

Healing Connecticut's Children: The Trauma Focused Evidence- Based Practice Conference

MAY 4, 2017

Hilton Hotel
Hartford, Connecticut



Workshops,
presentations and
guidance for
effective practices

SCHEDULE OF ACTIVITIES

8:00 – 9:00

Registration & Breakfast

9:00 – 9:40

Welcome & Opening Remarks

- Judith C. Meyers, President and CEO, CHDI
- Michael Williams, DCF Deputy Commissioner
- Deborah J. Fuller, Director of Family and Juvenile Services, Judicial Branch, CSSD
- Jason Lang, Director of Dissemination and Implementation, CHDI

9:40 – 10:00

Break

10:00 – 11:00

Session 1

11:00 – 11:15

Break

11:15 – 12:15

Session 2

12:15 – 1:10

Lunch

1:10 – 2:10

Keynote Presentation

2:10 – 2:30

Break

2:30 – 3:30

Session 3

3:30- 3:45

Break

3:45 – 4:45

Session 4

Remember
to sign out for
CEUs! 2nd floor
lobby



Keynote Presentation

Trauma Awareness to Evidence-Based Practice

Lucy Berliner, MSW, HCSATS

Time: 1:10 – 2:10

Location: Grand Ballroom, 3rd Floor

Putting Trauma Awareness into Practice:

- Defining trauma awareness and being trauma focused
- Distinguishing between adverse events and traumatic events
- Using the THS and other screening measures for every child
- Translating trauma awareness and screening measures to children and caregivers
- Using measures and feedback as engagement tools
- Validating and normalizing
- Choosing the appropriate EBP to meet each child's needs

Lucy Berliner serves as Director of the Harborview Center for Sexual Assault and Traumatic Stress and is a Clinical Associate Professor at the University of Washington School of Social Work and Department of Psychiatry and Behavioral Sciences. Her activities include clinical practice with child and adult victims of trauma and crime; research on the impact of trauma and the effectiveness of clinical and societal interventions; and participation in local and national social policy initiatives to promote the interests of trauma and crime victims. Ms. Berliner is on the editorial boards of leading journals concerned with interpersonal violence, has authored numerous peer-reviewed articles and book chapters, and has served/serves on local and national boards of organizations, programs, and professional societies.

Title: The Clinical Art of Evidence-Based Treatments: Are Evidence-Based Treatments Relevant to Me and My Work?

Agency: Yale Child Study Center

Presenter: Carrie Epstein

Location: Ethan Allen 3rd floor (Intended for Clinical Staff)

Assessments are an important tool that help us to understand the symptoms our clients are experiencing. Yet, it often feels that the “real work” is interrupted when we administer assessments to children and caregivers.

This workshop will focus on the challenges and strategies to effectively administer assessments and how to share the results with both children and caregivers.

Title: De-tangling the Alphabet Soup of EBPs with Community Providers: Learning How to Effectively Collaborate and Further Support Clients in Community Settings

Agency: Wheeler Clinic, Inc.

Presenters: Erin E. Smythe and Hilary Kasprzak

Location: Nathan Hale 3rd floor (Intended for Clinical, DCF and CSSD Staff)

How many times have you collaborated with an outside provider (PCP, teachers, probation, DCF) and feel as though what you’re saying about the purpose of an intervention is lost in translation? Join us as we share our experiences working in co-location environments and how we have effectively helped our partners understand the alphabet soup of EBPs. Through the use of case studies, role-plays, and actual EBP interventions used, we aim to help others improve their ability to make forward progress in implementing EBP strategies in community settings.

Title: The Recovery Efforts in Newtown: Where We Are 4 Years Later

Agency: Clifford Beers Clinic

Presenters: Christine Montgomery

Location: Silas Deane 3rd floor (Intended for Clinical, DCF and CSSD Staff)

The tragedy at Sandy Hook Elementary School on December 14, 2012 impacted the entire school system and the Newtown community. This presentation will highlight how Newtown established a long-term recovery and resiliency program which included multi-tiered interventions to address the numerous trauma and grief needs of its students and staff.

Title: Secondary Traumatic Stress, Compassion Fatigue and Self Care

Agency: Youth Trauma and Justice Solutions, LLC

Presenter: Monique Marrow

Location: Hartford Commons 2nd floor (Intended for Clinical, DCF and CSSD Staff)

Secondary Traumatic Stress Compassion Fatigue and Self Care - This one hour session will focus on defining these three constructs and providing strategies for self-care. This session will include both didactic segments as well as opportunities for participants to build their own self care plan.

Title: Beyond the Boo-Boo: Evidence, Implications, & Interventions for Pediatric Medical Traumatic Stress

Agency: Connecticut Children's Medical Center

Presenters: Bradley Jerson and Emily C. Kutner

Location: CT Salon A 2nd floor (Intended for Clinical, DCF and CSSD Staff)

Pediatric patients and their families who experience medical illness or injury may develop pediatric medical traumatic stress (PMTS), which makes them vulnerable to symptoms associated with other types of trauma. Despite the potential impairment, there has not been significant dissemination about how to effectively work with families whose children have complex medical histories. Participants will learn about PMTS, how to screen and treat for it within the framework of existing EBPs, and how to effectively collaborate with medical colleagues in treatment.

Title: TF-CBT Interventions in Early Childhood

Agency: The Village for Families and Children

Presenters: Megan Bain and Emily Markham

Location: CT Salon B/C 2nd floor (Intended for TF-CBT Clinicians)

Talking about and better understanding how trauma impacts our thoughts, feelings, body reactions, and behaviors can be challenging for any child. It can be especially challenging when working with young children. If you're getting stuck when working with young children because they are bored, they just don't get it, or the concepts of TF-CBT are too complex, then this is the presentation for you.

Title: Engaging Children and Families into Trauma-Focused Treatment: Clinical and Evidence-Based Approaches

Agency: Yale Child Study Center

Presenter: Carrie Epstein

Location: Ethan Allen 3rd floor (Intended for Clinical Staff)

Engaging children and caregivers in trauma focused treatment can be very challenging for clinicians. This presentation will focus on the evidence-based engagement work developed by Mary McKay with specific emphasis on implementing these strategies with children that have a history of exposure to traumatic events.

Title: Creating a Tiered System of Support for Schools Implementing CBITS and Bounce Back!

Agency: Clifford Beers Clinic

Presenters: Kim Jewers-Dailley, Diana Perry, Ambreen Qadri

Location: Mark Twain 3rd floor (Intended for Clinical, DCF and CSSD Staff)

This presentation is designed for professionals interested in integrating trauma-informed support in schools. The presentation will outline the tiered school implementation approach designed by Clifford Beers Clinic with specific focus on CBITS and Bounce Back! We will present ideas for building collaborations with school staff, students, and families; and will provide data that evidences the positive outcomes of implementing trauma-focused support in schools.

Title: Leaning in to Listen: Helping Children and Families Heal Trauma's Impact by Understanding the Workings of the Brain

Agency: Intentions Clinical Counseling and Training Center LLC

Presenter: Mary Dineen Elovich

Location: Nathan Hale 3rd floor (Intended for Clinical, DCF and CSSD Staff)

This interactive workshop will explore theoretical rationale for redirecting our attention to focus on early attachments and biology, the development of implicit memory patterns affecting brain architecture and the crippling effect of trauma on securing a loving, safe relationship between child, caregiver and environment. The field of neuroscience allows us to capitalize on this understanding by sharing with children information about the internal workings of their brain as it directs the moment to moment response to stimuli, activating their nervous system. Acknowledgement of the brain's ability to navigate mastery of a child's experiences by creating symptoms to help and protect in survival can be a powerful and normalizing therapeutic tool.

Title: Understanding the Clinical Needs of Military Families

Agency: Day Hill Psychotherapy

Presenter: Jennifer Lewis

Location: Silas Deane 3rd floor (Intended for Clinical, DCF and CSSD Staff)

This workshop will assist helping professionals to better understand the unique needs of working with military & veterans families. The session will inform participants how military culture colors the civilian lives of Post 9/11 veterans and how military culture and attitudes impact military connected families. It examines the deployment cycle and impact of deployments on the service member and the family.

Title: Think Trauma

Agency: Youth Trauma and Justice Solutions, LLC

Presenter: Monique Marrow

Location: Hartford Commons 2nd floor (Intended for Clinical, DCF and CSSD Staff)

Think Trauma is a one hour session that will focus on helping participants to understand how traumatic stress symptoms are displayed in the lives of youth in the juvenile justice system. The session includes both a didactic portion, media presentation and participant activity designed to help participants identify traumatic stress symptoms in a young person.

Title: Preparation and Guidance for Providing Effective Court Testimony

Agency: Department of Social Work & Latino Community Practice

University of Saint Joseph

Presenter: Robert G. Madden

Location: CT Salon A 2nd floor (Intended for Clinical, DCF and CSSD Staff)

Attorney Madden has extensive experience in bringing together the fields of social work and the law. His presentation will focus on strategies that will help clinicians provide effective court testimony. Topics covered will include preparation and obstacles to testifying, how to address requests for trauma narratives, testifying as a fact or expert witness and the differences in testifying in criminal or family court. He will also provide guidance regarding the development of agency policies related to court testimony.

Title: Using TF-CBT with High Functioning Autism

Agency: Cornell Scott Hill Health Corporation

Presenter: Rachel Collins

Location: CT Salon B/C 2nd floor (Intended for TF-CBT Clinical Staff)

This presentation will focus on how to modify and use the TF-CBT model of treatment with those children diagnosed with high functioning Autism Spectrum Disorders. The main focus will be on using a sensory based approach to help children cope with and process trauma that has occurred. Presentation participants will learn about making a sensory based coping skills box for children as part of the workshop.

Title: How to Successfully Incorporate Gradual Exposure Techniques into TF-CBT

Agency: Yale Child Study Center

Presenter: Carrie Epstein

Location: Ethan Allen 3rd floor (Intended for TF-CBT Clinicians)

Gradual exposure is the process of incremental desensitization to trauma reminders. We use gradual exposure to unpair the trauma reminders from overwhelming negative emotions. This workshop will focus on the importance of using gradual exposure and the application of gradual exposure strategies throughout trauma treatment.

Title: Understanding, Engaging, and Empowering Caregivers in TF-CBT and MATCH-ADTC

Agency: United Community Family Services, Inc.

Presenters: LeeAnn Page, Kaylyn Manning

Location: Mark Twain 3rd floor (Intended for TF-CBT and MATCH Clinical Staff)

Have you ever found yourself struggling to engage a caregiver in TF-CBT or MATCH? Caregiver involvement can make or break treatment. Join us for a discussion that will foster a better understanding of the importance of successfully engaging the caregiver in treatment. Learn solutions we have found and participate in discussion about your challenges and successes in engaging and empowering caregivers with the TF-CBT and MATCH models.

Title: Engagement of Parents for Young Kids: Innovative Approaches to Supporting Caregiver Affect Modulation and Attunement

Agency: Justice Resource Institute

Presenter: Kristine Kinniburgh

Location: Nathan Hale 3rd floor (Intended for Clinical and DCF Staff)

This workshop will explore approaches to treating complex trauma in children through strengthening caregiver engagement, participation and skill building. In this workshop we will illustrate these ideas through the use of media, experiential activities, case illustration and large group discussion. Workshop participants will be encouraged to share how the information applies to their work.

Title: How the Stamford Public Schools Learned to Say Trauma: Implementing Trauma Informed, EBP Practices in a Public School Setting

Agency: Stamford Public Schools

Presenters: Amy Alberio, Jeanne Carrillo, Elizabeth Gentile and Joe O'Callaghan

Location: Silas Deane 3rd floor (Intended for Clinical, DCF and CSSD Staff)

Stamford Public Schools developed a model to support students who have experienced traumatic stress and staff members who work with them. By providing EBP including CBITS/BB, coaching, and supervision, Stamford has expanded the number of students receiving EBP. Participants will learn how we have effectively implemented CBITS/Bounceback in a sustainable and creative way as well as supporting staff in developing a more trauma informed school community.

Title: Secondary Traumatic Stress Compassion Fatigue and Self Care

Agency: Youth Trauma and Justice Solutions, LLC

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Title: TRANS-HEAL Transitional Activities for Healing

Agency: Community Mental Health Affiliates, Inc.

Presenters: Amaris Ayon, Jessica Kauffman, Christina Miranda and Helen St. Germain

Location: CT Salon B/C 2nd floor (Intended for Clinical Staff)

CMHA will present an interactional approach to celebrate child/family successes as TF-CBT components reach completion. Transitional objects, crafts, toys will be created in session and given to child/family to take home and enjoy. Audience participants will learn methods that have worked and participate in the creation of an object/activity.

Title: Why EBPs Are the Best Prevention for Reducing Externalizing Behaviors

Agency: University of Washington School of Social Work and Department of Psychiatry and Behavioral Sciences

Presenter: Lucy Berliner MSW, HCSATS

Location: Ethan Allen 3rd floor (Intended for Clinical, DCF and CSSD Staff)

This workshop will provide the research background on the implementation of parenting skills to address child behavior issues and the successful behavioral interventions developed in evidence-based treatment models to address behavior issues such as anxieties, aggressive behaviors, and sleep problems.

Title: Healing Through Literature in TF-CBT

Agency: Wellmore Behavioral Health

Presenters: Jeff Corning, Shoshannah Ryff, Juliette Hodge

Location: Mark Twain 3rd floor (Intended for TF-CBT Clinical Staff)

Through the generations the tales of our elders taught many of life's lessons. Begin the journey of TF-CBT by using the stories of others to help children relate and realize that their experiences, feelings, and thoughts are more common than they realize. In our presentation you will learn how to use children's literature to help children make meaning, and put their experiences into perspective, learn to solve problems, cope, and communicate effectively.

Title: CBITS Exposed

Agency: Optimus Healthcare/Southwest Community Health Center

Presenters: Danielle Moraes, Michael O'Malley, Megan Zimmer

Location: Nathan Hale 3rd floor (Intended for Clinical, DCF and CSSD Staff)

Have you ever wondered if trauma treatment works in a group and school setting? Well, wonder no more! It works and today we will expose you to an amazing trauma intervention that is being used across the United States and in other countries. The program is called Cognitive Behavioral Intervention for Trauma in Schools (CBITS). Please join us to learn more about CBITS including: school/teacher/parent engagement, screening, using assessments, outcomes, challenges, and successes.

Title: Supervision Ideas for Improving Model Fidelity When Using Multiple EBPs

Agency: Community Health Resources, Inc.

Presenters: Christina Carlson and Jennifer Nadeau

Location: Silas Deane 3rd floor (Intended for Clinical Supervisors)

Attention Supervisors: Are you frustrated by the challenges of implementing multiple EBPs at once? Are you concerned that your clinicians don't have the tools they need to implement EBPs with fidelity? Come to this interactive workshop to share your experiences and problem-solve some common challenges of implementing multiple EBPs and doing so with fidelity. You will leave with some tangible tools for supervision to improve the implementation of EBPs with model fidelity, strategies to manage multiple EBPs at once, share your experiences/ideas with others and leave with some new solutions as well.

Title: MATCH vs TF-CBT: How do you decide?

Agency: The Village for Families and Children, Inc.

Presenters: Maggie Ososki, Mary Wright

Location: Hartford Commons 2nd floor (Intended for Clinical Staff)

Decisions, Decisions, Decisions! Which trauma model do you pick for your children when there are so many different modalities to choose from? Join us, The Village for Families and Children in exploring the differences and similarities of MATCH trauma compared to TF-CBT.

Title: The Impact of Introducing the Child Trauma Screen (CTS) into Behavioral Health Intakes at School Based and Clinic Based Sites in Middlesex County

Agency: Community Health Center, Inc.

Presenters: Kimberly Citron, Tim Kearney

Location: CT Salon A (Intended for Clinical, DCF and CSSD Staff)

From January-March 2017 the Community Health Center's Middlesex County behavioral health intakes were assessed using the Children's Trauma Screen (CTS). Trauma identification rate, TF-CBT referrals, and successful engagement were compared to first quarter 2016 when no evidence based screen was used. Outcomes are discussed and other agencies are invited to share their experiences as we brainstorm implications for work flow, best practice, and further research.

Title: Stepping Outside the Box: Increasing TF- CBT Engagement

Agency: The Connecticut Junior Republic Association, Inc.

Presenter: Jennifer Grant

Location: CT Salon B/C 2nd floor (Intended for Clinical, DCF and CSSD Staff)

Working with children in an outpatient setting can be difficult. There are so many logistical barriers that can get in the way. From lack of transportation, to lack of childcare, from poor past experiences or lack of motivation to come to treatment, work schedules, unmet basic needs- the list goes on and on.

These barriers can make treatment sporadic at best. We all know that when working with a child who has a trauma history and in providing TF- CBT, the frequency of sessions is critical to a successful outcome. Through a mini grant, CJR has been utilizing evidence-based engagement strategies. We will discuss the strategies that we've used, present the outcomes of our work and provide recommendations for improvements in engaging children and families in TF-CBT.

Child Health and Development Institute of Connecticut, Inc. (CHDI) is a statewide implementation center for the dissemination of TF-CBT, MATCH-ADTC, CBITS/Bounce Back and ARC. These projects are jointly funded by the Department of Children and Families (DCF), Court Support Services Division (CSSD) and grants from ACF and NCTSN. The Coordinating Center provides ongoing Training, Credentialing, Quality Improvement and Database Management to providers throughout the state. As of January, 2017 more than 1,000 clinicians have been trained through these projects. They have provided services to over 9,000 children and families throughout Connecticut.

Resources

National Child Traumatic Stress Network (NCTSN):
www.nctsn.org

Child Health and Development Institute of CT Inc.
www.chdi.org

Kids Mental Health Info
www.kidsmentalhealthinfo.com

Find a Provider
Tinyurl.com/ebpsearch

Acknowledgements

This conference is funded by DCF, CSSD, NCTSN and ACF, (Department of Health and Human Services, Administration for Children and Families, Children's Bureau, Grant #1609).

Thank you to all of our Provider Volunteers who presented at the conference.

The conference is facilitated by the Child Health and Development Institute of CT, Inc. CHDI advances and informs improvements in primary and preventive pediatric health and mental health care programs, practice, and policy in Connecticut, with particular focus on disadvantaged and underserved children and their families.

