

YES! (Youth Emotional Stability) In Rock County

www.yesrockcounty.com

Presents:

The 7th Annual Supporting Children and Youth Who Struggle Summit

Friday, February 13, 2015

Beloit Memorial High School, 1225 4th Street, Beloit, WI

Enter the theater doors on the south side of the school.

Time Schedule:

8:00-8:30	<i>Registration</i>
8:30-9:45	<i>Keynote Speaker</i>
9:45-10:00	<i>Break/Information Fair</i>
10:00-11:30	<i>Workshop Session 1</i>
11:30-12:30	<i>Lunch/Information Fair</i>
12:30-1:45	<i>Workshop Session 2</i>
1:45-2:00	<i>Break/Information Fair</i>
2:00-3:15	<i>Workshop Session 3</i>

Registration Fee: \$30

If a Scholarship is needed, before registering please call Jodi Rich at 608-314-9006 ext. 3 or email

jodi.rich@cssw.org

All registration fees include lunch.

To Register: www.yessummit.ezregister.com

Press CTRL and Click to follow the link.

Registration Deadline: February 9, 2015

Payment Options: Credit Card, Check, Money Order, Purchase Order or Cash.

If paying by check, make check payable to: RWCFS, Inc. Mail to RWCFS, Inc 1221 Henry Ave., Beloit, WI 53511.

Please include registrant's name with the check.

Keynote Session: 8:30-9:45



Think:Kids teaches a revolutionary, evidence-based approach for helping children with behavioral challenges. In this keynote address Dr. Epstein will share the philosophy and results of the understanding that challenging kids lack the skill, not the will, to behave well. Unlike traditional models of discipline, this approach avoids the use of power, control and motivational procedures and instead focuses on teaching at-risk kids the skills they need to succeed. Research has shown that behaviorally challenging kids lack thinking skills related to flexibility, frustration tolerance and problem solving. This approach has led to dramatic decreases in behavior problems across a variety of settings with the most challenging children.

Other results include remarkable reductions in: time spent out of class, detentions, suspensions, injuries, teacher stress and alternative placements in schools; and the use of archaic, inhumane procedures like restraints and seclusions in therapeutic facilities. Think:Kids has shown that more humane, compassionate and effective care for challenging kids is possible, but it must start with a new understanding of who challenging children are and what they need to succeed. When adults rethink challenging kids, amazing things can happen!

Presenter: Larry Epstein, PhD, Director of School-Based Services, Think:Kids at Massachusetts General Hospital; Assistant in Psychology in the Department of Psychiatry at Massachusetts General Hospital; Clinical Instructor in Psychology in the Department of Psychiatry at Harvard Medical School

Workshop Session 1

10:00-11:30

A. Implementing Collaborative Problem Solving (Part 1): Assessment and Planning

Building on the philosophy presented at the keynote that “Kids do well if they can,” this breakout session will cover practical strategies for assessing lagging thinking skills and unmet expectations/triggers when working with children who exhibit a variety of challenging behaviors. Participants will also learn how to prioritize these unmet expectations/triggers in order to reduce the challenging behavior and set the stage for the problem solving process.

Presenter: Larry Epstein, PhD

B. Anxiety, Anger & ADHD

This workshop will have a discussion of the variables involved in inattentive behavior observed in the classroom. Attendees will demonstrate the understanding of the diagnostics of trauma, ADD, ADHD and oppositional behavior.

Presenter: Kari Bell, Owner and Clinical Director of Beloit Psychotherapy

C. A Mental Illness Diagnosis Affects the Entire Family

This session introduces the participants to the life of the family member whose loved one has been diagnosed with a mental illness. Personal stories and coping strategies are examined. **Presenters: Family representatives; Facilitated by Linda A. Garrett, Board President National Alliance on Mental Illness**

D. Coordinated Services Team Overview and Panel Discussion

This session will give an overview of the CST process, eligibility, referral information, and how it can help child and families of Rock County, as well as providers to these families. This session will also include a panel discussion. Panel members will include school staff, law enforcement, CST coordinators, and possibly family members/clients.

Presenters: Heather Helgestad, Family Crisis Worker; Rock County Human Services Coordinated Services Team and Panel Members

E. Incarcerated Parents: Views from Inside and Out

This panel will consider the challenge of parenting behind bars from a number of perspectives, persons in law enforcement as well as those who have experienced loss of contact through incarceration. The goal of the session is to increase audience awareness of some issues in this challenging personal and community situation.

Presenters: Panel

F. Supporting LGBTQ Youth

This panel presentation will focus on struggles of the Lesbian, Gay, Bisexual, Transgender, and Questioning youth. Hear the first hand experiences of individuals and walk away with tools that can be used to support his population. **Presenters: Panel**

Workshop Session 2

12:30-1:45

G. Implementing Collaborative Problem Solving (Part 2): Building Crucial Thinking Skills in Children with Challenging Behaviors

Building upon the assessment and prioritization process presented in part 1, participants will learn how to help children and strengthen crucial thinking skills, such as flexibility, frustration tolerance, and problem solving, in the context of a helping relationship via the collaborative problem solving process. Participants will learn specific strategies that they can take back to their sites and begin to utilize on Monday morning.

Presenter: Larry Epstein, PhD

H. Non-Verbal Communication and Sensory Interventions for the Young Child Who Has Experienced Trauma

Sometimes there just aren't enough words!!! Young children who have experienced trauma, however, have multiple non-verbal ways to communicate their distress and by which they try to self-regulate. Commonly, their efforts to communicate are misinterpreted as "behavior problems" and the child and the behaviors are treated accordingly. 85% of communication is non-verbal and seeing "these behaviors" from a different perspective can not only shed light on a child's "behaviors," but also add more compassion to your interventions. **Presenter: Suellen Thompson-Link, OTR, R-DMT**

I. Youth Latinos Between Two Cultures

What is the impact of bicultural stress on Latino youth in the United States? Both immigrant and U.S.-born Latino youth face pressure to adopt the majority culture and preserve their culture of origin. They must cope with unfair treatment, cultural differences in their families, and pressure to become bilingual. The more they perceive these pressures as stressful, the more likely they are to suffer from depression and engage in risky behavior.

Presenter: Maria Yolanda Pena, MS, Community Counselor

J. Recognizing & Treating Anxiety in Children: How to Help Kids in a Crazy World

We will explore ways to recognize anxiety in children, including differentiating between anxiety and other diagnoses. Discussion will include treatment strategies, coping skills, ways to help children gain insight and understanding, ways to encourage communication skills in kids and ways for the adults/parents/teachers/etc. to support children. **Presenter: Stephanie Kneuppel, LPC**

K. Creating a Culturally Responsive Climate

Each participant views the world through the lens of his/her personal history. Given this wide range of life experiences, an inclusive climate depends on self-knowledge and cultural sensitivity to others. Through problem solving, group discussion and video, participants will learn how people from different backgrounds can build trust, avoid (sometimes hidden) stereotyping, and become allies.

Presenter: Santo Carfora, S & J Consulting, LLC

L. Using MeMoves to Change Behavior and Culture in the Classroom

MeMoves is a patented tool for self-regulation, co-regulation and emotional intelligence that uses an innovative combination of music, movement and the expressive features of emotion to fully engage the user. This easy to use interactive system has been widely praised by therapists, educators, parents, and researchers, as it has proven immensely effective in helping those of all abilities, and especially those with ASD, EBD, PTSD, anxiety/depression, attention issues and other neurological challenges. Utilizing case studies, cutting edge research and real life anecdotes, this interactive presentation will provide best practices for implementing MeMoves in a variety of settings.

Presenters: Chris Bye and Roberta Scherf, Thinking Moves LLC

Workshop Session 3

2:00-3:15

M. Responding to the Risk of Suicide in the Context of Substance Abuse

This session is designed to give practical strategies to help professionals to intervene when children and youth are exhibiting suicidal ideation and are abusing substances.

Presenter: Beverly Wilson, MS, LPC, CSAC, ICS, Mercy Options Behavioral Health

N. Baby Touches: Infant Massage and Babies' Emotional Well-Being

Infant massage brings many benefits to babies' physical well-being. This session will describe principles of infant massage and how it can promote children's ability to regulate emotions, form bonds with caregivers, and explore/learn, even in environments where high levels of stress exist.

Presenters: Sally McCoy, PhD, Child Psychologist; Chelsea Miller, Family Advocate, Certified IACM Infant Massage Educator and Certified Lactation Educator

O. Adverse Childhood Experiences-ACE Interface Training

Foundational to Trauma Informed Care (TIC), the Adverse Childhood Experiences (ACE) Study is an ongoing collaborative research project between the Centers for Disease Control (CDC) and Prevention in Atlanta, GA, and Kaiser Permanente in San Diego, CA. Co-principal Investigators Robert F. Anda, MD, MS, with the CDC; and Vincent J. Felitti, MD, with Kaiser Permanente studied over 17,000 volunteer Kaiser patients participating in routine health screening. While data resulting from the study continues to be analyzed, it reveals staggering proof of the health, social, and economic risks that result from childhood trauma.

Presenter: Brad Munger, Program & Planning Analyst-Advanced, Division of Mental Health and Substance Abuse Services

P. Trauma Informed Classroom

This session will talk about what trauma may look like in the classroom and some interventions for those students who may have experienced trauma.

Presenters: Lynn Hamilton and Janet Lobdell, Behavior Intervention Specialists with School District of Beloit

Q. MeMoves Implementation

MeMoves is a patented tool for self-regulation, co-regulation and emotional intelligence that uses an innovative combination of music, movement and the expressive features of emotion to fully engage the user. This easy to use interactive system has been widely praised by therapists, educators, parents, and researchers, as it has proven immensely effective in helping those of all abilities, and especially those with ASD, EBD, PTSD, anxiety/depression, attention issues and other neurological challenges. This interactive presentation will provide best practices for implementing MeMoves in a variety of settings and share real life anecdotal experiences of local providers using MeMoves with groups of children in Rock County.

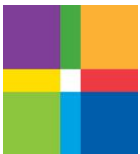
Presenters: Chris Bye and Roberta Scherf, Thinking Moves LLC and Panel of local MeMoves users

R. Cultural Competency is a Journey

Learn about some local efforts to address issues of cultural disparity and its effect on Rock County youth. Panel participants will share their "aha" moments and important lessons learned in their own personal journey. The information shared will challenge session participants with ideas of how to increase their own cultural intelligence. **Presenters: Panel**

If you would like to display information about your program at the Information Fair, please contact Faith Mattison at 608-361-3143 or fmattiso@sdb.k12.wi.us.

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Presenter Information:

Larry Epstein, PhD: Dr. Epstein has extensive experience utilizing and teaching the Collaborative Problem Solving method across a variety of settings, including educational and clinical programs as well as outpatient practice. For 17 years before joining Think:Kids, Dr. Epstein worked for the Cherry Creek School District in Denver, CO, during which time he helped develop the district's intensive treatment program for students with significant behavioral challenges. He is also a national certified bullying prevention trainer and helped found the non-profit organization Creating Caring Communities.

Kari Bell: Kari is a licensed professional counselor, clinical substance abuse counselor and certified social worker. Ms. Bell served in the U.S. Navy as a sexual assault volunteer advocate and then returned to Wisconsin and obtained Masters Degree in Adult Education, AODA, and Community Counseling. After working in various settings, she returned to her home community of Beloit and opened a new mental health clinic, Beloit Psychotherapy, where she is the clinical director.

Chris Bye - As the co-creator of MeMoves, Chris Bye's passion is helping individuals become aligned with who they are, and what they do. Chris and Roberta present at conferences and seminars on the topics of integrating movement and music into the classroom, reducing children's anxiety and depression and adopting new products to help those with special needs. Chris holds degrees from Gustavus Adolphus and UW Madison and has taught at UW Madison, UW River Falls and the University of St. Thomas. He lives in Hudson, WI, and enjoys playing hockey, canoeing the Canadian wilderness, fly-fishing, golfing and traveling.

Santo Carfora: Santo is a private consultant in human relations and diversity training for schools and businesses. A native of Long Island, NY, he taught social studies for thirty four years. He holds a Master of Science degree from University of Wisconsin-Whitewater. His honors include Who's Who Among America's Teachers, WEAC Humanitarian Award, Janesville YWCA Peace Award, Janesville Link Asset Builder Award, the Janesville Gazette's 50 Who Matter, the United Auto Worker's Local 95 Martin Luther King Jr. Civil Rights Service Award and the Forward Janesville 2010 Diversity Award. He has conducted diversity workshops for students, teachers, administrators, and business leaders since 1996. He retired from the classroom in 2003 to form S & J Consulting, LLC. Santo and his wife Jeanne have lived in Janesville since 1970. They have two daughters.

Linda A. Garrett: Board President of the National Alliance on Mental Illness (NAMI) Rock County Affiliate

Lynn Hamilton: Lynn is a Behavior Intervention Specialist for the School District of Beloit.

Stephanie Kneuppel: Stephanie has been practicing as a Licensed Professional Counselor for the past eight years. She sees clients of all ages, but has a passion for working with children and adolescents. Stephanie is originally from Kentucky but has been in Wisconsin for the past 13 years. She has worked in a variety of capacities, but recently opened a private practice in downtown Beloit. She is married and has two sons and a stepdaughter

Janet Lobdell: Janet is a Behavior Intervention Specialist for the School District of Beloit.

Sally McCoy, PhD: Dr. McCoy is a child psychologist and mental health consultant to agencies serving young children

Chelsea Miller: Chelsea is an Early Head Start Community Based Doula/Family Advocate, Certified IAIM Infant Massage Educator and Certified Lactation Specialist

Brad Munger: Involved in service delivery networks in a variety of settings and from a variety of perspectives through 30 years of clinical practice, supervision, and administration, Brad Munger has served in a broad array of programs within the Wisconsin mental health system. Currently an Advanced Planning and Finance Specialist in the Division of Mental Health and Substance Abuse Services within the Wisconsin Department of Health Services, he is the technical consultant for Emergency Mental Health Crisis Intervention Programs; Community Support Programs (CSP) serving those with serious and persistent mental illness; homeless programs for persons with mental illness; as well as behavioral health systems for persons who are deaf, deaf-blind, or hard-of-hearing. In these and other capacities he works diligently on suicide prevention. He is on faculty for the American Suicide Association and is a trainer for various curricula on suicide prevention, assessment and management. Additionally, Brad has contributed to the Department's strategic implementation of the Wisconsin Dementia Care System Redesign. Brad serves as a Master Trainer for the ACE Interface.

María Yolanda Peña: Born in Bogotá, Colombia, María Peña is a mother of three and grandmother of four. In Colombia, she was a grade school teacher for 10 years, teaching a wide range of ages and subjects. In 1977, Ms. Peña received her bachelor's degree in preschool education and family development. In 2001, she came to United States with her children to start a new life. She started working as a Nutrition and Parenting Educator in 2003 for UW-Extension and was working with the Latino Families in Rock County, for about 13 years. She is currently working as a Coordinator of Wisconsin Nutrition Education Program in Walworth County. Yolanda continued her education at UW-Whitewater and graduated with a master's degree in Community Counseling in 2011.

Roberta Scherf - Before developing MeMoves, Roberta created programs for numerous non-profit organizations. She has always been curious; learned how to build houses in Bath, Maine and worked in public radio. Her background in psychology and speech and hearing science served her well when her daughter was born on the autism spectrum. She learned all she could about embodied cognition, music, movement, self-regulation, the polyvagal theory, and their impact on the nervous system, learning, and socialization. She has spent more than 15 years working on a patented system that helps people of all ages and abilities to calm their nervous system, learn more easily, and increase their capacity for connection, friendship, and empathy.

Suellen Thompson-Link: Suellen Thomson-Link is an Occupational Therapist and a Dance Movement Therapist. She has her own Private Practice in Beloit called Moving On LLC and is trained in Sensory Integration, Neurodevelopmental Therapy, Movement Analysis and Observation and has completed the Post Graduate Trauma Counseling 1+2 Certificate program at UW-Milwaukee. She has worked in Australia, Canada and in the U.S. with diverse populations, in both physical and mental health settings.

Bev Wilson, MS, LPC, CSAC, ICS: Beverly works as a Clinical Therapist for Mercy Options in Janesville WI. She has been working in the behavioral health field for 35 years with clients struggling with substance abuse issues and mental health issues. Her experience includes working in inpatient & outpatient programs as well as in school settings.