

The 29th Annual Children's Network
CONFERENCE

September 23 & 24, 2015 • Ontario Convention Center

REGISTRATION INFORMATION





We are glad you will be joining us at the 29th 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 Father Gregory Boyle. He is an acknowledged expert on gangs and intervention approaches who focuses on hope as a powerful tool. On day two, we are pleased to present Dr. Robert Anda who collaborated with Dr. Vincent Felitti of Kaiser San Diego on a large scale study funded by the Center for Disease Control to track the effects of childhood trauma on health throughout the lifespan. The study is known as the Adverse Childhood Experiences Study (ACE Study.)

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.

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REGISTRATION INFORMATION

Registration Deadlines

Early Bird Registration: \$225

Registrations prior to August 31, 2015

Advanced Registration: \$250

September 1 through September 14, 2015

On-Site Registration Rates: \$300

Any registrations received after September 14 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 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 14, 2015** 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 14, 2015**. There is a **\$20 fee** for each substitution.

Photograph & Video Policy

Registration and attendance at, or participation in, The 29th 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 24.

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 charge for CEUs.

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REGISTRATION FORM

REGISTER ONE OF THREE WAYS! *Payment must be submitted with registration.*



E-MAIL

Complete registration form
and email it to
maria.zuniga@hss.sbcounty.gov



FAX

Complete registration form
and fax it to
(909) 383-9688



MAIL

Mail registration form to:
Children's Network
825 E. Hospitality Ln., 2nd Fl
San Bernardino, CA 92415-0049

ATTENDEE INFORMATION

Please print clearly on form. Complete **ONE** form for **EACH** attendee.

Name Employer/Agency

Street Address

City State Zip

Contact Phone

E-Mail Address *(Registration confirmation and any additional conference information will be e-mailed to this e-mail address.)*

SPECIAL NEEDS: Wheelchair Access Vegetarian Lunch

WORKSHOP SELECTION

Please print clearly on form. Complete each section with the workshop session number (ex. A-3) you will be attending.

	WEDNESDAY SEPT. 23		THURSDAY SEPT. 24		
1ST CHOICE	A ___	B ___	C ___	D ___	E ___
2ND CHOICE	A ___	B ___	C ___	D ___	E ___

REMEMBER!

The Early Bird Registration catches the Workshop Worm! Register early to ensure you get the workshop selections you would like to attend.

ATTENDANCE SELECTION

- 2 Days, Early Bird Rate - **\$225** *(before 8/31/15)*
- 2 Days, Adv. Registration Rate - **\$250** *(9/1/15 - 9/14/15)*
- 2 Days, On-Site Rate - **\$300** *(9/15/15 - 9/24/15)*
- Wednesday ONLY - **\$150**
- Thursday ONLY - **\$150**
- Attendee Substitution Fee - **\$20** *(before 9/14/15)*

PAYMENT INFORMATION

- CHECK *(Please make checks to COUNTY OF SAN BERNARDINO)*
- PURCHASE ORDER *(Attach copy of PO to this form)*
- COUNTY OF SAN BERNARDINO MOU FUNDS *(Please contact your supervisor about using MOU funds.)*
- CREDIT CARD Visa Mastercard American Express

Card # Security Code #

Cardholder Name Exp. Date

Card Billing Address

Authorized Signature Date

If you have any questions about the registration process,
please contact Children's Network at (909) 383-9677

AGENDA-AT-A-GLANCE

Wednesday September 23, 2015

- 7:30 - 8:30 - Registration & Continental Breakfast
- 8:30 - 8:45 - Welcome & Introductions
- 8:45 - 11:00 - **Keynote: Father Gregory Boyle**
- 11:00 - 12:00 - Book signing/Break/Visit Exhibitors
- 12:00 - 1:15 - LUNCH/Exhibitors
- 1:15 - 2:30 - Session A
- 2:30 - 2:45 - Break/Exhibitors
- 2:45 - 4:00 - Session B
- 4:00 - Adjourn for the day

Thursday September 24, 2015

- 8:00 - 9:00 - Registration and Continental Breakfast
- 9:00 - 9:15 - Welcome and Introductions
- 9:15 - 10:15 - **Keynote: Robert F. Anda, MD, MS**
- 10:15 - 10:45 - Break/Exhibitors/Book signing
- 10:45 - 12:00 - Session C
- 12:00 - 1:15 - LUNCH/Exhibitors
- 1:15 - 2:30 - Session D
- 2:30 - 2:45 - Break/Exhibitors
- 2:45 - 4:00 - Session E
- 4:00 - 4:30 - Closing Raffle (Exhibit Hall)
- 4:30 - Adjourn

KEYNOTE SPEAKERS:



Father Gregory Boyle

Founder & Executive Director of Homeboy Industries

As the founder and CEO of Homeboy Industries, Father Gregory Boyle has dedicated his life to helping LA's most marginalized individuals find a place in society's ranks. He has become a beacon of

hope around the world, and is one of the White House's Champions of Change.

A native Angelino, Boyle was ordained a Jesuit priest in 1984. He was transformed by his work in Bolivia, Mexico, and Folsom Prison with those who "live at the margins." His dedication to finding a place for all in our society brought him to the Boyle Heights community of East Los Angeles, where he served as pastor of Dolores Mission Church, then the poorest parish in the city, from 1986 through 1992. It was there that Boyle started what would become Homeboy Industries, now the largest gang intervention, rehab and re-entry program in the world. 15,000 folks a year enter their doors seeking transformation.

An acknowledged expert on gangs and intervention approaches who focuses on hope as a powerful tool, join us on Wednesday when Father Boyle will share with Children's Network Conference attendees what he has learned since the creation of Homeboy Industries, including the importance of adults' attention, guidance and unconditional love in preventing youth from joining gangs.

Robert F. Anda, MD, MS

Speaker, Consultant, & Researcher in ACE Concepts



Dr. Robert (Rob) Anda graduated from Rush Medical College in 1979 and received his board certification in internal medicine in 1982. In 1984 he completed a fellowship in preventive medicine at the University of Wisconsin, received a Masters Degree in epidemiology, and was accepted into the Epidemic Intelligence Service at the Centers for Disease Control and Prevention in Atlanta. He conducted research in disease surveillance, behavioral health, mental health and disease, cardiovascular disease, psychosocial origins of health-risk behaviors, and childhood determinants of health.

In the early 1990's, Dr. Anda began a collaboration with Dr. Vincent Felitti at Kaiser Permanente in San Diego to investigate child abuse as an underlying cause of medical, social, and public health problems. This effort led to a large-scale study funded by the CDC to track the effects of childhood trauma on health throughout the lifespan. They called it the Adverse Childhood Experiences Study (ACE Study). Rob played a principal role in the design of the study, and serves as its co-principal investigator and co-founder. He has authored and coauthored numerous publications on the health and social implications of adverse childhood experiences.

Join us on Thursday as nationally acclaimed researcher and author, Dr. Robert Anda, discusses the profound health, social, and economic risks that result from childhood trauma.

A-1

Deeper Than Love*Terrance Stone, CEO, Young Visionaries Youth Leadership Academy*

INTERMEDIATE

Deeper Than Love is Gang Bang 101 at its finest, dealing with the heart and mind of youth in gangs or at risk of joining. *Deeper Than Love* will look at piece by piece the concept of Prevention, Intervention and Suppression and take you one step further. This presentation will also look at, "The Stone Theory on Gang Relationships, Memberships and Exit Strategies", dealing with it in 5 steps - Fascination, Infatuation, Dedication, Separation and last but certainly not least, the Exit Strategy. After attending this presentation, you will understand your role as a youth worker and destructive life style deterrence for the youth and community you serve.

A-2

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

INTERMEDIATE

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

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. 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 process for referral, assessment, evaluation, and feedback will be described.

A-3

The Status of Homeless Youth in San Bernardino County*Kent Paxton, Homeless Policy Advisor for Fifth District Supervisor Josie Gonzales*
Molly Wiltshire, Deputy Chief of Staff for Third District Supervisor James Ramos

INTERMEDIATE

This workshop will be a joint presentation on the scope and status of homeless children and youth in San Bernardino County and the challenges they face. Policy and program recommendations, at the federal and local levels to address the issue of homeless youth will be discussed. Attendees will learn about programs in place to address the needs of homeless youth. The workshop will be presented by a panel representing the Interagency Council on Homelessness, the Homeless Youth Task Force, the County Superintendent of Schools, and the Department of Behavioral Health Transitional Age Youth program.

A-4

What's Your EQ Level? The Emotionally Intelligent Parent*Margaret Evanow, Licensed Professional Clinical Counselor*

INTRODUCTION

You've had a stressful day. You're tired and frustrated from work! Then Johnny spills his chocolate milk all over your paperwork that you left on the table! What happens next depends on your ability to use your EQ or Emotional Intelligence. What is EQ? How can it shape our ability to parent effectively? Can we develop it or are we just born with a certain level of EQ? This workshop will introduce EQ as an essential parenting (and life) skill. Using demonstrations and clinical case studies, the audience will learn the basics of emotionally intelligent parenting.

A-5

TEEN LINE – Youth Suicide Prevention: What Can and Is Being Done*Bob Burt, Inland Empire Outreach Coordinator, TEEN LINE*

INTRODUCTION

This session will give those in attendance a wide range of information ranging from a few statistics to signs and symptoms of at-risk youth. Participants will gain an understanding of the depth of the student suicide problem, learn the causes, signs and symptoms that end in attempted suicide, have a better understanding of causes of youth suicide, and develop strategies to educate and prevent youth suicides. Attendees will get a first-hand look at the prevention model that Teen Line is using to educate youth and those who are in daily contact with at-risk youth. This is a powerful presentation and will be beneficial to anyone in attendance.

A-6

INTRODUCTION

Latest Trends Among the Young*Clark Morrow, San Bernardino County Sheriff's Department, Public Affairs Division*

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-7

INTRODUCTION

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*

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, and conduct disorders.

A-8

INTRODUCTION

Childhood Sexual Abuse Preventions, Detections, & Interventions*Martha Nix Wade, Executive Director and Founder of A Quarter Blue**Elizabeth Rivas, Marriage Family Therapist Registered Intern*

This workshop offers a glimpse into a victim's life and the process of grooming, victimization, and disclosure. It allows attendees to better understand physical and emotional signs of sexual abuse that may often go unnoticed. Through Martha and Elizabeth's personal and professional lives they have gained unique insights to more effectively protect children and assist the wounded from reporting through the judicial process, and throughout the healing process. Participants will gain insights for reporting and investigating sexual abuse. Helpful tools and practices in advocating for victims of sexual abuse and their families will be provided.

A-9

INTRODUCTION

Parenting Intervention through the Implementation of Parent and Child Interactive Literacy Activities*Darcy Whitney, Coordinator, Early Education Programs, Fontana Unified School District**Maria Garces, Bilingual Family Literacy Specialist, Fontana Unified School District*

Parent and Child Interactive Literacy Activities (PCILA) is a parent engagement literacy program to support school readiness of low-income, 3 to 5 year old students. PCILA will be discussed as a vehicle to encourage parent involvement and create a strong school to home connection through daily exposure to literacy activities. Procedures, tools and practices that nurture a sustainable working relationship with parents will be presented. As a result, these practices will assist parents in supporting their child's social, emotional and academic achievement. Data will be presented to support the implementation and use of PCILA as a school readiness parent engagement program.

B-1

INTRODUCTION

Help Me Grow-A Social Impact Model*Ronnie S. Thomas, Staff Analyst II, First 5 San Bernardino**First 5 San Bernardino Executive Team*

Help Me Grow (HMG) is a simple solution that builds on existing resources. HMG is an efficient and effective social impact model with a proven track record that assists states (counties) in identifying at-risk children and then links families with community-based programs and services. HMG does not provide direct services. Rather, it is a system for improving access to existing resources and services for children through age eight. HMG works because it is a system that builds collaboration across sectors, including child health care, early care and education, and family support. HMG provides linkage to a rich array of community-based programs and services while referring eligible children to more intensive services. Workshop attendees will learn about the up-coming HMG model in San Bernardino, further details of the key components of the model, and how they can join the effort in San Bernardino County.

B-2

INTRODUCTION

Cultural Proficiency: Creating Effective Working Relationships*John Lowther, Training Specialist, Strategies of Children's Bureau**Leda Albright, Training Specialist, Strategies of Children's Bureau*

Creating culturally proficient working relationships requires an ongoing journey characterized by self-reflection and a commitment to learning about others. It calls for family strengthening organizations to seek understanding, learn to address inequities, and to embrace and celebrate the rich dimensions of diversity within our unique communities. Join us for this stimulating workshop that will introduce effective methods to enhance working relationships.

B-3

INTRODUCTION

Long Lasting Psychological Impact of Bullying*Sumi Mukherjee, Author and Speaker*

This workshop is a unique combination of timely issues such as bullying prevention, acceptance of cultural differences, and mental illness stigmas. It is based on the presenter's book titled *A Life Interrupted – The Story of My Battle with Bullying and Obsessive Compulsive Disorder*, a first person account of the authors battle with a severe mental illness triggered by extensive childhood bullying. The workshop will illustrate a definitive connection between prolonged childhood bullying, Post Traumatic Stress Disorder and the development of OCD later in life.

B-4

INTRODUCTION

Stress Reduction Practices for Children and Teens*Marie Louise Bosin, MA, LMFT, Executive and Clinical Director for NSEW Mindfulness Education Center*

A thorough explanation of how the brain operates and what happens to the brain under stress will be explored. How the brain creates a distorted reality that keeps one in a constant state of flight, fright, freeze, or cold will be explained. Attendees will explore the myriad of causes of stress for children and dispel the myth that children cannot possibly be stressed. The cognitive distortions of stressed brain syndrome for children will be discussed and how these manifest themselves in a person's actions and words. Stress reduction activities for children will be discussed and demonstrated.

B-5

INTRODUCTION

How Does Your Engine Run? The Alert Program for Self-Regulation*Cheryl Goldberg-Diaz, LCSW, Program Manager Desert Mountain Children's Center*

How Does Your Engine Run is an Evidenced-Based Program that provides a framework to support children and adults at all levels, including those who are nonverbal. "We all have engines!" Some of our engines just go a little higher and some need more help, but we all self-regulate. This program can be used by educators, therapists and parents to support students at all levels to maintain an optimal state to attend, learn and concentrate within their environment.

B-6

INTRODUCTION

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 is part two in a two part series. 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.

B-7

INTRODUCTION

Mentoring 101: The Power of Mentoring

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

This session will discuss how mentoring can be a vehicle for prevention and intervention for children facing adversity. Mentoring 101 is an interactive training that provides participants with an introduction to what mentoring is, types of mentoring, and the power of mentoring. Topics like the "mentoring lifecycle," communication skills, the importance of 1-to-1 mentoring, establishing boundaries, and appreciating diversity will make it easier for mentors to navigate relationships with their mentees. This training is appropriate to introduce new volunteers to the field of mentoring and to refresh current mentors on best practices.

B-8

INTRODUCTION

Protecting the Sexual Innocence of Children in Youth-Serving Organizations

Diane Cranley, Founder and President, TAALK, Talk About Abuse to Liberate Kids Inc.

Child molesters seek to gain access to our kids. Youth-serving organizations inherently provide that opportunity. In fact, research shows that ten percent of students surveyed say they were abused at school – that is nearly 4.5 million U.S. students. That number doesn't begin to address the children who were abused in day care centers, boys and girls clubs, faith organizations, sports programs and other youth-serving organizations. There is a way to transform youth-serving organizations into a place where molesters virtually can't succeed without being caught and therefore won't want to work. With an estimated 39 million survivors of child sexual abuse in America, there is a wealth of knowledge about behavior patterns that appear BEFORE abuse occurs. The power of this training is in its simplicity. We know the signs that a child is in danger. We know the patterns that will lead to abuse. This training teaches how to create an environment where child molesters' access and behaviors are restricted through clearly defined boundaries that, when followed, will significantly reduce the risk of a child being sexually abused. Child sexual abuse is predictable and preventable when we surround children with knowledgeable and outspoken adults and we all play a part in the solution.

B-9

INTERMEDIATE

How Unwanted Pregnancy for Fathers Impact their Engagement with Young Children in Fragile Families?

Lixia Zhang, Third Year Doctoral Student of Social Work, University of Wisconsin-Milwaukee

In recent years, significant attention has been paid to women's attitudes about the wantedness of a pregnancy. Researchers have found that mothers' pregnancy wantedness is not only a significant predictor of future maternal commitment and responsiveness, but is also strongly related with children's outcomes. However, very few studies have explored fathers' pregnancy intentions, and how they can impact paternal engagement and children's outcomes. This presentation will discuss results of a recent study asking if unwanted pregnancy for fathers impact fathers' engagement with their young children in fragile families. Discussion will include if the fathers' level of engagement with young children changes over time and if other covariates like father's race, age, marital status and income can account for father's engagement with young children. Strategies for child welfare professionals to enhance father's engagement with young children will be explored.

C-1

Supporting the Mental Health of Our Children*Michelle Dusick, Mental Health Services Act Administrative Manager, San Bernardino County Behavioral Health*

INTRODUCTION

Identifying and responding to mental health concerns as soon as possible leads to improved outcomes, just as it does for physical health conditions such as cancer or diabetes. We all experience various levels of mental wellness throughout the course of our lives with half of us dealing with some type of challenge at one time or another. Sometimes these challenges can be serious and necessitate focused attention. However, recovery is common and we all play a part in creating supportive networks and environments and we can all do something to help. This presentation will teach participants how to identify some of the risk factors and early signs and symptoms of behavioral health conditions that frequently begin during adolescence. Workshop attendees will learn how to facilitate and guide people to help. In addition, an overview of programs, services, and free resources will be provided to assist participants in learning how to navigate the mental health system.

C-2

Overview of Effective Black Parenting*Wandalyn Lane, Program Manager, Valley Star Community Services**Panelists of Mental Health Specialists and Administrative Assistants from Valley Star Community Services*

INTRODUCTION

The *Effective Black Parenting* program is unique in that it embraces traditional African-American customs, is respectful of African-American patterns of communication, recognizes the African roots of the extended black family, and is taught by making references to African proverbs. This is an introduction and overview of the *Effective Black Parenting* parenting program developed by Dr. Kerby T. Alvy, Ph.D. and the Center for the Improvement of Child Caring. The Valley Star *Promoting Resilience in African-American Children* (PRAAC) Program has been providing and teaching this curriculum in San Bernardino County Communities. Attendees of this workshop will walk away with a better understanding of the unique challenges of the African-American community, struggles with traditional vs. modern Black discipline, and tools to help effectively parent African-American children/youth. The *Effective Black Parenting* workshop is appropriate for any professional and/or community individual who works with and/or interacts with the African-American population and would like to learn more about this incredible parenting program.

C-3

Early Childhood Development and the Screen-Time Dilemma*Tim Burns, MA, Founder and Director of EDUCARE*

INTRODUCTION

Balanced, harmonious, integrated childhood brain development is under increasing assault by the indiscriminate encroachment of screen technologies. While still hotly debated, evidence continues to accumulate suggesting maladaptive changes taking place in the young brain when exposed to these overpowering (for children) technologies. The childhood need for slow-time in enriching natural and social environments has not changed. What has changed are the cultural forces that contrive to hurry childhood and substitute passive, virtual "experiences" for the real thing. This presentation makes a compelling case for the latter and makes clear the dangers of the former.

C-4

Self-Harming Versus Suicide: Understanding the Differences*Linda Llamas, LMFT, Director, Desert/Mountain Children's Center**Guille Robles, LCSW, Program Manager*

INTERMEDIATE

This workshop will outline the major differences between self-harming behaviors and suicide. Participants will learn how to identify warning signs of both and how to respond effectively. Discussion regarding how both are portrayed in the media will be covered. Participants will also learn what questions to ask someone who is self harming and/or showing signs of suicidal behavior.

C-5

Helping Children and Teens Through Loss*Melissa Lunardini, MA, MFT-I, Program Coordinator, The Elizabeth Hospice**Pamela Gabbay, MA, FT, Adjunct Faculty, Brandman University*

INTERMEDIATE

Children and teens who have been affected by a loss often have trouble verbally expressing themselves. This workshop will discuss and describe hands-on, practical activities designed to facilitate communication and to enhance coping and emotional expression with grieving children and teens. Attendees will participate in an activity and learn great tips for working with children and teens affected by loss.

C-6

INTRODUCTION

Working with LGBTQ YouthRoshni Chabra, LMFT, *Crittenton Services for Children and Families*Kristen Siefers, LMFT, *Crittenton Services for Children and Families*

This workshop is designed to provide basic information about the LGBTQ community and how to work with LGBTQ youth. It will introduce an understanding of the difference between biological sex, gender expression and sexual orientation. The coming out process will be explained to help understand what a youth who is queer or questioning may be experiencing and how to assist by being an ally. Furthermore, the presenters will debunk common myths while providing useful information on the LGBTQ community.

C-7

INTRODUCTION

Working with Resistance: Understanding the Precursor Model of ChangeCheryl Babb, LCSW, *Behavioral Health Counselor Supervisor, Desert/Mountain Children's Center*Jessica Martinez, LMFT, *Behavioral Health Counselor Supervisor, Desert/Mountain Children's Center*

This workshop will include an exploration of an approach to working with clients who resist change. Fred J. Hanna, PhD, believes change hinges on the presence of seven "precursors" of change: hope, awareness, a sense of the necessity of change, the willingness to experience anxiety or difficulty, the willingness to confront issues, the exertion of the will or effort, and the presence of social support. The presence of these precursors suggests change will occur and their absence creates roadblocks to change.

C-8

INTRODUCTION

Domestic Minor Sex TraffickingAnne-Michelle Ellis, *Coordinator, Coalition Against Sexual Exploitation*

Domestic Minor Sex Trafficking is designed to give a broad overview of Human Trafficking, narrowing in on the Commercial Sexual Exploitation of Children in the United States. In addition, it provides a background to understand the factors that contribute to the initial recruitment and ongoing victimization of young people by traffickers. Identification and assessment of victims is addressed and the training session concludes with a focus on national and local resources that are available.

C-9

INTRODUCTION

Strengthening and Supporting Father Involvement in Our CommunitiesMartinez Sellers, MFT, *Chair Inland Empire Father Involvement Coalition*Lesford Duncan, MPH, *PR/Outreach Committee Chair, Inland Empire Father Involvement Coalition*John Feith, *Education Committee Chair, Inland Empire Father Involvement Coalition*Damion Wright, MS, *Supporting Fatherhood Success with San Bernardino County Children and Family Services*Ryan Cowick, MS, *Research/Evaluation Committee Chair, Inland Empire Father Involvement Coalition*

One of the most consequential social trends of our time is widespread father absence within 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 presenters of this workshop from the Inland Empire Father Involvement Coalition (IEFIC) will provide the audience with relevant data and research depicting the ills of our society related to father absence and the lack of father involvement as it pertains to San Bernardino County. The workshop audience will also be equipped with knowledge of the barriers to father involvement, as well as potential solutions, resources, services and programs that are available in our communities to minimize these barriers and strengthen our families and communities.

D-1

INTRODUCTION

Cultural Competency: Diversity as a Means of Reducing Implicit Bias*Veronica Hay, PhD, LMFT, LPCC, Behavioral Health Counselor Supervisor, Desert/Mountain Children's Center**Tarron Riley, LCSW, CAS Behavioral Health Counselor Supervisor, Desert/Mountain Children's Center*

We all have implicit biases. However, challenges emerge when it comes to recognizing what these implicit biases are and how to effectively work to reduce them. Participating in a set of conscious practices aimed at increasing our own self-awareness is one way to recognize biases, and building alliances across differences is a strategy to eradicate the discrimination that is born from our biases. As our society continues to grow and be reshaped by multiple factors, recognizing the space we as individuals and individuals within various groups occupy is pivotal. The purpose of this interactive presentation is to provide participants with information about healthy ways we can challenge ourselves to recognize our implicit biases, how our implicit biases impact others, and strategies to reduce our biases as we work with children and families from juxtaposing experiences.

D-2

INTERMEDIATE

To DBT or Not to DBT, That is the Question: Using DBT Skills-based Training for a Wide Spectrum of Clients*Margaret Evanow, M.S., Licensed Professional Clinical Counselor*

DBT or Dialectical Behavior Therapy is an effective treatment intervention for clients experiencing severe emotional reactivity and interpersonal difficulties. Yet, there are a host of other clientele that could benefit from the basics of DBT skills-based training. This workshop will introduce the general mental-health practitioner to the theoretical underpinnings of DBT and the basic DBT skills that are versatile and effective in many settings and with a variety of client populations including substance abuse/use recovery, trauma impacted children, teens, and families, as well as those who are dealing with depression or other issues.

D-3

INTRODUCTION

The Brain In Motion: How Movement Facilitates Early Childhood Brain Integration and Learning*Tim Burns, MA, Founder and Director of EDUCARE*

It comes as no surprise that children today exercise, move, and play outdoors less often than any previous generation, while at the same time engaging in ever more screen-time and "virtual reality." The troubling result of this "evolutionary experiment" can be seen in the rise of problems related to attentional focus, concentration, impulse control, and in-depth learning. Movement, rhythm, and creative play are the primary mechanisms by which the dynamic attentional systems of the brain self-organize during childhood and come to fruition during the teen years. This presentation provides participants with a hands-on understanding of how movement (including play and rhythmic activity) improves organization in the so-called "higher" or learning brain. Join us for a fast-paced, informative and active presentation!

D-4

INTRODUCTION

Early Intervention: A Transdisciplinary Approach*Jessica De Brun, OTD, MOT, OTR/L, Occupational Therapist**Michelle Gross, CCC-SLP, Speech-Language Pathologist**Vilma A. Munoz, MFT Intern, Victor Community Support Services*

This presentation will highlight the characteristics of an early intervention, transdisciplinary team approach for young children exposed to adverse childhood experiences. For young children under the age of five, development of motor, communication, adaptive, cognition and social emotional skills are multifaceted. The assessment and treatment provided by a speech and language pathologist, occupational therapist and mental health professional are essential for the young child's complex needs. This presentation will aim to highlight the importance of co-assessments, co-treatments, and working as part of a transdisciplinary team. Workshop attendees will contribute in treatment planning utilizing a co-treatment case study.

D-5

INTRODUCTION

Self-Empowerment: Being the Best YOU!*Hilary Catling, LMFT, Director of Graduate Clinical Psychology Program at Azusa Pacific University*

The primary purpose of this workshop is to examine the importance of continued growth throughout the life span. Themes will be explored around believing in one's self (empowerment), activating personal spirituality and the role of trust in one's life. This is a workshop for anyone no matter the occupation. "YOU" is the focus as personal fulfillment and self-acceptance is considered. Tools will be provided on "how to" stimulate growth in selected areas.

D-6

INTRODUCTION

From Adoption to Reunification: A Birth Mother and an Adult Adoptee's Journey

Patricia Old, *Interim Director, Family Developer, Childhelp Foster Family and Adoption Agency*
 Thomas Old, *Adult Adoptee*

This workshop will provide participants with an adoption story that began in the fall of 1955. Sixty years ago, adoption was a taboo subject, most adoptions were closed and families were forever changed. Sixty years later with the help of technology, a birth mother and her adoptive son were reunified. Participants will hear their story from the day a mother gave up her son after one last hug to being able to hug her adult son some 59 years later. Participants will have a better understanding of the emotions that a birth mother and an adoptee go through, how adoption impacted their lives and how they are working to build a mother son relationship after many years of unanswered questions, thoughts and emotions. This workshop will give participants suggestions of ways to talk with their adopted children and to help prepare them for their lifelong adoption journey.

D-7

ADVANCED

Pet Therapy and Treatment

Rhonda McCloud, *Psy.D., Court Monitor, Social Worker and Psychologist*

This presentation will include a brief history of pet therapy and the essential ingredient in the therapeutic process. Ways in which trained dogs can be useful in adjunct with traditional therapeutic approaches will be discussed along with how organizations are matching canines with people to reduce a variety of mental health symptoms. Workshop attendees will be able to identify some of the populations and various mental health disorders that benefit from pet therapy. The presenter will share her own experience in using her personal certified therapy dog, Sofia, for the past 7 years in various therapeutic settings.

D-8

INTRODUCTION

Child Sexual Abuse: When "No" Has No Meaning

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

In a custody case when child sexual assault is being disputed, if abuse seems clear or any possibility that abuse occurred, you may feel that the perpetrator should simply have no contact with the child victim. Many family courts, however, view allegations of child sexual abuse with suspicion. If a court is unable to find that abuse occurred, visitation will almost certainly be ordered. 90% children disclosing abuse receive no protection, with 70% continuing in shared custody and visitation arrangements without any supervision. How does one provide the child with effective support under these circumstances? What is the best approach to empower the child and petition safety? This presentation's focus is on the needs of the child in the event a child sexual abuse case is closed and unsupervised visitation with the alleged perpetrator is court ordered. We will examine a real case scenario including input from a child victim and families with first-hand experience and discuss the effects, how the child and family are impacted, safety barriers, protection strategies and assess effective advocacy.

D-9

INTRODUCTION

Parent-Child Dyad Art Therapy and Children Who Experience Trauma

Maria Jesus Ampuero, *PhD., LMFT, Behavioral Counselor, Desert/Mountain Children's Center*

Crystal Alba, *MFT-I, Intervention Specialist, Desert/Mountain Children's Center*

Carissa Villa, *Marriage and Family Intern, Desert/Mountain Children's Center*

Parent-Child Dyad Art Therapy is an intervention modality that uses traditional, non-traditional, and non-threatening art materials that are meant to symbolically recreate a very early communication experience. The advantages of dyadic art work and how this modality addresses the needs of emotionally disturbed children will be discussed. Attendees to this workshop will be provided with structured activities that aim to facilitate the growth of the parent-child relationship; learn ways to help the caregiver meet the child at his/her creativity level in order to strengthen communication; and learn to observe parent/child interactions through art and promote a safe environment for the parent and child.

E-1

INTRODUCTION

Family Strengthening Case Management

John Lowther, *Training Specialist, Strategies of Children's Bureau*
Leda Albright, *Training Specialist, Strategies of Children's Bureau*

Partnering with families and communities for change can be a complex process. Strategies' Family Strengthening Case Management training is designed for professionals and volunteers who work directly with families and communities. Participants will learn and practice skills to partner for change with families and communities, and be better able to help their agency offer effective case management.

E-2

INTERMEDIATE

Synthetic Drug Trends

Brenda Sillsbury, *Social Worker II, San Bernardino County Behavioral Health*
Omar Gonzalez, *Director of Public Policy and Prevention; Outreach and Policy Specialist, Reach Out*

This presentation is a collaboration between the County of San Bernardino Department of Behavioral Health and Reach Out's Environmental Prevention team. This collaboration has worked together to bring a synthetic drug ordinance to the county as well as cities throughout the county. The presentation will look at the new evolving world of synthetic drugs and the culture behind them. Focusing on the most common synthetic drugs (spice/bath salts) as well as new synthetics (flakka, bromo, smiles) on the horizon. It will include: where they are available, what they look like, different types, paraphernalia, and what communities are doing to keep them out. Attendees will learn new drug logos, terms and identifiers. Visual aids and detailed photos of various paraphernalia, devices, and products will be presented to the audience.

E-3

INTERMEDIATE

"Teacher, He Hit Me!!!" Managing Child-on-Child Conflicts with Developmentally-Appropriate Practice Techniques

Heather Hammond-Williams, *Children's Program Coordinator, The Parenting Center at the Institute of Child Development and Family Relations, California State University San Bernardino*

This presentation will focus on providing attendees with interactive scenarios of managing children's conflicts with developmentally-appropriate techniques. These scenarios will address common pitfalls that adults face when children have struggles with each other. Presenter will address these scenarios with appropriate ways to respond to children's conflicts based on the children's age, temperament, and specific situations by using positive child guidance strategies to increase child-adult relationships, increase compliance of the children, increase child-child relationships, and resolve children's conflicts. The goal is to provide attendees additional skills in implementing DAP techniques when children are having struggles with one another and how to make the struggle a learning opportunity for all involved. These techniques will help strengthen adults' relationships with their students, clients, and/or children, and will improve child-child relationships. Collectively, these techniques support the overall development of children.

E-4

INTERMEDIATE

Mindfulness Practices to Enhance Stress-Hardiness

Tim Burns, MA, *Founder and Director of EDUCARE*

Mindfulness can be described as a state of active awareness and open attention on the present. Commonly associated with certain practices common to the world's great religions, in the past 30 years scientific investigations have produced a significant body of evidence demonstrating the efficacy of such practices on the enhancement of present-moment living, the starting place for both happiness and in-depth learning. The presentation provides an overview of these findings along with the opportunity to learn more about the actual practice. Along with enhancing your own wellbeing, you will want to consider integrating these practices into your various practices and/or classroom teaching as well. Your young students will thank you!

E-5

INTRODUCTION

Growing Up As The "Other" Child: A Typical Sibling's Perspective

Maria Adams, MA, MFT-I, Program Director, Young Interventions, Inc
Janice Hinton, Coordinator, Early Start Family Resource Network

Typical children who are raised with a sibling who has a disability face unique challenges and may experience emotions and situations that are difficult to express. Parents, educators and other professionals working with families can learn how to help siblings cope with these feelings and situations in a healthy way and what resources are available to support siblings.

E-6

INTRODUCTION

Compelling Storytelling: The Vehicle that Helps Drive Effective Engagement With Your Organization

Joan Rudder-Ward, CEO/Founder, the Image Maker/Positive Image Network

Your community agency/non-profit organization is busy working in your community to change lives for the better. Community agencies and non-profit organizations depend on various facets to help make their organizations whole and proficient in serving their clients--these include community partners, funders, donors, volunteers. For growth and efficiency, it's important for organizations to continue and grow their community support. What can help you do this is the ability to use story-telling techniques and visuals. This workshop teaches you how to share compelling stories that connect with your viewers, engages them, and motivates them to action, so that those who can align themselves with your message and mission can picture themselves being a part of.

E-7

INTRODUCTION

Legos: Building Blocks that Build Relationships

Theresa Vaughn, LMFT, Program Manager, Desert/Mountain Children's Center
Bruce Malcolm, MFT-I, Mental Health Clinician, Desert/Mountain Children's Center

This workshop will discuss how to best utilize what TIME has called, "The most influential toy of all time" to do what we do best: address trauma and positively influence children's choices. A brief overview of Lego history and product choices (from building blocks to minifigure videogames) will be presented along with numerous interventions and techniques for employing Legos in the work that participants are already doing.

E-8

INTRODUCTION

Prevention of Child Sexual Abuse - Whose Responsibility Is It?

Sumi Mukherjee, Author and Speaker

This workshop focuses on prevention by intervention. Through a captivating story, the presenter demonstrates how a timely intervention can dismantle a possibly abusive setup and thereby prevent possible child sexual abuse. It clearly focuses on this important question: "Are we truly dedicated in our efforts to prevent child sexual abuse"? Looking through the eyes of an ordinary citizen, this workshop brings forward the inconsistencies associated with our systems that must be improved so we can be more effective in intervention and prevention. This unique perspective provides an insight that would be extremely helpful for advocates and service providers since it's not often that an ordinary citizen intervenes to prevent child sexual abuse.