This annual conference for professionals working with children, adolescents, and families will feature a variety of sessions addressing mental health and/or substance use issues from the littlest ones to transitional youth. Professionals will learn assessment and treatment skills as well as the latest evidence-based practices and clinical updates. The conference format will include two full days of outstanding plenary and concurrent sessions, allowing attendees to earn up to 12.5 hours of credit. A one-day rate is also offered for those who are unable to attend both days.

You can obtain your required ethics hours plus interactive breakout sessions including infant mental health topics, LGBTQ, art therapy, autism, childhood trauma, juvenile justice, substance misuse, two sessions on working with families more effectively, and many more. These sessions will be interactive and case-based with expert speakers.

Come and network with colleagues while gaining new knowledge and skills relevant to your daily practice. We hope you leave the conference energized with a renewed passion and commitment to the children and families you serve.

TARGET AUDIENCE

- Social Workers
- Psychologists
- Licensed Professional Counselors
- Addiction Counselors
- Case Managers
- Care Coordinators
- Marriage & Family Therapists
- CDSA Staff
- Early Intervention Staff
- Juvenile Court Counselors
- Domestic Violence Staff
- School Personnel
- At-Risk Youth Personnel
- Public Health Providers
- All other interested professionals
2018 CHILDREN’S SERVICES CONFERENCE AGENDA

August 16, 2018

8:15 a.m. Check-in and Refreshments
8:45 a.m. Welcome and Opening Remarks
Tonia Joyner, MS, LCAS

9:00 a.m. Keynote Presentation
Assistant Director, Mental Health Education, Eastern AHEC

11:00 a.m. BREAK
11:15 a.m. Morning Concurrent Sessions
12:45 p.m. LUNCH (provided)

1:45 p.m. Early Afternoon Concurrent Sessions
3:15 p.m. BREAK
3:30 p.m. Late Afternoon Concurrent Sessions
5:00 p.m. ADJOURNMENT

August 17, 2018

8:00 a.m. Check-in and Refreshments
8:30 a.m. Morning Concurrent Sessions
10:00 a.m. BREAK
10:15 a.m. Morning Concurrent Sessions Continued
11:45 a.m. Plated Lunch/Transition Time
12:15 p.m. Lunch Plenary
1:15 p.m. Transition Time and Visit Exhibitors
1:30 p.m. Afternoon Concurrent Sessions
3:30 p.m. ADJOURNMENT

KEYNOTE PRESENTATION August 16, 9:00-11:00 a.m.

ETHICS AND WORKING WITH LGBTQ CLIENTS

AVERY COOK MSW, LCSW
Clinical Coordinator, Counseling and Psychological Services, University of North Carolina at Chapel Hill

Using the Code of Ethics as a guide, this presentation will explore ethical considerations related to commitment to clients, self-determination, cultural awareness and social diversity, and social/political action. Participants will gain a greater understanding of the impact of homophobia and transphobia on clients and society, as well as ways that clinicians can advocate for clients, both in their practice and in the world.

This presenter is being supported through the partnership between UNC CH School of Social Work and the NCAHEC Program.

LUNCH PLENARY August 17, 12:15-1:15 p.m.

THE LIGHTS ARE ON BUT NOBODY IS HOME

MELISSA COLLINS HARRELL, M.Ed., MPH, LPC
Independent Health Educator and Mental Wellness Consultant

The session brings participants a broader understanding of professional burnout and the severe impact that ignoring early warning signs can have on personal relationships and well-being. This session is unique in that participants will not only receive educational information, but walk away with the tools necessary to create their own self-care plan to approach work in a healthier way.
SESSION A - Supporting Transgender Teens

AVERY COOK, MSW, LCSW
Clinical Coordinator, Counseling and Psychological Services, University of North Carolina at Chapel Hill

This presentation will explore ways to support transgender teens from a psychological and medical perspective. Participants will learn more about evolving terminology and ways that discrimination and societal stress can increase risk factors for this population. Participants will also be able to identify social and family supports that will help to reduce risk factors that trans* teens often face. Additionally, participants will learn ways to support trans* teens and create a more open and welcoming practice.

This presenter is being supported through the partnership between UNC CH School of Social Work and the NCAHEC Program.

SESSION B - Defining Behaviors: Finding Function in Non-Suicidal Self Injury (NSSI)

KELLY NEWHOUSE, MS, LCAS, LPC, CSI
Practitioner, SMEG Family Mental Health

This session will provide a description of symptoms and the typical population makeup of NSSI. Participants will understand the function behind the actual NSSI behavior and examine strategies and resources available for treatment for these behaviors.

SESSION C - Connecting with your Hispanic Clients: Mental Health Strategies and Engagement

RUBI MERINO, RN, BSN
Nurse Consultant, Geriatric Workforce Enhancement Program, College of Nursing, East Carolina University

In this session, information will be presented that will enhance your knowledge of Hispanic culture and their belief about mental health. Participants will learn how to enhance communication and build trusting relationships with this population, as well as understand the barriers that prevent this population from seeking mental health services. An overview of strategies to reach this vulnerable population and enhance mental health care across the lifespan will be discussed.

SESSION D - NC’s Juvenile Justice Reentry System Reform Initiative: Enhancing Needs-to-Service Matching

JEAN L. STEINBERG, PHD
Director of Clinical Services and Programs, Reentry Systems Reform Coordinator
NC Department of Public Safety, Division of Adult Correction and Juvenile Justice-Juvenile Justice Section

Through its Juvenile Reentry System Reform initiative, the Juvenile Justice Section of NC’s Department of Public Safety has partnered with the state’s Government Data Analytics Center, its corporate partner, SAS, and RTI on a major data analytics initiative. By applying state-of-the-art analytics software to data collected on youth involved in the juvenile justice system dating back to 2011, the initiative has developed several tools that will help court counselors and behavioral health service providers identify which services will deliver the best outcomes for youth involved with – or even at risk for involvement with – the juvenile justice system. In this session, we will provide an overview of the initiative, and introduce two analytics-derived tools (a directory of services and juvenile typology development) that may help behavioral health providers enhance needs-to-service matching for court-involved youth.
SESSON A - Medication Update 2018: What’s New in Psychopharmacological Treatment

JOHN DIAMOND, MD
Professor and Department Head, Department of Psychiatry and Behavioral Medicine
Brody School of Medicine at East Carolina University

During this session, the presenter will review basic concepts in treating children with medication. The evidence supporting specific treatments will be provided, with an emphasis on any new indications or medications. The presenter will also discuss common treatments that are used despite limited evidence of efficacy.

SESSON B - Infant and Early Child Mental Health: Assessment and Intervention

DIANE BRITZ, LCSW  NC Regional Clinical Director, Child First, Inc. Child First National Program Office
TWAYLA EASON, MSW, LCSW, CCSOTS  Clinical Supervisor, Child First, Inc. Easter Seals UCP NC & VA
Samantha DANIEL, MSW, LCSW  Clinical Supervisor, Child First, Inc.

This session will provide an overview of infant and early child mental health, discuss the importance of early intervention and define best practices in the field of infant and early child mental health. Participants will learn about the domains and sources of assessment in infant mental health and become familiar with evidence based models for treatment.

This is a two part session. You must register for both sessions to receive credit.

SESSON C - Implication of Multi-Tiered System of Support, Section 504 and the Problem-Solving Process in Schools

KAREN HARRINGTON  Student Services Coordinator, Pitt County Schools
DORIS RANKIN  MTSS Implementation Coordinator, Pitt County Schools

Attendees will learn the difference between a Section 504 Accommodation Plan and the Individualized Education Plan (IEP) process and what services each provides for students in the school setting. Changes in the NC Department of Public Instruction (DPI) regulations regarding how schools problem-solve academic and behavioral issues for both individual and groups of students will be presented. This will include a brief discussion of the Multi-Tiered System of Supports (MTSS) process and relevant impact on the referral process. Upon completion of this session attendees will have a better understanding of the school processes and the provider role in supporting families and schools in the referral and identification process.

SESSON D - Implications for Children with Incarcerated Parents

MELISSA RADCLIFF
Program Director, Our Children’s Place of Coastal Horizons Center, Inc., Durham, NC

28,000. Come learn more about the significance of this number. The mission of Our Children’s Place will be shared, what the program has learned about children of incarcerated and returning parents, and how it has worked to create a community where these children are acknowledged, supported, and encouraged to share their stories. This session will also focus on the impact of parental incarceration and re-entry, what strategies could be developed and implemented to identify and serve these children, how to engage advocates in a conversation about advancing policies supporting the children, current gaps in resources and data collection, and new ways to partner and collaborate to better meet the needs of the children.
SESSION A - Identifying and Responding to Substance Use Among Adolescents

DEB POMEROY, RN, MSW, LCSW-A

The adolescent brain is particularly vulnerable to the effects of drugs. This presentation will focus on what makes the adolescent brain vulnerable, provide an overview of the current trends and perspectives on adolescent substance use disorders, as well as a review of the effective screening, assessment, and engagement strategies for the adolescent and their family.

SESSION B - Infant and Early Child Mental Health: Assessment and Intervention Part 2

DIANE BRITZ, LCSW NC Regional Clinical Director, Child First, Inc. Child First National Program Office
TWAYLA EASON, MSW, LCSW, CCSOTS Clinical Supervisor, Child First, Inc. Easter Seals UCP NC & VA
SAMANTHA DANIEL, MSW, LCSW Clinical Supervisor, Child First, Inc.

This session is continued from the early afternoon session.

SESSION C - YVLifeset Program: Helping Young People Aging Out of Foster Care Build Paths to Success

KRISTY MOORE Regional Supervisor, Youth Villages, Greenville, NC
LAUREN ANZELONE Lifeset Specialist, Youth Villages, Greenville, NC

YVLifeset is one of the largest programs in the country helping former foster and transition-age youth become successful, independent adults. It is one of the only programs to show positive impacts in many areas of a young person’s life in a large randomized controlled trial. In this session we will give further education on the program and learn what it is like for young people aging out of the foster care system by hearing from a direct YVLifeset specialist and young person who has gone through the program.

SESSION D - When Autism Becomes an Adolescent: Exploring the Life of an Autistic Teen

KEISCHA PRUDEN, MS, LPC, LCAS, CCS
Clinical Director, NuVizions, LLC

The life of a teenager is often wrought with various struggles, from self-esteem issues, to dating and finding a peer group, to possible experimentation with alcohol and other substances. Adolescents on the autism spectrum are not immune to these experiences and many times, experience other dynamics as well. Attendees will be able to identify common issues adolescents with autism face as well as treatment strategies specific to this population that work to help autistic teens and their caregivers navigate the tumultuous adolescent years.
SESSION A - Learning from the Past, Altering the Future: Working with Children Whose Parents Divorce

ANDREW BRIMHALL, PhD, LMFT
Associate Director, Human Development and Family Science, East Carolina University

Participants will examine the experience of divorce from a broader perspective. Common findings from the divorce research will be discussed as well as how divorce impacts family relationships. Participants will learn clinical interventions for working with divorcing families.

SESSION B - Ethics in Action: A Growth Oriented Approach to Ethical Decision Making

AARON JACKSON, PhD, LPC, NCC
Core Faculty, College of Social and Behavioral Science, Marriage, Couples, and Family Counseling Program, Walden University

Ethics and ethical decision-making processes often present as static and fixed. Rather, ethics and the way we approach ethical decision-making can be a fluid, dynamic process. With a more complex approach to ethics and ethical decision-making comes an enhanced ability for case conceptualization and a deeper appreciation for complex treatment considerations. Strategies for enhanced ethical awareness are discussed from a personal growth perspective. Strategies for clinical supervision are also discussed. The class will use case studies and instructor-led demonstration as teaching tools.

SESSION C - Keeping Children with Intellectual and Developmental Disabilities Safe: The Role of Family Support and Evidence-Based Strategies for Improving Outcomes

TAMARA NORRIS, MSSW, MPA
Clinical Associate Professor
Director of Family Support Program
UNC School of Social Work

BARBARA LEACH
Family Support Specialist
Family Support Program
UNC School of Social Work

Children who have intellectual and development disabilities are at higher risk of maltreatment than children without disabilities. Child maltreatment includes all types of abuse and neglect of a child under the age of 18 by a parent or caregiver. Parents and caregivers are often overwhelmed by the complexities of caring for a child whose needs are significant and lifelong. Family stressors include increased financial strain, emotional and physical isolation, navigating a complex service system and increased concerns about their family’s future. This workshop will explore evidence-based strategies and family supports that are critical for strengthening families and improving outcomes for their children with disabilities.

SESSION D - A Brief Therapy Approach to Working with Adolescents

LAURYN SAWYER, MSW, LCSW, TAP
Private Practitioner

A refreshing, interactive session to address the challenges of experientially working with adolescents, based on years of successful work. Learn to interact with teens, how to encourage parent participation, as well as hands-on techniques you can take away from the session and incorporate in your practice. This introductory session will be appropriate for those who work with adolescents in schools, residential, outpatient, and inpatient settings.
August 17, 2018
Afternoon Concurrent Sessions
1:30 p.m. - 3:30 p.m.
(Choose one session to attend.)

SESSION A - **Juveniles Who Sexually Offend: Current Research Findings, Sex Offender Specific Evaluation and Treatment Interventions**

**CHRIS PRESTON, MA, LPA**  
Youth Empowerment Services Manager  
New Hanover County Community Justice Services

**MARISSA AREY, MA, LPC**  
Licensed Clinical Therapist  
New Hanover County Community Justice Services

Juvenile sexual offending is a pervasive issue in our society that requires focus on ongoing research, specialized evaluation, and evidence supported treatment interventions. The adolescent brain is in a constant state of flux due to the high level of neuroplasticity as compared to the brain of an adult; therefore, the evaluation process and treatment framework of juveniles who commit sexual offenses are different from the ones used with adult sexual offenders. This presentation is intended to highlight the current research findings regarding juveniles who sexually offend as well as the relevant components of sex offender specific evaluation and treatment interventions.

SESSION B - **Suicide: What We Need to Know Clinically**

**SEAN PUMPHREY, MSW, LCSW**  
Private Practice Psychotherapist and Social Work Practitioner  
Brody School of Medicine at East Carolina University, Department of Family Medicine

In recent times, we have seen the landscape of suicide and suicide ideation change. Risk factors and populations of suicide ideation and attempt have become different in presentation clinically as well as expression of suicide. Those who help on all levels of education, mental health, law enforcement, medical and social agencies must be able to incorporate the new research and apply these concepts into the profession as well as in the community.

SESSION C - **Evidence-Based Interventions for the Littlest Ones**

**RACHEL GALANTER, MPH**  
Executive Director, Exchange Family Center

The quality of early parent-child attachments has been shown to affect the long-term mental health of both children and parents. In recent years there has been an emergence of evidence based practices which use parent-child attachment as a theoretical framework to address child mental health and behavioral concerns. Examples include Attachment Bio-Behavioral Catch-Up, Child Parent Psychotherapy, Parent-Child Interaction Therapy and the Incredible Years, which target an array of needs including attention difficulties, non-compliance, aggression, and trauma. This session will summarize the theory of parent-child attachment and link how those concepts are found in the above-mentioned evidence based practices.

*This presenter is being supported through the partnership between UNC CH School of Social Work and the NCAHEC Program.*

SESSION D - **Introduction to Art Therapy when Working with Children**

**LAURYN SAWYER, MSW, LCSW, TAP**  
Private Practitioner

Participants will learn 8 basic principles to guide the therapist in non-directive play therapy. The presenter will discuss how to administer and assess pictures in the practice. The importance of bonding techniques with children of all ages and how to interact in drawing to learn how to get to know the child very quickly when assessing their needs will be introduced.
2018 CHILDREN’S SERVICES CONFERENCE: BUILDING A BRIGHTER FUTURE FOR CHILDREN AND FAMILIES
August 16-17, 2018

Credit
This conference offers up to 12.5 hours of credit for participants attending all sessions

Category A-NC Psychology Credit
This program will provide 12.5 contact hours of (Category A) continuing education for North Carolina Psychologists. No partial credit will be given.

Contact Hours
Certificates reflecting up to 12.5 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC)
Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

Substance Abuse Counselor Credit (SAC)
Application has been made to the North Carolina Substance Abuse Professional Practice Board for 12.5 hours of General Skill Building and Specific hours.

North Carolina Public School Personnel Renewal Credit
Certificates for up to 12.5 contact hours of education will be awarded at the completion of the conference.

Handout & Evaluations
Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Accommodations
This conference is being held at the Double Tree by Hilton New Bern-Riverfront. The hotel is located at 100 Middle Street in historic downtown New Bern. Standard river view or city view rooms with one king or two double beds will be available at a rate of $123 plus tax (per night). A block of rooms for conference attendees will be available until July 26, 2018. Reservations received after July 26, 2018, will be honored on a space available basis. Make reservations directly with DoubleTree by calling 1-800-326-3745. Please mention the Eastern AHEC Child Conference to receive the special rate. Check-in time is 3:00 p.m. and check-out time is 12:00 p.m.
Registration Information

SEATING IS LIMITED—PLEASE REGISTER EARLY TO ENSURE A SPACE

Registration is available online only at www.easternahec.net.
To register for this program, please create or update your MyAHEC account at my.ncahec.net.

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Group rates are available for those working in the same agency and who send five or more employees.

The registration fee includes all program materials, credit, refreshments, and lunch on both days. Participants are encouraged to take advantage of the reduced fee by registering on or before August 9, 2018.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preference can be met.

Eastern AHEC Cancellation Policy

- To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity
- NO refunds will be given for cancellations less than one week prior to the activity
- For continuing professional development activities canceled more than one week prior to continuing professional development activity:
  - A $35.00 fee will be deducted from the refund OR
  - The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year
- Substitutions are welcome; advanced notice encouraged

Americans with Disabilities Act

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department of Disability Support Services at (252) 737-1016 (Voice/TTY) at least five business days prior to the program.

If you would like more information on the conference, call Mental Health Education at (252) 744-5228.