



# FOSTERING RESILIENCE

**November 10 - 11, 2014**

**Glacier Canyon Lodge At Wilderness Resort  
Wisconsin Dells, WI**

**3 KEYNOTE SPEAKERS & OVER 30 WORKSHOPS**

Who should attend? Anyone caring for, working with or interested in the well-being of children and youth with social, emotional, behavioral, mental health or substance use challenges.

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SILENT AUCTION, RAFFLES, DOOR PRIZES, AWARDS,  
and many outstanding and informative exhibitors from across the Midwest!

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# General Conference Information

**Who should attend?** Anyone caring for, working with or interested in the well-being of children and youth with social, emotional, behavioral, mental health or substance use challenges.

**Cost:** Early bird rate of \$150 per person is available through Sept. 15th. After Sept. 15th, the conference fee is \$185. Registration includes all conference materials including Nan Henderson's *Resiliency Workbook*, plus continental breakfast, lunch, and snacks on both days.

**Exhibitor Fee:** For exhibitors who are representing a charitable organization with 501(c)(3) nonprofit status the fee is \$200; the exhibitor fee is \$300 for all other organizations. Exhibitor fees include one conference registration, one 8-foot table with cloth and skirt, and your agency listed in the conference program. Each additional conference registration is \$150 if booked by Sept. 15th or \$185 after Sept. 15th.

**Registration:** To register, either individually or as an exhibitor, go to: [www.tinyurl.com/2014ccf](http://www.tinyurl.com/2014ccf) or call 1-800-422-7145, extension 2.

**Location:** Glacier Canyon Lodge at Wilderness Resort, 45 Hillman Road, Wisconsin Dells, WI, 53913  
Phone: 608-254-1020  
Hotel website: [www.glaciercanyonlodge.com](http://www.glaciercanyonlodge.com)

**Lodging:** You are responsible for making your own hotel reservations. Call Glacier Canyon Lodge, 1-800-867-9453, and tell them you are part of the Children Come First Conference. You must call by October 9th to receive the discounted room rate of \$70 per room, per night (single occupancy) or \$99 per room, per night (2-4 person occupancy). The conference rate for the two-bedroom deluxe room is \$140 per night. After October 9th, guest rooms at these rates will be subject to hotel availability.

**Continuing Education:** Continuing education units (CEUs) are being offered for the CCF Conference through UW-La Crosse Continuing Education and Extension. There will be 10 contact hours (1.0 CEUs) for attending both days of the conference (6.25 hours - 0.625 CEUs for Day 1 and 3.75 hours - 0.375 CEUs for Day 2), for a cost of \$15. UW-Extension CEUs fulfill continuing education requirements for many professions. Individuals should contact their professional associations or licensing bodies before assuming UW-Extension CEUs will fulfill all requirements.

**Cancellation Policy:** A \$50 handling fee will be charged for each registration cancelled prior to October 24, 2014. After October 24, 2014, registration fees are nonrefundable.

**Childcare:** There will be no childcare available at this event.

**Financial Aid:** Scholarship funds are limited and available only to parents and primary caregivers involved in the day-to-day care of a child or adolescent with social, emotional, behavioral, mental health or substance use challenges. Applicants are encouraged to seek funding through their employer, school district, family resource centers, Children's Long Term Support Waiver (CLTS), Wraparound/Coordinated Services Team (CST), Comprehensive Community Services (CCS), philanthropic organizations or other agencies. If you require assistance with seeking other funding sources, please contact your Wisconsin Family Ties parent peer specialist. If you are not currently working with a parent peer specialist, please email [info@wifamilyties.org](mailto:info@wifamilyties.org) and put "scholarship request" in the subject line. Scholarships are intended for those who are unable to pay for the conference either personally, through their employer or through other means. Scholarship applications are due September 30, 2014, and applicants will be contacted in early October.

**Accommodations:** Please call (608) 267-6888, or email [info@wifamilyties.org](mailto:info@wifamilyties.org), by October 31, 2014 if you need special accommodations to attend the CCF Conference.

**Meals and snacks:** Conference fee includes continental breakfast, lunch and snack each day.

**Subject to Change:** Conference organizers reserve the right to cancel, substitute and/or reschedule activities due to unforeseen circumstances.

For questions about the conference, please contact Wisconsin Family Ties at 608-267-6888 or toll free at 1-800-422-7145, or email us at [info@wifamilyties.org](mailto:info@wifamilyties.org).

Wisconsin Family Ties, Inc.  
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Madison, WI 53703  
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[www.facebook.com/wisconsinfamilyties](http://www.facebook.com/wisconsinfamilyties)

# Conference Schedule Overview

## MONDAY, NOVEMBER 10, 2014

8:00 – 9:00	Registration Continental Breakfast
9:00 – 9:15	Opening Remarks
9:15 – 10:30	Keynote – Nan Henderson
10:30 – 10:45	Break
10:45 - NOON	Session A Workshops
NOON – 1:00	Lunch
1:00 – 2:15	Keynote – Tamra Oman
2:15 – 2:30	Break
2:30 – 3:45	Session B Workshops
3:45 – 4:00	Break With Snack Provided
4:00 – 5:15	Session C Workshops
5:15 – 7:00	Silent Auction/Raffle

## TUESDAY, NOVEMBER 11, 2014

7:15 – 8:15	Registration Continental Breakfast Silent Auction/Raffle
8:15 – 8:30	Opening Remarks
8:30 – 9:45	Keynote – Christian Moore
9:45 – 10:00	Break
10:00 – 11:15	Session D Workshops
11:15 – 11:30	Break With Snack Provided
11:30 – 12:45	Session E Workshops
12:45 – 1:45	Lunch and Awards
1:45 – 2:00	Closing Remarks
2:00	Auction Winners Announced & Items Claimed Exhibitor Door Prizes Awarded

## Monday, November 10th

**8:00 am - 9:00 am - Registration and Continental Breakfast**

**9:00 am - 9:15 am - Opening Remarks**

**9:15 am - 10:30 am - Keynote by Nan Henderson, M.S.W., President of Resiliency in Action**  
**Four Steps to Resiliency: Bouncing Back From Life's Problems 'With More Power and More Smarts'**

A motivational boost for anyone struggling with crisis, grief, trauma, and/or stress - or for those who help others to overcome these problems – this keynote emphasizes the well-documented human capacity to overcome and transcend adversity. Nan Henderson will offer practical suggestions from the psychological research on how people accomplish this. Participants will be able to identify their personal "resiliency builders" and learn how to make them grow; they will take The Resiliency Quiz and discover how to strengthen their ability to overcome whatever adversity they are facing. They also will understand their unique personal strengths and why, ultimately, what is right with them is more powerful than anything that is wrong.

### 10:45 am - 12:00 pm - Workshop Session A

- 1. Creating Deep Resilient Change using the Resiliency Workbook - Nan Henderson**  
This training focuses on how educators, and all helping professionals, can use the Resiliency Workbook to teach/facilitate the deep change that comes from individual processing and application of strategies from resiliency research.
- 2. Trauma-Free Crisis Intervention, Part I - Wisconsin Family Ties Staff** - Whether you're a parent, educator, social worker, community member or mental health clinician, helping kids with social, emotional or behavioral challenges can be incredibly difficult. This four-part presentation will offer evidence-based strategies to create lasting change, without using aversive techniques. Learn how to work with kids in a way that doesn't hurt them or you.
- 3. 'Ask the Doc' about Mental Health Disorders - Dr. Jenna Saul, M.D., Child Psychiatrist; President, Wisconsin Council of Child and Adolescent Psychiatry** - Dr. Saul will talk about the various mental health disorders that can impact children and adolescents and answer your questions. Dr. Saul believes that we must learn to see beyond labels and do the hard work of seeing things from our children's perspective.

**4. My Home: Housing Options for People with Disabilities - Howard Mandeville, Executive Director of Movin' Out Inc.**  
What will 'home' be for children with disabilities when they grow up? One way of accommodating the vulnerabilities of people with disabilities is to strengthen their hold on the place that is their home. From this idea that home fosters stability, safety, connection, and identity, we will describe housing options that people with disabilities can achieve.

**5. Building Bridges Across Systems that Work with Children and Families - Jim Moeser, Deputy Director of Wisconsin Council on Children & Families & Mark Mertens, M.S.W., Manager Youth and Family Services, Outagamie County**  
The link between child maltreatment and a host of subsequent problems, including an increased risk of involvement in the juvenile justice system, has long been recognized by practitioners. This workshop will review recent efforts to better integrate services for "dually-involved" youth and present some basic principles that can improve coordination across systems and outcomes for children and families.

**6. Current Happenings in Federal Public Policy - Joanne Juhnke, Policy Director, Wisconsin Family Ties**  
What happens in Washington, D.C., doesn't stay in D.C.! Federal policy can have important ripple effects across Wisconsin. Joanne Juhnke and other Wisconsin Family Ties staff will discuss several recent federal-level proposals that would have powerful impacts for children and youth with mental health issues in Wisconsin, and talk about how advocates in Wisconsin are responding.

**7. Suicide Awareness & Prevention - Barb Bigalke, Executive Director, Center for Suicide Prevention and Awareness**  
Do you know the warning signs of suicide or what to do if you think someone is at risk? This session will provide you with that information and more! You will also learn how to help kids recognize what stresses them and how to cope with the pressures they face, especially from bullying. This workshop will equip you with resources and tools that you can use!

**12:00 pm - 1:00 pm - Lunch**

**1:00 pm - 2:15 pm - Keynote by Tamra Oman, Recovery Support Specialist, SAC, is a human services program coordinator at the Wisconsin Resource Center.**

**Hope & Happiness: The Road Built by Resiliency, Relationships and Recovery**

Tamra Oman, will talk of the "Road to Hope" from a personal and professional journey on "both sides of the road". Ms. Oman now works in a mental health correctional facility, not unlike the one she lived in. Tamra shares that people, humor, hope, and opportunity kept her alive and fostered resiliency that brought her here to this moment. You're invited & you're reminded... **WHAT YOU DO MATTERS!! YOU MAKE A DIFFERENCE!!**

**2:30 pm - 3:45 pm - Workshop Session B**

**8. Resiliency in Action: How Schools, Families and Communities Build 'Bounce Back' Kids - Nan Henderson**  
The emphasis of this training is practical application of research findings in strategies that can be used to move children and youth "from risk to resiliency." The training includes interactive activities to be used to assist youth to identify and celebrate their personal resiliency and understand how they can be more resilient in the future.

**9. Trauma-Free Crisis Intervention, Part II - Wisconsin Family Ties staff (See description in Session A)**

**10. 'Ask the Doc' about Psychopharmacology - Dr. Jenna Saul, M.D., Child Psychiatrist; President, Wisconsin Council of Child and Adolescent Psychiatry** - "Our children have tremendous capacity and potential both emotionally and mentally. But they, and their brains, need our help in order to cultivate and maintain that potential. My perspective regarding children's emotional and mental resilience has shaped my thinking as a psychiatrist and influenced my recommendations to parents and other providers." Dr. Saul will answer your questions about medications and children's mental health.

**11. Building Resilience: How We can Cope (and Thrive) when Facing Adversity - Jennifer Jones, Interim Executive Director, Wisconsin Children's Trust Fund, & Elizabeth Hudson, LCSW, Director, Office of Children's Mental Health**  
This workshop will touch on the original ACE (Adverse Childhood Experiences) Study and provide the most recent data on ACE in Wisconsin. There will also be discussion about programs that are using strategies to promote resiliency in children and families. There will be opportunities for discussion among workshop participants to talk about their own experiences and to discuss policies to support and promote resiliency.

**12. Laws and Sausages: Lessons and Sayings on Public Policy - Shel Gross, Director of Public Policy, Mental Health America** - We have seen a lot of significant changes impacting mental health services over the past few years, from parity to the ACA to the Governor's significant budget initiative. Ever wonder which factors contribute to these changes and which do not? The answers may surprise you. Get an insider's perspective on public policy.

**13. Helping Youth Become Resilient in the Face of Trauma, Challenges & Everyday Life - Elizabeth Van Abel, Prevention Educator, Reach Counseling** - With help and support, all individuals have the ability to overcome adversity and to succeed in spite of their life circumstance! Research demonstrates that resilience among students correlates to how connected youth feel to their school, home, community and peer group. This workshop will address meeting these needs by providing the supports and opportunities that promote healthy development.

**14. School-Based Mental Health: Doing it Right - Sara Daniel, Director of Clinical Services, Saint A & Carey Jacobsen, School-Based Services Coordinator, Saint A** - Increasing accessibility to mental health services in the schools is an expanding topic in the state of Wisconsin. This presentation will include information about current discussions leading to a statewide recommended model, with attention to benefits, cautions and concerns of this model. Exploration of current practices of successful, integrated and comprehensive school-based mental health services will be presented.

### 4:00 pm - 5:15 pm - Workshop Session C

**15. Effectively Addressing Behaviors that Interfere with Learning in Inclusive Settings - Daniel Parker, Autism and Family Engagement Consultant, Special Education Team, Wisconsin Department of Public Instruction** - When a student is removed from the classroom because of behavior difficulties, the loss of instructional time makes it more difficult for students to manage the ever-increasing academic and behavior demands of school. In this presentation, we will examine perspectives on "behavior" and discuss systems which can lead to a proactive approach of teaching more skillful behavior in inclusive school settings.

**16. Trauma-Free Crisis Intervention, Part III - Wisconsin Family Ties staff** (See description in Session A)

**17. Creating a Recovery Culture: What You Do Matters! - Tamra Oman** - In order to create a culture for others to grow and thrive in, we need to start with ourselves. During this workshop we will briefly explore knowing ourselves, and the impact that what we do has on us and those we are walking with (personally or professionally). We will touch on the value of Trauma-Informed Care, Person-Centered Planning, Motivational Interviewing, and Strength-Based approaches to assist with wellness and recovery for all involved.

**18. Current Happenings in State Public Policy - Elizabeth Hudson, Shel Gross, Joanne Juhnke** - 2014 has been an exciting year for mental health-related policy in Wisconsin. A moderated panel of Wisconsin policy-makers and advocates will discuss recent progress in state-level initiatives, and their vision for building on past successes and addressing the challenges we continue to face.

**19. Crisis--Threat or Opportunity?! - Brad Munger, Department of Human Services, Division of Mental Health and Substance Abuse Services** - What is a mental health crisis? What services are available? Where are these services and how can they be accessed? What are Wisconsin's crisis programs specifically doing to help youth? Brad Munger, from the State Division of Mental Health and Substance Abuse Services, will unveil this mystery and take your questions.

**20. Understanding & Addressing Challenging Behaviors of Traumatized Learners Using Brain-Based Interventions**  
Dr. Nomsa Gwalla-Ogisi, Professor, U.W.-Whitewater - Participants will discuss trauma-based challenging behaviors in children and how to use healing, evidence-based, brain-based, and culturally-responsive interventions to address their needs.

### 5:15 pm - 7:00 pm - Silent Auction/Raffle

Merchandise and memorabilia donated by businesses and individuals will be raffled and auctioned during the conference. Don't miss out! Cash and credit cards accepted.

**DINNER - ON YOUR OWN**

## Tuesday, November 11th

**7:15 am - 8:15 am - Registration, Continental Breakfast & Last Chance For Silent Auction/Raffle**

**8:15 am - 8:30 am - Opening Remarks**

**8:30 am - 9:45 am - Keynote by Christian Moore, L.C.S.W., M.S.W., is an internationally renowned speaker, and the founder of the WhyTry program.**

### **Flipping The Resilience Switch**

Resilience is something we're all born with – from the homeless person on the street to the Harvard business graduate. Most of us just haven't learned how to tap into what's already inside us. In his presentation "Flipping the Resilience Switch," Christian Moore draws on his work as a learning-disabled social worker from an inner-city neighborhood to help explain why some people are able to thrive under any circumstances while others crumble from small challenges. He introduces audiences to the four sources of resilience – Street, Relational, Resource, and Rock Bottom – and shows how anyone can "bounce back" by tapping into these resources. Christian's engaging presentation will empower you to teach the vital skills of resilience to students of any background and learning style, enabling them to thrive not only in school, but in life.

## 10:00 am - 11:15 am - Workshop Session D

- 21. 10 Strategies Proven to Inspire Even the Most Difficult Students - Christian Moore** - How do you engage the most challenging students? This session will provide 10 strategies that have proven to build relationships, grab attention, and inspire students in K-12 schools, mental health, and correctional organizations worldwide. Learn to speak the language of today's youth using relevant multimedia, physical activities, and visual metaphors.
- 22. Trauma-Free Crisis Intervention, Part IV - Wisconsin Family Ties staff (see description in Session A)**
- 23. School-Based, Medical, and Clinical Evaluations: How Schools Determine Services - Daniel Parker & Kathryn Bush, School Psychology Consultant, WI DPI** - Public schools have specific laws and regulations which guide how decisions are made for eligibility for special education and 504 plans. Learn the processes schools are required to follow in regard to evaluation, and how clinical and medical evaluations play a part in educational decision-making. A discussion and comparison of different types of evaluations will also be discussed.
- 24. Six Questions Worth Asking about a Child's Point of View - Mark Sweet, PhD** - Every child has a point of view about what happens in their lives and how those in support roles try to engage and support them. Rather than characterizing a child's behavior (e.g., challenging), we can try to understand what s/he is trying to cope with, assert or accomplish. During this session, we will focus on six questions that can help you better understand the POV of a child you know.
- 25. Implementing Trauma-Informed Care in a Complex Organization - Renee Krueger, B.S.W., Corrections Unit Supervisor, Lincoln Hills School** - This workshop is designed to provide a brief overview of the impact of trauma on brain development, the role of trauma-informed care in a correctional setting, and the importance of resiliency and hope in the change process. Through our experiences, we are able to share some strategies and resources for implementing trauma-informed care within an organization.
- 26. Stigma & Self-Disclosure: Frameworks that Work! - Sue McKenzie, Director, Rogers InHealth** - Learn about TLC4 - targeted, local, credible, change-focused, contact and HOP - Honest, Open and Proud; two approaches to stigma supported by primary research. Getting to know people with mental health challenges is what works to reduce stigma (TLC4). What does that mean for families, schools and providers? Results from focus groups (made up of youth, parents, and educators) will raise questions and prompt discussion. Consider if and how sharing one's experience could increase resiliency (HOP).
- 27. Social Security and SSI: Entitlement, Transition and Work - Connie DaValt, Social Security Administration Area Work Incentive Coordinator, WI PASS Specialist** - Recognizing and understanding the difference between SSDI and SSI can be confusing. Learn about the entitlement factors for each program and how/when to file for benefits. Discover what changes take place at age 18 and what SSA is looking for when processing medical reviews and updating childhood status to adult. Become aware of the many work incentives available to those that choose to return to work.

28. **The New 3 Rs - Christian Moore** - While reading, writing, and arithmetic are still highly important, they won't get students very far unless they understand how to achieve long-term success and balance. Learn the New 3 Rs (relationship, relevance, resilience) and how incorporating them can increase student motivation, improve classroom climate, and create a more unified student body.
29. **Neuropsychological or Psychological Testing: What is Your Question? - Dr. Peter Williamson & Dr. Maureen Rickman** Knowing what questions you want to answer can guide what sort of testing you need. In this session, you will learn the differences between a 'neuropsych' and 'psych' evaluation, and which approach is the best to find the answers you need.
30. **Using Our Stories to Change the World: Lived Experience and Public Policy - Joanne Juhnke** - Public policy decisions affect our lives in powerful ways. The good news is that our stories can affect public policy too, if we know how to use them well. Come learn about telling our stories in ways that convince policymakers to listen and to act.
31. **Adolescents with Self-Injury: A Resilience Model - Dr. Jennifer Meuhlenkamp, PhD, licensed clinical psychologist, associate professor of psychology, University of Wisconsin-Eau Claire** - Discovering that a child is injuring oneself is often unsettling and we often overlook the resilience these youth have. Using an educational and interactive approach, this workshop will introduce participants to current knowledge about self-injury, its relationship to suicide, and provide a positive strengths-based framework for understanding and intervening with the behavior that emphasizes youth resilience.
32. **Sensory Regulation & Brain Research - Deb Buchanan, MS, OTR** - Recent brain research suggests that Sensory Processing Disorder does exist as a separate entity apart from other disorders. There is an increasing body of research, being reported in professional journals, that discusses the effects of sensory-based regulation methods to promote adaptive responses. Are we on the right track to promote resilience?
33. **From In Trouble to In Charge: A Success Story of a Youth Guided Coordinated Services Team - Bryan Waldroff, Kendra Waldroff, Dawn Campbell, Lisa Thibodeau** - Wisconsin has recently expanded the Coordinated Services Team initiative for counties and tribes throughout the state. Come hear about the value of CST and the impact that it had in the life of Bryan and his family. Bryan, a 17-year-old from St. Croix county, is now leading his CST.
34. **Making Sense of the Mental Health System Alphabet Soup - Joyce Allen, Director of WI DHS Bureau of Prevention, Treatment and Recovery** - CCS, CST, CLTS, CRS, CSP - what do all these letters mean? You will learn what these various acronyms mean, and hear about the services and programs behind the letters.

12:45 pm - 1:45 pm - Lunch and Awards Ceremony

1:45 pm - 2:00 pm - Closing Remarks

2:00 pm - Winning Auction Bids Announced and Door Prizes Awarded





**25th ANNUAL**  
**Children**  
**Come First**  
**CONFERENCE**  
**November 10-11, 2014**

**KEYNOTE SPEAKERS**



Nan  
Henderson

Nan Henderson, M.S.W., is the co-founder and president of Resiliency In Action, a publishing and training company in Southern California. Her publications on resiliency and wellness, positive youth development, and school and organizational change are used in more than 25 countries. She has provided training in 45 States and several foreign countries for a wide variety of audiences and organizations. Her model is being used statewide in schools in Pennsylvania. She has served on the faculty of five colleges/universities and has worked as a clinical therapist with youth, adults, and families. She is the author of five books on resiliency and has been featured as a “resiliency expert” on National Public Radio.

**Keynote: *Four Steps to Resiliency: Bouncing Back From Life's Problems 'With More Power and More Smarts'*** - A motivational boost for anyone struggling with crisis, grief, trauma, and/or stress - or for those who help others to overcome these problems.



Tamra  
Oman

Tamra Oman, Recovery Support Specialist, SAC, is a human services program coordinator at the Wisconsin Resource Center; a mental health treatment facility classified as a prison. Her focus over the last 9 years has been working with clients in the criminal justice system who have addiction and mental health challenges. Ms. Oman brings a unique perspective based on her own experiences as a youth with similar challenges.

**Keynote: *Hope & Happiness: The Road Built by Resiliency, Relationships and Recovery***  
Tamra Oman, will talk of the “Road to Hope” from a personal and professional journey on “both sides of the road.”



Christian  
Moore

Christian Moore, L.C.S.W., M.S.W., is an internationally renowned speaker, and the founder of the WhyTry program. Growing up, Christian struggled as an inner-city kid with severe learning disabilities. After receiving his master’s in social work, he created Why Try as a resource for kids who battle the same problems he did.

**Keynote: *Flipping the Resilience Switch*** - Resilience is something we’re all born with – from the homeless person on the street to the Harvard business graduate. Most of us just haven’t learned how to tap into what’s already inside us. He introduces audiences to the four sources of resilience – Street, Relational, Resource, and Rock Bottom – and shows how anyone can “bounce back” by tapping into these resources.