

NFFCMH 2020 Virtual Mini-Conference Schedule and Workshop Descriptions

Tuesday, November 10, 2020
Opening Statements and Welcome – 1:00-1:15 p.m. ET
Plenary Panel featuring State and Local Chapters – 1:15-2:15 p.m. ET <ul style="list-style-type: none">• Sandy Bumpus, Executive Director, Oregon Family Support Network• Rikki Harris, Chief Executive Officer, Tennessee Voices• Susan Nyamora, Susan Nyamora, President / CEO, South Florida Wellness Network• Euphemia Strauchn, Chief Executive Officer, Families on the Move of NYC
Conference Logistics – 2:15-2:30 p.m. ET
Break – 2:30-2:45 p.m. ET
Workshops – 2:45-4:15 (<i>Listed Below</i>)
<i>Parenting and Family Support</i>
Positive Solutions for Families of Young Children: Denise Bouyer, SPAN Parent Advocacy Network (New Jersey)
Adversity is NOT Destiny: Intergenerational Grandfamily Peer Support: Glenda Clare, Fragile Families Network (North Carolina)
A Situational Crisis, Strengths, and the FST Stress Chart: A Virtual Session Example, Dr. Scott Sells, Family Trauma Institute (Montana)
<i>Youth Peer Support</i>
Teens Helping Teens: Brain XP's System of H.O.P.E.: Christine Marie Frey, Brain XP Project (California)
<i>Equity</i>
Getting Rid of Mental Health Stigma in the Caribbean Community: Samantha Samuels and Olinda Richard-Hodge, Young Dreamers International (Georgia)
A Collaborative Approach to Cultural and Linguistic Appropriateness in Evaluating Children's Mental Health Programs: Allison Stevens, PEP; Lexie Beck, Youth MOVE; Alejandro Ruiz, Division of Youth and Family Services (Nevada)
<i>Technology/Virtual</i>
Supporting Hispanic Families During COVID-19: Frances Vega Pietri, ASK Family Services (Michigan)
Flexibility and Creativity: Using Technology to Support Families: Maria Silva, Allegheny Family Network (Pennsylvania)
<i>Substance Use</i>
Mental Health Interventions and Treatment Approaches for Substance Dependent Pregnant and Parenting Women and their Young Children: B. Fellows, University of MD School of Medicine Psychiatry and Jessica Lertora, Zero to Three (Maryland)

Thursday, November 12, 2020
Workshops – 1:00-2:30 p.m. ET (<i>Listed Below</i>)
Break – 2:30-2:45 p.m. ET
Keynote Presentation – 2:45-4:15 p.m. ET <ul style="list-style-type: none"> Melinda J. Baldwin, PhD, LCSW, Chief, Child, Adolescent and Family Branch Center for Mental Health Services, Substance Abuse and Mental Health Services Administration
<i>Parenting and Family Support</i>
Why Will No One Play with Me? The Play Better Plan Parent Training and You Social Skills Curriculum: Carolyn Maguire, NE Coaching (Massachusetts)
When Worrying Takes Over: Helping Kids with ADHD and their Parents Overcome Anxiety and Build Resilience: Sharon Saline, Psy.D., Clinical Psychologist (Massachusetts)
Shadows and Light: Untold Stories - Addressing Trauma: Paula Ray and Sandy Thompson, Families Inspiring Families (Nebraska)
<i>Youth Peer Support</i>
Youth Advocacy/Engagement During COVID-19: Christina Smith, Calling All Youth MOVE (Michigan)
<i>Equity</i>
Level the Playing Field- Social Support and Social Capital for Improved Mental Health Outcomes with Black and Brown Families: Ronik Radlauer Group (Florida)
Children’s Mental Health Justice 101: Navigating Fractured Systems and Advocating for Justice: Dr. Dionne Benson-Smith, Dr. Tammy Nyden, Angela Riccio, Mothers on the Frontline (California)
<i>Technology/Virtual Support</i>
Technology to Reach and Service Latinx Families: Brenda Figueroa and Fanny Ochoa, SPAN Parent Advocacy Network (New Jersey)
<i>Substance Use</i>
Opioid Crisis Methamphetamine Surge Awareness and Combat: Vickie Hill, The Struggle WithIN (Nevada)
Creating Safety: Being a Supportive Adult: Working with Youth Who Have Experienced Trauma: Angie Geren, Arizona Recovers (Arizona)
Keynote Presentation
Break – 2:30-2:45 p.m. ET
Keynote Presentation and Discussion – 2:45-4:15 p.m. ET <ul style="list-style-type: none"> Melinda J Baldwin, PhD, LCSW, Chief, Child, Adolescent and Family Branch Center for Mental Health Services, Substance Abuse and Mental Health Services Administration

Workshop Descriptions

Tuesday, November 10, 2:45-4:15

Positive Solutions for Families of Young Children (Parenting and Family Support)

Denise Bouyer, SPAN Parent Advocacy Network (New Jersey)

This workshop will provide strategies for families to use during episodes where children might engage in challenging behavior. The session will center around teaching young children ways to express themselves using feeling words and develop problem-solving skills. Participants will examine specific strategies to promote positive adult and child behavior in home and community settings.

Adversity is NOT Destiny: Intergenerational Grandfamily Peer Support (Parenting and Family Support)

Glenda Clare, Fragile Families Network (North Carolina)

Nearly 3 million American children under the age of 18 are members of grandfamilies. Adversity does not have to mean destiny. When grandfamilies are supported, children can thrive. During this workshop, participants will learn about the grandfamily, why they are created, and how to support its members (children, youth, young adults, and adults).

A Situational Crisis, Strengths, and the FST Stress Chart: A Virtual Session Example (Parenting and Family Support)

Dr. Scott Sells, Family Trauma Institute (Montana)

Working with families virtually or on the phone means we have to adapt the way we engage and interact. Families need a clear roadmap with visual handouts to capture and hold their attention. Dr. Sells, Founder of the Family Trauma Institute, will share his insights and lessons learned from years of developing and refining the FST techniques that he has been using virtually with families and professionals. Dr. Sells illustrates the breakdown of a virtual family session with a single parent in crisis. The presentation highlights step-by-step tools to engage families virtually that you can immediately use.

Teens Helping Teens: Brain XP's System of H.O.P.E (Youth Peer Support)

Christine Marie Frey, Brain XP Project (California)

Christine XP takes attendees on a journey through mental health challenges from the eyes of a young person who has experienced it and overcome the stigma existing on school campuses from both administration and fellow students. She creates a vivid mental picture that shows a clear vision of the progress that can be made by incorporating mental health education into school systems and facilitating positive mental health "peer to peer - student to student" programs in schools.

Getting Rid of Mental Health Stigma in the Caribbean Community (Equity)

Samantha Samuels and Olinda Richard-Hodge, Young Dreamers International (Georgia)

While four million Caribbean migrants live in American, many who struggle with mental health go undiagnosed due to community stigma. Many professionals are unaware of how to effectively communicate with this community, so Caribbean children are not well served. This workshop provides solutions to break stigma and ensure that Caribbean children and their families get what they need.

A Collaborative Approach to Cultural and Linguistic Appropriateness in Evaluating Children's Mental Health Programs (Equity)

Allison Stevens, PEP; Lexie Beck, Youth MOVE; Alejandro Ruiz, Division of Youth and Family Services (Nevada)

Nevada PEP, Youth MOVE Nevada, and the State Division of Child and Family Services Planning and Evaluation Unit (PEU) work together to promote cultural and linguistic appropriateness throughout the children's mental health program evaluation process. This presentation will examine how they have been able to forge this collaborative relationship and examples of success. Participants will leave with an understanding of the importance of cultural and linguistic appropriateness in program evaluation and strategies for creating a similar collaborative relationship in their states.

Supporting Hispanic Families During COVID-19 (Technology/Virtual Support)

Frances Vega Pietri, ASK Family Services (Michigan)

The COVID-19 pandemic is worsening historical inequities in education, health, disproportionately affecting Hispanic families. The misunderstanding of cultural values and beliefs complicates the relationship between providers and families. In this session, participants will learn about basic aspects of Hispanic Culture. We will discuss the most common barriers that Hispanic families encounter in order to access services. Participants will be offered strategies for reaching and engaging Hispanic families during and after the pandemic.

Flexibility and Creativity: Using Technology to Support Families (Technology/Virtual Support)

Maria Silva, Allegheny Family Network (Pennsylvania)

Creativity and flexibility are a necessary part of maintaining engagement and support in a constantly changing landscape during COVID-19. As an agency that serves a diverse population, Allegheny Family Network has had to be very creative in supporting families and hiring and maintaining staff virtually. Many of our population struggle with availability of technology and its use. It has been critical to find a variety of ways to support families and staff in effort to decrease their stress and anxiety and maintain agency relevancy during these difficult times. Maintaining social distancing and using technology, our Family Support Partners continue to offer one on one support to families, provide emergency resources, and offer trainings. In this interactive presentation, we will share what has worked for us and facilitate a discussion of ideas and brainstorm solutions to challenges families and providers have faced in receiving and providing support.

Mental health interventions and treatment approaches for substance dependent pregnant and parenting women and their young children (Substance Use)

B. Fellows, University of MD School of Medicine Psychiatry and Jessica Lertora, Zero to Three (Maryland)

Rates of opioid and substance-related overdose and neo-natal opioid withdrawal have increased five-fold over the past decade, impacting thousands of infants and toddlers and their families every day. This workshop will highlight current knowledge and effective interventions for this unique and growing vulnerable population. Through discussion regarding child development, attachment and trauma, presenters will identify how innovative and evidenced based programs have been used to help enhance family functioning to promote safety, stability and permanency.

Thursday, November 12, 1:00-2:30 pm (ET)

Why Will No One Play with Me? The Play Better Plan Parent Training and Your Social Skills Curriculum (Parenting and Family Support)

Carolyn Maguire, NE Coaching (Massachusetts)

Parent/caregiver training is an important element to helping children develop or improve social skills. This workshop will introduce parents and caregivers to a curriculum to help create a bridge between social skills groups and home. Caroline Maguire, M.Ed., PCC, will demonstrate the coaching process for participants based on her groundbreaking book *Why Will No One Play With Me?*

When Worrying Takes Over: Helping Kids with ADHD and their Parents Overcome Anxiety and Build Resilience (Parenting and Family Support)

Sharon Saline, Psy.D., Clinical Psychologist (MA)

Living in a world that's increasingly unpredictable, today's kids are more anxious than ever. In this session, Dr. Sharon Saline discusses how anxiety works and what professionals and parents can do to help kids reduce their worries. After reviewing the physiology and psychology of anxiety, she will show you how to help kids change their relationship to worry and avoid the pitfalls of negative thinking. You'll learn tools for teaching kids how to realistically evaluate situations, tolerate uncertainty and calm down. Instead of worrying about what's going to happen, they can meet situations with curiosity and resilience

Shadows and Light: Untold Stories (Parenting and Family Support)

Paula Ray and Sandy Thompson, Families Inspiring Families (Nebraska)

The Shadows and Light project explored the role of creating an autobiographical therapeutic performance out of lived experience, and later witnessing a professional rendering of it – created with participant involvement. The results suggest that the individuals involved in this pilot project who have lived experience at the intersection of trauma, mental health and court systems, may have more ability to engage in human service programs designed to enhance adaptive living skills in daily life.

Youth Advocacy/Engagement During COVID-19 (Youth Peer Support)

Christina Smith, Calling All Youth MOVE/ASK Family Services (MI)

Youth voice is more important now than ever! Join our youth advocates to learn more about how we have stayed engaged, connected, and supportive during these challenging times. We will discuss engagement strategies as well as take a look at what has been on the minds of youth.

Level the Playing Field: Social Support and Capitol for Improved Mental Health Outcomes with Black and Brown Families (Equity)

Julie Radlauer-Doerfler, Ronik Radlauer Group (Florida)

It is time to level the playing field for black and brown families experiencing behavioral health conditions. This presentation will discuss the challenges that the current behavioral health system has in engaging and serving this population. The presentation will include meaningful dialogue around the needs of minority families and the changes that are necessary in order to achieve better mental health outcomes through increased social support and social capital.

Children's Mental Health Justice 101: Navigating Fractured Systems and Advocating for Justice (Equity)

Dr. Dionne Benson-Smith, Dr. Tammy Nyden, Angela Riccio, Mothers on the Frontline (California)

This presentation brings together individuals (parents, caregivers, professionals) who have lived experience with children's and youth mental health/mental health systems to brainstorm and share information about mental health care and mental health justice. Members of Mothers on the Frontline will introduce their Children's Mental Health Justice Framework and discuss how they utilize it to advocate for better more holistic policies and practices that center children's mental health and community, family, and caregiver well-being.

Technology to Reach and Service Latinx Families (Technology/Virtual Support)

Brenda Figueroa and Fanny Ochoa, SPAN Parent Advocacy Network (New Jersey)

This session discusses strategies to identify and address gaps in service delivery to Latinx/Spanish-speaking families in an effort to increase engagement and improve outcomes through the use of technology and social media. This session walks through SPAN's process of identifying, assessing, developing, implementing, evaluating and modifying our outreach, trainings, dissemination and engagement to improve access to services and support for Latinx/Spanish-speaking families.

Opioid Crisis Methamphetamine Surge Awareness and Combat (Substance Use)

Vickie Hill, The Struggle WithIN (NV)

This workshop will educate parents, family members, and friends about the opioid and methamphetamine crisis facing our community and society and impacting our children as young as six. We must get our heads wrapped around this reality and find the willingness to address the impact it is having on our children. Participants will learn information and street terminology and what to look for in their own children and the children with whom they work.

Creating Safety: Being a Supportive Adult: Working with Youth Who Have Experienced Trauma (Substance Use)

Angie Geren, Arizona Recovers

Working with youth who have experienced trauma can be extremely rewarding and also test our personal resiliency skills. Becoming a safe, supportive adult is a critical aspect of care. Learn how to recognize the part your story plays, increase your emotional regulation skills, and identify areas of post-traumatic growth. This workshop will help adults understand what their personal trauma responses are and how to respond to them so that they are more effective at modeling emotional regulation. Also we will discuss specifics on creating safe spaces and effective communication strategies especially when they are interacting with youth who have experienced trauma.