

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

**June 6, 2018**

**Connecticut Convention Center  
Hartford, Connecticut**



**Workshops, Presentations, and  
Guidance for Effective Practice**

# SCHEDULE OF ACTIVITIES

8:00-9:00	Registration & Breakfast
9:00- 10:00	Welcome and Opening Remarks by Jeff Vanderploeg, CHDI-President & CEO Panel Discussion: State Agency Perspectives on Furthering Trauma Informed Practice Panel: Tracy Duran, CSSD- Program Manager 1 John Frassinelli, SDE-Bureau Chief, Bureau of Health/Nutrition, Family Service and Adult Education Tim Marshall, DCF-Director, Office of Community Mental Health Aileen McKenna, OEC-Home Visiting Program Manager, Birth-Three Family Liaison Moderated by Jason Lang, CHDI- Vice President of Mental Health Initiatives
10:15 – 11:15	Session 1
11:15 – 11:30	Break
11:30 – 12:30	Session 2
12:30 – 1:30	Lunch
1:15 – 1:30	Governor Dannel Malloy
1:30 – 2:30	Keynote Presentation
2:30 – 2:45	Break
2:45 – 3:45	Session 3
3:45 – 4:00	Sign Out



Remember  
to sign out for  
CEU's!

# **Keynote Presentation**

**Time: 1:30-2:30pm**

## **Addressing the Impact of Trauma on Children from Brain to Policy: State and National Efforts to Make a Difference**

**Lisa Amaya-Jackson, MD, MPH**

Duke University School of Medicine  
Professor, Department of Psychiatry & Behavioral Sciences  
Director Duke Evidence-based Practice Implementation Center  
Associate Director UCLA-Duke National Center for Child Traumatic  
Stress

This presentation will provide a broad overview of the compelling translational science and public health approach to the biopsychosocial impact of psychological trauma on young children and the subsequent mental health and national policy mandates that address awareness and access to quality treatment.

Dr. Amaya-Jackson will also discuss the NCTSN Core Concepts for Understanding Traumatic Stress Responses in Children and Families and use a case example to demonstrate the complexity of traumatic life experiences on youth.

**Title: Using TF-CBT with High Functioning Autism**

Agencies: Cornell Scott Hill Health Center/Adelbrook

Presenters: Rachel Collins and Patrick Keenan

Location: Room 11

Audience: TF-CBT Clinicians

This presentation will focus on how to adapt and use the TF-CBT model of treatment with those children diagnosed with high functioning Autism Spectrum Disorders. The 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 clients as part of the workshop.

**Title: Dyadic Art Therapy Interventions with Very Young Children and Their Caregivers**

Agency: Artful Space Counseling & Wellness LLC

Presenter: Heather Bonitz-Moore

Location: Room 12

Audience: Clinicians

Are you looking for creative ways to work with young children and engage their caregivers into trauma based treatment? This hands-on presentation will identify how Art Therapy interventions are useful in working with dyads in trauma-based treatment. Come prepared to experience art materials and walk away with interventions you can start to use right away!

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

Agency: Connecticut Children's Medical Center

Presenters: Brad Jerson and Emily Kutner

Location: Room 13

Audience: All

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 trauma types. 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 EBP, and how to effectively collaborate with medical colleagues in treatment.

**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: Room 14

Audience: TF-CBT and CFTSI Clinicians

This workshop will focus on a discussion about the ways in which evidence-based treatments support clinical practice. The workshop will review common misconceptions and facts about delivering evidence-based treatments, what client-centered practice looks like within evidence-based treatment implementation, and how to follow an evidence-based treatment as a clinical roadmap with some clinical flexibility.

**Title: Augmenting Treatment for Trauma-Exposed Youth: Applying a Single-Session Growth Mindset Intervention for Anxiety and Depression**

Agency: Yale University

Presenter: Jessica Schleider

Location: Room 15

Audience: Clinicians

This workshop will introduce applications of an evidence-based Growth Mindset SSI to trauma-focused treatment for youth. Designed to address youth anxiety and depressive symptoms, and delivered as a 30-minute, web-based activity, this SSI teaches a growth mindset of personality: the belief that one's traits and abilities are malleable through personal effort. Attendees will learn and practice strategies for assessing youth mindsets, in the context of trauma-informed care; delivering aspects of the Growth Mindset SSI in clinical settings; and integrating the SSI into multi-session, trauma-focused psychotherapy for youths and their families.

**Title: Supporting Implementation and Supervision of Multiple EBPs**

Agency: Community Health Resources, Inc.

Presenter: Jennifer Nadeau

Location: Room 16

Audience: Clinical Supervisors

Attention Supervisors: Are you frustrated by the challenges of implementing multiple EBPs at once? Are you concerned that your clinicians do not 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 while maintaining fidelity. You will leave with some tools for supervision to improve the implementation of EBPs with model fidelity, strategies to manage multiple EBPs at once and share your experiences/ideas while learning from other participants.

**Title: Minimal Facts: Partnering with Law Enforcement and DCF in Child Abuse Investigation**

Agencies: Community Child Guidance Clinic/Department of Children and Families

Presenters: Christina Ferrante and Timothy Monahan

Location: Room 21

Audience: Clinicians

This training is meant to help clinicians develop an understanding of the role of DCF and Law Enforcement in Child Abuse Investigations. It will outline the responsibilities of DCF versus Law Enforcement. It will clarify what “minimal facts” should be gathered when a child discloses. This session will explain how to support the investigation process rather than compromising it. This will be an opportunity for you to ask a retired police officer and DCF representative about their procedures and learn more about why abuse cases are so difficult to investigate and prosecute.

**Title: Taking Care of Yourself when Taking Care of Others**

Agency: University of Maryland

Presenter: Sharon Hoover

Location: Room 22

Audience: CBITS/Bounce Back! Clinicians

This presentation will review self-care for mental health clinicians. The presenter will review concepts of compassion fatigue, compassion satisfaction, and burnout, and will facilitate self-assessment of these domains as well as among participants. Participants will have the opportunity to develop a self-care plan including physical, psychological, emotional, spiritual, and workplace/professional self-care. Participants will also rate their organizational self-care efforts, including training and education, support and supervision, communication, employee control and input, and work environment.

**Title: Innovative Approaches to Supporting Caregiver Affect Modulation and Attunement**

Agency: Trauma Center at the Justice Resource Institute

Presenter: Kristine Kinniburgh

Location: Room 23

Audience: ARC Clinicians

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: Overview of Circle of Security Parenting: Description and Outcomes**

Agency: Department of Children and Families

Presenter: Charlie Slaughter

Location: Room 24

Audience: All

This interactive presentation will provide an overview of Circle of Security Parenting (COS P), an 8-chapter, attachment-based intervention designed to build reflective capacity. COS P provides parents, teachers, and caregivers with new relationship tools that allow them to create a better quality of relationship with infants, children, students, and other adults that is supportive of secure attachment. The presentation will also cover the statewide effort to build capacity in CT cities and towns to offer interventions that build and support secure attachment.

**Title: Preparation and Guidance for Providing Effective Court Testimony**

Agency: University of St. Joseph

Presenter: Bob Madden

Location: Room 25

Audience: All

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: "PRACTICE" What You Preach: Peace of Mind for the Provider**

Agency: Jewish Family Services

Presenters: Ann Osoba, Kim Whittingham and Shayna Ull

Location: Room 26

Audience: Clinicians

Does your mind go blank when you hear the words "you have to take care of yourself too"? Join us for a validating and lighthearted discussion that will enhance your ability to find balance between provider and client needs during trauma work. We will focus on the use of acronyms to help providers quickly access supportive strategies in the face of secondary traumatization, counter transferences, and burnout.

**Title: Cultural Adaptations for EBPs**

Agency: Cornell Scott Hill Health Center

Presenter: Rachel Collins

Location: Room 11

Audience: TF-CBT and MATCH Clinicians

The MATCH and TF-CBT models allow culturally specific adaptations to be made and treatment tailored to the individual client. This presentation will focus on the development of a culturally responsive approach that can be used at time of baseline assessment to help guide treatment and promote successful outcomes using an evidenced based practice.

**Title: What About the Baby? Introduction to Infant Mental Health**

Agency: Artful Space Counseling & Wellness LLC

Presenter: Heather Bonitz Moore

Location: Room 12

Audience: All

What is Infant Mental Health and what are babies really telling us? Come learn what trauma in an infant looks like and how to intervene as early as possible to give babies the best possible outcome. You will learn strategies to work with infants and their caregivers and how to “translate” for the baby.

**Title: MATCH Advanced Clinical Skills Through Case Examples**

Agency: Harvard University

Presenter: Lauren Santucci

Location: Room 13

Audience: MATCH Clinicians

During this presentation, we will discuss the trickiest MATCH modules (as voted on by MATCH-trained clinicians) and use case examples and small group discussions to figure out what to focus on when it feels like there are a hundred things to focus on.

**Title: Understanding the Traumatic Experience: How Do We Bring Our Understanding of the Traumatic Experience into Our Clinical Work?**

Agency: Yale University

Presenter: Carrie Epstein

Location: Room 14

Audience: TF-CBT and CFTSI Clinicians

Traumatic experiences often immobilize us so that we feel a sense of loss of control and have difficulty regulating our emotions. This workshop will explore how our brain reacts to these traumatic events and attempts to control the associated overwhelming symptoms.

**Title: The Art of Bouncing Back**

Agencies: Southwest Community Health Center/Optimus Health Care

Presenters: Megan Zimmer, Michael O'Malley and Diana Sanchez

Location: Room 15

Audience: CBITS/Bounce Back! Clinicians

Bounce Back! is a new and exciting trauma focused intervention making its way through the Connecticut public school system. Learn about this innovative approach to helping children who have experienced trauma and how to successfully implement behavioral strategies in a group setting.

**Title: Stinkin' Thinkin': An Intervention to Teach Children and Families How to Identify and Challenge Unhelpful Thoughts**

Agency: Community Mental Health Affiliates, Inc.

Presenters: Christina Miranda, Michele Santos and Helen St. Germain

Location: Room 16

Audience: TF-CBT Clinicians

This presentation will teach how to use the book "Alexander and the Terrible, Horrible, No Good, Very Bad Day" by Judith Viorst to engage clients in identifying cognitive distortions. We will then facilitate an activity to identify the difference between helpful and unhelpful thoughts, the type of distortion, and how to challenge the distortion. Each participant will create their own set of distortion cards.

**Title: EBPs for Non-Clinicians**

Agencies: Community Child Guidance Clinic, Inc. /Optimus Health Care

Presenters: Tanja Larsen and Danielle Moraes

Location: Room 21

Audience: DCF, CSSD, SDE and other staff

This presentation will provide an overview of the TF-CBT, MATCH- ADTC, ARC, CBITS and Bounce Back! treatment models for DCF, CSSD staff and other non-clinical staff who may refer children for treatment or work with families receiving treatment. This presentation will describe each treatment model, how decisions are made about appropriateness of the model, the clinical components of each model, how to support children who are receiving treatment, and how progress is monitored. The goal is to facilitate understanding of who to refer for trauma assessment and how those working in child serving settings can support this treatment for their clients.

**Title: Supporting Newcomer and Refugee Youth in School-based Trauma Interventions**

Agency: University of Maryland

Presenter: Sharon Hoover

Location: Room 22

Audience: CBITS/Bounce Back! Clinicians

This presentation will review strategies to address the mental health needs of newcomer and refugee youth in the context of school-based trauma interventions. Participants will learn about the stressors associated with each phase of migration, as well as strengths demonstrated by many refugee youth and families. Clinicians will receive specific tools for assessment and intervention to support newcomer youth in schools.

**Title: Developing the Life Story in ARC**

Agency: Trauma Center at the Justice Resource Institute

Presenter: Kristine Kinniburgh

Location: Room 23

Audience: ARC Clinicians

It is important in most child trauma treatments to include a component for the child/ family to tell their story. This workshop will provide an in-depth review of how this component is used in the ARC framework and provide some examples for ARC clinicians.

**Title: Overview of Circle of Security Parenting: Description and Outcomes**

Agency: Department of Children and Families

Presenter: Charlie Slaughter

Location: Room 24

Audience: All

This interactive presentation will provide an overview of Circle of Security Parenting (COS P), an 8-chapter, attachment-based intervention designed to build reflective capacity. COS P is providing provides parents, teachers, and caregivers with new relationship tools that allow them to create a better quality of relationship with infants, children, students, and other adults that is more supportive of secure attachment. The presentation will also cover the statewide effort to build capacity in CT cities and towns to offer interventions that build and support secure attachment.

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Agency: University of St. Joseph

Presenter: Bob Madden

Location: Room 25

Audience: All

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**Title: Identification of Secondary Trauma and Utilization of Self Care**

Agency: United Services, Inc.

Presenters: Lisa DeWitt and Tiffanie Deary

Location: Room 26

Audience: Clinical, DCF and CSSD Supervisors

Supervisory staff are invited to participate in a dialogue on identification of secondary trauma and utilizing self-care to support healthier and more resilient clinical teams. It is the mission of this presentation to work with participants to identify symptoms of secondary trauma and work to best support their clinical staff who face secondary trauma and burnout while conducting their daily practice.

**Title: Implementation of TF-CBT for Children with Complex Trauma Presentations**

Agency: Duke University  
Presenter: Lisa Amaya-Jackson  
Location: Room 11  
Audience: TF-CBT Clinicians

This workshop will focus on the understanding of “complex trauma” clinical presentations in children and the application of TF-CBT for complex trauma cases. This session will address the questions of how do I know its complex trauma? In addition, how do I apply the TF-CBT components to children and families who have complex trauma experiences vis a vis complex trauma symptom presentations and outcomes?

**Title: Re-adjusting the Lens: Preparing a Workforce to Include Trauma Informed Part C Services**

Agency: Office of Early Childhood/KidSteps  
Presenters: Aileen McKenna and Elisabeth Teller  
Location: Room 12  
Audience: All

Birth to Three in CT has long been identified as a program that provides services to children with developmental delays. The tragedy at Sandy Hook and the subsequent passage of a law that specified Birth to Three as the earliest identifier of behavioral health concerns in infants and toddlers dramatically changed how Birth to Three provides services to families. Learn how a workforce transformed.

**Title: Is This Problem Sexual Behavior? Integrating Sexual Development in EBP Models**

Agency: United Community and Family Services  
Presenters: Karen Flanagan, Gabrielle Drugan, Brittany Schnurr, Jennifer Maier-Gerst and Julie Adams  
Location: Room 13  
Audience: TF-CBT and MATCH Clinicians

Has a caregiver ever come to you in a panic wondering if their child’s sexual behavior was “normal”, and you too were unsure? There is great misunderstanding and discomfort surrounding childhood sexual behavior. MATCH and TF-CBT clinicians will explore normative and problem sexual behavior in children. Participants will leave with a greater understanding of childhood sexual development and interventions to share with families.

**Title: Adapting TF-CBT for Cases of Child Traumatic Grief**

Agency: Yale University

Presenter: Carrie Epstein

Location: Room 14

Audience: TF-CBT Clinicians

This workshop will review the adaptation of TF-CBT for treating childhood traumatic grief. This adaptation adds grief- focused content to the TF-CBT model aiming to improve PTSD, childhood traumatic grief (CTG), and depressive, anxiety and behavior problems in children, as well as to improve these symptoms in their primary caregivers. The content of this workshop will be based on the assumption that all participants will already be very familiar with the TF-CBT components.

**Title: EMDR: Healing Wounds and Building Resilience**

Agency: The Village for Families & Children

Presenters: Amanda Hemmelgarn, Jennifer Jaffe, Melissa Aiello

Location: Room 16

Audience: Clinicians

Ever wonder what EMDR is and how it works? Come to this presentation and find out first hand! You will be given an overview of the model and its applications, hear a case presentation, as well as a chance to participate in an intervention. Join us to learn about this evidenced based model and how it is used with children.

**Title: ARC Application in Outpatient and School Group Milieu Setting**

Agency: Community Child Guidance Clinic

Presenters: Erica Mott, Shannon Boivin, Jocelyn Flores, Tanja Larsen, Sarah Wizner and Jamie Zitkus

Location: Room 21

Audience: ARC Clinicians

Join us for an interactive group experience for clinicians! Participants will learn how the CCGC ARC Team has been using ARC in group format in child outpatient and school groups, as well as our caregiver treatment group. We will share our session routine, structure, activities, and discuss the process of implementing evidence-based practice in group format. Get ready to attune to your energy level!

**Title: Addressing Grief and Bereavement in School-Based Trauma Interventions**

Agency: University of Maryland

Presenter: Sharon Hoover

Location: Room 22

Audience: CBITS/Bounce Back! Clinicians

This presentation will review strategies to address grief and bereavement in the context of school-based trauma interventions. Clinicians will learn about the different perceptions of death across the developmental continuum. Participants will learn common grief reactions and how to address uncomplicated loss in the context of treatment. Clinicians will also learn how to distinguish uncomplicated from complicated grief, including understanding persistent complex bereavement and child traumatic grief. Participants will learn the tasks of uncomplicated bereavement versus childhood traumatic grief, and how to integrate treatment of complicated traumatic grief into trauma treatment.

**Title: Engaging Professional Providers in Trauma Informed Models**

Agency: Wellmore Behavioral Health

Presenters: Jeff Corning, Kristen Ezzo, Shoshannah Ryff, Ashley Briglia and Juliette Hodge

Location: Room 23

Audience: TF-CBT and ARC Clinicians

Are you overwhelmed by schools contacting you about client's reactive behaviors? Join us in learning ways to improve working relationships and collaboration with school-based professionals, improve outcomes for clients participating in trauma-focused models, and provide psychoeducation to school staff around on normative symptoms in response to developmental trauma, reactive behaviors, attachment, and traumatic stress.

**Title: Trauma Informed Care: The Essential Ingredients**

Agency: Department of Children and Families

Presenter: Nancy DiMauro

Location: Room 24

Audience: DCF, CSSD Staff and Early Childhood Staff

The field of trauma (research, interventions, approaches etc.) has seen tremendous growth over the last several years. For professionals in both the public and private sectors, understanding, integrating and utilizing the essential elements of trauma informed practice can be quite challenging. In this workshop, we will explore the essential elements of Trauma Informed Care and its application across sectors.

**Title: Reconnecting the Mind and Body: Strategies to Address Trauma's Impact on the Body in TF-CBT**

Agency: The Village for Families and Children, Inc.

Presenters: Nicole Cyr and Vanessa Ortiz

Location: Room 26

Audience: TF-CBT Clinicians

Trauma fundamentally disrupts the mind-body connection. Without this connection, a traumatized person cannot safely revisit the past without becoming overwhelmed. This presentation will give an overview of how different disciplines and theories define trauma's impact on the brain and body, including utilizing mindfulness and sensory-based interventions to utilize in TF-CBT will be discussed.

# ***Evidence-Based Practices (EBP) Resources***

## **EBP COORDINATING CENTER**

Visit [www.chdi.org](http://www.chdi.org) for information on CHDI's efforts to disseminate multiple trauma-informed evidence-based practices across Connecticut through our EBP Coordinating Center with funding from the State of Connecticut and federal agencies.\* The website also has free tools and resources for EBP providers, such as a brief child trauma screen.

## **CHDI ISSUE BRIEF SERIES**

CHDI's Issue Brief series covers a range of children's health and mental health topics including several on evidence-based practices, such as: Certification in Evidence-Based Practices, Addressing Student Mental Health Needs, Supporting Young Children Who Experience Trauma, Building a Trauma-Informed Child Welfare System, Cognitive Behavioral Intervention for Trauma in Schools, and Improving Trauma-Focused Services for Youth Involved in the Juvenile Justice System.

<https://www.chdi.org/publications>

## **ADVANCING TRAUMA-INFORMED SYSTEMS FOR CHILDREN**

This report provides a framework for developing a comprehensive and integrated trauma-informed system of care for children. It is intended to help child serving systems advance evidence-based trauma-informed care in order to provide more effective and cost-efficient services that result in better outcomes for all children. <https://www.chdi.org/publications>

## **INFOGRAPHIC: ADDRESSING CHILDHOOD TRAUMA IN CT**

This infographic illustrates Connecticut's progress in addressing childhood trauma and disseminating trauma-focused evidence-based practices, as well as plans to address gaps in care for young children. [www.chdi.org/publications](http://www.chdi.org/publications)

## **WWW.KIDSMENTALHEALTHINFO.COM**

KidsMentalHealthInfo.com is a free, comprehensive website for parents and caregivers on children's mental health issues. It offers information in English and Spanish and links to national and state resources including a searchable database of CT providers trained in selected evidence-based practices. The site features sections on evidence-based practices, child trauma, infant and early childhood mental health, and school mental health. [www.chdi.org/publications](http://www.chdi.org/publications)

## **SEARCHABLE DIRECTORY OF EBPs**

Connecticut's Evidence-Based Practices Directory is an online, searchable public directory of providers in Connecticut offering selected EBPs supported by CHDI's EBP Coordinating Center.

Included in the directory are: Attachment, Self Regulation, and Competency (ARC), Bounce Back, Cognitive Behavioral Intervention for Trauma in Schools (CBITS), Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, and/or Conduct Problems (MATCH-ADTC), and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). <https://chdi.kjmbolutions.net/ebpsearch/>

## **NCTSN**

The National Child Traumatic Stress Network (NCTSN) is a resource for the public, professionals and others who are concerned about child traumatic stress. [www.NCTSN.org](http://www.NCTSN.org)



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).

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.

CHDI is a statewide implementation center for the dissemination of TF-CBT, MATCH-ADTC, CBITS, Bounce Back! and ARC. The Coordinating Center provides ongoing Training, Credentialing, Quality Improvement and Database Management to providers throughout the state. As of January, 2018 more than 1,000 clinicians have been trained through these projects. They have provided services to over 10,000 children and families throughout Connecticut. These projects are jointly funded by the Department of Children and Families (DCF), Court Support Services Division (CSSD) and grants from ACF and NCTSN.

**Thank you to all of our volunteers who presented  
at the conference.**



## THE STARFISH STORY

One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean.

Approaching the boy he asked: "Young man, what are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

The man laughed to himself and said, "Do you realize there are miles of miles of beach and hundreds of starfish?" "You can't make any difference."

After listening politely, the boy bent down, picked up another starfish and threw it into the surf, then smiling at the man, he said;  
**"I made a difference to that one."**

— Loren Eiseley

