

30th Annual Coalition Conference
October 25-26-27
Workshop Speakers

Monday October 25, 2010
Opening Session/Welcome

Kent Stock: Keynote Speaker

A teacher, coach, middle school principal and powerful speaker, Kent Stock is also the man who coached the Norway baseball team during their now-famous final season.

As depicted in the 2007 film, *The Final Season*, the nationally recognized Norway baseball team came together under then first-year head baseball coach Stock to defy the odds and win Norway's 20th state title in what would become the team's final season before merging with a bigger, neighboring school district.

Kent shares with his audiences his experiences coaching the team and behind-the-scenes stories about the movie.

Kent received his Associate Degree from Waldorf College, his Bachelors Degree from Luther College, and his Masters in Education from Drake University.

Monday, October 25 – 9:00 – 10:15

Kent will be selling and autographing books after his presentation.

Monday October 25, 2010
Morning Workshops

Motivational Interviewing: Preparing Clients for Change

Motivational Interviewing is an evidence-based counseling style which adopts a brief intervention format using critical elements that serve as catalysts for motivation and change. MI addresses how to strengthen client intrinsic motivation to change and reduce ambivalence. This workshop serves as an introduction to MI and gives trainees the basic tools necessary to incorporate this approach into their practice.

Presented by Brian Lowery, MPA, LSW, CDCA

Monday, October 25 – 10:30am – 12:30pm (**Conference workshop #1a**)

Track: Social Work – In Home

Domestic Violence: A Sisterhood of Trust: *Working on tough issues with teen girls*

Woman's Issues Programming is a learning opportunity offered to female students at the alternative high school in Cedar Rapids. Students earn elective credit to apply towards a high school diploma. A wide range of activities and experiences are offered, guided by relevant themes. Flexibility in programming is allowed based upon students' needs, and common themes that are addressed through various activities are: Creating a Safe Space and Forming a Sisterhood, Healthy versus Unhealthy Relationships and Domestic Violence, Sexual Assault and Abuse, and Victim Advocacy. There is amazing support from a community partner, Waypoint Services, in dealing with these themes. This workshop will look at how we work with teen girls in a school setting when dealing with these difficult issues. There will be a mixture of sharing, discussion groups, and activities within the workshop.

Presented by Kathleen McDermott and Melissa May-Maxey
Monday, October 25 – 10:30am – 12:30pm (**Conference workshop #1b**)
Track: Mental Health – Substance Abuse

Post Traumatic Stress Disorder (PTSD), Implications to Placements

This workshop takes the staff through the issues that brought the child to have the label of "PTSD" and how to manage it. These children need a level of support that is different than other foster children. The attendees will learn the core skill to help the child manage their own anxiety level. PTSD is a syndrome that needs to be fully understood by the caretakers of these children. The attendees will learn ways to help with issues of eating and sleeping problems, social withdrawal and other syndrome specific behaviors.

Presented by David Zidar, LISW-S
Monday, October 25 – 10:30am – 12:30pm (**Conference workshop #1c**)
Track: Shelter-Group Care

Understanding Trauma for Front Line Professional Working with At-risk Children Part I

We know that in-home workers, case managers, and administrative teams all need to have the same information so that there is agreement on the plan of action employed for a child or family. Without consistency and the correct tools, the client is in control of the plan.

Many times information is missing that would lead to some clarity as to why we are seeing these types of unfathomable behaviors. That information is usually the trauma history. The reality is that the vast majority of clients using social services are complexly traumatized. It may be historical trauma, multigenerational transmission of trauma, physical, sexual, emotional abuse, neglect or a significant family member's death that is

driving the behavioral patterns. We often look at those behaviors and ask how someone could do those things. This workshop will offer insight into what is behind the behavior and how to employ some very simple concrete strategies to reshape behavior and eliminate significant frustration for you as the professional. This workshop will look at the behavior and eliminate significant frustration for you as the professional. This workshop will present a look at the behavior from the development perspective as well as physiology, genetics, psychology, sociology, anthropology to create a whole picture of the client and our interaction with them. We will go through this information step by step to identify and employ the best solutions for the client and you.

This presentation will be broken up into two parts.

Presented by Frank Grijalva

Monday, October 25, 2010 – 10:30am – 12:30pm (**Conference workshop #1d**)

Track: Emerging Best Practice

Monday, October 25, 2010

Afternoon Workshops

Understanding Trauma for Front Line Professional Working with at-risk Children Part II

We know that in-home workers, case managers, and administrative teams all need to have the same information so that there is agreement on the plan of action employed for a child or family. Without consistency and the correct tools, the client is in control of the plan.

Many times information is missing that would lead to some clarity as to why we are seeing these types of unfathomable behaviors. That information is usually the trauma history. The reality is that the vast majority of clients using social services are complexly traumatized. It may be historical trauma, multigenerational transmission of trauma, physical, sexual, emotional abuse, neglect or a significant family member's death that is driving the behavioral patterns. We often look at those behaviors and ask how someone could do those things. This workshop will offer insight into what is behind the behavior and how to employ some very simple concrete strategies to reshape behavior and eliminate significant frustration for you as the professional. This workshop will look at the behavior and eliminate significant frustration for you as the professional. This workshop will present a look at the behavior from the development perspective as well as physiology, genetics, psychology, sociology, anthropology to create a whole picture of the client and our interaction with them. We will go through this information step by step to identify and employ the best solutions for the client and you.

This presentation will be broken up into two parts.

Presented by Frank Grijalva

Monday, October 25, 2010 – 2:00pm - 5:00pm (**Conference workshop #2a**)

Track: Emerging Best Practice

Don't talk... Don't trust... Don't Feel: Growing up with an Addicted Parent

This workshop examines the dynamics of growing up with an addicted parent, including the *family drama* and its emotional effects on children. Referencing the powerful documentary *An Alternative to Slitting Your Wrist*, this workshop examines issues of co-occurring depression and a pathway to triumphant recovery.

Presented by Brian Lowery, MPA, LSW, CDCA
Monday, October 25 – 2:00pm – 5:00pm (**Conference workshop #2b**)
Track: Mental Health-Substance Abuse

Understanding Self – Mutilating Behavior

Mutilating, cutting, burning and other forms of self-injurious behavior by youth are often perceived by professionals and others as suicide related behaviors. This workshop will help staff to understand that such behaviors are often the result of past trauma or abuse. Participants will explore the causes and scope of these behaviors and learn ways to intervene.

Presented by David Zidar, LISW-S
Monday, October 25 – 2:00pm – 5:00pm (**Conference workshop #2c**)
Track: Shelter-Group Care

Parent Child Interaction Therapy (PCIT)

Parent Child Interaction Therapy (PCIT) draws on both social learning theory and attachment theory. PCIT focuses on the importance of parents meeting their child's dual need for nurturing and limits. To begin, Parent Child Interaction Therapy focuses on addressing and meeting a child's emotional needs to achieve building a strong bond and attachment between the parent and the child. As this foundation develops, the child's attentional needs change and the need for negative attention seeking and outbursts decreases. PCIT then touches on the social learning theory that emphasizes the contingencies that shape the interactions of conduct-disordered children and their parents. As the families relationship becomes stronger, behavior modification strategies are implemented to address the need for setting limits and the child's compliance increases.

Presented by Kelli Slagle, MS, LMHC, LMHP and
Kami Guzman MS, LMHC, LMHP
Monday, October 25 – 2:00pm – 5:00pm (**Conference workshop #2d**)
Track: Emerging Best Practice

Tuesday, October 26th, 2010

Morning Workshops

Beyond Consequences: A Love Based Approach to Helping Children with Severe Behaviors – Part I

This workshop gives the understanding to truly provide emotional safety for children with trauma histories. By revealing the connection between the body/mind systems as it relates to trauma and stress, it challenges all of us to embrace a paradigm shift as reflected in the works of Drs. Bruce Perry and Bryan Post. It reveals our own fears, invites us to step into our child's internal world, and demonstrates how to respond to them with love. Come with an open mind and heart.

This presentation is separated into two parts.

Presented by Kim Combs, LBSW-M.Ed.

Tuesday, October 26 – 8:30am – 11:30pm (**Conference workshop #3a**)

Track: Social Work-In Home

Systems of Care

Systems of Care is a philosophy of how care should be delivered. Systems of Care is an approach to services that recognizes the importance of family, school and community, and seeks to promote the full potential of every child and youth by addressing their physical, emotional, intellectual, cultural and social needs.

Presented by Vicki Miene, MA and Debra Waldron, MD, MPA

Tuesday, October 26 – 8:30am – 11:30am (**Conference workshop #3b**)

Track: Mental Health-Substance Abuse

Understanding and Assessing Risk and Behavior in Adolescents

This workshop reviews the fundamentals of behavioral assessment in adolescents within the context of their physical, cognitive and psycho-social development. It will explore issues related to family and culture and their effect on behavior. Further, it explores the behavioral manifestations of common adolescent emotional problems, including depression, eating disorders and cutting and suggests various treatment options available.

Presented by Brian Lowery, MPA, LSW, CDCA

Tuesday, October 26 – 8:30am – 11:30am (**Conference workshop #3c**)

Track: Shelter-Group Care

Behavioral Management Part I

This workshop is simply just that - how to manage behavioral issues. The workshop goes through the continuum of behaviors that all children may present, from stealing to physical assault. The course's goal is to provide the skills to manage these behaviors with a reduced level of reactivity. This workshop is recommended for anyone who works with or manages any environment that children present with these issues.

This presentation is broken up into two parts.
Presented by David Zidar, LISW-S
Tuesday, October 26 – 8:30am – 11:30am (**Conference workshop #3d**)
Track: Emerging Best Practice

Tuesday, October 26, 2010 Afternoon Workshops

DHS and Remedial

What changes has DHS made with remedial services? How do these changes affect you and your agency? What can you do for DHS and what DHS can do your? Question and Answer panel.

Presented by Jennifer Vermeer
Tuesday, October 26 – 2:30pm – 5:30pm (**Conference workshop #4a**)
Track: Social Work-In Home

Beyond Consequences: A Love Based Approach to Helping Children with Severe Behaviors – Part II

This workshop gives the understanding to truly provide emotional safety for children with trauma histories. By revealing the connection between the body/mind system as it relates to trauma and stress, it challenges all of us to embrace a paradigm shift as reflected in the works of Dr. Bruce Perry and Dr. Bryan Post. It reveals our own fears, invites us to step into our child's internal world, and demonstrates how to respond to them with love. Come with an open mind and heart.

This presentation is separated into two parts.
Presented by Kim Combs, LBSW-M.Ed.
Tuesday, October 26 – 2:30pm – 5:30pm (**Conference workshop #4b**)
Track: Mental Health-Substance Abuse

Verbal De-escalation in Child Welfare

This workshop will review the skills of active listening, non-violent communication and verbal de-escalation. Levels of crisis development and the conflict cycle are discussed, emphasizing appropriate staff response. Attendees will participate in exercises and demonstration concerning proxemics, body posture and motion.

Presented by Brian Lowery, MPA, LSW, CDCA
Tuesday, October 26 – 2:30pm – 5:30pm (**Conference workshop #4c**)
Track: Shelter-Group Care

Behavioral Management Part II

This workshop is simply just that - how to manage behavioral issues. The course goes through the continuum of behaviors that all children may present, from stealing to physical assault. The workshop's goal is to provide the skills to manage these behaviors with a reduced level of reactivity. This workshop is recommended for anyone who works with or manages any environment that children present with these issues.

This presentation is broken up into two parts.
Presented by David Zidar, LISW-S
Tuesday, October 26 – 2:30pm – 5:30pm (**Conference workshop #4d**)
Track: Emerging Best Practice

Wednesday, October 27, 2010 Morning Workshops

Ethical Responsibilities and Understanding Boundaries for Child Welfare Providers

Discuss the implications that the Ethics Codes have on confidentiality. Understand dual relationships and our responsibilities to our clients. Clearly develop standards for our practice when dual relationships cannot be avoided.

Presented by Bruce Buchanan, ACSW, LISW, BCD
Wednesday, October 27 – 8:30am – 11:30am (**Conference workshop #5a**)
Track: Social Work-In Home

Vicarious Traumatization

This workshop explores the impact Vicarious Traumatization has on the trauma worker and the importance of utilizing the self-care techniques needed to minimize secondary trauma. Objective is to Define, Understand the impact, Identify the signs and symptoms, and Identify self-care techniques needed to combat Vicarious Traumatization.

Presented by Ruth (Phillips) Buckels, LMSW
Wednesday, October 27 – 8:30am – 11:30am (**Conference workshop #5b**)
Track: Mental Health-Substance Abuse

Psychological First Aid

Much of today's psychological trauma that affects communities can be identified as resulting from sudden and seemingly random events, and particularly from events that involve the violent loss of human life, such as homicide, suicide, multiple-fatality motor vehicle accidents, and large-scale natural or man-made disasters. This acute trauma turns into a long-term, expensive relationship with community services.

Psychological First Aid (PFA) has become a standard practice in the immediate aftermath of casualty events, and is now recommended in the IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings and by the National Biodefense Science Board. PFA can be used to help impacted children, youth, their families and their support systems within the community. This workshop will introduce methods for immediate reduction for traumatic stress response and violence reduction while augmenting coping, resiliency and community bonding.

Presented by Dr. Robert D. Macy
Wednesday, October 27 – 8:30am – 11:30am (**Conference workshop #5c**)
Track: Shelter-Group Care

Sexual Offenders and Predators Reality Check

Find out the laws that protect the children of Iowa from sexual offenders and predators. Do you now how to report a sexual offender? What are the legal issues that surround sexual assault?

Presented by Mike Bandstra, Attorney at Law
Wednesday, October 27 – 8:30am – 11:30am (**Conference workshop #5d**)
Track: Emerging Best Practice