

Preferred Family Healthcare is pleased to offer

**ADHD in the School Setting:
Understanding and managing common classroom
behaviors**

Breakout Session

This presentation will help participants differentiate symptoms of ADHD from misbehavior and provide evidence-based strategies for responding to improve compliance and task completion while reducing emotional escalation in the school setting through positive relationships and attention to desired behaviors.

Upon completion, participant will be able to:

- Identify symptoms of ADHD and differentiate from misbehavior.
- Describe 4 evidence-based behavior shaping strategies.
- Apply positive reinforcement strategies in the school setting.

Presenter: Alicia Williams, MS, LPC

What: Small Actions, Big Impact Youth Mental Health Conference

When: November 13, 2023 / 8 am – 4:30 pm Central Time

Where: Glendalough Convention Center, 2431 North Glenstone Avenue, Springfield, MO 65803

The full registration fee is:

Pre-Summer Registration (Through June 1): \$62

Early-Bird Registration (Through Sept. 1): \$99

Standard Registration (After Sept. 1): \$124

Continuing Education Credit Available: 1 NBCC credit hour

Please note, full attendance required for credit.



Preferred Family Healthcare has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6742. Programs that do not qualify for NBCC credit are clearly identified. Preferred Family Healthcare is solely responsible for all aspects of the programs.

If you need special accommodations or have questions, please contact us.

Sabrina.Aronson@pfh.org or 417-761-5014

2885 W Battlefield Street, Springfield, MO 65807

www.pfh.org

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Helping Children: Techniques for Improved Behavior, Communication, and Socialization **Breakout Session**

This presentation will include a variety of interventions, using music, movement, storytelling, art, and play, that will help engage children into therapy and target treatment goals such as improving self-concept and self-esteem, improving feelings identification and expression of feelings, improved body awareness and boundaries, and gaining understanding of how-to self-care and use healthy coping skills.

Upon completion, participant will be able to:

- List and demonstrate at least 2 interventions for using play-based activities in an individual or group setting.
- List and demonstrate at least 2 interventions for using music in an individual or group session.
- List and practice at least 2 interventions for using movement (gross motor) activities in an individual or group session.
- List and practice at least 2 interventions for using stories or books in an individual or group session.

Presenter: Melissa Burns, LCSW

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How Do We Keep Kids Safe?: Working with Youth in Crisis *Breakout Session*

This presentation will increase participants' ability to recognize and intervene when a youth is in crisis by providing information about brain states and observable symptoms of crisis as well as an opportunity to learn and practice de-escalation and safety-planning skills.

Upon completion, participant will be able to:

- Describe different brain states as well as observable signs of a youth's brain state.
- Apply de-escalation and safety-planning techniques to crisis scenarios.
- Identify four resources for additional support for youth in crisis.

Presenters: Mitra Pedram, LCSW and Natasha Corkins, MA, LPC

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Neuroscience in Action: The Impact of Equity, Inclusion and Multicultural Competence on Youth Well-being and Success *Breakout Session*

This training will increase participants ability to utilize and apply neuroscience to support youth well-being and success. The presentation will include a review of neuroscience basics, review of the realities and impact of equity and inclusion in education, review of the impact of equity and inclusion for youth of historically oppressed groups, and provide necessary space, connection and guidance to practice facilitating inclusive practices meaningful in your spaces.

Inclusion is key for any human brain to achieve to its truest potential. How do we do it? How do we actively practice Inclusion? Where do we ask the hard questions? How do we get the practice? Multicultural competence is critical in effective mental health care, supporting educational success, in human relationships and within communities. Therapists in the field for several years are asking, "What does Multicultural Competence even mean anymore?" followed by, "I need more than what I obtained during graduate school."

While we know Inclusion is critical to thriving and cultural competence has long been an expectation for competent licensed therapists, historic realities and recent societal occurrences call for change, advancement and expansion in provider's/educator's knowledge, understanding and application of inclusion and multicultural competence.

Upon completion, participant will be able to:

- Explain the neuroscience components at the heart of inclusion and at the heart of youth success and well-being.
- Evaluate inclusion and multicultural competence strengths and areas of growth through evidence-based self-assessment.
- Describe how historical and systemic oppression continue to impact youth health, well-being and success in present day (reviewing social determinates of health and health equity) as well as identify microaggressions and bias impacts well-being and success.
- Apply and facilitate inclusive practices proven to increase well-being and success.

Presenter: Dr Shelly Farnan-Moore, PsyD

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No Body Is Perfect: Eating Disorders and Youth *Breakout Session*

This presentation will increase participants' understanding of eating disorders, give an overview of the most commonly diagnosed eating disorders, discuss risk factors and common co-occurring comorbidities, improve participants' awareness of evidence-based interventions for eating disorders, explore the roles of the multi-disciplinary treatment team and appropriate levels of care.

Upon completion, participant will be able to:

- Identify the 4 most common eating disorder diagnoses and list the primary symptoms associated with each.
- List the different levels of care available for eating disorders and discuss different evidence-based treatments used with eating disorders.
- Describe the roles of eating disorder treatment team members.

Presenters: Stephanie Robbins, MS, LPC, adii and Kelly Huisenga, ND, LPC, NCC

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Youth Suicide Risk Management: Making Prevention Part of Your Routine *Breakout Session*

Suicide is one of the leading causes of death among many adolescent and young adult demographics. It is also clear some groups are disproportionately impacted, such as the LGBTQIA+ population. Spreading awareness and education about prevention strategies and care pathways among all members of our communities is as important as ever. This session will provide an update on the state of prevalence among youth, and practical applications informed by Columbia Suicide Severity Rating Scale (C-SSRS) results when working with adolescent youth and their families. Additional applied practice strategies and current resources will be addressed in the areas of relevant and meaningful safety planning, crisis continuum of care, and outcomes and opportunities associated with a local suicide prevention campaign, ONE.

Upon completion, participant will be able to:

- Demonstrate knowledge of suicidal ideation and suicide attempt prevalence statistics among high school youth.
- Demonstrate knowledge of two applied interventions associated with C-SSRS (Columbia Suicide Severity Rating Scale) results.
- Describe two appropriate scenarios for engaging with 988 or a crisis line for support from a trained crisis specialist.

Presenters: Brandan Gremminger, PsyD, LP and Jeanne Coburn, LPC

What: Small Actions, Big Impact Youth Mental Health Crisis

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**PREPaRE School Crisis Interventions:
An Introduction
*Breakout Session***

This presentation introduces participants to the PREPaRE crisis intervention model for the school setting. Participants will learn the differences between the four levels of intervention, the process for evaluation psychological trauma, and the factors that increase the risk for traumatic stress reactions. This session will also identify the three levels of triage and the three types of crisis intervention.

Upon completion, participant will be able to:

- Differentiate the different levels of intervention following crisis.
- Outline the process for evaluation psychological trauma.
- Identify individuals at increased risk for a traumatic stress reaction following crisis.

Presenters: Cristin Martinez, MS, LPC and Jessica Bendure, PhD, LPC

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Strategies for a DBT-Informed Approach

Breakout Session

This presentation will introduce participants to strategies utilized in Dialectical Behavioral Therapy (DBT) informed treatment, outline empirical evidence supporting use of DBT-informed strategies, help participants gain understanding of what approaches are best-practice based on client need, and highlight how to utilize these strategies with individuals and families.

Upon completion, participant will be able to:

- Identify DBT-informed strategies and how they differ from comprehensive DBT.
- Match appropriate strategies to client need.
- Discuss how to utilize identified strategies to promote client wellness and symptom reduction.

Presenters: Sarah Davis, MA, LPC and Jordan Campbell, MS, LPC, NCC

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Supporting Youth During Reentry *Breakout Session*

This presentation will increase participants' understanding of how to support youth during reentry post psychiatric hospitalization or residential placement.

Upon completion, participant will be able to:

- Determine how social, academic, and mental health factors of youth impact school reentry post-psychiatric hospitalization or residential placement.
- Determine barriers in the reentry process and the negative implications of a lack of effective transition planning.
- Identify multiple strategies for supporting youth's social, academic, and mental health needs during reentry.

Presenter: Elizabeth Avery, MA, LPC

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Tier 1 School-Based Mental Health: Supporting Youth Mental Health Through Education *Breakout Session*

This presentation will focus on the importance of tier-one training intervention for educators and will include strategies and applications to implement training resulting in improved school culture.

Upon completion, participant will be able to:

- List three of the essential components for effective professional development curricula in schools.
- Identify 3 facts about the youth mental health crisis.
- Explain 3 benefits of a tier-one training intervention for educators.
- Describe 2 ways professional development curricula on mental health literacy can improve student outcomes.

Presenter: Amy Hill, LCSW

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Trauma and PTSD: A development perspective *Breakout Session*

This presentation will help the audience understand trauma and PTSD from a developmental perspective, how trauma affects the developing brain. The audience will learn how brain changes result in common comorbidities seen in such patients. They will learn different evidence-based treatment modalities and how those influence the brain development and healing.

Upon completion, participant will be able to:

- Define trauma and PTSD.
- Discuss the impact of trauma on developing brain.
- Identify the ways that interventions for PTSD lead to neurobiological changes in the brain.

Presenter: Amit Jagtiani, MD

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