

Need space to debrief & relax?
Join other Parents/Caregivers
in the Afterglow Living Room
by Fred Farr all week!

TUESDAY MAY 14, 2019

WEDNESDAY MAY 15, 2019

2:00 PM - 3:15 PM
Fred Farr

INTRODUCTION TO CHILDREN'S BEHAVIORAL HEALTH IN CALIFORNIA FOR PARENTS/CAREGIVERS

PRESENTERS:

- **Pam Hawkins**, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)
- **Mary Bush**, Youth and Family Support Director, River Oak Center for Children
- **Melissa Hannah**, OAC Grant Coordinator, United Parents, Parents and Caregivers for Wellness (PC4W)

ABOUT:

Participants will learn the history of children's behavioral health services in California including the Children's System of Care (CSOC) as well as the parent/caregiver movement in California. We will also discuss parent/caregiver involvement in the CMHACY Conference over the years. Pam Hawkins, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS) Mary Bush, Youth and Family Support Director, River Oak Center for Children Melissa Hannah, OAC Grant Coordinator, United Parents, Parents and Caregivers for Wellness (PC4W).

8:30 AM - 10:30 AM
Fred Farr

NAVIGATING THE MENTAL HEALTH RIGHTS OF CHILDREN

PRESENTER:

Jessie Conradi Slaffer, Mental Health Attorney and Social Worker, East Bay Children's Law Offices, Inc.

ABOUT:

This workshop discusses the major ways in which a parent might interact with the mental health system and the various rights their children have. Children have legal entitlements for mental health services, these various entitlements are discussed, as well as where those services tend to be provided: in home, at school, and in a treatment program. The workshop will differentiate between confidentiality and privilege and explain the ways in which a proper disclosure of mental health information may occur. The procedure around psychotropic medication will be discussed, including the process for youth involved in the court system or for youth who are seeking to refuse medication. Tips on examining a child's treatment plan and strategies on how to advocate for mental health services will be discussed.

3:00 PM - 5:00 PM
Fred Farr

PARTNERING WITH YOUR CHILD'S MENTAL HEALTH PROVIDER

PRESENTERS:

- **Pam Hawkins**, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)
- **Mary Bush**, Youth and Family Support Director, River Oak Center for Children
- **Melissa Hannah**, OAC Grant Coordinator, United Parents, Parents and Caregivers for Wellness (PC4W)

ABOUT:

Today, more than ever, parents are taking an active role in their child's behavioral health care. Parents and their child's therapist should work in partnership to achieve the best possible outcomes. An important part of this partnership is good communication. This workshop will review questions you can ask your child's therapist to get the discussion started.

10:45 AM - 12:00 PM
Fred Farr

PARENT RESILIENCE

PRESENTERS:

- **Cindy Claflin**, Program Manager, Mental Health America, Northern California
- **Laura Stillmunkes**, Executive Director, Capital Adoptive Families Alliance
- **Lori Litel**, Executive Director, United Parents
- **Melissa Hannah**, OAC Grant Coordinator, United Parents
- **Marty Giffin**, Executive Director, CMHACY
- **Dayna Freier**, Program Director, California Alliance of Caregivers
- **Jessie Conradi Slaffer**, Mental Health Attorney and Social Worker, East Bay Children's Law Offices, Inc.

ABOUT:

Adversity is a fact of life. Resilience is that unaffable quality that allows some people to be knocked down by life and come back as strong as before. This workshop will be a roundtable discussion about building resilience and how parents constructively cope with and bounce back from challenging situations.