17th Annual SHOULDER TO SHOULDER CONFERENCE

October 25-26, 2015



Strengthening Children & Families

> Red Lion Hotel on the River 909 N Hayden Island Drive Portland, Oregon 97217

Visit our web site and register at www.stsconference.com



Strengthening Children & Families

October 25, 2015 5:30 – 8:00 p.m. – Pre-Conference Event Keynote: Derenda Schubert and Renee Moseley Bridge Meadows: Bridging the Generations One Community at a Time – A Model Supporting Permanency for Foster Youth



Please join your colleagues for the third annual Shoulder to Shoulder Pre-Conference Event the evening of Sunday, October 25, 2015 (the night before the conference). Come network, enjoy wine and sparkling cider, appetizers and dessert with inspiring speakers!

Cost: \$20

Please Note: Separate Payment is required for the Pre-Conference Event. Scholarships are not available for the Pre-Conference Event.

AGENDA (continued) 17th Annual SHOULDER TO SHOULDER CONFERENCE

Strengthening Children & Families

October 26, 2015

7:30 – 8:30 a.m. – Registration

8:30 – 10:00 a.m. – Keynote: Heather Forbes

Helping Children Heal: A Love-Based Approach to Working with Traumatized Children

10:15 – 11:45 a.m. – Workshop Series A

- The Indian Child Welfare Act: New Guidelines for Agencies and State Courts Shary Mason
- Social-Emotional Effects of Sensory Processing Disorder on the Family Sharon Donnelly
- Strategic Responses to Aggression, Bullying and Conflict: A Systems Approach to Prevention and Protection – Lisa Aasheim
- Helping Children Heal: A Love-Based Approach to Working with Traumatized Children Heather Forbes
- Honoring Attachment Within the System: Grief and Loss in Early Childhood Kristie Baber
- Bio Hazard: Birth Family Relationship Panel Shelly Field
- Critical Thinking in Child Welfare Dee Wilson
- The Rosetta Stone: Translating Psychological and Psychiatric Evaluations to Educators Lonny Webb
- Bring Your Voice: Foster Care Stakeholder Meeting Oregon Foster Parent Association, Senator Chip Shields

12:00 – 1:30 p.m. – Lunch

Keynote: Johnny Lake - Embracing the Power of Diversity

1:30 – 3:00 p.m. – Workshop Series B

- Trauma Informed Community Trudy Townsend
- Understanding and Nurturing our LGBTQ Youth Leila Hofstein
- Confusion in the Quest for Clarity: Psychological (and other) Assessments in Child Welfare
 Practice Dane Borg
- The Art of Grieving: Healing & Growing Through Change Denise L. Best
- Legal vs. Lethal: What Changes with the Oregon Legalization of Marijuana? Jay Wurscher
- Fathers' Panel Shari J. Clark
- Dig-Deeper to Effectively Communicate Jack Bevilacqua, Sandra Jackson and Tera Cleland
- Permanency Pact FosterClub

3:00 – 3:15 p.m. – Break

3:15 – 4:45 p.m. – Workshop Series C

- Wraparound and Systems of Care: A 360 Degree View Natalie Jacobs
- Supporting Your Child in Special Education: Learn, Organize, Believe Victoria Haight
- Healthy Communication for the Family Jillene Joseph
- Effective Strategies for Working with Adolescents: Coping with Attachment Issues Heather Forbes
- Traumatized Toddlers & Precocious Preschoolers: Infant & Early Childhood Mental Health & Development Kristie Baber
- Stories and Storytelling: What Do They Mean? Johnny Lake
- Responding to Chronic Neglect Dee Wilson
- Genderbread: Circles of Sexuality FosterClub
- The Court and CRB Want to Hear from You Pamela Abernethy, Shary Mason and Leola McKenzie

PRE-CONFERENCE EVENT

October 25, 2015 5:30 – 8:00 p.m. – Keynote

Derenda Schubert, Ph.D. and Renee Moseley, LCSW Bridge Meadows: Bridging the Generations One Community at a Time – A Model Supporting Permanency for Foster Youth

Bridge Meadows is an intentional and innovative community where foster youth gain permanency with forever families; adoptive parents receive support in raising healthy families; and elders re-engage in a purpose-filled life. Built from the ground up in Portland, Oregon, Bridge Meadows is an intergenerational housing community created to address specific, unmet needs in a holistic, creative, and sustainable way. With the community itself serving as the intervention, Bridge Meadows brings children, families, and elders together within a vibrant community where connection across generations is the key to well-being.

One of the core elements of Bridge Meadows is active community engagement. Senior residents of Bridge Meadows volunteer 100 hours per quarter, sharing their gifts, talents and passion with the purpose of enriching their lives and those of the community. Bridge Meadows recognizes that active engagement addresses issues related to isolation, depression, and lack of meaning, all of which negatively affects senior health. By focusing on belonging and connection, elders are able to live an enriched life with meaning and purpose, while providing enriching relationships to adoptive families.

Learn how bringing three generations together positively affects health, academic success, housing stability and permanency for foster youth. The presenters will share how the community came to life, the implementation of programming, initial outcomes and lessons learned since opening April 2011.

Derenda Schubert, Ph.D. is a is a psychologist with professional experience including counseling children and families as well as creating and managing programs in the realms of foster care, mental health



Renee Moseley, LCSW joined Bridge Meadows in 2010 and is the Associate Director. She manages all aspects of program services, including the senior volunteer component, and oversees the day-to-

and developmental disabilities. Derenda has been the Executive Director of Bridge Meadows since 2007, and was also a prior Board Member of the organization. Before joining the Bridge Meadows team she was the Chief Operating Officer of Trillium Family. day operations of the organization. Prior to joining Bridge Meadows, Renee provided program management to county and community based agencies in Los Angeles, California focused on child welfare and HIV/ AIDS services. Renee received her Master of Social Welfare from UCLA..

CONFERENCE and WORKSHOPS

October 26, 2015 7:30 – 8:30 a.m. – Registration

8:30 - 10:00 a.m. - Keynote

Heather Forbes, LCSW Helping Children Heal: A Love-Based Approach to Working with Traumatized Children

We often underestimate the impact of early life experiences on a child's development. Unpredictable, unstructured, emotionally, or physically hurtful experiences can create heightened states of autonomic arousal, anxiety, depression, mood changes, irritability, agitation, non-reality thinking, and a general pattern of disorganized behaviors. Tokens and other non-effective behavioral strategies not only do not work, they often make it worse for these children as this is a developmental trauma issue, not a behavioral issue.

A therapeutic, love, and relationship-based approach is needed to help these children heal within their family environments. Explanations of how to do this from a scientific brain-based perspective will be explained and demonstrated in this keynote address.

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Heather Forbes is the owner of the Beyond Consequences Institute. Forbes has worked in the field of trauma and healing since 1999. She is an internationally published author on the topics of raising children with difficult and severe behaviors, the impact of trauma on the developing child, adoptive motherhood, and self-development.

Coming from a family of educators, Forbes has a heart for children in the classroom and for finding ways to teach the child that seems "unteachable." Her signature style is to bridge the gap between scientific research and real-life application to equip parents, educators, and therapists with practical and effective tools. Much of her experience and insight on understanding trauma, disruptive behaviors, and adoption-related issues comes from her direct mothering experience of her two adopted children.



Heather T. Forbes, LCSW

The Indian Child Welfare Act: New Guidelines for Agencies and State Courts – G\ UfmA Ugcb

Shary Mason will discuss the new Bureau of Indian Affairs (BIA) guidelines and how they inform DHS, CASAs and attorneys, and help the trial court and the CRB in determining active efforts, qualified expert witnesses, emergency removal, tribal determination and other issues.

Social-Emotional Effects of Sensory Processing Disorder on the Family – Sharon Donnelly

Participants will gain an understanding of the components of Sensory Processing Disorder (SPD) and discuss/understand the impacts SPD has on various functions (socialization, self-esteem, regulation, and attention). Through this discussion, participants will learn to identify basic sensory processing strategies for children and their caregivers/parents including the importance of play in the development of social-emotional and sensory motor skills.

Strategic Responses to Aggression, Bullying, and Conflict: A Systems Approach to Prevention and Protection – Lisa Aasheim

This interactive presentation includes an examination of the multiple causes of peer aggression in youth with a significant emphasis on vulnerability factors (including personality traits, coping skills, cultural factors, and varying degrees of abilities). Together, we will investigate the entire spectrum of peer aggression and discuss how youth become susceptible to each of the many forms of aggression. We will discuss prevention and protection measures to ensure that youth are best equipped to manage peer aggression, and we will discuss the emotional and psychological experiences of both the aggressors, the aggressed-upon, their friends, and loved ones.

Helping Children Heal: A Love-Based Approach to Working with Traumatized Children – Heather Forbes

Picking up from the keynote address, this breakout session will continue to further develop the principles to demonstrate "how" to move from trauma to recovery through DVD clips, role play, and case examples. Participants will gain a deeper "when the rubber hits the road" understanding. A time for questions and answers will be allocated to help participants understand how to integrate this information into their own specific situations.



10:15 – 11:45 a.m. – WORKSHOP SERIES "A" (continued)

Honoring Attachment Within the System: Grief and Loss in Early Childhood – Kristie Baber

This workshop will address the significant realities of grief and loss, and the influence these experiences have on attachment and bonding for young children. We will explore the primary clinical and systemic impacts on children 0-5 years of age, as well as realistic solutions to addressing them. We will demonstrate that proactive early intervention around grief and loss, attachment, stabilizing placements, transitioning children, permanency, and repairing a tough start can significantly diminish the challenges young children face in foster care. This workshop is designed for child welfare social workers, CASAs, professional foster caregivers, and providers who specifically work with younger foster children.

Bio Hazard: Birth Family Relationship Panel – Shelly Field and FosterClub All-Stars

"Once I was on my own, reconnecting with my bio family consumed me – it was all I could think about." – FosterClub California Youth Ambassador

Dealing with bio-family can be confusing, heart-wrenching, and chaotic for youth while in care and after transitioning out. Similar to bio-hazardous materials, relationships with bio-family members sometimes require special care and handling or they can become devastatingly destructive. Join the FosterClub All-Stars as they share the wisdom they've gained in managing their own bio-family relationships while in care and transitioning out.

Critical Thinking in Child Welfare – Dee Wilson

This presentation will discuss the habits of self-reflection and the organizational culture that supports critical thinking, and describe the impact of heuristic biases on critical thinking in child welfare settings using ideas and analysis from Daniel Kahneman's *Thinking Fast and Slow.* The presentation will also discuss how intuition can become a source of expertise, and how holistic pattern recognition works when assessments must be completed under time pressures. Child welfare case scenarios will be used to encourage audience participation.

The Rosetta Stone: Translating Psychological and Psychiatric Evaluations to Educators – Lonny Webb

This presentation will help participants feel more empowered to assertively ask better questions, take better notes, and be better able to carry and present information from psychological and psychiatric evaluations to educators.

Bring Your Voice: Foster Care Stakeholder Meeting – Oregon Foster Parent Association and Senator Chip Shields

Oregon Foster Parent Association will be conducting a series of professionally facilitated stakeholder meetings to hear feedback on what needs to be done to elevate the quality of fostering in Oregon to make each Oregon foster home a true home of healing. The conversation will also include what people think the Oregon Foster Parent Association should be doing to help get us there. Anyone with feedback regarding foster care in Oregon is welcome to attend.

12:00 – 1:30 p.m. – LUNCH

Keynote: Johnny Lake, Ph.D. Embracing the Power of Diversity

There is great vitality and power in diversity. It is a key characteristic of successful organisms and organizations. Diversity has long been a visible and viable characteristic of the American society. In the general concept of racial and ethnic diversity, there has always been a large number of racial and ethnic groups in America.

"Diversity seems omnipresent in the history of this society." Joe R. Feagin

It remains an important quality of American society. Learning about diversity is a process, where the multi-dimensional aspects and different characteristics of diversity intersect. Effective cultural competence includes both intellectual and experiential learning. It is important to remember that change is challenging for human beings. We can celebrate diversity daily, but until diversity is part of our government, our businesses, our schools, our police forces, our communities, and our families, it can be a token and often painful exhibition performed for the sake of the larger community. To recognize and capitalize on the incredible power of diversity around us, to develop and maintain cultural competence, we must engage in ongoing learning and growth.

Johnny Lake is an internationally recognized educator, writer, and storyteller, and works with a broad section of the community. He is a consultant, trainer, and speaker certified in working for youth and adults. He teaches courses for teacher and counselor preparation programs at Northwest Christian University. He is an Administrator on Special Assignment with the Eugene 4J school district and an advocate for needs of at-risk youth, and provides teacher training institutes and student learning opportunities.

Dr. Lake holds a Bachelor's Degree in History from Willamette University. He has a Masters in Educational Leadership and Administration, and received his Ph.D. in Educational Leadership, Policy, Management, and Organization. Dr. Lake is a former chairman of the State of Oregon Commission on Black Affairs.

And finally, he is the grandson of Leonia Patrick of Tennessee, the first storyteller he ever knew.



Johnny Lake, Ph.D

1:30 – 3:00 p.m. – WORKSHOP SERIES "B"

Trauma Informed Community – Trudy Townsend

What's all the BUZZ about Trauma Informed Care? You may have heard the latest "buzzword" in social services – TRAUMA INFORMED CARE – what is it really all about? The concept is clear enough; the how and when might be a little fuzzy. As the term Trauma Informed Care gains momentum, addressing it is quickly becoming required in many funding proposals and policies. In this workshop, participants will gain clarity about how to practice Trauma Informed and/or Trauma Responsive Care. They will gain an understanding of a best practice model for delivering "Trauma Informed Care," "The Sanctuary Model," and discover how one community is transforming the entire social service system using this model as a framework.

Understanding and Nurturing our LGBTQ Youth – Leila Hofstein

Gain a basic understanding of the spectrum of sexualities and genders, the inequalities they are subject to, and how you can create a welcoming environment for your LGBTQ Youth. This workshop will include a youth panel discussion where participants may ask questions and gain understanding through the panel members' firsthand experiences.

Confusion in the Quest for Clarity: Psychological (and Other) Assessments in Child Welfare Practice – Dane Borg

Children in state custody face many challenges unknown to their peers. Along with these challenges come increased risk for emotional, behavioral, developmental, and educational problems. In this session, we will discuss the various behavioral, health, and developmental assessments available in the community, the purposes of each, and guidelines for determining when to request one type of assessment versus another. In particular, the distinctions between "psychological" and "neuropsychological" evaluation, and strategies for structuring psychological assessment referrals in a child-centered manner.

The Art of Grieving: Healing & Growing Through Change – Denise L. Best

A colleague once summarized her own process as "It feels like grief has a life-force of its own...it comes and goes no matter what I do."

Grieving is a necessary process to reconcile a loss and be able to fully engage in life again. The grief process is extremely unique to each individual and can become complicated. In this workshop, we will cover normal vs. pathological grief responses in children based on age, indicators to look for when it's time to seek help, and critical techniques to help children and caregivers move through the grief process.

1:30 – 3:00 p.m. – WORKSHOP SERIES "B" (continued)

Legal vs. Lethal: What Changes with the Oregon Legalization of Marijuana? – Jay Wurscher

As of July 1, 2015, Oregon became the fourth state in the country to legalize recreational marijuana for adult usage. This law created a lot of changes – but there are still many questions as to specific challenges that will be seen in child welfare and addiction treatment. This workshop will look at the changes, the challenges, and the emerging issues from legalizing marijuana.

Fathers' Panel – Shari Clark, facilitator

The Fathers' Panel is a presentation by three fathers formerly involved with the child welfare system who were affected by the challenges of addiction, poverty, and/or criminality. All three fathers have addressed the issues that brought them to the attention of child welfare and are now working in their communities to support the efforts of families facing similar issues. Through sharing their experiences and perspectives on the child welfare system's interaction with them, they hope to raise awareness of family strengths.

Dig Deeper to Effectively Communicate – Jack Bevilacqua, Sandra Jackson and Tera Cleland

Participants will learn and practice concrete skills to enhance professional and personal communication tools to achieve deeper understanding.

Permanency Pact – FosterClub

FosterClub's Permanency Pact is a tool that can bridge the gap between a youth understanding permanency and attaining permanency. In this training, you will learn that permanency comes in many different shapes and sizes, and that different people can provide different types of permanency. By learning to utilize the Permanency Pact you will be a successful facilitator and feel more confident as you help youth to identify supportive people in their lives.

3:00 – 3:15 p.m. – Break



Wraparound and Systems of Care: A 360-Degree View – Natalie Jacobs

This workshop will provide a 360-degree view of Wraparound, including how to access it around the state of Oregon. Panelists will share their experience and role within the "Wrap" process. Youth partners, family partners, care coordinators, other team members (DHS, therapists, DD, etc.) and graduates of the process will also be available to answer audience questions. Prior to the panelists sharing their experiences, there will be an overview of Wraparound.

Supporting Your Child in Special Education: Learn, Organize, Believe – Victoria Haight

To be an effective advocate for your child, you can start by gathering information about your child's disability and learning about the IEP process. In this workshop, you will learn to understand your child's disability and your rights and responsibilities in special education, including understanding the Individualized Education Program (IEP). You will learn the importance of documenting and organizing your child's records. Lastly, believing in your child's success can occur through effective communication with your child's school.

Healthy Communication for the Family – Jillene Joseph

Healthy communication begins with healthy individuals. This interactive workshop will explore healthy and unhealthy communication styles, ways to improve communication, and techniques for the family to try together to bring more peace and positivity to the home. Through large and small group discussions, brief lectures, and role playing, participants will gain knowledge and skills to bring healthy communication to their family.

Effective Strategies for Working with Adolescents: Coping with Attachment Issues – Heather Forbes

The hard truth is that trauma never goes away. When children with traumatic histories become adolescents, their body systems are changing at a chemical level while at the same time they are revisiting early traumatic experiences from a developmental level. The result is a teenager who thinks rules do not apply to him/her and a teenager who refuses to be parented. Rebuilding and creating a secure attachment during this stage of life when a child is naturally programmed to become independent can be a daunting challenge. Strategies for healing based on a developmental re-tracking approach to facilitate attachment and improve behaviors will be discussed and demonstrated.

Traumatized Toddlers & Precocious Preschoolers: Infant & Early Childhood Mental Health & Development – Kristie Baber

If you've ever considered moving your little one from their crib or highchair onto Freud's chaise, then this is your workshop! Most little ones have as much difficulty managing their emotions, establishing healthy relationships, and behaving appropriately as the rest of us, but kids who have a less than ideal start in life tend to really struggle in these areas. This class will give parents and caregivers an understanding of early childhood mental health and development, and ideas for children 0-5 years of age. We will particularly focus on foster and adoptive populations and the impacts of abuse, neglect, and loss.

Stories and Storytelling: What Do They Mean? - Johnny Lake

Storytelling is one of the oldest arts. Storytelling is found in all cultures and among all peoples. It has been one of the most important ways that we pass on information, ideas, beliefs, history, and culture. Storytelling is also one of the most effective ways to teach important lessons to children. Children remember a good story, as adults do, often for the rest of their lives. This workshop will examine the construction of stories and narratives and help us to learn how they affect what we think, what we learn, and how we see the world. *"We are our stories. In fact, that is all we are." – Thomas King*

Responding to Chronic Neglect – Dee Wilson

This presentation will discuss the differences between and among situational neglect, sporadic neglect, and chronic neglect. It will describe the challenges in working with chronically neglecting families, explore the impacts of chronic neglect on children, and outline principles and promising practices for working with chronically neglected children and their parents. The presentation will include discussion of how community agencies can collaborate to assess and help chronically referring families.

Genderbread: Circles of Sexuality – FosterClub

In this thought-provoking workshop, you will learn about the complexities of youth identity and self-expression. Participants are encouraged to explore what they know about sexuality and self-expression through guided dialogue and informative activities. Participants will learn to facilitate conversations with youth, equip them with tools to communicate, and self advocate for their needs within the foster care system.

The Court and CRB Want to Hear from You – Pamela Abernethy, Shary Mason and Leola McKenzie

This workshop will provide an increased understanding of the various court hearings and the CRB process. Special emphasis will be placed on the importance of foster/adoptive parent, relative provider, foster youth, and provider understanding of and participation in these proceedings. Your voice is needed and encouraged.



ONLINE REGISTRATION: www.stsconference.com Mail-in registration (confirmed by e-mail): Send check, made out to Children's Trust Fund of Oregon (CTFO) to: Shoulder to Shoulder, c/o Children's Trust Fund of Oregon 1785 NE Sandy Boulevard, #270, Portland, Oregon 97232

If you are paying for someone else, please note the name of that person(s) so payment can be applied correctly. _____

Name: ______Street Address: ______ City, State, Zip: _____

e-mail address:

CONFERENCE REGISTRATION FEE: \$65 prior to 10/16/15 \$85 after 10/17/15

No refunds after 10/19/15 for the Conference and Pre-Conference Event.

REPRESENTATION: General Foster parent Attorney CASA CRB DHS OYA Education Family Mental Health Court Tribes Other

MEAL PREFERENCE: non-vegetarian vegetarian Any dietary restrictions?

PRE-CONFERENCE EVENT: Cost \$20 Please include payment with conference payment Registering for the Pre-Conference Event? [] Yes [] No

No scholarships are available for the Pre-Conference event.

For special accommodations, call 800-764-8367 x20 or email David at david@stsconference.com

Attendees will select which workshops to attend on the day of the conference on a first-come basis.

LIMITED SCHOLARSHIPS AVAILABLE:

Apply through conference website:

Phone #:

http://www.stsconference.com/scholarships or by e-mail:

scholarships@stsconference.com.

Request must be received by 9/25/15; notification by 10/5/15. If you do not receive a scholarship, you will need to register and pay for the conference.

LODGING INFORMATION:

Red Lion Hotel on the River 909 N Hayden Island Drive Portland, Oregon 97217 Phone: 503-283-4466 www.redlionontheriver.com COST: \$114 per night plus tax

PARKING: Free at Red Lion

Continuing Education Credits (CEU and CLE) are available at no cost for social workers, attorneys, and mental health professionals. CEU's are being provided by Cascadia Training, which is a NBCC approved continuing education provider (provider #6475) and is recognized by NASW Oregon State Chapter. Please indicate on the Registration Form if you are requesting CEU/CLE's. When you check in at the conference, verify that you are signed up to receive the credits. CEU/CLE ☐ Yes ☐ No

CERTIFICATE OF ATTENDANCE:

A certificate of attendance will be available at no cost to attendees who complete the conference evaluation/ survey following the conference. You do not need to sign up for the certificate of attendance. This certificate of attendance is a non-accredited certificate, primarily for parents (foster, adoptive, and kinship parents) and paraprofessionals.

SPONSORS





Shoulder to Shoulder Conference http://www.stsconference.com

