



Fourth Annual
Residential Treatment Conference

Registration
is open!

Creating Normalcy for Youth in Residential Settings

Monday, February 29, 2016

Location:

Lansing Community College
West Campus



Featuring
national expert

Larry Epstein, PhD

- Director of training and implementation at Think:Kids
- Assistant in psychology in the Department of Psychiatry at Massachusetts General Hospital
- Clinical instructor in psychology in the Department of Psychiatry at Harvard Medical School

Dr. Epstein has extensive experience utilizing and teaching Collaborative Problem Solving across a variety of settings, including educational and clinical programs and outpatient practice. Collaborative Problem Solving is a revolutionary, evidence-based approach for helping children with behavioral challenges.

Plus, concurrent workshops will provide tools and techniques designed to create normalcy for youth in residential settings.

Sponsor,
Exhibit &
Advertising
opportunities
are available

See page 2

Seating is limited. Register early!

Group registrations are encouraged;
lock in lowest price now,
submit names later.

Eligible for
4.5
Social Work
CECHs

Find the online registration link at www.michfed.org



Important details

Creating Normalcy for Youth in Residential Settings

Background. Section III of the new federal statute, *Preventing Sex Trafficking and Strengthening Families Act of 2014* (PL 113-183), is designed to promote normalcy for children and youth in foster care, including those in child caring institutions. To a large extent, “normalcy” refers to providing youth with access to age-appropriate activities and experiences.

Conference goals focus on best practices related to creating normalcy for youth while they reside in residential treatment settings and to enhance staff’s ability to prepare youth for smooth transitions into home-based/community settings or independent living.

Who should attend?

Target audience

- ♦ Child welfare caseworkers, supervisors, program directors, administrators and CEOs
- ♦ Mental health and behavioral health therapists
- ♦ Juvenile detention workers, managers and directors
- ♦ Tribal caseworkers
- ♦ CPS workers and supervisors
- ♦ DCWL consultants and regional managers
- ♦ Court Appointed Special Advocates (CASAs)
- ♦ Foster Care Review Board members
- ♦ All professionals and staff working with special populations such as developmentally disabled, special education students and troubled youth

Others who could benefit are welcome to register:

- ♦ Judges, referees and court administrators
- ♦ Prosecutors/assistant attorneys general
- ♦ Parents’ attorneys and lawyer-guardians ad litem
- ♦ Probation officers
- ♦ Tribal court judges, attorneys and related staff
- ♦ School social workers and administrators



Earn Social Work CEUs

If you would like to qualify for as many as 4.5 Social Work CEUs, be sure to check the box included within the online registration or when using the registration form in this brochure. *An additional charge applies of \$30 per person, payable to the Michigan Federation for Children and Families.* Cost can be paid by the agency or individuals in advance or onsite via cash, check or credit card. CE attendance forms must be signed onsite in order to receive the CEUs. There are no exceptions to these requirements.

Approval of this conference for DHHS in-service training credit will be requested.

Registration

Group registrations of 5 or more qualify for the lowest price for Michigan Federation member agencies! Blocks of registrations can be reserved now, with names of attendees to be provided by January 31, 2016.

| Registrant type | Price per person* |
|--|---|
| Employee of Federation Full or Affiliate member agency | 1 - 4 registrants: \$115 each 5 or more registrants: \$95 each |
| Non-Federation-member registrant | \$145 |

*After January 31, 2016, add \$25 per person.

Registrants wishing to earn Social Work CEUs: An additional \$30 per person fee applies, payable to the Michigan Federation for Children and Families. CE cost can be covered by the agency or individual in advance or paid onsite via cash, check or credit card (a 4% charge applies to credit card payments).

Important registration notes:

- If needed, hotel accommodations are the responsibility of the attendee; see back cover for nearby options.
- **REFUND POLICY:** Refund will be issued if request is made in writing to jenny@michfed.org by January 31, 2016, less an administrative fee of \$25 per cancelled registration. After January 31, 2016, no refunds will be issued, but substitutions can be requested via jenny@michfed.org.
- Refund policy applies to all registrations received, including those with payment pending.
- There will be no onsite registration.
- Confirmations will be issued via e-mail only.
- Full conference registration includes handouts, arrival refreshments, lunch, afternoon break; parking is free.

If you have questions about this event, please call our office, 517.485.8552.



Meet our presenters

KEYNOTE PRESENTER



Dr. Larry Epstein is director of training and implementation at Think:Kids, assistant in psychology in the Department of Psychiatry at Massachusetts General Hospital, and clinical instructor in psychology in the Department of Psychiatry at Harvard Medical School. Dr. Epstein has extensive experience utilizing and teaching

the Collaborative Problem Solving across a variety of settings including educational and clinical programs and outpatient practice.

For 17 years before joining Think:Kids, Dr. Epstein worked for the Cherry Creek School District in Denver, CO, during which time he helped develop the district's intensive treatment program for students with significant behavioral challenges. He is also a nationally certified bullying prevention trainer and helped found the nonprofit organization Creating Caring Communities. Dr. Epstein received his PhD in Child Clinical Psychology from the University of Denver and completed his internship at The Children's Hospital in Denver, CO.

WORKSHOP PRESENTERS



Pamela E. Alexander, MUP, MSA, NCAC II, CADC, ICADC, is the program director at Ruth Ellis Center, an LGBTQ youth drop-in center and residential foster care home. Her professional career has encompassed

25+ years in the human services field and more specifically working with youth from at-risk homes. She has an extensive management background in program development and compliance, and she is credentialed in the field of substance use disorders at the state, national and international levels. Pamela is a dedicated leader and activist in the LGBTQ community in working to improve the rights of all LGBTQ people.



Jamiesha Benson, BA, has always had a passion for helping others, especially youth. Her passion to help others has led her to work in the human services field, where she has worked for 15 years, with 12 of the

years in residential child caring institutions. Jamiesha currently is residential director at Ruth Ellis Center where she feels rewarded in fulfilling her passion for helping others.



Trish Cocoros, BS, is co-executive director and co-founder of Youth Development Institute (YDI), a nonprofit, Joint Commission-accredited organization providing residential and outpatient behavioral health services for youth. Trish, together with her husband, David, founded YDI in October of 1996.

In June of 1997, YDI opened a 14-bed residential treatment unit in leased space and has since grown to a 132-bed continuum of care located on a 9-acre campus in central Phoenix. Trish has been the driving force behind YDI's goal to eliminate the use of seclusion and restraint and to implement trauma-informed care and Trauma Focused Cognitive Behavioral Therapy (TF-CBT). Trish began her work with youth in residential treatment in 1970 and considers working directly with youth as the best part of her job.



Olivia Fink, LLMSW, family worker/therapist, has many years of clinical experience working with young people,

family members and parents where trauma and co-occurring disorders have resulted in highly challenging emotional dysregulation and disruptive behaviors. **Stephanie Muirhead**, LMSW, program manager, also has many years of clinical experience working with people who have experienced trauma and co-occurring disorders, as well as experience in staff training and clinical supervision. **Tom DuRussel-Weston**, LMSW, LMFT, director of training and QA, has over nine years of experience in application of Trauma Focused CBT in various settings such as residential, outpatient, independent living, and foster care. All three currently work at Holy Cross Children's Services.



Dr. Benjamin Kearney is executive vice president and chief clinical officer at OhioGuidestone. He is a dedicated advocate for clients' behavioral and mental health concerns and has provided a multitude of trainings on child and adolescent behavioral and mental health, many focused on quality of

life improvement within and beyond residential placement and treatment. Dr. Kearney is an adjunct professor at Cleveland State University and serves as a mental health consultant for both private and community mental health agencies throughout Ohio and Michigan. Dr. Kearney earned his bachelor's degree from Oberlin College and his doctorate from Cleveland State University.



Mark Peterson, ACSW, LMSW, is director of clinical services, and **Lukas Ziolkowski**, LMSW, is program manager at Bethany Christian Services in Grand Rapids. Mark and Lukas have been trained through

the Sanctuary Institute and are actively involved in implementing this model within Bethany Christian Services' residential treatment programs.



Fourth Annual Residential Treatment Conference

Creating Normalcy for Youth in Residential Settings Schedule

8:00 AM – 8:50 AM • Check in
8:50 AM – 9:00 AM • Welcome and Housekeeping

9:00 AM – 10:30 AM • Opening Keynote

Think Differently: A New Approach for Understanding and Helping Children with Challenging Behaviors

Dr. Larry Epstein

Challenging behavior has traditionally been thought of as willful and goal oriented, which has led to approaches that focus on motivating better behavior using reward and punishment programs. However, research over the last several decades demonstrates that for the majority of these youth, their challenges result from a lack of crucial thinking skills, such as problem solving, frustration tolerance, and flexibility. In this keynote, participants will have an opportunity to shift their perspective about these challenging youth, leading to more humane, compassionate and effective care.

10:30 AM – 11:00 AM • Break and Visits with Exhibitors

11:00 AM – 12:15 PM • Concurrent Sessions

Collaborative Problem Solving: Practical Strategies for Implementation

Dr. Larry Epstein

Building on the philosophy presented at the keynote that “Kids do well if they can,” this session will cover the basics of implementing the Collaborative Problem Solving Approach. The focus will be on helping children learn and strengthen crucial thinking skills, such as flexibility, frustration tolerance, and problem solving in the context of a helping relationship. Participants will learn specific strategies that they can take back to their sites and begin to utilize on Tuesday morning.

The Holy Grail of Eliminating Restraints

Trish Cocoros

Through the use of Six Core Strategies and a paradigm shift of eliminating—not just reducing—restraints, Youth Development Institute (YDI) achieved a significant reduction in the use of restraints—from an average of 37 per month to an average of fewer than one restraint per month. Although the quest for total elimination of restraints has proven as elusive as the Holy Grail, pursuing that goal has transformed YDI from an environment of conflict and stress into a truly therapeutic milieu in which safety and healing permeate the treatment culture. You will learn about the path taken by YDI and what they discovered in the process.

Necessity of Joy and Play for Youth in Residential Settings

Dr. Benjamin Kearney

This session will introduce participants to the basic elements of neurobiology. Imagine having an understanding of how the brain actually changes in positive environments and relationships that allow for self-expression and joy! The theory behind the value of joy and play for youth will be presented, specifically as they relate to youth in residential treatment and their transition to community placements. You will leave this session with activities and tools to incorporate into your own clinical practice and organization.

12:15 PM to 12:50 PM • Lunch Onsite and Visits with Exhibitors

Schedule - continued

| 1:00 PM – 2:15 PM • Concurrent Sessions | | |
|--|---|--|
| Sanctuary Model of Care in Residential Treatment | Addressing the Needs of LGBTQ Youth in a Residential Placement: “Empowering LGBTQ Youth at Ruth’s House | Trauma Informed Parenting: Residential Staff and Parents Working on the Same Page |
| Mark Peterson and Lukas Ziolkowski | Pamela Alexander and Jamiesha Benson | Olivia Fink, Stephanie Muirhead and Tom DuRussel-Weston |
| <p>The Sanctuary Model of Care addresses the way that trauma and chronic stress influence behavior. This session will explain the core components of the Sanctuary Model of Care. You will learn how to use and practice specific tools and techniques that reinforce the Sanctuary philosophy and how to implement Sanctuary within a residential treatment setting. The Sanctuary Model of Care is recognized as a best practice by the National Child Traumatic Stress Network and is accredited by the Council on Accreditation.</p> | <p>Limited research is available on what works most effectively for the LGBTQ runaway and homeless youth population. Ruth Ellis Center is at the forefront as a national leader in developing cutting-edge programs to meet the needs of this at-risk population. This session will focus on how “Ruth’s House” supports the needs of LGBTQ runaway and homeless youth in a residential setting. Emotional, mental and developmental needs are addressed through a unique approach that incorporates Ruth Ellis Center’s evidence-based practice model: Four Principles of Work: Harm Reduction, Restorative Justice, Trauma Informed Care, and Positive Youth Development.</p> | <p>Trauma Focused CBT has been recognized as the “gold standard” in working with young people who have experienced traumatic experiences and whose challenges include PTSD. The practice model of TF CBT points to several specific guidelines for engagement, psycho-education, and skills training for parents. Because young people in residential treatment receive daily support and guidance from residential staff, staff and parents need to be a team and implement similar methods to maximize consistency and healing relationships for young people. A particular challenge is responding to young persons’ emotional crises and related pain-based behaviors; trauma-informed crisis intervention is a key element. Consensus guidelines for Trauma Informed Parenting (TIP) and care from the National Traumatic Stress Network and SAMSHA will be included.</p> |
| 2:15 PM – 2:45 PM • Break and Visits with Exhibitors | | |
| 2:45 PM – 4:00 PM • General Session | | |
| Collaborating for Change: Systems Do Well If They Can | | |
| Dr. Larry Epstein | | |
| <p>Creating systemic, agency and programmatic change can be a slow, arduous process. Even more so when the change involves shifting mindset regarding our most challenging children. This is particularly true if the new model is inconsistent with the current model, philosophy and culture within a program and/or challenges current systems. This closing session will provide guidance and strategies to help all systems begin to work more compassionately and effectively with these challenging youth.</p> | | |
| 4:00 PM – 4:15 PM • Closing Remarks & Evaluation | | |

SPONSORSHIP & MARKETING OPPORTUNITIES Order



HOST Sponsorships include:

- Recognition as conference HOST sponsor in printed materials and conference signage.
- Opportunity to talk about your business or organization for two minutes and introduce the session speaker.
- Display of your company logo on projection screen prior to general sessions.
- Plus extra benefits listed in the chart below.

Please place my order:

| |
|--------------------------------------|
| Organization/company name: |
| Mailing address: |
| Name of person completing this form: |
| Title: |
| Office phone: |
| E-mail: |

| Conference HOST Sponsorship Options | Price | Choice |
|--|----------------|--------------------------|
|  <p>Diamond Sponsor —Exclusive sponsor of the opening keynote and closing presentations —Company logo on the conference folder —Plus full-page ad in conference program</p> | \$2,500 | <input type="checkbox"/> |
|  <p>Gold Sponsor —Exclusive sponsor of the lunch —Plus full-page ad in conference program</p> | \$2,000 | <input type="checkbox"/> |
|  <p>Silver Sponsor —Exclusive sponsor of a workshop session or refreshment break:* <input type="checkbox"/> Workshop <input type="checkbox"/> Morning refreshment break <input type="checkbox"/> Afternoon refreshment break —Plus half-page ad in conference program</p> | \$500 | <input type="checkbox"/> |

Payment

| |
|--|
| TOTAL AMOUNT DUE: \$ <input style="width: 100px;" type="text"/> |
| Fax order form to 517-485-6680 by January 31. |
| Choose payment option below: |
| <input type="checkbox"/> Check enclosed for total amount due. <input type="checkbox"/> Check will be mailed for total amount due by January 31, 2016. |
| Send form/check to: Michigan Federation for Children and Families 320 N. Washington Sq., #100 Lansing MI 48933 |
| <input type="checkbox"/> I will pay by credit card via this secure link: https://www.surveymonkey.com/s/MichfedPayment ; I understand a 4% charge will be added for credit card payment. |

*Contact Jenny Crichton at jenny@michfed.org to coordinate your choice.

MARKETING Options include recognition in printed materials and conference signage:

| Marketing Options | Price | Choice |
|--|--------------|--------------------------|
| <p>Exhibit Table Exhibit space includes six-foot table, two chairs, and up to two box lunches. Conference program allows for the conference attendees to visit with vendors during two half-hour refreshment breaks plus lunchtime. <i>NOTE: Please be aware that conference organizers are not responsible for lost or stolen exhibit material.</i> If ordering exhibit space, identify here the individuals who will tend your exhibit table:</p> <p>Name: _____ E-mail: _____ Name: _____ E-mail: _____</p> | \$200 | <input type="checkbox"/> |
| <p>Program Full-page Ad Ad size: 10"h x 7.5"w</p> | \$150 | <input type="checkbox"/> |
| <p>Program Half-page Ad Ad size: 4.75"h x 7.5"w</p> | \$100 | <input type="checkbox"/> |

IMPORTANT: Camera-ready artwork and hi-res company logo must be e-mailed by January 31, 2016, to rose@michfed.org



REGISTRATION Order Form

| | |
|--------------------------------------|------------------|
| Organization name: | Mailing address: |
| Name of person completing this form: | |
| Office phone: | E-mail: |

| Description | Price per person | Quantity | Subtotal | *CE note |
|---|--|----------|------------------------------------|--|
| EMPLOYEES of MichFed FULL or AFFILIATE MEMBER AGENCY Prices through January 31, 2016: | 1 - 4 registrants — \$115 each x | ___ | = \$ | *Check box if employee(s) will pay for the CEs. Payment can be made in advance or onsite via cash, check or credit card. |
| | 5 or more registrants — \$95 each x | ___ | = \$ | |
| | Individuals wishing to earn SW CEs — \$30 each x | ___ | = \$ or <input type="checkbox"/> * | |
| NON-MichFed REGISTRANTS Prices through January 31, 2016: | ***Registrants — \$145 each x | ___ | = \$ | |
| | Individuals wishing to earn SW CEs — \$30 each x | ___ | = \$ or <input type="checkbox"/> * | |
| REGISTRATIONS AFTER JANUARY 31, 2016 — ADD per person: \$25 x | | ___ | = \$ | |
| TOTAL COST for CONFERENCE REGISTRATIONS and AGENCY-PAID SOCIAL WORK CEs: | | | \$ | |

***Registrant names are not required for group registrations now, but must be e-mailed to jenny@michfed.org no later than Jan. 31, 2016.

| Registrant name(s)*** | Title | E-mail address to receive confirmation | Check if need SWCEs* |
|-----------------------|-------|--|----------------------------|
| #1: _____ | _____ | _____ | <input type="checkbox"/> * |
| #2: _____ | _____ | _____ | <input type="checkbox"/> * |
| #3: _____ | _____ | _____ | <input type="checkbox"/> * |
| #4: _____ | _____ | _____ | <input type="checkbox"/> * |
| #5: _____ | _____ | _____ | <input type="checkbox"/> * |
| #6: _____ | _____ | _____ | <input type="checkbox"/> * |
| #7: _____ | _____ | _____ | <input type="checkbox"/> * |
| #8: _____ | _____ | _____ | <input type="checkbox"/> * |
| #9: _____ | _____ | _____ | <input type="checkbox"/> * |
| #10: _____ | _____ | _____ | <input type="checkbox"/> * |

Attach additional sheet if needed for more than 10 registrants.

*Cost for CEs IS \$30 PER PERSON and can be covered by the agency or paid by employee. Payment can be made in advance or onsite via cash, check or credit card.

Please list any special dietary needs by name of attendee:

Payment

The Michigan Federation for Children and Families is a State of Michigan vendor, ID#: 38-2628219.

TOTAL AMOUNT DUE FROM THE AGENCY: \$

IF ANY, TOTAL AMOUNT TO BE PAID BY INDIVIDUALS FOR CEs: \$

- Check enclosed for total amount due from the agency.
 Check will be mailed for total amount due from the agency by January 31, 2016.

Send to: Michigan Federation for Children and Families
 320 N. Washington Sq., #100, Lansing MI 48933

- I will pay by credit card via this secure link: <https://www.surveymonkey.com/s/MichfedPayment>
AND I understand a 4% charge will be added for credit card payment.

REFUND POLICY: Refund will be issued if request is made in writing to jenny@michfed.org by January 31, 2016, less an administrative fee of \$25 per cancelled registration. After January 31, 2016, no refunds will be issued, but substitutions can be requested by writing to jenny@michfed.org.

Refund policy applies to all registrations received, including those with payment pending.

FOR BEST PRICING, FAX ORDER FORM TO: (517) 485-6680 no later than January 31, 2016. Add \$25 per person after January 31, 2016. PAYMENT and ATTENDEE NAMES due no later than January 31, 2016.



Fourth Annual Residential Treatment Conference

Creating Normalcy for Youth in Residential Settings

Monday, February 29, 2016

Location

West Campus of Lansing Community College
Michigan Technical Education Center
5708 Cornerstone Drive
Lansing, MI 48917

Hotel accommodations

Overnight accommodations are available at nearby hotels. Hotel reservations and payment are the responsibility of the individual or organization. Each of the options listed below offer an "LCC preferred rate." Rates shown below are as of October 9, 2015, and are subject to availability.

Closest hotels are about 2 miles away (6 minutes); these are both near the I-496 Creyts Road Exit (North):

Crowne Plaza Lansing West • (517) 323-7100 – offers free shuttle rides

925 South Creyts Road, Lansing, MI 48917
Ask for "LCC preferred rate"
\$145.00 + tax standard king or two double beds
\$165.00 + tax deluxe king

Country Inn & Suites • (517) 827-7000

6511 Centurion Drive, Lansing, MI 48917
www.countryinns.com/lnsg
Ask for "LCC preferred rate"
\$75.00 + tax standard room
\$75.00 + tax studio suite
\$89.00 + tax one-bedroom suite

Hotels within 4-5 miles (approx. 10-minute drive); these are near the I-96 Saginaw Highway (M-43) Exit:

Spring Hill Suites • (517) 627-0002

111 S. Market Place Blvd., Lansing, MI 48917
www.springhillsuites.com
Ask for "LCC preferred rate"
\$109.00 + tax single king or two double beds

Quality Inn & Suites • (517) 886-0600

901 Delta Commerce Dr., Lansing, MI 48917
www.qualitysuitselansing.com
Ask for "LCC preferred rate"
\$89.00 + tax single king or two double beds

LANSING COMMUNITY COLLEGE West Campus
M-TEC Michigan Technical Education Center

- From I-496:
- Turn south on Creyts Road to West Mt. Hope.
- Turn left on West Mt. Hope and continue eastbound for about a half-mile to Sanders Drive (next to the Chapman Insurance Agency).
- Turn left onto Sanders Drive to Cornerstone Drive.



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