

CELEBRATING HEALTHY CONNECTIONS FOR LIFE



21 Annual Children's
Behavioral Health Conference

Conference Site

Embassy Suites Hotel and Conference Center
2501 Conference Drive
Norman, OK 73069
Tel: (405) 364-8040

[Reserve your sleeping room online.](#)

Hotel Reservations

The hotel room rate is \$124/night for a single room or double/double occupancy room (plus tax). Participants are responsible for making their own reservations by 11:59 p.m. on May 31, 2014, to receive the group rate.

A room block has been set aside for conference attendees beginning on the Sunday, June 22 through Wednesday, June 24, 2014.

Telephone Reservations

Guests may also make reservations by calling the hotel directly toll-free at 1-866-577-1273. Ask for the special group rate for the 2014 Children's Behavioral Health Conference using the group code "ODM".

Online Reservations (click on the link below)

<http://embassysuites.hilton.com/en/es/groups/personalized/O/OKCESES-ODM-20140622/index.jhtml>

The group code "ODM" will automatically populate.

Parking

Free on-site parking is available at the hotel and conference center.

Who Will Benefit from Attending

Those who wish to enhance their ability to work with and promote healthy children, youth and families. 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.

Conference Goal

To empower children, youth, families and service providers by providing tools that build resilience, encourage recovery, promote emotional and behavioral health and wellness and support healthy connections from birth.

Conference Objectives

As a result of attending this conference, participants will be able to:

- Discover current evidence-based and trauma-informed best practices on a variety of children's behavioral health topics.
- Demonstrate culturally & linguistically competent behaviors in personal and professional settings.
- Display a personal commitment to self-care and wellness activities as a method of reducing stress.
- Support the unique role of families and youth as the primary decision-makers in the care of their overall health and wellness.
- Reduce stigma associated with behavioral illnesses affecting vulnerable Oklahomans.
- Understand the complete continuum of care/continuity of services.
- Encourage a comprehensive approach of mental health from prevention to recovery.

Photography and Videography

This area is being used to photograph and record video and film footage in connection with the archival, promotional and publicity campaign of the Oklahoma Department of Mental Health and Substance Abuse Services. By your presence in this area, you acknowledge that you have been informed that you may be photographed and recorded as part of the release in video and/or any and all media now known or hereafter devised, in perpetuity, throughout the universe and by the advertising and publicity thereof. Further, by your presence here, you grant permission for your likeness and voice to be included therein without compensation, credit, or other consideration. If you do not wish your likeness to be recorded on video, please notify us at the registration desk to receive a sticker designated for such purpose, which must be worn throughout the event. Thank you for your cooperation.

Special Accommodations

Sign language interpreters or assistive listening devices are available, if needed. These or other requests for special accommodations should be indicated on the registration form. Conference organizers will contact you for specific details. Please register as early as possible if special accommodations are needed.

Continuing Education

The Institute for Mental Health and Substance Abuse Education and Training is accredited by the Oklahoma State Medical Association to provide continuing medical education for physicians.

The Institute for Mental Health and Substance Abuse Education and Training is pending approval of this live educational activity for a maximum of 6 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. There are no relevant financial relationships to disclose by the CME Planning Committee. These approved sessions are indicated by ⑤

Approximately 16 continuing education credit hours are pending approval 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. Continuing education has been requested for law enforcement, Licensed Behavioral Practitioners and Certified Prevention Specialists.

Some workshops are also pending approval for special categories of credit. These workshops are referenced by the following symbols.

- | | |
|-----------------------|----------------------------------|
| ① Ethics | ③ LPC Supervision |
| ② ODMHSAS Supervisory | ④ Strength Based Case Management |

Please check in at the registration desk each day upon your arrival to verify your attendance. Continuing education credit is not provided without verification. At the completion of the conference, all participants should go to the registration area to receive a certificate of attendance from the ODMHSAS Institute for Mental Health and Substance Abuse Education and Training. There is a \$5 fee to obtain a replacement certificate. For more information, call ODMHSAS Human Resources Development at (405) 522-8300.

Registration

To register for this wonderful conference use the following link <https://www.regonline.com/2014childrensconference>. This will take you to the electronic registration system being used for the 2014 Children's Behavioral Health Conference.

Featured Speakers



Kyle Pruett

As one of the most well respected experts on child and family development, Dr. Kyle Pruett is considered a parenting visionary who takes parents deep into the hearts and minds of their children. He puts the emotional wellbeing of children right where it belongs: at the center of child development.

A pioneer in defining the role of men as fathers, Dr. Pruett focuses on fathers as one of the great, often untapped, resources in their children's lives. "There's a stronger sense today, among the public and among social scientists, that fathers are valuable," he says.

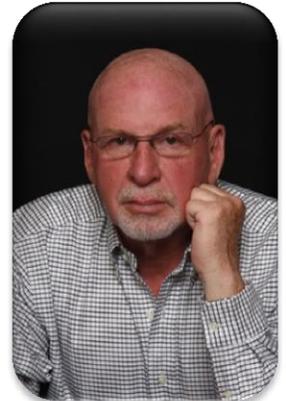
Dr. Pruett makes the case for the merits of fathers in his award-winning books *The Nurturing Father* and *Fatherneed*. Coupling fatherhood with parenting, he has hosted the television series, *Your Child Six to Twelve with Dr. Kyle Pruett*. A frequent contributor to *The New York Times*, *Good Housekeeping*, and *Child*, he serves as consultant for *CBS Morning News* and has appeared on *Good Morning America*, *Oprah*, *CBS This Morning*, and NPR.

Dr. Pruett provides parents, especially fathers, the tools for understanding, nurturing, and enjoying a child's early development. Offering a thoughtful approach based on decades of groundbreaking research, he demonstrates the skills parents need to steer their children on to a healthy and happy course in life.

Bob Stutman

Taking to the front lines of the drug wars, Mr. Stutman made a 25-year career as one of America's highest profile drug busters. A Drug Enforcement Administration (DEA) agent so visible, the Columbian Cartel had at one time targeted him for assassination.

Bob became a street agent with DEA in 1965. In 1970, at age 27, he became the youngest supervisor (GS-14) in the history of the agency. In 1971, he formed the International Training Division where he remained in charge until 1976 when he became Director of the Office of Congressional Affairs. In 1979, at age 36, Bob was promoted to Special Agent in Charge of the New England Field Division (again, the youngest in DEA history). In 1985, Bob was given the responsibility of Special Agent in charge of the New York Field Division (the largest division) where he remained until his retirement in 1990.



In 1990, Mr. Stutman established The Stutman Group, a Management Consulting firm that designs and implements comprehensive and practical substance abuse prevention programs for communities, corporations, and school systems across the nation.



Lacy Kendrick Burk

Lacy serves as Executive Director of Youth MOVE National. Ms. Kendrick and her five younger siblings were placed in foster care when she was age 15, spent six years in foster care. She aged out at 21 and is currently undergoing adoption proceedings with her long time foster parents.

In October 2008 after serving as a youth consultant, Lacy Kendrick Burk joined the staff of the National Child Welfare Resource Center for Youth Development where she worked with youth and adults around issues concerning youth engagement. She served as the lead for the National Youth in Transition Database (NYTD) project. She has served on several boards addressing adoption and foster care issues, including the Missouri State Youth Advisory Board, the ABA-Bar Empowerment Project National Advisory Board and the Multicultural Advisory Committee for the National Child Welfare Resource Center for Adoption. Ms. Kendrick Burk also recently joined the youth committee of the International Foster Care Organization. Her focus areas include youth engagement in systems change, youth adult partnerships, youth leadership development, and evaluation.

Ms. Kendrick Burk obtained her Bachelor's of Arts in Psychology at Missouri State University and her Master's in Counseling Psychology with an emphasis in Organizational Psychology at William Carey University, where she is also pursuing her Master's in Business Administration. Ms. Kendrick Burk continues to advocate for positive outcomes for older foster youth.

William Beardslee, M.D

Dr. Beardslee's long-standing research interest has centered on the development of children who are at risk due to severe parental mental illness and focuses on the ways in which self-understanding helps individuals cope with adversity. His early work describes civil rights workers and how they were able to endure and indeed significantly change the South. He studied resilience in survivors of cancer and in children of depressed parents that led to the development of effective public health interventions for families facing depression, and a ten year randomized trial examination of the two strategies which showed that they were safe and led to lasting gains. This approach has since received high ratings in the National Registry of Effective Programs and is being disseminated widely in Finland, Norway, Costa Rica, and in programs in this country. Dr. Beardslee is currently directing a long-range study at Judge Baker funded by the National Institutes of Mental Health (NIMH) that explores the effects of clinician-facilitated, family-based preventive intervention. This research is designed to gauge the impact of direct intervention and measure its ability to enhance resilience and family understanding for children of parents with affective disorder. In June 2002, Dr. Beardslee published a book for families and lay caregivers about the process of dealing with depression: *Out of the Darkened Room: Protecting the Children and Strengthening the Family When a Parent Is Depressed* (Little, Brown and Company).





David Jobes, Ph.D., ABPP

The research focus of the CUA Suicide Prevention Lab is centered on clinical risk assessment (using both quantitative and qualitative methods) with different suicidal populations in different clinical settings. In recent years particular focus has been on clinical interventions for suicidal patients. CUA has developed a novel therapeutic approach called the "Collaborative Assessment and Management of Suicidality" (CAMS). Work is currently being done to obtaining funding for clinical trials to investigate the effectiveness of CAMS with suicidal patients in the US and other countries. There are various published studies providing solid correlational support for

CAMS. A randomized clinical trial demonstrating the causal effectiveness of CAMS with suicidal outpatients has been recently published.

Dr. Jobes has been working in suicidology since graduate school across various domains—public health, clinical research, epidemiology, and theory-building. He has also worked extensively within Veterans Affairs at both the local and national level. Over the past dozen years, he has been a consultant to each branch of the US military. In recent years his lab has become increasingly involved in VA and military suicide prevention as he works to pursue empirical research with both suicidal veterans and active duty military personnel.

Dr. Gary E. O'Reilly

Dr. Gary O' Reilly is a senior lecturer/director of the PhD Training Programme in Clinical Psychology at University College Dublin, Ireland. He also maintains a part-time clinical appointment as a Principal Clinical Psychologist at the Children's University Hospital. As such he is both an academic researcher and a clinician. He has extensively published in books, peer-reviewed journals, and national and international peer-reviewed conferences. In recent years a significant focus of his work is the development of child friendly computerised cognitive behavioural interventions for young people which are made available to mental health professionals through his website: www.PeskyGnats.com.



Terry L. Cross, MSW, ACSW, LCSW

Terry L. Cross is an enrolled member of the [Seneca Nation of Indians](#) and is the developer, founder, and executive director of the National Indian Child Welfare Association. He is the author of *Heritage and Helping*, an 11-manual curriculum for tribal child welfare staff. He is also the author of the *Positive Indian Parenting* curriculum, as well as *Cross-Cultural Skills in Indian Child Welfare*. He co-authored *Towards a Culturally Competent System of Care* and *Reclaiming Customary Adoption*. In 2008, Terry became a member of the SAMHSA National Advisory Council. In 2009, Terry received the Civic Engagement Award for Excellence in Community-Based Research from Portland State University. In 2010, he was a finalist for the EcoTrust

Indigenous Leadership Award. In June 2011, Terry received the prestigious Robert F. Kennedy Children's Action Corps' "Embracing the Legacy" award at the Kennedy Presidential Library in Boston. Terry has four decades of experience in child welfare, including 10 years working directly with children and families. He served on the faculty of [Portland State University School of Social Work](#) as adjunct professor for 15 years.



Catherine C. Ayoub, M.N., Ed.D

Catherine Ayoub, M.N., Ed.D., is a clinical and developmental psychologist and nurse practitioner with research and practice interests in the developmental impact of childhood trauma across the lifespan, parenting and in the development of prevention and intervention systems to combat risk and promote resilience, with an emphasis on young children and their families.

She has been involved in Tribal work for a number of years and is currently directing three community-wide SAMHSA LAUNCH Tribal evaluations and one Tribal home visiting evaluation. Dr. Ayoub is a senior member of the Early Head Start Research (EHS) consortium and currently co-leads a project on the impact of child welfare involvement on EHS children and families. Her clinical practice is at the Law and Psychiatry Service/Children and the Law Program at Massachusetts General Hospital where she provides forensic assessment, consultation and testimony to courts across the United States and in Latin America on issues of child maltreatment, parenting and the impact of trauma across the lifespan. She is one of a handful of international experts in the assessment and treatment of a form of child abuse called Munchausen by Proxy and directs the largest prospective study on the disorder.

Dr. Ayoub holds an appointment as an Associate Professor at Harvard Medical School and is a medical staff member at Children's Hospital and at Massachusetts General Hospital. She is the author of over 130 research articles, practice papers, book chapters and an edited book. Having spent her childhood in Mexico City, Dr. Ayoub speaks fluent Spanish and has expertise in Hispanic cultural issues and early childhood/mental health programming. She has worked with Tribal communities for a number of years beginning with the Native American Coalition for whom she consulted on the Indian Child Welfare Act.

Wendy Lowe Besmann

Wendy Lowe Besmann, mother of children with mental health and developmental disabilities, is the author of the family workbook "Team Up for Your Child: A Step-By-Step Guide to Working Smarter with Doctors, Schools, Insurers, and Agencies" and the "Road Map" training series based on the workbook. She is also a Wraparound and NAMI Basics trainer, and formerly served as Social Marketer and Technical Assistance/Training Coordinator for the K-Town System of Care in Knoxville, Tennessee.

Toni Ferguson



Toni Ferguson, LMSW is Lead Family Support Specialist for the Oregon Post Adoption Resource Center (ORPARC), a post adoption services program in Portland, Oregon that provides information, resource, referral and consultation for all of Oregon's state adoptive and assisted guardianship families. A prior instructor at Portland State University's Graduate School of Social Work and Child Welfare Partnership, Toni was instrumental in both the development and curriculum creation of Portland State's *Postgraduate Training Certificate in Therapy with Adoptive & Foster Families* program where she earned the Certificate, sits on the Advisory Committee and currently still instructs. A member of the original DHS Post Adoption Family Therapist Team (PAFT) providing intensive post adoption services, Toni has spent over 20 years in child welfare as a Permanency Worker, Foster Home Certifier, School Social Worker and Adoptive/Foster Parent trainer. Toni's identity as an adoptive parent deeply enriches her work.

Nicole Russell

Nicole Russell, LMSW is a Family Support Specialist for the Oregon Post Adoption Resource Center (ORPARC), a post adoption services program in Portland, Oregon that provides information, resource, referral and consultation for all of Oregon's state adoptive and assisted guardianship families. A recipient of NASW's 2009 Community Based Practice Award, Nicole has spent the majority of her career in post adoption services, including supervision and coordination of a foster care lending library for Washington State. She has completed Portland State's *Postgraduate Training Certificate in Therapy with Adoptive & Foster Families*, and has worked as a trainer for Cascadia Training. Prior, she worked within a school-based mental health program in behavior-supported classrooms, conducted parenting classes and skills training, and was a youth director and Head Start teacher. Nicole's personal family connection to adoption gives her support role added insight.



Marion Sharp

Marion Sharp, MA, Portland State University, is the program manager for professional development certificate programs in Interpersonal Neurobiology and in Therapy with Adoptive and Foster Families and a graduate certificate program in Infant/Toddler Mental Health. Marion was a social worker and then therapist (LMFT) in Florida for many years before moving to Oregon. She ran a permanency-focused residential facility for long-term foster care adolescents, and was a child and family therapist at a Child Guidance Clinic where she worked extensively with child sexual abuse treatment. She was part of the original group (including Toni Ferguson above), beginning in 2002, which developed the PSU Therapy with Adoptive and Foster Families certificate program in response to an Oregon survey indicating that the number one need identified by adoptive parents was adoption-competent mental health therapists. Now celebrating its 10-year anniversary, the program has recently won several awards: a 2013 Adoptions Excellence Award from the Children's Bureau, 2012 National Outstanding Noncredit Professional Development of the Year award from UPCEA (University Professional and Continuing Education Association) and the 2012 Regional Outstanding Noncredit Professional Development of the Year award from UPCEA Western Region.

Katrina Socco

Katrina Socco is the Strategy Lead of the Youth Leadership Institute's National Consulting Services and has been with YLI for over 9 years. She is YLI's Lead Trainer, with a passion and vocation for trainer development and professional development to lift career trajectory. Katrina has provided training and technical assistance to 15,000+ youth and adults in over 20 states with a specialist in rural, immigrant, and native communities and in the areas of data driven-action, campaign development and community organizing. Her work in the area of healing and burn-out prevention has sparked a commitment to self-care and care within collectives and organizations.

Susan James-Andrews, M.S., CAC

Ms. James-Andrews is president and chief executive officer of James-Andrews and Associates: CHALLENGES, a training and consultative organization specializing in technical assistance and curriculum development for services that are culturally and gender responsive in all aspects of substance abuse treatment, drug and other problem-solving courts, the criminal justice system (adult, juvenile, community supervision, and prisons), and other systems of care, such as child welfare and education. Applying her clinical experience working with diverse populations, Ms. James-Andrews' energetic style invites participants to revisit how they deliver services to enhance clients' success from a strengths perspective. Ms. James-Andrews is a former executive board member of NADCP, and is chair of the Thurgood Marshall Action Coalition, Inc., a membership organization dedicated to culturally proficient drug and other problem-solving courts. Susan is a board member for The Center for Culturally Competent Education at the State University of New York at Stony Brook. She provides consultation for the National Council of Juvenile and Family Court Judges, SAMHSA, Department of Justice, Office of Justice and Delinquency Prevention, NDCI, other Federal agencies, and private agencies and corporations. Ms. James-Andrews recently completed work as an interventionist at George Mason University on various research studies implementing evidence-based informed practices in the criminal justice system. Ms. James-Andrews is the coauthor of the report *The Impact of Hurricane Katrina and Rita on the Juvenile Justice System*, and has developed numerous curriculums.

21st Annual Children's Behavioral Health Conference

Cultural Sharing Experience

Embassy Suites Norman, OK

Monday, June 23, 2014

4:00 p.m. – 6:00 p.m.

This event will celebrate the vibrant culture of Oklahoma Tribal communities. Attendees will learn about several Oklahoma tribes through the sharing of storytelling and songs. Attendees will have the opportunity to try a traditional dish and participate in a hand game played by many tribes in Oklahoma.

*Hosted by the ODMHSAS Tribal State
Relations Workgroup*



- 4-4:15 p.m. *Welcome and Opening Ceremony*
- 4:15-5 p.m. *Cultural Sharing Experience Tribes: Cheyenne, Choctaw, Comanche, Kiowa and Seminole*
- 5-6 pm: *Traditional Hand Game Exhibition*

For more information, contact Lucinda Myers at

405-522-6810 or lmyers@odmhsas.org

At a Glance

PRE-CONFERENCE INSTITUTES

Monday, JUNE 23RD

7:30 – 5:00pm **Registration**

8:30 – 8:35am **Welcome**

8:35 – 8:55am **Cultural Experience**

8:55 – 9:10am..... **Special Address by Guest Speaker**

9:10 – 9:15am..... **Introduction of Plenary Speakers**

9:15 – 10:30am **Morning Plenary**
 Kyle Pruett
 Steve Buck

10:30 – 10:45am **Break**

10:45 – 11:45am **Pre-Conference Institute Sessions (Part 1)**

11:45 – 1:00pm **Lunch (on your own)**

1:00 - 4:00pm..... **Pre-Conference Institute Sessions (Part 2)**

4:00 – 5:00pm **Book Signings**

6:00 – 8:00pm..... **Cultural Sharing Experience**

This event will celebrate the vibrant culture of Oklahoma Tribal communities. Attendees will learn about several Oklahoma tribes through the sharing of storytelling and songs. Attendees will have the opportunity to try a traditional dish and participate in a hand game played by many tribes in Oklahoma. This cultural sharing experience is hosted by the ODMHSAS, Tribal State Relations Workgroup.

Session Descriptions

PRE-CONFERENCE INSTITUTES

Monday, JUNE 23RD

- Institute 1 **An Evidence-Based Approach to Assessing and Managing Suicidal Youth.**
David Jobes, Ph.D., ABPP
This presentation will provide training in the "Collaborative Assessment and Management of Suicidality" (CAMS). Based on 25 years of research, CAMS is an evidence-based clinical intervention that is used in a range of setting around the world. This training will focus on the adapted use of CAMS for suicidal youth.
- Institute 2 **Creating an Individualized Juvenile Drug Court.**
Susan James-Andrews, M.S., CAC
Too often juvenile justice programs are designed to accommodate the professionals working in the juvenile justice system. This session will explore ways to make your juvenile drug court program work for your clients – the youth and families that you serve. Participants will discuss how to focus on the youth and family's strengths, build upon those strengths, create client centered case plans, and how to give the youth and families a voice in their juvenile drug court experience.
- Institute 3 **Supporting Resilience through an Infant Mental Health Approach.**
Catherine Ayoub, M.N., Ed.D.
The science of early childhood tells us that resiliency in infants and young children develops within the context of nurturing relationships. Early connections with significant adults support neural connections in the brain, establishing the foundation for learning, health and well-being into adulthood. This session will emphasize the importance of supporting early relationships through integration of an infant mental health approach.
- Institute 4 **Pesky Gnats! Adapting Cognitive Behavior Therapy for Young People.**
Dr. Gary O'Reilly
This workshop introduces a 2014 version of a CBT computer game for children aged 9-13 years with depression anxiety – called Pesky Gnats! It is uniquely designed as a computer game that young people play in session with their therapist over the course of seven sessions. Each level of the game incorporates standardised rating scales to assess symptoms. As the child and therapist progress together through the different levels of the game they explore Gnats Island where a concrete metaphor unfolds to introduce them to the main ideas in CBT. Negative Automatic Thoughts are described as gNATs or little flies that bother you that you may not notice; thought monitoring becomes gNAT trapping; cognitive restructuring becomes gNAT swatting; identifying and challenging your core beliefs becomes hunting gNATs back to their hive. The game also includes relapse prevention, relaxation and mindfulness skills. Those who complete this workshop will receive a copy of our game for their clinical use with our compliments.

- Institute 5 **Supporting Lifelong Resilience and Healing: Working with Adopted and Foster Families and Children to Address Abuse, Trauma, and Neglect.**
Toni Ferguson, LMSW; Nicole Russell, LMSW; and Marion Sharp, MA
Impacts of abuse, trauma, and neglect are unfortunately widespread these days, and strongly correlate with long-term impacts on mental and physical health. In this session, we explore the underlying knowledge, attitudes, and skills necessary to address these impacts and support the resilience and healing of adopted and foster kids and their families using strength-based approaches. We also provide an overview of our training program at Portland State University: Therapy with Adoptive and Foster Families Certificate. We explore its evolution and its goal: to increase access to this knowledge so that we can all better serve our families and children.
- Institute 6 **Practice and Systems Collaboration with Substance Abusing Families in Child Welfare.**
Terry L. Cross, MSW, ACSW, LCSW
Parental substance abuse disorders are a factor in the majority of child welfare cases and among American Indians may be as high as 80 percent. The presentation will provide an overview of working with substance abusing families from both a direct service and a systems collaboration point of view. The presenter will discuss how caseworkers might effectively deal with this issue and the implications for how systems adjustments can make this work possible. A collaborative model that engages child welfare, the courts, and behavioral health providers will be discussed.
- Institute 7 **Youth as Leaders.**
Katrina Socco
If you pay attention, you will consistently see young people's deep motivation to challenge and improve the society in which they live. The 2M2L/SADD Youth Leadership Institute will foster this passion and provide ways for youth to channel it into effective community change by engaging youth as leaders, encouraging youth voice as an essential element, and examining environmental and societal factors such as underage drinking, tobacco use, drug abuse, bullying and distracted driving.
- Institute 8 **Road Map to Family Engagement.**
Wendy Lowe Besmann
Children have far better outcomes when families work effectively with professionals to solve problems and meet goals. This highly interactive training offers a "Road Map" staff can use to engage families as partners in treatment and other services. Focus will be placed on practical strategies that address everyday situations identified by participants.
- Institute 9 **Ten Rules Governing Behavior.**
Laura Riffel, PhD
This presentation will focus on what causes behaviors to show up and what adults can do to ameliorate these behaviors.

At a Glance

GENERAL CONFERENCE SESSIONS

Tuesday, JUNE 24TH

7:30 – 8:30am**Registration**

8:30 – 8:35am**Welcome**

8:35 – 8:55am**Entertainment: Teams of Tomorrow (TOTS)**

8:55 – 9:05am.....**Address by Commissioner Terri White, MSW**

Oklahoma Department of Mental Health and Substance Abuse Services

9:05 – 9:10am..... **Introduction of Plenary Speaker**

9:10 – 10:30am**Morning Plenary**

“Welcome to America’s Worse Drug Epidemic”
Bob Stutman

Lacy Kendrick Burk

10:30 – 10:45am **Break and Book Signing**

10:45 – 12:15pm**Concurrent Workshops – Session 1**

12:15 – 1:30pm**Lunch (on your own)**

1:30 – 3:00pm**Concurrent Workshops – Session 2**

3:00 – 3:15pm.....**Break**

3:15 – 4:45pm**Concurrent Workshops – Session 3**

5:30 – 7:30pm.....**Networking Reception**

An Evening with the **E**ducation **T**raining, **E**valuation, **A**ssessment and **M**easurement Department (E-TEAM) at the University of Oklahoma Outreach for those who are interested in learning more about evaluation and informed decision-making.

Workshop Descriptions

Session 1

Tuesday, JUNE 24TH (10:45 am – 12:15 pm)

- | Session | Title |
|---------|--|
| 1A..... | <p>Sustainability and Targeting
Bridget Ortega
This session will discuss the “ideal” juvenile drug court candidates and explore some of the barriers that courts face in getting the appropriate youth into the program. Faculty will discuss how to match your juvenile drug court target population to your community and available resources.</p> |
| 1B..... | <p>Therapy for Infants and Toddlers in the Child Welfare System
Ellen Simmons, M.S. LPC, IMH-E-III and Angela Fultz, M.A. LPC, IMH-E-III
This presentation will highlight therapeutic interventions for children in the child welfare system or children who have experienced trauma. It will cover how to work with biological parents, foster parents and the nuances of working with a court system. The presenters will review how to assess parental capacities, increase caregiver knowledge of child development, and how to help caregivers understand their child through an appropriate trauma lens.</p> |
| 1C..... | <p>Synthetic (Designer) and Naturally Occurring...Drugs
Cardwell C. Nuckols, Ph.D.
This skills-training event will introduce participants to the current world of designer drugs and also to the naturally occurring substances used to alter the mind. Emphasis will be placed on the cannabinoids (example-“Spice”), stimulant “bath salts” (example-“Bonsai Grow”), psychedelics (example-“Europa”), naturally occurring depressant/stimulant (example-“Kratom”) and mixtures such as the opioid-like “Krokodil”. This training will give participants an understanding of the subjective, toxic and withdrawal effects of the drugs and other issues important to treatment.</p> |
| 1D..... | <p>Resilience and Coping Intervention (RCI) Part 1: Overview of Child and Family Resilience
Dr. Sandy Allen and Dr. Betty Pfefferbaum
The Resilience and Coping Intervention (RCI) is a group coping exercise that is appropriate for classrooms and for community programs that serve children. RCI-Child encourages children to share their thoughts and feelings about their experiences and to identify appropriate and successful coping strategies. It engages children in dialogue about issues that are difficult to discuss and it is skill-enhancing. RCI-Child sessions can focus on disasters, community trauma, or other challenges in children's lives. Two breakout sessions will describe RCI. The first session will provide an overview of resilience and coping in youth and families. The second session will describe the RCI intervention and illustrate implementation. For those wanting to learn about RCI, attendance at both sessions is encouraged, but not required.</p> |

- 1E..... **DSM V Update on Child Trauma**
 Susan Schmidt, Ph.D.
 This session will review the changes regarding diagnosis of childhood PTSD in the new DSM V manual.
- 1F..... **Cultural Competency**
 Renee Mack
 Working with diverse client populations requires all members of a coordinated treatment team be cultural competent in order to achieve successful health outcomes. Understanding how culture influences behavior is key to this goal. This session will define cultural competency and its expression of it along a continuum of cultural groups.
- 1G..... **Catch It! Exposure to GAIN – It's Contagious!**
 Matthew Orndorff, MA
 This session will provide an introduction to the GAIN Family of Instruments and how the tools support clinical utility, research and program evaluation. Participants will be allowed time for Q&A.
- 1H..... **Environmental Strategies 101: Moving from Education to Action**
 Katrina Socco
 If you pay attention, you will consistently see young people's deep motivation to challenge and improve the society in which they live. The 2M2L/SADD Youth Leadership Institute will foster this passion and provide ways for youth to channel it into effective community change by engaging youth as leaders, encouraging youth voice as an essential element, and examining environmental and societal factors such as underage drinking, tobacco use, drug abuse, bullying and distracted driving.
- 1I..... **Road Map to Better Services for Families (Part 1)**
 Wendy Lowe Besmann
 Finding the right help for a child with emotional or behavioral problems can be overwhelming. This interactive workshop offers a practical "Road Map" to services, with simple, family-tested strategies for navigating the world of doctors, schools, insurers, and agencies.
- 1J..... **Family Youth Track (13-17 year olds)**
 Bob Stutman and Lacy Kendrick Burk
 Hear more from the plenary presenters about co-occurring disorders and their personal journey to recovery.
- 1K..... **Celebrating Me! Connecting Kids (6-12 year olds)**
 Sooner Success

Workshop Descriptions

Session 2

Tuesday, JUNE 24TH (1:30 – 3:00 pm)

Session	Title
2A.....	<p>Clinically Interviewing Suicidal Teens David Jobes, Ph.D., ABPP This workshop will feature videos of two clinical interviews with suicidal teenagers. The workshop will emphasize interview techniques and show the nature of the adolescent suicidal mind. Differences between genders will also be explored.</p>
2B.....	<p>Evidence-based Treatment Susan James-Andrews, M.S., CAC No matter how effective the juvenile justice interventions, a JDC cannot be successful without quality evidence-based adolescent treatment. This session will discuss the latest evidence based screening, assessment and treatment tools available and will explore how to incorporate therapeutic jurisprudence topics into your juvenile drug court. Getting the right youth into the right program at the right time can lead to a program that can be demonstrably effective, leading to program institutionalization.</p>
2C.....	<p>Welcome to America's Worst Drug Epidemic (Part 1) Bob Stutman Our society has nearly pre-destined our children to use drugs. With only 4% of the world's population, the United States consumes 60% of the world's drugs. Any medical professional would agree – we are in the middle of a major medical epidemic. And like most epidemics it will not “self-cure”. How long are we going to let this epidemic run rampant in the U. S.? Today, we are facing what may be the most devastating public health problem of the modern age and we are not even talking seriously about it.</p>
2D	<p>Reflective Practice Case Consultation: Session 1 Stacey Leakey, PhD, IMH-E (IV), Ashleigh Kraft, LPC Reflective Practice/Reflective Supervision is a cornerstone of best practice in infant mental health. Attendees will have an opportunity to participate in a live reflective practice case consultation. Presenters will help participants identify how reflective practice enhances traditional clinical supervision.</p>

- 2E..... **“Who Care about Kelsey?”**
 Panelists: Lori Wathen, Sooner Success, Stacy Williams, Oklahoma Systems of Care, Gail Israel, Mental Health Association of Oklahoma, Patty Nuffer, School Psychologist and Traci Cook, NAMI Oklahoma
 Failing Grades + ADHD + self-mutilation + abuse = Dropout
 Kelsey Carroll has one goal--to graduate from high school--and plenty of reasons why she shouldn't. Watching this video you will see what supports helped her transform from a defiant and disruptive 'problem student' to a motivated and self-confident young woman.
- 2F..... **Violence: Risk Assessment and Management**
 Cardwell C. Nuckols, Ph.D.
 Assessing risk of violent behavior should be based upon both intuitive experience and empirical knowledge. This skills building training will lead the clinician through the intricacies of documentation, risk assessment utilizing the various tools available, and the development of a management plan. This management plan will review duty to warn, how to manage available weapons, medications that might exaggerate the problem, development of a safety plan and other practical approaches every clinician should understand. Although rare, a violent episode should be understood as a process allowing for intervention. It is imperative a clinician understand their own subjective response and have the skills to hopefully prevent the process from coming to fruition.
- 2G..... **Am I Connected?**
 Laura Osbun, MS; and Theresa West, BA
 Am I Connected? is geared to foster understanding and knowledge regarding the concept of permanency and permanent connections. Participants will gain awareness of their own personal beliefs about permanency and they will be able to recognize the various stages of permanent relationships; Identify, Establish and Maintain. Participants will know and understand the qualities and importance of supportive adults and they will identify existing connections to those who are currently supportive in their lives.
- 2H..... **Catch It! Exposure to A-CRA – It’s Contagious!**
 Jennifer Smith Ramey, MS, Ed.S, LPC
 This session will provide an overview of the Adolescent Community Reinforcement Approach, an evidence based practice listed on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) and several websites endorsing evidence based practices. Participants will learn about the principles of A-CRA as well as the structure and approach to treating adolescents and their caregivers.
- 2I..... **Suicide Prevention in Public Schools**
 Staci Wayant and Natalie Haymaker
 Empowering young people with the tools they need for suicide prevention comes through education. We will take you through each step in implementing an evidence-based suicide prevention program, from writing the policy through the follow-up to year one of implementation.

2J..... **Road Map to Better Services for Families (Part 2)**



Wendy Lowe Besmann

Finding the right help for a child with emotional or behavioral problems can be overwhelming. This interactive workshop offers a practical "Road Map" to services, with simple, family-tested strategies for navigating the world of doctors, schools, insurers, and agencies.

2K..... **In Our Own Voice (13-17 year olds)**



Julia Jernigan and Preston Northcraft

NAMI In Our Own Voice is a unique public education program in which presentations consist of two trained speakers sharing their compelling personal stories of living with mental health challenges and achieving recovery. Audiences range from individuals living with mental health challenges, students of all ages, law enforcement officials and faith community members to veterans and service providers.

2L..... **Celebrating Me! Connecting Kids (6-12 year olds)**



Sooner Success

Workshop Descriptions

Session 3

Tuesday, JUNE 24TH (3:15 – 4:45 pm)

Session	Title
3A.....	The Impact of Suicidal Rock Music Lyrics on Young People David Jobes, Ph.D., ABPP A series of the lab-based studies of suicidal rock music lyrics will be presented. These studies provide intriguing and sometimes surprising results about the impact of such lyrics on young people. The findings are discussed in relation to larger issues of free speech and concerns about potential copy-cat effects.
3B.....	Incentives and Sanctions Bridget Ortega Juvenile Drug Courts use incentives and sanctions as a tool to guide adolescents to a substance-free and socially appropriate lifestyle. In this workshop participants will develop a decision matrix for their JDC program that can serve as a guide for their team in using incentives and sanctions as a catalyst for adolescent behavior change.
3C.....	America's Worst Drug Epidemic (Part 2) Bob Stutman
3D.....	Reflective Practice Case Consultation: Session 2 Stacey Leakey, PhD, IMH-E (IV), Ashleigh Kraft, LPC Reflective Practice/Reflective Supervision is a cornerstone of best practice in infant mental health. Attendees will have an opportunity to participate in a live reflective practice case consultation. Presenters will help participants identify how reflective practice enhances traditional clinical supervision.
3E.....	Resilience and Coping Intervention (RCI) Part 2: Using the RCI Intervention with Youth Dr. Sandy Allen and Dr. Betty Pfefferbaum The Resilience and Coping Intervention (RCI) is a group coping exercise that is appropriate for classrooms and for community programs that serve children. RCI-Child encourages children to share their thoughts and feelings about their experiences and to identify appropriate and successful coping strategies. It engages children in dialogue about issues that are difficult to discuss and it is skill-enhancing. RCI-Child sessions can focus on disasters, community trauma, or other challenges in children's lives. Two breakout sessions will describe RCI. The first session will provide an overview of resilience and coping in youth and families. The second session will describe the RCI intervention and illustrate implementation. For those wanting to learn about RCI, attendance at both sessions is encouraged, but not required.

3F..... **Culturally Competent Behavioral Health Treatment Practices for Persons who Identify as LGBT**

Kris Williams and Jonathan Roberts

3G..... **Busting the Myths: Children With Developmental Disabilities and Mental Illness**

JoAnne Goin, LCSW and Michaela Bishop

This workshop will dispel myths associated with developmental disabilities and mental illness.

3H..... **Youth-Adult Partnerships: Sharing Power to Make Change**



Katrina Socco

If you pay attention, you will consistently see young people’s deep motivation to challenge and improve the society in which they live. The 2M2L/SADD Youth Leadership Institute will foster this passion and provide ways for youth to channel it into effective community change by engaging youth as leaders, encouraging youth voice as an essential element, and examining environmental and societal factors such as underage drinking, tobacco use, drug abuse, bullying and distracted driving.

3I..... **Advocacy: You are Already Doing It!**



Joni Bruce, Ellen Bruce and Katharine Carson

Advocacy is not a bad word. When we visit with a physician, teacher or therapist and ask them to change our medication or school services, we are advocating for what we feel is best for ourselves or our child. Caregivers need the nuts and bolts of advocacy but so do our youth and young adults! Leave this session with tips on working with all providers, colleges, legislators and others to assure you or your child achieve their very best. Hear from a young adult who has advocated at the college level to assure she has needed supports to assure success.

3J..... **Family Youth Track (13-17 year olds)**



Jen Randall

3K..... **Celebrating Me! Connecting Kids (6-12 year olds)**



Sooner Success

At a Glance

GENERAL CONFERENCE SESSIONS

Wednesday, JUNE 25th

7:30 – 8:30am**Registration**

8:30 – 8:35am**Welcome**

8:35 – 8:55am**Cultural Experience**

8:55 – 9:05am..... **Special Address by Dallas Pettigrew, MSW**
Manager of Administrative Operations, The HERO Project
Cherokee Nation Behavioral Health

9:05 – 9:10am..... **Introduction of Plenary Speakers**

9:10 – 10:30am**Morning Plenary**

*“Prevention of Mental Illness and Healing from Adversity:
The Importance of Shared Understanding and Supporting
Parents”*
William Beardslee, M.D.

10:30 – 10:45am**Break**

10:45 – 12:15pm**Concurrent Workshops – Session 4**

12:15 – 12:30pm**Break**

12:30 – 1:45pm**Luncheon, Ramana Award Ceremony**

12:45-1:00pm**Entertainment**

1:00-1:15pm**Presentation of the Ramana Award**

1:15-1:30pm**Presentation of the Jeff Tallent Award**

1:45 – 2:00pm**Break**

2:00 – 3:30pm**Concurrent Workshops – Session 5**

Workshop Descriptions

Session 4

Wednesday, JUNE 25th (10:45 am – 12:15 pm)

Session	Title
4A.....	Pesky Gnats: An Overview Gary O'Reilly Pesky Gnats is a unique and de-stigmatising mental health intervention. It is delivered through a 6-8 session computer game that young people play alongside a mental health professional. It translates the mental health treatment for anxiety and depression with the strongest scientific evidence from an adult oriented format to a child friendly approach.
4B	Catch It! Exposure to A-CRA – It's Contagious! (Repeat) Jennifer Smith Ramey, MS, Ed.S, LPC Session will provide an introduction to the GAIN Family of Instruments and how the tools support clinical utility, research and program evaluation. Participants will be allowed time for Q&A.
4C.....	Parents that have Experienced Trauma (Part 1) Pam Toohey This workshop addresses the parent's current and childhood traumas and the negative effects on the individual that can last a lifetime. Treatment, healing and building resilience are necessary to parent the children that have experienced trauma with or because of the parent.
4D.....	Ethics, Standards of Practice, and Risk Management (Part 1) Arlene B. Schaefer, Ph.D. The workshop will focus on the increasing complexity of providing services and maintaining records that comply with current standards of practice. Topics will include the special issues when minors are service recipients. The goal is to help mental health providers be aware of the mistakes that could result in sanctions.
4E.....	Accepting and Respecting Cultural Diversity Elizabeth Salinas Newby, MA The presentation will cover authentic and typical Latino family dynamics, their traditions, their beliefs, their character and the common responses about them and how they see and experience the world around them. Best practices on how to work with our Latino/Hispanic communities.

4F.....**The 4th R: Mental Health First Aid for Youth**

Felecia Jackson, MA

Funded by the ODMHSAS, this workshop introduces participants to the new CREOKS Mental Health, 4th R, Youth Mental Health First Aid Pilot program. This program provides free Mental Health First Aid training to K-12 certified staff and education support professionals in Oklahoma. Participants will learn about this evidence based mental health literacy program and how it is helping people throughout the world understand, respond and **reach out** to individuals who struggle with mental health issues.

Workshop Descriptions

Session 5

Wednesday, JUNE 25th (2:00 – 3:30 pm)

Session	Title
5A.....	I Scream, You Scream, But Why Are We All Screaming: Promoting Self Regulation in Children Under 5 Amy Huffer, LCSW and Melissa Griffin, M.S. Exploring the development of self regulation in children under the age of 5.
5B.....	Catch It! Exposure to GAIN – It's Contagious! (Repeat) Matthew Orndorff, MA This session will provide an overview of the Adolescent Community Reinforcement Approach, an evidence based practice listed on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) and several websites endorsing evidence based practices. Participants will learn about the principles of A-CRA as well as the structure and approach to treating adolescents and their caregivers.
5C.....	Parents that have Experienced Trauma (Part 2) Pam Toohey This workshop addresses traumas that the child may have experienced and the effects on the child, youth and young adult. Treatment may be needed but healing and building resilience is a must for the healthy development of the child and for positive healthy choices and lifestyle as an adult.
5D.....	Ethics, Standards of Practice, and Risk Management (Part 2) Arlene B. Schaefer, Ph.D.
5E.....	Oklahoma's Prescription Drug Abuse and Misuse Epidemic Avy Redus, M.S. Prescription drug abuse is Oklahoma's fastest growing drug problem. Of the nearly 3,900 unintentional poisoning deaths in Oklahoma from 2007-2012, 79% involved at least one prescription drug and almost 90% of those deaths involved prescription painkillers. The goals of this workshop is to increase awareness of prescription drug abuse in Oklahoma, educate on proper disposal and storage of prescription drugs, and provide the resources parents, communities and coalitions need to play an active role in reducing this epidemic.
5F.....	Getting to Know Your New State Board of Behavioral Health Vicki Reynolds, LPC-LMFT, C.E.A.P.; Eric Ashmore, and several LBHL Board Members A power point describing the early beginnings of all 3 Licensing Boards, up to and including our new Composite Board, will be presented. Board Members and the staff will present information on changes that will be occurring going forward and will answer questions people may have.

Family & Youth Agenda

Tuesday, JUNE 24th

7:30 –8:30am**Registration**

8:30 – 8:35am**Welcome**

8:35 – 8:55am**Entertainment**

8:55 – 9:05am.....**Address by Commissioner Terri White, MSW**

Oklahoma Department of Mental Health and Substance Abuse Services

9:05 – 9:10am..... **Introduction of Plenary Speaker**

9:10 – 10:30am**Morning Plenary**

Bob Stutman
Lacy Kendrick Burk

10:30 – 10:45am **Break and Book Signing**

10:45 – 12:15pm**Concurrent Workshops – Session 1**

1I..... **Road Map to Better Services for Families**

Wendy Lowe Besmann

Finding the right help for a child with emotional or behavioral problems can be overwhelming. This interactive workshop offers a practical "Road Map" to services, with simple, family-tested strategies for navigating the world of doctors, schools, insurers, and agencies.

1J.....**Family Youth Track (13-17 year olds)**

Bob Stutman and Lacy Kendrick Burk

1K..... **Celebrating Me! Connecting Kids (6-12 year olds)**

Sooner Success

12:15 – 1:30pm**Lunch with the group**

1:30 – 3:00pm**Concurrent Workshops – Session 2**

- 2J..... **Road Map to Better Services for Families (REPEAT)**
Wendy Lowe Besmann
Finding the right help for a child with emotional or behavioral problems can be overwhelming. This interactive workshop offers a practical "Road Map" to services, with simple, family-tested strategies for navigating the world of doctors, schools, insurers, and agencies.
- 2K..... **In Our Own Voice (13-17 year olds)**
Julia Jernigan and Preston Northcraft
NAMI In Our Own Voice is a unique public education program in which presentations consist of two trained speakers sharing their compelling personal stories of living with mental health challenges and achieving recovery. Audiences range from individuals living with mental health challenges, students of all ages, law enforcement officials and faith community members to veterans and service providers.
- 2L..... **Celebrating Me! Connecting Kids (6-12 year olds)**
Sooner Success

3:00 – 3:15pm.....**Break**

3:15 – 4:45pm**Concurrent Workshops – Session 3**

- 3I..... **Advocacy: You are Already Doing It!**
Joni Bruce, Ellen Bruce and Katharine Carson
Advocacy is not a bad word. When we visit with a physician, teacher or therapist and ask them to change our medication or school services, we are advocating for what we feel is best for ourselves or our child. Caregivers need the nuts and bolts of advocacy but so do our youth and young adults! Leave this session with tips on working with all providers, colleges, legislators and others to assure you or your child achieve their very best. Hear from a young adult who has advocated at the college level to assure she has needed supports to assure success.
- 3J..... **Family Youth Track (13-17 year olds)**
Jen Randall
- 3K..... **Celebrating Me! Connecting Kids (6-12 year olds)**
Sooner Success

5:30 – 7:30pm**Networking Reception Hosted by the OU E-Team**

Conference Partners

