

59th State School Social Work Conference

Presented by the:

New York State School Social Workers' Association

November 14 & 15, 2024



*Bridging Gaps: Enhancing School & Student's Well Being
Through School Social Work*

Conference Program

**Sagamore Resort
Bolton Landing, NY**



Please Join Us!



The NYSSSWA Board and Conference Committee would like to encourage you to join us for the **New York State School Social Workers' Association's 59th Annual State School Social Work Conference**. Please review the complete program to assist you in making your workshop selections when registering. Be sure to register early as space is limited. We look forward to seeing you in November.

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59th NYSSSWA State Conference Schedule of Events

Wednesday, 11/13/2024 Pre-Conference (1.5 CEs) 7:00 pm – 8:30 pm "Self-Care - Emotional, Physical, and Spiritual Well-Being for School Social Worker" by Jill Wojcik Pula, LCSW, 500 Certified Yoga Instructor

Thursday 11/14/2024 (5 CEs)

8:00 am – 8:45 am Registration Coffee/Tea, Muffins & Fruit

8:45 am – 9:00 am Welcome

9:00 am – 11:00 am Opening Keynote: "Anxiety Basics and Beyond: How to Apply Anxiety Skills and Strategic Pressure to Help Students with School Avoidance" by Kimberly Morrow, LCSW (2 CEs)

11:15 am – 12:45 pm Breakout Sessions A: (1.5 CEs)

A1: "Helping Students Manage Emotions Using Emotional Freedom Technique" (tapping) by Kimberly Morrow, LCSW

A2: "Part 1: "Creating, Implementing and Progress Monitoring a Competing Behavior Pathway to Address Student Behavior" by Jacqueline Jones, LCSW-R

A3: "Screen time & Problematic Media Use: School-based Support & Intervention" by Sarah Domoff, Ph.D.

A4: "From Stigma to Support: A Person-Centered Approach to Substance Use" by Jennifer Cervi, LCSW, CASAC & Erin Parr, MACP, CASAC

2:45 pm – 4:15 pm Breakout Sessions B (1.5 CEs)

B1. "Learning How to Provide Skills and Support to Students with Social Anxiety, Panic Disorder, Worry, and PANS/PANDAS" by Kimberly Morrow, LCSW

B2: "Part 2: "Creating, Implementing and Progress Monitoring a Competing Behavior Pathway to Address Student Behavior" by Jacqueline Jones, LCSW-R

B3: "Did you know?" (Substances and use updates, treatment admissions, and the tragedy of fentanyl) by Colleen Babcock

B4: "Professional and Intellectual Self- Care: Elevate and advance your career" by Erin Cole, DSW, LCSW; Robin DeLuca-Acconi, Ph.D., LCSW; & Tamara Sheppard, LCSW

5:00 pm – 6:00 pm Meet and Greet Informal Gathering

Friday 11/15/2024 (5 CEs)

7:45 am – 8:30 am Continental Breakfast

8:30 am – 10:30 am General Session: "Evidence Based Interventions for Students Experiencing Complex Trauma" by David Pratt, Ph.D., MSW, Licensed Psychologist (2 CEs)

11:00 am – 12:30 pm Breakout Sessions C (1.5 CEs)

C1: "Solution Focused Therapy in the School Setting" by Sheri Kreher, LCSW-R

C2: "DEI is not a dirty word, and the world needs social workers to say so!" by Rolanda Ward, Ph.D. C3:

C3: "Tiered approaches to social work support in schools; Let's get flexible" by Melissa Enns, LMSW

C4: "Creative Arts Therapy Strategies for Use in Schools." by Emily Genovese, MS and Laurie Keough, M.S.Ed.,

12:30 am – 1:15 pm Luncheon

1:30 pm – 3:00 pm Closing Keynote: "Calm Down, Chill Out, & Get Your Zen On!" by Kristina LaMendola, LCSW & Wendy Castiglia, LMSW

59th State School Social Work Conference Program of Events



Wednesday, 11/13/2024 Pre-Conference (1.5 CEs) OPTIONAL (**FREE for NYSSSWA Members.** \$35 for Non-Members.)

7:00 pm – 8:30 pm "Self-Care - Emotional, Physical, and Spiritual Well-Being for School Social Worker" by Jill Wojcik Pula, LCSW, 500 Certified Yoga Instructor

Social workers support people to become a better version of themselves every day. It is an intrinsic part of the job. Self-care is a cornerstone to social work excellence. As social workers we should strive to develop a set of self-care practices. This unique experience will expose you to techniques to promote emotional, physical and spiritual well-being. Experienced practitioners and those new to yoga and meditation will benefit from this workshop.

Thursday 11/14/2024 (5 CEs)

8:00 am – 8:45 am Registration

8:45 am – 9:00 am Welcome

9:00 am – 11:00 am Opening Keynote: "Anxiety Basics and Beyond: How to Apply Anxiety Skills and Strategic Pressure to Help Students with School Avoidance" by Kimberly Morrow, LCSW (2 CEs)

Research shows that rates are on the rise for anxiety in students which, when not addressed appropriately, can lead to school refusal. This training will highlight the foundations of understanding anxiety in children in order to prevent School Refusal which has been on the rise for several years. You will then learn why a child may be avoiding school the warning signs to watch for, how to set realistic goals, the specific steps to take to help the child get back to school and crucial steps for parents to take at home.

11:15 am – 12:45 pm Breakout Sessions A: (1.5 CEs)

A1: "Helping Students Manage Emotions Using Emotional Freedom Technique" by Kimberly Morrow, LCSW

Children often have difficulty identifying and accepting emotional distress. Providing tools to help children with their emotions can improve their experiences in school. Emotional Freedom Technique (EFT) is one of these tools and is a form of acupuncture that is being used in the field of complementary medicine. EFT involves tapping on meridian points on the body while focusing on a problem to handle the emotional response. Recent studies have shown its efficacy when used

with children. Introducing EFT to children is a simple way to help them learn about and manage their emotions while building resilience for their future.

A2: "Part 1: "Creating, Implementing and Progress Monitoring a Competing Behavior Pathway to Address Student Behavior" by Jacqueline Jones, LCSW-R



Participants will dive into the creation, implementation, data collection, progress monitoring and best practices of the MTSS Tier 3 intervention of Competing Behavior Pathways (CBP). The CBP model is a vital link between the Functional Behavioral Assessment (FBA) information and developing the Behavior Intervention Plan (BIP) for students. A student need not have an IEP to create a CBP to address their behavior. Participants will learn how to effectively respond to student behaviors and develop a plan of support. Participants will receive resources to implement this intervention in their respective schools.

A3: "Screen time & Problematic Media Use: School-based Support & Intervention" by Sarah Domoff, Ph.D. in Clinical Psychology

Social media use continues to grow among adolescents, despite concerns of its impact on the wellbeing of middle and high school students. Newer forms of social media are growing in popularity among elementary school students; screening, prevention, and intervention supports are needed to address unsafe and problematic social media use across K-12 schools. This workshop will provide attendees with school-based practices to address more extreme cases of problematic or risky social media use, including cyber-victimization, sexting, and sextortion. Ample resources and strategies to support students engage in safe and healthy social media use will be provided.

A4: "From Stigma to Support: A Person-Centered Approach to Substance Use" Jennifer Cervi, LCSW, CASAC & Erin Parr, MACP, CASAC

Through lecture, discussion, and experiential activities this workshop will provide foundational knowledge and insights to enhance participants recognition and understanding of substance use in the individuals they serve. Facilitators will utilize a trauma informed and person-centered lens to address stigma associated with drug use and increase participants competence and confidence in engaging in therapeutic discussions that support options for change and enhance safety. Information covered will include signs/symptoms of drug use, commonly used substances, treatment options/approaches, and easy to implement harm reduction and overdose prevention strategies.

2:45 pm – 4:15 pm Breakout Sessions B (1.5 CEs)

B1: "Learning How to Provide Skills and Support to Students with Social Anxiety, Panic Disorder, Worry, and PANS/PANDAS" by Kimberly Morrow, LCSW

Students' experience with significant anxiety symptoms at school is at an all-time high. Left untreated, it can result in school avoidance. Research shows that children respond very well to cognitive behavioral therapy with exposure and response prevention. This workshop will focus on how to identify avoidance behaviors to target for specific anxiety disorders and how to provide

them skills to be successful. Join us for this jam-packed and interactive workshop to develop the skills needed to help children who struggle with social anxiety, panic attacks, worry, and PANS/PANDAS



B2: "Part 2: "Creating, Implementing and Progress Monitoring a Competing Behavior Pathway to Address Student Behavior" by Jacqueline Jones, LCSW-R

Participants will dive into the creation, implementation, data collection, progress monitoring and best practices of the MTSS Tier 3 intervention of Competing Behavior Pathways (CBP). The CBP model is a vital link between the Functional Behavioral Assessment (FBA) information and developing the Behavior Intervention Plan (BIP) for students. A student need not have an IEP to create a CBP to address their behavior. Participants will learn how to effectively respond to student behaviors and develop a plan of support. Participants will receive resources to implement this intervention in their respective schools.

B3: "Did you know?" by Colleen Babcock

This presentation will go over what we as healthcare providers are seeing in treatment admissions with the adolescent population. Current trends that are appearing in schools and colleges will be discussed including a brief overview of various substances they are using and how they are using them. I also incorporate my personal story and the journey I had with my son and the importance of early intervention as well as a clear understanding of Substance Use Disorder (SUD), addiction and treatment options.

B4: "Professional and Intellectual Self- Care: Elevate and advance your career" by Erin Cole, DSW, LCSW; Robin DeLuca-Aconi, Ph.D. in Philosophy, LCSW; & Tamara Sheppard, LCSW

We often forget to include professional and intellectual self care in our self care toolbox. This presentation will discuss the importance of professional and intellectual self care and the ways in which advancing your career can be a part of a comprehensive self care plan. The day to day grind of school social work can be tough. Sometimes we want something a little different but aren't ready to make a big change. This workshop will talk about options to elevate your career through exploring an administrative degree, DSW/PhD programs, and adjunct teaching. Participants will learn how to pursue all of these paths and hear from the presenters on their lived experience working in schools and pursuing higher education.

5:00 pm – 6:00 pm Meet and Greet Informal Gathering



*Mid-Hudson Region:
Come network with YOUR region*

Friday 11/15/2024 (5 CEs)

7:45 am – 8:30 am Breakfast

8:30 am – 10:30 am **General Session: "Evidence Based Interventions for Students Experiencing Complex Trauma" by David Pratt, Ph.D., MSW, Licensed Psychologist (2 CEs)**



This program will provide an overview of evidence-based cognitive-behavioral therapy (CBT) with students who are experiencing complex trauma. Attendees will learn the social-environmental causes of complex trauma and how to recognize the primary signs and symptoms of students who are experiencing complex trauma. The program will describe the biological, psychological, academic and social manifestations of complex trauma as well as evidence based strategies to effectively respond to students with complex trauma in the school environment. In addition, the program will address how school social workers can be instrumental in helping other school staff respond in a therapeutic manner and assist in creating a trauma sensitive culture within the school. I think it is important for the School Social Workers to understand and know how to access the resources available and have connection to services that would provide linkages to home school and other providers.

11:00 am – 12:30 pm **Breakout Sessions C (1.5 CEs)**

C1: "Solution Focused Therapy in the School Setting" by Sheri Kreher, LCSW-R

Solution Focused Therapy (SFT) is an effective brief therapy that can be a helpful tool for school social workers. Participants will learn specific SFT techniques such as goal development, strength seeking, validations, exceptions, scaling and the miracle question. SFT can be used with most ages, with modification in language and technique. Participants will have the opportunity to experience Solution Focused Therapy activities throughout the presentation.

C2: "DEI is not a dirty word, and the world needs social workers to say so!" by Rolanda Ward, Ph.D. in Sociology & Social Work

DEI is under assault in this country, and the assault is making it challenging to advance positive outcomes in school settings. In addition, schools are finding it harder and harder to find someone to lead the charge. This workshop seeks to identify the barriers that derail DEI initiatives in schools, identify achievable DEI goals, and develop an initial plan that social workers can use to advance DEI priorities.

C3: "Tiered approaches to social work support in schools; Let's get flexible" by Melissa Enns, LMSW

Multi-tiered systems of support (MTSS) and RTI (Response to Intervention) provide flexibility for school social workers to meet the needs of students and classrooms. This workshop will discuss unique tier one, tier two, and tier three approaches to working with students by partnering with other school staff, families, and getting input from students, themselves. Focusing on interventions in the first two tiers helps provide social-emotional support for more students and can impact classroom and school culture.

C4: "Creative Arts Therapy Strategies for Use in Schools" by Emily Genovese, MS, ATR-BC, ATCS, LCAT; and Laurie Keough, M.S.Ed., LCAT, MT-BC

School-based clinicians experience challenges and stressors when working with children who experience mental health challenges throughout the school day. Children experience anxiety, violence, accidents, illness, suicide, and family stress. Providers may struggle to support students and maintain their own mental health. This session will focus on discussing and experiencing art and music-based strategies for offering support to these students and for improving professional well-being and sense of fulfillment in challenging settings. We will learn about how art and music therapists work in school settings, as well as learn how you can incorporate art and music into your own work and wellness toolbox.

12:30 am – 1:15 pm Luncheon

1:30 pm – 3:00 pm Closing Keynote: "Calm Down, Chill Out, & Get Your Zen On!" by Kristina LaMendola, LCSW & Wendy Castiglia, LMSW

In this interactive presentation, you will learn fun, highly engaging and effective coping techniques that can be used with all ages. These powerful tools can help your students calm down their nervous system and reset their brains quickly. Additionally, by teaching these strategies to your students, the practitioner gains the health benefits too!

3:00 pm – 3:15 p.m. Ending Announcements & Adjourn

See You In November!

