

The MISSION is POSSIBLE:

FACING THE CHALLENGE

2016 OKLAHOMA CHILDREN'S BEHAVIORAL HEALTH CONFERENCE

Embassy Suites Norman Hotel & Conference Center

May 11-13, 2016

OVERVIEW

The 23rd Annual Children's Behavioral Health Conference theme is The Mission is Possible – Facing the Challenge: Building Strategies for Hope, Recovery, and Resilience. This conference will bring together local, state and national leaders to discuss best practices in the areas of behavioral health and substance use disorder treatment, recovery and overall wellness. This three-day event will provide participants with practical tools they can utilize in their agencies and communities to assist with facilitating treatment, recovery and wellness. The conference dates are Wednesday, Thursday, and Friday, May 11-13, 2016, at the Embassy Suites Norman Hotel and Conference Center, located at 2501 Conference Drive, Norman, Okla., 73069.

THE GOAL OF THE CONFERENCE

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

THE CONFERENCE WILL FOCUS ON

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

WHO SHOULD ATTEND

Those who work with children, youth, young adults and families will benefit from attending this conference. The conference will focus on the concerns of families, youth, behavioral health workers, counselors, school counselors, educators, child welfare professionals, juvenile justice professionals, social workers, foster care providers, direct care providers, physicians, psychologists, healthcare professionals, public health workers, administrators, faith-based organizations, law enforcement and members of the judicial system. Youth and young adults, ages 13-26, are invited to attend a specialized conference track dedicated to the interests of youth, on May 12.

REGISTRATION AND FEES

Please submit your registration on or before April 11, to receive the early-bird rate of \$282.75 for the full three-day conference (or \$94.25 per day). The regular rate of \$435 for the full conference (or \$145 per day) will apply for all registrations received after April 11. Be sure to indicate on the registration form the day(s) you will attend. **Cancellation Policy:** Refunds cannot be granted; however another person can go in your place if you contact the ODMHSAS Training Institute at 405-522-8300.

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

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

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

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

- Day 1 - 23rd Annual Children's Behavioral Health Conference
<http://registration.xenegrade.com/odmhsastraininginstitute/coursedisplay.cfm?schID=746>
- Day 2 - 23rd Annual Children's Behavioral Health Conference
<http://registration.xenegrade.com/odmhsastraininginstitute/coursedisplay.cfm?schID=747>
- Day 3 - 23rd Annual Children's Behavioral Health Conference
<http://registration.xenegrade.com/odmhsastraininginstitute/coursedisplay.cfm?schID=748k>

For More Information: Call the ODMHSAS Human Resources Development office at 405-522-8300 if you have questions about the conference.

SPECIAL ACCOMMODATIONS

Sign language interpreters or assistive listening devices are available by request. Please call 405-522-8302 to arrange for special accommodations. Please register as early as possible if special accommodations are needed.

LODGING

The conference will be May 11-13, 2016, at the Embassy Suites, Norman Hotel and Conference Center located at 2501 Conference Drive, Norman, Okla., 73069. Participants are responsible for making their own reservations. You can book online through the Embassy Suites website using the group code BHC where prompted. Guests may also make reservations by calling 1-866-577-1273, and asking for the group name —BHC – Behavioral Health Conference. The special rate of \$125 per night, plus tax is only good through April 10! So book early!!!

DIRECTIONS

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

CALL FOR EXHIBITORS

Is your organization one you want others to know about? An exhibit at the Children's Behavioral Health Conference will introduce your organization to behavioral health treatment professionals from Oklahoma and surrounding states. To discuss becoming an exhibitor, call Allison Woodard at 405-522-8300, ODMHSAS Training Institute or e-mail her at Allison.Woodard@odmhsas.org.

OUR CONFERENCES ARE GREEN

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

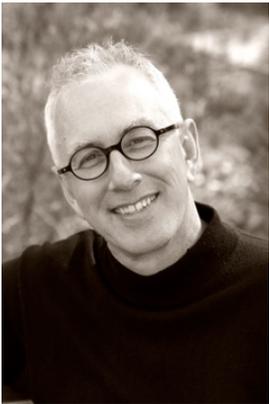
CONTINUING EDUCATION

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

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

Please check in at the registration desk upon your arrival to verify your attendance. Continuing education credit is not provided without verification. At the completion of the conference, all participants will need to complete an evaluation to receive an attendance certificate. For more information, call ODMHSAS Training Institute at (405) 522-8300.

FEATURED SPEAKERS



Bill O'Hanlon has authored or co-authored 36 books, the latest being *Out of the Blue: Six Non-Medication Ways to Relieve Depression* (W.W. Norton, April 2014). He has written a book on positive psychology called *The Therapist's Notebook on Positive Psychology* (Routledge, 2012) and has appeared on "Oprah" (with his book *Do One Thing Different*), "The Today Show," and a variety of other television and radio programs. Since 1977, O'Hanlon has given over 3,000 talks around the world. He has been a top-rated presenter at many national conferences and was awarded the Outstanding Mental Health Educator of the Year honor in 2001 by the New England Educational Institute. O'Hanlon is a licensed mental health professional, certified professional counselor, and a licensed marriage and family therapist. He is a clinical member of AAMFT (and winner of the 2003 New Mexico AMFT Distinguished Service Award), certified by the National Board of Certified Clinical Hypnotherapists, and a fellow and a board member of the American Psychotherapy Association. O'Hanlon is known for his storytelling, irreverent humor, clear and accessible style and his boundless enthusiasm.



Jerry Moe is the National Director of Children's Programs at the Betty Ford Center at Rancho Mirage, California. An advisory board member of the National Association for Children of Alcoholics (NACoA), he is an author, lecturer, and trainer on issues for children and families hurt by addiction. In 2013, he received the Mona Mansell Award and the Father Joseph C. Martin Award. His latest book is *Through a Child's Eyes: Understanding Addiction and Recovery*. Moe received the 2005 America Honors Recovery Award from the Johnson Institute, and the 2000 Ackerman/Black Award from NACoA for "significantly improving the lives of children of alcoholics in the United States and around the world." Moe's work has been featured on many national news shows, like the "Today Show" and "Nickelodeon News," and in publications such as *Time*, *Parents*, *McCalls*, *YM*, *Parenting*, *Seventeen* and *U.S. News and World Report* magazines and *Chicago Tribune*, *Boston Globe*, *San Francisco Chronicle*, *Los Angeles Times* and *USA Today* newspapers.



Oklahoma Youth Keynote and Panel Discussion will give conference attendees the opportunity to hear from four young adults who have volunteered to share their experiences with behavioral health challenges. Each will briefly share their own recovery story, then moderators will ask a series of questions designed to highlight the panelists' history with mental health and substance abuse services. Hear successes and suggestions from young people with lived experience and share in their uplifting stories.

WEDNESDAY, MAY 11, 2016

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

9:00 – 10:30 **WELCOME**

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

Loveworks Leadership, Inc.

Loveworks Leadership, Inc. is a non-profit organization committed to helping middle school students discover their potential and live into their dreams. Since its inception in 2011, Loveworks has reached over 8,000 students ages 11-14 years old from a wide range of socioeconomic and cultural backgrounds. The programs of Loveworks are designed to empower the creativity, resourcefulness and potential within each student in an effort to develop their character, and academic and leadership abilities to ensure future success. Hundreds of volunteers and community professionals help facilitate initiatives that include: experiential leadership projects, community outreach, personal character development, career components and mentorship. Over the past year, Loveworks students embarked on an entrepreneurial project and launched a for-profit business - The REAL Kitchen - producing a fresh salsa product that will be available soon in supermarkets across Norman. For more information visit www.loveworksleadership.org.

PLENARY

Bill O'Hanlon, LMHP, CPC, LMFT

Keeping Your Soul Alive: Personal, Professional and Spiritual Renewal. The purpose of this talk is to recharge your personal and professional batteries and put the fun and meaning back into your work. You are invited to listen, but there is a warning: This presentation may cause severe laughter, self-examination, peace and aliveness. Recover from burnout and compassion fatigue. Recharge your professional batteries. Re-examine your work. Why did you enter your field and why are you still in it? We will identify two simple ways to identify what work you are meant to be doing and if you are off course in your work. In this session, you will learn to find meaning from your life's injuries and disappointments.

10:30 – 10:45 **BREAK**

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

1-A **Treating Complex Trauma: Attachment, Regulation and Competency (ARC) and Introduction. Part 1.**
Joe Spinazzola, Ph.D.

This three segment workshop will begin with examination of the complexity of adaptation to early-onset, chronic or recurrent childhood maltreatment, caregiving disruption and violence. This segment will emphasize the consequences of early life adversity on neurobiology, attachment and learning, with attention to risk and protective trajectories across development. The next segment will introduce the core components of complex trauma intervention with children and families. The final segment of this workshop will overview the ARC model of complex trauma intervention and its use with children, adolescents and families aged 2 to 21+. Highlights will feature ARC's emerging practice-evidence base in application across service settings (eg. residential/milieu, outpatient, schools, community/home-based); across client ages and developmental stages; and with ethnically and culturally diverse client populations (eg. Native-American/Native Alaskan children; youth in foster care and adoptive-placements; transitional aged youth and young adults).

- 1-B Learning the Language of Babies: An Introduction to the World of Infant Mental Health Assessments. Tessa Chesher, D.O.**
This session will examine what is needed to lead Oklahoma in creating providers prepared for the rewarding challenge of listening to and providing for babies. The key to learning the language of a baby is looking at relationships; babies speak to us through their interactions with caregivers. It is important to first build a base of understanding around the history of the developmental theory of attachment so that patterns of attachment, attachment disorders, and representations can be recognized. The interaction procedures discussed will be the "Strange Situation," "Crowell," "Baby Crowell," and the "Still Face" procedure. The Disorders of Attachment Interview and the Working Model of the Child Interview will be viewed. Treatment models in infant mental health, and education in the training required to learn these assessments and treatments will be discussed.
- 1-C Out of the Blue: Six Non-Medication Strategies for Relieving Depression. Bill O'Hanlon, LMHP, LMFT**
In this presentation, you will learn six hopeful and innovative approaches for helping people with depression get some traction out of it. Because depression has multiple causes and factors, there are many ways to shift it. These approaches draw on respectful, strength-based models as well as the latest brain plasticity research. The latest research casts doubt on traditional explanations of depression and shows an array of new angles on treating it. You will leave with more tools you can use immediately to help clients suffering from chronic and acute depression. The presentation will utilize music, poetry, video clips and other multi-media elements to make the day engaging.
- 1-D Treating Emerging Young Adult Alcoholics with Substance Use Disorders. C.C. Nuckols, Ph.D.**
This emerging young adult population has difficulty with treatment programs designed for more mature adults. Their subjective life experience is much different than that of someone who has already achieved some success in the social and business world. Often they need habilitation instead of being candidates for rehabilitation. This skills development training will give participants hands-on techniques based upon neurobiological and social science evidence. Neuroplastic changes are necessary to allow the prefrontal cortex to develop the abilities for formalized thought, management of affect and relationship skills. Without these skills, the patient will not have an opportunity for life enhancement - to hold a good job, to raise a child and to be a part of a committed relationship.
- 1-E SURVIVE AND THRIVE: Unleashing the Potential of Under-Resourced Youth. Tara Brown**
This fast paced, engaging workshop will introduce participants to the past decade's brain/SEL research in a very easy to understand way, as it relates to behavior, stress, learning, motivation and the powerful role of relationships and human connections. Attendees will be provided tools and strategies to implement in order to help kids lower stress, engage deeper and dream bigger.
- 1-F Coping With Traumatic Grief. Roy Van Tassell, M.S., LPC**
Grief and loss is something we all experience as a part of life. But if responses are severe or prolonged, lead to ongoing difficulties that interfere with everyday life, and/or make it difficult to even experience positive memories, it might be traumatic grief. This workshop will focus on identification, treatment, and resources for Childhood Traumatic Grief (CTG), along with how to address the impact in our own lives. Open to all levels of staff: FSPs, PRSSs, CM, CC, Wellness Coaches, LMHPs, Administrators
- 12:15 – 1:45 LUNCH ON YOUR OWN**
- 1:45 – 3:15 CONCURRENT INSTITUTES: SESSION 2**
- 2-A Attachment, Self-Regulation and Competency. Part 2. Joe Spinazzola, Ph.D.**

- 2-B Learning the Language of Babies: An Introduction to the World of Infant Mental Health Assessments. Part 2. Tessa Chesher, D.O.**
- 2-C Out of the Blue: Six Non-Medication Strategies for Relieving Depression. Part 2. Bill O'Hanlon, LMHP, LMFT**
- 2-D Treating Emerging Young Adult Alcoholics with Substance Use Disorders. Part 2. C.C. Nuckols, Ph.D.**
- 2-E Connecting with Kids to Identify their Sparks, Passion and Purpose. Tara Brown**
The earlier a child can begin to identify their sparks and talents, the better for their self-esteem, resiliency and overall engagement. Research from Search Institute regarding "Sparks" will be shared and attendees will be provided five critical keys to help kids identify their Spark and gain the confidence to embrace their special gifts, talents and passions.
- 2-F Ethical Dilemmas in Meeting Mental Care Needs. Part 1. Dewayne Moore, J.D. & Durand Crosby, J.D.**
This presentation will provide an overview of boundary and other ethical issues encountered when delivering mental health services, as well as guidelines for solutions. This program focuses on ethical issues encountered in a variety of clinical situations, including psychotherapeutic relationships, confidentiality, and financial conflicts of interest.
- 3:15 – 3:30 BREAK**
- 3:30 – 5:00 CONCURRENT INSTITUTES: SESSION 3**
- 3-A Attachment, Self-Regulation and Competency. Part 3. Joe Spinazzola, Ph.D.**
- 3-B Learning the Language of Babies: An Introduction to the World of Infant Mental Health Assessments. Part 3. Tessa Chesher, D.O.**
- 3-C Out of the Blue: Six Non-Medication Strategies for Relieving Depression. Part 3. Bill O'Hanlon, LMHP, LMFT**
- 3-D The Art and Science of Healing: Finding the Healing Self Inside. C.C. Nuckols, Ph.D.**
Experience the awareness and awakening of your healing SELF in this powerful program for those who are seeking to enhance their healing potential. This skills building training will increase your clinical effectiveness. It has been stated that as much as 75% of recovery from psychiatric (psychological) disorders such as depression is attributable to the various aspects of the relationship between the therapist and patient. Evidence-based approaches are important but without the creation of a healing relationship, compliance is uncertain and effectiveness marginal, at best. The skills training event will help participants learn to take advantage of their natural healing potential. The neurobiology behind this potential will be explained in detail.
- 3-E MINDSET: A Key Piece of the Success Puzzle. Tara Brown**
The mindset of a student plays a HUGE role on how they are impacted and respond to challenges, struggles and set-backs in the classroom and life. For under-resourced youth, assessing their Mindset is even more critical because they often hold many inaccurate beliefs about intelligence, set-backs and academic success. Carolyn Dweck's Mindset research will be shared, as well as five key tools to help move a child's mindset from Fixed to Growth.
- 3-F Ethical Dilemmas in Meeting Mental Care Needs. Part 2. Dewayne Moore, J.D. & Durand Crosby, J.D.**

THURSDAY, MAY 12, 2016

8:00 – 9:00 **REGISTRATION AND CONTINENTAL BREAKFAST**

9:00 – 10:30 **WELCOME**
Terri White, Commissioner, ODMHSAS

El Sistema Oklahoma Orchestra

Founded in September 2013, El Sistema Oklahoma has grown rapidly into a well-respected, successful and unique after-school program serving over 200 underserved and disadvantaged public school children in the heart of Oklahoma City. Children in ESO learn to perform as part of a youth symphony orchestra. El Sistema Oklahoma is a non-profit 501(c)3 founded by Cathy and Phil Busey, St. Luke's United Methodist Church, and the Wanda Bass School of Music at Oklahoma City University through a creative partnership. The mission of El Sistema Oklahoma is to serve the community by engaging children within an ensemble-based music program so they can share the joy of music making and grow as responsible citizens. While our students receive instruction from top-notch music teachers, El Sistema Oklahoma is about more than music education. We believe musicianship is one tool to help children grow as responsible citizens and community members. Children attend El Sistema Oklahoma, every day after school until 6 p.m. The program is non-auditioned and provided free of charge to participating families. Music is our tool to transform lives.

PLENARY

Through a Child's Eyes. *Jerry Moe*

Jerry Moe is the National Director of Children's Programs at the Betty Ford Center at Rancho Mirage, California. An Advisory Board Member of the National Association for Children of Alcoholics (NACoA), he is an author, lecturer, and trainer on issues for children and families hurt by addiction. In 2013, he received the Mona Mansell Award and the Father Joseph C. Martin Award. His latest book is *Through a Child's Eyes: Understanding Addiction and Recovery*. Moe received the 2005 America Honors Recovery Award from the Johnson Institute and the 2000 Ackerman/Black Award from NACoA for "significantly improving the lives of children of alcoholics in the United States and around the world."

10:30 – 10:45 **BREAK**

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

4-A **Trauma Sensitive Yoga (TSY). *Alissa Catiis, LCSW, RYT***

In this experiential workshop, clinicians will explore yoga tools effective for managing anxiety, depression, and post-traumatic stress that can be taught to children and youth. These tools include: breathing exercises, meditations, self-inquiry exercises, mudras (hand gestures), and mantras (sounds, words, or groups of words). This workshop will also include: An overview of trauma and its impacts on the brain and body; principles of trauma-sensitive yoga and research that supports its efficacy; Yoga tools effective for managing mood and post-traumatic stress that can be used with children and adolescents. Open to all levels of staff: FSPs, PRSSs, BHCM, CC, Wellness Coaches, LBHPS, Administrators

- 4-B** **A Legacy of the Historical Trauma of Slavery - Colorism in Parent-Child Relationships: Translating Research into Community-Based Interventions for Parents. Part 1. *Marva L. Lewis, Ph.D.***
The practice of Colorism - valuing light skin color and rejection of dark skin and curly 'nappy' hair texture – may be the basis of acceptance or rejection of children by some parents. In indigenous families of color around the world, these physical features may symbolize centuries of painful stereotypes and historical trauma of oppressed and colonized people. These groups are disproportionately represented in systems that separate parents from children – by placement of children into foster care or the incarceration of the parent and disrupt the normal development of healthy attachment. Findings from research find that the everyday routine and rituals associated with the task of Hair Combing Interactions (HCI) offers naturalistic method to strengthen parent-child relationships. This task offers the opportunity to use the core behaviors – positive verbal interaction, loving physical touch, and responsive listening – that lead to secure attachment. The Center for Natural Connections (CNC) translates the findings from research into cost-effective, community-based interventions. This session will present the research that served as the basis for the development of the curricula and implementation of CNC programs.
- 4-C** **Discovering Buried Treasure: Finding and Telling Your Story of Recovery and Resilience. Part 1. *Joan Kenerson King, R.N., MSN, C.S.***
Storytelling has been a medium for passing on history and culture across the generations. Too often, in the behavioral health world, the stories we tell are of what's wrong rather than what's strong. This two part workshop will explore the power of storytelling in healing and, through safe and easy exercises, will help participants begin to capture and share the power of their own story. Participants will: 1. Identify key elements of stories; 2. Describe three key concepts of recovery and resilience; 3. Discover their own story of strength.
- 4-D** **Helping Families Cope after a Suicide Attempt or Suicide Completion. *Doug Grey, Ph.D.***
As the psychiatric consultant for a decade in a children's hospital, Dr. Gray evaluated hundreds of adolescents who made serious suicide attempts. As a suicidologist, Dr. Gray's research required structured interviews done in the homes of the family of suicide completers. In addition, Dr. Gray volunteered time in his community to meet with groups of people ("survivors") trying to deal with the loss of a loved one by suicide. Dr. Gray will talk about why research is important, and what has been learned in a career of trying to work with people after a crisis or loss. More recently, Dr. Gray joined the Veteran's Administration part time to study veteran suicide. He assumed his background in child psychiatry would not apply in his VA work, until the VA announced it wanted to focus on projects to help families of veterans, but inclusive of all families in the community. He was asked to edit materials for parents covering "How to talk to a child about a suicide attempt in your family," which eventually led to the VA developing a video filmed by Tomorrow Pictures. Video clips will be shown and key points discussed. Dr. Gray will also give tips for how to help individuals/families after a completed suicide. He will also discuss preventing professional burnout when dealing with sad situations, and will be open to questions from the audience. At the end, he will mention future models for adolescent suicide prevention in the community. Open to all levels of staff: FSPs, PRSSs, BHCM, CC, Wellness Coaches, LBHPs, Administrators

- 4-E** **The Community Reinforcement Approach: Integrated Substance and Mental Health Treatment for Adolescents and Young Adults.** *Mark D. Godley, Ph.D., Chestnut Health Systems, Bloomington-Normal, IL & Amber Sullivan-Maxwell, M.A., LPC of Northcare, Oklahoma City*
Much has been written about evidence-supported therapies, but few have been shown to be effective as an integrated intervention for adolescents and young adults with co-occurring substance use and mental health problems. In this session you will hear a summary of the research. You will also learn specifics about this model as well as the initial client engagement process. The session will conclude with a presentation by an A-CRA certified Oklahoma clinician and supervisor who has helped other clinicians in her organization apply the A-CRA model. At the end of the session, participants will have a better understanding of the structure of A-CRA for youth and young adults who have both substance and mental health disorders as well as the certification process for clinicians. Participants are encouraged to dialogue with the presenters.
- 4-F** **Youth & Families Hurt By Addiction.** *Jerry Moe*
Jerry Moe is the National Director of Children's Programs at the Betty Ford Center at Rancho Mirage, California. An Advisory Board Member of the National Association for Children of Alcoholics (NACoA), he is an author, lecturer, and trainer on issues for children and families hurt by addiction. His latest book is *Through a Child's Eyes: Understanding Addiction and Recovery*. Moe received the 2005 America Honors Recovery Award from the Johnson Institute and the 2000 Ackerman/Black Award from NACoA for "significantly improving the lives of children of alcoholics in the United States and around the world."
- 4-G** **GET FIRED UP! "Simple Strategies the Everyday Hero Can Take to Keep Their Fire Alive!"** *Aric Bostick*
Being in the behavioral health field and working with young people is one of the most rewarding occupations in the world. However, it is also one of the most challenging, underappreciated, and exhausting jobs one can possibly take on. If you have ever lost your focus, lost your passion or simply felt burned out by the enormous task of being all things to all people, then this workshop will be just what the doctor ordered. Get ready to be rejuvenated, refocused and fired up to make a difference once again. Attendees receive a FIRED UP road map and will learn the seven FIRED UP steps: 1) FUEL - What fuels your tank? 2) INVENTORY - Take stock of your life! 3) REFRAME - Shift your perspective, 4) ENERGIZE - Exercise, R&R and eat well! 5) DECLARE - What's your mission? 6) UNDERSTAND - Step in someone else's shoes. 7) PRESENT - Live here and now! Attendees will learn how to implement these seven strategies to being FIRED UP and make an action plan to implement into their daily lives. Warning!!! There will be laughing, sharing and interacting with everyone in the audience.
- 4-H** **What Happened to Daddy? How Military PTSD Affects the Family Unit.** *Meredith Shafer, J.D.*
Meredith Shafer, author and speaker from Edmond, Oklahoma, will be presenting on "What Happened to Daddy? How Military PTSD Affects the Family Unit." She has first-hand experience in this area - her husband SFC Shafer served in the Army for 15 years before being medically retired for PTSD and Traumatic Brain Injury. She now serves as a caregiver for him and their four children. In this session Shafer will discuss the journey her family has been on for the past two and a half years and the impact PTSD can have on a family. Her session will also include information on the realities of having a child with behavioral health issues, such as ADHD. Shafer is the author of two books, *My Pink Champagne Life* (2015) and *Mad Cow: A PTSD Love Story* (release slated for later in 2016).

- 4-I** **Improving Access and Quality of Children’s Mental Health Treatments. *Erik R. Vanderlip M.D., MPH; Dr. David Kendrick, Dr. Sara Coffey, and Lissa James.***
This session will review innovative approaches and emerging opportunities to leverage technology in the service of improving access to and quality of children’s mental health treatments. Dr. David Kendrick, CEO of MyHealth Access Network, one of the nation’s premiere Health Information Exchanges, will outline the concept and design of a novel interface connecting developmental and early childhood education data from the Tulsa region with clinical health data. Dr. Sara Coffey will be talking on the Collaborative Care model and its adaptation to the under-18 population, with a focus on the use of registries as an essential component, and Lissa James will discuss the experience of Grand Lake Mental Health Center’s elaborate telemedicine practice to deliver behavioral health treatments in the Northeastern portion of the state. Dr. Vanderlip will moderate the session and highlight opportunities to blend all three initiatives toward a stronger children’s mental health service delivery approach.
- 12:15 – 1:45** **LUNCH ON YOUR OWN**
- 12:15 – 1:00** **Trauma Sensitive Yoga. *Alissa Catiis, LCSW, RYT***
This experiential workshop will offer participants an overview of trauma and its impacts on the brain and body, why trauma-sensitive yoga is needed and how yoga impacts the brain and body, and principles of trauma-sensitive yoga and research studies. Participants will learn yoga tools effective for managing mood and post-traumatic stress.
- 1:45 – 3:15** **CONCURRENT WORKSHOPS: SESSION 2**
- 5-A** **A Screening for Trauma: The Key to Being Trauma Informed. *Lucy Berliner***
Learning from children about their trauma experiences and the impact of the experiences is the essence of being trauma informed. Routine screening for trauma exposure creates the opportunity for validation and support; assessing for trauma specific impact is the method for determining whether children need trauma-specific services. The Child and Adolescent Screen for Trauma (CATS) is a checklist designed to accomplish both goals. This workshop will discuss how to screen and assess in a clinically meaningful way. Barriers and concerns about routine screening will be addressed.
Levels of Staff: BHCM, LBHPs, Administrators
- 5-B** **A Legacy of the Historical Trauma of Slavery - Colorism in Parent-Child Relationships: Translating Research into Community-Based Interventions for Parents. Part 2. *Marva L. Lewis, Ph.D.***
- 5-C** **Discovering Buried Treasure: Finding and Telling Your Story of Recovery and Resilience. Part 2. *Joan King, RN, MSN, CS***
- 5-D** **Adolescent Vapor Use and the Emerging Trend of Vaporized Illicit Substances. *William Tankersley, M.D.*** With the increase in popularity of e-cigarettes and vaporizers for nicotine use, the potential for adolescents to use this delivery method to mask the use of other illicit substances is also on the rise. This presentation will review the development and marketing of vaporized nicotine products, provide an overview of currently available delivery methods and discuss the legality of nicotine vaporizer products with special emphasis on access to minors. The presentation will also address the rates of vaporizer use and use of illicit substances through vaporizers in at risk Oklahoma youth.
- 5-E** **Youth & Families Hurt By Addiction [REPEAT SESSION]. *Jerry Moe***

- 5-F** **Conscious Leadership: Engaging, Energizing and Empowering Everyone You Serve! *Aric Bostick***
Students and your colleagues won't remember everything that you do, but they will remember how you made them feel! Cultivating a climate and culture of togetherness among your students and your departmental team can be the single most important thing you do to improve performance and productivity! It starts with Conscious Leadership and the Three L's to building any successful lasting relationship and thriving campus or organization. We must LISTEN, LEARN AND LEAVE LASTING IMPRESSIONS! As leaders, you have to model the principle that what we do and how we do it matters! Engaging students and peers and building positive, productive, and caring relationships takes care, concern and is a conscious choice. This session will engage, energize, and empower you to be a conscious leader to those you serve.
- 5-G** **Overcoming Obstacles from a Youth's Perspective. *Matt Bennett***
Growing up in the inner city, being homeless, witnessing his dad being shot, struggling academically, and having a brother murdered, Matt made the choice to remain positive through the enormous adversity he faced. By inspiring friends and community members, speaking in over 200 high school and middle schools, and teaching in youth and adult prisons. Matt has been able to reach thousands of people with his powerful message of perseverance. With his contagious optimism, tireless effort, and the help from others, Matt has accomplished many of his dreams at a young age, and is on a mission to empower others to live fearlessly and do the same.
- 5-H** **Media Strategies: Methodologies for Operationalization. *Patty Martin***
Participants will learn how to identify appropriate methods for information dissemination and media advocacy for a variety of focus populations. In addition, participants will learn how to evaluate the success of their efforts through specific process and outcome data collection.
- 3:15 – 3:30** **BREAK**
- 3:30 – 5:00** **CONCURRENT WORKSHOPS: SESSION 3**
- 6-A** **A New Paradigm to Improve Outcomes for Families: Evidence Based Service Planning. *Lucy Berliner***
The APSAC Task Force Report on Evidence-based Service Planning presents an alternative approach to service planning. In this approach the emphasis is on a preference for evidence-based services when available, a focus on child maltreatment specific concerns and needs, and an orientation toward the fewest obligatory services in order to reduce burden and increase successful outcome. This approach is contrasted with the current model of comprehensiveness which is well-intentioned but can overwhelm families and reduce successful permanency. This workshop will discuss the challenges and opportunities of taking this approach. Levels of Staff: BHCM, LBHPs, Administrators
- 6-B** **An Overview of Three Highly Effective Treatment Approaches to Strengthening Early Parent-Child Relationships. *Glade Topham, Ph.D., LMFT, M.S.***
A wealth of research indicates that socio-emotional well-being in early childhood is heavily influenced by the quality of the parent-child relationship. Research also indicates that early intervention in the parent child relationship can have significant long-term positive benefits for parents and children. In this session participants will learn about three treatment approaches demonstrated to have long-term positive outcomes. These approaches include Circles of Security (COS), Child Parent Psychotherapy (CPP), and Attachment and Biobehavioral Catch-up (ABC). The session will summarize the basic elements of and techniques of each approach along with illustrative case examples. In addition, the session will cover the steps required to become trained in each approach.

- 6-C Tribal Relations: Addressing Culture as a form of Prevention. *Tom Anderson***
Tom Anderson has been a voice for tribes, tribal health issues and advocacy locally, regionally and nationally. Tom has been actively involved for years in substance abuse prevention targeting youth. His presentation centers on evidence-based practice prevention efforts targeting youth and highlighting “Culture as Prevention” as a promising best practice based tool for native youth engagement.
- 6-D Current Drug Trends for Youth and Young Adults. *Dub Turner***
Drawing on his 36 years plus of experience working for the Oklahoma Bureau of Narcotics (OBN), Turner will use this session to 1) Explore how youth and young adults are using new forms of well-known drugs, 2) Describe new trends that have hit the scene in Oklahoma and are common among young people, and 3) Give a preview of new drugs that are making their way toward Oklahoma and the devastating effects these drugs have on the users. Turner’s history working in multiple regions of Oklahoma as well as his time being assigned to the High Intensity Drug Trafficking Area (HIDTA) unit, and more recently as Program Director for Education and Oklahoma Drug Endangered Children’s sections at OBN make him well-positioned to impart candid and accurate information related to current trends of drug use among Oklahoma’s youth and young adults.
- 6-E This Is My Brave. *Jennifer Marshall***
Founded by Jennifer Marshall and Anne Marie Ames, “This Is My Brave” has become the leading platform for individuals affected by mental illness to share their stories through poetry, original music and personal essay. Jennifer was diagnosed with Type 1 Bipolar Disorder in 2006 at the age of 26. Writing her way through life with a mental illness became her way of healing, and her blog BipolarMomLife.com has become an inspiration to many. Jennifer created This Is My Brave because she learned first-hand how powerful and therapeutic it was to live openly and not hide her diagnosis. She wanted to give brave individuals from the community a platform on which to creatively share their stories to educate and inspire hope. In this session, Jennifer will share her personal story, describing in detail the challenges she and her family faced as they navigated her mental illness. You'll learn the spark that fueled her idea to launch This Is My Brave, and where the organization is today. She'll then share a selection of videos from past This Is My Brave shows across the United States, and will answer questions from the audience.
- 6-F Heart MATH: An Approach to Healing. *Susan Radcliffe, R.N.***
Susan Radcliffe has been a nurse for over 40 years, with a focus on working with people with cancer. Her research interest was inspired by people who managed to live longer than expected. In her presentation, Radcliffe will share what her patients attributed to their long life trajectories and the findings of HeartMath, LLC, which explain scientifically how these people were able to optimally use the resources their bodies had to extend their lives well beyond the expectations of medical science. HeartMath research has now been applied to childhood development and is a part of what Susan uses every day in her daily practice as a nurse and as a nurse educator.

FRIDAY, MAY 13, 2016

8:00 – 9:00 **REGISTRATION AND CONTINENTAL BREAKFAST**

9:00 – 10:45 **WELCOME**

Durand Crosby, Chief of Staff and Operations, ODMHSAS

LifeChange Ballroom Dancers

Life Change Ballroom is a non-profit mentoring program that started in the OKC metro schools in 2006 using ballroom dance as the medium to engage students as arts funding began to dwindle in inner city schools. After the first semester of the ballroom basics, a free ballroom dance program was started on Saturdays for students who were interested in continuing their dance training on a more advanced level. Most of these students would not have the opportunity for dance lessons were it not for the sponsors of this program. The students participating in this program have responded in such a positive way. You will literally feel their joy as you watch them perform.

PLENARY

Oklahoma Youth Keynote and Panel Discussion.

This keynote address and panel discussion will give conference attendees the opportunity to hear from four young adults who have volunteered to share their experiences with behavioral health challenges. Each will begin by briefly sharing their own recovery story, then moderators will ask a series of questions designed to highlight the panelists' histories with mental health and substance abuse services. Hear successes and suggestions from young people with lived experience and share in their uplifting stories.

10:45 – 11:00 **BREAK**

11:00 – 12:30 **CONCURRENT WORKSHOPS: SESSION 1**

7-A **Buffering our Babies: Coming Together Around Military, Veteran, and all Families Affected by Stress or Trauma. *Dorinda Silver Williams, Ph.D., LCSW-C, ACSW***

How do we foster resilience in military-connected families affected by deployment-related separation, parental injury, transition, or loss? How do we support all families affected by stress or trauma? This session examines the effects of chronic stress or trauma on early brain development, regulatory capacity, and social emotional development. Participants will gain an understanding of how to “come together” as a community to foster resilience in babies and toddlers affected by challenging circumstances, with a focus on active duty, Guard and Reserve, and veteran families. Participants will leave with strategies and resources, including innovative technologies specifically geared towards families with infants and toddlers.

- 7-B** **Best Practices to Assess and Treat Youth who are LGBTQ. *Al Killen-Harvey, LCSW***
It has been reported in several national research projects that gay and lesbian adolescents, and those adolescents who are questioning their sexual identity, are up to three times more likely to experience suicidal ideations. Additionally, the high school dropout rate and the incidence of homelessness and drug abuse/addiction for this population has been reported at three to four times that experienced in the general population. The primary goal of this workshop is to explore the high degree of risk of abuse faced by gay and lesbian adolescents. Due to a lack of information and visibility, this group of adolescents faces physical, sexual and emotional abuse at home, school and in society at large. The discussion will include an overview of the stages of sexual identity development and identification of the physical and emotional stressors experienced by this population. There will also be an exploration of the cultural and institutional dynamics that reinforce this abuse. Case examples and videotape interviews of gay and lesbian adolescents will be used to further illustrate the challenges faced by this population. A gay and lesbian adolescent bibliography along with a resource listing for this population will be provided. Open to all levels of staff: FSPs, PRSSs, CM, CC, Wellness Coaches, LMHPs, Administrators
- 7-C** **First Episode Psychosis and The NAVIGATE Treatment Model. *Susan Gingerich, MSW***
This is an exciting time in the treatment of schizophrenia, given strong indications that early pharmacological and psychosocial intervention can improve the outcome of persons experiencing a first episode of psychosis. This workshop will describe how to recognize first episodes of psychosis, and provide an overview of the NAVIGATE treatment model, which was developed as part of the NIMH Recovery After an Initial Schizophrenia Episode (RAISE) Initiative. The NAVIGATE Program includes: Individualized Medication Management, Family Education, Individual Resiliency Training, and Supported Employment and Education, as well as case management and peer support. Oklahoma's NAVIGATE programs will be identified.
- 7-D** **Peta Ka Ilepi (Rekindling the Flame). *Ethleen Iron Cloud Two Dogs, M.S.***
This workshop will discuss how medicine for the Nagi (soul/spirit) is needed on an ongoing basis with emphasis on individual, family and community strengthening and healing. Peta Ka Ilepi (Rekindling the Flame) refers to the spirit as a fire or flame. How can we keep our fire, whether individual, family or community, burning steady, bright and beautiful using our own cultural beliefs and ways? This question and related topics will be discussed and explored, using Lakota culture as an example.
- 7-F** **Leveraging Mobile Technology to Build Concurrent Recovery Monitoring and Relapse Prevention Capacity. *Christopher R. Wilkins, MHA.***
Mobile Health Technology is the wave of the future. This session will inform attendees about the ACHES mobile app project in Oklahoma and equip attendees with knowledge about current trends in health service delivery systems and in the proliferation of mobile health technology. Attendees will see how current addiction treatment models compare to these movements and learn about the ACHES mobile recovery support application and its proliferation/uses.
- 7-G** **The Healing Power of Mindfulness and Self Compassion. *Mary NurrieStearns, LCSW, RYT***
Learn a little of the neuroscience behind the evidence-based practices of mindfulness and self - compassion. Learn why these practices are effective for emotional self-regulation, reducing anxiety, quieting the mind, building trust and increasing concentration. These practices are easy to teach and enhance the therapeutic relationship. Try some on and see for yourself! Then take some back to your work. You and your clients will enjoy them.

7-H **Integrating Spirit: The Higher Aspect of Being Human. Jeffrey D. Rediger, M.D., M.Div.**
Achieving wellness goes beyond physical, emotional and mental health. Spiritual wellness and fulfillment is an integral part of being human, and contributes to resilience and one's ability to flourish. The concept of spirituality is found in all cultures and societies. It is expressed in an individual's search for ultimate meaning through participation in religious and or belief in God, family, naturalism, humanism, and the arts. All these factors can influence how patients and healthcare professionals perceive health and illness and how they interact with one another. This presentation will explore the connection between spirituality and health, including the implementation and role of spirituality in integrated healthcare.

7-I **Approaching Ethics as Improv. Aimee Ahpeatone LADC, LPC**
Ethics is often thought of in terms of rules: Things we must do, and things we must not do. But ethics is also inevitably contextual. As moral agents, we have to apply rules in a way that is sensitive to the situation. That doesn't mean the rules go out the window. It just means that rules need to be interpreted, and applied to the particularities of the case at hand. This requires some judgment, and imagination. Ethics is, in other words, a matter of improvisation. The improvisational nature of ethics is particularly plain in the face of crisis. A crisis is, by definition, an unexpected set of circumstances. And it requires a set of skills quite closely aligned to the skills required for improvisation.

12:30 – 1:45 AWARDS LUNCHEON

Capitol Hill High School Dance Diversity Company

Dance Diversity Company was established in 2008 as an after-school program at Capitol Hill High School and has 11 members this year. The program during school hours teaches over 250 students grades 9th through 12th. There are four levels of dance and each level is taught a different dance form. Ms. Cameelah Pennington and Ms. Erika Reyes are the dance directors of the dance program and both studied dance in college. The genres of dance taught are; modern, jazz, flamenco, Mexican folkloric, tap, and hip-hop. In 2015 the first Academy of the Arts was established in the state of Oklahoma. It is the second in the United States branches underneath the National Academy Foundation. The academy has nine different majors that students can choose from, some of those majors include creative writing, dance, band, and fashion design. Capitol Hill High School's mission for their students is to introduce the arts, ignite technique, and expand creativity to students who might not have the financial means to do so outside of school.

Presentations of Awards:

Talent Award | Ramona Award
ACRA Award | Rising Star Award

2:00 – 3:30

CONCURRENT WORKSHOPS: SESSION 2

- 8-A** **Buffering our Babies: Coming Together Around Military, Veteran, and all Families Affected by Stress or Trauma. [REPEAT SESSION] *Dorinda Silver Williams, Ph.D., LCSW-C, ACSW***
How do we foster resilience in military-connected families affected by deployment-related separation, parental injury, transition, or loss? How do we support all families affected by stress or trauma? This session examines the effects of chronic stress or trauma on early brain development, regulatory capacity, and social emotional development. Participants will gain an understanding of how to “come together” as a community to foster resilience in babies and toddlers affected by challenging circumstances, with a focus on active duty, Guard and Reserve, and Veteran families. Participants will leave with strategies and resources, including innovative technologies specifically geared towards families with infants and toddlers.
- 8-B** **Sexual Health: An Important Tool for Client Healing. *Al Killen-Harvey, LCSW***
This workshop will prepare professionals to have a sexual health conversation with children and adolescents who seek their services. Participants will have the opportunity to assess and expand their current comfort and willingness to address children, youth and caregiver sexual health worries or problems in their professional role. Attendees will learn practical sexual health tools such as suspending judgments, sexual health basic principles and sexual health terminology. Participants will practice skills to integrate sexual health conversations within their everyday professional relationships with youth.
- 8-C** **From the Couch, to the Bus Depot, to the Mall, to Work: The Milestones of Adjustment Post-Psychosis Recovery Model. *Dr. Mary D. Moller, DNP, ARNP, PMHCNS-BC, CPRP, FAAN***
Psychosis is a frightening, and often traumatic experience that creates disrupted cognitive function and leaves an uncertain aftermath. The absence of an identified psychological recovery trajectory with measurable milestones has created frustration for the person, family, and providers. The Milestones of Adjustment Post-Psychosis Recovery Model (MAPP)[™] describes a dynamic four-phase progression from cognitive dissonance (psychosis) to insight followed by achievement of cognitive constancy (symptom stability) that culminates in a return to ordinariness. The purpose of this breakout session is to present key post-psychosis psychological adjustment recovery milestones that will assist families and providers in understanding the complex issues in psychological recovery from a psychotic episode. Key implications for interventions related to communication, collaboration, coordination, and advocacy for the person, the family, and the provider will be discussed.
- 8-D** **The Ethical Implications of Integrating Spirituality and Behavioral Health. *Rev. Lori Allen Walke, J.D., MHA, M.Div.; Dr. Geetika Verma; Richard Dunkle, MSW, ACSW; Dr. Asma Mudassir; and Jeffrey Rediger, M.D., M.Div.***
Integrating spirituality into assessment and treatment can be tricky but critical to understanding clients and facilitating their steps through recovery. This presentation will address these issues through a panel discussion among behavioral health professionals of various faiths including Christianity, Hinduism, Muslim and Ba'ha faiths. The panel discussion will highlight everyday scenarios that impact our behavioral health and how specific faith-based/spirituality-focused approaches can be used to guide, support, and aid in recovery, while exploring the ethical dilemmas that may arise in this approach.