention. She has over eight years of experience in various levels of care in supporting people of all ages, backgrounds, and developmental abilities. Her interest in supporting young people and families dealing with trauma started in 2013 as a paraprofessional and continued throughout graduate school, culminating in a concentration practicum at the Children's Advocacy Services of Greater St. Louis. At FamilyForward, she is part of team that uses the most up-to-date practices in healing the effects of developmental trauma in young children with high levels of dysregulation. She became a Registered Play Therapist in 2019. She presented at the Missouri Department of Mental Health's 2019 Spring Training Institute and is also a trainer with the St. Louis Play Therapy Institute.

Presentation: In 2016, the National Survey of Children's Health reported that 46% of children under the age of 17 have experienced at least one traumatic event. A single traumatic event is understood to be inherently complex in the most stable of children. However, chronic stress and trauma during those crucial early years of brain development may adversely impact a child's ability to function and self-regulate. Presenting behaviors of developmental trauma may include aggression, intolerable feelings of distress, attachment issues, developmental delays, dissociation, depression, and sensory processing issues. These issues increase a child's risk factors for mental illness, poor health outcomes, lowered educational attainment, involvement in the criminal justice system, and can even lower their life expectancy.

When working with young children, it is important to understand the pervasiveness and complexities of these presenting issues in a variety of settings. The principles of play therapy, attachment, and brain development can help a child's team and family better understand a child's behavior. From the case management team to home to school, developmentally-appropriate interventions and support can help increase a young child's ability to self-regulate, attach, heal, and even thrive.

Objectives:

1. Identify the effects of chronic trauma and maltreatment on a young child's development.
2. Understand the role attachment plays in self-regulation and development.
3. Identify appropriate interventions for young children with high levels of dysregulation.

Title: T.A.Y. Supported Employment & Education Rolling with the Changes

Speaker(s): David Lynde, MSW, LICSW

Track: Employment/IDD

Speaker Bio(s): David Lynde has provided consultation and training regarding the effective implementation and sustaining of Evidence-Based Practices for over 20 years.



David has worked on numerous national and state projects regarding the development, planning, implementation and ongoing quality monitoring and improvement for multiple Evidence-Based Practices including Supported Employment & Education, Individual Placement & Supports, Assertive Community Treatment, Illness Management & Recovery, and Integrated Treatment for Co-Occurring Disorders.

Presentation: The national pandemic in the US has forced mental health services delivery approaches to change rapidly and continuously. We know a good deal about what works for Supported Employment & Education outside of this national health emergency, however, we do not have research to tell us what works in the current situation for Missouri and nationally.

People whose lives are affected by mental illness are still working, still furthering their educations and still pursuing their economic independence during the presence of COVID-19. This presentation will provide a forum to learn, explore and share strategies, techniques, and service delivery options as well as supports for Transition Aged Youth who are receiving services related to their employment and / or educational goals.

Objectives:

1. Identify the evidence-based principles of Supported Employment and Education Services
2. Identify potential concerns of people in services regarding employment and education during the pandemic
3. Describe creative engagement strategies for people in services regarding education and employment goals during the pandemic
4. Identify and describe strategies and interventions as part of SEE services to assist people with education and employment goals during the pandemic

Title: Co-Occurring Disorders and Evidence Based Treatment

Speaker(s): Mark Sanders, LCSW, CADC

Track: Substance Use Disorders

Speaker Bio(s): Mark Sanders, LCSW, CADC, is an international speaker, trainer, and consultant in the behavioral health field whose work has reached thousands throughout the United States, Europe, Canada, Caribbean and British Islands.

Mark is the author of five books, which focus on behavioral health. Recent writings include Slipping through the Cracks: Intervention Strategies for Clients Multiple Addictions and Disorders, Recovery Management: and Relationship Detox: Helping Clients Develop Healthy Relationships in Recovery. He has had two stories published in the New York Times best-selling books series, Chicken Soup for the Soul. Mark has been a certified addictions counselor for 34 years. He has received numerous awards including a Life Time Achievement Award from the Illinois Addiction Counselor Certification Board and the Barbara Bacon Award for outstanding contributions to the Social Work profession as a Loyola University of Chicago Alumni.

Presentation: The great majority of clients with substance use disorders have a concurrent mental illness. In this skill building presentation you will learn 10 evidence based approaches to co-occurring disorders recovery, including: integrated co-occurring disorders treatment, feedback informed treatment, motivational interviewing, the use of motivational incentives; 12 step facilitation; medication assisted treatment; supportive employment; supportive housing and intensive family case management. Emphasis will also be placed upon the person centered recovery movement, how to build recovery capital; trauma informed care and the use of peers to help support recovery.



Objectives:

1. Define 10 Evidence Based Approaches to Co-occurring Disorders Treatment.
2. Discuss the Person Centered Recovery Movement.
3. Identify how peers can help support recovery.

Title: Weight Stigma and Ethics: Clinical Applications

Speaker(s): Nancy Ellis-Ordway, LCSW, PhD

Track: Ethics

Speaker Bio(s): Nancy Ellis-Ordway, LCSW, PhD, is a psychotherapist with more than thirty years' experience, specializing in treating eating disorders, body image issues, stress, anxiety, depression and relationship issues. She has a private practice in Jefferson City, MO. In addition to a Master of Social Work degree from Washington University, she completed the Advanced Psychodynamic Psychotherapy training program at the St. Louis Psychoanalytic Institute and a Ph.D. in Health Education and Promotion from the University of Missouri. She is the author of "Thrive at Any Weight: Eating to Nourish Body, Soul, and Self-Esteem" (2019).

Presentation: Weight stigma is a challenging, pervasive and overlooked difficulty that affects individual and public health, with substantial ethical implications. This program addresses the current research on the topic through the lens of social justice. As mental health professionals, we have an ethical responsibility to address the social justice impact of weight stigma in our society and in our clinical practices.

Objectives:

1. Articulate the risks of focusing on weight loss and the benefits of questioning accepted assumptions.
2. Define acceptable and unacceptable discrimination.
3. Delineate the relationship among body image, self-esteem and quality of life.
4. Review the ways that weight stigma interferes with ethical practice according to different professional codes of ethics.
5. Identify cultural influences in the development of disturbances in eating and body image.
6. Specify effective treatment approaches.

Title: Missouri's Firearm Laws and Suicide and Homicide by Firearms in Missouri

Speaker(s): Apurva Bhatt, MD

Track: Physician Lecture Series

Speaker Bio(s): Dr. Bhatt graduated from the University of Missouri Kansas City's prestigious 6-year combined BA/MD program in 2017. During medical school she served as clinic manager and Executive Director of the Sojourner Health Clinic, UMKC's student-run free health clinic. During medical school she received awards for her exceptional commitment to the Sojourner Health Clinic and honors for her research on developing innovative programs in the clinic, which now serve as a national model.

Dr. Bhatt is currently a third year psychiatry resident at the UMKC/CBM Psychiatry Residency Program. Her clinical interests include working with individuals with severe mental illness. During her residency training, she has received numerous awards, including the Resident of the Year award, induction into the Gold Humanism Honor Society, and earned a national American Psychiatric Association Award for Best Poster in Patient Oriented Care for her research on suicide rates following changes in Missouri's firearm laws.



Dr. Bhatt currently serves as a member of the American Academy of Child and Adolescent Psychiatry Adolescent Committee and is co-chair of the Early Psychosis Committee. She is also a peer reviewer for the Journal of the American Academy of Child and Adolescent Psychiatry (JAACAP). She will be completing child and adolescent psychiatry fellowship at the University of California Davis beginning in July 2021. In her free time, she enjoys meditation, yoga, painting, playing tennis, and hiking with her dogs.

Presentation: In 2017, Missouri ranked 4th in the nation in death by firearm (CDC). In 2017, firearm related deaths were the second leading cause of death in Missouri children ages 1-17 (CDC). According to the Gifford Law Center in 2020, Missouri received a scorecard grade F in terms of its current firearm laws. In 2017, Missouri saw a near doubling of the rates of suicide by firearms in 15-24-year-olds (the highest rate reported since data collection began in 1999). In 2015, Missouri experienced the highest firearm homicide rate in 15-24 year-olds since 1999. This presentation will zoom in on changes in Missouri firearm law which occurred from 1999-2018, discuss the existing scientific literature on the effects of changes in Missouri's firearm laws on suicide/homicide by firearms, and will elaborate on Dr. Bhatt's work in this area.

Objectives:

1. Recall the timeline of changes in Missouri firearm policy
2. Describe the current state of affairs regarding Missouri firearm law
3. Review the scientific literature on the effects of Missouri's firearm laws on suicide and homicide by firearms in the state
4. Learn how firearm status impacts suicide by firearms/suicide risk
5. Describe future preventive strategies to mitigate adolescent and young adult suicide by firearms in the state

Title: What's Climate Got to Do with It?

Speaker(s): Jacob Lee, MD

Track: Physician Lecture Series

Speaker Bio(s): My name is Jacob Lee, MD, a second-year psychiatrist at the University of Missouri – Kansas City residency training program. In addition to a general interest in psychiatry and the mind, I have a particular interest in politics and public health education. I have spent the past decade focused on the health of gender and sexual minorities, working as a professional sexual health teacher and co-founding my university's LGBTQIA Hospital Hill Alliance. I've worked at Children's Mercy Gender Pathways Integrative Pediatric Psychiatry/Endocrinology clinic and participated in the APAÂ Minority and Underrepresented Patients Caucus. I have also been involved in Missouri politics, consulting with elected representatives in Jefferson City and participating in American Psychiatric Association politics at the highest level in Washington D.C.

Presentation: Climate change is the central crisis of the Anthropocene, a species-level threat which is part of a short list of dangers to offer true existential threat to Humans. When the Intergovernmental Panel on Climate Change released their groundbreaking Global Warming of 1.5°C Special Report in 2018 they built upon the undeniable body of evidence which had propelled 195 nations to enact the Paris Climate Accords two years earlier. Climate change threatens to become the greatest source of human misery over the next one or two human lifetimes. Natural disasters like wildfires and heatwaves, hurricanes and floods have displaced many, while desertification causes countless climate refugees. Weather-related events displace more than 20,000,000 globally each year. Disasters also cause a different kind of psychological distress than seasonal weather patterns, and cause more disruption to



normal life patterns. But the implications of climate change can be more direct, with associations with the above conditions increasingly coming to light.

Rates of PTSD, depression and anxiety are found to rise sharply following flooding, another natural disaster of increasing prevalence due to anthropomorphic climate change. Heat waves have been found to directly contribute to mood disorders and anxiety, and people with mental illness are at three times increased risk to die from a heat wave than neuro-typical controls. Extreme heat's associations with suicide attempts and heat-related violence may also be of direct interest to the psychiatrist. Thanks to an expanding body of evidence linking environmental factors to psychiatric outcomes through mechanisms including epigenetics, congenital defects, or impaired neurodevelopment, the importance of these considerations will continue to grow within psychiatry.

Objectives:

1. Briefly outline critical milestones and projections for earth's climate
2. Identify direct and indirect associations between classical psychiatric conditions and rising temperatures, natural disasters, and other climate outcomes.
 1. PTSD
 2. Depression
 3. Suicidality
 4. Anxiety
 5. Substance use disorders
3. Discuss climate-related anxiety

Title: Cultural Considerations in Treating Hispanic Populations

Speaker(s): Alex, Barajas-Muñoz, Ph.D.

Track: Cultural Competence

Speaker Bio(s): Alex Barajas-Muñoz has a PhD in Counseling Psychology, a Master's Degree in Counseling and Guidance, and a Master's Degree in Neurosciences and is currently employed as a psychologist at the University of Kansas (KU) Counseling and Psychological Services (CAPS). He worked for over ten years as a Research Associate, Evaluator and Trainer with Mid-America Addiction Technology Transfer Center at UMKC. His areas of expertise include: evaluation and research; counseling; training, editing and translating (English/Spanish) professional literature in the areas of psychology, neuroscience and substance use disorders; psychotherapeutic medications; and counseling special populations (Hispanic, LGBTQI).

Presentation: This workshop focuses on how culture and cultural change affects Latinos and their substance use. Cultural factors in treatment and clinical issues related to culture are explored, and approaches to integrating culture into therapy are proposed.

Objectives:

1. Interpret how culture changes affect Latinos and their substance use
2. Identify problems faced by individuals around access and readiness for treatment, and sustaining a course of recovery
3. Describe cultural factors in treatment, and clinical issues
4. Outline approaches to integrating culture into therapy



11:30 AM – 12:45 PM LUNCH BREAK, NETWORK, BOOK SIGNINGS, VISIT EXHIBITORS

12:45 PM – 1:45 PM SUPER SESSIONS

Title: Breaking Intergenerational Patterns of Addictions, Trauma and Dark Secrets with Individuals and Families

Speaker(s): Mark Sanders, LCSW, CADC

Track: Super Session

Speaker Bio(s): Mark Sanders, LCSW, CADC, is an international speaker, trainer, and consultant in the behavioral health field whose work has reached thousands throughout the United States, Europe, Canada, Caribbean and British Islands.

Mark is the author of five books, which focus on behavioral health. Recent writings include *Slipping through the Cracks: Intervention Strategies for Clients Multiple Addictions and Disorders*, *Recovery Management*; and *Relationship Detox: Helping Clients Develop Healthy Relationships in Recovery*. He has had two stories published in the New York Times best-selling books series, *Chicken Soup for the Soul*. Mark has been a certified addictions counselor for 34 years. He has received numerous awards including a Life Time Achievement Award from the Illinois Addiction Counselor Certification Board and the Barbara Bacon Award for outstanding contributions to the Social Work profession as a Loyola University of Chicago Alumni.

Presentation: In this presentation you will learn strategies to help break intergenerational patterns of addictions, trauma and dark secrets in families. We will discuss the role of treatment providers, persons in recovery and families in breaking these patterns. Other topics include: the unique risk and protective factors for children of parents with substance use disorders; fetal alcohol syndrome as a risk factor and intervention strategies; the impact of siblings on the intergenerational transmission of addiction; addressing generational dark secrets and traumatic stress disorders in families.

Objectives:

1. Define six risk factors for intergenerational patterns of addiction in families
2. Identify the role of treatment providers in breaking intergenerational patterns of addiction, trauma and dark secrets.
3. Discuss the roles of persons in recovery and families in breaking intergenerational patterns.
4. Reveal the risk and protective factors for children with parents with substance use disorders.
5. Review how to address dark family secrets which can foster addiction
6. Discuss how to address intergenerational trauma in families

Title: The Power of Positive Motivation in Healing the Body, Mind, and Soul

Speaker(s): Jeanna Moschenrose, M.Ed., Ph.D. and James Belman, Psy.D

Track: Super Session



Speaker Bio(s): I was a professor of Psychology/Counseling 10 years at Hannibal LaGrange University-teaching 12 courses and counseling students. My vocational experience has centered in education and counseling. I worked for Gateway Foundation at WERDCC for 3 years as a Counselor III-also writing curriculum, designing a manual for successful employment for offenders and facilitating many groups. My counseling service is called LifeChanges as my emphasis is on finding purpose and meaning, making positive life changes, and creating the life of one's values and dreams. My PhD study emphasized Addictions Counseling and I have facilitated court-appointed groups and done individual counseling. A continual learner, I have completed many CE courses and certifications. Recently, my second book was published-Living Free and a brochure on overcoming addiction-which I wrote mostly for women at WERDCC. I have special interest in Reentry programs that will be effective in helping women to have successful, happy, and productive lives. I have been a speaker in conferences, organizations, and churches.

Dr. James Belman, Psy.D, licensed psychologist in MO. and IL. He has had over 30 years experience in clinical, forensic, correctional, and academic settings. He has worked with children through adolescents through geriatrics. His clinical experience includes a mental health center and St. Vincent's Hospital in Indiana, the Illinois State Psychiatric Hospital, and 10 years as Chief Psychologist at Women's Eastern Reception and Correctional Center in Vandalia, MO. He has special interest in helping women in reentry through trauma therapy healing the mind, body, and soul.

Presentation: I would use parts of my book to emphasize the effectiveness of helping offenders to find identity, purpose, strengths, values, and goals. Focus would be on the present and the future based on their individual choices to change outcomes and achieve personal goals. Self-forgiveness is important as well as making cognitive and behavioral changes. Establishing a new direction begins with an inner change. Empowerment comes through the realization of one's power to make choices-and through education, counseling, and encouragement from well-trained, caring professionals.

Objectives:

1. Understand the power of giving positive encouragement and direction.
2. Help offenders be empowered by realizing choices create the future
3. Gain skills in teaching how to overcome disappointments and crises
4. Help offenders break repetitious dysfunctional cycles of addiction
5. Identify mind prisons that hinder success
6. Describe the four main differences in a positive motivational treatment program

1:45 PM – 2:00 PM BREAK, BOOK SIGNING, VISIT EXHIBITS

2:00 PM – 3:30 PM CONCURRENT BREAKOUT SESSIONS

Title: The Lived Experience of Vicarious Trauma among Psychiatric Aides Working in an SVP Civil Commitment Center

Speaker(s): Cassandra Radford-Galbreath, DHA, MSN-Ed, RN

Track: Trauma



Speaker Bio(s): Over a greater than 30-year career as a psychiatric/mental health nurse, I have worked across a wide spectrum of mental health care giving environments. During both my Master's degree in Nursing Education and my Doctorate in Health Administration, I focused primarily on care giving in secure forensic mental health settings. My doctoral dissertation study was designed to explore the lived experience of psychiatric aides who work in a secure civil commitment center in the Midwestern United States for the treatment of SVPs in order to provide insight into how psychiatric aides experience the phenomenon of vicarious trauma.

Presentation: Thousands of employees provide care for violent sexual offenders, legally termed sexually violent predators (SVPs), in state and federal civil commitment facilities across the nation. Direct care providers, known collectively as psychiatric aides, comprise the largest sector of care givers in civil commitment facilities. Exposure to the abject histories of high security patients places caregivers at risk for emotional dysregulation. This presentation is designed to explore the lived experiences of psychiatric aides who provide direct patient care to SVPs in a secure Midwestern civil commitment center.

Three major themes were identified during interviews with psychiatric aides and will be reviewed during this presentation. Major themes included how trauma symptoms were experienced, the concept of dirty work, and being unprepared for the work. This program reinforces the need for leadership in secure mental health settings to understand the traumatic stressors to which direct caregivers are exposed, as well as to implement strategies that promote a healthier workplace environment.

Objectives:

1. Define vicarious trauma in the context of care giving in a secure mental health environment
2. Identify symptoms of vicarious trauma among care givers in a secure civil commitment center
3. Describe how the concept of 'dirty work' impacts caregivers in the secure civil commitment center
4. Identify strategies to mitigate the effects of vicarious trauma among direct care givers in civil commitment centers

Title: Autism and Mental Health

Speaker(s): Beth Orns, MSW, LCSW

Track: Employment/IDD

Speaker Bio(s): Beth is an alumni of the University of Missouri's School of Social Work with 20 years of experience in the field. Beth has practiced in a wide range of settings including community mental health center, not for profit agencies, inpatient psychiatric hospitals, private practice, and juvenile probation. Areas where Beth has specialized include people with legal issues (both adults and adolescents), mental health issues, crisis evaluation and stabilization, and postpartum mental health issues. Beth has served clients as a therapist, case manager, and as a manager. Beth is an experienced public speaker and has presented on a wide range of topics in the community and at state and national conferences. Beth previously founded and co-facilitated a postpartum mental health group in Columbia.

In the last several years Beth has developed a strong personal and professional interest in autism and its co-occurrence with mental health issues. Beth currently serves as the parent advocate on the Mental Health/Crisis ECHO Autism Hub Team in Missouri. She has worked with the Missouri Psychiatric Center and autism providers to enhance the care for patients with autism who are in the psychiatric hospital. Beth also has presented on Mental Health and Autism in the community and at Easter Seals Annual conference in 2018. Beth is passionate about helping providers for individuals with autism and providers in traditional mental health settings work together and learn more about how they can serve their clients with evidence based practices.



Presentation: This presentation will look at autism and the mental health issues that most commonly occur with autism. We will look at what these issues look like using diagnostic criteria as well as real case examples. Participants will learn about evidence-based approaches to treating individuals with co-occurring autism and mental health issues. Participants will also learn about resources and techniques that they can incorporate in any setting to support clients who are neuro-diverse.

Objectives:

1. Define the diagnostic criteria of autism
2. Define the diagnostic criteria of mental health issues that commonly co-occur with autism
3. Understand ways to support clients who have co-occurring issues in the community and in an inpatient setting
4. Understand evidence-based treatment approaches for treating mental health issues that co-occur with autism

Title: Methamphetamine Use Disorder: A Review of the Pharmacologic Treatment

Speaker(s): Melissa Palmer, PharmD, BCPS, BCPP

Track: Substance Use Disorders

Speaker Bio(s): Melissa C. Palmer, PharmD, BCPS, BCPP, is a Clinical Assistant Professor at the University of Missouri-Kansas (UMKC) City School of Pharmacy. Dr. Palmer received her Doctor of Pharmacy degree from UMKC School of Pharmacy. She completed a PGY-1 residency followed by a PGY-2 psychiatry residency at the Chillicothe VA Medical Center in Chillicothe, Ohio. Dr. Palmer's practice site is at North Kansas City Hospital (NKCH) in North Kansas City, Missouri, where she functions as the psychiatric pharmacist on a psychiatric consult liaison team. She treats a myriad of psychiatric conditions and substance use disorders. Research interests include student wellness, patient communication strategies, substance use disorders, and developmental disability.

Presentation: Methamphetamine use disorder has no current FDA-approved medications for treatment, although it is an increasingly prevalent concern. In 2016, the National Survey on Drug Use and Health reported that there were 684,000 people ages 12 and older with a methamphetamine use disorder. Data from the Substance Abuse and Mental Health Services Administration reported that treatment for methamphetamine use increased by 52% from 2012 to 2016. Several medications have been studied in an off-label manner, although the 2015 VA/DoD Clinical Practice Guidelines for the Management of Substance Use Disorders has opined that there is insufficient evidence to recommend for or against the use of any pharmacologic agents for methamphetamine use. Medications that have been researched include disulfiram, topiramate, modafinil, bupropion, agonist replacement, and baclofen. Evidence supporting the use of these agents will be reviewed and discussed, including application to clinical care.

Objectives:

1. Compare and contrast pharmacologic agents used in the treatment of methamphetamine use disorder.
2. Identify patients who could benefit from medication therapy.
3. Develop a patient-centered treatment plan considering patient-specific factors such as co-morbidities and socioeconomic parameters.



Title: Contemporary Ethical Issues in Treatment and Recovery Support: Ethics, Values, Morals and Personal Worldview

Speaker(s): Adriatik Likcani, PhD; Ryan Peterson, PhD; Amanda McCullough, MS, SMFT, CRADC; Emily Brown, MS, CRADC

Track: Ethics

Speaker Bio(s): Dr. Likcani holds a Ph.D. in Marriage and Family Therapy (MFT) from Kansas State University, two master's degrees: MFT from University of Nebraska-Lincoln, and MSW from University of Missouri Kansas City, and a Post Graduate Certificate in Medical Family Therapy from the University of Nebraska Medical Center. Dr. Likcani is a Licensed Marital and Family Therapist (LMFT) in Missouri, Clinical Fellow with AAMFT, Alumni of the Minority Fellowship Program (MFP), and Chairperson of the State Committee of Marital and Family Therapists in Missouri. Dr. Likcani has extensive experience with programs focused on treatment, prevention and recovery support. His research interests include: treatment for individuals with substance use disorders and their families; recovery courts; offender reentry; domestic violence; ethics; telehealth; diversity and cultural awareness; policy and advocacy. He is an Associate Professor at the University of Central Missouri and Program Director for the Marriage and Family Therapy graduate program.

Dr. F. Ryan Peterson is a professor in the Child and Family Development undergraduate program and the Human Development and Family Science graduate program at the University of Central Missouri. He earned his doctoral degree from the University of Georgia in Child and Family Development and his master's degree in Marriage and Family Therapy from Kansas State University. He serves as evaluator for the Building Communities of Recovery (BCOR) Grant and for the Johnson County, Missouri expansion of drug court treatment services. Dr. Peterson has presented at state and national conferences on the topic of treatment for Substance Use Disorders. In addition, he provides professional development training for community-based recovery centers and serves as a professional development coach for alcohol and drug counselors and peer mentors. His current research interests are the role of family in the treatment of Substance Use Disorders, sibling relationships, and emerging adult risky behavior.

Mrs. Amanda McCullough completed her Master's Degree in Human Development and Family Science, with specialization in Marriage and Family Therapy, at the University of Central Missouri. Mrs. McCullough is currently under supervision working towards licensure. Mrs. McCullough is a Certified Reciprocal Alcohol and Drug Counselor working at a community-based agency as a counselor, primarily with the Johnson County Recovery Court. Mrs. McCullough is a US military veteran and is passionate about helping military members and veterans in her career as a Marriage and Family Therapist.

Emily Brown graduated from the University of Central Missouri with a degree in Child and Family Development in 2014. Afterwards, she went on to Kansas State University where she received her Master's degree in Human Development and Family Services with a specialization in Marriage and Family Therapy in 2016. Emily is a CRADC, clinical supervisor and peer specialist supervisor. Emily is currently the Program Director at Recovery Lighthouse and works with the Johnson County Recovery Court program.

Presentation: This presentation on ethics is beyond the 'typical' topics of dual relationships and abuse of power with clients. It is about us as professionals and our personal worldview and professional acculturation. Why do ethical codes exist? What do I do when my values and morals conflict with ethical codes? How to deal with ethical dilemmas? What is wrong with faith-based approaches? What is wrong with evidence-based treatment? What is wrong with recovery support services? This session will help you find the answers to any of those questions!



This is a session about ethics, values, morals, personal worldview and professional acculturation in the practice of treatment and recovery support for opioid use disorders and other substance use disorders. Participants will learn about the ecology of substance use treatment and recovery support and issues that arise with scientific discovery such as evidence-based practices and effective interventions, medication assisted treatment/recovery, integration of faith-based approaches, etc. Such contemporary issues tend to challenge the stability of any professional and require of them to affirm or resist change. They will learn models of working through dissonance and finding a new stability. They will identify external and internal influences that impact their emerging worldview, personal and professional acculturation.

Discussion with participants will be based on morals, values, sources of power and influence in the acculturation process, and the ethics of providing value-sensitive care and due care to individuals and families struggling with opioid use disorder and other substance use disorders.

Objectives:

1. Discuss how participants can use existing Codes of Ethics, including AAMFT, NBCC and NASW, to inform and reflect upon their personal worldview and professional acculturation
2. Identify personal lenses that cause dissonance among professionals in their practice
3. Recognize professional acculturation process through the ecology of substance use treatment and recovery support approaches
4. Identify issues that threaten status quo of the helper, prompt resistance or create dissonance, and require them to find a new professional stability
5. Learn and utilize models to apply in their professional development when facing contemporary ethical issues

Title: Insights on Insight

Speaker(s): Drew Murray, MD

Track: Physician Lecture Series

Speaker Bio(s): I am a current PGY-2 Psychiatry resident training at the Center for Behavioral Medicine. I was born and raised in New Jersey, wherein I graduated Summa Cum Laude from Seton Hall University with a degree in Biology. I then went on to complete my medical education at Rutgers, Robert Wood Johnson Medical School. Though originally interested and published in the field of orthopedic oncology, my love of psychiatry took shape during my medical education. After relocating to Missouri, I have been developing an interest in treatment resistant depression and the management of chronic pain.

Presentation: This presentation is a side by side case comparison demonstrating the significance of a patient's insight and includes a relevant literature review.

Objectives:

1. Discuss two patients in forensic psychiatry with similar symptom complexes
2. Explore the role of insight in psychosis, including its definition and how we can improve upon it.
3. Apply measures of insight to two forensic patients and compare their respective hospital courses.

Title: The Role of Social Media in Suicide Risk Assessment

Speaker(s): Anchana Dominic, MD



Track: Physician Lecture Series

Speaker Bio(s): Dr. Anchana Dominic is originally from St. Louis, Missouri. She attended a combined program at University of Missouri-Kansas City where she earned a Bachelors in Liberal Arts and her medical degree. She is currently a psychiatry resident at MU HealthCare and works at Missouri Psychiatric Center in Columbia, Missouri. Dr. Dominic's interests are in forensic psychiatry and addiction medicine. In her free time, she enjoys traveling, running, and spending time with her friends and family.

Presentation: According to the World Health Organization, an estimated 800,000 people died in 2016 due to suicide. In this era of technological advances, social media's role in suicide and suicide prevention has often been questioned. Highly publicized media reports of celebrity suicide and TV shows romanticizing the topic may also have effects on subsequent trends in suicide rates among the general population. Data suggests that social media may have a negative impact on mental health through cyber-bullying of vulnerable individuals and by promoting comparative feelings of inadequacy. However, harnessing the unique strengths of social media can contribute to the spread and reach of suicide prevention efforts among users.

Social media platforms can encourage suicide prevention by identifying individuals who are at acute risk of suicide, reaching them anonymously and providing them with resources. It can also spread mental health awareness of appropriate prevention efforts and treatment interventions.

In this presentation, the impact of social media on mental health and recent trends in suicide rates will be teased out. The assessment of suicidal risk by identifying specific tell signs of acute suicidal ideation as expressed through social media will be discussed. How to effectively use social media as a suicide intervention tool and promotion of mental health will also be discussed.

Objectives:

1. Identify ways different social media platforms can be used to promote suicide prevention
2. Discuss the link between media reports on suicide and subsequent trends in suicide rates
3. Identify ways social media can identify, reach, or promote seeking treatment among individuals at risk of suicide

Title: Trans and Gender Variant, Identity Development and Adverse Childhood Experiences

Speaker(s): Jacalyn Leake, MS, CCTP, CFTP and Jaimee Hartenstein, MS, PhD

Track: Cultural Competence

Speaker Bio(s): Jacalyn Leake graduated with a M.S. from the University of Central Missouri's Human Development and Family Science, Marriage and Family Therapy masters program and is now attending a Couple and Family Therapy PhD program. Jacalyn previously received a B.A. in Psychology from Columbia College, is a Certified Clinical Trauma Professional, and a Certified Family Trauma Professional. Jacalyn currently provides individual, family, and group therapy and psychoeducation for both residents and outreach clients at Survival Adult Abuse Center, Inc. as an MFT intern. At Survival House, Jacalyn designed, implemented, and facilitates two in-house solution focused therapy groups, one on communal living issues clients face and the other on progress and goals, as well as co-designed, implemented, and facilitates one in-house resilience and mindfulness-based group and a LGBTQ+ outreach support group. Jacalyn is an MFT and is attending a Couple and Family Therapy PhD program.



Jaimee L. Hartenstein is an assistant professor in Child and Family Development at the University of Central Missouri. She currently serves as both the undergraduate and graduate program coordinator. She is a Certified Family Life Educator. Hartenstein received her Bachelor of Science degree in Human Ecology and Mass Communications and her Master's and Ph.D in Family Studies from Kansas State University. Her primary research interest is divorce and child custody.

Presentation: This presentation explores the experiences of transgender, non-binary, and genderqueer individuals' identity and the outcomes in relation to the adverse childhood experiences of abuse, neglect, and household dysfunctions like domestic violence using the lenses of intersectionality and minority stress. Archival research found in the published record is reviewed to explore the current literature relating to the trans and gender variant population, identity development, and adverse childhood experiences outcomes. The presentation discusses recent professional experiences relevant to the topic and future research needs.

Objectives:

1. Define key concepts and terms surrounding trans and gender variant identities, the theories of minority stress and intersectionality, and adverse childhood experiences.
2. Describe the current literature surrounding trans and gender variant individuals and adverse childhood experiences.
3. Identify future academic research areas and needs.

3:30 PM – 3:35 PM BREAK 5 MINS

3:35 PM – 5:05 PM CONCURRENT BREAKOUT SESSIONS

Title: Treating the Cause, Not Just the Symptoms, of Traumatic Stress by Focusing on the Nervous System

Speaker(s): Chris Lawrence, PhD, SEP and Kiko Ha, MEd, LPC

Track: Trauma

Speaker Bio(s): Dr. Lawrence is a Licensed Clinical Psychologist. She has worked in the mental health field for 30 years, both as a clinician and as an academic. Her career started at McCambridge Center for Women, a substance abuse program for women and their children in Columbia, Mo. She worked at McCambridge Center for 15 years, including 3 years as Clinical Supervisor and 4 years as Clinical Director. Dr. Lawrence established a private practice in 2005, and then co-established Lawrence, Oliver and Associates, a practice which employs 16 clinicians and provides services to hundreds of clients per year. She also developed a nonprofit, HeartSpace Clinic and serves as its Director. HeartSpace Clinic provides education and advocacy regarding the impact of trauma, traumatic stress and resilience. The clinic also offers innovative and creative treatments for individuals and families including nature based therapy, art therapy, HeartMath and the Safe and Sound Protocol. Since 2016 Dr. Lawrence has been studying somatic interventions for anxiety, trauma and depression. She completed a 3 year training program and is a Somatic



Experiencing Practitioner. She continues to train and study the impact of trauma on the body and is a well versed in the areas of nervous system regulation, resilience and the impact of traumatic stress on our bodies. She offers workshops and trainings on these topics to a wide variety of groups and organizations.

I, Kiko Ha, am a licensed professional counselor in the state of Missouri. My clinical experiences include working with children, adolescents, adults, and families. I have experiences working with mental health issues including abuse and neglect, trauma, stress management, depression, anxiety, family relationships, gender issues, self-esteem and communication. I am also a level-two trained EMDR therapist. I use a variety of techniques in therapy including play therapy for children, role playing, dialogue, self-awareness exercises, nervous system regulation skills and cognitive reframing. I am also trained in HeartMath and Safe and Sound Protocol interventions.

Presentation: Advances in brain development research have demonstrated the physical, physiological and emotional impact of chronic and situational stress and trauma on individuals. Individuals with a history of trauma have been found to be at much higher risk for a variety of medical and mental health complications. It is essential that we search for creative, non-invasive and non-pharmacological interventions to address the CAUSES of the physical, mental and behavioral health symptoms associated with trauma and stress.

HeartSpace Clinic has been offering two technology based interventions, HeartMath and The Safe and Sound Protocol for the past 18 months. The focus of these interventions is improved regulation and resilience in the nervous system and they are both effective with children, adolescents and adults. HeartMath is a biofeedback program that teaches individuals certain thought patterns and breathing techniques affect their HeartRate Variability (HRV). HRV has been found to be a significant factor in physical and mental resilience. HeartMath is easily taught and can be generalized to home by using a device that works with a phone.

The Safe and Sound Protocol (SSP) was developed by Stephen Porges, author of the Polyvagal Theory. The SSP addresses an auditory adaptation that contributes to hypervigilance (in other words, anxiety). The intervention was first used with children on the autism spectrum, with remarkable results in their social engagement abilities. It is now being used by HeartSpace Clinic, as well as by others around the world, with individuals who have a history of trauma or traumatic stress, with similarly amazing results in terms of anxiety, depression, social engagement and trauma symptoms.

The most recent group of patients to receive the benefits of SSP has been cats and dogs with severe anxiety and avoidance symptoms.

This workshop will introduce these two unique interventions, share anecdotes and data from our ongoing study of their impact on adults, children and pets, and discuss lessons learned.

Objectives:

1. Introduce two technology assisted interventions – HeartMath and the Safe and Sound Protocol.
2. Provide rationale for utilizing both interventions with clients who have a history of trauma.
3. Share data gathered through the Technology Enhanced Trauma Treatment Project.
4. Discuss the use of the Safe and Sound Protocol with pets.
5. Discuss clinical indicators and cautions for the use of both interventions.

Title: What's In It For Me? Empowering Your Finances Preserving Your Benefits
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Speaker(s): Heather Allen, BSW and Bianca Farr, MSW, LCSW, MARS

Track: Employment/IDD

Speaker Bio(s): Heather Allen joined Midwest Special Needs Trust as the Charitable Trust Specialist in March of 2015. Heather received a Bachelor of Social Work from Harding University and worked for many years as a medical social worker, insurance case manager and marketing director before joining MSNT. In Heather's previous careers she worked closely with clients, families, physicians, insurance companies, and many different organizations to make sure the needs of her clients were met. This, as well as her knowledge of public benefits, makes her the perfect fit to work with those needing assistance through our charitable grant program.

Bianca Farr, MSW, LCSW, MARS joined Midwest Special Needs Trust as Associate Director in November of 2019. Graduating from the University of Missouri – Columbia with a BA in Psychology and Master's in Social Work, Bianca devoted her career to enhancing the quality of life for people of all abilities. Her experience includes over 22 years in state government as a mental health professional working with individuals/families with disabilities as well as policy development for behavioral health programs. For the past seven years, she served as the Director of Employment Services for the Missouri Department of Mental Health, Division of Behavioral Health. In this role she managed special projects that promoted the importance of supported employment and financial well-being of individuals with mental health and/or substance use disorders.

Presentation: This presentation focuses on three core concepts: (1) Special Needs Trusts (2) ABLE accounts and (3) a comparison between the two. Midwest Special Needs Trust (MSNT) will define both Special Needs Trusts and ABLE accounts and discuss how these valuable financial planning tools benefit individuals living with a disability. Additionally, MSNT will explain parameters – like eligibility requirements – and give audience members a basic framework to understand who may benefit from a consultation about either, or both, service(s).

Because MSNT is a pooled trust, MSNT will describe its charitable mission and give information about who may benefit from its program. Lastly, MSNT will, time allowing, take questions from the audience relating to the presentation.

Objectives:

1. Define Special Needs Trusts and ABLE accounts and understand their benefits
2. Identify who in their care may benefit from a Special Needs Trust or ABLE Account
3. Utilize the knowledge gained to refer constituents to appropriate parties for consultation on their unique circumstances

Title: Family Recovery Program: Development and Implementation

Speaker(s): Emily Brown, MS, CRADC; Adriatik Likcani, PhD; Amanda McCullough, MS, SMFT, CRADC; and Megan Palmer, BS

Track: Substance Use Disorders

Speaker Bio(s): Emily Brown graduated from the University of Central Missouri with a degree in Child and Family Development in 2014. Afterwards, she went on to Kansas State University where she received her Master's degree in Human Development and Family Services with a specialization in Marriage and Family Therapy in 2016. Emily is a CRADC, clinical supervisor and peer specialist supervisor. Emily is currently the Program Director at Recovery Lighthouse and works with the Johnson County Recovery Court program.



Dr. Likcani holds a Ph.D. in Marriage and Family Therapy (MFT) from Kansas State University, two master's degrees: MFT from University of Nebraska-Lincoln, and MSW from University of Missouri Kansas City, and a Post Graduate Certificate in Medical Family Therapy from the University of Nebraska Medical Center. Dr. Likcani is a Licensed Marital and Family Therapist (LMFT) in Missouri, Clinical Fellow with AAMFT, Alumni of the Minority Fellowship Program (MFP), and Chairperson of the State Committee of Marital and Family Therapists in Missouri. Dr. Likcani has extensive experience with programs focused on treatment, prevention and recovery support. His research interests include: treatment for individuals with substance use disorders and their families; recovery courts; offender reentry; domestic violence; ethics; telehealth; diversity and cultural awareness; policy and advocacy. He is an Associate Professor at the University of Central Missouri and Program Director for the Marriage and Family Therapy graduate program.

Mrs. Amanda McCullough completed her Master's Degree in Human Development and Family Science, with specialization in Marriage and Family Therapy, at the University of Central Missouri. Mrs. McCullough is currently under supervision working towards licensure. Mrs. McCullough is a Certified Reciprocal Alcohol and Drug Counselor working at a community-based agency as a counselor, primarily with the Johnson County Recovery Court. Mrs. McCullough is a US military veteran and is passionate about helping military members and veterans in her career as a Marriage and Family Therapist.

Megan Palmer: After earning my Bachelor of Science in Child and Family Development from the University of Central Missouri (UCM), I decided to continue my education at UCM in their Marriage and Family Therapy Program graduate program. With this came many new experiences and the opportunity to work at Recovery Lighthouse as an intern therapist where I work with those individuals and families in or seeking recovery. With this, I received my credential as a Missouri Associate Alcohol and Drug Counselor II. Through these opportunities I have found a passion for taking on new experiences and serving populations in need.

Presentation: The presentation will focus on specific interventions on how to engage families and how to partner with them when they have a loved one struggling with Opioid Use Disorder and other substances. Presenters will talk about findings of the pilot program funded through SOR grant to develop and test family systems-based interventions and introduce participants to specific interventions for support groups and psychoeducational groups for families and caring others, and family therapy intervention specific to OUD treatment. The program goals were to: a) educate families on resources for them and their loved one struggling with opioid use disorder to enable engagement in treatment and recovery support services; b) educate families on family dynamics during addiction and the recovery process; c) provide open forums / workshops for families in the most non-stigmatizing and sensitive manner possible in the community to increase participation; d) offer family sessions to families with or without their loved one present to assist them in getting their loved one into treatment; e) enable engagement in treatment for the individual family member/s struggling with opioid and other substance use disorder; f) link the family and the individual members with substance use disorder with resources in their community to assist them in 5 major domain: basic needs, health and sobriety, secure safe and stable housing; develop a purpose; and to establish safe and supportive networks in their community.

Objectives:

1. Identify strategies how to engage and partner with families
2. Take away concrete ideas and modules for support groups and psychoeducational groups with families
3. Integrate family systems-based interventions in their programming



Title: The Challenges of Vicarious Liability and Ethics in Healthcare

Speaker(s): Terri Cooley-Bennett, MSW, LCSW, LSCSW, CCDP-D, TTS

Track: Ethics

Speaker Bio(s): Ms. Terri Cooley-Bennett is a Licensed Clinical Social Worker (MO), a Licensed Specialist Clinical Social Worker (KS), a Co-occurring Disorders Professional-Diplomate (MO) and a Tobacco Treatment Specialist. She holds a Bachelor's Degree in Social Work from Missouri Western State University and a Master's Degree in Social Work from the University of Kansas. She is experienced in homelessness, mental illness, substance abuse, sexual exploitation, trauma and poverty. Currently, Terri is the Outreach Supervisor at Swope Health Services and oversees the homeless program. She was an Adjunct Professor for the University of Kansas School of Social Welfare and provides field instruction to social work students from various institutions. She speaks and serves on the board for the National Association of Social Workers (NASW) Missouri Chapter and trained with the National NASW Office of Ethics and Professional Review. For over 20 years, she has been a speaker and workshop presenter for various agencies and groups including NASW Missouri Chapter, the Missouri Department of Mental Health, the Missouri Credentialing Board (credentialing Board for Substance Use Disorders Professionals), First Call (Alcohol/Drug Prevention & Recovery), the Missouri Coalition for Community Behavioral Health Care, Mental Health KC Conference, and others.

Presentation: According to Houston-Vega, et. al (1997), "anyone can be held accountable for the malfeasance, misfeasance, or nonfeasance of subordinates and assistants, supervisees, or colleagues." When an employee, supervisee, or colleague has improper conduct toward a client or student, the supervisor and others in leadership can be held accountable. This workshop meets Ethics Requirements for social workers, counselors, substance use disorder professionals, and others. According to the research, what are the most common factors that heighten a clinician's/owner's/administrator's vulnerability? How do we prevent and manage ethical dilemmas that occur because of vicarious liability? How do we ensure that clients and the greater society are not harmed? In this workshop, we will discuss ways to manage and prevent risk, which is important for professionals in all types of roles. We will look at interdisciplinary team work and how to manage ethical dilemmas on a team.

Objectives:

1. Define Vicarious Liability and discuss the variety of ways that professionals and clinicians can be held accountable for Vicarious Liability
2. Identify specific ways supervisors may be held liable for supervisees and identify prevention strategies
3. Describe Interdisciplinary Team Collaboration as it relates to Ethics and Liability
4. Identify strategies for addressing ethical behaviors with colleagues
5. Manage ethical dilemmas related to Vicarious Liability

Title: Chronic Disease Model of Addiction: Implications for Treatment of Opioid Use Disorders and Measuring Success

Speaker(s): Doug Burgess, MD

Track: Physician Lecture Series

Speaker Bio(s): Doug Burgess is an addiction psychiatrist who joined Truman Medical Centers in 2011. He received his residency training at Duke University where he served as chief resident during his final year. He completed a



fellowship in addiction psychiatry at the Medical University of South Carolina in Charleston. He was the medical director of outpatient psychiatric services until February of 2019 when he transitioned to the role of Medical Director of Addiction Services. Clinically, he sees patients in TMC's substance use disorder specialty clinic which provides evidence based care to over 800 patients. He is also a treating clinician for the NFL's Program for Substances of Abuse. Locally, Doug leads regional trainings related to mental health and substance use disorders. He is on the steering committee for the region's EPICC program, facilitates Missouri's Opioid Use Disorder ECHO group and actively participates in the area's perinatal collaborative. He has received Missouri's Department of Mental Health Addiction Medical Champion Award and was recognized as one of Kansas City's "Top Docs" by Ingram's Magazine in 2019.

Presentation: Participants will gain an appreciation for the biological underpinnings of addiction and use this knowledge to identify inherent biases and barriers to care within traditional addiction treatment models.

Objectives:

1. List 3 similarities between substance use disorders and other chronic diseases.
2. Identify 3 neuroadaptations associated with transition to drug addiction.
3. Describe the general principles of a Medication First, Low Threshold model of care

Title: Psychiatric Genetics 101

Speaker(s): Timothy Dellenbaugh, MD

Track: Physician Lecture Series

Speaker Bio(s): Dr. Dellenbaugh attended medical school at the University of Illinois and completed his residency in psychiatry at Kansas University School of Medicine. After residency he worked in community mental health before joining Western Missouri Mental Health and the faculty at University of Missouri-Kansas City. He is Associate Professor of Psychiatry and Associate Dean representing Center for Behavior Medicine to the School of Medicine and Assistant Medical Director for CBM. He is on the American Board of Psychiatry and Neurology Pilot MOC committee and previously was on the exam writing and assembly committee for general psychiatry. He has chaired a committee on psychiatric pharmacogenomics for the Missouri Department of Mental Health. He has collaborated with faculty from the UMKC-School of Pharmacy on more than 15 clinical trials in the area of schizophrenia and has given more than 24 invited lectures on topics related to schizophrenia, memory, learning, pharmacogenomics, and psychiatric genetics at local, regional and national meetings.

Presentation: This session will provide an interactive introduction to genetics in psychiatry. We will review and define the terminology and concepts that are necessary for understanding the potential role of genetic testing in psychiatry. We will review the current status of genetic factors related to risk of developing psychiatric illness, drug response and side effects. Finally, we will discuss implications of direct-to-consumer genetic testing. This presentation will be oriented to a nonscientific audience. The only prerequisite is knowing that DNA is the genetic material in humans.

Objectives:

1. Define basic genetic terms
2. Recognize some genetic factors related to risk of developing psychiatric illness, drug response and side effects
3. Discuss implications of direct-to-consumer genetic tests



Title: Trauma Informed: Invisibility and Victimization of Black Girls

Speaker(s): Angela Gray MSW, EdS

Track: Cultural Competence

Speaker Bio(s): I am a School Social Worker of seventeen years for the Alton School District at Alton High School. I am also the Executive Director of Empowered 2b Me, an educational consulting organization. I have a Bachelor and Master's degree in Social work with a Specialization in School Social work. In 2014, I obtained a Specialist degree in Education Administration. I have extensive knowledge with working with students from diverse socio -economic backgrounds. In addition, I have knowledge with working with at-risk students, especially female students.

I am an author of two books to help teen girls overcome negative attitudes, "Help! I Have an Attitude Problem! A Self-Help Book and Journal to Help Teen Girls Overcome Negative Attitudes" and "Check that Attitude!", a book designed to provide strategies for educators when dealing with girls with negative attitudes.

Presentation:

Black girls often go through life feeling invisible, like they do not exist or are not important. They are victimized by being suspended from school, sexually exploited and sent to juvenile detention centers at a higher rate than other girls from other races their own age. They often combat negative stereotypes of the Angry Black Girl/Woman syndrome often depicted on television and social media. Developmental consequences of Trauma and Trauma Informed Interventions will be explored to help Black girls heal and restore.

Objectives:

1. Define what it means to be invisible as a Black girl.
2. Examine how invisibility and victimization impacts preschool and elementary Black girls.
3. Examine how out of school suspensions, expulsions, and poor attendance contributes to the invisibility and victimization of Black girls.
4. Examine how everyday practices at school such as dress codes and hairstyles contribute to the victimization of Black girls.
5. Explore how the media promotes sexual exploitation and objectification of Black girls.
6. Explore the history of colorism and how it was devised to create division among Black girls.

5:05 PM CONCLUDE THURSDAY CONFERENCE



FRIDAY, MAY 21, 2021

7:00 AM – 8:00 AM NETWORK, VISIT EXHIBITS

8:00 AM – 9:15 AM KEYNOTE ADDRESS

Title: The Importance of Recognizing Trauma as a Superpower

Speaker(s): Stephanie Foo

Track: Keynote Address

Speaker Bio(s): Stephanie Foo is an Emmy-winning journalist and writer. Her upcoming book on healing from Complex PTSD will be published by Ballantine/Random House in 2022. She worked as a producer at This American Life and helped create Snap Judgment. She has edited a number of shows including Nancy and Bodies, and her work has appeared in shows like Reply All and 99% Invisible. She was a 2019 Rosalynn Carter Mental Health Fellow.

Presentation: Mental health professionals are trained to spot destructive symptoms and pathologize their client's mental illness. But what we often forget is that what we think of as "mental illness" can often potentially be a collection of adaptive skills that have value during tough times. During the COVID-19 crisis, for example, many people with OCD and PTSD have found their former "disabilities" to be helpful traits that keep them alive.

Objectives:

1. To recognize the power of stigma and shame, and to engage in conversation about how to alleviate that stigma and shame through nuanced storytelling
2. To talk about how we can alleviate stigma and shame in sessions with clients, especially during diagnosis, instead empowering them to see their talents
3. To acknowledge the adaptive and positive power of some mental illnesses

9:15 AM – 9:45 AM DMH AWARDS HOSTED BY NORA BOCK

The Department of Mental Health, Division of Behavioral Health, is recognizing three Outstanding Performers for Housing, Supported Employment, and Recovery Support Services. These awards go to agencies that exemplify the DMH Vision of Hope – Opportunity – Community Inclusion: Missourians receiving mental health services will have the opportunity to pursue their dreams and live their lives as valued members of their communities.

9:45 AM – 10:00 AM BREAK, BOOK SIGNING, VISIT EXHIBITS

10:00 AM – 11:30 AM CONCURRENT BREAKOUT SESSIONS



Title: Finding Hope in Crisis: Helping Children and Adolescents Find Their Smile During Grief and Loss

Speaker(s): Steven Sewell, BACEED, CPS

Track: Children, Youth & Family

Speaker Bio(s): Steve Sewell graduated from Biola University and has completed several hundreds of credit hours in educational settings in grief and bereavement, theology, leadership development, pastoral care studies, and thanatology. Steve's 28+ years of leadership, counseling/coaching, and teaching background in churches, community development, hospice/corporate chaplaincy, bereavement specialist, and as a business owner gives him a wide range of experience working with people of all kinds. His encouraging and empowering conflict reconciliation presentation has been welcomed in many settings, including healthcare, faith-based organizations, and corporations. Steve is a regular contributor to the St. Joseph Chamber of Commerce and has recently retired from Missouri Hospice and Palliative Care Association Chaplain Committee Team Leader. Steve travels nationally as a conference keynote speaker, workshop/seminar leader, team facilitator, and chaplain endorser. His books, AT A LOSS – Learning How to Comfort Others, FINDING HOPE – a Children's book about grief, and FINDING HOPE ACTIVITY BOOK- a companion children's workbook during grief seasons is encouraging professionals in many industry fields. His newest writing project is a Grief Journal. His heartfelt approach to others is always engaging, never pushy, always full of open-handed welcome; never a fist-pound or demand. Steve has made it his mission to encourage leadership and strengthen teams during times of change, adversity, and loss. He is originally from California and currently resides in Northwest Missouri. www.stevensewell.me

Presentation: Fears, misconceptions, doubts, and other barriers to healthy communication play a large part of what we do as end of life professionals. Working with children and teenagers who are grieving through the loss of their loved one or as a patient can be even more challenging. In this seminar, Steve will provide encouraging hope to you, in whatever discipline you serve in, to support, provide empathy, and create a high, open relationship with these precious young people. If you have direct contact with family members (especially kids), this session is for you.

Objectives:

1. Reflect on what we know about grief and loss with children and adolescents
2. Differentiate age level appropriate grief support for a variety of end of life clinicians
3. Observe general tips for caregivers who offer care to kids and teens as it relates to grief and loss.

Title: Solution Focused Brief Therapy

Speaker(s): Stephen Finzo, PsyD

Track: Clinical Practices

Speaker Bio(s): Dr. Finzo has over 25 years of experience in the field of mental health both providing direct services and administration. His experience from having worked in many settings in the field has allowed him to compile theory and skills of application resulting in effective treatment of clients, and the ability of passing that knowledge to other therapists through workshops and seminars. Dr. Finzo engages participants in the process of learning difficult and challenging information combining solid content and humor.

Dr. Finzo has taught with two universities in Behavioral Health departments. He has presented seminars and workshops



for clinicians for the purposes of continuing education and building competencies and confidence. Workshops have also been provided for the Department of Family Services for both social workers and foster parents.

Presentation: This training will provide an overview of the establishment and development of SFBT, its uses for appropriate populations, and skills and nuances for application. We will explore the tenets of the treatment as related to addressing the client's need in the present and with the focus on the future. We will explore the Needs and Change model addressing motivation, respectful curiosity, and the preferred future. We will determine and define interventions and skills readily available to the participant.

Objectives:

1. Review the development of SFBT
2. Gain a practical knowledge of the interventions of SFBT
3. Learn a viable tool for intervention with clients

Title: Preventing Youth Suicide in Missouri: Effectiveness of a Hospital, School and Community Mental Health Center Collaboration in Kansas City

Speaker(s): Kirsti Millar, MS; Bryan Gourley, BS; Heather White, BS; Rachel Morelan, BA, MPA; and Michelle Alvarado, BSW

Track: Suicide Prevention/Cultural Competence

Speaker Bio(s): Kirsti Millar is the Suicide Prevention Liaison at ReDiscover where she coordinates the Show Me Zero Youth Suicide Grant which serves clients ages 10-24. She has dynamic experience in crisis work and has utilized her creativity in program expansion and client engagement at ReDiscover for three years. She has five years in the field working with both adults and youth alike in therapeutic, case management and crisis like settings. She completed her master's degree in counseling from Missouri State University with an emphasis in Play Therapy. Kirsti enjoys working with youth and has a passion for community engagement. Kirsti has extensive training across multiple modalities including: motivational interviewing, positive youth development, harm reduction, assessing and managing suicide risk, trauma informed care, vicarious trauma, EMDR and play therapy.

Bryan previously graduated from Rockhurst with a BS in psychology. He has worked in social services with homeless youth in both Kansas City and Colorado providing outreach counseling to at-risk and homeless youth living on the streets. Currently Bryan serves as a member of the Zero Youth Suicide Prevention team providing outreach to youth and young adults. He has held multiple leadership roles during his professional working career. Bryan is currently working towards earning his MBA from Rockhurst in hopes of assisting small non profits as well as social enterprise companies that provide social services and that help communities in powerful ways.

Heather White is a Case Manager with the Zero Youth Suicide Program working with adolescents and young adults ages 10-24. She has been working with the ZYS program since May of 2018. Heather has worked with at-risk youth and young adults in the Kansas City Metro area for over 20 years and is dedicated to building, supporting and encouraging her clients to obtain and maintain skills that allow them to create a healthy outlook on life and the future. Heather holds dual Bachelor's Degrees in Psychology and Sociology (with an emphasis in Human Development and Family Studies) from the University of Missouri- Columbia. Heather is very passionate about helping our society's youth and young adults and believes as their lives are ever changing, the challenges that her clients face have become one of the most needed areas to provide mental health education and services. She believes her greatest skill is to be a cheerleader to her clients as they navigate life, grow and develop into healthy adults. Fun Facts:



Heather is also an AFAA certified Group Fitness and Yoga Instructor and holds a CLC in lactation services. She is also an active member of her church as a Deacon and holds positions on multiple committees.

Rachel Morelan works as the Team Lead for Rediscover's Youth Suicide Prevention Team. She has over 10 years of experience in law enforcement, probation, victim advocacy and mental health. Rachel holds a Bachelor's degree in Criminology and a Master's degree in Public Administration/Human Resources Management. In addition, she is currently working on a second Master's degree in Social Work to eventually reach her goal of becoming a Licensed Clinical Social Worker.

Michelle works as an Outreach Case Manager for the Suicide Prevention Team. She completed her Bachelor's degree in Social Work at the University of Missouri, and additionally holds a minor in Spanish. Michelle is currently pursuing her Master's degree in Social Work at the University of Missouri-Kansas City. Michelle has previous experience as an Investigator for the Department for Children and Families, and has volunteered for a domestic violence shelter, the Missouri Crisis Line, and the University of Kansas Medical Center as an interpreter. Michelle is passionate about advocating for individuals in vulnerable populations. She is constantly learning about local resources to help provide a complete and well-rounded service to her clients. Michelle's work in mental health has been very rewarding for her, as she has witnessed the positive impact Suicide Prevention has had on the families who need us most.

Presentation: The Missouri Department of Mental Health was awarded a five-year SAMHSA youth suicide prevention grant in 2016. The Show Me Zero Youth Suicide Initiative aims to expand intervention services and prevent suicide in youth aged 10-24 in the greater Kansas City area. This initiative is being implemented by two local Community Mental Health Centers. The program diverts youth who are admitted to hospital emergency department and in-patient psychiatric departments to mental health services at these two centers. Program staff also work with Kansas City area schools to identify and refer youth at risk of suicide. This presentation will describe the key interventions, provide data on the ongoing program effectiveness and discussing ways for ongoing sustainability.

Objectives:

1. Describe the Kansas City youth suicide prevention initiative and its effectiveness in reducing suicide and suicidal ideation
2. Offer "Lessons Learned" from implementation of this youth suicide prevention initiative
3. Discuss potential for replication in other locations and sustainability

Title: Moral Injury and The Development of PTSD

Speaker(s): Brian Ouellette, MA, LPC

Track: Miscellaneous

Speaker Bio(s): I've got 17 years total counseling experience, having started my counseling journey as a Missouri DYS Youth Specialist. I currently work for the Department of Veterans Affairs at the Springfield Vet Center in Springfield Missouri. I have been working with veterans with PTSD, as well as other dual disordered veterans since January of 2007, when I started working for the Veterans Administration as an Addictions Therapist. I began working for the vet center side of the VA in August of 2012, working as a Readjustment Counseling Therapist.

I received a Masters of Arts in Professional Counseling from Lindenwood University May of 2006, and I am currently working a doctorate in Counselor Education and Supervision. I am a Missouri Licensed Professional Counselor, a National Certified Counselor, and a Certified Clinical Mental Health Counselor. I'm in the process of becoming a



Certified Clinical Trauma Professional. In addition to my work with the Department of Veterans Affairs, I also worked as an after hours crisis counselor for Community Support Services for two years.

Presentation: This presentation looks at Moral Injury and how it contributes to the development of PTSD. Part of this presentation will look at the overlapping symptoms of PTSD and Moral Injury. This presentation will look at the development of a person's moral code, how combat trauma has the potential to create cognitive dissonance with someone's moral code.

The presentation will also cite examples of quotes by various veterans from books such as, "What Have We Done", and "Soul Repair", as well as having a collaborative discussion with the participants.

Objectives:

1. Review how we develop morals.
2. Discuss cognitive dissonance as it relates to war and morals

Title: When Your Consumer Needs A Guardian: Practical, Ethical, and Legal Aspects of Seeking Guardianship

Speaker(s): James Reynolds, MD and Ron Smith, PhD, JD

Track: Forensics, Criminal Justice & Legal

Speaker Bio(s): Dr. Reynolds graduated a Doctor of Medicine from the University of Tennessee in 1986. He was a general and aerospace medicine physician in the Air Force before training in Psychiatry at Wright State University, and Forensic Psychiatry at the Walter Reed Army Medical Center. He trained in threat analysis and criminal profiling at the FBI Behavioral Sciences Unit. Board certified in General and Forensic Psychiatry, and a Fellow of the American Psychiatric Association, he has testified as an expert witness on more than 190 occasions in Military, Federal, and State courts. He joined Missouri DMH and the Northwest Missouri Psychiatric Rehabilitation Center in 1999, and has been the Medical Director of that facility since 2002. Dr. Reynolds has presented at forensic conferences in the U.S. and Europe, and teaches medical students and resident physicians from several universities in the U.S. and the United Kingdom.

Ron Smith, PhD, JD

A.B. – Biology/Philosophy, Drury College 1976

M.S. – Guidance and Counseling, Southwest Missouri State University 1981

Ph.D. – Counseling, Kansas State University 1989

J.D. – University of Missouri School of Law 2001

Employed as clinician at the Southwest Missouri State University counseling and testing center, and taught developmental and educational psychology courses after completing Ph.D. until entering law school in 1998. Upon graduation from law school, employed as an assistant attorney general for the State of Missouri until retirement in March 2020. Provided general counsel and litigation services to Missouri Department of Mental Health, Missouri Board of Pharmacy, State Committee of Psychologists, State Committee for Social Workers and State Committee for Professional Counselors. From 2006 until retirement, served as manager of Governmental Affairs Division mental health unit.

Presentation: The appointment of a substitute decision-maker is a legal matter decided by a Judge or Jury, but initiated by a health care provider. Depriving a person of their autonomy is an awesome responsibility, matched only by the equally awesome responsibility placed upon a caregiver to act in the best interests of a consumer who is not 25



competent to manage their own affairs. Knowing when that time has come can be trying for the consumer and caregiver. Dr. Reynolds has evaluated many consumers for Guardianship and testified in court hearings and jury trials on the issue. Mr. Smith is an experienced attorney with the Office of the Missouri Attorney-General who has tried numerous cases of Guardianship on behalf of the State.

Dr. Reynolds will speak on the decision-making process in determining the need for a Guardian, and some practical and ethical considerations inherent in this important decision. He will cover recent changes in Guardianship law concerning specific questions required by the law, including the rights to marry, vote, and drive a car. Mr. Smith will speak to the process of testifying in court on these matters, the information your attorney will need to demonstrate to the Court through testimony, and what to expect from cross-examination. Caregivers who are anxious about appearing in court will particularly find his advice helpful.

Objectives:

1. Define factors to consider when proposing Guardianship
2. Review recent changes in Guardianship law and questions to address in detail.
3. Identify the importance of a good working relationship with the attorney and the issues that will arise in court

Title:

Speaker(s): Felix Vincenz

Track: Leadership

Speaker Bio(s):

Presentation:

Objectives:

1. Define
2. Review
3. Identify

11:30 AM – 12:45 PM LUNCH BREAK, BOOK SIGNING, NETWORK, VISIT EXHIBITS

12:45 PM – 2:15 PM CONCURRENT BREAKOUT SESSIONS

Title: The Impact of Adverse Childhood Experiences and Depression on Black Males

Speaker(s): Eddie McCaskill, MSW, EdD, LPC and Anthony Bass, M.Ed., MA, MSW, RADC, MARS, CCATP, AMTP, CCTP, CDBT, EMDR, LPC

Track: Children, Youth & Family



Speaker Bio(s): Dr. Eddie McCaskill is a Licensed Professional Counselor, Licensed Clinical Social Worker, Certified Alcohol and Drug Counselor, Master's Addiction Therapist, and a National Board-Certified Counselor. Mr. McCaskill has been licensed in the State of Missouri since 1991 as a Licensed Clinical Social Worker and a Licensed Professional Counselor. Mr. McCaskill completed his undergraduate degree in Psychology from Pepperdine University. Mr. McCaskill completed his Master's in Social Work from Washington University in St. Louis and completed his Doctorate from Argosy School of Professional Psychology and Grand Canyon University. Mr. McCaskill is recognized as a Military Family Life Consultant expert by the Department of Defense. Mr. McCaskill area of expertise is trauma, depression, and adverse childhood experiences. Mr. McCaskill was recognized and honored by Bank of America's Neighborhood Excellence Initiative when he was selected a 2011 Local Hero. Mr. McCaskill was recognized and honored for his work in the community by Zeta Phi Beta Sorority, Inc.-Xi Zeta Chapter as an Unsung Hero in mental health for 2014. Mr. McCaskill received the 2015 Community Healthcare Award from St. Louis Celebrity Senior's non-profit organization for providing mental health services to the local community. Mr. McCaskill received the St. Louis American's Excellence in Healthcare award in 2017 for his work in the St. Louis Community. Mr. McCaskill was recognized by the Missouri House of Representative in a resolution put forth by State Representative, Steven Roberts for his 30 years of providing services to the under-served community in the St. Louis Area.

Anthony Bass is an established highly credentialed therapist in Missouri. He has over twenty-five years of counseling experience providing evidenced based treatment methodologies to individuals, couples, and families. His years of experience working in private practice, with a crisis counseling agency, addiction centers, and in the acute and non-acute psychiatric hospital settings, as well as his collaborations with other stakeholder throughout Missouri has prepared him to effectively assist customers presenting with a wide range of mental health complications. Anthony has years of experience providing Psychological Evaluations, Critical Incidence Debriefings, and Counseling to First Responders, other professionals, and executives.

Presentation: This workshop will examine the impact of adverse childhood experiences and depression on Black males. Black males who are exposed to adverse childhood experiences before age eighteen may be at an increased risk for depressive disorders as adults. There is minimum research on the impact of adverse childhood experiences on the health and well-being of Black males. Adverse childhood experiences have shown to have a severe negative impact on children as well as poor outcomes in their adult lives (Salinas-Miranda et al., 2015). The victims are at increased risk of being homeless, misusing drugs, suicidal, post-traumatic stress, depression, and anxiety at a higher rate than the regular population (Al-Shawi & Lafta, 2015).

The Center for Behavioral Health Statistics and Quality (2016) data analysis indicated that more than half of all adults in the United States have suffered from adverse childhood experiences. The exposures to adverse childhood experiences have been connected to health problems in adults. Adverse events experienced in childhood may impact the individual for a lifetime. Felitti et al., (1998) identified the ten indicators of adverse childhood experiences as; physical and emotional abuse; physical and emotional neglect; sexual assault; parent treated violently; substance misuse in the home; mental illness in the home; parental separation or divorce; and an incarcerated household member. The Philadelphia Urban ACE Study included additional experiences such as neighborhood violence and racial discrimination. Adverse childhood experiences have been linked to depression in adults (Crouch, Strompolis, Bennett, Morse, and Radcliff, 2017).

Objectives:

1. Identify the ten indicators of adverse childhood experiences.
2. Raise level of awareness regarding the impact of adverse childhood experiences and depression on Black males.



3. Learn psychological, emotional and behavioral symptoms that may present in Black males who have experienced adverse childhood experiences.

Title: The Basics of Emotional Regulation: Understanding and Teaching Emotion Regulation Skills

Speaker(s): Amy Shoffner, PsyD and Damalye Barclay-Debi, MA

Track: Clinical Practices

Speaker Bio(s): Amy M. Shoffner, Psy.D. is a licensed psychologist and founder of Northland Behavioral Health & Wellness. Dr. Shoffner specializes in treatment of mood disorders, emotional regulation, and Borderline Personality Disorder. She administers fully adherent Dialectical Behavior Therapy with suicidal and self-harming populations with a primary goal to develop a "life worth living." In 2009 Dr. Shoffner was named "Provider of the Year" by Tri-County Community Mental Health Services. Since 2011 she has served as a trainer for the Suicide Prevention Resource Center delivering the Assessing and Managing Suicide Risk Curriculum to mental health professionals. In 2017 she became adjunct faculty at Kansas City University of Medicine and Biosciences (KCU) and in 2019 starting teaching undergraduate classes at Park University in Parkville, Missouri.

Damalye Barclay-Debi is a fourth year Doctor of Clinical Psychology Student at Kansas City University. Her current professional interests include child psychology, integrated health care and medical play. She is currently completing her advanced practicum at Truman Medical Centers, Women's Health Services in their High Risk, specialty and OB clinics. Her other clinical experiences include psychological testing at Saint Luke's Crittenton Children's Center, and providing DBT individual and group therapy at Northland Behavioral Health and Wellness.

Presentation: The purpose of this workshop is to examine to what extent trauma and adverse childhood experiences impact the lives of Black fathers who have experienced trauma or one of the ten indicators of adverse childhood experiences.

Objectives:

1. Discuss the impact of trauma
2. Define ACE
3. Describe the connection between ACE, trauma and substance use

Title: Youth Suicide: A Look at Before and After

Speaker(s): Shari Scott, MA, LPC

Track: Suicide Prevention/Cultural Competence

Speaker Bio(s): Shari is a licensed clinical professional counselor in Kansas, Missouri, and Colorado with over 19 years of experience in the helping field. After career foundations in investigations of child abuse/neglect cases, Shari decided to further her experience with a Master's degree in counseling. She currently works full time in her own private practice while providing on-site counseling for a Kansas City area corporation. In addition to that, Shari maintains national board certification and various other certifications in telebehavioral health, mediation, and critical incident response. Throughout the course of her career, Shari has served as a grief support specialist and worked alongside children, teens, and adults who suffered the death of someone close to them. She speaks locally and regionally to professionals about suicide-related grief and also talks with metro high schools about mental health and



suicidality awareness. She's previously presented at MO DMH Spring Institute, various local hospitals and schools, the American Counseling Association of Missouri, and the Suicide Prevention Conference.

Presentation: Youth suicide frequently graces the covers of magazines, social media, and local news channels. It's a topic that increases in coverage as the statistics for suicide deaths among youth simultaneously climb upward. Suicide ranks as the second leading cause of death for persons aged 10-24 and the rates increase yearly. The victims left in its path are perplexed and dig through social media posts and the personal belongings of the deceased looking for answers.

Published research and post-mortem analysis of completed suicides in youth point to highly correlative factors such as the presence of psychosocial, mental health, and substance abuse issues. But what happens to the loved ones after someone dies a death by suicide? What can one expect from the grief journey and how can professionals support the grieving child, teen, or adult?

This presentation covers a post-mortem analysis of nearly 3000 youth suicide deaths to uncover pre-existing and contributing factors in the lives of those who died by suicide. It also provides tips on how to support the bereaved child, teen, or adult on their grief journey.

Objectives:

1. Examine nearly 3000 youth suicide deaths to determine underlying causes
2. Explore statistics related to youth suicide deaths
3. Define risk factors and red flags in suicidal youth
4. Discuss ways to talk to youth about suicide
5. Review the psychosocial, mental health, and substance abuse/use factors in suicidal youth

Title: How to Increase Sustainability Without Magic in Psychiatric Facilities & Community Settings

Speaker(s): Rhiannon Evans, MS, BCBA, LBA; Lucas Evans, MA, BCBA, LBA; and Teresa Rodgers, Ph.D. BCBA, LBA

Track: Miscellaneous

Speaker Bio(s): Rhiannon Evans is the Statewide Targeted Prevention Coordinator for the Missouri Department of Mental Health (DMH). Rhiannon works on developing programs, systems, assessments, and trainings to help reduce crisis situations and support a better quality of life both for people served by DMH and for the staff working with them. Her areas of expertise are in effective supervision, data analysis, performance management, and behavior analysis. Rhiannon started with DMH in 2013 at Fulton State Hospital (FSH) as a Behavior Technician also working as a Behavior Analyst practicum student. She successfully worked both on individual behavior support plans as well as whole-systems approaches to reducing crisis situations and promoting positive behavior across the entire hospital. In 2018 Rhiannon began work as the Statewide Tiered Supports Coordinator for DMH where she further developed the Tiered Supports system by leading the ATSCs and collaborating with providers across the state. In 2019 Rhiannon was promoted to her current role. Rhiannon graduated from The Chicago School of Professional Psychology with an MS in Applied Behavior Analysis. She has over 14 years of supervisory experience and her research has centered on ways to sustain implementation of programs.

Lucas Evans is a behavior analyst with Missouri's Department of Mental Health, Division of Developmental Disabilities. He has helped community and inpatient providers build and maintain supports for individuals with complex behavioral needs and mental health concerns. Lucas is a doctoral student of behavior analysis at The



Chicago School of Professional Psychology. His research interests include professional practice, instructional design, and quantitative models of behavior.

Teresa, who prefers to be called Terri, graduated from the University of Florida ABA program with James Johnston and Brian Iwata as her primary professors. She has worked as a behavioral consultant in areas of child welfare, children's mental health services, developmental disabilities, traumatic brain injury and for families with typical developing children. She has also served as the Senior Behavior Analyst for the Agency for Persons with Disabilities in the State of Florida and is currently the Chief Behavior Analyst in Missouri for the Division of Developmental Disabilities. Terri has served diligently on two state licensure processes, Arizona and Florida.

Presentation: Staff working in high-stress environments are often faced with poor staffing ratios, competing job tasks and burnout. This creates a barrier to providing quality social opportunities and leads to environments where only challenging behavior results in meaningful social interactions. There is no magic fix to overcome these barriers; however, a whole-systems approach with active supervision can help sustain implementation of programs. The Missouri Department of Mental Health (DMH), Division of Developmental Disabilities calls this approach Tiered Supports.

Presenters will discuss how to use this approach and the results which have demonstrated significant reduction in severe problem behavior and increased quality of life in five separate applied settings in a forensic psychiatric facility serving individuals between the ages of 17-100. Similar results were found when applied to multiple community settings where residential services are provided and similar barriers exist. Furthermore, staff participating in the approach reported increased job satisfaction, including a better relationship with their supervisor, team, and the people they serve. Presenters will share applied examples from each setting.

Objectives:

1. Discuss common implementation barriers both in institutions and in community settings
2. Review a universal approach, in Missouri's Department of Mental Health – Division of Developmental Disabilities, which focuses on active supervision and regular feedback
3. Examine data regarding the supervisors, DSPs, and people participating in the program across multiple applied settings within DMH
4. Learn how to implement a whole-systems, Tiered Supports, approach to increase sustainability of programs

Title: Evidence-based Psychotherapies in Competency Restoration Treatment

Speaker(s): Shawn Anderson, PhD; Alexis Humenik, MA, MSCP; Kristin Neville, MA; and Aishah Augusta-Parham, MA

Track: Forensics, Criminal Justice & Legal

Speaker Bio(s): Shawn Anderson, Ph.D. is the Director of Treatment Services and Psychology at Center for Behavioral Medicine. She received her doctorate degree in Counseling Psychology from the University of Missouri-Kansas City and is a graduate of the Greater Kansas City Psychoanalytic Institute. She conducts research and is published in the area of competency restoration and is recognized for developing treatment programs for long-term inpatient populations and competency restoration.

Alexis Humenik is a fifth-year Doctoral Candidate in Clinical Psychology at Baylor University. She completed a Master of Arts degree in Forensic Psychology at The George Washington University. She is currently completing her Doctoral Internship, with a focus in forensic assessment and competency treatment, at the Center for Behavioral Medicine. Her research has primarily focused on factors associated with engagement in deviant behaviors in juvenile



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and adult populations, in hopes to aid in the classification, treatment, and rehabilitation of offenders. Her research experience has strengthened her appreciation for the development, evaluation, and implementation of effective evidence-based psychological services.

Kristin Neville, M.A. is a psychology intern at the Center for Behavioral Medicine and a doctoral candidate in the Clinical Psychology Psy.D program at Pacific University's School of Graduate Psychology. She completed her master's degree in clinical psychology with a forensic specialization from the University of Denver. She worked as a Licensed Behavioral Practitioner in Oklahoma for over three years before starting at Pacific University. She has prior work in crisis intervention, individual and group psychotherapy, domestic violence offender treatment, substance abuse treatment, and competency to stand trial evaluations. She is trained in the therapeutic approaches of Cognitive-Behavioral Therapy (CBT), Trauma Focused Cognitive Behavior Therapy (TF-CBT), and Cognitive Processing Therapy (CPT). Her research interests include competency evaluations, competency restoration, and professionals with degrees in law and clinical psychology. Previous research presentations include investigating the intersection between law enforcement, Child Protective Services, and incarcerated primary caregivers in Michigan.

Aishah Augusta-Parham is a fifth-year Doctoral Candidate in Counseling Psychology at the University of Kansas. She completed a Master of Arts degree in Clinical Mental Health Counseling at Regent University. Aishah is currently finishing her doctoral internship, with a focus in forensic assessment and competency treatment, at the Center for Behavioral Medicine. Her research has primarily focused on; the effects of clients' social media use on their ability to deal with difficult decisions moderated by well-being, spirituality and need for cognition, and positive psychology. Aishah's research experience has strengthened her appreciation for the development, evaluation, and implementation of effective evidence-based psychological services.

Presentation: Expanding the role of evidence-based psychotherapy is critical to effective and efficient competency restoration treatment. Although pharmacological treatment is widely accepted as the primary intervention for competency attainment, for some patients, medications alone are not sufficient to achieve this goal. Certain psychotherapeutic treatments have been empirically established to successfully address particular psychiatric symptoms, which underlie the legal deficits and/or contribute to the psycho-legal deficits of many incompetent defendants. This presentation will: review different manualized psychotherapeutic approaches that can be used to address specific competency deficits; describe the process for identifying patients whose competency deficits would benefit from psychotherapeutic treatments; and provide case examples using Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Dialectical Behavior Therapy.

Objectives:

1. Learn how psychotherapy fits into a competency restoration program.
2. Learn to identify patients with competency-related deficits appropriate for psychotherapy treatment.
3. Learn how three evidence-based therapies can be applied in competency restoration treatment by addressing specific interfering symptoms and building psycho-legal skills.

Title: Clinical Supervision: Building Competencies

Speaker(s): Blake Schneider, MSW, LCSW

Track: Leadership

Speaker Bio(s): Blake Schneider, LCSW has worked social services for over 18 years, 11 with Missouri's Department of Mental Health, and the last 7 as the New Outlook Program Director at St. Louis Psychiatric Rehabilitation Center (SLPRC). As program director, he supervises two teams of licensed and non-licensed clinical



staff treating a forensic psychiatric population. Blake has received extensive training in Dialectical Behavior Therapy (DBT) and Motivational Interviewing (MI) and leads supervision and training efforts at SLPRC for clinicians providing direct care. Further, Blake earned certification in DBT through the DBT-Linehan Board of Certification and teaches courses in DBT, MI, and Cognitive-Behavior Therapy in the School of Social Work at the University of Missouri-St. Louis.

Presentation: Knowledgeable and experienced clinical supervision in the field of mental health is essential to effective client care and clinician development. This presentation will focus on the implementation of competency-based supervision in consideration of both client and clinician needs. Collaborative objective setting, the role of theoretical orientation, the supervisory relationship, trauma-informed care, and ethical cultural considerations will be addressed. Specific methods of supervisory practice will be explored including direct observation, use of audio/visual recordings, and use of formal competency assessments.

Objectives:

1. Define the essential functions of clinical supervision.
2. Define competency-based supervision and identify its components.
3. Identify preferred supervisor qualities and characteristics.
4. Identify strategies to establish and build clinician competencies.
5. Identify significant ethical considerations.
6. Identify significant cultural and trauma-related considerations.

2:15 PM – 2:30 PM BREAK 15 MINUTES, BOOK SIGNING, NETWORK, VISIT EXHIBITS

2:30 PM – 4:00 PM CONCURRENT BREAKOUT SESSIONS

Title: Treating Anxiety in Children and Adolescents

Speaker(s): Justin Puch, MA, LPC

Track: Children, Youth and Family

Speaker Bio(s): Justin Puch is a Licensed Professional Counselor and attended the University of Kansas for his degree in Sociology with Honors in Family Research. Justin attended the Midwestern Baptist Theological Seminary in Kansas City where he earned his Masters in Counseling.

Justin specializes in marital, family and child counseling. Justin has been trained in The Gottman Method for marital and couples counseling. He also loves to work with families that are dealing with blended family issues, communication, crisis, attachment / adoption issues, and parenting techniques.

Justin works with kids (8 and older) , adolescents and young adults. Justin uses Play Therapy, Cognitive Behavioral Therapy (CBT), as well as other techniques to help with anxiety, depression, addiction, bipolar, oppositional behavior, and attachment / trauma issues.

Justin is married and has two boys. Justin is an avid KU fan and loves to travel.



Presentation: Anxiety has increased significantly in children and adolescents over the past decade. A study found that our children have the level of anxiety that inpatient psychiatric patients had two decades ago. In this presentation you will learn how anxiety presents in children and adolescents, how to treat anxiety in your office, and how to help parents help their children cope more effectively.

Objectives:

1. Learn what anxiety is and how it presents in children.
2. Develop and learn counseling techniques to use in sessions.
3. Learn about tried and true coping skills for children and how to teach them so they are utilized.
4. Learn how to coach parents to help kids cope more efficiently.

Title: Flourish: How to use the principles from positive psychology to thrive and flourish

Speaker(s): Tara Kelley, MS

Track: Clinical Practices

Speaker Bio(s): Tara Kelley is a psychotherapist with twenty years of experience in assisting people on their recovery journeys. Tara currently specializes in working with a co-occurring population with a focus on whole person recovery. Tara has a strong belief that all people want to live meaningful and positive lives. Tara became interested in positive psychology as a path to assist both herself and her clients in movement toward flourishing recognizing that no matter where a person begins their journey on the emotional spectrum it is possible to move toward flourishing with specific interventions.

Presentation: Prior to the mid-90s, psychology mostly focused on researching and assisting clients with mental illness reduce the impact of their symptoms. While this was and continues to be a valuable focus in psychology, it leaves out the other half of psychology, the various dimensions to flourishing and what humans may do to lead toward personal thriving. Positive psychology research offers insight into this aspect of the human experience. This presentation will provide a brief backstory to positive psychology, will assist participants in measuring their current state of flourishing, then teach participants practical interventions for both themselves and their clients to boost flourishing.

Objectives:

1. Know the back story of positive psychology
2. Know your present level of flourishing
3. Identify and have a basic understanding of each area of flourishing
4. Learn and try 6 interventions to boost each area of flourishing

Title: Understanding Cop Culture

Speaker(s): Ken McManus, MEd; and Jason Klaus, BS

Track: Suicide Prevention/Cultural Competence

Speaker Bio(s): Ken McManus is a licensed professional counselor and certified EMDR psychotherapist in private practice with forty years of clinical experience. Ken's career path has included developing and providing professional development trainings through Professional Education Systems, Inc. (PESI) and in previous MIMH Spring Training Institutes. Throughout his career, Ken has worked with law enforcement officers and their families as a clinician, as a



trainer and as a partner in community programming. Ken is a provider for the CIT officer support panel specific to the Missouri Crisis Intervention Team and a participant in the St. Louis Area CIT Coordinating Council.

Jason Klaus is a Detective Corporal for the Perry County (MO) Sheriff's Office in Perryville, Missouri. Jason has been with the Perry County Sheriff's Office since September of 1996 and has served as a Jail Officer, Patrol Deputy, School Resource Officer and Detective. Jason attended the Southeast Missouri Law Enforcement Academy in the summer of 1996 and received his Bachelor of Science degree in Criminal Justice from Southeast Missouri State University in 1998. Jason is currently the Missouri Crisis Intervention Team (MO CIT) Coordinator and responsible for expanding CIT throughout the state and develop and maintain relationships with community behavioral health and advocacy partners.

Presentation:

In 2018, for the third year in a row, the national total of police officer deaths by suicide exceeded the number of officer deaths in the line of duty. While every such tragedy has its own story, there are patterns of toxicity unique in law enforcement careers that significantly contribute to the risks for relationship implosion, isolation, depression and suicide. Some law enforcement agencies are responding to these trends by providing officer wellness initiatives and supports; others are not. By either path, clinicians may find themselves confronted with law enforcement personnel, or their family members, seeking effective intervention in what may be the later stages of a mental health crisis. And, these individuals can be "treatment reluctant" as a function of their culture. This presentation will provide research-based insights into individual and organizational police culture and specific strategies clinicians can incorporate to increase the efficacy of their treatment efforts.

Objectives:

1. Identify specific dynamics within police culture that increase risks for crisis
2. Identify specific dynamics within police officer experience that enable despair and isolation
3. Describe the neurology that underlies the intensity of officer experience, e.g. the hypervigilance rollercoaster, and increased risk for harm
4. Identify strategies to enhance clinician effectiveness with this unique population

Title: When Heroic Force Fails: Trickster Stories Show the Way

Speaker(s): David Strabala, MSW, LCSW

Track: Miscellaneous

Speaker Bio(s): David Strabala, MSW, LCSW, currently works full-time as Juvenile Office Counselor for Clay County, MO. As a Licensed Clinical Social Worker since 1994, he has worked in mental health centers, TBI day treatment, employee assistance, mobile crisis and with military/PTS. His primary specialty has been with troubled youth. For 20 years, he has discovered how the telling of meaningful stories can feed clients' willingness to integrate shadow aspects of life, thus building strength and insight about how gifts are near our wounds. Most stories he offers are fairy tales of heroes or tricksters that reveal coded maps of the psyche's paths toward wholeness. He plays an African djembe drum in groups to hold the story space. His interest in personal story prompted a six-year filmmaking project, resulting in an award-winning feature documentary, "What Is Synchronicity?" which he will give to session attendees who would like a DVD copy.



Presentation: Hero stories are gaining more attention in culture, through superhero movies, focus on the hero's journey, and even Trauma-Informed-Care asking, "What happened to you?" as a healing element. All alone, such healing focus on a hero's power can become imbalanced, however, leading to narrow vision, hyper-masculinity and estrangement from community. Who can help? None other than the misunderstood character known as the trickster. A disruptor, fool, and seemingly evil, the trickster is also a creator. The trickster ways can be especially important today as many problems don't respond well to typical forceful means.

Using a djembe drum, the presenter will tell stories of heroes and tricksters from many cultures. He will compare heroes and tricksters to show how they complement each other in healing. The feminine in story will also be discussed, in the form of female protagonists and helpers and in action that balances masculine energy. The audience will learn the value of stories as containers for healing in three ways: through deeper, meaningful connections to self and others; through emergent insight and creativity; and as a guide to embracing non-violent conflict resolution. Focus will be placed on populations within the presenter's specialties, primarily troubled teens and veterans with PTS.

Objectives:

1. Discover how stories connect us more deeply to ourselves and the world
2. Experience how stories yield insights and creativity
3. Open up non-violent conflict resolutions through stories

Title: Lessons Learned: The Road to Sexual Offending

Speaker(s): Rachel Colwick, MA, LPC; and Mark Moore, MA, LPC

Track: Forensics, Criminal Justice & Legal

Speaker Bio(s): Rachel Colwick has her Master of Arts in Clinical Mental Health Counseling and is a Licensed Professional Counselor, as well as a National Board Certified Counselor. Rachel is published and co-authored in two articles in the Safer Society Press. Rachel has a vast amount of clinical experience in working with those who have suffered from mood disorders, personality disorders, psychotic disorders, substance abuse, suicidal ideation, grief, trauma, and self-harming behaviors, to name a few. For over 5 years, Rachel has implemented process groups, psycho-educational groups, and individual therapy for those who are civilly committed sexual violent predators (SVPs) while at Missouri Sexual Offender Rehabilitation and Treatment Services (SORTS) and Minnesota Sex Offender Program (MSOP). Currently, Rachel is providing individual therapy as well as family and couples therapy within an outpatient clinical mental health setting. Lastly, Rachel is performing individual risk assessments for those who are civilly committed SVPS while at SORTS.

Mark Moore has his Master of Arts in Clinical Mental Health Counseling and is a Licensed Professional Counselor, as well as a National Board Certified Counselor. Mark is published and co-authored in two articles in the Safer Society Press. Further, Mark is a member of the professional organization, Association for the Treatment of Sexual Abusers (ATSA). Mark has vast experience in working with a variety of populations such as those suffering from mood disorders, psychotic disorders, grief, trauma related experiences or PTSD, to name a few. Specifically, Mark has specialized in the treatment of sexual offenders starting with conducting group and individual therapy sessions for the Cape Girardeau, MO Probation and Parole. For over 8 years, Mark has been working at Southeast Missouri Mental Health Center (SORTS-Sexual Offender Rehabilitation and Treatment Services) and has been implementing process groups, psycho-educational groups, and individual therapy for those who are civilly committed sexual violent



predators. Mark also spent time conducting process groups and psycho-educational groups at Minnesota Sex Offender Program (MSOP). Primarily, Mark has been working with those that have scored moderate to high psychopathy levels, Antisocial Personality Disorders, and Narcissistic Personality Disorders.

Presentation: This presentation will consist of an overview of the empirically supported treatment models and theories associated with persons who have committed sexual abusive acts such as Good Lives Model, Risk Needs Responsivity Model, Relapse Prevention, Self-Regulation Model-Revised, Motivation-Facilitation Model of Sexual Offending, Cognitive Behavioral Therapy and Rational Emotive Behavior Therapy. The presenters will explain the dynamic risk factors related to this population as well as the protective factors, or features that have been shown to help lower rate of recidivism. Further, characteristics of patterns regarding the sexual offense progression will be depicted within this presentation. Additionally, case examples will be illustrated to increase conceptualization of the offense motivations, goals, and behaviors. Finally, an emphasis of evidence based treatment strategies or tools will be exemplified to audience members.

Objectives:

1. Discuss the empirical based models associated with sexual offending
2. Explain the dynamic risk factors associated with sexual offending including the protective factors (or features shown to help lower recidivism rates)
3. Describe the primary characteristics or patterns (offense goals, motivations, and behavior) related to the offense progression
4. Identify treatment targets and interventions or strategies

Title: Conquering the Generational Challenge: Creating a Harmonious and Productive Workplace

Speaker(s): Keith Neuber, MS

Track: Leadership

Speaker Bio(s): Keith Neuber holds a Master's Degree in Clinical Psychology from Eastern Kentucky University. He began his career in Community Mental Health in 1974. He has 45 years of experience as a clinician, specializing in family therapy, clinical supervisor, business consultant, Employee Assistance Program Coordinator and professional trainer. He founded the Metro Institute for Personal and Family Development, operated a private clinical practice in Missouri and Illinois and currently serves as CEO for Kreative Kids Learning Center and President of I K.A.N. Presentations. Neuber has two publications released in fall 2019 including, "If You're Not Having Fun, You're Doing It Wrong: The Art of Perspective Management" and "Conquering the Generational Challenge" co-authored with David Butler.

Presentation: Generational diversity is more pronounced in the workplace than at any other time in history. The challenge is in blending the distinct talents and potentials of Boomers, Generation X, Millennials and Generation Z to create a productive, harmonious workplace. The presentation examines factors which contribute to generational ideology and the potentials each generation bring to a work environment. The presentation will also explore the similarities in human dynamics which exist across generations and how these similarities can facilitate a common collaborative focus. With a refinement of standard business practices to accentuate individual strengths a diverse work force can become an inclusive, thriving enterprise.

Objectives:



1. Provide a framework for understanding generational differences and ideology
2. Examine the impact of generational difference has on workplace productivity
3. Identify human characteristics that are common to all generations and how they can be used to create collaboration
4. Provide a model that re-structures common business practices to maximize productivity through a shared perspective

4:00 PM – 4:05 PM 5 MINUTE BREAK

4:05 PM – 5:05 PM CLOSING SUPER SESSIONS

Title: Treating Nine Classic Types of Relationships

Speaker(s): John Carpenter, MSW, LCSW

Track: Super Session

Speaker Bio(s): John Carpenter received a BA in Psychology from DePauw University in 1977, an MSW degree from Washington University in St. Louis in 1979. He was also trained in Clinical Hypnosis and Guided Imagery at the Menninger Clinic in Topeka, KS in 1980. He has worked 12 years at Mercy Hospital's Marian Center in Springfield, eight years in clinics with psychiatrists, 16 years as the counseling therapist for five Rural Health Medical Clinics in Branson, Forsyth, and Sparta, eight years as a nationwide educator (PESI, inc.) for mental healthcare providers to get their CEU's. Overall, he has served Southwest Missouri for over 40 years providing psychiatric assessments, individual therapy, marriage counseling, family therapy and group therapy for every diagnosis and type of behavior issue. He has also written a book (2003) entitled "Effective Strategies for Helping Couples and Families" and made presentations for Missouri NASW annual conferences in recent years.

Presentation: When any two people seek to have a meaningful, loving relationship, there are many factors which can interfere, distract, or deteriorate their efforts to succeed. Couples face interfering relatives, cultural differences, strong but often different values, blended family challenges, the dividing effect of manipulative children, addictions, and emotional distractions — not to forget the individual needs and personality dynamics of each individual. Sound too complicated or overwhelming?

This presentation will clearly illustrate nine classic formations of couples with their challenges based upon emotional distance caused by the types of interference just mentioned. Using wonderful illustrations, role plays, and visual props to demonstrate their dynamics. The ways to rebalance or treat these relationships will become very clear and easy to adopt. These nine types of couples should encompass every possible relationship you can imagine — including your own!

Objectives:

1. Identify and comprehend each type of the nine couples
2. Understand what forces / factors interfere with each type of couple
3. Describe the basic treatment needs of each couple
4. Learn visual and experiential techniques to assess and help each couple



Title: Opioid Use Disorder ECHO

Speaker(s): Doug Burgess, MD

Track: Super Session

Speaker Bio(s): Doug Burgess is an addiction psychiatrist who joined Truman Medical Centers in 2011. He received his residency training at Duke University where he served as chief resident during his final year. He completed a fellowship in addiction psychiatry at the Medical University of South Carolina in Charleston. He was the medical director of outpatient psychiatric services until February of 2019 when he transitioned to the role of Medical Director of Addiction Services. Clinically, he sees patients in TMC's substance use disorder specialty clinic which provides evidence based care to over 800 patients. He is also a treating clinician for the NFL's Program for Substances of Abuse. Locally, Doug leads regional trainings related to mental health and substance use disorders. He is on the steering committee for the region's EPICC program, facilitates Missouri's Opioid Use Disorder ECHO group and actively participates in the area's perinatal collaborative. He has received Missouri's Department of Mental Health Addiction Medical Champion Award and was recognized as one of Kansas City's "Top Docs" by Ingram's Magazine in 2019.

Presentation: The ECHO model has been recognized as an effective method for distributing and supporting the implementation of evidence based practices to rural areas. This model utilizes teleconferencing technology to link experts in the treatment of opioid use disorder with clinicians interested in learning and implementing evidence based practices in the treatment of a particular condition. This presentation will consist of a live session of the Opioid Use Disorder ECHO. There will be a 20 min didactic on a topic pertaining to the treatment of individuals with opioid use disorder followed by a case presentation and discussion. The didactic covered during this presentation will be management of acute pain in patients being treated for opioid use disorder.

Objectives:

1. Utilize the ECHO model as a tool to help implement evidence based treatment of Opioid Use Disorder
2. Describe 1 strategy for addressing acute pain management in patients treated with methadone, buprenorphine and naltrexone
3. Understand the potential for synergistic pain control when combining buprenorphine with full agonist opioids

Title: Best Practices for Working with Urban Girls with Challenging Attitudes

Speaker(s): Angela Gray, MSW, EdS

Track: Super Session

Speaker Bio(s): I am a School Social Worker of seventeen years for the Alton School District at Alton High School. I am also the Executive Director of Empowered 2b Me, an educational consulting organization. I have a Bachelor and Master's degree in Social work with a Specialization in School Social work. In 2014, I obtained a Specialist degree in Education Administration. I have extensive knowledge with working with students from diverse socio -economic backgrounds. In addition, I have knowledge with working with at-risk students, especially female students.

I am an author of two books to help teen girls overcome negative attitudes, "Help! I Have an Attitude Problem! A Self-Help Book and Journal to Help Teen Girls Overcome Negative Attitudes" and "Check that Attitude!", a book designed to provide strategies for educators when dealing with girls with negative attitudes.



Presentation: Teen girls from urban backgrounds often display challenging attitudes as defense mechanisms to hide the pain or trauma that has impacted their lives. Girls in pain are often misunderstood as simply "trouble makers," without unpacking the root causes of the behaviors.

This interactive workshop will provide a lens to better understand teen girls' urban experience. We discuss both internal and external factors-including low self-esteem, depression and anxiety, bullying, and the pressures they absorb from social media, music videos, and explicit songs. The workshop includes lecture, role play, and group sharing to enhance participants' skills to empower teen girls.

Objectives:

1. Define attitude and how it relates to teen girls from urban backgrounds
2. Explore how self-esteem impacts teen girls
3. Explore the correlation of stress and poverty affects teen girls
4. Explore negative self-talk and negative thinking of teen girls
5. Examine internal and external factors in today's society
6. Explore the attitudes of professionals and how they could impact teen girls
7. Discuss strategies that administrators, social workers, and counselors can use to help teen girls

5:05 PM: CONFERENCE CONCLUDES