



Annual Children's Services State of the Art Conference

August 24 & 25, 2017

Hilton Doubletree
New Bern, NC

The 2017 Children's Services State of the Art Conference promises to be an inspiring professional development opportunity for professionals working with children, adolescents, and families. The conference format will include two full days of outstanding keynote presentations and concurrent sessions, allowing attendees to earn up to 12.5 hours of credit. A one day rate is also offered for those who are unable to attend both days. Topics include autism interventions, grief and loss with children, four hours of ethics, wellness for children/adolescents, LGBTQ youth, and many more. The conference will offer interactive sessions that are case-based with expert speakers.

This annual conference is not to be missed as it captures the latest evidence based practices and clinical updates. Come and network with colleagues while gaining new knowledge and skills relevant to your daily practice. We hope you leave the conference energized with a renewed passion and commitment to the children and families you serve.

TARGET AUDIENCE:

This conference will be of immense benefit to all child and adolescent service providers, including child mental health and substance abuse therapists, counselors and clinicians in clinical, residential, or outpatient settings. This also includes marriage and family therapists, psychologists, social workers, care coordinators, licensed counselors, case managers, CDSA staff, early intervention staff, public health providers, juvenile court counselors, domestic violence staff, school personnel, at-risk youth personnel and all other interested professionals.

Provided by:



Registration Information

Seating is limited—Please register early to ensure a space!

Online registration available at www.easternahec.net

Registration (received by 8/17/17)

Both Days.....\$175.00

One Day.....\$95.00

Registration (received **after** 8/17/17)

Both Days.....\$200.00

One Day.....\$120.00

The registration fee includes all program materials, credit, refreshments, and lunch on both days. Participants are encouraged to take advantage of the reduced fee by registering **by August 17, 2017**.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preferences can be met.

Eastern AHEC Cancellation Policy:

- To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity
- No refunds will be given for cancellations less than one week prior to the activity
- For continuing professional development activities canceled more than one week prior to the continuing professional development activity:
 - A \$35.00 fee will be deducted from the refund, OR
 - The registrant may elect to apply the full amount towards a future Eastern AHEC continuing professional development activity being held within one year.
- Substitutions are welcomed; advance notification encouraged.

If you would like more information on the program or to ask about a group rate, [call Mental Health Education at EAHEC \(252\) 744-5228](tel:2527445228).

Credit

This conference offers **UP** to 12.5 hours of credit, for participants attending **all** sessions.

Category A-NC Psychology Credit: This program will provide **UP to 12.5** hours of (Category A) continuing education for North Carolina Psychologists. **No partial session credit will be given.**

Contact Hours: Certificates reflecting **UP to 12.5** contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC): Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

Substance Abuse Counselor Credit (SAC): Application has been made to the North Carolina Substance Abuse Professional Practice Board for **UP to 12.5** hours of Substance Abuse General Skill Building and Specific hours.

North Carolina Public School Personnel Renewal Credit: Certificates for **UP to 12.5** contact hours of education will be awarded at the completion of the program.

Accommodations

This conference is being held at the Double Tree by Hilton New Bern-Riverfront. The Hotel is located at 100 Middle Street in historic, downtown New Bern. Standard river view or city view rooms with one king or two double beds will be available at a rate of \$123 plus tax (per night). A block of rooms for conference attendees will be available until **July 24, 2017**. Reservations received after **July 24, 2017**, will be honored on a space available basis. Make reservations directly with DoubleTree by calling 1-800-326-3745. Please mention the Eastern AHEC Child Conference to receive the special rate. Check-in time is 3:00 pm and check-out time is 12:00 pm.

Handouts & Evaluations

You will receive handouts for this workshop in your confirmation email. Please be sure we have your correct email so you will receive the handouts. Please be sure to print your handouts **prior** to the event and bring them to the workshop, as there will be none available at the event. The program evaluation will be sent approximately 2-3 weeks following the conference to the email address on your registration form. Once the evaluation has been completed, your certificate will be available.

Americans with Disabilities Act

Individuals requesting accommodations under the Americans with Disabilities Act (ADA), should contact the ECU Department of Disability Support Services at (252) 737-1016 (Voice/TTY) at least five business days prior to the program.

AUGUST 24, 2017

8:15 AM REGISTRATION

8:45 AM WELCOME/REMARKS

Tonia Joyner, MS, LCAS

Assistant Director, Mental Health Education, Eastern AHEC

9:00 am - Opening Keynote Presentation

The Ethics of Cultural Competence: Transcending Visible and Invisible Barriers in Psychotherapy

TONYA ARMSTRONG, PhD, MTS

Founder and CEO of The Armstrong Center for Hope



In 21st century clinical practice, we broaden our ethical practices to include not only respect, but also deeper understanding and connection; not only for adults, but also for children and adolescent; not only by ethnicity, but also by socioeconomic class, gender, faith, sexuality, and other categories of differences. Ultimately we are striving for not only the absence of mental illness, but also the flourishing of mental health and wellness. This presentation will examine the ethical imperative for cultural competency by exploring the impact of our own cultural narrative on our therapeutic role, but also by implementing and sustaining more effective interventions with the persons and systems we serve. You will have the opportunity to practice cultural competency skills.

This presenter is being supported through the partnership between the University of North Carolina at Chapel Hill, School of Social Work and the NCAHEC Program.

11:00 AM - BREAK

11:15 AM - 12:45 PM - MORNING CONCURRENT SESSIONS

(Choose one session to attend)

Session A - Making Room for Grief

TONYA ARMSTRONG, PhD, MTS

Grief is a normative human experience that affects us psychologically, socially, physically, and spiritually. However, several factors such as type of loss, quality of attachment, personality differences, cultures, and life experiences affect our stories of grief and the ways that we grieve. This presentation will define and explore different components and types of grief, examine the stages and tasks of grief, and describe effective interventions for grief. Participants will recognize and engage the multi-faceted components of grief in children and develop important tools for the effective promotion of mental health and wellness.

Session B - The Wellness Campus: Nurturing a Healthy Future

ANGELA STEWART, MD

General Pediatrician and Founder of Our Children's Clinic, Winterville, NC

A healthy future starts with a solid childhood on adopting a healthy lifestyle. The Wellness Campus is committed to investing in our future by creating a fun, nurturing and interactive environment. This session will discuss how the clinic provides education, classes, and resources that enable children and their parents to develop healthy lifestyles. Empowering children to make better food choices and live an active life are stepping stones to a healthier outcome and will save millions in future healthcare dollars.

Session C - Typical Child Development

LORIE CURTINDALE, PhD

Assistant Professor, Department of Psychology, East Carolina University

This session will provide a review of typical development in early childhood, including milestones in cognitive, social, emotional, physical, and language development. Participants will also receive current research information that can be applied when providing services for children.

Session D - The Role and Authority of Disability Rights North Carolina

VICKIE SMITH

Executive Director, Disability Rights NC

Disability Rights North Carolina is our state's federally mandated protection and advocacy system. This presentation will inform attendees about what Disability Rights North Carolina advocates for on behalf of people with disabilities, its annual targets, and how people can access its services.

12:45 PM - LUNCHEON

Networking Time & Visit Exhibitors

EARLY AFTERNOON CONCURRENT SESSIONS

1:45 PM - 3:15 PM

(Choose one session to attend)

Session A - **Make Room for Grief, continued**

TONYA ARMSTRONG, PhD, MTS

This session is continued from the morning session. Participants must attend the entire session to receive credit.

Session B - **Raising the Juvenile Age - A Historical, Developmental, and Treatment Services Perspective**

JESSE RIGGS, MAEd, LCSW

Lead Area Consultant, NC Department of Juvenile Justice and Delinquency Prevention

This session will review the scope of the present version of the "Raise the Age" bill and the youth proposed to be served in juvenile justice under this bill. The historical dynamics which have kept the juvenile age limit at age 16 will be discussed. In the presentation, we will look at the numbers of these youth currently in communities today and discuss the response or sanctions currently associated with these youth and their offenses. The session will examine what research suggests about needed community-based services for youth in the "Raise the Age" age range.

Session C - **Overview of Early Intervention Services**

WENDY S. CHAPMAN, MEd

Director, Children's Developmental Services Agency, New Bern

This session will provide an overview of the NC Infant Toddler Program and how local Children's Developmental Services Agencies (CDSA) implement the program; to include the structure and role of the program at both the state and local levels, program philosophy and principles, and the roles of community partners and providers. The process for referring and navigating enrollment and service provision will be discussed.

Session D - **Autism Spectrum Disorder: Diagnosis, Treatment and Support**

DANIEL LILES, MS, LPCA, NCC

Autism Specialist, Clinical Instructor, Department of Psychiatry, University of North Carolina at Chapel Hill; UNC TEACCH Autism Program - Greenville Center

Autism Spectrum Disorder (ASD) has recently gained a lot of media attention. There is even a character with ASD, Julia, on the popular children's television show, *Sesame Street*. With increased awareness of ASD, an understanding of this complex disorder is vital. This session is aimed at helping professionals identify symptoms and characteristics of ASD, as well as discuss diagnostic measures, treatment options, and resources for families.

3:15 PM BREAK

LATE AFTERNOON CONCURRENT SESSIONS

3:30 PM - 5:00 PM

(Choose one session to attend)

Session A - Making Room for Grief, continued

TONYA ARMSTRONG, PhD, MTS

This session is continued from the morning session. Participants must attend the entire session to receive credit.

Session B - Supporting the Successful Transition of Youth and Adults Exiting Foster Care

ERIN CONNER, MSW

Social Services Program Coordinator, LINKS Foster Care Independence Program, Division of Social Services, Child Welfare Services Section, North Carolina Department of Health and Human Services

This session will explore the issues faced by young people currently or formerly in foster care as they transition to adulthood and some of the services and programming available to support them. Detailed information will be provided about the NC LINKS Foster Care Independence Program for current and former foster youth who are 13 years of age but not yet 21, the Foster Care 18 to 12 Program, how young people can access these services, and how these services can support a successful transition to adulthood.

Session C - Trends and Treatment of Substance Use Disorders in Adolescents

STEPHANIE MORELL, MS, LPCA, LCAS, CRC, PVE, CDESI

Licensed Clinical Therapist, PORT Health Services: Adolescent Residential Treatment

In this session, participants will learn about the impact that substance abuse has on early and adolescent developmental stages, as well as clinical tools for screening/assessing, diagnosing, and treating Substance Use Disorders in children and adolescents. Current trends in substance abuse amongst adolescents (e.g., types of drugs, routes of administration, the role of social media/peer pressure, etc.) will also be discussed, as well as the prevalence of co-occurring Mental Health Disorders (particularly Trauma) amongst this population. Several evidence-based practices for treatment intervention will be introduced, with various experiential learning opportunities.

Session D - A Walk in My Shoes: Brief and Effective Cognitive Behavioral Strategies to Promote Effective Change

AUDRINA JONES BUNTON, MA, LPC

Research Project Manager, University of North Carolina at Chapel Hill, School of Social Work

In settings where time is minimum, and the desire to affect positive change is of utmost importance, this presentation will help you gain clarity on brief tools to effectively promote change. Participants will discover that there is often more to an individual's story than its face-value, as you learn what it means to walk in someone else's shoes. Through real-life case examples, participants will learn brief and effective cognitive behavioral strategies to utilize across settings, and to alter face-value assumptions and perceptions when interacting with and encountering emotionally vulnerable clients.

This presenter is being supported through the partnership between UNC-Chapel Hill, School of Social Work and the NCAHEC Program.

5:00 PM ADJOURNMENT

AUGUST 25, 2017

8:00 AM - CHECK-IN/REFRESHMENTS

8:30 AM - 11:45 AM - MORNING CONCURRENT SESSIONS

(Choose one session to attend)

10:00 AM - BREAK

Session A - Fetal Alcohol Spectrum Disorders (FASD)

ELIZABETH MONTGOMERY LEE, MA

Director, ECU Regional Training Center, FASD Education Specialist

FASD is an umbrella term describing the range of effects that can occur in an individual prenatally exposed to alcohol. These effects may include physical, mental, behavioral, and/or learning disabilities with lifelong implications. At the conclusion of this session, participants will have a clear understanding of how alcohol impacts the developing brain, impacts behaviors, and be able to identify potential strategies and interventions for individuals that have a FASD. It will also assist in identifying a community's responsibility in the prevention of alcohol-exposed pregnancies and FASDs.

Session B - Complex Cases in Autism

ASHLEY TRIPP, MS, LMFT

Autism Specialist, Clinical Instructor, Department of Psychiatry, University of North Carolina at Chapel Hill; UNC-TEACCH Autism Program - Greenville Center

Today, more and more individuals are presenting in mental health clinics displaying characteristics of Autism Spectrum Disorder. Research indicates that approximately 70 percent of individuals with ASD have a comorbid mental health diagnosis or developmental disability. This often results in an increased challenge to identify comorbid and/or differential diagnoses. This session is intended for individuals who have a basic understanding of autism and the core symptoms of this disorder. This presentation will provide video examples of complex cases and an opportunity for discussion will be given.

Session C - Attachment and the Effects of Trauma and Maltreatment

KATHY D. JOHNSON, MS

Retired Assistant Professor, Jordan Institute for Families, Family and Children's Resource Center, School of Social Work, University of North Carolina at Chapel Hill

In this workshop, participants will explore normal attachment and how this attachment is formed. Issues and causes of insecure attachment will be discussed and how to provide supportive services to foster secure attachments. Participants will explore the latest research about brain trauma in early childhood, its impact on attachment, and the powerful role quality care giving plays in helping heal this trauma in order to achieve better outcomes for our children and families. Goals for healing the trauma and ways that workers and caregivers can support healing and healthy attachments in traumatized children will be discussed.

This presenter is being supported through the partnership between the University of North Carolina School of Social Work and the NC AHEC program.

Session D - What We Need to Know When Treating Dysphoria in the Gender Variant Young Person

ECHO MEYER, PhD

Chief of Psychology, Professor, University of North Carolina at Chapel Hill, Departments of Psychiatry and Pediatrics

Addressing the experience of gender dysphoria in children and adolescents is a complex task. Effective treatment requires comfort with and knowledge of language and methods used in therapy to alleviate distress and discomfort created by dysphoria while the young person works through the experiences of gender identity formation, gender expression, and sexuality. This presentation will provide a focus on non-binary gender identities, recommended assessments, and specific strategies for assisting young people and their parents with managing the process of transitioning. Case illustrations will be included and a sample case will provide small group experiences of interacting with a transgender adolescent.

11:45 AM LUNCHEON

12:15 pm - Luncheon Plenary Restoration of Men and Boys

ANNA SMITH, MSW

Co-Founder and Executive Director of Restore One



Since founding Restore One in 2012 Anna has worked alongside men and boys as they move towards recovery. Throughout her encounters in the field and personal experiences, she has noticed that many service care providers feel unequipped to work with sex trafficked males. She has also recognized that services for sex trafficking survivors overlook boys and men, resulting in stigma, lack of acknowledgement and scarcity of resources for this population. During this session learn how Anna got started with Restore One and what led her to work specifically with boys. Hear about the innovative work of The Anchor House, the first safe home in the nation for sexually trafficked boys and trauma-informed care practices that are used in the safe home treatment model.

1:15 PM - BREAK

1:30 PM - 3:30 PM - AFTERNOON CONCURRENT SESSIONS (Choose one session to attend)

Session A - Psychotherapist-Patient Privilege

BRUCE R. ARNOLD, DSW, LCSW

Intensive In-Home Therapy Team Lead, Easter Seals UCP

This is an ethics presentation that explores the landmark Supreme Court case Jaffee v. Redmond that gave psychotherapists extraordinary protection. HIPAA further codified this privilege. Participants will become familiar with the extent and limits of the psychotherapist-patient privilege.

Session B - Child and Family Team Meetings: Strategies, Strengths, and Successes!

JOANNA SCATURRO, MSW

Co-Chair of the North Carolina Collaborative for Children, Youth and Families

TEKA DEMPSON, BA

Family Partner Coordinator, Durham County

Participants who attend this session will learn practical strategies that will improve the quality of Child and Family Team Meetings. We will explore the use of technology and other skills that improve communication to effectively engage all members within the team. This session will disclose unique approaches that have fostered successful teams in North Carolina. Participants will be able to develop an action plan that can be implemented in their local CFT meetings.

Session C - An Introduction to Music Therapy & Creative Expressive Arts

SAMUEL K. LEWIS, BMT, CSAPC

Music Therapist, Prevention Specialist & Certified Prime for Life Instructor

This session will be an interactive and informative learning experience using creative expressive arts as an intervention to serve children and adolescents. Individual/Group assessment techniques will be covered. Interactive activities will be presented illustrating practical and useful techniques for those without special music/artistic skills. Participants will have new and fresh ideas to add to current interventions to reach positive outcomes and goals with their clients.

Session D - Teens and Body Image

EBONI BAUGH, PhD, CFLE

Associate Professor, Department of Human Development and Family Science, East Carolina University

Contemporary teenagers are at an increased risk for developing a negative body image and weight bias; therefore, practitioners should understand the factors that contribute to the development of negative attitudes, of self and others, during adolescence. In this session, participants will learn relevant statistics, definitions, risk factors, and best practices to use in their work with teens and their families.

3:30 PM ADJOURNMENT

Annual Children's Services State of the Art Conference

August 24 & 25, 2017 DoubleTree by Hilton, New Bern, NC

Register online at www.easternahec.net

Last Name _____ First Name _____ Middle Initial _____

Last 4 digits of Soc. Sec. # XXX-XX-□□□□

Discipline (check one) Allied Health Dentistry Health Careers Medicine
 Mental Health Nursing Pharmacy Public Health Other

Specialties _____ **Degrees/Certifications/License** _____

Mail goes to Home Office or by E-mail

Workplace Employer _____

Department _____ Position _____

Street/PO Box _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Home Street/PO Box _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

**Please indicate which day(s) you plan to attend: Day 1 Day 2 Both Days
 I need a vegetarian meal**

Choose concurrent sessions you plan to attend:

Day 1: Morning

- Making Room for Grief
- Wellness in Children
- Typical Child Development
- Disability Rights NC

Day 1: Early Afternoon

- Making Room for Grief (continued)
- Raising the Juvenile Age
- Overview of Early Intervention Services
- ASD: Diagnosis, Treatment, and Support

Day 1: Late Afternoon

- Making Room for Grief (continued)
- Foster Care
- Adolescent SA Trends
- Brief CBT Strategies

Day 2: Morning

- FASD
- Complex Cases in Autism
- Effects of Trauma & Maltreatment
- Gender Dysphoria

Day 2: Afternoon

- Psychotherapist-Patient Privilege (ethics session)
- Child and Family Team Meetings
- Music Therapy & Creative Expressive Arts
- Teens and Body Image

Program Number E52037

Method of Payment (Received **by 8-17-17: Both Days \$175; One Day \$95**, Received **after 8-17-17: Both Days \$200; One Day \$120**)

Check/Cash Enclosed for \$ _____ Charge: Visa MasterCard AMX Discover

Signature _____

Street/PO Box _____

City _____ State _____ Zip _____

Account # □□□□ □□□□ □□□□ □□□□

Expiration Date _____ Security Code (Last 3 digits on back of card) □□□