

BUILDING HEALTHY, STRONG COMMUNITIES

FRIDAY, MAY 5, 2017

8:00 – 8:30 AM – Registration and Breakfast

8:30 – 8:45 AM – Welcome Remarks

8:45 – 10:15 AM – Session One (Choose One)

Option 1 – *Caregiving Today: Family Dynamics, Care Planning, and the Impact of Gender, Race/Ethnicity, and Geography*

Presenter: *Angelica Keating, Clinical Social Worker, University of Michigan Turner Geriatrics Center*

CEUs: *1.5 Clinical*

Objectives: *1) Describe how family dynamics impact affect caregiving and the physical and emotional well-being of older adults. 2) Identify communication strategies for difficult conversations with older adults. 3) Describe how gender, geography, and race/ethnicity impact elder care.*

Description: *It is well-known that the United States is an aging society. Increasing longevity and life expectancy has increased the number of older adults with chronic health conditions who are in need of caregivers and unique services. In 2014, the National Alliance for Caregiving and AARP estimated that unpaid family or informal caregivers provide as much as 90% of the in-home long term care needed by adults. Caregivers devote countless hours, physical stamina, and emotional strength to help care for their loved ones. Although family caregiving has always been an important kinship obligation, changes in demographics, workforce patterns, healthcare economics, and service delivery have resulted in a dramatic change in its extent and complexity. In this workshop, we will explore how family dynamics, gender, geography, and race/ethnicity affect elder care. We will review “warning signs” that may signal a need for increased involvement/need for higher level of care and discuss practical strategies to employ during difficult conversations with older adults. Finally, we will cover the issues that arise amidst long-term care planning.*

Presenter Bio: *Angelica Keating has worked as a medical social worker in a variety of settings throughout Michigan, including rural long-term care, acute care, and outpatient clinic. She is a graduate of the University of Michigan School of Social Work, where she was a McGregor Geriatric Fellow and received her Specialist in Aging Certificate. She is currently working as a clinical social worker in primary care at the University of Michigan Turner Geriatric Clinic. She is an active field instructor and has worked with MSW students in both the inpatient and outpatient settings. She is also on the board of the Geriatric Social Workers of Southeast Michigan for Washtenaw County. Her areas of interest include the education of interdisciplinary team members within medical settings to improve patient care, geriatric psychiatry, as well as advance care planning.*

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Option 2 – College Access: A Social Justice Issue and Community Development Tool

Presenter: Kayla Roney Smith, Executive Director, Hazel Park Promise Zone & College Access Network

CEUs: 1.5 Macro

Objectives: 1) Describe implications for post-secondary education in the post-recession economy. 2) Describe the college access landscape in Michigan, including what resources are available for students and nontraditional adult learners.

Description: Research suggests that between 60-70% of jobs in this country will require a post-secondary credential by year 2025 (Georgetown Center for Education and the Workforce). This workshop will provide contextual data regarding the implications for those with varying levels and types of education in the post-Great Recession economy, will break current data down by demographic groups, and will describe strategies for increasing attainment among underserved populations. Additionally, attendees will receive an overview of the college access movement in Michigan, specifically focusing on Local College Access Networks and the Michigan Promise Zones and their community organizing components. Knowledge of current college access resources will assist social workers by helping them to understand the growing movement and resources which are increasingly available to many of our clients.

Presenter Bio: Kayla Roney earned her Master of Social Work, Social Policy & Evaluation/Community and Social Systems from the University of Michigan School of Social work in December 2016. She is currently the Executive Director at Hazel Park Promise Zone & College Access Network. She is also a Specialist Consultant at Hampton Consulting. Prior to obtaining her MSW, Kayla received her Bachelors in Social Relations and Policy from James Madison College, Michigan State University in August 2012.

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Option 3 – Professionalism, Ethical Obligations, and Self-Care

Presenter: *Janice Firn, PhD, LMSW, Clinical Ethicist, University of Michigan Health System*

CEUs: *1.5 Ethics*

Objectives: *1) Identify provider-focused unintended consequences of lack of self-care. 2) Describe several tools to engage in to promote social work self-care.*

Description: *Social workers have an ethical duty to engage in personal self-care. This presentation reviews the goals and skills of social work practice, and makes a case for why self-care is a key component of competent social work practice. Several ways in which a lack of self-care can undermine professional competence, thus risking burnout and poor patient/client outcomes, are discussed. Strategies for recognizing and addressing burnout are also reviewed.*

Presenter Bio: *Dr. Firn has a BS from Michigan State University, MSW from the University of Michigan, and PhD from Lancaster University in the UK. Janice is a clinical ethicist with the Program for Clinical Ethics, a collaborative effort between the Center for Bioethics in Social Sciences and Medicine (CBSSM) and Michigan Medicine. As a clinical ethicist she responds to ethics consultation requests, and participates in preventative ethics rounds, and education and research initiatives. She is also a member of the Michigan Medicine adult palliative care consultation team. Her research and education interests include ethics, advancing social work practice through research, palliative care, healthcare policy, clinical skills mentorship, and interprofessional collaboration.*

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Option 4 – Social Work and Security Partnering for a Safer Workplace: How to Plan for Crisis in Today's World

Presenters: Kathleen Wade, Director of Patient and Family Services and Community Health Services, University of Michigan Health System, and Marilyn Hollier

CEUs: 1.5 Clinical

Objectives: 1) Participants will learn the roles and opportunities involved in crisis and disaster management and how to align with law enforcement communities to maximize these efforts. 2) Participants will understand the importance of planning, preparing, and practicing disaster drills that can possibly prevent or help to mitigate the outcome of a disaster. Skills will focus on active shooter incident within the workplace/campus community.

Description: Social Workers are often involved in the aftermath of a disaster, either through relief organizations, counseling post trauma survivors, or helping communities to heal. This talk will address the growing demand for social workers to be better informed and involved in crisis and disaster planning before the event occurs. With the increase in violence in our workplace, social workers can be an important asset in the screening, assessment, and practice exercises needed to improve the safety and mitigate the impact from a workplace disaster. Social Work partnering with criminal justice and security services can enhance planning and preparedness in the event of a disaster. Understanding our roles and getting enhanced training can allow social workers to play pivotal role in disaster preparedness and crisis management.

Presenter Bio: Kathleen Wade has been in academic health care leadership for over 35 years. She holds a Ph. D. in Social Welfare from City University of New York and MSW from New York University. She has a joint appointment in the health system as Director of Patient and Family Services and Community Health Programs and Services at the University of Michigan Health System, and Assistant Dean for Hospital at the University of Michigan Social Work. She has been the Director of Social Work Services in the health system for the past 16 years. Prior to being recruited to Michigan, Dr. Wade held a variety of administrative leadership positions in the New York City health system, including leading the development of the HIV/AIDS Designated Center at Mt. Sinai Hospital. Dr. Wade has had teaching/faculty positions at Mt. Sinai and Columbia Presbyterian Health System in both their Medical and Dental Schools.

Presenter Bio: Marilyn has a Bachelor's degree in Education from SIU and Master's degree in Human Resources and Urban Studies from Georgia State University. She is designated as a certified Protection Professional (CPP) by ASIS International and a Distinguished Certified Healthcare Protection Administrator (CHPA) by IAHS. She has been in the law enforcement/security profession for over 34 years. Her tenure includes seven years at the Emory University Police Department and nine years as Assistant Director and Acting Director of Public Safety at Grady Health System in Atlanta, Georgia. She retired a year ago after 17 years as Director of Security Services at the University of Michigan Hospitals and Health Centers. Under Marilyn's leadership the department excelled and developed into one of the best healthcare security programs in the Nation, twice winning the IAHS Lindberg Bell award. She is a Past President (2014) of IAHS, as long-time member of the ASIS Healthcare Council and 2017 Council Secretary. In September 2015, she joined Security Risk Management Consultants, LLS as a staff Security Consultant.

10:15 AM – 10:30 AM – Break

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10:30 AM – 12:00 PM – Session Two (Choose One)

Option 1 – Building a Culture of Philanthropy

Presenter: *Helen Starman, CFRE, Senior Consultant, Richner & Richner LLC*

CEUs: 1.5 Macro

Objectives: *1) Describe the scope and breadth of philanthropy and other non-profit sources of revenue in the United States. 2) Describe best fundraising practices in non-profits, with a tool for measuring these practices in a specific organization. 3) Identify the role that all non-profit key stakeholders (board, staff, volunteer, clients) play in a true culture of philanthropy.*

Description: *Non-profit organizations have a unique opportunity to fund programmatic, capital, and endowment projects through well-conceived philanthropy, and most require some level of donated funds to successfully meet their mission. Truly successful fundraising is achieved when a strong culture of philanthropy is in place. In these non-profits, everyone, including volunteer leadership, assumes responsibility for philanthropy and understands the important role they play in making it happen. Even when the organization has full-time, dedicated fundraising staff, no one is exempt. There are six key elements that need to be securely in place for sustainable fundraising success within an organization. This presentation will define these elements, describe their importance, demonstrate how participants can measure each element within their own organization, and provide action steps to capitalize on opportunities and address challenges. The session will include a tool that participants can adapt and use to evaluate their organization's existing culture of philanthropy and fundraising programs, along with real and meaningful steps that participants can take to improve the culture of philanthropy in their non-profit.*

Presenter Bio: *Helen Starman, a Senior Consultant at Richner & Richner, has over twenty-five years of fundraising and non-profit experience as a fundraising consultant, development professional, social worker, community volunteer, and board member. Prior to Richner & Richner, Helen served as the Director of Development for IHN at Alpha House, a shelter for parents and children experiencing homelessness.*

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Option 2 – Youth-Driven Space – Building a youth advisory to support youth leadership in schools, organizations, and community initiatives.

Presenter – Lori Roddy, MSW, Neutral Zone Director

CEUs: 1.5 Marco

Objectives: 1) Describe the role of an advisory council. 2) Identify strategies to strengthen youth voices in schools, organizations, and communities.

Description: The aim of a youth advisory council is to increase voice, engagement and leadership of youth in an organization or program and to help them serve in roles to plan projects and initiatives, curate and promote events, recruit peers, fundraise and advise on organizational plans. In this workshop, participants will explore the concept of a youth advisory as a structure and approach to involving youth voice and decision making into their health center program. Participants will be introduced to the components of advisory and through a collaborative approach of shared ideas and experiences, participants will consider roles and strategies for youth participation.

Presenter Bio: Lori Roddy is the Executive Director of the Neutral Zone, where she has provided leadership overseeing 20 programs in arts and leadership, supporting fund development, and providing organizational vision and growth. Lori's practice and teaching is focused on positive youth development, youth-driven practices, program design and evaluation, and organizational leadership. Lori has served on the advisory committee with the All Ages Movement Project, the Arts Alliance, and the Washtenaw Youth Development Initiative. Over the past several years in her role at Neutral Zone, she has worked collaboratively to help guide the development of the youth-driven approach that is reflective of the organization's center. Additionally, Neutral Zone has provided coaching and consulting on youth driven spaces to over 60 schools, organizations, and community based initiatives in the state of Michigan since 2008.

12:00 – 1:00 PM – Lunch

Please bring your own lunch, or a list of local eateries will be provided to you.

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1:00 – 2:30 PM – Session Three (choose one)

Option 1 – *CBT and Chronic Pain: Theory and Practice Overview*

Presenter: *Liz Haas, LMSW, ACSW, CST, Substance Use Disorders Clinician and Primary Care Mental Health Clinician*

CEUs: *1.5 Pain*

Objectives: *1) Identify at least one behavioral strategy for treating chronic pain. 2) Identify at least one cognitive strategy for treating chronic pain.*

Description: *CBT Chronic Pain Theory and Practice Overview incorporates an overview of the theories for chronic pain including, Specificity Theory, Gate Control, Neuromatrix Theory, Neuroplasty Theory, and the Biopsychosocial Theory. CBTCP is based on the Biopsychosocial Theory. The CBTCP model and the Chronic Pain Cycle, the foundation of CBTCP, will be reviewed and built upon by the 12 sessions of the CBTCP. The 12 sessions of CBTCP include concepts such as cognitive restructuring, behavioral activation, safe exercise, relaxation training, pacing, and sleep strategies.*

Presenter Bio: *Liz Haas, LMSW ACSW CST, received her Master of Social Work at University of Michigan and now works for the Ann Arbor VA in the Substance Use Disorders and Primary Care Mental Health Clinics where her main clinical focuses have included Chronic Pain Management, Substance Use Disorders, Sex Therapy, Insomnia and Dialectical Behavior Therapy. Liz is also an Adjunct Lecturer at the University of Michigan School of Social Work.*

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Option 2 – *Dealing with Challenging Client Behavior: A Functional Approach*

Presenter: Sarah Bretz, BCBA, LMS, Behavior Analyst, Judson Center Autism Connections

CEUs: 1.5 Clinical

Objectives: 1) Identify the common functions of client behavior. 2) Identify the concepts of reinforcement, punishment, and extinction.

Description: *Have you ever worked with a client with challenging behaviors? Have you ever gotten to a point where nothing you have tried has worked? This course presents an alternative approach to viewing and addressing applied behavior analysis, clinicians can remove emotionality from the challenging behavior and assess it simply as a behavior that must be changed. Through identifying the function behind the behavior, appropriate interventions using principles of reinforcement can be developed to address the underlying function of the behavior. This course will involve case examples for practical application of the concepts taught.*

Presenter Bio: *Sarah received her bachelor's degree in Human Development and Social Relations from Kalamazoo College and her master's degree in social work from the University of Michigan. Sarah also completed the coursework for her BCBA (Board Certified Behavior Analyst) certification through the University of Massachusetts. Currently, Sarah is a Behavior Analyst overseeing the implementation of intensive applied behavior analysis services with children with autism ages 6-11 at the Judson Center. Within this area, she specializes in social skill development for children with ASD, especially focused on transitioning skills to the natural environment. In addition to that, Sarah also provides training and consultation to local schools dealing with challenging behavior and implementing behavior plans in the school setting. Previously, Sarah has filled a variety of roles at the Judson Center Autism Connections such as Clinical Supervisor and a direct therapist. Having a sibling with special needs, Sarah is also passionate about family support and providing support services for siblings*

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Option 3 – Challenges for New Social Work Professionals: How Can We Better Support Our New Professionals?

Presenter: *Duane Breijak, LMSW-Macro, Director of Member Services and Development for the National Association of Social Workers – Michigan Chapter*

CEUs: 1.5 Macro

Objectives: 1) Describe ways to become engaged in different areas of social work post-graduation, as well as how to get connected to resources in their communities. 2) Identify ways in which employers, supervisors, and mentors can better support new hires.

Description: *Approximately 2500 BSW and MSW students graduate from schools of social work in Michigan annually. The transition from student to professional can be a struggle for many when navigating the job market, licensure, student loan debt, and staying connected to the social work field. How can you become a leader within social work and your community? What sort of obstacles do new professionals face post-graduation? This workshop will explore the challenges, barriers, and opportunities face by social workers entering the field. A panel of three recent graduates will discuss their experiences in leadership roles, building your professional network, tools for success, and suggestions for employers bringing in new staff.*

Presenter Bio: *Duane Breijak, LMSW is the Director of Member Services and Development for the National Association of Social Workers –Michigan Chapter. He is a graduate of the University of Michigan School of Social Work with a concentration of Policy and Evaluation in Community/Social Systems and a minor in Community Organization. Duane's commitment and dedication to social justice and community engagement has been evident through his roles at NASW, the Michigan Democratic Party LGBT Caucus, Michigan Peaceworks, the LanSINGout Gay Men's Chorus, and Phi Mu Alpha Sinfonia Fraternity. Duane is a published author, activist, guest speaker, musician, and operates his own photography business.*

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Option 4 – *Not Going it Alone: The Role of Reflective Supervision*

Presenter: Julie Ribaudo, Clinical Associate Professor, University of Michigan School of Social Work

CEUs: 1.5 Macro

Objectives: 1) Describe the theoretical underpinnings of reflective supervision. 2) Identify key behaviors exhibited in reflective supervision.

Description: As rewarding as social work practice can be, there are moments that are overwhelming, confusing, or frightening, even for the experienced interventionist. How do we stay attuned and present – to see, hear and understand – in the face of sights, sounds, smells and interactions that sometimes leave us utterly exhausted, angry, sad or numb? Reflective Supervision/Consultation (RS/C) offers the space for social workers to ponder and understand our reactions, thoughts and feelings about the work we do, on behalf providing the clients with the thoughtful intervention that supports their capacities. This workshop will review the elements of RS and offer a fishbowl experience of an individual RS.

Presenter Bio: Julie Ribaudo is a Clinical Associate Professor at the University Of Michigan School of Social Work. She has practiced for over 30 years with a focus on parent-infant relationships; and assessment and treatment of abused and/or neglected infants, toddlers and young children, and consultation with teachers and child care providers regarding young children with difficult behaviors. In addition to teaching full time, she continues her clinical work, providing Reflective Supervision/Consultation for individuals and groups, and is involved in research and service delivery with the Women's Mental Health and Infants Programs through the Department of Psychiatry at U-M.

2:30 – 2:45 PM – Break

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2:45 – 4:15 PM – Session Four (choose one)

Option 1 – CBT for Chronic Pain: Putting CBTCP into Practice

Presenter: Liz Haas, LMSW, ACSW, CST, Substance Use Disorder Clinician and Primary Care Mental Health Clinician

CEUs: 1.5 Pain

Objectives: 1) Identify at least one behavioral strategy for treating chronic pain. 2) Identify at least one cognitive strategy for treating chronic pain.

Description: CBT Chronic Pain Theory and Practice Overview incorporates an overview of the theories for chronic pain including, Specificity Theory, Gate Control Theory, Neuromatrix Theory, Neuroplasty Theory, and the Biopsychosocial Theory. CBTCP is based on the Biopsychosocial Theory. The CBTCP model and the Chronic Pain Cycle, the foundation of CBTCP, will be reviewed and built upon by the 12 sessions of CBTCP. The 12 sessions of CBTCP include concepts such as cognitive restructuring, behavioral activation, safe exercise, relaxation training, pacing, and sleep strategies.

Presenter Bio: Liz Haas, LMSW ACSW CST, received her Master of Social Work at University of Michigan and now works for the Ann Arbor VA in the Substance Use Disorders and Primary Care Mental Health Clinics where her main clinical focuses have included Chronic Pain Management, Substance Use Disorders, Sex Therapy, Insomnia and Dialectical Behavior Therapy. Liz is also an Adjunct Lecturer at the University of Michigan School of Social Work

Option 2 – Family Preservation as Homelessness Prevention for LGBTQ Youth

Presenter: Jessie Fullenkamp, LMSW, Director of Education and Evaluation, Ruth Ellis Center

CEUs: 1.5 Clinical

Objectives: 1) Identify accepting and rejecting behaviors demonstrated by parents which are linked to health outcomes for LGBTQ youth. 2) Examine how to apply Family Acceptance Research to family work in different systems of care.

Description: This training will emphasize the potential family preservation work has to prevent homelessness for lesbian, gay, bisexual, transgender and questioning youth. Informed by the research of the Family Acceptance Project, participants will learn how to meet families where they are to reduce rejecting behavior and increase accepting behaviors toward their LGBTQ children. These changes are linked to reducing suicidality and increasing safety. Participants will leave with tools for how to contribute to preserving families WHILE building acceptance for LGBTQ youth identity.

Presenter Bio: Jessie Fullenkamp Received her Bachelor of Social Work from Xavier University in 2007, and went on to earn her MSW from the University of Michigan in 2010. Jessie began her social work career in 2006 as a Summer Service Staff and Social Work Intern at Catholic Social Services Refugee Resettlement. Since then she has grown her knowledge and experience, and has held a variety of roles and positions within the social work field. Jessie eventually landed at the Ruth Ellis Center where she now works as the Director of Education and Evaluation.

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Option 3 – Michigan Water Crisis: Flint, Detroit, and Beyond

Presenter: Stephanie Chang, State Representative

CEUs: Pending

Objectives: 1) Increase awareness about water quality, affordability, and accountability issues. 2) Enhance skills to effectively participate in legislative advocacy efforts.

Description: Representative Chang will speak about Michigan water crisis, and bipartisan efforts to address water quality, affordability, and accountability in the legislative. The participants will engage in discussion about water related issues and legislative advocacy. We will conclude with a lobbying role-play.

Presenter Bio: Stephanie Chang is State Representative currently serving her second term. During her time in office she has served on the House Committees on Criminal Justice, Education and Judiciary. Much of Chang's work is focused on air quality, affordable and safe drinking water, and education and criminal justice reforms. She is a founding member of the Asian Pacific American Legislative Caucus, and a member of the Progressive Women's Legislative Caucus, Detroit Caucus, Michigan Legislative Hispanic Caucus and Michigan Legislative Black Caucus. In addition to that she serves on the federal Environmental Protection Agency's Local Government Advisory Committee. Most of Chang's work focuses on residents in the district, ranging from saving homes from tax foreclosure to hosting a community baby shower for low-income pregnant women. Before serving in the Legislature, Change worked as a community organizer in Detroit for nearly a decade. During that time, she held many influential roles for organizations such as NextGen Climate Michigan, the Center for Progressive Leadership in Michigan, the James and Grace Lee Boggs School, the Campaign for Justice, and Michigan United/One United Michigan. Change is also the co-founder and past president of Asian and Pacific Islander American Vote-Michigan and served as a mentor with the Detroit Asian Youth Project.

4:15pm – End of Event