

42nd Annual Governor's Conference for the Prevention of Child Abuse & Neglect

Keynotes

Balancing ACEs with HOPE (Healthy Outcomes of Positive Experiences), Robert Sege, MD, Ph.D, Tufts Medical Center

The purpose of this keynote is to present newly released, compelling data that reinforce the need and amazing opportunity to support families and communities in the cultivation of relationships and environments that promote healthy childhood development. This approach, which adds to the growing body of work on the Science of Thriving, seeks to foster strong families and promote the prevention, mitigation, and healing from adversity.

The Amazing Adolescent Brain, Linda Chamberlain, Ph.D, MPH, The Alaska Family Violence Project
The adolescent brain is a work-in-progress. Dr. Chamberlain begins with an overview of the building blocks of the brain to demonstrate how adolescence is a critical window of opportunity in brain development. Focusing on the areas of the brain that show the most profound changes during adolescence, she engages the audience to understand how these changes can influence adolescents' emotions, decision-making, and behaviors. The unique vulnerability of the developing adolescent brain to alcohol and drugs is examined. Practical strategies for improving communication, maximizing healthy brain development and minimizing stress and conflict are highlighted. Translating science into practice, Dr. Chamberlain highlights key strategies to promote resilience and best practices that are making a difference for adolescents and families.

Institutes

Wednesday, November 7

9:00am-4:30pm

N-1 The 6 R's as a Neurosequential Foundation for Therapy with Children, Rick Gaskill, Ed.D, LCP, Sumner Mental Health Center

Perry and Hambrick (2008) defined 6 core relational elements that promote positive neurodevelopmental experiences. Employing developmentally relevant, repetitive, relational, rhythmic, rewarding, and respectful interventions has greatly improved the effectiveness of therapy interventions (Barfield, Dobson, Gaskill, & Perry, 2011; Gaskill & Perry, 2012, 2014, 2017; Hansen, 2011). Understanding and applying each of these key elements in a sequential process greatly enhances the impact of the treatment intervention and its effectiveness.

N-2 Trauma-Informed Supervision: Principles and Tools for Supervisors, Teresa Strausz, LMSW, MSOD, Wichita State University, Joyce McEwen-Crane, PhD, PCC, Wichita State University

Employee health and resilience are important factors in achieving positive client outcomes. Learn ways to incorporate trauma-informed supervision into your organization to increase resiliency and positively impact staff retention, secondary traumatic stress/burnout and effective client services.

N-3 Expanding Our Silos: Building Effective Collaboration between Child Welfare Professionals and Domestic Violence Advocates, Kristina Scott, Kansas Coalition Against Sexual and Domestic Violence; Bre Kirkhart, Kansas Coalition Against Sexual and Domestic Violence; Jayne Fry, MS, LMFT, Saint Francis Community Services

Building an effective partnership between child welfare professionals and domestic violence advocates enhances the communication among collaborative partners. Maintaining these partnerships can break down the barriers that survivors encounter. By attending this institute participants will learn the key

components to building an effective collaboration; gain knowledge of the different systems domestic violence survivors interact with; and understand the different confidentiality and mandatory reporting requirements of child welfare professionals versus domestic violence advocates.

N-4 The DSM-5 Transition: A Diagnostic and Treatment Workshop, Jean Mash, LSCSW, LCAC

The institute will focus on the key changes that have been made with regards to DSM-5 that require new diagnostic approaches. The main revisions from the DSM-IV-TR to the DSM-5 will be discussed along with significant changes to the diagnostic framework and organizational structure of the DSM-5. Participants will gain a practical understanding of the DSM-5 format, use in the assessment process, and impact of the changes on assessment and treatment of mental disorders. This session is appropriate for those familiar with previous diagnostic protocols as well as those new to the DSM.

N-5 Partnering for a Successful Court Process

N-6 The Power of the Positive (ACEs), Robert Sege, MD, Ph.D., Tufts Medical Center; Ghazala Perveen, MBBS, Ph.D., MPH, Kansas Department of Health & Environment; Lori Haskett, BA, Kansas Department of Health & Environment; Anne Maack, MPA, Wichita State University; Vicky Roper, MS, Kansas Children's Service League

During this institute, participants will explore the power of positive relationships and experience on lifelong health. The institute will feature a discussion on the effects of family-friendly policies on child development and adult health with Dr. Bob Sege from the Tufts University Center for Community-engaged Medicine. KDHE will share region-by-region data mapping reports of childhood adversity and its long-term health effects. Then participants will learn about tools to build communities that build hope and respond to trauma. Learn about the latest developments in Kansas' primary CAN prevention efforts through coalition work called Kansas Power of the Positive.

Workshops

Thursday, November 8

10:30am-Noon

1-1 *More Joy, Less Stress-Mindfulness is Self-care*, Connie Porazka, MBSR, Retreat to Joy

Mindfulness provides a way that people can retreat to joy and develop resilience to stressful situations.

Joy is not a giddy type of emotion rather it is being happy no matter what happens.

Joy is being in the present moment. I would like people to leave feeling they have a new tool for self-care that they may access anytime of the day. A tool that would leave them refreshed and better able to cope with their challenges.

1-2 *School Mental Health Advisory Council: Strengthening Partnerships, Informing Policy and Impacting Practice*, Kathy Busch, MS, Kansas State Board of Education; Myron Melton, MS, Kansas State Department of Education

The School Mental Health Advisory Council (SMHAC) is a collaborative group comprised of regional and state level partnerships. This workshop details the purpose, process and products related to the SMHAC. Participants will also gain knowledge of Interconnected System Frameworks, and the application of this process at the state, regional and local levels.

1-3 *Child Abuse/Neglect: Intake, Investigation and Assessment*, Lynnea Kaufman, LBSW, Kansas Department for Children and Families; Erica Hunter, Kansas Department for Children and Families

Participants will walk through the DCF intake, investigation and assessment process. Discussion will center on risk and safety assessments; as well as case finding decision points. Participants will leave with an enhanced understanding of the DCF decision making process.

1-4 *Implementing a Problematic Sexual Behavior Program*, Ericka Purcell, LCMFT, Sedgwick County Child Advocacy Center; Tabitha Winter, LPC, Sedgwick County Child Advocacy Center; Sarah Bahns, LCMFT, Sedgwick County Child Advocacy Center

The Child Advocacy Center of Sedgwick County Clinical Team will discuss the increase of problematic sexual behavior among children and the treatment options for these behaviors. Presentation will include discussion of myths regarding problematic sexual behavior, the treatment outline for PSB-CBT, and referral process for getting children into the PSB-CBT treatment program.

1-5 *Active Shooter Response Options Training*, Robert Hephner, Deputy, Sedgwick County Sheriff's Department

The Response Options course, designed and built on the Run, Hide, Fight strategy accepted across the nation, provides strategies, guidance and a proven plan for surviving an active shooter event. Topics include the history and prevalence of active shooter events, civilian response options, law enforcement response, and considerations when dealing with an active threat. The goal of the course is to develop the participant's basic knowledge and understanding to a proficient level, enabling the participant to immediately make a decision when faced with an active threat.

1-6 *10 by 30: An Anti-Poverty Campaign for the State of Kansas*, Scott Anglemeyer, MA, KS Association of Community Action Programs

Poverty is a severe and persistent problem in the state of Kansas. The official poverty rate for Kansas in 2016 (the most recent year for which a rate was calculated) is 12.1%, and has been above 10% every year since 2000. Despite the hard work of hundreds of organizations and thousands of individuals in the state working to address poverty, the combined resources available to support these efforts are not sufficient to make a meaningful dent on the state's poverty rate in Kansas. What has been missing is a broad, statewide commitment to not just address poverty, but to reduce it. This workshop will present a campaign to encourage Kansans to make that commitment.

1-7 *Navigating the Relationship with Your Child's Birth Family*, Nina Shaw-Woody, LMSW, Kansas Family Advisory Network; Margarita Carlson, Minister, Kansas Family Advisory Network

Building and establishing relationships are never easy but they can be done, especially with birth parents and caregivers. In this interactive workshop, participants will have the opportunity to hear from birth parents and child welfare staff, while determining the most important characteristics in building a positive relationship with birth parents.

1-8 *Trauma Informed in Schools*, Cindy Blasi, LMSW, USD 260 Derby Public Schools,

This training demonstrates how the education system can use the ACES study to acknowledge how students need an educational environment which ensures safety and nurturance for all. When students have this, students are able to build positive relationships with staff and peers. Interventions and best practices to address self-regulation for both students and educators will also be shared in this presentation.

1-9 *The Secret to Being Effective at Working with Substance Affected Families*, Jennifer Gassmann, LBSW, Kansas Children's Service League; Cristi Cain, MPH, Kansas Department of Health & Environment
Parental substance use is recognized as one of the leading risk factors for child abuse and neglect and

child welfare involvement. Identifying substance use and meeting the needs of parents with substance use and the needs of their children can be challenging. Innovative approaches have helped point to new directions for more effective and collaborative service delivery that will support both parents and children. This session will explore the challenges of working with this population, as well as discussing best practice strategies that will help families affected by substance use to succeed.

Thursday, November 8

1:30pm-3:00pm

2-1 *Introduction to Suicide Intervention: You Can Help*, Monica Kurz, BA, Headquarters, Inc.; Kristin Vernon, LCSW, Headquarters, Inc.

Encountering suicide risk in service recipients, friends or family can be one of the most intimidating circumstances any professional will encounter in their careers. It often leads to questions of 'what can I do?' or fears that saying anything will 'make it worse.' This presentation will focus on teaching participants what to look for to recognize suicide risk. Then participants will be given some easy to follow steps for how to engage with a person who is having thoughts of suicide to promote safety and life. Monica Kurz and Kristin Vernon have been working in the field of suicide prevention since 2005. They bring years of expertise in intervening with suicide risk in their roles at Headquarters, Inc, the only agency to provide National Suicide Prevention Lifeline services for all 105 counties in Kansas.

2-2 *Trauma Center Trauma Sensitive Yoga*, Deanne Dinkel, TCTSY-F, RYT, Trauma Center-Boston, MA; Jane Meschberger, RYT Candidate, LMSW, Yoga Alliance

Trauma Center Trauma Sensitive Yoga (TCTSY) will be discussed as a modality for those who have experienced trauma in their lives. As living beings we are all impacted by stress and trauma. Discussion on the components of a TCTSY class and ways it can be useful to address trauma without outcomes. A short self-care TCTSY session will be offered in the presentation. Conference attire is appropriate for this practice.

2-3 *Fostering Resilience in Children Exposed to Domestic Violence*, Kristina Scott, Kansas Coalition Against Sexual and Domestic Violence; Bre Kirkhart, Kansas Coalition Against Sexual and Domestic Violence
This workshop will provide participants with an overview of the impact domestic violence can have on children and their development. There will be a focus on understanding the protective strategies that survivors use to keep their children safe and mitigate the effects of the abuse. Participants will learn strategies to increase resiliency in children who have been exposed to domestic violence.

2-4 *Kansas Youth Advisory Council – The Voice of Youth Utilizing Transition from Foster Care into Adulthood*, Michelle Reichart, MA, Kansas Department for Children and Families

Who better to explain and help others understand what youth really need when transitioning out of care than the youth themselves? Panel members from the KYAC will share what they and other youth need to successfully transition to adulthood. In addition, panel members will give an honest account about their experiences they have had with Child Welfare Services in Kansas, and share tasks as identified on their Work Plan.

2-5 *Ethics in the Electronic Age, Part 1*, Donald Kurtz, Ph.D, LMSW, Kansas State University

This presentation offers a practical exploration of ethical issues associated with modern technology and professional practice in social work, human services and other helping professions. The program identifies important professional and individual values that frequently generate ethical tensions in service delivery in the electronic age, and reviews emerging standards for appropriate use of technology. The training also explores important emerging ethical principles related to utilization of

email, social networking, and other social media with particular emphasis placed on risk-management. Participant outcomes will include an increased ability to identify potential ethical dilemmas and modern service delivery, specific tools to manage conflicts and ethical problems related to technology, methods to reduce ethical conflicts, and a strong understanding of the application of existing ethical decision making tools to modern service delivery.

2-6 *Road Map for Latino Community Outreach*, Officer Paul Estrada-Cruz, Wichita Police Department
WPD Public Information Officer and Hispanic/ Latino Liaison Officer Paul Estrada Cruz will talk about the road map he has developed to successfully reach the city's Latino Community. As a former journalist on the local Spanish television station, Officer Cruz brings his leadership and passion for working with the Hispanic/Latino community. Officer Cruz will share why he believes all agencies needs to be aware of cultural norms, demographics and an effective engagement strategy. During this interactive session, Officer Cruz will share how he helped encourage police department staff to be creative with social media and to work with local Spanish media. He is leading the way in breaking barriers with Latino and Hispanic Community residents and bridging the gap between that community and law enforcement.

2-7 *Animal Assisted Therapy – Practical Applications for Supplemental Therapeutic Supports in Pre-School Programs*, Missi Martinez, LPC, Kansas Children's Service League; Seamus, Registered Therapy Dog

Animal Assisted Therapy can help a dysregulated person feel calmer, safer, and more confident. When Seamus sits with someone, he encourages touch – which releases endorphins, and helps the individual regulate cortisol and adrenaline production. He essentially helps by encouraging calm in his clients. When we work with a child, we teach him or her that their emotions and behaviors influence Seamus' emotions and behaviors. They can see his anxiety or agitation and learn to identify their own feelings and behaviors, and how those may be making others feel. Children learn about empathy by recognizing that their actions affect others, and they learn how self-calming can improve the way that they relate to their environment and the people in it.

2-8 *The Kansas Education Advocate Program*, Darla Nelson-Metzger, BS, Families Together, Inc.
Children age 3-21 in the custody of the state, who have unknown or unavailable parents and who are receiving or are in need of special education services are required to have a legal decision maker appointed to act on their behalf. In Kansas, these persons are known as Education Advocates. Participants will gain an understanding of the qualifications for the appointment of an education advocate, the role and responsibilities of advocates in the special education process, and the role of the contracting agency worker in this program. The protections for children in foster care under the Individuals with Disabilities Education Act (IDEA) and the Every Student Succeeds Act (ESSA) will also be reviewed.

2-9 *We Once Were Children: Voices of Incarcerated Men and Women*; Dave Ranney; Brian Daldorph, University of Kansas

An exercise in a creative writing group for inmates in the Kansas prison system resulted in compelling stories about life. This session will feature these stories. Current and former inmates share their thoughts on family, childhood, foster care, and the glide path to prison.

Thursday, November 8

3:30pm-5:00pm

3-1 *Self Defense*, Cindy Cougheour, Fearless and Female

This session will address issues that social service providers and home visitors face, on a daily basis, and then give you step by step tips and techniques to help you live SAFE. Intuition, Living as a BAD TARGET and learning to FIGHT are the fundamentals of this presentation. Dress comfortable everyone is invited to participate in the hands-on portion of the program. Students learn to set healthy boundaries, project a strong body language and then learn basic techniques for escape from attacks while standing or from the ground.

3-2 *Let's get Physical...Physical*, Beth Reeder, BA

This workshop will offer useful, practical ways of getting kids up and physical. The benefits of movement will be addressed not only physically but social emotional as well as the effects on the ability to attend to learning in the classroom.

3-3 *Healthy Relationships: Innovatively Helping Families, One Activity at a Time*, Aly Romero, LMSW, Children's Alliance of Kansas; Nina Shaw-Woody, LMSW, Kansas Family Advisory Network; Jacklyn Biggs, PhD, University of Kansas

Learn how you can use the innovative and versatile Healthy Relationships curriculum within your own practice to help the youth and families you serve have productive conversations about healthy decision making. Through hands-on exposure to activities and first-hand information from a family positively impacted by Healthy Relationships, you will leave with the tools you need to implement your own effective programming.

3-4 *Keeping Kids Safe Online-A discussion with the experts*, Sara Boatright, BA, Sunflower House; Angie Jones, Senior Special Agent, Kansas Bureau of Investigation

Online (Electronic) Safety is a constantly changing and highly dangerous issue that children face today. Topics will include: current online/technology dangers, perpetrator characteristics, reporting process, safety tips and tools, and the latest sexting laws. Bring your questions, concerns and challenges, as this presentation will be an interactive format.

3-5 *Ethics in the Electronic Age, Part 2*, Donald Kurtz, Ph.D, LMSW, Kansas State University

This presentation offers a practical exploration of ethical issues associated with modern technology and professional practice in social work, human services and other helping professions. The program identifies important professional and individual values that frequently generate ethical tensions in service delivery in the electronic age, and reviews emerging standards for appropriate use of technology. The training also explores important emerging ethical principles related to utilization of email, social networking, and other social media with particular emphasis placed on risk-management. Participant outcomes will include an increased ability to identify potential ethical dilemmas and modern service delivery, specific tools to manage conflicts and ethical problems related to technology, methods to reduce ethical conflicts, and a strong understanding of the application of existing ethical decision making tools to modern service delivery.

3-6 *No One Wants to Be a Bad Parent –An Overview of Secure Attachment*, Betsy Scott-Teigen, LCSCW, Elizabeth Layton Center; Diamone Davis, T-LMLP, Elizabeth Layton Center

At times all caregivers feel lost about what a child might need. We are all searching in many directions to find support and knowledge that will make parenting easier. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research and current neuroscience about how secure parent-child relationships can be supported and strengthened. You will gain a new and simple way to view, experience, and practice secure attachment between a child and caregiver starting at birth.

3-7 Recommendations to Strengthen Assessment of Risk and Safety from Abuse and Neglect, Hina Shah, MPH, Kansas Health Institute

This panel discussion will focus on the work conducted by the Protective Services and Family Preservation working group convened by the Child Welfare System Task Force. The task force was established under 2017 House Substitute for Senate Bill (SB) 126 to study the child welfare system in the state of Kansas. Panelists will discuss proposed recommendations to strengthen assessments of risk and safety from child abuse and neglect as well as eliminate child fatalities from maltreatment.

Recommendations include: developing a statewide plan to prevent child abuse and neglect fatalities under the Families First Prevention Services Act (H.R. 1892); establishing a multi-disciplinary approach and sharing information across agencies and among stakeholders; providing immediate response 24/7 to hotline calls and dedicating immediate response investigators to be dispatched; formalizing a Serious Injury Review Team to establish and conduct a review process both internally and externally; and employing only highly skilled and experienced front-end child welfare staff.

3-8 Gambling and Child Abuse, Mark Blakeslee, LCMFT, Heart of Kansas

Gambling disorder affects family in detrimental ways. Domestic violence, child abuse, sexual abuse, substance use, poverty, and generational gambling are attributable to gambling disorder. The ramifications of gambling disorder, treatment for gambling disorder, characteristics, and types of gamblers will be described.

3-9 Kansas ABC Project: Using Evidence Based Interventions To Combat Toxic Stress and Strengthen Caregiver Relationships David Jordan, MPA, United Methodist Health Ministry Fund; Katie Schoenhoff, United Methodist Health Ministry Fund

Friday, November 9

10:30am-Noon

4-1 Maximizing Systems Change with Help Me Grow Kansas, Heather Smith, MPH, Kansas Department of Health and Environment; Danielle Brower, MSW, University of Kansas

Are you interested in leveraging, aligning, and integrating efforts to maximize systems change? Join us to discuss Kansas' exciting journey with Help Me Grow, a systems framework that focuses on early identification of developmental and/or behavioral delays and connecting children and families to services and supports in their communities. In this session, we will explore the four core components of Help Me Grow (Family & Community Outreach, Child Health Care Provider Outreach, Data Collection, and Centralized Access Point), the initial implementation of Help Me Grow in three Kansas communities, as well as lessons learned and emerging ideas.

4-2 Bikers Against Child Abuse International, Larry Freeman, President, BACA

Bikers Against Child Abuse in your neighborhood, in your community, in your city, in your state, in our country, Internationally. Empowering children to not be afraid in the world in which they live.

4-3 You Can't Stop the Waves but You Can Learn to Surf: Trauma Informed Yoga practices for Self-Regulation, Heidi Oblinger-Barker, ERYT 200 hr, C.M.T, Wichita Body Studio

This presentation identifies common physiological and psychological responses to trauma and explains how trauma informed yoga practices can be incorporated into a clinical setting to assist both clinicians and clients in releasing stress and tension. Participants will learn accessible, and effective self-regulation techniques in this interactive presentation.

4-4 Statewide Implementation of a Parenting Skills Training to Enhance Resilience among Families Affected by Substance Abuse, Susana Mariscal, Ph.D, MSW, University of Kansas; Lindsey Stephenson, KVCKansas

This workshop describes two statewide projects that use Strengthening Families Program to enhance the resilience of families affected by substance abuse. The programs are focused on families who have children who are in foster care or at-risk of being placed in foster care, including young children and Native American children.

4-5 Safety vs Risk: What's the difference? Sherrie Gross, LBSW, Kansas Department for Children and Families

Decisions related to safety and risk are critical to the protection of children. Safety and risk are separate decisions. This interactive workshop will explore the difference between safety and risk by applying critical thinking skills to different scenarios.

4-6 Gaining a New Perspective: An Experiential Child Welfare Simulation, Lacy Abercrombie, LMSW, Saint Francis Community Services; Jayne Fry, MS, LMFT, Saint Francis Community Services; Christy Sanders, LMSW, Saint Francis Community Services

The goal of this experiential training is to help participants gain an understanding of what it is like for a family to navigate the child welfare system. Through a simulation, participants' perspectives, thinking, problem solving skills, beliefs, and attitudes are challenged. Changes in paradigms or behaviors subsequently develop within participants

4-7 At the Intersection of Breastfeeding and Safe Infant Sleep, Brenda Bandy, Kansas Breastfeeding Coalition; Christy Schunn, Kansas Infant Death and SIDS (KIDS) Network

This session will examine the topics of infant feeding and infant sleep together, acknowledging the lived experiences of infant caregivers and the realities of these intimately interwoven baby behaviors. To maximize our impact, we must offer an integrated approach to promoting the practices that will keep babies safe and healthy.

4-8 Kansas Department for Children and Families (DCF) Independent Living Program (ILP), Michelle Reichart, MA, Kansas Department for Children and Families; Raeann Rose, BSW, Kansas Department for Children & Families; Shailiegh Piepmeier, Kansas Department for Children & Families

What does Kansas offer to young people who are transitioning out of foster care? How can we serve these youth who are moving towards a critical stage in their lives? The DCF IL team will present information about the services and supports available to youth and how they are served. What does Kansas offer to young people who are transitioning out of foster care? How can we serve these youth who are moving towards a critical stage in their lives? The DCF IL team will present information about the services and supports available to youth and how they are served, including the National Youth in Transition Database.

4-9 Family First Prevention Services Act: How New Child Welfare Prevention Dollars Can Bring New Hope for Families, Christie Appelhanz, MA, Children's Alliance of Kansas; Rachel Marsh, JD, MSW, Saint Francis Community Services

Childhood is short, and children deserve to grow up safely with their parents or extended family whenever possible. The new federal Family First Prevention Services Act creates a unique opportunity for Kansas to accelerate child abuse and neglect prevention efforts. While the law focuses IV-E funding on mental health, substance abuse treatment, and parent education and training, Kansas can do much

more. But effective implementation is not guaranteed. We must work together to ensure that Family First is implemented on schedule and meets its potential to drive needed change – for the sake of keeping families safely together.