



(LISTED IN ALPHABETICAL ORDER BY WORKSHOP TITLE)

4 COLIN - THE 3 LEGS OF SCHOOL MENTAL HEALTH SUPPORT

PRESENTED BY: BeingwellCA, NAMI Contra Costa

PRESENTER:

- Graham Wiseman, CEO BeingwellCA

DESCRIPTION: Stressed teachers lead to stressed students. Students, teachers and parents all play a role in the mental wellbeing of our children. This session will discuss ways to support all three groups, including developing Faculty & Staff Positive systems to build communities of support within your school addressing adult stress, anxiety & depression; the engaging parents to generate the highest parent involvement to address the rising anxiety, depression and suicide ideation rates; and amplifying the student voice, allowing students to be part of the solution.

ASK THE DOCTOR—CHILDREN’S BEHAVIORAL HEALTH QUESTIONS

PRESENTED BY: Parents & Caregivers for Wellness (PC4W)

PRESENTER: TBD

DESCRIPTION: This presentation will give parents/caregivers a chance to ask questions and get answers from a child psychiatrist. Parents are often unable to ask questions that pertain to medication, side effects and the important questions of “should my child take medications” for a behavioral health issue.

BEYOND RESTRAINT AND SECLUSION: STUDENT RIGHTS AND ALTERNATIVES TO AVERSIVE PRACTICES

PRESENTED BY: Casa Pacifica Centers for Children and Families; Disability Rights California

PRESENTERS:

- James Freeman, Director of training at Casa Pacifica Centers for Children and Families
- Suge Lee, Managing Attorney of the Youth Practice Group at Disability Rights California

DESCRIPTION: Schools must ensure student safety, yet too often resort to restraint and seclusion to manage behavior. These aversive practices can be replaced with trauma-informed approaches that contribute toward a positive school culture. This session will discuss student rights, the impact of pending legislation, and practical alternatives to restraint and seclusion.

CALIFORNIA ADVANCING AND INNOVATING MEDI-CAL: AN OVERVIEW

PRESENTED BY: California Alliance of Child and Family Services; Hathaway-Sycamores

PRESENTERS:

- Adrienne Shilton, Senior Policy Advocate
- Wendy Wang, Vice President of Policy and Advocacy

DESCRIPTION: California is embarking on a comprehensive Medi-Cal system change which will endeavor to reconfigure its receipt of federal financing, pursue new innovations in service delivery, further goals to achieve quality improvement and effectuate care coordination across health, mental health and SUD systems. This new effort—“California Advancing and Innovating Medi-Cal (CalAIM)—commenced with the release of a “Concept Paper” on October 28th, 2019. This workshop will cover an overview of CalAIM, where our behavioral health advocacy has been directed on behalf of children, youth, and families, as well as strategic considerations moving forward.

CULTURAL ADAPTATIONS TO THE TRAINING AND IMPLEMENTATION OF A YOUTH-DRIVEN, STRENGTHS-BASED PRACTICE TO BETTER SERVE THE YAKAMA NATIVE AMERICAN NATION IN WASHINGTON STATE

PRESENTED BY: Yakama Nation; University of Washington; Stars Behavioral Health Group

PRESENTERS:

- Andrea Matheny, M.A., Yakama Nation, Program Coordinator, Healthy Transitions, Yakama Nation Behavioral Health
- Cynthia Pearson PhD, Research Professor, School of Social Work, and Adjunct Professor, American Indian Studies, Director of Research, Indigenous Wellness Research Institute National Center of Excellence University of Washington
- Angelique Day, PhD, MSW, Ho Chunk Descendent, Associate Professor, School of Social Work, University of Washington
- Monique Cando MA Certified National TIP Model® Consultant Trainer, Stars Training Academy

DESCRIPTION: This workshop describes how a tribal community, a university partner, and the purveyors of the Transition to Independence Process (TIP) Model® collaborated to adapt and implement a culturally grounded version of the TIP Model through incorporating traditional values, tribal language, images, and culture to help tribal youth and young adults.

CULTURALLY SENSITIVE TRAUMA INFORMED CARE OF STUDENTS

PRESENTED BY: Tulare County Office of Education; Behavioral Health Services

PRESENTERS:

- Colijia Feliz, Triage Social Worker
- Amanda Southard, Triage Social Worker

DESCRIPTION: This workshop provides a greater understanding of cultural awareness and the impact of culture-based trauma. Attendees will gain insight into the impact of trauma when intersected with historical and racial oppression in education, and how it affects student behavior and impairs the ability to learn.

DISRUPTING THE PRESCHOOL TO PRISON PIPELINE: ADDRESSING IMPLICIT BIAS IN ECE

SETTINGS

PRESENTED BY: YMCA of San Diego County

PRESENTER:

- LaTysa Flowers, Quality Support Specialist

DESCRIPTION: Using programmatic tools and strategies to support equity in behavior management and positive relationship building. This session will discuss disparities in preschool suspension and expulsion across ethnic groups, introduce the Teaching Pyramid and tier approach to social emotional learning, introduce five criteria for Positive Discipline, teach you how to use self-assessment tool to discover your own implicit bias, and teach you how to use appreciative inquiry to address instances of implicit bias with ECE staff.

EFFECTIVE APPROACHES TO SUPPORTING CULTURALLY RESPONSIVE PRACTICES

PRESENTED BY: Stanford Sierra Youth and Families

PRESENTER:

- Ebony Chambers, Chief Family and Youth Partnership Officer

DESCRIPTION: This presentation will highlight how Stanford Sierra Youth and Families has implemented Culturally Responsive Practices with staff into all of their community-based programs. This workshop will share how executive leadership and their formed Cultural Competency Committee utilized the Nationally Recognized 15 CLAS standards to individualize and implement culturally and linguistically appropriate services. Consultation strategies and how to engage your organization staff to be involved in activities and further the dialogue with families will also be addressed.

FILM SCREENING OF SCREENAGERS: GROWING UP IN THE DIGITAL AGE

PRESENTED BY: Screenagers Documentary Series

PRESENTER:

- Delaney Ruston: Filmmaker, Parent, Physician

DESCRIPTION: In the SCREENAGERS documentary, Dr. Ruston explores the challenges students face with social media, video games, academics and internet addiction. Insights from psychologists and brain scientists reveal how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

FLAWLESS FACILITATION

PRESENTED BY: Fred Finch Youth and Family Services

PRESENTER:

- Laura McClarin, LMFT, Senior Director

DESCRIPTION: In this dynamic and interactive workshop, participants will learn and practice four tools for effective facilitation. These techniques will be applied to a variety of meeting modalities (CFT meetings, Wrap meetings, Staff meetings, group therapy etc) with any challenges to implementation addressed. Participants will gain first hand skill building to make their meetings more effective.

HUMAN TRAFFICKING: RISK, RECRUITMENT STYLES AND TRAUMATIC IMPACT OF SEXUAL EXPLOITATION

PRESENTED BY: Tulare County Office of Education; Tulare County Health & Human Services CWS

PRESENTERS:

- Colijia Feliz, Triage Social Worker
- Jennifer Lang, Family Advocate

DESCRIPTION: California is one of the prevalent states for Human Trafficking and Commercial Sexual Exploitation of Children. There is no specific profile for victims of CSEC, any child is at risk. Learn the pathways of recruitment, the trauma of victimization, and the long-term effects on survivors' mental health.

INNOVATIONS IN TAY DIVERSION: PILOT PLANNING AND IMPLEMENTATION

PRESENTED BY: Alameda County Behavioral Health

PRESENTER:

Corrine Lee, Behavioral Health Clinician, Program Coordinator

DESCRIPTION: This workshop highlights behavioral health's involvement in Alameda County's deferred entry of judgment program for transitional age youth (TAY; 18-24yo) who have been charged with their first felony offense. Participants will explore program planning and implementation, while appreciating behavioral health's integral role in the changing landscape of criminal justice.

INSTITUTING UNIVERSAL MENTAL HEALTH SCREENING AS PART OF A SCHOOL'S PBIS

FRAMEWORK

PRESENTED BY: Solano County Office of Education

PRESENTERS:

- Nikki Parr, Director
- Meredith Webb, Clinical Supervisor
- Allen Tien, President and Chief Science Officer
- Nicola Parr, Senior Director, Student Services
- Aaditya Goswami, Chief Executive Officer, Medical Decision Logic, Inc.

DESCRIPTION: Universal Mental Health Screening conducted in schools can identify students' mental health needs, so that they can be routed to an appropriate PBIS tier of support. Participants will learn how to adequately prepare to conduct the screenings, as well as how to administer the screening itself.

MORE HEADS ARE BETTER THAN ONE: THE BENEFITS OF MULTIDISCIPLINARY ASSESSMENT TEAMS IN PSYCHOLOGICAL EVALUATIONS

PRESENTED BY: UC Davis Medical Center; Sacramento County Child & Adolescent Psychiatric Services Clinic

PRESENTERS:

- Jennifer Bob, Psy.D., Child Clinical Psychologist
- Hong Shen, M.D., Child Psychiatrist
- Robert Horst, M.D., Medical Director
- Stacey Peerson, Ph.D., Child Clinical Psychologist

DESCRIPTION: This workshop provides an overview of the value of a multidisciplinary approach to psychological assessment when working with youth. A case example will be used to highlight the utility of collaboration amongst different disciplines on complex cases to exemplify and inspire interagency collaboration amongst others in the mental health field.

NO MAGIC SOLUTION: TACKLING PRESCHOOL EXPULSION

PRESENTED BY: YMCA San Diego Childcare Resource Service

PRESENTER:

- Christine Jackson Cole, Early Childhood Mental Health Supervisor

DESCRIPTION: Presentation will explore the different forms of preschool expulsion, the prevalence of the issue, and how it impacts children, families, teachers and programs. Participants will be invited to explore solutions.

PARENT PARTNERS USE OF CANS TO EMPOWER FAMILIES

PRESENTED BY: San Bernardino County Department of Behavioral Health- Children Youth and Collaborative Services (CYCS)

PRESENTER:

- Daryl H. Gill, Peer and Family Advocate III

DESCRIPTION: Peer and Family Advocates/Parent Partners are essential members of the treatment team (PFA/PP). This workshop will introduce the Child Adolescent Needs and Strengths (CANS) tool and highlight how it is used by PFAs/PPs to empower, advocate, and build skills with families while collaborating within a child and family team (CFT).

PARITY VS. ACCESS: UNDERSTANDING WHAT MENTAL HEALTH PARITY MEANS AND HOW IT IS DIFFERENT FROM ACCESS TO TIMELY, APPROPRIATE CARE, INCLUDING STEPS TO TAKE TO ADVOCATE FOR BETTER ACCESS

PRESENTED BY: CA Department of Managed Health Care PsyCare, Inc.; San Diego Casa Pacifica Centers for Children & Families

PRESENTERS:

- Mary Watanabe, Acting Chief Director
- Robert Friedman, M.D., Executive Director/Medical Director
- Parent (TBD)
- Senator Beall legislative staffer (invited)
- Marika Collins, Public Policy Officer

DESCRIPTION: There is much talk about federal parity laws as being the solution to barriers youth and families experience when trying to access behavioral health services. However, there are important differences between “parity” and issues of “access” to behavioral health services. This workshop will focus on those distinctions as well as how the language/terminology of these services may differ between commercial insurance plans (compared to MediCal Specialty Mental Health Services, covered under EPSDT). The workshop presenters will also walk attendees through various advocacy strategies to ensure all Californians can access the appropriate behavioral health care, at the appropriate time, in the appropriate setting and in the appropriate level of care.

PUSHING THE LIMITS: TRAUMA RESPONSE AND COMMUNITY RECOVERY LESSONS FROM THE CAMP FIRE

PRESENTED BY: Butte County SELPA; Butte County Office of Education

PRESENTERS:

- Aaron Benton, Butte County SELPA Director
- Matthew Reddam, School and Community Wellness Advisor, Butte County Office of Education

DESCRIPTION: Nothing truly prepares you to respond to wildfire disasters like the Camp Fire that raged in Paradise in 2018. The experience will shake you and it will humble you, but it may also tap into your best instincts, skills, and leadership strengths. Presenters for this session will share practical tips, effective strategies, and protocols to better prepare attendees to lead recovery efforts after crisis or natural disaster.

REDUCING SUICIDE RISK BY IDENTIFYING SUICIDE RISK: APPLYING A HIGH RELIABILITY ORGANIZATIONAL MODEL-AND FOOTBALL-TO A CHILDREN'S MENTAL HEALTH PROGRAM

PRESENTED BY: Visalia Youth Services; Turning Point of Central CA; Tulare County Suicide Prevention Task Force

PRESENTERS:

- Ivan Rodriguez, Program Director
- Darin Phippen, Access/Crisis Team Leader

DESCRIPTION: This work shop is intended to share the efforts initiated at Visalia Youth Services that includes the implementation of a validated screening tool (C-SSRS) evidence-based protocol (SAFE-T), innovations database development to help identify, monitor (data) and reduce the risk of suicide in our community.

RESTORATIVE PRACTICE FOR SCHOOL AND AGENCY IMPLEMENTATION AS A TOOL TO BUILD AND STRENGTHEN COMMUNITIES

PRESENTED BY: Humboldt/Del Norte SELPA; Humboldt County Office of Education

PRESENTER:

- Peter Stoll, Ph.D., Program Director

DESCRIPTION: This interactive workshop will introduce the primary tenants of Restorative Practices and explore how a restorative mindset can support systems strengthen priorities such as school climate transformation, community building, cultural integration, trauma informed practice, and inclusive discipline. Participants will engage and explore the restorative continuum and how it can be integrated into their settings.

SCHOOL BASED MENTAL HEALTH – BEHAVIORAL INTERVENTIONS

PRESENTED BY: Riverside County SELPA

PRESENTER:

- Jeremy Stevens, ERMHS Coordinator

DESCRIPTION: The Educationally Related Mental Health programs within Riverside County SELPA have aspired to bridge the gap between behavior and mental health. This presentation will take an in-depth look at advanced practices, multidisciplinary support teams, and behavioral interventions to meet the unique student needs in an inclusive classroom environment.

STRENGTHENING PROFESSIONAL BOUNDARIES

PRESENTED BY: Parents & Caregivers for Wellness (PC4W)

PRESENTER:

- Jessie Slafter, Mental Health Attorney and Social Worker

DESCRIPTION: Burnout and compassion fatigue are commonplace for families and professionals that are supporting children with trauma and mental illness. Strengthen boundaries and prevent burnout. We will examine our boundaries, the beliefs that underlie them, and develop strategies to improve them.

SUCCESSFUL IMPLEMENTATION OF YOUTH CENTER MODEL; TRANSFORMING SYSTEMS

PRESENTED BY: Riverside University Health Systems, Behavioral Health; Stepping Stones TAY Resource & Support Center

PRESENTERS:

- Stephen Morales, Senior Peer Support Specialist
- Maria Arnold Senior Parent Partner

DESCRIPTION: What does a "Drop-in" youth center, nontraditional clinic look like? How having shared communal spaces breaks down the stigma of being in a mental health clinic and increases the likelihood of repeated attendance. A drop in environment may look like; no appointment needed, walk in for groups, provide resources and support for the whole family and no window partitions. Family, friends and partners are all welcome and encouraged to be part of the support system. Safe space environment for LGBTQIA+ youth, supportive and affirming staff and signage as well as celebrations of various LGBTQIA+ events throughout the year. Non-judgmental and culturally diverse peers providing support and resources. Peer-led with clinical staff to support the member identified family unit, which includes the treatment team of: therapist, peer support specialist, parent partner and family advocate. Specializing in first episode psychosis and providing early treatment leads to better outcomes for the youth and family. Providing free training, "Building Peer Leaders in Youth Services" formally TAY Peer Support Training, for community and staff working with youth. The centers build strong community partnerships to better support the youth and their families with more resources.

THE FAMILY URGENT RESPONSE SYSTEM (FURS)

PRESENTED BY: California Department of Social Services (CDSS)

PRESENTERS:

- Jessica Haspel, Associate Director, Child Welfare Policy
- Rebecca Buchmiller, Manger, Integrated Services Unit, California Department of Social Services
- Lisa Witchey, Bureau Chief, California Department of Social Services

DESCRIPTION: This presentation will introduce Family Urgent Response System (FURS), giving an overview of the State Hotline and the County Mobile Response Unit, including the requirements and goals of each as well as a department progress report and an implementation plan.

THE IMPACT OF REALIGNMENT 2011 ON CHILDREN AND YOUTH

PRESENTED BY: Young Minds Advocacy Project

PRESENTER:

- Patrick Gardner, President

DESCRIPTION: Using databases compiled from Department of Finance and Health Care Services, we examined the impact Realignment 2011 had children and youth with serious mental health needs. The data indicate that children overall are worse off. We will present trends on penetration rates, intensity of care and more.

TRANSFORMING CARE THROUGH REFLECTIVE PRACTICE SUPERVISION

PRESENTED BY: Monterey County Behavioral Health

PRESENTER:

- Relindis Lorie Diaz, Behavioral Health Services Manager

DESCRIPTION: Reflective Practice Supervision is the regular collaborative reflection between supervisor and provider. The practice invites meaning making and perspective taking in infant mental health, trauma- and diversity-informed care, and fitting treatment to the values and needs of the family in service. It supports staff capacity, confidence and retention. In this session, attendees will obtain resources for self-care in Reflective Practice, tools for transitioning between reflective and administrative supervision, and an opportunity to practice skills and reflect on the process.

UNCONDITIONAL EDUCATION: DEVELOPING AND RESOURCING TRAUMA INFORMED SYSTEMS

PRESENTED BY: Seneca Family of Agencies

PRESENTERS:

- Robin Detterman, Executive Director of Education
- Amber Fretwell, Senior Director of School Partnerships

DESCRIPTION: Making Unconditional Education a reality requires inter-agency collaboration that brings schools and behavioral health organizations together to support the wellness of the entire school community. Participants will be guided through a self-assessment that highlights systems-level considerations for developing trauma-informed learning environments, as well as how to resource this important work.

UNDERSTANDING CALIFORNIA’S INVISIBLE FOSTER CARE SYSTEM FOR KINSHIP FAMILIES

PRESENTED BY: Lincoln; Alliance for Children's Rights

PRESENTERS:

- Susannah Faulkner, Policy and Advocacy Manager, Lincoln
- Angie Schwartz, Vice President, Policy and Advocacy, Alliance for Children's Rights
- Dynell Garron, Director, Family Strengthening & Youth Development, Lincoln

DESCRIPTION: In well-intentioned efforts to “keep kids out of the system,” agencies are arranging for care by a relative and bypassing the juvenile court. These kinship families enter a complex web of support and services, forming an invisible foster care system. We will unpack this system and discuss recommendations for reform.

UNDERSTANDING CHILDHOOD ADVERSITY: SCREENING FOR EARLY CHILDHOOD TRAUMA AS AN ESSENTIAL FEATURE FOR PROGRAM ENGAGEMENT

PRESENTED BY: Rady Children’s Hospital, San Diego; First 5 San Diego

PRESENTER:

- Meghan Lukasik, Licensed Clinical Psychologist and Clinical Director

DESCRIPTION: Attention to Adverse Childhood Experiences (ACEs), which are linked to a range of harmful outcomes in both childhood and adulthood, is on the rise. As such, how to both effectively screen for ACEs, via a trauma-informed lens, and subsequently use the information are critical to the dialogue. This presentation will share a screening process for ACEs, which includes program elements that should be in place prior to a screening, how treatment plans may be adapted, and how knowledge of parent ACEs provides a way to facilitate program engagement to promote the best opportunities for improving children’s behavioral health.

UNDERSTANDING NEURODIVERSITY—TRYING DIFFERENTLY RATHER THAN HARDER

PRESENTED BY: Parents & Caregivers for Wellness (PC4W)

PRESENTERS:

- Shannon Iacobacci

DESCRIPTION: Parenting is hard, especially with children from hard places and whose brains work differently. In this session parents and caregivers will gain a better understanding of our children and their behaviors from a brain-based perspective. Participants will learn starter strategies for parenting and working with neurodiverse children and teens, using a strengths-based approach, and how shifting from reacting to understanding will create less anger and frustration. Anyone in the circle of influence for individuals with neurobehavioral challenges (parents, professionals and community partners) can benefit from this training, as using appropriate accommodations can aid the child in being successful and often exceed our expectations.

WHAT IS EARLY CHILDHOOD MENTAL HEALTH CONSULTATION?

PRESENTED BY: YMCA San Diego Childcare Resource Service

PRESENTER:

- Christine Jackson Cole, Early Childhood Mental Health Supervisor

DESCRIPTION: Early Childhood Mental Health Consultation is a model for supporting caregivers of young children to promote social-emotional development, decrease challenging behaviors and prevent preschool expulsion. Consultation focuses on building supportive relationships and fostering collaboration to help caregivers in responding to the needs of young children. In this presentation, you will identify steps in the consultation, learn the key to success, and explore the barriers and potential solutions to implementation.

WHERE DISABILITY RIGHTS AND IMMIGRANTS' RIGHTS COINCIDE: DRC'S MONITORING OF ORR FACILITIES THROUGHOUT CALIFORNIA

PRESENTED BY: Disability Rights California

PRESENTERS:

- Katherine Mathews, Staff Attorney II, Investigations, Disability Rights California
- Gabriela Torres, Senior Attorney, Youth Practice Group, Disability Rights California
- Liz Logsdon, Manager and Registered Legal Services Attorney, Investigations, Disability Rights California

DESCRIPTION: Disability Rights California (DRC) will describe its ongoing monitoring project documenting the Office of Refugee Resettlement (ORR)'s failure to provide medical health and mental health assessments and care, special education assessments and curriculum, and the least restrictive facilities to immigrant children and teenagers in ORR custody.

WHY SELF CARE IS SO IMPORTANT

PRESENTED BY: Parents & Caregivers for Wellness (PC4W)

PRESENTER:

- Cindy Claflin, Parent Advocate

DESCRIPTION: We will focus on the main 6 areas of self-care that will support you in creating a well-balanced lifestyle. Self-care is important to maintain a healthy relationship with yourself. This presentation will include hands on activities, resources and takeaways.

YOUTH ADVOCACY DRIVING COMMUNITY PREVENTION

PRESENTED BY: SAY San Diego, Inc.

PRESENTERS:

- Mary Baum, Senior Program Director, Alcohol, Tobacco and Other Drugs Prevention Program
- Rocio Hernandez, Community Organizer and Adult Ally for Advocates for Change Today

DESCRIPTION: Youth advocacy driving community change through community mobilization to raise awareness of the emerging trends in substance use and misuse with the goal to improve the quality of life in local communities through cross-system collaboration between youth, parents, local government, media and community groups

YOUTH VOICE IN ACTION: THE USE OF A PERSONAL RIGHTS CHECK-IN TOOL IN THE RESIDENTIAL PROGRAM SETTING

PRESENTED BY: Hathaway-Sycamores

PRESENTERS:

- Cynthia Garcia Williams, Lead Peer to Peer Support
- Dr. Nick Ryan, AVP, Clinical Practice and Training
- Jerry Salazar Youth Advocate

DESCRIPTION: Hathaway-Sycamores combines youth voice and strong collaborative relationships with residential program stakeholders to promote a youth-guided approach. This presentation will focus on the development and implementation of collaboration in organizations with their stakeholders. Digital interaction and role play will be used to support learning for implementation of a youth-guided tool.