



NJACYF 2017
Annual Conference
MAY 18, 2017

The Power of
YET



REGISTRATION
DETAILS

DIRECTIONS

**Rutgers University Livingston Student Center
84 Joyce Kilmer Avenue Piscataway, NJ 08854**

Directions from North-West New Jersey:

Take Route 287 South to exit 8, Centennial Ave. Go straight through two lights. At third light, make a right onto Hoes Lane. Follow about 3 miles, take exit for Davidson Rd., Rutgers RAC, Livingston Campus. At light, make a left onto Davidson Rd. West. Follow through one light (road turns into Avenue E). After light, make second left onto Rockefeller Dr. Make first right onto Joyce Kilmer Ave. Livingston Student Center is located approximately 100 yards on the right; parking lot #105 is after the Student Center on the left

Directions from North-East New Jersey:

Take Parkway South to NJ Turnpike South and take exit 10 to Route 440 and I-287 North. Follow 440 North until it turns into Route 287 North (about 2 1/2 miles). Take exit 5 and turn left onto Stelton Rd. Follow for at approx. 2-3 miles. Turn right onto School St. Go to end, turn right onto Suttons Lane. Make left onto Rockefeller Dr. Make left onto Joyce Kilmer Ave. Livingston Student Center is located approximately 100 yards on the right; parking lot #105 is after the Student Center on the left

Directions from Trenton Area:

Take Route 1 North to Route 18 North and follow for about 2 miles and take the exit for Livingston Campus, Metlars Ln. Bear right onto Avenue E, make second left onto Rockefeller Dr. Make first right onto Joyce Kilmer Ave. Livingston Student Center is located approximately 100 yards on the right; parking lot #105 is after the Student Center on the left

Directions from Camden/Burlington Area:

NJ Turnpike North to Exit 9, Route 18 North. Follow Rt. 18 North for about 2-3 miles and take the exit for Livingston Campus, Metlars Ln. Bear right onto Avenue E, make second left onto Rockefeller Dr. Make first right onto Joyce Kilmer Ave. Livingston Student Center is located approximately 100 yards on the right; parking lot #105 is after the Student Center on the left

Directions from South-East New Jersey, Shore Points:

Take Parkway North to Exit 127, Route 440, I-287. Follow 440 North until it turns into Route 287 North (about 2 1/2 miles). Take exit 5 and turn left onto Stelton Rd. Turn right onto School St., Turn right onto Suttons Lane. Make left onto Rockefeller Dr. Make left onto Joyce Kilmer Ave. Livingston Student Center is located approximately 100 yards on the right; parking lot #105 is after the Student Center on the left

CONFERENCE SCHEDULE

8:30 am – 9:15 am

Registration & Continental Breakfast

9:15 am – 10:10 am

Welcome/Greetings & Opening Remarks

**2017 Annual Conference Awards &
Hamway Scholarship Presentations**

Megann Anderson, Executive Director
and Eileen Henderson, President, NJACYF

Keynote Speaker

The “Amazing” Tei Street

The “Amazing” Tei Street is the founder and sole proprietor of StreetTalk with the “Amazing” Tei Street, a national motivational speaking, training and educational consulting company. Prior to the national launch of her business, Tei amassed a wealth of experience in higher education, curriculum development & training in sexual assault prevention, domestic violence prevention and advocacy, education and youth leadership development. She authored an inspirational book titled, I’m the Amazing Tei Street... Wouldn’t You Like To Be Amazing, Too? and an e-book titled, “Wise Gurlz Wear 50 Pearls: Words of Wisdom from The “Amazing” Tei Street.” She is the proud mother of Kenneth, a graduate of Howard University and Major in the U.S. Air Force as well as 16 year-old Christopher, a high school sophomore.

12:20 am – 1:40 pm

Lunch

2:00 PM - 3:30

Workshops

3:30 pm

CEU Confirmation



WORKSHOP DESCRIPTIONS

Workshop 1

NHA Use with Evidence Based Practices for Youth with Substance Use and Co-Occurring Mental Health Disorders

Eriach Fox, *Managing Director, Daytop Village of New Jersey, Inc.*

Intended Audience:

Front line supervisory staff, clinicians and directors

The workshop will cover the basics of the Nurtured Heart Approach and evidence based practices such as Motivational Interviewing and Cognitive Behavior Therapy. The second half of the workshop will show how these approaches paired together with a trauma informed lens increases efficacy of interventions leading to improved and sustained outcomes.



Workshop 2

What's Attachment Have to Do With It? The Role of Attachment in Treatment of Children and Youth

Michelle Lipchock, LCSW, *Clinical Director, Devereux Advanced Behavioral Health*

Intended Audience:

Direct care, supervisors and clinicians

Attachment occurs in infancy and childhood through interactions between children and their parent and/or primary caregiver. This pattern of social interactions sets the stage for more than just bonding; it is the foundation for future relationships and the ability to regulate affect. The role attachment theory plays in the treatment of children and youth will be explored in this presentation to advance the knowledge base of the four types of attachment patterns. The theory behind the practice starts with Bowlby and Main's original Attachment Theory and builds up to a more current understanding of Modern Attachment Theory. A theoretical knowledge base is the foundation of practice and should guide our treatment and interactions with children and youth in the system of care. The session will explore, through a didactic exploration of theory as applied to case material, the role attachment plays in the life of the children and youth that we serve.

The goals of the session are:

- Provide an overall review of Attachment Theory (original and modern)
- Explore the characteristics of the four types of attachment patterns
- Examine the role of attachment on the ability of children and youth to regulate affect
- Apply theory onto practice through the use of case examples
- Provide a foundation of practical skills that individuals, regardless of position, can use in their treatment and interactions with children and youth

WORKSHOP DESCRIPTIONS

Workshop 3

How to Engage and Empower the Toughest Kids Through Sheltered Yoga's Trauma-Informed, Evidence-Based Curriculum.

Tina LeMar, Founder & Executive Director of Sheltered Yoga

Intended Audience:

Teachers, Outreach Programs, direct care, supervisors and clinicians, school staff and members of the public

This workshop will be fun, informative, hands-on, and blow your socks off! Learn techniques to keep the attention of the toughest children, youth, teens, and adults from inner city to suburbs.

Sheltered Yoga is a 501(c)(3) nonprofit that teaches in NJ, PA, & DE (and expanding). It's curriculum is highly successful at raising self-esteem, self-worth, confidence, hope, and empowerment to reach one's goals.

Workshop 4

Permanence Efforts in Out of Home Settings: The Impact on Services and the Organization

Vivian Harmon, Director of Group Homes, and Paulina Alvarado-Goldman, Interim Executive Director, Lifeties

Intended Audience:

Program directors, case managers, clinicians, and direct care workers

Emerging research points to new and more effective permanence models that foster permanent lifelong connections. Youth who have established lifelong connections with adults and participate in community programs that help them with academic achievement, employment, and financial literacy have improved life-outcomes. LifeTies is piloting a new evidence-based program that reconnects youth to families and fictive kin with the objectives of: 1) establishing lifelong connections with adults and 2) providing them with life skills services that help them with academic achievement, employment, and financial literacy. Supportive connections with adults build-in protection mechanisms for youth that facilitate access to the services or socioeconomic supports needed to become productive and self-sustaining adults. Our new approach provides our youth with instrumental, emotional, financial, and/or informational support that is needed to bring about greater life satisfaction and positive life outcomes once they exit our residential group home programs.

The workshop will address the impact on trauma work with youth, the impact on service interventions, and the lessons learned in tackling the following goals:

- Providing a safe, inclusive, and supportive environment to explore permanence, including exploring the youth's history and identifying important relationships or family connections that provide a sense of a family;
- Fostering meaningful and quality relationships with family and fictive kin; and
- Strengthening protective factors while employment multifaceted interventions (e.g., group activities, one-on-one interactions with youth and their supportive networks, teaming activities, and outreach efforts) at the following levels: individual, relationship, and relationship.



WORKSHOP DESCRIPTIONS

Workshop 5

Are you Leaving Footprints: Leaving a Leadership Legacy
The Amazing Tei Street (Keynote Speaker)

Intended Audience:

Program directors, case managers, clinicians, and direct care workers

Dr. Gwendolyn Boyd said, "Some people are walking so lightly on the earth that they are not even leaving footprints." Participants in this workshop will explore the contributions that are making and how what they are or are not doing will create their legacy. Participants will understand how to leave a leadership legacy that will live beyond their own lives.

Workshop 6

Living in the System

MAC Attack with Howard F. Wingard, Coordinator of Supported Housing & MAC ATTACK Co-Advisor

Intended Audience:

All attendees

Living in the system is a presentation conducted and created by youth. The youth will help us to understand what it is like to be raised in the system through DCP, residential programs and foster care homes. This presentation will help adults understand why it is difficult to reach some youth and what we as adults can do to have a better relationship with the youth we work with every day. Learning how to communicate better, listen better and having an open mind will help to create a better atmosphere between the youth and staff that work with on an everyday basis.

Workshop 7

Nurtured Heart Approach

Darron Harley, Camden Corps Plus/Program Director, Center for Family Services

Intended Audience:

Program directors, case managers, clinicians, and direct care workers and parents

The Nurtured Heart Approach is a set of strategies that is used to inspire all people to understand and internalize their greatness. In this workshop you will learn from presenter Darron Harley how he has successfully integrated the nurtured heart approach in various residential, workplace and community settings.



WORKSHOP DESCRIPTIONS

Workshop 8

Becoming a Master Clinician - Feedback Informed Treatment

James R. Reynolds, PhD

Intended Audience:

Treatment providers interested in becoming a Master Clinician

From the Presenter: The importance of a positive therapeutic alliance has been consistently described in the literature and is well known by treatment providers. However, no agency or organization where I have worked has actively measured the therapeutic alliance, much less incorporated aspects of the therapeutic alliance in the treatment planning/delivery processes. Consultation with colleagues suggests that this remains the general state of affairs within our field. FIT helps me to individualize treatment based on building client capacities and managing risks. I can structure treatment according to the priorities, goals, preferences, and progress of the individual client as those elements relate to the reason(s) for being in treatment. These goals are not imposed on the client, either by me or by a supervising entity such as probation or parole. Client feedback on the Outcome Rating Scale (ORS) and Session Rating Scale (SRS is taken seriously), and used to monitor/modify the course and length of treatment in real time. Collaborating with clients and being transparent in my interactions with them helps to create a positive "culture of feedback" in which client input and feedback are integrated into the therapeutic process. The ORS and SRS are valid, reliable, and "user friendly" outcome measures of alliance that I use to guide services throughout the therapy process. Using the ORS and SRS allows me to objectively monitor and chart each individual client's progress, to determine which clients are making progress and which are at risk for a negative or no change outcome. Information from the ORS and SRS helps me identify problems/concerns in the therapeutic relationship that may compromise the effectiveness of treatment. Identifying and repairing problematic alliances can improve clients' motivation for treatment as well as their level of active engagement in therapy. I am able to use the information from the scales to adjust the level and type of care that I provide each client, in both individual and group therapies, in order to be responsive to each client's perceived needs and treatment goals.

Workshop 9

Trauma Informed Care and Substance Use

Kim O'Connor, Managing Director and Julia Buccini, Daytop Village of New Jersey, Inc.

Intended Audience:

Direct Care Staff, Supervisory Staff, Clinicians, Directors

This workshop will provide an overview of trauma and its impact on the brain, development, behavior and wellness across a lifespan. The workshop will also review the significant increase in risk for substance use disorders and other health related issues. Additionally, there will be review of interventions, engagement strategies and best practices for working with youth and families exposed to trauma.

Workshop 10

Working with Latino Children, Youth and Their Families

**Ingrid Diaz, PhD, LCSW
Psychologist, New Jersey Mentor**

Intended Audience:

Clinicians, mental health providers and those working with culturally diverse population.

This workshop will address the cultural components and modifications necessary in order to ensure success when working with Latino families and their children. These include understanding the importance and incorporation of respect, and allowing of "familiarisms", idioms, storytelling and signs of affection to ensure successful interaction with the family

**NJACYF 2017
Annual Conference**

**The Power of
YET**

May 18, 2017

Please complete this form and e-mail or mail it no later than **May 1, 2017** to:
NJACYF, 3525 Quakerbridge Road
Suite 6325 Hamilton, NJ 08619
(we do not accept fax transmissions)
E-mail: megann.anderson@njacyf.org

Please Print Clearly

Contact Information:

Name: _____
Position/Title: _____
Agency/Company: _____
Program: _____
Street Address: _____
City _____ State _____ Zip _____
Home Phone _____
Work Phone _____
E-mail Address _____

LUNCH SELECTION - Please Select One

- Beef & Chicken I will not need lunch
 Vegetarian
 Kosher

Workshop Selections

Workshops will run simultaneously. You may attend only one. Please indicate your 1st and 2nd choices below. All workshops are assigned on a first-come first-serve basis. If both of your selections are filled, we will assign you to a workshop that has available seating.

- | | |
|---|--|
| _____ 1 - NHA use with Evidence Based Practices | _____ 6 - Living in the System |
| _____ 2 - What's Attachment Have to Do With It? | _____ 7 - Nurtured Heart Approach |
| _____ 3 - How to Engage and Empower the Toughest Kids | _____ 8 - Becoming a Master Clinician |
| _____ 4 - Permanence Efforts in Out of Home Settings | _____ 9 - Trauma Informed Care and Substance Use |
| _____ 5 - Are you Leaving Footprints | _____ 10 - Working with Latino Families |

CEUs

Attendees to this conference are eligible to receive 3 (three) non-clinical CEU's for all-day attendance. CEU's are \$10 per attendee. You will receive credits via email from Rutgers University directly.

_____ Please check here and add ten dollars to your fee below, if you would like CEU's for this conference.

Payment Information:

Early-bird discount - by 4/20/17
NJ Alliance Member = \$ 125
Non-Member = \$ 150

Regular registration fee – beginning 4/21/17
NJ Alliance Member = \$ 140
Non-Member = \$ 170
College Student Rate = \$60

No refunds ~ Registrations are transferable
Please notify NJ Alliance of any changes

TO REGISTER

1) Register online at www.njacyf.org

2) Make checks payable to:
NJACYF, 3525 Quakerbridge Road
Suite 6325 Hamilton, NJ 08619
- Checks may be submitted separately

For more information contact Megann Anderson
megann.anderson@njacyf.org
- phone 609-586-9092

REGISTER ONLINE AT www.njacyf.org