

Family Voice & Choice

Moving Toward Shared Decisions & Mutual Responsibility

A Conference for People who Care about Families

Parents/Guardians, Families, State & Provider Human Service Professionals

Friday, November 15, 2013

9:15am-4:15pm

Best Western Hotel, Marlborough, MA



Everywhere in the world FAMILY is cherished and valued. Join us for the third annual Family Voice and Choice Conference, where we'll explore ways to strengthen the bond between families and human services providers in an effort to promote shared decision making and mutual responsibility. All of us share the same goal: ensuring that families experience healthy, fulfilling lives in their communities. Be a part of the effort to empower families and providers to work together towards that goal.

Keynote Speakers

Bob Guinto: Perspectives from both sides, as a professional working with non profits and as a child being in 9 foster placements

Shut Up Industries: Gina Gallagher and Patricia Terrasi are sisters who explore the humorous, heart-warming side of the challenges of raising "imperfect" children in a world pre-occupied with perfection.

Plus a Choice of 9 Workshops!

Audience: This course is intended for those living with children who need services, the people who serve them, and others interested in learning more about "shared decisions and mutual responsibility".

You will learn:

- Develop strategies and methods to effectively collaborate efforts amongst youth receiving care, their families, and service providers
- Identify barriers to successful treatment, and learn effective approaches to overcome those barriers
- Increase awareness of the cultural and social dynamics of families and how to work cooperatively to integrate successful support and treatment

AGENDA		
TIME	WHAT	DETAILS
8:30 a.m.	Registration	
9:15 a.m.	Opening and Welcome	
9:30 a.m.	Keynote #1	Robert Guinto
10:15 a.m.	Break	
10:30 a.m.	Workshops-Choice of A,B,C,D,E	
12:30 a.m.	Lunch	Lunch provided
1:15 p.m.	Keynote #2	Shut Up Industries
2:00 p.m.	Break	
2:15 p.m.	Workshops- choice of F,G,H,I	
4:15 p.m.	Close	Evaluations, CEUs

The Commonwealth Alliance of Family & Children's Services is a unique collaboration of 6 non-profit organizations in Massachusetts including The Children's Study Home, Devereux Massachusetts, Family Continuity, Italian Home for Children, NFI, and Walker, committed to creating a seamless, integrated behavioral health network.

Keynote Speakers:

Robert Guinto: Bob was in 9 foster homes, 11 communities, and 3 high schools while in DCF care from ages 7-22. These experiences have informed his ability to balance business practices and service outcomes to create effective and efficient programs. He is a Co-Founder of Non Profit Capital Management, helping non profit organizations stay focused on accomplishing their missions through a diverse set of skills such as grant writing, strategic planning, program design/development and mergers /acquisitions. He has 25 years of experience working with various populations within Health and Human Services. His work with DCF allowed him the opportunity to address the needs of abused and neglected children. His work within DCF, DMH, and DDS includes procurement, accounting, auditing, budgeting, service development and contract functions. He provided systematic, innovative and problem solving solutions resulting in numerous honors by the agencies he worked for. Today, he continues to innovate and problem solve. He has two principles: “No’ means maybe or later” and “Given enough time, everything is possible.”

The “Shut Up Sisters”: Gina (Terrasi) Gallagher and Patricia (Terrasi) share a love of wine, humor, and writing (excluding checkwriting). They are also among the growing number of parents raising children with disabilities. Fed up with listening to parents brag about their “perfect children” and never asking about theirs, the sisters decided to seek therapy by writing a book. In 2006, they self-published their first book, *Shut Up About Your Perfect Kid! The Movement of Imperfection*. It wasn’t long before the book starting selling and the sisters were asked to speak at parenting, autism, and mental health conferences in Massachusetts and other parts of the country. With strong sales, the book was picked up by Random House and in August 2010, an expanded version, *A Survival Guide for Ordinary Parents of Special Kids*, was introduced. The new book includes helpful tips, information, and inspiration to help caregivers of special children cope with the challenges of raising their children. The book features a Foreword by Dr. Ross Greene.

Morning Workshops

A. DSM-5: Daniel Rosenn, MD: For better or worse, the DSM-5 is now the accepted bible of psychiatric diagnoses. All clinicians need to be conversant with its logic and coding for professional communication, administrative information gathering, clinical labeling, and billing. We will gain historical background information regarding the evolution over the decades of the DSM, selected pertinent category changes in the new DSM-5, and special reference to the new category of Autistic Spectrum Disorder.

B. Putting Your Oxygen Mask on First–The Importance of Self-Care: Gina (Terrasi) Gallagher and Patricia Terrasi: The trials and triumphs of special needs families will be presented, utilizing anecdotes through the use of laughter, fostering better understanding and communication. Clinicians will learn the nuances of advocating on behalf of challenging children and their parents, teachers, and other caregivers and to provide support to families of children with special needs.

C. Trauma Informed Treatment: Craig Maxim,LMHC, Jen Orlando, LMHC, Brendan Bartlett, LMHC, Donna Grant,LMHC: A basic overview, along with examples, of how trauma informed treatment models help families. These evidenced based practices include TF-CBT- Trauma Focused Cognitive Behavioral Therapy (conjoint-youth and parent- therapy for youth experiencing significant emotional & conduct difficulties related to traumatic events); ARC- Attachment Self-Regulation and Competency (supports healthy relationships between children and their care-giving systems; builds ability of all family members to manage feelings, body sensations, and behaviors) and CPP- Child Parent Psychotherapy for children ages 0-6 & their primary caregivers (young children can heal from trauma when comforted by the adults who love and protect them).

D. The Ladder of Youth Involvement: Successfully Collaborating with Teens and Young Adults: Lydia Proulx, Youth Program Manager, PPAL, Youth MOVE: Just as the family movement in the past 25 years has pushed for family driven principles and involvement in children’s behavioral health, the youth movement is gaining traction throughout the state. Behavioral, emotional, and mental health care is rapidly changing in order to listen curiously to youth/ young adults with lived experience as well as incorporate their perspective and feedback into behavioral and mental health care systems. In this new and exciting facet of healthcare, you will gain insight and understanding on how youth can be prepared for life through genuine opportunities, authentic youth involvement throughout all systems levels, and guiding youth to utilize their power and expertise to foster change in their communities and in their own lives.

E. Finding the Sweet Spot-Creating and Maintaining Family Partnerships in Residential Treatment Programs: Richard W. Small, M.Ed., Ph.D., Christopher Bellonci, M.D., Susan Ramsey, MPA: There is an accumulation of evidence that family involvement and family centered practice make a difference in outcomes of residential treatment. This presentation draws on the presenters’

experience as well as concepts from the Building Bridges Initiative to describe how implementation of full value family partnerships requires changes in structure and culture within the program from admission to discharge planning and aftercare, and also requires new skills for professional helpers and families alike.

Afternoon Workshops

F. Multi-Sensory Environments and Their Everyday Applications: Rachel Sandler, LICSW, Jason Torres: Multi Sensory Environments (MSE) offer opportunities to exercise choice through action, provide a sense of empowerment, and enjoy a wide range of sensory experiences that enhance therapy, learning, and relaxation. Individuals choose the experiences that give them the most pleasure, interacting freely with the different components to create positive environments, control levels of sensory stimuli, adapt responses to sensory stimulation, experience easier transition to task, and perform and behave in a more functional manner. You will learn about basic Snoezelen concepts, interventions, applications for the community, and out of the box clinical thinking and alternative approaches to children with emotional, behavioral and sensory regulation challenges.

G. Fathers In Trust: Christa Nunnally, MSW, Ty Hart: There is a growing body of research that attests to the critical importance of positive father involvement in the lives of their children. This program provides education on why fathers are sometimes absent and the effects of absent fathers on child development outcomes; techniques and strategies on how to strengthen the relationship between father and child; how to increase father involvement in child rearing including participation in mental health treatment, and effective ways to connect fathers with diverse community services.

H. Getting the Most out of a Student's IEP: Andy Wizer, M.Ed and Susan Ramsey, MPA: Research supports children doing better when their parents are involved in their schooling. This session will focus on strategies for developing strong family-school partnerships as it relates to developing Individual Education Plans. How to build a strong team and avoiding common pitfalls will be explored. This workshop is for caregivers and providers. It may be helpful to bring a copy of an IEP-your child's or another student's.

I. Embracing Families – Integration of Siblings in a Person -Centered Practice: Stacie Bloxham, LMHC Jennifer McLean, Ed.M., PsyD and Jennie Shaw, LICSW: This workshop will take a special look at the dynamic of sibling relationships in families. Children have a wide variety of feelings and thoughts about themselves and their siblings during treatment such as fear about what's happening, loss and sorrow for the sibling, guilt about struggles the sibling is facing, anger at the sibling for the way they are acting or anger at caregivers, and uncertainty about how to talk to friends & family about the sibling's challenges. These factors can make it difficult to reintegrate children into their homes. We will discuss barriers to success that emerge in home-based and residential settings and strategies to overcome these challenges so that families are reunited and restored. The workshop will look at specific efforts to access community resources such as CBHI, DMH Individual and Family Support Services, and Siblings Groups.

Continuing Education Credits

Licensed Marriage and Family Therapists—5.5 CEUs have been applied for through MAMFT. This program is in accordance with MAMFT for 6 contact hours.

Social Workers—5.5 CEUs have been applied for through NASW. This program is in accordance with the regulations of the Board of Registration of Social Workers.

Licensed Mental Health Counselors—5.5 CEUs have been applied for through MMCEP. This program is in accordance with MMCEP for 6 contact hours.

No participant attending less than 80% of the conference will receive a certificate of attendance.

Directions

Best Western Royal Plaza Hotel

181 Boston Post Road West

Marlborough, MA 01752

www.rplazahotels.com

Please contact Teresa Spaziani at tspaziani@studyhome.org or 413-739-5626, ext. 287 for questions regarding registration. Please contact Ellie Fratangelo at efratangelo@familycontinuity.org or 978-522-5054 for any other conference related questions.

Registration

Price includes morning and afternoon break refreshments, lunch and CEU credits.

Early Registration received by 11/2/13 \$95

Full Registration effective 11/3/13 \$115

All registration fees are non-refundable. On the day of the conference, November 15, 2013, checks *only* will be accepted. All registration forms must be accompanied by full payment in order to be processed.

Register and pay by credit card at: www.commonwealthalliance.eventbrite.com

OR-Mail your check or money order along with registration form to:

Commonwealth Alliance
c/o The Children's Study Home
44 Sherman Street
Springfield, MA 01109

Please Make Checks or Money Orders payable to:

The Children's Study Home

REGISTRATION FORM

2013 Commonwealth Alliance of Family & Children's Services Conference

Name (first, last): _____

Telephone Number: _____ Agency/Title: _____

Agency/Home Address: _____

City: _____ State: _____ Zip: _____

E-mail Address: _____

Are CEUs needed? Yes _____

Registration confirmations will be sent by email.

Indicate your choices for workshops during each of the sessions

Morning Workshop(A-E) 1st Choice: Workshop _____ 2nd Choice: Workshop _____

Afternoon Workshop(F-I) 1st Choice: Workshop _____ 2nd Choice: Workshop _____

Morning Workshops

Workshop A – DSM-5

Workshop B -- The Importance of Self-Care

Workshop C -- Trauma Informed Treatment

Workshop D – Ladder of Youth Involvement

Workshop E -Creating and Maintaining Family Partnerships in Residential Treatment

Afternoon Workshops

Workshop F- Multi-Sensory Environments

Workshop G- Fathers In Trust

Workshop H- Getting the Most out of a Student's IEP

Workshop I- Integration of Siblings

Notice of Nondiscrimination---The Commonwealth Alliance does not discriminate on the basis of race, color, nationality, ethnic origin, or sexual orientation in administration of their education policies, admissions policies, scholarship policies, employment, nor treatment practices.

Please notify us in advance at 978-522-5054 if any special arrangements need to be made.