

CULTIVATING BALANCE & WELLNESS

24th Statewide

CHILD ABUSE PREVENTION CONFERENCE

JULY 24 & 25, 2018 | WIGWAM ARIZONA RESORT



CONFERENCE SCHEDULE & WORKSHOP SELECTIONS

Conference Schedule

Tuesday, July 24

- 8:00–9:00 Registration and breakfast
- 9:00–9:10 Welcome
- 9:10–10:30 Opening Keynote: Dr. Linda Chamberlain
- 10:45–12:00 Workshop A (A1-A10)
- 12:00–12:30 Lunch
- 12:30–1:30 Storytelling Show—"Real Life Resilience"
- 1:45–3:00 Workshop B (B11-B20)
- 3:15–4:30 Workshop C (C21-C30)
- 4:30–6:30 Wellness Fair (optional)

Wednesday, July 25

- 8:00–8:30 Breakfast
- 8:30–9:45 Keynotes: Timothy Schmaltz & Dr. Elizabeth Caspian
- 10:00–11:15 Workshop D (D31-D40)
- 11:30–12:45 Workshop E (E41-E50)
- 12:45–1:30 Lunch
- 1:30–2:00 Awards ceremony
- 2:00–3:15 Closing Keynote: Enrique Feldman

Registration rates

- April 2 - April 30.... \$300
- May 1 - July 8.....\$350
- July 9 - onsite..... \$400

Exhibitor rates

- Non-profit.....\$350
- Business.....\$450

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A1: Self-Care for Change-makers

Kelly Lubeck, MPH, RYT, CHHC

Change-makers often neglect self-care and self-compassion as they show up in service to others. Stress, self-neglect and overwork can lead to anxiety, burnout and illness. Learn tools to re-discover wellness, calm, joy and sustainability in your life and change-making work.

A2: Arizona's Response to Families Struggling with Opioid Dependence

Sue Smith, MEd, Department of Child Safety Office of Prevention, and Michael C White, MCJ, Community Medical Services

Along with many other states struggling with the opiate addiction, overdoses, fatalities and substance exposed newborns, Arizona is amidst an opioid crisis. However, because of programs and collaborations in our state, Arizona is one of the few states that has not seen a rise in substance exposed newborns entering foster care. This workshop will provide foundational information on opioid dependency, available treatment options for parents, and current programs, supports and collaborations in Arizona.

A3: YogaBox: Healing through Mindful Movement, Connecting Awareness to Action

Jennifer B. White, LMSW, CYI, RYT-500, RCYT, YogaBox LLC

Participants will gain practical tools on how to reduce stress and anxiety, build emotional language, and become stronger both inside and out through mindful movement. Short movement tools will be used throughout this session, which can be utilized by professionals to bolster resilience in daily work, increase well-being in daily life, and integrate a balanced and productive approach to both self-care and service.

A4: A Native Perspective on Wellness

Kevin Poleyumptewa and Elisia Manuel, Three Precious Miracles

Those in the field of social and human services encounter many different levels and types of stress and trauma, some on a daily basis. We spend a majority of our waking hours caring for others. Who cares for us? This session will explore wellness and self-care from a Native American perspective.

A5: Becoming a Resilience Champion

Andi Fetzner, MS, CETP, Origins Training & Consulting

This workshop is designed for individuals, regardless of their professional role, who know about ACEs and their effects and are ready take action and lead a resilient classroom, organization, or community. Using real life, cross-sector examples of Resilience Champions, participants will receive an overview of the basics of trauma-informed and resilience practices, identify personal, workplace or community resilience needs, and take the first step towards moving from aha to action.

A6: Diving Deeper: Strengthening Family Social Connections

Michelle Simmons, North Country HealthCare and Cecilia Fernandez, MEd, CLC, CIMEB, Summit Healthcare Regional Medical Center

Do you have a basic understanding of protective factors? Great! Continue the journey with us as we delve deeper into the "Social Connections" protective factor. This is a hands-on workshop where attendees will build upon existing knowledge and practice activities they can use to family social connections.

A7: Communicating with Others and Yourself: Understanding Love Languages and Recognizing Personalities

Enrique Feldman, Global Learning Foundation

Improve your communication skills in your professional and personal life. Learn how to recognize how human beings like to give love and receive love, and use this to improve how you connect emotionally with yourself and others. Recognize the essential elements of quickly recognizing personality differences and how to connect with those different from you. This one is a game changer!

A8: Creating a Trauma Responsive Community that Gives Hope to Families

Julie Carlberg, Maggie's Place

This presentation will showcase how Maggie's Place, a nonprofit that provides housing and support to pregnant and parenting women, was able to develop a trauma responsive community that fuels family success. By generating resourceful solutions, building protective factors, and collaborating across sectors, Maggie's Place is a model for how organizations can make small but significant changes to positively and sustainably impact the lives of those they serve.

A9: Hidden in Plain Sight: Overcoming Barriers to Identification, Assessment, & Treatment of Child Neglect

Cara Kelly, LMSW, PhD Candidate and Karin Kline, MSW, ASU Center for Child Well-Being

Child neglect is a difficult and complex area of practice for professionals across the field of child welfare. This session will examine the hidden yet pervasive issue of child neglect, specifically focusing on overcoming barriers to identification, assessment, and treatment in child protection.

A10: Adverse Childhood Experiences: The Effects On the Child, Recognition, Evaluation, and Next Steps

Sara Park, MD, Department of Child Safety, Comprehensive Medical and Dental Program

Through this presentation, participants will be able to identify Adverse Childhood Experiences (ACEs), learn about the effect of ACEs on development and infant/toddler mental health, learn about the pitfalls and advantages of ACE screening, and learn strategies to mitigate the effects of ACEs.

B11: How to Fight Compassion Fatigue When Working With Families Facing Abuse

Carly Kerr, MSPC, LAC, and Michael Weinberg, PhD, LPC, CPAI, Banner Thunderbird Medical Center

Are you vulnerable to compassion fatigue? This presentation will identify the trademark characteristics of compassion fatigue, and discuss specific strategies that human service professionals can use to combat and prevent it.

B12: Diving Deeper: Strengthening Knowledge of Parenting and Child Development

Brandi Samaniego, IMH-EI, Child & Family Resources

Do you have a basic understanding of protective factors? Great! Continue the protective factor journey with us as we dive deeper into the "Knowledge of Parenting and Child Development" protective factor. Attendees will walk away with hands-on brain-focused activities to add to their professional toolbox and share with families.

B13: Addressing ACEs in Native American Families

Neil Tift, MA, Native American Fatherhood & Families Association

Exposure to Adverse Childhood Experiences (ACEs) among children varies by sociodemographic characteristics, including race and ethnicity, parental education, and income level. The proportion of children who have experienced two or more ACEs is highest among American Indian/Alaska Native children. This workshop will examine the impact of ACEs and offer strategies to address ACEs in Native community.

B14: Protect Our Children - Think Like a Trafficker!

Brooke Ayars, PhD, MA, Arizona Western College & Northern Arizona University

As uncomfortable as it might seem, an excellent strategy to preventing child trafficking and organ theft is to take the perspective of a trafficker in a highly organized, efficient, secret, and lucrative industry. When we are able to consider the corrupt and inhumane thoughts of a trafficker, we can be more proactive in preventing human trafficking.

B15: The Life-Changing Power of Emotional Intelligence

Elizabeth Caspian, MD, West Yavapai Guidance Clinic

Emotional Intelligence (EI) skills empower people to overcome challenges and to live more creatively. In this workshop, participants will gain an understanding of EI and learn practical skills that can be used personally and professionally.

B16: Be an Effective Voice for Kids at the Legislature

Beth Rosenberg, LCSW, Children's Action Alliance, and Pete Hershberger, LPC, MEd, FosterEd and former Arizona State Legislator

Do you want to influence public policy and be an effective advocate to improve children's health, education and security? Participants will learn about the legislative process and how to effectively engage and communicate with state legislators.

B17: Igniting Greatness within Ourselves and Our Children

Andrea Parker, BA, Holding Out Hope Training and Support

Join in on a journey through the Nurtured Heart Approach. Learn how to honor and appreciate yourself, nurture your own heart, and view the world around you through a new lens of success and greatness. When we learn this approach, we can become stronger mentors of the children we work with, helping them to realize that they are neither "bad" kids, nor "good" kids, they are "great" kids!

B18: Examine Permanency Outcomes Among Infants and Toddlers in Kinship Care

Qi Wu, Arizona State University School of Social Work and Judy Krysik, MSW, PhD, ASU Center for Child Well-Being

Current child welfare policy favors kinship foster care over non-kinship placement because it is believed to be in the child's best interest. However, little research has examined permanency for children in kinship care to see whether or not such efforts have been effective. This presentation will focus on a study assessing 12-month permanency outcomes for 7,312 infants and toddlers in kinship and non-kinship care. The findings call attention to this particularly vulnerable group of child welfare-involved children and provide implications for policy and practice.

B19: Four Legs Helping Two: Canine Facilitated Wellness

Anthony M. Pagliuca, M.Ed. AZ EMCT; Eric Shinn, LPC; Scottsdale Police Dept.; Sgt. Jill Isley; Detective Nicole Crowson; Detective Shawn Degan; Pima County Sheriff's Dept.

"Crisis canines" can provide emotional, psychological, and physiological support. This dynamic workshop will take you beyond theory and provide tangible information on the numerous pawitive effects that crisis canine interaction can provide you! This highly-interactive session will include information on canine programs, opportunities for Q&A, and the best part- spending time with amazing working canines!

B20: Habits & Lifestyles Healthier Habits: The Workshop

Chesa Mendez, MEd, Habits & Lifestyles

Whether you want to change careers, save for a house, or even go back to school, you need to have the healthier habits to prepare for the future you want to create. Habits & Lifestyles' Healthier Habits: The Workshop can help you find your best and most authentic self through asking reflective questions, learning to create new habits, and bringing a sense of peace and balance to your life.

C21: Telling a Better Story

Rachel Egboro, The Whole Story

Storytelling is about taking the time to reflect on your experience and sharing it with others. Learn the process of crafting your story in a way that resonates with you and those who hear it.

C22: Using Navigation and Family Group Decision-Making to Support Kinship Families

Julie Treinen, MA, LPC, LISAC, Arizona's Children Association and Michele C. Schmidt, MPA, LeCroy & Milligan Associates, Inc.

Kinship caregivers step in when their relative's children can no longer be safely cared for by their parent, either before or after involvement of the Department of Child Safety. Kinship Navigation and Family Group Decision-Making are two strategies utilized by Arizona's Children Association's Arizona Kinship Support Services to support the safety, permanency, and well-being of kinship children and families. This presentation will discuss the results of an evaluation being conducted to assess the effectiveness of combining Kinship Navigation and Family Group Decision-Making, the benefits and challenges of these models, and ways similar programs may adapt this type of model to their services.

C23: This Is Your Brain with Trauma and Without Stimulation

Chris Schopen, PLLC, Dedicated Forensic Interviewer

This presentation is designed to assist those working with children who have either endured brain trauma, early-childhood psychological trauma, complex trauma or lack of stimulation in early childhood development. Specifically, the focus will be on the brain and the impact traumatization and/or lack of stimulation have on a child's processing and linguistic abilities. It will also address modifications necessary to meet this population's needs.

C24: Cultivating Health and Relationships Begins at the Dinner Table

Rhegan Derfus, BSW, IMH-E (I, University of Arizona)

This presentation will educate participants on the current nutrition/health status of children birth-five in Arizona, briefly discuss nutritional needs during early childhood, and explore how early childhood nutrition impacts the caregiver-child relationship; later health outcomes such as diabetes, obesity, and eating disorders; and overall growth and development.

C25: Time IS On Our Side

Sandi Cimino, The Well-Made Bed, LLC

The Tony Award-winning musical RENT said it best: 525,600 minutes, how do you measure a year? We can't "manage" time. We all have 1,440 minutes each day; 525,600 minutes each year. The one thing we CAN manage is ourselves: our thoughts, feelings, beliefs, habits and attitudes. In this workshop we will explore ways to put time on your side and make the most of your minutes.

C26: Beyond the Basics: Supporting LGBTQ+ for Professionals in Social Services, Criminal Justice, and Healthcare

Chris Duarte, Linking Dreams Consulting

The topic of LGBTQ+ is sensitive in many ways; however, in a learning environment, professionals should be able to ask questions in a safe space, free from judgment or fear of "saying the wrong thing." In this workshop, we will delve into some of the reasons why LGBTQ+ populations can be difficult to serve, ways to minimize gaps in respective social service areas, and how professionals can better approach this topic in their professional areas.

C27: The Importance of Relationships

Al Pooley, Native American Fatherhood & Families Association

As native people, we must take care of sacred things, especially our families. We nurture our families using the simple language of love and discipline. This requires honesty, acceptance and open communication. In this workshop, we will discuss how to enhance the capacity to engage and maintain healthy relationships as married couples, adult siblings, co-parenting adults, and children within the family. This presentation will illustrate the truths and myths of strong, healthy, positive relationships.

C28: Think Outside the Box - Using Play to Engage Families and Build Resilience

Jennifer Vandegriff, LMSW, Jenna Deaube, BHT, BS, Yvette Noriega, MSW, and Monica Flores, BSW, Terros Health

This experiential workshop will teach you dynamic methods of engaging families and enhancing bonding and coping skills. We will play games and make crafts to explore the power of play in providing services that are trauma-informed and build on family's strengths.

C29: Workforce Resilience: Establishing a Culture of Safety and Support

Jenny Bilskie, LMSW, Department of Child Safety

This workshop is designed to enhance child welfare professionals' resilience, both personally and professionally, to secondary traumatic stress, vicarious trauma, cumulative stress, and burn-out. The presenter discusses the development of a peer support program that provides a safe place for employees to process their stress, ultimately improving workplace wellness.

C30: Diving Deeper: Connecting Families to Concrete Support

Sara M. Martinez, Childhelp

Do you have a basic understanding of protective factors? Great! Continue the protective factor journey with us as we dive deeper into connecting families to "Concrete Support in Times of Need". Attendees will walk away with hands-on activities to add to their professional toolbox and share with families.

D31: Discovering My Best Life (and Impacting My Work) Through Natural Means

Virginia Watahomigie, MADM, Coconino Coalition for Children & Youth

Learn proven techniques to transform your health from someone who has lived the stress of working in traumatic environments and addressed her own personal health issues. This session will focus on healing through natural and integrative means, and discuss using these health strategies as a component of responding to children and families in crisis.

D32: Be a Voice for Young Children and Strong Communities

Donna Shott, M.Ed, and Tammi Watson, First Things First

You understand how important the early years are – now, learn how to share that message with others, and most importantly, inspire them to take action on behalf of Arizona's youngest children. If you are passionate about the importance of the early years, this workshop will demonstrate how to harness the power of word of mouth and help more people understand that the first five years are critical for building a strong society. Learn about online resources and tools available to you.

D33: Triple P in Maricopa County: Success for Families

Cricket Mitchell, PhD, Triple P, Prevent Child Abuse Arizona and Randy Ahn, PhD, MLIS, Triple P America

More than one thousand Maricopa County families have benefitted from the Triple P - Positive Parenting Program system of parenting supports and interventions. This presentation will provide an overview of the settings in which Triple P is currently being delivered in Maricopa County, the populations being served, and the evidence of success experienced by local families.

D34: “But She Takes Them to the Doctor all the Time—That’s not Medical Neglect!”

Suzanne M. Schunk, LCSW, ACSW, Southwest Human Development; Kathy Coffman, MD, Phoenix Children's Hospital

Medical child abuse is often confused with medical neglect. Commonly known as Munchhausen's by Proxy, medical child abuse is difficult to detect. Because it can be fatal, all child welfare professionals must understand this serious threat. Learn about parents who deliberately make their children sick and make their children believe they are dying. Find out how these parents can lie so well they fool doctors and other professionals.

D35: Artistic Storytelling: How to Take Your Reading with Children to a New Dramatic Level

Enrique Feldman, Global Learning Foundation

Learn how to go from reading at children, to reading with children, to storytelling with children, to helping them become storytellers. You'll learn how to change your volume, pace and inflection to greatly improve any reading experience. You'll also be introduced to iBG, original brain games and breathing strategies to help any student be ready to read. You can also use the fundamentals of the strategies shown to improve how you build a sense of team in all your relationships.

D36: Exploring Maternal & Paternal Parenting Styles

Neil Tift, MA, Native American Fatherhood & Families Association

Dads toss their kiddos in the air, they roughhouse, they tickle, they wrestle, they are up for a game of “monster” and they’re always open for a water-balloon fight. These may be stereotypes about Dad’s brand of parenting, but they have some basis in reality, at least according to research. Thousands of studies have found differences, on average, in how dads and moms parent. That doesn’t one is more important than the other, but rather that having two primary caregivers, regardless of their gender, can open up children to more ways of experiencing the world, especially when preparing them for their future. This workshop will explore the rich nuances of our maternal and paternal instincts.

D37: A Child's Journey Through the Foster Care System

Kristie Yingling, BS, BHPP, Ashley Peterson, BS, and Adam Desnous, BS, BHPP, A New Leaf

Experience the captivating struggles, challenges, and successes of a child’s journey through Arizona’s Foster Care system. Through engaging and interactive activities, this presentation will explore the reasons for removal, the process of placement, and the road to permanency.

D38: Personal Sustainability Using Mindful Self-Compassion & Somatic Awareness

Andrea Meronuck, MA, LPC, SEP, Northland Family Help Center

Often, when we talk about self-care as helpers, we can end up going down a path of inner criticism. We may feel like we are not doing enough to help the community, and we may also realize that we aren’t taking care of ourselves as well as we should be. In Mindful Self-Compassion work, we call this the “subtle aggression of self-improvement”, and often, this meanness toward ourselves actually drives us to feel worse. Come learn about in-the-moment self-care with embodied self-compassion.

D39: Young Children and Families: Understanding the Impact of Trauma

Molly Strothkamp, LMSW, IMH-E(III), Southwest Human Development

This session will focus on potentially traumatic experiences for young children, symptoms of trauma, and the importance of safety and security in relationships to help children heal from traumatic experiences. Resources and strategies to support children and their caregivers will be included in this presentation.

D40: Brain-Body Strategies to Promote Self-Regulation and Resilience

Linda Chamberlain, PhD, MPH, University of Alaska

In this interactive workshop, participants will learn skills to facilitate self-regulation, manage stress and buffer the effects of trauma and compassion fatigue. Participants will practice breath work, bilateral movement, mindfulness, visualization, and acupressure, Emotional Freedom Technique (EFT) and other strategies that can be easily taught to children, adults and families, individually and in groups.

E41: The Unique Needs of Infants and Toddlers in Foster Care

Meghan Hays Davis, LSW, MAS, IMH-E (II), West Yavapai Guidance Clinic

Infants and toddlers are uniquely affected by trauma. As caregivers, we have the ability to provide healing through our relationship with the children in our care. In this workshop, participants will learn how trauma affects young children, trauma symptoms often seen in young children in foster care, and how relationships can help children heal from trauma and bring children back to age typical functioning.

E42: Expulsion Prevention

Anna Navarro-Williams, MA, MS, Southwest Human Development

Did you know preschoolers are three times more likely to be expelled than K-12 children? In this workshop, learn about state of Arizona expulsion policy and how you can be a part of preventing and/or reducing expulsion in child care and afterschool care. Explore ways to partner with and build collaborative relationships in order to prevent expulsion.

E43: New Messages, New Messengers in Advocacy-Reframing our Story

Bahney Dedolph, BSW, MA, Arizona Council of Human Service Providers

How do we amplify our messages and stories so that they can be heard by all? Come improve your skills as an advocate, learn how to help others join the fight for children and families, and discuss how to stay sane in this insane world!

E44: Diving Deeper: Building Social and Emotional Competence of Children

Christy B Maltos, BA, Independent Certified Trainer and Sandi Cimino, The Well-Made Bed, LLC

Do you have a basic understanding of protective factors? Great! Continue the journey with us as we travel through the evolution of "Social and Emotional Competence of Children," one of the five Protective Factors. This is a hands-on workshop where attendees will not only build upon existing knowledge, but practice the implementation of several parent activities.

E45: Abusive Head Trauma and Prevention Strategies in Arizona

Leslie D. Quinn, MD, FAAP, Banner Health

This presentation will discuss Abusive Head Trauma (AHT), including its devastating incidence nationally and here in Arizona. We will discuss the mechanisms of injury in AHT and how it is recognized, AHT prevention strategies, and how to educate new parents about AHT and normal baby crying.

E46: Trauma and Treatment: Neurologic Music Therapy and Functional Brain Changes

Suzanne Oliver, MT-BC, NMT Fellow, and Ezequiel Bautista, MT-BC, NMT, Neurologic Music Therapy Services of Arizona

Music can optimize brain function and reroute neuropathways in damaged or weakened areas of the brain. This presentation will review current brain research related to music and its ability to impact everyday functioning, specifically in the areas of arousal, executive functioning and emotional regulation. Participants will be provided with examples and practical applications that apply to themselves as well as those they are working with who have experienced childhood trauma.

E47: Blasting Off: The Neonatal Abstinence Syndrome Annex (NASA) at Tucson Medical Center

Elizabeth Burcin, RNC-NIC, MS, Lori Groenewold, LCSW, MSW, and Cami Barr, RNC-NIC, BSN, Tucson Medical Center

In April 2016, due to the increase of opiate-exposed and withdrawing newborns at Tucson Medical Center, a multidisciplinary task force developed the Neonatal Abstinence Syndrome Annex (NASA), a separate area for opiate-exposed babies with Neonatal Abstinence Syndrome (NAS). This presentation will discuss the definition of NAS, the baby's journey in the NICU NASA, and the interventions and education provided to the entire family through the program.

E48: The Role of Attachment and Authentic Connection for Helping Professionals

Ryan Drzewiecki, PsyD, LP, A New Leaf

We tend to expect our clients to engage with a variety of different helpers in a meaningful way without acknowledging how difficult this task can be. This presentation explores the correlation between attachment and wellness for clients and professionals, and looks at the challenges of being truly vulnerable with others. This workshop will push you to examine how comfortable you are with interpersonal connection, and how you can use this information to improve your ability to help others.

E49: Leadership and Resilience in Difficult Times

Timothy Schmaltz, MSW, Child Welfare Advocate and Consultant

We live in difficult, stressful, and politically challenging times. How do we challenge the prevailing trends of divisive and polarized politics which leave children and families in need behind? How do we build solidarity for the common good and keep our sanity in the midst of bitterness and incivility? What are those characteristics of resilience that help us continue to work on behalf of our children, families, and our communities? How do we inspire each other to keep going?

E50: I Lived Through THAT? And I want to do it AGAIN?

Joanna Webb, BSW, MEd, Arizona State University - Child Welfare Education Program

We know that we chose a difficult profession. We know that not everyone can do this work. We also know that crisis could be lurking around every corner, and we WELCOME it. We are the RESILIENT! But where does this strength come from? Can preventative self-care and post-traumatic processing help us to develop resiliency in the face of constant crisis? Find out in this interactive, engaging presentation.

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