

YES! (Youth Emotional Stability) In Rock County

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Presents

6th Annual Supporting Children and Youth Who Struggle

Friday, January 24, 2014

Parker High School, 3125 Mineral Point Ave., Janesville, WI

Time Schedule

- 7:30 - 8:00 am: Registration
8:00 - 9:30 am: Keynote Session
9:30 - 9:45 am: Break/ Information Fair
9:45 - 11:00 am: Workshop Session 1
11:00 - 12:00 pm: Lunch/ Information Fair
12:00 - 1:15 pm: Workshop Session 2
1:15 - 1:30 pm: Break/ Information Fair
1:30 - 2:45 pm: Workshop Session 2

Registration Fee: \$30 Student Fee: \$15

All Registration Fees Include Lunch. A Vegetarian option will be available. No refunds after January 17, 2014

To Register:

<https://www.the-registry.org/MyRegistry/register.aspx?evid=655008>

Register as a Guest unless you need credit as a childcare provider through the childcare registry. Completed registrations should receive a confirmation email.

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: 8:00 – 9:30

What Matters Most With Traumatized Children and Adolescents

Dr. Steele will engage participants in activities and video segments to demonstrate that trauma is not a cognitive experience but a midbrain experience where reason and logic do not exist and sensations, images and iconic memories drive children's behaviors.

Presenter: William Steele, MSW, PsyD, Founding Director of The National Institute for Trauma and Loss in Children

Workshops Session 1 9:45 – 11:00

A. I Feel Better Now

Continuing the information in his keynote, Dr. Steele presents evidence-based intervention strategies he developed for helping traumatized children and adolescents across varied settings. Video segments help demonstrate these interventions.

Presenter: William Steele, MSW, PsyD, Founding Director of The National Institute for Trauma and Loss in Children

B. Early Intervention Through Comprehensive Home Visiting: Decreasing Risks Before Birth

This workshop will describe the Comprehensive Home Visiting (CHV) Grant in Rock County, which will serve 40 African American women who are pregnant or have very young children. It will focus on the need for early intervention to reduce physical and mental health risks in this population, the goals of the project, the method, and the results obtained through the 2nd year of the project. Parent voices will be a part of the workshop as they share their reactions to home visiting.

Presenters: Gretchen Dypold, Project Manager, and Tammie King, Cultural Competency Consultant, along with CHV parent

C. Navigating the Kraepelinian Vortex: Changes in the diagnoses for children from DSM IV to DSM V

In this session, changes between DSM versions and the diagnostic labels used for children will be discussed.

Presenter: James A. Burns, PhD

D. MeMoves - Using MeMoves to Change Behavior in those with Emotional Challenges

MeMoves is an award winning, patented system that can calm a child in distress in as little as a few minutes. Imitating those on the screen, users are transformed by the images, movements and music. This interactive presentation will look at MeMoves' development, background, supporting research, best practices and efficacy. The presentation is designed for therapists, educators and parents. Taking an in-depth look at each component, the presenters will explain why MeMoves works using supporting research and theories from a variety of disciplines. They will present case studies, highlight on-going examples of self-regulation across a wide variety of populations and uses, and answer attendees' questions. Finally, the presenters will provide video segments of MeMoves' use in a variety of settings.

Presenters: Chris Bye and Roberta Scherf

E. Coordinated Services Teams

The Coordinated Services Team (CST) Initiative with Rock County Human Services is a family and community based process that develops supports and services to address the needs of each child and family. Creative services developed by a child and family team support normalized, community-based options for children and families struggling with mental illness. CST Service Coordinators provide assessments and direct team development of individual plans of care. The guiding values of the CST process is that families have a voice, the process is strength-based, plans build on natural and community supports, care is unconditional and there is collaboration across systems.

Presenters: Representatives of the Rock County Human Services CST Program

Workshop Session 2 12:00 pm - 1:15 pm

F. Overview of Resourcing, EMDR, and Brainspotting – Repeat of session from 2013 Summit.

EMDR (Eye Movement Desensitization and Reprocessing) and brainspotting are a few methods used to process trauma. Learn to recognize behaviors, understand the language, and attune; creating safety necessary for this work and resolution to take place.

Presenters: Julie Fouts, LCSW, EMDR and BSP Certified and Tim Perry, LCSW, Level II EMDR Certified

G. Trauma Informed Classrooms

Bringing trauma informed care into the classroom presents unique challenges. Dr. Steele presents several key strategies critical to initiating and supporting trauma informed approaches in the classroom.

Presenter: William Steele, MSW, PsyD, Founding Director of The National Institute for Trauma and Loss in Children

H. Get off my back! No! Wait! Where are you going? Don't leave!!!- Navigating difficult emotions with Dialectical Behavior Therapy

In this session participants will gain an understanding of dialecticals in everyday life. An overview of Dialectical Behavior Therapy (DBT) will be given, and includes four modules: mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness. Participants will learn about turtling, radical acceptance, riding the wave, loving dandelions and broken record - strategies for service providers to teach!

Presenter: Wendy Abel, MSE LPC

I. Functional Family Therapy & Functional Family Case Management: Evidenced-Based Interventions to Address Youth Behavioral Problems

Functional Family Therapy (FFT) & Functional Family Case Management (FFCM) are evidenced based treatment and case management programs for families with youth between the ages of 10 to 18. This session will provide an overview of the FFT and FFCM intervention stages, the core principles, the outcome research, and referral information.

Presenters: Lori Frison MS, LPC_and Ryan Trautsch, BS

J. MeMoves - Using MeMoves to Change Behavior in those with Emotional Challenges

– Repeat of Session D.

Presenters: Chris Bye and Roberta Scherf

Workshop Session 3 1:30 pm - 2:45 pm

K. What Color Is Your Hurt

James saw his father kill his mother at age 2. Years later he is engaging in hypervigilance and attachment reactions. Dr. Steele will tell James's story to show how sensory-based interventions that support safety and self-regulation are critical to helping traumatized children 3 to 6 years old. A variety of sensory based strategies will be presented.

Presenter: William Steele, MSW, PsyD, Founding Director of The National Institute for Trauma and Loss in Children

L. Bonding Beyond Bars: Parent-Child Relationships During Incarceration

Each year, millions of children experience separation from a parent through incarceration. This workshop will explain what the research shows about how incarceration affects the parent, the child, and their relationship. It will introduce a local pilot project, Bonding Beyond Bars, directed at supporting Rock County families with an incarcerated parent.

Presenters: Lorenzo Henderson, Beloit Police Department and Sally McCoy, PhD, Child Psychologist

M. The ABCs of KTG (Kids, Teens, and Grief)

This workshop will focus on identifying and supporting kids, teens, and families who have suffered the death of loved one. Participants will learn tools and resources in supporting this at risk population.

Presenters: Melissa Olson, MSW Grief Program Coordinator and Jessica Wicks, MSW Grief Counselor

N. Get off my back! No! Wait! Where are you going? Don't leave!!! - Navigating difficult emotions with Dialectical Behavior Therapy – Repeat of Session H

Presenter: Wendy Abel, MSE LPC

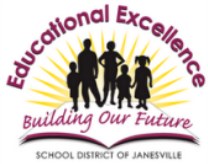
O. A Rational Diagnosis For Children With Complex Trauma - Repeat of session from 2013 Summit.

Childhood trauma has become an epidemic with over 3 million children every year reported to authorities for neglect and abuse. Often times children of chronic developmental abuse show behaviors that are simply diagnosed as disruptive behavior disorders. This discussion will highlight complex trauma and provide starting points for treatment.

Presenter: Michael Brown, PhD

If you would like to display information at the Information Fair about your program, please contact Dr. Sally McCoy at 608-921-6187 or tfmccoy1@frontier.com.

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Presenter Information

Dr. William Steele Dr. Steele's work with children, teens and families exposed to tragic losses from both violent and nonviolent situations led him to founding the National Institute for Trauma and Loss in Children (TLC) in 1990, a program of the Starr Global Learning Network. In 1997 he initiated a trauma and loss certification program. Today over 6,000 TLC Certified Trauma Specialist, that Dr. Steele personally trained, are using TLC's published evidence-based intervention programs in 55 countries. These programs, which Dr. Steele developed, are now registered as evidence-based programs at the California Evidence Based Clearinghouse and the Substance Abuse Mental Health Services Agency (SAMHSA) Registry of Evidence Based Practices.

Dr. Steele has assisted thousands of survivors and professionals over the years following such tragedies as the bombing of the Federal Building in Oklahoma, 9/11 in New York and Washington D.C., Hurricanes Katrina and Rita and the 2009 killings (while in school in the presence of students) of a high school coach in Iowa and a teacher in Texas among many other tragedies across the country. He was one of the first Americans selected by the Kuwait government to assist them in the aftermath of the Gulf War and continues to assist schools, agencies, community based programs and professionals responding to the far too many daily traumas children experience that rarely receive media attention.

Dr. Steele's work is published in numerous books, such as *Understanding Mass Violence*, *Creative Interventions with Traumatized Children*, *Critical Incidents in Counseling Children* and its research outcomes in varied journals including, *National Social Sciences Journal*, *School Social Work Journal*, *Journal of Residential Treatment for Children and Youth*. Dr. Steele's most recent books are *Trauma Informed Practices With Children and Adolescents* (2012, Routledge) and *Working with Grieving and Traumatized Children and Adolescents: Discovering What Matters Most Through Evidence-Based, Sensory Interventions*, (2013 Wiley & Sons). Peter Levine founder of the Somatic Experiencing Trauma Institute and Maggie Kline, School Psychologist, and co-author of *Trauma Through a Child's Eyes* and *Trauma-Proofing Your Kids* wrote of this most recent publication,

"What Matters Most" ... is helping children caught in the ravages of trauma and grief. The authors provide a clear theoretical framework AND demonstrate practical sensory-based activities so kids can discover and reconnect with their bodies' agency and vitality. Refreshingly, this vehicle creates an emotionally safe journey for the child into the mystery of the experiential, embedded in implicit memory. It's chock full of invitations to explore self-impressions and worldview in a way that children feel seen; not assessed

Wendy Abel, MSE LPC - Wendy Abel is a Licensed Professional Counselor and works at Mercy Options in Janesville. She has been working with youth and adults for over 16 years and has taken the time to successfully incorporate DBT into her practice. She loves her job and appreciates that we all have important roles in working with youth.

Michael Brown, PhD - Michael Brown is a child and adolescent psychologist and has practiced over the past thirty years. He has published and provided seminars and conferences, both at the local and national level. His practice has focused on treating children with disruptive behaviors.

James A. Burns, PhD - Dr. Burns is a licensed clinical psychologist, supervisor, and owner of Genesis Counseling Services in Janesville WI. He has a doctoral degree in clinical psychology from the University of Nebraska. He is an expert in the behavioral treatment of anxiety and obsessive-compulsive spectrum disorders.

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, golf and travel.

Gretchen Dypold, MSSW, LCSW – Gretchen Dypold has twenty years experience in program development, implementation, and evaluation. As the Rock Human Services Department Prevention Specialist, Ms. Dypold works with the community to develop, coordinate, support and evaluate prevention efforts that serve the children, youth, and families of Rock County. Within the Prevention Specialist position Ms. Dypold is also the Rock County Comprehensive Home Visit Project Coordinator responsible for effective implementation of the project.

Julie Fouts MS, LCSW – Julie Fouts received her Masters Degree in Guidance and Counseling from UW-Whitewater in 1984. Since that time, her clinical work and experience has encompassed public, private and community sectors, inpatient and outpatient AODA and Mental Health settings ranging from Triage and Crisis Intervention to Ongoing Therapy for all ages. Julie has extensive training and experience in the field of Trauma completing Level II EMDR training in 2000, obtaining Certification in EMDR by the EMDR International Association in 2010, and in 2012 attaining Certification in Brainspotting. For the past 15 years, Julie has been a member of the treatment staff at Crossroads Counseling Center in Janesville, WI, providing clinical assessments and ongoing psychotherapy. Additionally, Julie serves as Adjunct Faculty for UW-Whitewater Graduate School, Guidance and Counseling Program.

Lori Frison MS, LPC - Lori Frison MS, LPC has provided mental health services to youth and their families in Rock County for nine years. She currently works for Rock County Human Services providing Functional Family Therapy through the Children and Family Integrated Services program.

Lorenzo Henderson, Beloit Police Officer -Lorenzo Henderson is an officer with the Beloit Police Department who has developed the Bonding Beyond Bars project. Officer Henderson has an affinity to prevention, which is rooted in a belief that our current path of mass incarceration does more harm than good. This over reliance on the penal system contributes to the absence of the black male in the home, community and the labor force. Mr. Henderson is starting his 15th year as a Beloit Police Officer. For most of his time on the force, he has served as a Field Training Officer, training approximately 25 new officers. He currently serves as a Domestic Abuse Officer, a union steward and one of a few officers in Rock County who have completed the Crisis Intervention Training program. Additionally, he represents the Beloit Police Department on the Rock County Criminal Justice Coordinating Council and is on the board of Ujima.

Tammie King, King Consulting Services (KCS) – Tammie King is the owner of King Consulting Services (KCS) “*Helping Families Thrive Not Just Survive*”. KCS provides a wide range of professional services for those interested in social justice through systems improvement, organization/program development and community capacity building. Tammie currently serves as a Cultural Competency/Technical Assistance Consultant supporting local and statewide efforts to implement the Healthy Families America model and expand cultural competence in the Home Visiting and Early Childhood service delivery system in Rock County, Wisconsin. She is a frequent guest lecturer at Beloit College and since 2010 has served as Co-Director of Beloit College's Liberal Arts & Practice Center Summer Series, which prepares internship and research students for community-based and service learning. Tammie holds a BA in Management and Communications from Concordia University Wisconsin, is a Certified Family Development Specialist through the National Resource Center-Family Centered Practice, Iowa School of Social Work and is a graduate of the Healthy Wisconsin Leadership Institute, Medical College of Wisconsin and University of Wisconsin School of Medicine & Public Health.

Sally McCoy, PhD - Sally McCoy is a clinical psychologist who serves as the Mental Health Consultant for the Comprehensive Home Visiting Grant in Rock County. She has an interest in early intervention in children's behavior problems, social emotional development of children under 5, and autism.

Melissa Olson, MSW Grief Program Coordinator - Melissa Olson received a bachelor's degree in psychology from the University of North Dakota and master's degree in social work from the University of Wisconsin-Milwaukee. Melissa has experience working in crisis intervention, child protective services, inpatient psychiatric and substance abuse, and for the last 14 years has been working in the hospice field, both as a hospice social worker and bereavement counselor. She joined Beloit Regional Hospice in 2011 and is responsible for overseeing the extensive services offered by their grief support department. This includes the Kids, Teens 'n Grief (KTG) program which partners with school districts in South Central Wisconsin and Northern Illinois to provide 7 week grief groups to the students in those schools.

Tim Perry, MSSW, LCSW, LMFT – Tim Perry is a graduate of the University of Wisconsin-Madison. He holds a degree in clinical and school social work. Tim is actively involved in ongoing collaboration and coordination of services within the community, collectively working to provide the highest level and quality of care. He is the Clinical Administrator of Crossroads Counseling Center (1999) and has been providing ongoing psychotherapy since 1988. Tim's specialty areas include working with trauma, adolescent issues, codependency/ACOA/recovery and marriage and family therapy. Tim has completed Level II EMDR training and is a provider of Trauma Informed Care.

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.

Ryan Trautsch, BS – Ryan Trautsch is the current Juvenile Justice Supervisor for six years in Rock County. He is currently overseeing the implementation of Functional Family Case Management with selected units with the Human Services Department.

Jessica Wicks, MSW Grief Counselor - Jessica Wicks obtained a bachelor's degree of Social Work and bachelor's degree of Arts (Spanish) from the University of Wisconsin-Green Bay and a master's degree of Social Work from University of Wisconsin-Madison. Jessica has experience working in a sexual assault program for victims, child protective services, juvenile justice, medical social work, and hospice. She joined Beloit Regional Hospice in 2011 as a social worker and moved into the grief department as the grief counselor in August of 2012.