2018 Children’s Behavioral Health Conference

BUILDING ON 25 Years

Of coming together to share, learn and grow!

May 1-3, 2018
Embassy Suites Hotel and Conference Center Norman, OK
OVERVIEW
The 2018 Children’s Behavioral Health Conference: Building on 25 Years of coming together to share, learn and grow. 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 Tuesday, Wednesday, and Thursday, May 1-3, 2018, 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.
- 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 3, 2018.

REGISTRATION AND FEES
Please submit your registration on or before April 17th, to receive the early-bird rate of $282.75 for the full three-day conference (or $94.25 per day). The regular rate of $435 for the full conference (or $145 per day) will apply for all registrations received after April 17th. Be sure to indicate on the registration form the day(s) you will attend.

Cancellation/Refund Policy: ODMHSAS has a NO REFUND POLICY. Non-Emergency—If you cannot attend the Conference or Training, you may transfer your registration to another attendee or transfer your registration fees back to your account to be used towards another Conference or Training at a later date. All fees must be applied no later than 1 year from the date of cancelation. You must contact the ODMHSAS Training Institute to apply these cancellation fees on your account towards the Conference or Training you want to resister in. Emergency Cancellations—Refunds may be granted at the discretion of ODMHSAS Training Institute staff if unable to attend the Conference or Training due to family death or extraordinary circumstances, such as inclement weather, natural disasters, or if the Conference or Training is canceled by ODMHSAS. 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** – 25th Annual Children’s Behavioral Health Conference

- **Day 2** – 25th Annual Children’s Behavioral Health Conference

- **Day 3** – 25th Annual Children’s Behavioral Health Conference

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

**SPECIAL ACCOMMODATIONS**

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

**LODGING**

The conference will be May 1-3, 2017, 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 [http://embassysuites.hilton.com/en/es/groups/personalized/O/OKCESES-CBH-20180430/index.jhtml](http://embassysuites.hilton.com/en/es/groups/personalized/O/OKCESES-CBH-20180430/index.jhtml) 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 —CBH – Behavioral Health Conference. The special rate of $127 per night plus tax is only good through April 17! So book early!!!

**DIRECTIONS**


**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 become an exhibitor, call ODMHSAS Training Institute at 405-248-9191.

**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**

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

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

Julian D. Ford, Ph.D., is a board certified clinical psychologist and tenured Professor at the University of Connecticut School of Medicine and School of Law where he is the Principal Investigator and Director of two Treatment and Services Adaptation Centers in the National Child Traumatic Stress Network, the Center for Trauma Recovery and Juvenile Justice and the Center for the Treatment of Developmental Trauma Disorders. Dr. Ford serves as an Associate Editor for the *Journal of Trauma and Dissociation* and *European Journal of Psychotraumatology* and as Chair of the American Psychological Association Division of Trauma Psychology Presidential Task Force on Child Trauma for the American Psychological Association Division of Trauma Psychology. He has served on the International Society for Traumatic Stress Studies Board of Directors and as the Society’s Vice President and Secretary. He has published more than 250 articles and book chapters and is the author or editor of 10 books, including *Posttraumatic Stress Disorder, 2nd Edition*, *Treating Complex Trauma: A Sequenced, Relationship-Based Approach* and *Treating Complex Traumatic Stress Disorders in Children and Adolescents: Scientific foundations and therapeutic models*. Dr. Ford developed and has conducted randomized clinical trial and effectiveness studies with the Trauma Affect Regulation: Guide for Education and Therapy (TARGET©) model for youth adults with complex PTSD.

**Panel**

**Javier Arango** is a former high risk youth who has transitioned into a professional role as a case manager and has worked for Catholic Charities for the East Bay for the past 6 years. Javier has been an active member of the National Child Traumatic Stress Network (NCTSN) since 2012. Since then he has worked with sites that prominently focus on community violence prevention and restorative justice interventions. He provides an authentic perspective as he has both lived experience and training focused on restorative strategies. He also has trained and worked extensively with trauma informed practices.

**Allen Brown**, born and raised in Pittsburgh, Pennsylvania, is –in addition to his work with Youth Task Force with the National Child Traumatic Stress Network -passionate about HIV prevention, particularly with the African American and MSM LGBT youth populations. When Allen realized personally what impact HIV was having on young MSM, he knew he had to do something to help facilitate sexual health awareness and changes in risky behavior. Allen has reached over 1500 individuals and is committed to help change the conversation around condom use, PrEP and self-efficacy.

**Evan Tischofer** is a Youth Assistant Coordinator Peer at The Village Family Services. Evan has been working with at-risk youth since April, 2013, and assists other staff in ensuring the agency provides low barrier, culturally competent and trauma-informed services within the Drop-In Center. Evan aims to minimize the psychological, physical, and social barriers that may deter transitional age youth (TAY) and lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ) youth from seeking and accepting needed services and resources.

**Julia Veronesi** is a former member of the Looking In Theatre in Connecticut (affiliated with Dr. Julian Ford’s NCTSI grant - University of Connecticut School of Medicine, Center for Trauma Recovery and Juvenile Justice). She used the extreme bullying experiences from her high school to educate students across the country about the dangers of bullying. She is Co-Chair and one of the founding members of the NCTSN Youth Task Force and a cast member of the NCTSN Complex Trauma video.
Alton Carter is the Director of Youth Ministries at First United Methodist Church in Stillwater. In addition, he is the author of *The Boy Who Carried Bricks* and *Aging Out* which are books about his life journey foster care through adulthood. His latest book titled *The Boy Who Dreamed Big* is a story of how a foster child was inspired by his elementary school teacher to use his imagination to overcome his obstacles. He received his Bachelor’s Degree at Oklahoma State University and is using his story to inspire youth and adults to do all they can to “change the world.”

Tracy Spears is the Founder of the Exceptional Leaders Lab. She specializes in developing leaders, inspiring teamwork, and enhancing inter-office communications. The innovative content in her keynote speeches is taken directly from her best-selling book, *What Exceptional Leaders Know*. Her energetic and interactive approach has helped leaders and aspiring leaders all over the world to improve their leadership skills, their communication and their understanding of how people and organizations succeed. She is also the co-author of upcoming book *The Exceptional Leaders Playbook* to be released spring 2018. Tracy is a graduate of the University of Oklahoma and an accomplished athlete who was a member of the U.S. National Softball Team. Tracy is a member of the National Speakers Association and one of the highest rated leadership, diversity & inclusion and team development coaches in America.
Tuesday, May 1, 2018

7:30—9:00  REGISTRATION AND CONTINENTAL BREAKFAST

9:00—10:15  WELCOME
   Carrie Slatton-Hodges, Deputy Commissioner for Treatment and Recovery, ODMHSAS
   Youth Performance

PLENARY
   Julian D. Ford, Ph.D.
   Understanding the Complexity of Developmental Trauma: Keeping It Simple Smart
   Since the introduction of traumatic stress into the behavioral health lexicon, services systems along with
   child serving providers have struggled to grasp the depth and breadth and scope of the impact of
   childhood trauma, not just in the moment, but across the lifespan. While some look at it as a public
   health issue, for the child and adult experiencing symptoms, it can often be as confusing and
   overwhelming as the multiple exposures of trauma they experienced to begin with. Why are relationships
   so hard? Why am I different than my peers? Why can’t I calm down even when I have all the lists of
   coping skills? Research and development in the area of complex trauma help define and describe the
   nature of the issue, but those in the field are well aware that to adequately meet the needs of the child,
   parent, or young adult, a diagnosis focusing on the unique characteristics of childhood trauma is necessary
   to help reduce stigma and increase efficacy of treatment. Join Dr. Julian Ford, the Director for the
   Treatment of Developmental Trauma Disorders (CTDTD), as he shares how the complexity of
   developmental trauma affect children and youth and current work towards treatment and healing across
   the nation.

10:15—10:30  BREAK

10:30—12:00  INSTITUTE WORKSHOPS: AM SESSION

AM 1  Julian D. Ford, Ph.D.
   Introduction to the Trauma Affect Regulation TARGET Model for Developmental Trauma Disorder Part 1
   TARGET is an educational and therapeutic approach for the prevention and treatment of PTSD/DTD.
   TARGET provides a seven-step sequence of skills - the FREEDOM Steps - that are designed to enable youth
   and adults to understand and gain control of trauma-related reactions triggered by current daily life
   stresses. Join the Developer, Dr. Julian Ford, as he gives an introduction of the model and equips
   attendees with practical skill sets to assist themselves and their clients in understanding and managing the
   brain’s reaction to stress and trauma, as they develop their own steps to FREEDOM.

AM 2  Nikki Darling-Kuria, M.A.
   Understanding Neurobiology and the Role of Early Experiences in Shaping Brain Architecture Part 1
   Decades of research indicate that the early years of life are a period of exponential brain development,
   characterized by great opportunity and vulnerability, dependent on the relationships and environment in
   which the child is growing. We have learned so much about how the brain grows and the deep impact a
   child’s early experience has on how the brain functions. This means that anyone who interacts with young
   children on a regular basis is influencing the nature and strength of the connections being made in their
   brains, literally shaping the brain’s development and, thus, children’s ability to function successfully in the
   world with impacts into the long term. This day-long institute focuses on giving participants evidence-
   informed strategies to support their vital role in building healthy brains and partnering with parents for
   maximum impact.
AM 3  
Amanda Mitten, M.A., Roy Van Tassell, & Jimmy Widdifield, Jr., M.A.  
Problematic Sexual Behavior in Children: Current Findings and Implications for Practice Part 1  
This presentation will provide an overview of the current research on problematic sexual behavior (PSB) in children ages 3-12, including research-based guidelines for identification of PSB and factors contributing to the development and maintenance of PSB. Research indicates active engagement of caregivers and addressing behavioral management strategies are key to successful outcomes. Approaches to evidence-based practices for children with PSB and their caregivers and how to educate and collaborate professionals in the formal systems involved with these families will be addressed.

AM 4  
Michael J. Merten, Ph.D.  
Reducing Unwanted Behaviors Using PAX Good Behavior Game in Oklahoma Elementary School Classrooms Part 1  
This workshop will provide an overview of childhood adversity and its social, emotional, and behavioral implications for students and their classroom environments. This workshop will propose the PAX Good Behavior Game as an evidence-based classroom intervention to minimize the negative effects of childhood adversity and trauma on student and classroom outcomes. PAX GBG is a classroom, environmental intervention that promotes student self-regulation through creating a nurturing learning environment. Presenters will discuss the history and philosophy of PAX GBG and present outcomes associated with the intervention from a national perspective. Then, this workshop will introduce PAX GBG in Oklahoma, describe local implementation, and share local outcomes and teacher testimonials. Attendees will also learn about how they can help bring PAX GBG to their local classrooms.

AM 5  
Marc Fishman MD  
Treatment of Opioid Addiction in Youth  
The current epidemic of opioid addiction has devastating consequences for youth and their families. There is increasing support for treatment approaches that combine relapse prevention medications, such as buprenorphine and extended release naltrexone, with psychosocial interventions. However, the field has many questions about the appropriate use of these medications in youth: selecting good candidates, how to choose among treatments, duration of treatment, benchmarks for adequate response, how to improve retention, response to ongoing opioid or non-opioid substance use, response to medication non-adherence, the appropriate role for families, and others. This presentation will highlight both research findings and clinical experience, providing guidance for clinical practice and future directions in program development.

12:00—1:45  LUNCH ON YOUR OWN

1:45—3:15  INSTITUTE WORKSHOPS: PM SESSION

PM 1  
Julian D. Ford, Ph.D.  
Introduction to the Trauma Affect Regulation TARGET Model for Developmental Trauma Disorder Part 2  
TARGET is an educational and therapeutic approach for the prevention and treatment of PTSD/DTD. TARGET provides a seven-step sequence of skills - the FREEDOM Steps - that are designed to enable youth and adults to understand and gain control of trauma-related reactions triggered by current daily life stresses. Join the Developer, Dr. Julian Ford, as he gives an introduction of the model and equips attendees with practical skill sets to assist themselves and their clients in understanding and managing the brain’s reaction to stress and trauma, as they develop their own steps to FREEDOM.
PM 2  
**Nikki Darling-Kuria, M.A.**  
Understanding Neurobiology and the Role of Early Experiences in Shaping Brain Architecture Part 2  
Decades of research indicate that the early years of life are a period of exponential brain development, characterized by great opportunity & vulnerability, dependent on the relationships & environment in which the child is growing. We have learned so much about how the brain grows & the deep impact a child’s early experience has on how the brain functions. This means that anyone who interacts with young children on a regular basis is influencing the nature & strength of the connections being made in their brains, literally shaping the brain’s development & thus, children’s ability to function successfully in the world with impacts into the long term. This day-long institute focuses on giving participants evidence-informed strategies to support their vital role in building healthy brains & partnering with parents for maximum impact.

PM 3  
**Amanda Mitten, M.A., Roy Van Tassell, & Jimmy Widdifield, Jr., M.A.**  
Problematic Sexual Behavior in Children: Current Findings and Implications for Practice Part 2  
This presentation will provide an overview of the current research on problematic sexual behavior (PSB) in children ages 3-12, including research-based guidelines for identification of PSB and factors contributing to the development and maintenance of PSB. Research indicates active engagement of caregivers & addressing behavioral management strategies are key to successful outcomes. Approaches to evidence-based practices for children with PSB, their caregivers, how to educate & collaborate professionals in the formal systems involved with these families will be addressed.

PM 4  
**Michael J. Merten, Ph.D.**  
Reducing Unwanted Behaviors Using PAX Good Behavior Game in Oklahoma Elementary School Classrooms Part 2  
This workshop will provide an overview of childhood adversity and its social, emotional, & behavioral implications for students & their classroom environments. This workshop will propose the PAX Good Behavior Game as an evidence-based classroom intervention to minimize the negative effects of childhood adversity and trauma on student & classroom outcomes. PAX GBG is a classroom, environmental intervention that promotes student self-regulation through creating a nurturing learning environment. Presenters will discuss the history and philosophy of PAX GBG & present outcomes associated with the intervention from a national perspective. Then, this workshop will introduce PAX GBG in Oklahoma, describe local implementation, & share local outcomes & teacher testimonials. Attendees will also learn about how they can help bring PAX GBG to their local classrooms.

PM 5  
**Stephanie Carner, D.O.**  
Smooth Transition: What You Should Know When Treating Women with an Opioid Substance Use Disorder and Their Babies Pre and Post-natal.  
This session will provide insight and factual information about Neonatal Abstinence Syndrome, attachment, and safe Medication Assisted Treatments available for mothers who have an opioid use disorder & their babies.

3:15—3:30  BREAK

3:30—5:00  INSTITUTE WORKSHOPS: 2nd PM SESSION
PM 6  
*Dr. Michael Gomez & Gwendolyn Downing LPC*

**Remembering Trauma: Connecting the Dots Between Complex Trauma and Misdiagnosis in Youth**

Join this interactive workshop as we screen the short films *Remembering Trauma*, parts 1 & 2, highlighting the story of a traumatized youth from early childhood to older adolescence illustrating his trauma reactions & interactions with various service providers (including probation office, school counselor, & therapist) supporting the critical importance of using a trauma lens in our work with child-serving systems. While Part 2 incorporates scenes from the narrative of Part 1 with poignant commentary from real world professionals who work across child-serving settings, including school, juvenile justice, & mental health.

PM 7  
*Nikki Darling-Kuria, M.A.*

**Understanding Neurobiology and the Role of Early Experiences in Shaping Brain Architecture Part 3**

Decades of research indicate that the early years of life are a period of exponential brain development, characterized by great opportunity and vulnerability, dependent on the relationships and environment in which the child is growing. We have learned so much about how the brain grows and the deep impact a child’s early experience has on how the brain functions. This means that anyone who interacts with young children on a regular basis is influencing the nature and strength of the connections being made in their brains, literally shaping the brain’s development and, thus, children’s ability to function successfully in the world with impacts into the long term. This day-long institute focuses on giving participants evidence-informed strategies to support their vital role in building healthy brains and partnering with parents for maximum impact.

PM 8  
*Amanda Mitten, M.A., Roy Van Tassell, & Jimmy Widdifield, Jr., M.A.*

**Problematic Sexual Behavior in Children: Current Findings and Implications for Practice Part 3**

This presentation will provide an overview of the current research on problematic sexual behavior (PSB) in children ages 3-12, including research-based guidelines for identification of PSB and factors contributing to the development and maintenance of PSB. Research indicates active engagement of caregivers & addressing behavioral management strategies are key to successful outcomes. Approaches to evidence-based practices for children with PSB, their caregivers, how to educate & collaborate professionals in the formal systems involved with these families will be addressed.

PM 9  
*Michael J. Merten, Ph.D.*

**Reducing Unwanted Behaviors Using PAX Good Behavior Game in Oklahoma Elementary School Classrooms Part 3**

This workshop will provide an overview of childhood adversity and its social, emotional, and behavioral implications for students and their classroom environments. This workshop will propose the PAX Good Behavior Game as an evidence-based classroom intervention to minimize the negative effects of childhood adversity and trauma on student and classroom outcomes. PAX GBG is a classroom, environmental intervention that promotes student self-regulation through creating a nurturing learning environment. Presenters will discuss the history and philosophy of PAX GBG and present outcomes associated with the intervention from a national perspective. Then, this workshop will introduce PAX GBG in Oklahoma, describe local implementation, and share local outcomes and teacher testimonials. Attendees will also learn about how they can help bring PAX GBG to their local classrooms.

PM 10  
*Jason Beaman D.O., M.S., M.P.H., FAPA (facilitator), Panelists: Stephanie L. Carner, DO Helen Harberts and Janet Cizek*

**Medication Assisted Treatment Panel: Facts vs Myths about MAT**

This session will allow attendees the opportunity to ask questions from professionals that work with MAT. This panel will include a prescriber and treatment provider that work with general populations and pregnant mothers. The opportunity for questions on disability law and how it fits with MAT will be discussed.
Wednesday, May 2, 2018

8:00—9:00 REGISTRATION AND CONTINENTAL BREAKFAST

9:00—10:15 WELCOME

   Gwen Downing, LPC

   Youth Performance

AM PLENARY

Javier Arango, Allen Brown, Evan Tischofer, and Julia Veronesi

Never Give Up - Youth Plenary

In 2016, the National Child Traumatic Stress Network Youth Task Force released, “Never Give Up: A Complex Trauma Film by Youth, for Youth.” This groundbreaking film featured a highly diverse cast of seven adolescents and young adults examining the shared and unique challenges faced, mistakes made, and growth attained in the struggle to transcend legacies of developmental trauma. Join Javier Arango, Allen Brown, Evan Tischofer, and Julia Veronesi as they share their wisdom, hope, and inspiration to Never Give Up and lessons learned along the journey.

10:15—10:30 BREAK

10:30—12:00 CONCURRENT WORKSHOPS: AM SESSION

AM 1 Michael Gomez and Roy Van Tassell

CE-CERT Safeguarding: Beyond Self-Care

No matter our role, we all know the feelings of fatigue, stress, and trauma we often experience as we respond to the damage done to our children and families and work to help them heal. In addition, we might struggle with our own life experiences or what is happening in our systems, state, and communities. Unfortunately, many times what we are told when we struggle with the secondary stress of our work is we need to get better at “self-care.” Mere survival in our jobs is insufficient; sustaining a career in trauma and human services work requires that we learn how to make this work not only tolerable, but meaningful – and at times, even enjoyable. A new evidence-informed model, Components for Enhancing Clinician Experience and Reducing Trauma (CE-CERT) is a skills-based toolbox that goes beyond activities of self-care to help supervisors and front-line helpers in all fields with specific ways to strengthen how each can emotionally connect and thrive in their work.

AM 2 Glade Topham, PhD, LCMFT; Tessa Chesher, DO; Asheigh Kraft, LPC

Sorting Out the Alphabet Soup of Infant Early Childhood Mental Health Treatment.

As infant mental health expands quickly in Oklahoma, deciding on an appropriate treatment modality in infant mental health can be confusing. The purpose of this workshop is to discuss a few of the most common therapies available in the field of infant mental health. Parent Child Interaction Therapy, Circle of Security Parenting, Child Parent Psychotherapy, Preschool PTSD Treatment, and Attachment and Biobehavioral Catch-up will be reviewed. Case examples will be used to illustrate the various modalities and to encourage group discussion.
**AM 3  Tiffani Harrison and Laura Jacobs**  
**Using CBT+ with Children and their Caregivers**  
CBT+ is a method of training community mental health providers in four Evidence Based Interventions (EBI): CBT for depression, CBT for anxiety, Trauma-Focused CBT, and parent management training. The interventions are based on cognitive-behavioral and behavioral theory and involve the application of common skills. These interventions address the typical clinical outcomes of child maltreatment. Providers trained in these four interventions will have the capacity to reach a large majority of children seen in public mental health where most children in the CWS are served.

**AM 4  Rockey Robbins, Ph.D.**  
**Turtle Island Therapy: Psychological Treatment with Grandparents and their Grandchildren (A way Native American healing ways can expand Behavioral Health practices)**  
This workshop will facilitate persons in helping professionals to connect children to origins that are becoming more and more remote in contemporary life: their grandparents and Nature. Literature will be reviewed that reports benefits from these connections; ways of setting up and implementing small groups with grandparents and grandchildren will be reviewed; and seven activities with goals, directions, and follow processing questions will be provided.

**AM 5  Jennifer Minton, M.S., LPC**  
**Trauma, Psychopathy, and Other Risks for Juvenile Justice Involvement**  
The Juvenile Justice system may often be seen as the last resort for at-risk youth, but what exactly are those risks for entering the Juvenile Justice system? In this workshop, you will learn the factors contributing to juvenile delinquency that may often result from similar life styles, situations, problematic experiences, and personality traits. We will explore how each of these risks push a child further into the system and ways you can identify these risks and potentially stop the path to deeper juvenile justice involvement. We will explore the myriad types and impacts of risks (including multiple agency contacts, family structures, trauma, psychopathic personality traits, education, and substance use) to gain a broader appreciation for the unique needs of our youth and to form the most effective responses in our work. This workshop may help in the identification of multiple risk factors and identify some treatment options to help lead the child away from juvenile delinquency.

**AM 6  CC Nuckols, Ph.D.**  
**The Opiate Crisis: Understanding and Treating the Adolescent and Young Adult Opiate User**  
How does the adolescent and young adult opiate user stop taking a substance that creates little cognitive impairment, elevates dopamine creating pleasure, makes them feel warm, fed, and cared for while reducing stress and alleviating negative feeling states? Obviously, there is no easy answer; but there are approaches that can elevate the opportunity for recovery. This skills training event will introduce those in attendance to ways of understanding the opioid user’s experience as engagement and all attempts at intervention must start here. Both psychotherapeutic and pharmacological management will be discussed.

**AM 7  Gerri Mullendore & Panel**  
**Look at me NOW**  
We know that all families and youth have hopes and dreams. No matter our circumstance, the light of hope can make the difference in surviving and thriving. Hear from a panel of caregivers, and young adults and professionals about their journeys on the path to resiliency. Over the last two decades the Oklahoma Systems of Care has been providing services for the youth and families of Oklahoma. This session will highlight the next chapter of several individuals in our state who have turned their wrap plan into a reality and are thriving in their communities.
AM 8  Mayer Bellehsen, Ph.D.
Working with Children of Military Service Members and Veterans
This workshop will assist agencies and providers interested in working with the military and veteran family community by sharing foundational information and best practices. The session will offer a review of the needs of children and families in the military and veteran communities, review the unique challenges and resiliencies for this population, outline strategies for outreach and partnership to engage in access to care, and highlight successful treatment adaptations utilized in this community.

12:15—1:30  AWARDS LUNCHEON

1:45—3:15  INTRODUCTION
Terri White, ODMSHAS Commissioner

PM PLENARY
Alton Carter
Breaking the Cycle
Mr. Carter will share his story of how imperfect people helped him to face his fears to break the cycle of poverty and dysfunction.

3:30—5:00  CONCURRENT WORKSHOPS: PM SESSION

PM 1  Dr. Michael Gomez
Trauma and Intellectual and Developmental Disabilities (IDD): How Do We Effectively Work With Our Most Vulnerable
This workshop will discuss the advances and initiatives past, present, and future for the newly formed National Child Traumatic Stress Networks (NCTSN) Workgroup on Trauma and IDD by one of the three co-chairs of that group. The first half of the presentation will provide an overview of current resources (e.g., The Road to Recovery Toolkit), as well as future directions (e.g., creating assessment guidelines for how to differentiate between PTSD and Autism Spectrum Disorders). Concrete tools for assessment, treatment, and consultation will be provided in the latter half for individuals (e.g., child welfare, counselors, educators, law enforcement) who have direct contact with children and adolescents with trauma and IDD.

PM 2  Tessa Chesher, DO
Fluoxetine, Risperidone, and Methylphenidate, Oh My: Psychiatric Medications and the Young Child
The number of young children on psychiatric medications continues to increase across the nation yearly. This presentation will look at the rates of use of polypharmacy of psychotropics in children as well as examine the dangers of polypharmacy of psychotropics. We will also discuss some reasons for polypharmacy of psychotropics, discuss viable solutions to this issue, and look at a case example.

PM 3  Tiffani Harrison and Laura Jacobs
Using CBT+ with Children and their Caregivers (Repeat)
CBT+ is a method of training community mental health providers in four Evidence Based Interventions (EBI): CBT for depression, CBT for anxiety, Trauma-Focused CBT, and parent management training. The interventions are based on cognitive-behavioral and behavioral theory and involve the application of common skills. These interventions address the typical clinical outcomes of child maltreatment. Providers trained in these four interventions will have the capacity to reach a large majority of children seen in public mental health where most children in the CWS are served.
CC Nuckols, Ph.D.
Understanding and Treatment of SUD Involving Alcohol

Early alcohol abuse and dependence can negatively influence the emotional and cognitive development necessary during adolescence. A history of neglect and trauma exaggerate the problem, as well as, adversely impact attachment. 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 individual will struggle in their attempt at recovery. This training will also look at the progression of alcohol abuse and dependence and review the basic tenets of the disease process and recovery.

Jarred Vermillion
Got Engagement?

Having struggles engaging young people, authentic youth engagement continues to be a primary indicator of successful service implementation. This workshop will unravel key elements of youth engagement and break down the often missed opportunities for youth voice and choice. Although many service providers’ shelf-life on being "cool" has expired, this workshop will elicit opportunities for the service providers to create opportunities for developmentally driven and evidence backed strategies for building authentic relationships.

Jonathan Roberts
Creating Safe Spaces; Effectively Engaging LGBTQI Youth in Support Services

Participants will identify challenges in engaging LGBTQ youth in mental health and other support services and discover ways to effectively engage these youth through the development of safe spaces in service delivery settings.

Alton Carter
Behavioral Self Awareness Application: Skill Building and Tools Needed to Drop Your Bricks

Alton will share his life story of aging out of the Oklahoma foster care system and teach attendees the skills he implemented that helped him to find the courage to face his past and take steps toward a successful and productive life.

Lessons Learned: What Do We Know, What Do We Need to Know About the Values and Practices of Family and Professionals Working Together

This session will discuss the importance of parent-provider partnerships across the lifespan for children, youth, and young adults experiencing mental health, intellectual disabilities and/or other special health care needs.

Thursday , May 3, 2018

REGISTRATION AND CONTINENTAL BREAKFAST

9:00—10:15 WELCOME

Durand Crosby, Chief of Operations, ODMSHAS

Youth Performance
PLENARY
Tracy Spears
Leadership Breakthrough - What Exceptional Leaders Know
This interactive session will show the importance of continuing personal development in the work place. It will highlight the value of a personal brand and how it influences performance & relationships.

10:15—10:30 BREAK

10:30—12:00 CONCURRENT WORKSHOPS: AM SESSION

AM 1  Melody Riefer and Gerri Mullendore
Supporting Success: Approaches for Making the Most of the Expertise & Wisdom of the Peer Workforce Part 1
Family Support Providers offer a unique and personalized skill set as a member of the care team working with families seeking services. The challenge of creating a niche within an existing team, developing a role that is different from - but complimentary to - the other disciplines represented on the team, and gaining the trust of the families and co-workers means attention to supervision and is instrumental for the Family Peer Specialist but also for everyone sharing in the culture shift that occurs when leaning into maximizing the value of personal experience and the impact on healing, wholeness, and recovery. The workshop will be a time of exploring examples of best practices and areas of tension in organizational growth and change. Tools and resources will be made available. Specific vignettes and examples will guide the discussion.

AM 2  Barbara Sorrels, Ph.D.
READY OR NOT, Here Comes School!: Preparing Your Child from Newborn to School Age. Part 1
School readiness begins at birth and involves much more than knowing letters, numbers, colors, sounds and shapes. The number one predictor of success in school is actually the ability for focused attention. This workshop will focus on the critical capacities that children need to be successful learners in a group setting.

AM 3  Debra Cady (with 4 youth co-presenters)
From Youth Tokenism to Youth Driven Advocacy: Supporting Youth and Young Adults to Safely Share Their Lived Experience in System Change Advocacy Work Through the Trauma-informed Method of Engagement (TIME).
Having youth voice present in organizations and at events is one of the critical components for changing the way that systems improve their engagement, treatment and outcomes for children, youth, young adults and families. Some organizations experience difficulty in moving from tokenism to authentic youth participation. In addition, this type of public sharing can result in unintended negative consequences to young advocates such as retriggering feelings of fear, hopelessness, and defeat from past traumatic events. The Trauma-Informed Method of Engagement (TIME) model of youth advocacy will be presented as a best practice approach to teach Supportive Adults (SA) how to effectively engage, prepare, support, and debrief Youth Advocates (YA) to increase youth participation and to minimize the negative impact of re-experiencing trauma.

AM 4  Tracy Spears
The Five Conversations Leaders Must Get Right
Effective leadership is all about communication. Understanding how to handle the most important management conversations is the key to improving team performance, retaining talent and increasing team accountability. Participants will leave this interactive session with important new communication tools.
AM 5  Shelby Rowe  
Youth Suicide Prevention Strengthening the Safety Net for Youth in Oklahoma  
This session will provide an overview of youth suicide prevention efforts taking place across the state to combat the 2nd leading cause of death for Oklahoma youth, highlighting recent additions to our strategic approach to prevention. Participants will be introduced to an online, evidence-based training for educators, an innovative suicide prevention education and awareness project, & best practices for providing emotional support & referral resources to families of at risk youth.

12:30—1:30  LUNCH ON YOUR OWN

1:45—3:15  CONCURRENT WORKSHOPS: PM SESSION

PM 1  Melody Riefer and Gerri Mullendore  
Supporting Success: Approaches for Making the Most of the Expertise & Wisdom of the Peer Workforce Part 2  
Family Support Providers offer a unique & personalized skill set as a member of the care team working with families seeking services. The challenge of creating a niche within an existing team, developing a role that is different from - but complimentary to - the other disciplines represented on the team, & gaining the trust of the families & co-workers means attention to supervision & instrumental for the Family Peer Specialist but for everyone sharing in the culture shift that occurs when leaning into the maximizing the value of personal experience & the impact on healing, wholeness, & recovery. The workshop will be a time of exploring examples of best practices & areas of tension in organizational growth & change. Tools & resources will be made available. Specific vignettes & examples will guide the discussion.

PM 2  Barbara Sorrels, Ph.D.  
READY OR NOT, Here comes School!: Preparing Your Child from Newborn to School Age. Part 2  
School readiness begins at birth & involves much more than knowing letters, numbers, colors, sounds & shapes. The number one predictor of success in school is actually the ability for focused attention. This workshop will focus on the critical capacities that children need to be successful learners in a group setting.

PM 3  Gwendolyn Downing, Dewayne Moore, Hannah Hawkins, Robin Moore and Joy Sloan  
Ethical Dilemmas with Children & Transition Age Youth Concerning Confidentiality & Consent. Part 1  
There is never a clear answer, or is there? Whether you are working outpatient or inpatient, the law surrounding consent for treatment, medication, release of information for billing, & other issues regarding children & transition age youth can be confusing at best & conflicting at worst. And when issues of custody are involved, how do we ethically navigate the gray areas? This interactive panel will present ethical considerations around these issues, along with case-studies for participants to work through.

PM 4  Debra Cady  
Now is the Time: If Not Us, Who? If Not Now, When? Making the Connection Between Individual Behavioral Change & System Change Theories & How We Can Put Theory Into Practice to Improve Systems for Young Adults. Part 2  
This workshop will focus on improving systems for youth and young adults of transition age with mental health challenges. Information will be presented about what young people from system of care (SOC) grant programs across the country want “helpers” to know about how to support the changes they face as they transition into adulthood. This workshop will inspire young adults and the people who support them to persevere and support individual and system changes despite all of the reasons not to and all of the barriers that stand in the way.
Leading Teams: Creating the Conditions for Team Success
People have been working in teams throughout human existence. This is because teams have more combined knowledge, talent and experience than individuals acting alone. So, why is it that so many teams struggle to efficiently and effectively work together to resolve a problem, or worse, sometimes simply fail? This presentation will focus on extensive research into teamwork and draw from examples in business to highlight ways leaders can create the right conditions for team success.

3:15—3:30   BREAK

3:30—5:00   CONCURRENT WORKSHOPS: PM SESSION 2

Gwendolyn Downing, Dewayne Moore, Hannah Hawkins, Robin Moore and Joy Sloan
Ethical Dilemmas with Children & Transition Age Youth Concerning Confidentiality & Consent. Part 2
There is never a clear answer, or is there? Whether you are working outpatient or inpatient, the law surrounding consent for treatment, medication, release of information for billing, & other issues regarding children & transition age youth can be confusing at best & conflicting at worst. And when issues of custody are involved, how do we ethically navigate the gray areas? This interactive panel will present ethical considerations around these issues, along with case-studies for participants to work through.

Durand Crosby
Leading Teams: Creating the Conditions for Team Success (Repeat)
People have been working in teams throughout human existence. This is because teams have more combined knowledge, talent and experience than individuals acting alone. So, why is it that so many teams struggle to efficiently and effectively work together to resolve a problem, or worse, sometimes simply fail? This presentation will focus on extensive research into teamwork and draw from examples in business to highlight ways leaders can create the right conditions for team success.