

**55<sup>th</sup> Annual NYSSSWA School Social Work Conference**  
***“Promoting Balance & Wellness with Students, Families & Schools”***

**Program**

**Thursday, October 24, 2019**

8:30 a.m. – 9:30 a.m. Registration/sign in

9:45 a.m. – 10:00 a.m. Welcome -- Conference Chair, NYSSSWA President. Board Introductions

10:00 p.m. – 12:00 p.m. Opening Keynote (2 Contact Hours)

**“The Evolving Student: Increasing Diversity and Inclusiveness Through Empowerment”**  
by Dr. Mark Montgomery

The main topic of this presentation is to provide a fresh look at how education stakeholders may aspire to connect with the evolving educational landscape. Strategies such as intrinsic motivation, self-empowerment and fostering a relationship with stakeholders are just some of interventions that will be discussed from a theoretical and practical lens that are often undiscovered. The goal is to consider empowerment driven vehicles and the modification of forgotten and existing approaches that can positively impact how this cohort performs. The format will be high energy, lecture based, and very interactive with the audience.

12:15 p.m. – 1:15 p.m. Lunch

Presentation of *“Ruth Schwartz School Social Worker of the Year Award”*

1:30 p.m. – 3:30 p.m. Breakout Session A (2.0 Contact Hours) (Choose one)

**A1: *“Bite - sized Mindfulness: Building a culture of mindfulness with your student’s, teachers and the entire school community”*** by Kristin Sullivan & Paul Dischiavo, LCSW-R

Mindfulness: How to share and encourage mindfulness practices throughout the busy school day. Learn how to convince even the toughest of critics on how and why mindfulness practices can not only lead to enhanced student behavior and engagement but also transform the classrooms, playgrounds and hallways of your school. You’ll return to school on Monday prepared to give your students, faculty and administration with an opportunity to experience all positive effects of mindfulness strategies and exercises can offer. No yoga pants required! Just bring an open mind and a kind heart.

**A2: *“The Daring Way™ in Schools: Common Themes for Secondary Aged Students”*** by Andrea Meier, LCSW-R

This workshop is geared towards wrapping language around common themes for teens of all ages, such as, 1) identifying barriers to reckoning with emotions, 2) ways in which we offload hurt, and 3) understanding trust. Hurt doesn't go away simply because we don't acknowledge it. In fact, left unchecked, it festers, grows, and leads to behaviors that are completely out of line with whom we want to be, and think, that can sabotage our relationships. These topics are based on the highly experiential methodologies researched by Dr. Brené Brown through The Daring Way™. These methods were developed to help men, women and adolescents learn how to show up, be seen, and live braver lives.

## Thursday, October 24, 2019 (Cont.)

### A3: *"Crisis Workers and PTSD in the Workplace"* by Jodi Kapes, LCSW-R

There is a cumulative negative effect that comes along with working with those who have chaotic and challenging lives. In our roles as empathic first responders we often take home with us the consequences of doing this work. In this presentation you will learn the signs of symptoms of Post Traumatic Stress Disorder, how to recognize it in yourself clients and coworkers and what to do about it. Come ready to examine current coping behaviors and leave armed with a plan to heal.

3:45 p.m. – 5:45 p.m. Breakout Session B: (2.0 Contact hours) (Choose one)

### B1: *"Trauma-Informed Care for LGBTQ+ Youth in a School Setting"* by Dr. William Koehler, LCSW; Dr. Hilary Copp, LSW; & Titus Tyler, LPC

Research has demonstrated that LGBTQ+ youth experience high rates of harassment and bullying in school. This is linked to higher rates of drug and alcohol abuse, poor grades, truancy, drop-out rates, and suicide. Research has also demonstrated that school climate is more negative for LGBT youth in rural communities vs. urban.

The workshop will compare faculty attitudes and rates of anti-LGBT incidents across urban and rural middle and high schools in northwestern Pennsylvania. We will engage participants in processing ways to empower and support LGBTQ+ youth within their unique school environment.

### B2: *"The Daring Way™ in the Classrooms: Exploring Trust and Courage with Students"* by Andrea Meier, LCSW-R

Being brave and afraid is how we get to courage, this workshop will talk about how vulnerability shows up for us no matter how small or big the task is i.e. From walking into school and separating from parents, vs. speaking up against the crowd. This workshop will give a greater understanding of boundaries, values, trust, and vulnerability and how to present the ideas with younger kids.

### B3: *"Social Media and Its Affects on the Mental Health of Today's Youth"* by Jeremy Butler & Carrie Conte, LCSW

Every year new technologies are developed which are intended to bring us closer together. However, as more and more young people move from face to face contact with their peers towards interacting across a variety of digital platforms, we often see a stark disconnect and the results could be hurting our young people. In this interactive workshop participants will learn about the most recent trends in teen's use of technology and social media as well as the impact that it is having on their mental health and overall well-being.

6:00 p.m. – 7:00 p.m. Cocktail Hour

## Friday, October 25, 2019

7:00 a.m. - 8:00 a.m. Registration/sign in & Buffet Breakfast

8:15 a.m. - 10:15 a.m. General Session (2.0 Contact hours)

***“The Perfect Storm: Addictive Behavior and the Developing Brain. Understanding Adolescent Vulnerability to Addiction and the Impact on Development”***

by Dr. Danielle Bronk

This workshop will review the developing brain during childhood and adolescence, adolescent behavior and vulnerability to addictive behavior, neurodevelopmental disorders and addiction, and the effects of addiction on the developing brain. This workshop will also cover screening for addictive behavior and management/treatment options.

10:30 a.m. - 12:30 p.m. Breakout Sessions C (2.0 Contact hours) (Choose one)

***C1: “Toward Cultural Competence: School-Based Practice with Spanish Speaking Immigrant Students”*** by Stephanie Carnes, LCSW

Since the 2014 "surge," over 200,000 Central American children have made the treacherous journey to the United States in search of a better, safer life. Many are fleeing for their lives, and most have experienced multilayered trauma, including exposure to violence in their countries of origin, exploitation or abuse on route to the U.S., and racism and discrimination after crossing the border. This workshop will explore the effects of these traumatic experiences on mental health, self-concept, and educational achievement, and will highlight strategies for culturally-sensitive, trauma-informed practice with this population.

***C2: “How to Use Basic Art Techniques to Enhance Therapeutic Engagement”*** by Kris Crosson, LCAT, ATR-BC

In this workshop participants will learn how to use art techniques with your students in order to promote therapeutic engagement. These techniques can be used as conversation starters and to gain awareness and insight. Information will be provided about the process and practice of art therapy and how art making can facilitate the well-being of a child. You will gain access to art therapy process through hands-on art experiences, as well as how to adapt these methods into your practice.

***C3: “Practical Self Care Techniques for Educators & Students”*** by Tina LaMendola, LCSW

This is a hands on, experiential workshop that will help you expand your clinical tool-kit while having fun. You'll learn easy, ready to use techniques that you can start using right away on yourself and with your students. Participants will learn coping strategies which can be adapted to any age group. These skills can be applied in group settings and/or during individual sessions and. Skills taught will include deep breathing, meditation, mindfulness techniques, fun & highly engaging CBT activities, and ice breakers.

12:45 p.m. – 1:30 p.m. Buffet Luncheon

## Friday, October 25, 2019 (Cont.)

1:45 p.m. - 3:45 p.m. Closing Keynote Speaker (2.0 Contact hours) (Choose one)

***“Social Media Risks for Child Exploitation: Strategies for children and adolescents”***

by Chris Smith (Investigator) & Dr. Adam Morris

Presentation will cover current trends in social media used by adolescents as well as online predators. Discussion will include the latest online Apps and specific dangers or pitfalls for each. The presentation will cover victimology and perpetrator characteristics and how to identify children who may be at risk. Specific case studies will be discussed with investigative techniques and outcomes. The presenter will give a live demonstration to show how quickly an online predator will approach who they believe to be a child. The presentation will conclude with suggested responses and tools that professionals and parents can apply to combat online victimization.

3:45 p.m. – 4:00 p.m. Ending Announcements & Adjourn

5:30 p.m. – 9:00 p.m. Board meeting/Dinner