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The 30th Annual Children's Network CONFERENCE

September 14 & 15, 2016 • Ontario Convention Center





WELCOME



We are glad you will be joining us at the 30th Annual Children's Network Conference in Ontario, California. This year we will be highlighting the insight, vision, and commitment of some amazing folks that are dedicated to the service of children and families. Many are local professionals and others we have come across in our search for the most dynamic, cutting edge speakers/trainers in the nation.

We have two very exciting keynote speakers this year. On day one we will feature actor Ernie Hudson, who will share his story about growing up on the streets in Benton Harbor, Michigan and about using that experience to help raise his sons as a single dad. On day two, we are pleased to present Derek Clark, who was a former foster youth. With the help of his foster parents, social worker, and mentors, he learned firsthand how to cope with adversity and overcoming hardship

The Children's Network Conference is one of the Southern California's premier training events with numerous workshops covering a wide variety of topics related to our work with children, youth, and families. We hope you enjoy our conference and walk away with valuable information.

Kathy Turnbull,
Network Officer

ABOUT THE CHILDREN'S NETWORK:



Children's Network of San Bernardino County concerns itself with at-risk children who are defined as minors who, because of behavior, abuse, neglect, medical needs, educational assessment, and/or detrimental daily living situations, are eligible for services from one or more of the member agencies of the Children's Network Policy Council.

Children's Network was created to identify gaps and overlaps in services, provide a forum for clarifying perceptions and expectations among and between agencies and the community. Children's Network also sets priorities for interagency projects and implements collaborative programs, public and private, to ensure better, more comprehensive services to children and youth.

The overall goal of Children's Network is to help at-risk children by improving communications, planning, coordination, and cooperation among youth-serving agencies.

Children's Network would like to thank the County of San Bernardino Board of Supervisors for their continued support of the Children's Network Conference



First District
Robert Lovingood



Second District
Janice Rutherford



Third District
Chairman James Ramos



Fourth District
Curt Hagman



Fifth District
Josie Gonzales



Registration Deadlines

Early Bird Registration: \$225

Registrations prior to August 31, 2016

Advanced Registration: \$250

August 31 through September 13, 2016

On-Site Registration Rates: \$300

Any registrations received after September 13 will pay on-site registration rates.

Payment Methods

Registration must be paid in full by check, cash, or credit card before admittance to Conference. If mailing, e-mailing or faxing, your payment must accompany your registration form. Make checks payable to **COUNTY OF SAN BERNARDINO**. A non-sufficient funds fee of **\$30** will be charged for all checks returned to Children's Network. An e-mail address is required for each registrant to receive registration confirmation.

If you would like to pay with a purchase order, please request an invoice and one will be e-mailed to you. Purchase orders must be paid by the designated date to qualify for applicable rate. To receive the Early Bird Rates or Advanced Rate, purchase orders must be paid in full before admittance to conference.

Cancellation Policy

Cancellations received on or prior to **September 1, 2016** will receive a 50% refund of conference registration funds. Cancellations received after that date are not eligible for refunds or credit.

Substitution Policy

If you are unable to attend, you may substitute a colleague for your entire registration. **There is NO sharing of registrations.** A written/e-mail must be submitted by the original registrant or authorized representative by **September 1, 2016** (there is a **\$20 fee** for each substitution).

Photograph & Video Policy

Registration and attendance at, or participation in, The 30th Annual Children's Network Conference constitutes an agreement by the registrant to the Children's Network's use and distributions (both now or in the future) of the registrant or attendee's image or voice in photographs and videos of such events and activities.

Workshop Attendance

Allow approximately ten minutes to get to workshops so you can arrive in plenty of time to be seated. Workshop moderators must close a workshop when all chairs are occupied to conform with fire code regulations.

Badges

Badges must be worn at all times. Entrance to workshops and the Exhibit Hall will not be permitted without the proper badge.

Food

A continental breakfast will be served in the Ballroom Foyer each morning. Lunch will be served in the Ballroom at 12:00pm each day of the conference.

Dress Code

There is no dress code, but temperatures vary greatly from room to room. Please dress in layers and wear comfortable shoes for walking.

Electronic Devices

Please have all electronic devices turned off or in silent mode during all presentations and workshops.

Exhibit Hall

Come visit the Exhibit Hall during your breaks and lunch period! The Exhibit Hall will be open 8:00am - 3:00pm both conference days.

Conference Evaluations

Your opinion matters! You will be provided with an Overall Conference evaluation in your conference bag and there will be individual workshop evaluations available in each workshop.

Please return workshop evaluations to workshop moderators. Overall Conference evaluations need to be returned to the Information Desk. Attendees that return a completed evaluation will receive a raffle ticket for the Closing Raffle on September 15.

Certificate of Attendance

Each conference attendee will receive a Certificate of Attendance included in the Conference Program.

Assistance

For assistance or information concerning special services to accommodate a physical, perceptual, or learning disability, please call Children's Network at (909) 383-9677. It is the Children's Network's policy to provide reasonable accommodations to persons with disabilities.

Continuing Education Credits

This conference offers courses that meet the qualifications for up to (TBD) hours of continuing education credit for MFT's, LPCC's, LEP's, and/or LCSW's as required by the California Board of Behavioral Sciences. *Performance, Education & Resource Centers* is the CEU provider, PCE 2195. There is no additional charge for CEUs.

Ernie Hudson

Actor

Ernie Hudson is one of the most sought-after actors of our time with an impressive list of credits and awards. His body of work has diverse range, including *Ghostbusters 1 and 2* with Bill Murray, Dan Akroyd and Harold Ramis, TV's *Law and Order* and HBO's award winning series *Oz*, the acclaimed movie *The Crow*, and starring next to Sandra Bullock in *Miss Congeniality 1 and 2*. He is a beloved star in film, television and stage, long considered one of Hollywood's iconic working actors.



His road to fame, however, had its share of hardships. In his early years, Hudson was born in poverty and raised in the housing projects of Benton Harbor, Michigan, in a time where civil rights had a long road ahead. The odds were more in favor of Hudson spending a life in prison than his having a successful life in Hollywood. Whether it was reconciling the loss of his mother and the absence of a father, gaining the reputation of being the toughest kid in school, serving in the Marine Corps, attending Yale, raising his sons as a single father or overcoming racism in the entertainment industry, Hudson was always supported first and foremost by his grandmother, who taught him patience and graciousness. He has practiced his grandmother's teaching: Never fight against the odds, but stand on faith in the eye of the storm.

Join us on **Wednesday, September 14th** when Ernie Hudson explains how knowing you are bigger than any circumstances can lead to success.

Derek Clark

Motivational Speaker and Trainer

Derek Clark's life is one of resilience and redemption. As a child, he suffered unthinkable child abuse, abandonment and emotional distress before being turned over to the psychiatric hospital at age five. His thirteen years in the San Francisco bay area foster care system reflected an early life of humiliation, aggression, emotional distress, overwhelming anxiety and being wrongfully labeled.



With help from his amazing foster parents, a great social worker and mentors, he has defied the artificial limitations imposed upon him. Derek knows firsthand how to cope with adversity and overcoming hardship. His past has never held him back from accomplishing what he set his heart and mind to. From owning a very successful corporation to having a family, his maxim is to make no excuses.

He is an inspiring speaker and trainer who has been featured on *Headline News*, *The Steve Harvey TV Show* and other shows around the world. He has become a viral video sensation with his "Rapping Dad" videos which have had millions of views and have been featured on Best of Instagram and Vine. He is the author of six books including *Never Limit Your Life* and the *I Will Never Give Up* book series.

Derek's life mission has become helping others find the mental strength to recognize and take advantage of opportunities. Based on true-life trials and triumphs, Derek's messages have inspired thousands of listeners to have the mental strength to overcome adversity and fear. His purpose is to cultivate drive, focus, and the courage to take action.

Join us on **Thursday, September 15th**, as Derek Clark shares and inspires others to overcome fear and take action.



Wednesday September 14, 2016

- 8:00 - 9:00 - Registration & Continental Breakfast
- 9:00 - 9:15 - Welcome & Introductions
- 9:15 - 10:15 - **Keynote: Ernie Hudson**
- 10:15 - 10:45 - Meet & Greet with Ernie Hudson/Visit Exhibit Hall
- 10:45 - 12:00 - Workshop Session A
- 12:00 - 1:15 - Lunch/Visit Exhibit Hall
- 1:15 - 2:30 - Workshop Session B
- 2:30 - 2:45 - Visit Exhibit Hall
- 2:45 - 4:00 - Workshop Session C
- 4:00 - Adjourn for the day

Thursday September 15, 2016

- 8:00 - 9:00 - Registration & Continental Breakfast
- 9:00 - 9:15 - Welcome & Introductions
- 9:15 - 10:15 - **Keynote: Derek Clark**
- 10:15 - 12:00 - Meet & Greet and Book Signing with Derek Clark
Visit Exhibit Hall
- 12:00 - 1:15 - Lunch/Visit Exhibit Hall
- 1:15 - 2:30 - Workshop Session D
- 2:30 - 2:45 - Visit Exhibit Hall
- 2:45 - 4:00 - Workshop Session E
- 4:00 - 4:30 - Closing Remarks/Opportunity Drawing in Exhibit Hall
- 4:30 - Adjourn for the Day



A-1

What is Mindfulness?

Stacy Kesten, Mindfulness Awareness Research Center Program Administrator, *University of California, Los Angeles*; Mindful Improv Facilitator; Group Mindfulness Facilitator

INTRODUCTORY

This informative and interactive workshop will answer the question, "What is Mindfulness"? Participants will look at Mindfulness through a variety of lenses as they experience guided meditation, mindful speaking and listening and mindful eating. The participants will learn three different types of meditation practices as they focus on breath, body sensations and sounds. The group will break into triads and be guided through mindful listening and speaking exercises. During this practice, participants will learn how to listen with curiosity, openness and compassion and speak in a connected and authentic way. Through the mindful eating practice participants will explore what it is like to stay present while mindfully eating a grape. They will be invited to explore the entire experience with curiosity and presence. In addition, participants will learn some fun facts about mindfulness as well as some new and interesting findings around the neuroscience of mindfulness. Participants will walk away with a better understanding of what mindfulness is, as well as some valuable tools that they can utilize in order to incorporate mindfulness into their everyday life. This class is wonderful for those new to mindfulness and will provide a great refresher for those who are familiar with the practice.

A-2

Intersection between Sexual Abuse and Human Trafficking

Christine Cesa, Survivor Advocate/ Expert, *Miraculous Ones*

ADVANCED

Survivor Advocate, Christine Cesa (BS ED; MAICS with Children at Risk), will educate attendees about the connection between Familial Sex Trafficking and the Commercial Sexual Exploitation of Children (CSEC) within the United States. Using the Federal definitions and standards outlined by the Trafficking Victims Protection (Congress 2000) Act, attendees will understand how a victim lives through force, fraud and coercion and what is needed to assist in their recovery. In the presentation, a case study regarding the case of Familial Trafficking will be outlined from firsthand account information. In this case, the child, Christine, was exploited by her father, and unfortunately was not noticed by anyone in the community. Attendees will recognize signs for identifying potential victims in the community who may be potential victims of trafficking. Workshop attendees will understand particular circumstances of familial sex trafficking, the risks faced by victims of familial trafficking and the red flags to look for in potential victims. Additionally, attendees will be able to understand practical steps to restoring lives of those who have been exploited by family members.

A-3

Prenatal Drug Exposure in Children

Jennifer Corbett, RN, Public Health Nurse II, Child Trauma Specialist, *Victor Community Support Services*

INTRODUCTORY

Substance abuse in pregnancy has reached epidemic levels in our country. San Bernardino County is no different. Professionals and caregivers working with children are likely to be providing care to these drug exposed children at greater rates than ever before. This workshop will look at the physiological effects of prenatal drug exposure on children and will help you understand the effects of prenatal drug exposure so you can better support the exposed child throughout their development. The focus will be on the four common substances abused by pregnant mothers in San Bernardino County; Methamphetamine, Opiates, Marijuana, and alcohol. The effects each drug has on the developing baby, recognition of withdrawal symptoms, and developmental and behavioral concerns seen at each stage of development will be reviewed. This workshop is appropriate for social service practitioners, foster parents, teachers, registered nurses, and all individuals who may come in contact or care for children exposed to substances in utero.

A-4

Social Emotional Competence of Children (A Protective Factors Deeper Dive)

Anne Taylor, MSW, Project Specialist, *Strategies, A Project of Children's Bureau*

John Lowther, Project Specialist, *Strategies, A Project of Children's Bureau*

INTRODUCTORY

Why is fostering social and emotional competence of children a significant aspect of family strengthening work? In this workshop, we will examine research that has demonstrated the strong link between young children's social-emotional competence and: Cognitive skill building; Social competence; Positive mental health; Overall well-being, and Brain science. This workshop will help align practice with brain development, help children connect feelings and behavior, and support the role of parent as emotional coach. Participants will be able to identify key elements of social and emotional competence of children, learn skills to encourage parents to help their children develop social and emotional skills, and assess your agency's readiness to promote social and emotional competence.

A-5

Latest Trends among the Young

Clark Morrow, *San Bernardino County Sheriff's Department, Public Affairs Division*

INTRODUCTORY

This is the one presentation adults need to see most. There are thousands of ways young people today can get into trouble, and they seem to be taking advantage of all of them. Plus, those methods of self-endangerment seem to change daily. In this hour-long PowerPoint slideshow, you will gain a bird's eye view of the world of juvenile mischief and mayhem in the 21st century: everything from social media misdoings, to the latest fads in self-intoxication, to how adolescents are taking the world's oldest profession onto school campuses, to how gangs and gang tactics are morphing before our very eyes. Unless you are on the front lines of law enforcement, you will be shocked and surprised by what the little ones are up to – often right under the noses of their parents and teachers.

A-6

Mentoring 101: The Power of Mentoring

Jennifer O'Farrell, *Executive Director, Big Brothers Big Sisters of the Inland Empire*

INTRODUCTORY

Be an active participant towards the solution to break cycles of poverty, the chains of slavery from gang and exploitation and offer a child a chance for a bright future. The child mentoring movement has its roots in the late 19th century and remains one of the most relevant responses to bringing hope and increasing the quality of life for the most vulnerable in our community – children. This session will discuss how mentoring can be a vehicle for prevention and intervention for children facing adversity.

A-7

Engaging Fathers in the Inland Empire & the Nurturing Fathers Curriculum

Martinez Sellers, MFT, *Chair, Inland Empire Father Involvement Coalition; Executive Director, Operation New Hope*

Lesford Duncan, MPH, *Co-Chair, Inland Empire Father Involvement Coalition; Child Abuse Prevention Coordinator, County of San Bernardino Children's Network*

Damion Wright, M.S., *Co-Chair, Inland Empire Father Involvement Coalition; Supervising Social Service Practitioner, County of San Bernardino Children and Family Services*

Jeffrey Tunnell, *Education Committee Chair, Inland Empire Father Involvement Coalition Nurturing Fathers Program; Master Trainer, Mom and Dad Project*

CJ Cook, MBA, *Board Member, Inland Empire Father Involvement Coalition; Community Engagement, Consumer Advisory Committee and Training Unit Program Manager, Inland Regional Center*

The Inland Empire Father Involvement Coalition (IEFIC) has been working to address one of the most consequential social trends of our time, widespread father absence in the lives of our nation's children. An absent father increases a child's risk for experiencing a host of poor outcomes in the immediate and distant future, such as living in poverty, poor school performance, interpersonal violence, emotional and behavioral problems, and incarceration. The workshop will include a power point presentation on relevant data and current trends around father absence nationally and in San Bernardino County. The audience will also be introduced to the *Nurturing Fathers Program* curriculum, a 13-week training course designed to teach parenting and nurturing skills to men. Techniques will be provided to develop supportive, father-friendly practices in a variety of settings and programs. Special considerations will also be given to supporting fathers of children with disabilities. Attendees will leave with supporting handouts and information on other resources, services and father-friendly programs in the Inland Empire

A-8

Continuum of Care Reform: What's It All About?

Nicky Hackett, LCSW, *Deputy Director, San Bernardino County Children and Family Services*

Tim Hougren, PhD, *Deputy Director, San Bernardino County Department of Behavioral Health*

ADVANCED

The presenters of this workshop will provide the audience with information regarding Continuum of Care Reform, which is premised in coordinating and integrating, a seamless service array within the foster care setting, and, in doing so, involving both child or youth and family, supportive networks as well as safety networks. CCR is framed within AB 403 in looking at a comprehensive framework reform in providing all foster youth with more comprehensive care while in foster care addressing their safety, permanency, and well-being, and moving away from congregate care settings to those that are family-based in nature. This is a natural procession of identifying opportunities for youth to step down into lower levels of care through the strengthening and training of residential care providers, foster families, relative caregivers and families.

B-1

Cultivating Self-Compassion

Diana Winston, Director of Mindfulness Education, *University of California, Los Angeles Mindful Awareness Research Center*

INTRODUCTORY

So many of us struggle with self-judgment and self-criticism. While efforts to improve individual's self-esteem have had moderate success, the concept of self-compassion has been scientifically shown to reduce self judgement and increase resiliency, reduce depression and anxiety, and create deep states of ease and well-being. Self-compassion involves mindfulness, self-directed kindness practices, a recognition of our shared humanity. In this workshop, we will explore through lecture and experiential practices the three components of self-compassion. We will learn some basic mindfulness tools to help us work with judgmental thoughts and to get started or deepen a personal mindfulness practice. We will cultivate loving kindness through meditative practices, and explore the concept of shared humanity.

B-2

The Open Door

Holly Pratt, Outreach Coordinator, *Family Assistance Program*

D'Lita Miller, Empowerment Advocate, Founder and Executive Director of *Families Against Sex Trafficking*

INTRODUCTORY

The Open Door Program empowers families, victims and survivors who have been affected by human trafficking and/or sexual exploitation by providing the opportunity to heal and transform their lives. The Open Door Program provides case management, court support, shelter services, and more including the Ending The Game intervention curriculum. This workshop will cover the following topics:

- Who is at risk for human trafficking?
- How to identify human trafficking and sexual exploitation in our community?
- Who are traffickers and typical predators?
- Why victims do not escape?
- How we can partner to keep our families protected and rescue those affected?

The Open Door Program services include intervention curriculum, Ending The Game. Participants to this workshop will learn how to help prevent human trafficking and sexual exploitation in our families and communities and gain tools for identifying human trafficking and sexual exploitation in our community.

B-3

Fetal Alcohol Spectrum Disorders

Carolyn Shaputnic, RN, MPH, Clinical Coordinator for the *Institute for Fetal Alcohol Spectrum Disorders Discovery (IFASDD)* at the *University of California San Diego, Pediatrics*

Rachelle Feiler, Ph.D., Education Specialist, *Institute for Fetal Alcohol Spectrum Disorders Discovery (IFASDD)* at the *University of California, San Diego*

INTRODUCTORY

Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term describing the range of effects that can occur in a child exposed to alcohol before birth. These effects range from severe to mild and may include physical, mental, behavioral and learning disabilities that last their entire life. The prevalence of FASDs occur as often as 24 to 48 per 1,000 births making alcohol exposed births one of the most pressing public health problems of our time, and it is 100% preventable. Children with FASD are significantly over represented in foster care system as well as in the juvenile justice system with approximately 60% having been in legal trouble and 35% having been incarcerated at some point in their lives. FASD is vastly under recognized and only 11% are diagnosed by age 6.

This presentation will provide the framework to understanding the public health and clinical significance of FASDs in children and adolescents. It will include information on the patterns of alcohol use among women and strategies for prevention; how alcohol affects the fetus and the criteria for diagnosis of fetal alcohol syndrome and related conditions. Early recognition of fetal alcohol effects is very important for interventions that can best help the child and family and help prevent secondary disabilities. This presentation will describe the primary developmental and functional concerns and strategies for intervention. The presenters will describe the process for referral, assessment, evaluation and feedback.

B-4**Autism Movement Therapy®**

Joanne Lara, MA, Author, *Autism Movement Therapy Method*; Core Adjunct Faculty, *National University*; Founder, *Autism Movement Therapy/Autism Works Now!*

INTRODUCTORY

"Programs like Joanne's Autism Movement Therapy offer opportunities for our kids to develop the necessary and fundamental skills that benefit all our kids. Art saved my life!" ~ Temple Grandin, PhD

A structured movement & music program, Autism Movement Therapy® is based on 'body/brain' connection resulting in a "whole brain" cognitive re-mapping approach to assist with inappropriate behavior, on-task activity, social and speech & language skills in individuals with autism and special needs. This workshop will include a brief history of Autism Movement Therapy and an interactive demonstration of Autism Movement Therapy. Be prepared to learn and get ready to move!

B-5**Resources for Crime Victims and Strategies for Reaching Underserved Populations**

Robin Foemmel Bie, LCSW, Resource Branch Manager, *California Victim Compensation Board*

INTRODUCTORY

The California Victim Compensation Board (CalVCB) is removing barriers and increasing access to compensation through expanded eligibility, linguistically appropriate communications, and pursuing legislation to add relevant benefits and increase limits for existing benefits. This workshop will cover all of CalVCB activities and provide a brief overview of the application process, eligibility, benefits, and who can act as the victim's representative. A focus will be given to how minor victims and their families can benefit from accessing CalVCB. The workshop will also discuss additional strategies CalVCB is utilizing to reach underserved populations, such as, the development of online courses and collaboration with organizations statewide to enhance relationships with service providers so they can better assist victims with accessing compensation and meet the unmet needs of victims. By the end of this workshop, participants will be able to: inform victims and their families of CalVCB benefits that can help them recover financially from the impact of the crime and promote healing from emotional injuries, inform victims of recent changes made to increase benefits for minor victims, apply for CalVCB benefits on behalf of victims, and gain knowledge of CalVCB's strategies to reach underserved populations.

B-6**The Cruelty Connection Between Animal Abuse and Human Violence**

Debbie Ploghaus, J.D., Deputy District Attorney, *San Bernardino County District Attorney's Office*

Amy Raines, DVM, Staff Veterinarian, *South East Area Animal Control Authority*; Clinical Associate Professor of Veterinary Medicine, *Western University of Health Sciences*

INTRODUCTORY

When children are cruel to animals it is not necessarily an exploratory stage of development; it could be the earliest stages of conduct disorder, a gang initiation ritual, an act of revenge, peer pressure, or a way for an abused child who feels powerless to exert control over his or her own victim and gain a sense of power. Exposing children to animal cruelty may desensitize them against all forms of violence. This presentation will be an introduction to The Link and to the Animal Abuse/Interpersonal Violence Link. Animal abuse and family violence are usually perceived and treated as separate issues, handled independently by animal care & control or human services agencies that until recently have had little incentive to work together. Professionals in all these fields are not surprised when they learn that often they are dealing with the same families, the same perpetrators, and the same overarching problems. Where animal abuse used to be trivialized by people saying, "It's only a dog!" or "Boys will be boys!" leaders now recognize that cruelty, abuse or neglect in any form should be taken seriously. Animal maltreatment is often "the tip of the iceberg" and the first warning sign of an individual or family in trouble. Knowing that these forms of family violence are linked, it is important that the agencies involved understand their role in communicating, collaborating, and reporting with each other.

B-7

INTERMEDIATE

"ALL Lives Matters": Addressing Issues of Racial Diversity with Young Children Using Developmentally-Appropriate Practice Techniques

Heather Hammond-Williams, MA, Adjunct Faculty for Child Development Department at *Crafton Hills College/Victor Valley College/CSUSB*
Dr. Amanda Wilcox-Herzog, PhD, Associate Professor for Psychology/Human Development Department, *CSUSB*

This presentation will focus on providing attendees with interactive scenarios of managing children's experiences of racial diversity based on developmentally-appropriate techniques. These scenarios will address common pitfalls that adults face when addressing children's experiences with racial diversity. Presenter will address these scenarios with appropriate ways to respond to experiences of racial diversity that children encounter based on the children's age and specific situations, by using positive child guidance strategies to increase child-adult relationships, increase child-child relationships, and develop tolerance/acceptance of diversity. The goal is to provide attendees additional skills in implementing DAP techniques when children are experiencing diversity issues with one another and how to make the experience a learning opportunity for all involved. These techniques will help strengthen adults' relationships with their students, clients, and/or children, will improve child-child relationships, and develop tolerance. Collectively, these techniques support the overall development of children.

B-8

INTRODUCTORY

Gender and Sexual Minorities in the Continuum of Care

Ami Davis, Outreach, Policy and Prevention Specialist, *Reach Out, West End*

This workshop is designed to provide supports for service providers working with LGBTQ and/or GSM (gender and sexual minority) folks. It will include education and updated terminology as well as a consultation-style section where audience members can share personal and/or professional experiences with the presenters. These situations are encouraged to regard interactions between agency staff and LGBTQ/GSM folks. This, then, will become a discussion the audience can work through together with suggested practices being provided and evaluated. This specific workshop is designed to be interactive and conversation style, with available in-depth questions and answers throughout. Workshop attendees will gain awareness and language education specific to LGBTQ communities; be able to identify unique hardships, barriers to services, and safety considerations to LGBTQ communities; and identify the tools and resources needed to appropriately support the safety and well-being of LGBTQ communities as they intersect with your agency.



C-1

Mindful Improv

Stacy Kesten, Program Administrator, *Mindfulness Awareness Research Center - University of California, Los Angeles*;
 Mindful Improv Facilitator; Group Mindfulness Facilitator

INTRODUCTORY

This highly experiential and creative workshop takes a comprehensive look at mindfulness through the engaging and interactive lenses of relational mindfulness and Mindful Improv. Partner and group exercises will focus on bringing our attention to the present moment, as well as letting go of self-judgment, celebrating mistakes, appreciating joy, and cultivating creativity, courage, and self-compassion. Participants will laugh while they learn as they acquire some powerful tools for understanding and integrating mindfulness through these simple and playful exercises. Mindful improv exercises will challenge participants to embrace their creativity, checking in with their body and emotions as they are guided in a safe environment. Mindful speaking and listening exercises will group participants together to help them share their present experiences in a more personal way, and to learn tools for being more grounded in their interactions with coworkers, clients, and loved ones. Participants will leave the workshop with a greater understanding of mindfulness, and gain valuable tools for dealing with challenging situations by connecting to their emotions in the present moment. This class is tailored to students at all levels of mindfulness awareness, from those who barely know the definition of the word, to those who are well versed in its practices.

C-2

Parent Grooming By A Child Predator

Cassandra Black, Client Services Advocate, *San Bernardino Sexual Assault Services*

INTRODUCTORY

The notion that parents or caregivers may be a gateway to their child being sexual abused is UNTHINKABLE! But consider this: child predators are aware that parents are the decision-makers for young children and they realize that responsible parents will protect their children at all cost. So, for the child predator, there is work to be done before the targeted child can be addressed. First, the parent must be groomed. In this presentation we will discuss the parent grooming process: targeting, testing, behavioral norms, non-sexual activities, perpetrator dependency, grooming for reaction, parent responses and what to do if you suspect parent grooming. This presentation includes a Power Point visual with true stories and statements from sex offenders. The presentation content is intended to build awareness and alert parents and caregivers to early warning signs of parent grooming to possibly prevent later child sexual abuse.

C-3

What Do Collaboratives Need to Thrive? Understanding the 4 Essential Elements

Susan Gomez, President, *Inland Empire Community Collaborative*
Megan Meadors, Director, *Bear Valley Community Hospital- Mom & Dad Project*

INTRODUCTORY

Communities face powerful challenges. A high-school dropout epidemic, youth unemployment, teen pregnancy, that require powerful solutions. In a climate of increasingly constrained resources, those solutions must help communities to achieve more with less. A new kind of community collaborative is needed; an approach that aspires to significant, community-wide progress by enlisting all sectors to work together toward a common goal. Effective collaboration offers enormous promise to bring about broader, more lasting change across our communities. The time is ripe for such efforts to build momentum. Public and private sources are beginning to dedicate funding to support community collaboration. And across the country, we have seen that there is a broad need for change, a shared sense of purpose and a renewed opportunity to include those in the community most in need. While collaborative efforts have a long history in our community, the work remains immensely challenging—with a record of many more failures than successes.

Tired of hearing... "Nothing happens between meetings. We've been meeting and talking about the problem, but nobody is taking responsibility." Today, a new generation of multi-sector community collaboratives like the IECC is seeking to learn from previous efforts, build on what works and use collaboration as a model for generating community-wide change. This training opportunity will focus on what makes collaboration succeed (and fail) and then describes the key strategies that have shown to be effective in sustaining collaborations over time.



C-4 Caring for our Most Vulnerable Population: Transdisciplinary Strategies for Our 0-3 Year-Old Age Group

INTERMEDIATE

Jessica De Brun, OTD, MOT, OTR/L, Loma Linda University
Michelle M. Gross, M.S. CCC-SLP, Speech-Language Pathologist, Victor Community Support Services
Jennifer Corbett, RN, Public Health Nurse II, Child Trauma Specialist, Victor Community Support Services

Young children, under the age of three, exposed to trauma including “exposure to emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, domestic violence, household substance abuse, household mental illness, parental separation or divorce, and a criminal household member” (Honor, G. (2015). Childhood trauma exposure and toxic stress: What the pnp needs to know. Journal of Pediatric Healthcare, 29, (2): 191-8) are considered the most vulnerable population to the negative health and developmental effects of trauma.

This presentation highlights the importance of working with a transdisciplinary team when evaluating and treating young children under the age of three years old. For this young and vulnerable population trauma can influence a negative medical, developmental and medical trajectory. This workshop will explore practical strategies about how to work with a comprehensive transdisciplinary team to best meet the unique needs of this vulnerable population. Workshop attendees will contribute in planning and collaborating for best practice model.

C-5 Teen Suicide Awareness and Prevention Program

INTRODUCTORY

Rebecca Antillon, Program Coordinator II, Injury Prevention Services, Riverside University Health System - Public Health
Jessica Cuevas, Health Education Assistant, Riverside County Department of Public Health
Connie Marmolejo, Health Services Assistant, Riverside County Department of Public Health
Veronica Huerta, Health Services Assistant, Riverside County Department of Public Health

Talking about suicide is a daunting task for even the most seasoned health or social service professional. It can be even more overwhelming when addressing suicide prevention among youth populations. Riverside University Health System – Public Health will provide an overview of the Teen Suicide Awareness and Prevention program that has been developed for Riverside County schools. During this interactive presentation, attendees will learn how to engage youth in effective low-cost approaches meant to raise awareness around suicide prevention and help reduce stigma on seeking help when needed.

C-6 Parent and Student Rights/Responsibilities in Public Schools

INTRODUCTORY

Sherman Garnett, Adjunct Professor, CSUSB, Chapman University and Cambridge College, Educational Consultant of Pupil Services with Sherman Garnett & Associates; Elected Board Member of the San Bernardino County Board of Education

As a parent or a student, are you aware of your fundamental rights and responsibilities at a public/ school/charter school and the rights of the school administration? This interactive workshop will identify and provide you with information of the ten (10) essential rights that you as a parent or student are afforded in all public schools in California. Participants will exit the workshop empowered with correct or informed information relative to their rights at public schools.

D-1

Where's Your Head At? The Neuroscience of Mindfulness

Renee Metty, M.Ed., Founder of a resiliency and mindfulness preschool, *The Cove School*; Mindfulness Facilitator/Executive Coach, Founder and CEO of *withPAUSE*

INTRODUCTORY

A practical and simple introduction to mindfulness. Learn what mindfulness is and explore ways it can help you manage stress, anxiety, negative thoughts and difficult emotions in everyday life. You will explore and observe your own present moment experience with curiosity and kindness. See how a shift in perspective can shift your entire experience.

D-2

Positive Psychology and Purpose

Bruce Malcolm, MFT Intern, Mental Health Clinician/Psychology Instructor

INTERMEDIATE

In the college psychology courses taught by this presenter, the first class of each semester begins with the same prompt, "Raise your hand if you know your purpose." No student has ever raised their hand. Not once. Such is the problem in our "just be happy" society. Unbeknownst to us, our lives and experiences and difficulties and successes are teeming with hints of who we are and specifically how we are meant to give back to the world in a way that is naturally fulfilling. This presentation utilizes many examples from history, and one infamously bad American Idol audition, to reframe the difficulties of life as opportunities to learn about our true selves. An analogy is given for how to embrace the difficulties in life to fully experience their lesson. The presenter then guides the attendees through an exercise to be able to articulate their purpose in a concrete and tangible way. Once an individual is able to articulate their purpose, a meandering life comes to a close and we become ignited with focused attention towards offering to the world our uniqueness, our true selves. This process of closed doors, loss, and successes is already at work in our lives and is completely outside of our control. But we can conspire with it, grow with it, and learn from it through the use of purpose and positive psychology.

D-3

Working with an Abused Child: A Training for Educators and Child Service Providers on Recognizing and Helping a Child who has Experienced Sexual Abuse

Erin Hill, Counselor/ Direct Client Advocate, *Morongo Basin Sexual Assault Services*

INTRODUCTORY

Child sexual abuse is an epidemic that is pervasive in every corner of the United States. From small rural towns to large cities, children are suffering, often in silence. With retrospective research showing that as many as 1 in 4 girls and 1 in 6 boys will experience sexual abuse before the age of 18, it is imperative that educators, child care providers, and other individuals who work with children and teens are prepared to help. This workshop is designed to prepare educators and other childcare professionals to work effectively within their capacity with children who have experienced abuse. Attendees will gain a better understanding of child sexual abuse, risk and protective factors, mandated reporting laws, and the various steps to be taken after a disclosure. With sections covering young children to late teens, the information gleaned can be applied in various settings outside of the classroom as well. With the major focus being child sexual abuse, this multidimensional workshop will also briefly address aspects of physical abuse, emotional abuse, and neglect.

D-4

Crime Survivors: Breaking the Cycles of Victimization, Marsy's Law, Vicarious Trauma, and Playing Nice for Victims, Survivors and Public Safety!

Patricia Wenskunas, Founder and CEO of *Crime Survivors, Inc.*

INTRODUCTORY

Crime Survivors is committed to serving our community by being an advocate and resource for crime victims and their families. If you don't know where to turn, or are confused or frustrated with the public services that are available to you as you recover or seek justice, Crime Survivors can help. Crime Survivors vision is for victims of crime to recover from their experience mentally, physically, emotionally, and financially, by receiving the respect, support, and protection from law enforcement, the judicial system, and the community. Attendees to this workshop will learn how to help break cycles of victimization, be provided with knowledge and facts on Marsy's Law and Crime Victim Rights in California, provided with information/trainings about the importance of self-care and work-related support, what resources and support is available, and how to navigate and most importantly, how to play nice, when grants, funding, awards, recognition and politics enter the playing field.

D-5

Redlands Unified School District: Academic Case Carrier Program

Dr. Peter Lock, Ed.D., Coordinator, Foster Youth and Student Support Services, *Redlands Unified School District*

Jon Best, Director, Student Services, *Redlands Unified School District*

INTRODUCTORY

With new LCAP funding, the success of foster, homeless, and other At-Risk youth are of primary concern and focus of school districts. This workshop will share Redlands Unified School District's Academic Case Carrier Program: our approach to identifying – and servicing – our top 400 (approximately 3-4%) most At-Risk secondary youth (including foster and homeless youth, English Learners, and Low SES students). A brief introduction to RUSD's LCAP funding and philosophy will be provided, with the majority of the focus being on the practical explanation of how our students are identified using Aeries Analytics, the grouping of our students into different levels of need, and the varied potential daily duties of an Academic Case Carrier (ACC). With approximately 50 students on their caseloads, the ACCs are able to help bridge the gaps between the schools, the families, and the community - with the ultimate goal being the academic success of our Working with the schools, the ACCs add an additional level of support that helps lessen the demands placed upon the schools' guidance counselors and administration. With each Academic Case Carrier following their respective students throughout their time in the Redlands District, our targeted students will have a consistent support system to ensure their success through – and beyond – high school. Two of the ACCs will be on hand to help answer questions about their experiences and philosophical approaches to their jobs.

D-6

Neurofeedback: A Non-invasive Alternative Treatment for ADD, ADHD, Conduct Disorder, and Other Limiting Conditions (PART 1 of 2)

Connie J. McReynolds, Ph.D., Licensed Psychologist, Director, *California State University, San Bernardino, College of Education,*

Institute for Research, Assessment & Professional Development

INTRODUCTORY

Neurofeedback is a ground breaking technique that challenges the brain to better function. This powerful brain-based technique has been successfully helping clients around the world for over 30 years. This powerful brain-based technique has been successfully helping clients around the world for over 30 years. It is a non-invasive process with dramatic results for a multitude of symptoms. Neurofeedback works by training the brain to function at its maximum potential, which is similar to the way the body is exercised, toned and maintained. This presentation will provide information regarding the use of neurofeedback in treating a number of limiting conditions. Background information will be provided on the ground-breaking use of an alternative treatment effective in reducing or eliminating the symptoms of conditions such as ADD/ADHD, depression, anxiety, sleep disorders, conduct disorders, etc.

D-7

Supporting Kinship Caregivers

Angie Schwartz, J.D., Policy Director, *The Alliance for Children's Rights*

Karen Dixon, M.S., Foster Kinship Care Education

Dr. Clyde Stewart, *Westside Kinship Support Services*

Nancy Pimentel, M.S., Kinship Coordinator, *County of San Bernardino Children and Family Services*

INTRODUCTORY

Kinship care is the first preference of placement by both families and the child welfare system since children are more likely to thrive with those they already have a relationship with. Although kinship care brings many benefits for the children, kinship caregivers often face more challenges than traditional foster parents. They often juggle mixed emotions related to taking on the new role of primary caregiver often suddenly and with limited resources and supports to navigate seemingly complex court, child welfare, education, health, mental health, and financial support systems to meet the needs of the child. This workshop will highlight the challenges and unique needs of kin caregivers along with supports, training, and permanency options available to them, provide information regarding the new child welfare regulations affecting kin caregivers regarding Resource Family Approval (RFA) process starting January 1, 2017, and address current kinship advocacy and policy work including the Home-Based Family Care Rate through the efforts and support of Alliance for Children Rights and Step Up for Kin.

E-1

Play Attention

Renee Metty, M.Ed., Founder of a resiliency and mindfulness preschool, *The Cove School*; Mindfulness Facilitator/Executive Coach, Founder and CEO of *withPAUSE*

INTRODUCTORY

Young children are already in the moment, so let's learn fun ways to integrate mindfulness in the preschool/early childhood classroom. As children get older a growing number of them lack self-regulation, impulse control, focus and concentration. By bringing awareness to their awareness at a young age we can strengthen this life skill that can be used throughout their lives. Let's prepare them to be learning ready and better able to handle their experiences with a greater ease. These skills are essential both in school and life and can be learned in fun and exciting way. Combining the senses and basic practices, you will learn how mindfulness can be easily integrated into whatever you are already doing in your day. These practices for children will also help you reconnect your mind and body. Your role as a teacher is paramount in this process. Walk away with practical tools that you can use immediately with yourself and your children to manage stress and promote self-regulation, learning readiness and a positive classroom environment. These developmentally appropriate practices will provide a renewed sense of hope for both you and your students. Through this interactive and experiential workshop, we will use sharing, pairs, small groups, games, mindfulness practices, stories and humor along with some didactic teaching to help deepen your understanding of mindfulness and how it can be integrated into your classroom and daily activities.

E-2

You Hold the Keys

Martha Nix Wade, MA, Executive Director and Founder of *A Quarter Blue*
Elizabeth Rivas, MA, Marriage Family Therapist Registered Intern

INTRODUCTORY

Through Martha and Elizabeth's personal and professional lives they have gained unique insights to more effectively protect children and assisting the wounded starting with the initial report, through the judicial process, and throughout the healing process. Workshop participants will gain insight into how to effectively work with those who were victimized, the uniqueness between primary and secondary victims, and how to deal with triggers and counter-transference. Reporting sexual abuse will be addressed as will the importance of self-care.

E-3

Effective Black Parenting

Mishay Butler, Marriage and Family Therapy Intern, *Valley Star Community Services*
Wandalyn Lane, Marriage and Family Therapy Intern, Program Manager, *Valley Start Community Services*

INTRODUCTORY

Effective Black Parenting is a nationally acclaimed skill-building program created by the Center for the Improvement of Child Caring (CICC). Through this program, parents and caregivers learn how to raise African American Children to become healthy, proud and capable people. The program focuses on effective family communication, healthy African American identity, child development and building self-esteem. Effective Black Parenting incorporates important aspects of African American culture, such as African proverbs and conversations about Black history. Attendees will learn about: Traditional Black discipline Modern Black self-discipline; How to create family rules; The Thinking Parent's Approach Child Development; Preventing Drug Abuse; How to use praise effectively, and How to confront effectively.

E-4

INTERMEDIATE

Effective Collaboration Improving Maternal Mental Health

Lesford Duncan, MPH, Chair, *San Bernardino County Maternal Mental Health Work Group*; Child Abuse Prevention Coordinator, *County of San Bernardino Children's Network*

Katayune Kaeni, Psy.D., Maternal Mental Health Specialist, Resident Subject Expert for San Bernardino County, Psychologist in Private Practice, Host of *Mom & Mind Podcast*

Kendra Flores-Carter, MSW, Medical Social Worker – Women's Health, *Arrowhead Regional Medical Center*

Maritza Pelayo, B.S., Early Childhood Specialist, *Inland Empire United Way*

Up to 80% of new mothers experience the "Baby Blues", a temporary condition including feelings of irritability, stress, and mood swings. However, 1 in 7 new mothers will experience Postpartum Depression. The San Bernardino County Maternal Mental Health Work Group, led by the County's Department of Behavioral Health, Children's Network, Department of Public Health, First 5 San Bernardino, and Inland Empire United Way 211, was established in 2014 to address gaps in services and barriers to accessing maternal mental health care, especially for postpartum depression. This workshop will describe the goals and outcomes of the Maternal Mental Health Work Group. Workshop attendees will learn about maternal mental health issues, complex factors that contribute to the development of perinatal mood and anxiety disorders (PMAD's), effective screening tools for postpartum depression used in a variety of settings, and ways to reduce stigma and encourage mothers and families to seek help. The presentation will conclude with a 5 min. screening of the San Bernardino County Maternal Mental Health PSA, which will be available for free for providers to take back to their organization.

E-5

INTRODUCTORY

How to be an Educational Cheerleader! Supporting School Success for Children & Youth in Care

Maria T. Gomez, Educational Liaison, *San Bernardino County Children and Family Services*; Foster Kinship and Education Trainer, *Barstow Community College*

Lori Elinsky, Supervising Social Service Practitioner, *San Bernardino County Children and Family Services*

It is a known fact that children in care face many issues throughout their life. What are the issues in regards to education? This presentation will review the educational issues foster children face. Why are these issues important, and how do they affect foster youth? The presentation will also equip those in attendance with suggestions on how to support foster youth in their educational progress. Attendees to this workshop will be able to identify educational issues foster children face, become aware of the laws that address foster youth education, and leave with adequate tools to support the youth throughout their educational career. In fact, they will become Educational Cheerleaders.

E-6

INTRODUCTORY

Neurofeedback: A Non-invasive Alternative Treatment for ADD, ADHD, Conduct Disorder, and Other Limiting Conditions (PART 2 of 2)

Connie J. McReynolds, Ph.D., Licensed Psychologist, Director, *California State University, San Bernardino, College of Education, Institute for Research, Assessment & Professional Development*

This session will provide a more in depth discussion of the assessment tool and include a review of sample reports. There will be a brief discussion of client results. Generally, "a person cannot reliably influence their brainwave patterns because they lack awareness of them. However, when the person sees their brainwaves on a computer screen, it gives the person the ability to influence and change them" (Hammond, 2006). "Neurofeedback does not introduce anything unnatural into the brain; rather it trains the brain to function better through its own natural mechanisms..." A demonstration of neurofeedback will culminate the presentation with an opportunity for audience members to participate in using neurofeedback.

**YOUTH
YA-1**

Meet "Rapping Dad", Derek Clark

Derek Clark, Motivational Speaker

Here's your chance to meet "Rapping Dad" Derek Clark! As a child in foster care, Derek was "labeled and misdiagnosed" in almost every psychological evaluation in existence. As a helpless child, Derek was nearly institutionalized due to severe erratic behavioral problems and violent tendencies. Having suffered brutal child abuse and abandonment, he was prone to severe anxiety, distress and lashing out in anger. At 6 years old, he was diagnosed as mentally handicapped among many other labels. Experts said he had the IQ of a two and half year old, suffered erratic psychosis and withdrawn from reality. As he developed, it became clear to his wonderful foster parents that this diagnosis was without merit. Derek will reveal how he overcame his adversities and triumphed in his personal life. He will take you down his road of lessons that he has learned of hate, anger, resentment, mistrust in adults, violent tendencies, rejection, lack of love, child abuse and the memories that have haunted his life. Derek's motivational message of courage, hope and perseverance helps others find the strength to never give up. From this workshop, you will take away lessons and changes that you can make in order to have the kind of life you want.

**YOUTH
YA-2**

Choose Your Championship Team

Francesca Villarreal, Educational Liaison, *San Bernardino County Children and Family Services*

Micheal Rawls, M.Ed., Educational Liaison, *San Bernardino County Children and Family Services*

Looking to be part of the Championship Team? And earn that Championship Ring in life? There are so many choices open to you after high school graduation. Are you interested in joining the military? Maybe you have a job you are interested in but need a specific skill set. Has college always been your dream but you need an understanding of the admissions process? Come meet our Education Liaisons that will help you get on the right team!

By the end of this presentation, you will be able to:

- Make an informed decision about what you want to do after high school
- Research career options and the skills required to obtain employment in certain fields
- Identify ways in which you can fund your post-secondary education.

**YOUTH
YA-3**

Empower Youth - Navigating Through All Forms of Exploitation

Guido Hajenius, Los Angeles Hub Regional Coordinator, *iEmpathize*

The exploitation of minors is an alarming reality in the United States, and it comes in many forms: Bullying has evolved into an issue with often severe consequences. One in four girls and one in six boys will be sexually abused by age eighteen. And the commercial sexual exploitation of children in the U.S. is part of a thirty-two billion dollar criminal industry. Perpetrators of crimes of sexual exploitation see our nation's schools as a prime location to recruit new pimps and lure new victims. Often, these young adults have no idea what is really happening to them until it is too late. The purpose of the Empower Youth Program, therefore, is to educate students about the very real threat of exploitation so that they can stay safe.

At the heart of our curriculum is the concept of empathy. Empathy is an active response to the suffering of others, and it is a characteristic that our culture is in great need of cultivating. Few of us are completely apathetic (choosing to disregard another's suffering), but many of us get stuck in sympathy (feeling badly for the suffering of others). Empathy (understanding and actively engaging another's suffering) is the solution to issues of exploitation, from forms as familiar as bullying in a school's hallways to more extreme acts like human trafficking. By inspiring students to develop empathy for those around them, our curriculum distinguishes itself as an exploitation awareness tool as well as a character education program with far-reaching transformative potential for your kids.



YOUTH YB-1

Positive Psychology and Purpose

Bruce Malcolm, MFT Intern, Mental Health Clinician/Psychology Instructor

In the college psychology courses taught by this presenter, the first class of each semester begins with the same prompt, "Raise your hand if you know your purpose." No student has ever raised their hand. Not once. Such is the problem in our "just be happy" society. Unbeknownst to us, our lives and experiences and difficulties and successes are teeming with hints of who we are and specifically how we are meant to give back to the world in a way that is naturally fulfilling. This presentation utilizes many examples from history, and one infamously bad American Idol audition, to reframe the difficulties of life as opportunities to learn about our true selves. An analogy is given for how to embrace the difficulties in life to fully experience their lesson. The presenter will guide attendees through an exercise to be able to articulate their purpose in a concrete and tangible way. Once an individual is able to articulate their purpose, a meandering life comes to a close and we become ignited with focused attention towards offering to the world our uniqueness, our true selves. This process of closed doors, loss, and successes is already at work in our lives and is completely outside of our control, but we can conspire with it, grow with it, and learn from it through the use of purpose and positive psychology.

YOUTH YB-2

Follow Your Rainbow: Dream Big and Never, Never Give Up!

Lea Michelle Cash, President and CEO, *The Brightest Star, Inc.*

Christopher Rausch, Radio Show Host, Author, Motivational Speaker

Karri Lauritzen, Professional Model

"The second star to the right shines in the night for you, to tell you that the dreams you have, really can come true". ~ Peter Pan

Following your rainbow is synonymous with the common saying follow your dreams. In life, youth go through numerous thunderstorms, with problems crashing around them. They do not see the sun or the clouds drifting apart. They simply notice the rain, the storm, and the darkness. This workshop creates an experience that allows young adults to stop and think about where they are and connect to where they are going. The rainbow is an extraordinary symbol of hope, following your heart's desires and purposes of getting to the end for the celebration of that fulfillment. Building dreams and setting goals are the backbones of successful achievement. Dreams motivate you to do your best and reach your full potential. Dreams provide you with a positive energy and motivate you to keep on going.

This workshop provides an opportunity for young adults to personally understand the power of a dream, helping to reflect a positive "SELF" image and embracing the potential of your future. To believe beyond a shadow of a doubt that sacred blessings open when you

YOUTH YB-3

Helping Youth Achieve their Leadership Potential & Build Resiliency

Lisa Harper, Mental Health Specialist, *Young Visionaries Youth Leadership Academy*

Amanda Vann, Mental Health Specialist, *Young Visionaries Youth Leadership Academy*

This workshop will provide youth with skills and strategies in becoming a successful leader in their schools and communities. Youth will begin to shape an identity that reflects their strengths and focuses on their resiliency. This will be an interactive workshop that empowers, educates and inspires you, while giving tools to help you reach your full potential and achieve personal and academic success despite hardships and challenging situations.

YOUTH
YB-4

Together we can END the Cycle of YOUTH HOMELESSNESS in San Bernardino County

Andre Bossieux, Program Manager II, San Bernardino County Department of Behavioral Health

Brenda Dowdy, Homeless Education Project Manager, San Bernardino County Superintendent of Schools

In this workshop you will hear about the ongoing efforts of SB County to end youth homelessness. The workshop will begin with a joint presentation on the scope and status of homeless youth in SB County and the challenges they face. The presenters will discuss the collaborative efforts and partnerships that have been formed through-out SB County to address the issues. There will be an interactive discussion, featuring a panel of youth that are homeless or have experienced homelessness. Based on their own experiences, they will offer suggestions to the County, Community Based Organizations, and School Districts, on how best to provide continuous and appropriate support and resources. The workshop presenters are seeking direct knowledge and input from the young adults attending the workshop. The goal of this discussion is to create a blue print for a sustainable program to end youth homelessness in SB County.

Topics that will be addressed by the presenters and the Youth Panel include:

- Mental wellness
- Accessing food and shelter
- School attendance challenges
- Employment
- Substance Abuse
- Counseling support
- Mentorship
- Other related topics

The hosts of this workshop will bring the information gathered from the youth panel discussion back to the SB County Homeless Youth Taskforce. This information, along with the recent homeless youth count, may be used to develop and support the County's effort to apply for funding from the Federal and State government to better assist our County's homeless youth.

