Adolescent Symposium of Texas 2016
40th Annual

Thursday, February 4, 2016
8:00 a.m. to 4:30 p.m.
Curtis Culwell Center
4999 Naaman Forest Boulevard
Garland, TX 75040

Co-Hosts and Sponsors
Welcome to the 40th Adolescent Symposium!

We at Mental Health America of Greater Dallas are honored to be the organizer of this event since its beginnings in 1976. This event, which has become the premier symposium of its kind in Texas, is a labor of love for our agency and the organizing committee.

The Adolescent Symposium committee is a fabulous group of individuals who constantly amaze us with their professionalism, hard work and creativity to put on this conference. Without them, this event wouldn't happen.

The Adolescent Symposium is just one of MHA Dallas’ signature programs. Our other programs run the gamut from Youth Mental Health First Aid to a guidance curriculum for schools to public advocacy in Austin. You can learn more about our programs below.

Please enjoy your time with us today. If we can make this symposium better or more useful for you please do let us know.

Matt Roberts
President, Mental Health America of Greater Dallas

Contact us if you would like to know more about any of our programs:

**WHO (We Help Ourselves)**
- A guidance curriculum for Pre K-12
- Reduces fighting in schools
- Reduces in-school suspensions
- Counselor training and materials provided
- Last year over 150,000 children participated in the WHO program

**Wellness Education**
- Mental Health First Aid
- Youth Mental Health First Aid
- Stress reduction for employees and teachers.
- Resiliency education for employees and teachers
- Strategies to achieve a relaxed body and a relaxed mind.
- Mental Health and Aging education

**Public Policy**
- We help the community have a common voice on mental health policy
- We provide policy makers with a trusted resource on regional mental health needs
- We work to improve boarding home quality and supervision in North Texas

To learn more contact MHA Dallas at 214-871-2420 or visit www.mhadallas.org • 624 N. Good Latimer, Suite 200, Dallas, TX 75204
**SCHEDULE FOR THE DAY: THURSDAY, FEBRUARY 4, 2016**

7:45 a.m. - 4:00 p.m.  EXHIBITS OPEN

7:45 a.m. - 8:30 a.m.  Check-in and On-Site Registration

8:30 a.m. - 10:00 a.m.  MORNING PLENARY SESSION
Matt Bellace, PhD,  “A Better High: How Laughing, Running, Meditating and Other Natural Highs Can Enhance Your Toolbox”

10:00 a.m. - 10:15 a.m.  Morning Break – Arena

10:15 a.m. - 11:45 a.m.  MORNING WORKSHOPS – SESSION 1

11:45 a.m. - 1:00 p.m.  Lunch Break (Served in the arena area) Sponsored by

1:00 p.m. - 2:30 p.m.  AFTERNOON WORKSHOPS – SESSION 2

2:30 p.m. - 2:45 p.m.  Afternoon Break – Conference Center

2:45 p.m. - 4:15 p.m.  AFTERNOON WORKSHOPS – SESSION 3

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**8:30 a.m. – 10:00 a.m.**

**MORNING PLENARY SESSION**

**Featured Keynote Speaker:**

**Matt Bellace, PhD, Speaker, Psychologist and Comedian**

*A Better High: How Laughing, Running, Meditating and Other Natural Highs Can Enhance Your Toolbox*

This powerful and entertaining presentation focuses on natural highs and healthy brain development. You will learn the importance of social support, understand the science of how a natural high can improve emotional and cognitive functioning and learn to differentiate the negative cognitive and emotional impact of using chemical highs as a means of stress relief. The program will also focus on effective ways to communicate alcohol and drug prevention concepts to teens. This keynote presentation has been described as the perfect combination of stand-up comedy, interactive demonstrations and inspirational stories.

For over 20 years, Dr. Matt Bellace has been traveling the country as a professional speaker and stand-up comedian. He is the author of the book, *A Better High*, contributing author for the National Geographic Kids Series, *This or That* and was a regular on truTV’s, *World’s Dumbest*. Dr. Bellace has a PhD in clinical neuropsychology and trained at both the National Institutes of Mental Health and the traumatic brain injury unit of Mount Sinai Hospital in New York City. Matt has been passionate about substance abuse prevention since high school after attending a leadership conference in New Jersey. As an undergraduate at Bucknell University, he founded a student prevention organization that still exists today, over 22 years later. In 1995, the student group received national recognition when it was awarded a former fraternity house on campus. During his speaking career, Dr. Bellace has encouraged over a million students and adults to pursue natural highs and make healthy choices. He also partnered with a foundation called *Natural High*, to help bring their free natural high video series into over 20,000 classrooms worldwide.

When not speaking, Matt enjoys pursuing his natural highs of surfing, cooking and biking with his wife and two children near their home in Princeton, NJ.
### Adolescent Symposium Morning Workshops

**THURSDAY, FEBRUARY 4, 2016 | SESSION 1: 10:15 – 11:45 a.m.**

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<th>WORKSHOP</th>
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| 1 | The Teen Brain, Behavior and Meditation | Matt Bellace, PhD  
Speaker, Psychologist and Comedian, 2016 Adolescent Symposium of Texas Keynote Speaker | Lecture Hall |
| 2 | Ethics for the Real Practitioner (Part 1 of 2) Part 2 continued in Workshop #12 at 1:00 | Sarah Feuerbacher, PhD, LCSW-S  
Clinic Director, SMU Center for Family Counseling | Meeting Room 1 |
| 3 | Marijuana 2016 | Janet Anselmo-Henson, MA, LCDC, LPC-Intern  
Clinical Therapist, Jewish Family Services | Ballroom A |
| 4 | Challenging the “Thin Ideal”: Eating Disorder Recognition and Prevention | Beth Valentine, LMFT-S, LPC-S, CEDS  
Clinical Therapist, Children’s Health: Children’s Medical Center Plano  
Ashley Arial, LPC, CEDS  
Clinical Therapist, Children’s Health: Children’s Medical Center Plano | Ballroom B |
| 5 | What Happens After an Adolescent Has Been Arrested? An Overview of the Juvenile Justice System | Rudy Acosta  
Deputy Director of Probation Services, Dallas County Juvenile Department  
Ervin Taylor  
Deputy Director of Institutional Services, Dallas County Juvenile Department | Ballroom C |
| 6 | Dialectical Behavior Therapy for Adolescents at High Risk for Suicidal and Self-Injurious Behavior | Shira Abramovitz, LMSW  
DBT Therapist, The Excel Center of Fort Worth | Ballroom E |
| 7 | What Does It Mean to Be Transgender? Practical Tools to Support Gender Nonconforming Adolescents | Meredith Chapman, MD  
Associate Professor, Medical Director, Consult Liaison Services, UT Southwestern Medical Center and Children’s Medical Center Dallas | Ballroom F |
| 8 | Generation Viral: Using “Their” Internet to Build Rapport, Provide Support, Teach, Guide, and Heal | Jordyn Lawson, LPC  
Women’s and Children’s Therapist, Genesis Women’s Shelter and Support | Ballroom G |
| 9 | How To Talk So They Will Listen | Shawnetta Gantt-Wilkins, MA, LPC-S, LCDC  
Program Manager, Dallas County Juvenile Department | Meeting Room 2 |
| 10 | We Can Choose the Way We Are Healed: Activities for Grieving Adolescents | Amanda Esquivel, LPC, LCDC  
Private Practice, Counselor Amanda | Concourse Upper Level |
| 11 | Two Homes, One Family: Meeting the Needs of Adolescents During Divorce and Other Family Transitions | Julie Ballinger, PhD, LPC, RPT, BCN  
Counselor, Guiding Compass Counseling  
David Huffman, PhD, LPC, RPT, MDiv  
Guiding Compass Counseling | Hospitality Suite Upper Level |

The opinions and points of view expressed by faculty members of the symposium do not necessarily reflect that of MHA of Greater Dallas, the Sponsors or Planning Committee.
## Adolescent Symposium Afternoon Workshops

**THURSDAY, FEBRUARY 4, 2016 | SESSION 2: 1:00 – 2:30 p.m.**

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<td>Ethics for the Real Practitioner (Part 2 of 2) Continued from Workshop #2</td>
<td><strong>Sarah Feuerbacher, PhD, LCSW-S</strong>&lt;br&gt;<strong>Clinic Director, SMU Center for Family Counseling</strong></td>
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<td>13</td>
<td>Obesity and Distress: The Second Brain Connection</td>
<td><strong>Karen Williams, MSSW</strong>&lt;br&gt;<strong>Consultant in Private Practice, Williamsgroup</strong></td>
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<td>Using Mindfulness Strategies to Empower Adolescents by Improving Their Social-Emotional Skills</td>
<td><strong>Susie Wolbe, EdD</strong>&lt;br&gt;<strong>Owner, Dr. Susie Wolbe Educational Services</strong></td>
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<td>The Sexualization of Adolescents in the Media: Igniting a Conversation About Change</td>
<td><strong>Nicole Head, MLS</strong>&lt;br&gt;<strong>Educator, The Family Place</strong>&lt;br&gt;<strong>LaToya Davis</strong>&lt;br&gt;<strong>Educator, The Family Place</strong></td>
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<td>Alternatives to Probation for Dallas County Justice-Involved Youth: Dallas County Juvenile Department Diversion Program</td>
<td><strong>Terry Smith, PhD</strong>&lt;br&gt;<strong>Executive Director and Chief Juvenile Probation Officer, Dallas County Juvenile Department</strong></td>
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<td>Teen Substance Abuse: A Motivational Approach to Prevention and Intervention</td>
<td><strong>Jim Savage, LCDC</strong>&lt;br&gt;<strong>Owner, Dallas Recovery Center</strong></td>
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<td>Overcoming Obsessions and Compulsions in Adolescents</td>
<td><strong>Judy DeKuehn, MEd, LPC</strong>&lt;br&gt;<strong>Counselor, Fresh Perspectives Counseling</strong></td>
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<td>Teenager Speak: Understanding Their Emotional State Through Music</td>
<td><strong>Alisha Woodall, LPC-S</strong>&lt;br&gt;<strong>Psychotherapist, Finding the Foundation</strong></td>
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<td>Diversity Issues with Adolescents: Gender, Sexual Orientation, and Romantic Minorities</td>
<td><strong>Peter Thomas, PhD</strong>&lt;br&gt;<strong>Psychologist, The Holiner Psychiatric Group</strong></td>
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<td>Suicidal? What Do I Do Now?</td>
<td><strong>Jennifer Perla, LPC-S, RN</strong>&lt;br&gt;<strong>Therapist, Perla Counseling</strong></td>
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<td>22</td>
<td>Obstacles Are Opportunities: Reframing for Success</td>
<td><strong>Lester Clowes, EdD</strong>&lt;br&gt;<strong>Head of School, Fusion Academy</strong></td>
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# Adolescent Symposium Afternoon Workshops

**THURSDAY, FEBRUARY 4, 2016 | SESSION 3: 2:45 – 4:15 p.m.**

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| 23       | Navigating Ethics and Confidentiality in the Gray Areas of Adolescent High-Risk Behavior | Alexis Clyde, PhD  
*Psychologist, Children’s Medical Center Dallas*  
Nicholas Westers, PsyD  
*Psychologist, Children’s Medical Center Dallas* | Meeting Room 1 |
| 24       | Anorexia, Anxiety and Depression: A Recovered Patient and Her Adolescent Psychiatrist Get Honest | Jordan Lee Knape  
*Author: Best Body: Pretty, Miserable, Perfectness*  
Stephanie C. Setliff, MD  
*Medical Director, Eating Recovery Center of Dallas* | Lecture Hall |
| 25       | Recognizing the Tidal Wave of Teen Pornography and Sex Addiction: Trauma Precursors, Symptoms and Prevention | Shawn Jeffries, PhD, CSAT-S  
*Clinical Psychologist, Center for Motivation and Recovery*  
Ruth Long, LPC-S, SRT  
*Professional Counselor, Center for Motivation and Recovery* | Ballroom A |
| 26       | SAFE! Issues Affecting Today's Teens and How You Can Help | Vanita Halliburton, BA  
*President, Grant Halliburton Foundation* | Ballroom B |
| 27       | Building Rock Solid Girls in a Rocky World | Orie Achonwa, MPH, DrPh  
*Healthcare Consultant, Her Health Associates* | Ballroom C |
| 28       | Navigating Medical Illnesses in Teens and Tweens | Bridget Redondo-Doan, LMFT  
*Clinical Therapist, Children’s Health Children’s Medical Center*  
Michele Horn, LMFT-S  
*Clinical Therapist, Children’s Health Children’s Medical Center* | Ballroom E |
| 29       | Engaging Fathers in Family Services | Vincent Duran, MSW, LCCA  
*Executive Director, Arms of Hope Boles Campus* | Ballroom F |
| 30       | Addressing Sexual Health with Mental Health | Mandy Golman, PhD, MS, MCHES  
*Assistant Professor, Texas Woman's University*  
Terry Greenberg, JD  
*CEO, North Texas Alliance to Reduce Teen Pregnancy* | Ballroom G |
| 31       | The Importance of Self-Care as We Work to Serve Kids and Families | Fred Lines, MS, LPC-S  
*Director of Child and Adolescent Therapy, Momentous Institute* | Meeting Room 2 |
| 32       | Discovering the Multi-Faceted Personas of Adolescents with Substance Use Disorder | Stacie Allphin, MS, LCDC  
*Director of Adolescent Services, Memorial Hermann Prevention and Recovery Center* | Concourse Upper Level |
| 33       | #Talk About IT | Marland May, LPC-Intern  
*Counselor, Grace Counseling* | Hospitality Suite Upper Level |
MORNING PLENARY SESSION
8:30 a.m. ~ 10:00 a.m.

KEYNOTE – A Better High: How Laughing, Running, Meditating and Other Natural Highs Can Enhance Your Toolbox
Matt Bellace, PhD
Speaker, Psychologist and Comedian
This powerful and entertaining presentation focuses on natural highs and healthy brain development. You will learn the importance of social support, understand the science of how a natural high can improve emotional and cognitive functioning and learn to differentiate the negative cognitive and emotional impact of using chemical highs as a means of stress relief. The program will also focus on effective ways to communicate alcohol and drug prevention concepts to teens. This keynote presentation has been described as the perfect combination of stand-up comedy, interactive demonstrations and inspirational stories.

MORNING WORKSHOPS - SESSION 1
10:15 a.m. – 11:45 a.m.

1. The Teen Brain, Behavior and Meditation (Keynote speaker) Matt Bellace, PhD
Speaker, Psychologist and Comedian
This interactive workshop focuses on using current research in adolescent brain development to understand the benefits of meditation and other similar stress reducing exercises. The workshop will include time to focus on your own practice of meditation as well as how to support teen clients.

2. Ethics for the Real Practitioner: Part 1 of 2
Workshop must be taken in conjunction with Part 2 at 1:00
Sarah Feuerbacher, PhD, LCSW-S
SMU Center for Family Counseling
Learn how to prepare and intervene when faced with ethical dilemmas that affect practitioners on a daily basis. Dr. Feuerbacher will highlight current ethical guidelines, how to identify ethical dilemmas when working with certain populations, review effective models, share current resources and useful interventions.

3. Marijuana 2016
Janet Anselmo-Henson, MA, LCDC, LPC-Intern
Supervised by Sarah E. Carlson, PhD, LPC-S, RPT, RYT
Jewish Family Service
Marijuana continues to make news from legalization to its effects and how it is being used. Communities and professionals are often left without accurate up-to-date information concerning the facts about marijuana. In this workshop we will discuss the recent legislative changes, explore the effects of marijuana on adolescents and learn how it is being marketed to today’s youth.

4. Challenging the “Thin Ideal”: Eating Disorder Recognition and Prevention
Beth Valentine, LMFT-S, LPC-S, CEDS and
Ashley Arial, LPC, CEDS
Children’s Health: Children’s Medical Center Plano
The pressures to achieve unrealistic and unhealthy body standards have become norms in our culture, and disordered eating and eating disorders are on the rise. The adolescent population is especially vulnerable, and we as professionals working with teens can help advocate for safer, healthier relationships with food and body image. In this workshop attendees will learn how to help adolescents struggling with body image, disordered eating and eating disorders.

5. What Happens After an Adolescent Has Been Arrested? An Overview of the Juvenile Justice System
Rudy Acosta, Deputy Director of Probation Services and
Ervin Taylor, Deputy Director of Institutional Services, Dallas County Juvenile Department
What happens after adolescents are arrested? An overview of the arrest process as well as a look into the juvenile and adult justice systems. Join us to learn an insider’s perspective on what life is like for youth that are detained, court-ordered to a placement or placed on community-based probation. In this presentation we will break down the complicated decisions that are made and their effects on the youth and community.

6. Dialectical Behavior Therapy for Adolescents at High Risk for Suicidal and Self-Injurious Behavior
Shira Abramovitz, LMSW, DBT Therapist
The Excel Center of Lewisville
This workshop will provide an overview of Dialectical Behavior Therapy (DBT) skills, including Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance, and Walking the Middle Path. Core DBT concepts will also be explored, including Dialectics, Diary Card, Hierarchy of Treatment Targets, and Biosocial Theory. Particular emphasis will be placed on practical strategies for effectively teaching DBT skills to adolescents and their families.
7. What Does It Mean to Be Transgender? Practical Tools to Support Gender Nonconforming Adolescents
Meredith Chapman, MD, Associate Professor, Medical Director, Consult Liaison Services UT Southwestern Medical Center and Children’s Medical Center Dallas
Knowledge and experiences of working with LGBTQ youth will be shared to help attendees understand and correctly use gender related terms/definitions, which will include recognizing the differences between gender and sexual orientation. We will also explore the importance of discussing sexual orientation and gender with youth in supportive and confidential ways, while examining the stressors and vulnerabilities transgender youth face.

Explore ways to therapeutically connect with adolescents by meeting them where they are and speaking their language – the “viral language”. Common terms will be discussed and information will be shared about key websites for teenagers. Participants will also learn about internet safety and how to use social media as a therapeutic intervention.

9. How To Talk So They Will Listen Shawnetta Gantt-Wilkins, MA, LPC-S, LCDC, Program Manager, Dallas County Juvenile Department
Identify the stages of development during adolescence and how to facilitate effective communication through understanding their sphere of influence and common barriers to communicating effectively with youth. We will explore ways to improve communication in an effort to foster meaningful and influential relationships with adolescents.

10. We Can Choose the Way We Are Healed: Activities For Grieving Adolescents Amanda Esquivel, LPC, LCDC Private Practice
Youth process grief differently than adults and differently than one another depending on the circumstances surrounding the loss, in conjunction with their stage of development. This presentation will briefly explain grief from a developmental standpoint, then integrate this knowledge into practical activities that teachers, counselors, and others can implement with grieving children as young as five.

11. Two Homes, One Family: Meeting the Needs of Adolescents During Divorce and Other Family Transitions Julie Ballinger, PhD, LPC, RPT, BCN and David Huffman, PhD, LPC, RPT, MDiv Guiding Compass Counseling
Using concepts from developmental interpersonal neurobiology and collaborative co-parenting, this workshop will offer an overview of individual and relational needs. Specific strategies will be provided to help create a supportive environment for adolescents during times of transition.

12. Ethics for the Real Practitioner: Part 2 of 2 Workshop must be taken in conjunction with Part 1 at 10:15 Sarah Feuerbacher, PhD, LCSW-S SMU Center for Family Counseling
Learn how to prepare and intervene when faced with ethical dilemmas that affect practitioners on a daily basis. Dr. Feuerbacher will highlight current ethical guidelines, how to identify ethical dilemmas when working with certain populations, review effective models, share current resources and useful interventions.

13. Obesity and Distress: The Second Brain Connection Karen Williams, MSSW Williamsgroup
Over the last 30 years, two epidemics have taken place among U. S. children: one is the dramatic increase in obesity; the other is the dramatic increase in trauma. The workshop explores the latest neuroscience that links distress, anxiety and trauma with obesity, including the research on the “second brain”.

14. Using Mindfulness Strategies to Empower Adolescents by Improving Their Social-Emotional Skills Susie Wolbe, EdD, Owner Dr. Susie Wolbe Educational Services
Learn the history of secular mindfulness and research showing its benefit. Examples will be shared that show how mindfulness improves social/emotional skills and the influence those skills have on behavior. Participants will also experience mindful breathing and listening as well as other strategies used to teach these skills.
15. The Sexualization of Adolescents in the Media: Igniting a Conversation About Change
Nicole Head, MLS, Educator and LaToya Davis, Educator, The Family Place
Explore the dynamics of the sexualization of children through the media, its harmful effects on society, and learn about solutions to this social problem. The workshop will include video clips and advertisements to demonstrate and discuss the harmful effects, along with a conversation surrounding creating healthy media messages.

16. Alternatives to Probation for Dallas County Justice-Involved Youth: Dallas County Juvenile Department Diversion Programs
Terry Smith, PhD, Executive Director and Chief Juvenile Probation Officer, Dallas County Juvenile Department
Participants will learn about Dallas County Juvenile Department’s innovative diversion and intervention programs that address the complex task of rehabilitating young offenders. Department leaders will share how the Juvenile Department leads the state in its efforts to create meaningful and viable alternatives to deter future criminal involvement by offering meticulous, specialized supervision services, therapeutic interventions and community services in an effort to create a pathway to a youth’s successful future.

17. Teen Substance Abuse: A Motivational Approach to Prevention and Intervention
Jim Savage, LCDC, Owner Dallas Recovery Center
This presentation will provide tools to help increase your effectiveness in addressing substance abuse issues with teens, including assessment, intervention, and post-treatment support. Mr. Savage will address the role that denial plays in ineffective intervention, how education can be used to combat this and provide examples of techniques that can be used for more productive and effective efforts with teen substance abusers. Models discussed will include the Motivational Intervention Model and the Stages of Change Model.

18. Overcoming Obsessions and Compulsions in Adolescents
Judy DeKuehn, MEd, LPC, Counselor Fresh Perspectives Counseling
Obsessive Compulsive Disorder affects about 1 out of every 100 children. Identifying and assisting children who are exhibiting OCD is imperative for their future success. Learn to identify children “at risk” for OCD and explore specific treatment approaches for dealing with OCD, including cognitive behavioral therapy, exposure and response prevention and medication management. Ms. DeKuehn will also discuss how family members and school personnel can support and strengthen the recovery process.

19. Teenager Speak: Understanding Their Emotional State Through Music
Alisha Woodall, LPC-S, Psychotherapist Finding the Foundation
Join this interactive workshop as the speaker educates and engages the audience on current communication trends amongst young adults. Listen to popular musical selections in an effort to gauge emotional awareness and learn how to incorporate this into effective therapeutic practices.

20. Diversity Issues with Adolescents: Gender, Sexual Orientation, and Romantic Minorities
Peter Thomas, PhD, Psychologist The Holiner Psychiatric Group
Dr. Thomas will help professionals build LGBTQ or GRSM competency, learn how to explore sexual identities in clinical practice and gain self-awareness in working with clients who are different than themselves. This workshop uses experiential activities to further participant’s understanding of these issues and build the basic knowledge needed to address the unique needs of this population.

21. Suicidal? What Do I Do Now?
Jennifer Perla, LPC-S, RN, Therapist Perla Counseling
Are you prepared if your client were to tell you he or she is suicidal? Attendees will join a guided discussion on some of the difficult questions faced by clinicians when addressing the issue of suicide. Come explore how ethics and laws define suicidal threat, what steps we need to take in our community if there is a threat and how to protect ourselves when working with suicidal clients.

22. Obstacles Are Opportunities: Reframing for Success
Lester Clowes, EdD, Head of School Fusion Academy
Why do people give up so easily? Common explanations, regardless of age, include a lack of control or power, shifting blame, lack of confidence, lack of focus or motivation, etc. However, anything is achievable. The tools necessary for success are learnable: perspective, goal setting, mindset, and more.
23. Navigating Ethics and Confidentiality in the Gray Areas of Adolescent High-Risk Behavior
Alexis Clyde, PhD, Psychologist and Nicholas Westers, PsyD, Psychologist
Children’s Medical Center Dallas
Together we will explore high-risk scenarios during clinical work with adolescents, including reports of abuse, suicidality, and other unsafe behaviors. Maintaining the therapeutic alliance and trust are vital components of working with adolescents, but confidentiality can be difficult to maintain in the context of safety. We will explore case examples where the presenters disagreed in breaking confidentiality and how they reconciled clinical decisions amidst their disagreement. Strategies for moving forward with ethical decision-making will be offered, as well as decision-making skills in regard to professional ethics and personal morals.

24. Anorexia, Anxiety and Depression: A Recovered Patient and Her Adolescent Psychiatrist Get Honest
Jordan Lee Knape, Author and Stephanie C. Setliff, MD, Medical Director
Eating Recovery Center of Dallas
Patients have one story to tell, psychiatrists another. This workshop follows Jordan as a thirteen-year-old girl with life-threatening anorexia to her eventual recovery around the age of 21, and expands upon the related treatment elements for child, to adolescent, to adult ages. Together, Jordan and her physician, Dr. Stephanie Setliss, open up about what the patient/doctor relationship is really like, and discuss how we can find recovery together. They will discuss the ways in which Jordan’s recovery stands in contrast to cases where full recovery cannot be reached, and offer the necessary tips and hard truths those involved in adolescent treatment need to hear.

25. Recognizing the Tidal Wave of Teen Pornography and Sex Addiction: Trauma Precursors, Symptoms and Prevention
Shawn Jeffries, PhD, CSAT-S, Clinical Psychologist and Ruth Long, LPC-S, SRT, Professional Counselor
Center for Motivation and Recovery
There is an urgent need for immediate action to stem the tidal wave of teen pornography use and sex addiction. Together, we will explore the psychological predictors leading to teen sex addiction and the common expressions of teen sexual addictive behaviors. The presentation will conclude with a focus on treatment options and prevention measures for upcoming generations.

26. SAFE! Issues Affecting Today’s Teens and How You Can Help
Vanita Halliburton, BA, President
Grant Halliburton Foundation
SAFE! addresses critical issues that affect adolescent mental health, including stress, social media, peer pressure, cyberbullying, and mental illness. This interactive program is designed to help adults recognize the signs of distress in teens and know how to connect a young person in crisis with appropriate treatment and resources.

27. Building Rock Solid Girls in a Rocky World
Orie Achonwa, MPH, DrPh, Healthcare Consultant
Her Health Associates
Our girls live in a high achievement, hyper-connected culture that’s caused them to feel like they don’t measure up. As a result girls are fragile, tuned out, and susceptible to anxiety and depression. This workshop explores strategies for helping girls build resiliency skills for thriving in today’s environmental challenges.

28. Navigating Medical Illnesses in Teens and Tweens
Bridget Redondo-Doan, LMFT, Clinical Therapist and Michele Horn, LMFT-S, Clinical Therapist
Children’s Health Children’s Medical Center
Discover the influence medical illnesses have on pre-adolescents and adolescents and interventions to promote healthy coping. Case studies and information will be presented from a biopsychosocial model with a focus on the common concerns that arise for adolescents with medical diagnoses and their families. In addition, effective interventions will be discussed to help mental health professionals and educators foster a supportive environment within the home, school, hospital, and social settings.

29. Engaging Fathers in Family Services
Vincent Duran, MSW, LCCA, Executive Director
Arms of Hope Boles Campus
In this presentation you will learn effective outreach strategies to engage fathers in family services. Learn core fathering skills to help dads lead their families and explore how you can provide a “father friendly” environment; emphasis is given to fathers on probation, single and/or military fathers.
30. Addressing Sexual Health with Mental Health  
Mandy Golman, PhD, MS, MCHES, Assistant Professor, Texas Womans University  
Terry Greenberg, JD, CEO  
North Texas Alliance to Reduce Teen Pregnancy  
Teen girls with mental illness are three times more likely to become pregnant than girls without mental illness. In addition, while rates of teen pregnancy are significantly declining, the decline has been much slower for this high-risk group. Discussion will include teen pregnancy rates and provide participants evidence-based tools to discuss reproductive health with clients as well as strategies to navigate reproductive health care options for teens.

31. The Importance of Self-Care as We Work to Serve Kids and Families  
Fred Lines, MS, LPC-S, Director of Child and Adolescent Therapy  
Momentous Institute  
How we take care of ourselves matters for the kids and families we serve. This workshop will focus on understanding the importance of self-care as it relates to helping others, whether in a mental health setting or an educational setting. We will delve into understanding vicarious traumatization, how our brains affect us and our clients while exploring self-care assessment tools and strategies we can use for self-care.

32. Discovering the Multi-Faceted Personas of Adolescents with Substance Use Disorder  
Stacie Allphin, MS, LCDC, Director of Adolescent Services  
Memorial Hermann Prevention and Recovery Center  
This interactive workshop will highlight techniques that help substance using teens uncover the multiple personas they wear. Ms. Allphin will discuss how to apply simple art projects to help teens remove or decrease denial about their disease. She will also teach attendees role playing to help discover false/protective/defensive personas as well as using music to identify persona.

33. #Talk About IT  
Marland May, LPC-Intern Supervised by Cheryl Rayl, MS, LPC-S  
Grace Counseling  
What would happen if the Baltimore riots happened in Dallas? How many of our first responders, counselors, and teachers are prepared to have an open and uncomfortable conversation about race? Participants in this workshop will analyze recent cases, learn how to identify trigger words, phrases or actions that indicate a volatile situation and practice how to respond.
Shira Abramovitz, LMSW, DBT Therapist, *The Excel Center of Lewisville*

Shira Abramovitz is currently the DBT Therapist for the Excel Center of Lewisville’s DBT program, where she focuses her practice on treating adolescents experiencing treatment resistant suicidal ideation, mood instability and self-injury. Before joining the Excel Center of Lewisville’s partial hospitalization and intensive outpatient program, Shira worked for the Excel Center of Fort Worth, where she pioneered The Excel Center’s first DBT program. Shira has also presented CEUs to area practitioners on topics including motivational interviewing, substance abuse trends, and applying DBT techniques with chronically suicidal adolescents.

Orie Achonwa, Healthcare Consultant, *Her Health Associates*

Dr. Orie Achonwa is an adolescent health consultant, award winning healthcare innovator, youth motivational speaker, social entrepreneur, and author of *What’s Getting Into Our Children?* Seven groundbreaking methods for raising healthier more resilient girls in today’s toxic world. Her interests include preconception health, positive youth development, and socio-environmental factors contributing to disparities in girls’ health.

Rudy Acosta, Deputy Director of Probation Services, *Dallas County Juvenile Department*

Rudy Acosta is currently the Deputy Director of Probation Services for the Dallas County Juvenile Department. Mr. Acosta began working for the Dallas County Community Supervision and Corrections Department in 1989 where he worked for 18 years. He has served both the Dallas County juvenile and adult justice professions in various capacities for the past twenty-five years and continues his commitment to making a positive impact in the Juvenile Justice system.

Stacie Allphin, MS, LCDC, Director of Adolescent Services, *Memorial Hermann Prevention and Recovery Center*

Stacie Allphin is Director of Adolescent Programs for Memorial Hermann Prevention and Recovery Center in Houston, Texas. She has been a speaker at the American Society of Group Psychotherapy and Psychodrama, the National Association of Social Workers and the Texas Association for Marriage and Family Therapy. She has also been a guest speaker on LA Talk Radio’s Family Solutions program, Fox News, AM 740 KTRH news radio, and ABC news. Stacie has served on the Houston Chapter of the Texas Association of Addiction Professionals Board of Directors. In 2011 she received the Texas State Counselor of the Year Award.

Janet Anselmo-Henson, MA, LCDC, LPC-Intern Supervised by Sarah E. Carlson, PhD, LPC-S, RPT, RYT, *Jewish Family Service*

Janet Anselmo-Henson is a therapeutic clinician with Jewish Family Service. A 20-year veteran in the substance abuse field, she has experience in private practice, social service and full-time ministry. As a Master Trainer in Motivational Enhancement Therapy, she has conducted trainings for probation staff as well as therapeutic venues in the Dallas area. As a therapeutic program developer, she co-developed the continuum of care for the Dallas County Juvenile Probation Department’s Substance Abuse Unit and managed six chemical dependency programs for adolescents involved in the probation system.

Ashley Arial, LPC, CEDS, *Children's Health: Children's Medical Center Plano*

Ashley Arial is a clinical therapist in the Eating Disorder program at Children’s Medical Center-Legacy in Plano, Texas. She provides family therapy for children and adolescents, leads groups, and works with the treatment team to support eating disorder recovery. Ashley has experience working with adolescents and families in private practice and inpatient programs at Children’s Dallas and Children’s Legacy.

Julie Ballinger, PhD, LPC, RPT, BCN, *Guiding Compass Counseling*

Dr. Ballinger is a Licensed Professional Counselor, Registered Play Therapist, Board Certified Neurotherapist and Certified HeartMath Practitioner. She is the co-owner of Guiding Compass Counseling in Flower Mound, Texas. Her advanced training has prepared her to help people across the life-span enrich their lives through self-discovery and interpersonal connection.

Matt Bellace, PhD, Speaker, Psychologist and Comedian

For over 20 years, Dr. Matt Bellace has been traveling the country as a professional speaker and stand-up comedian. He is the author of the book, *A Better High*, contributing author for the National Geographic Kids Series, *This or That* and was a regular on truTV’s, *World’s Dumbest*. During his speaking career, Dr. Bellace has encouraged over a million students and adults to pursue natural highs and make healthy choices. He also partnered with a foundation called *Natural High*, to help bring their free natural high video series into over 20,000 classrooms worldwide.
Meredith Chapman, MD, Associate Professor, Medical Director, Consult Liaison Services, UT Southwestern Medical Center and Children’s Medical Center Dallas

Dr. Chapman, a native of Kentucky, attended medical school at the University of Louisville. She completed a triple board residency in pediatrics, psychiatry, and child and adolescent psychiatry, at Children’s Hospital of Pittsburgh and Western Psychiatric Institute and Clinic. Since its inception, Dr. Chapman has served as the primary psychiatrist for the GENder Education and Care Interdisciplinary Support (GENECIS) program at Children’s and is a passionate advocate for gender diverse youth.

Lester Clowes, EdD, Head of School, Fusion Academy

Dr. Lester Clowes has been working in education for 14 years. He joined Fusion Academy in January 2010 and since then has played various roles on five different campuses in California and Texas. After battling depression and anxiety throughout his own life, Lester is proud to dedicate his energy and passions into a school that embraces the emotional and social aspects of a child’s being.

Alexis Clyde, PhD, Psychologist, Children’s Medical Center Dallas

Dr. Clyde is a licensed psychologist at the outpatient Center for Pediatric Psychiatry at Children’s Medical Center/Children’s Health and an Assistant Professor of Psychiatry at UT Southwestern Medical Center. Dr. Clyde provides comprehensive evaluations for children zero to five through the Early Childhood Mental Health Clinic, as well as general psychological evaluations for school-aged children. She also leads a teen Dialectical Behavioral Therapy (DBT) group for adolescents with emotional regulation difficulties. Dr. Clyde is currently the administrative primary supervisor for the outpatient concentration of the psychology postdoctoral fellowship position at Children’s Health.

LaToya Davis, Educator, The Family Place

LaToya Davis attended the University of Wisconsin Whitewater and graduated with Bachelors of Letters and Science in Psychology. She is an Educator with The Family Place’s Be Project.

Judy DeKuehn, MEd, LPC, Counselor, Fresh Perspectives Counseling

Judy DeKuehn is a Licensed Professional Counselor who specializes in working with adults and children dealing with trichotillomania (TTM), eating disorders, obsessive compulsive disorders, and anxiety disorders. Judy offers individual therapy for adults and adolescents. Currently, Judy offers support groups for those dealing with OCD and trichotillomania. In her private practice at Fresh Perspectives Counseling she offers cognitive-behavioral therapy in a comfortable, safe environment.

Bridget Redondo-Doan, LMFT, Clinical Therapist, Children’s Health Children’s Medical Center

Bridget Redondo-Doan, is a Licensed Marriage and Family Therapist who has provided counseling services to individuals, couples, and families for nearly ten years in various settings including schools, non-profit organizations, Metrocare, and hospitals. For five years, she has worked extensively with children and their families dealing with both chronic and acute illnesses and/or mental health issues in which she provides bilingual services through outpatient and inpatient consultation, assessment, individual, family and group therapies at Children’s Health: Children’s Medical Center Dallas.

Vincent Duran, MSW, LCCA, Executive Director, Arms of Hope Boles Campus

Vincent Duran serves as the Executive Director of the Boles Campus, a residential care ministry of Arms of Hope. Mr. Duran has worked with families for more than 20 years as a minister and social worker. He began extensive work with incarcerated fathers while serving as the Clinical Chaplain for the Central New Mexico Correctional Facility. His current interest involves working with military fathers as they return home from service.

Amanda Esquivel, LPC, LCDC, Private Practice

Counselor Amanda has a private practice in North Garland, where she specializes in treating teens and young adults. She has worked with clients at various levels of care, from inpatient psychiatric stabilization to residential rehab and crisis care services. In addition to working with clients directly, she also enjoys advocacy and assisting new professionals in the field. Since 2008, Amanda has been a part of Camp El Tesoro de la Vida, a grief camp for children ages 6-17. She believes this is the most rewarding adventure she has taken a part in, other than becoming a mother to her beautiful and spunky daughter, Avery.

Sarah Feuerbacher, PhD, LCSW-S, SMU Center for Family Counseling

Dr. Sarah Feuerbacher is a Licensed Clinical Social Worker Supervisor, Practical Parent Education Certified Parent Educator, and State of Texas Parent Mediator/Facilitator. Dr. Feuerbacher is currently employed by Southern Methodist University as Clinic Director of the Family Counseling Center and teaches in the Graduate Department of Dispute Resolution and Counseling. Dr. Feuerbacher’s clinical focus and public speaking specialization is in the area of using holistic approaches in working with diverse individuals who
Shawnetta Gantt-Wilkins, MA, LPC-S, LCDC, Program Manager, Dallas County Juvenile Department
Shawnetta Gantt-Wilkins is the Program Manager for the Dallas County Juvenile Department, Substance Abuse Unit. She has experience in the areas of suicide prevention and intervention, substance use treatment, sex offender treatment, crisis management and intervention, anger management, adjustment, grief, trauma, mood disorders with psychotic features, coping skills, social skills, goal setting, communication, and family dynamics.

Mandy Golman, PhD, MS, MCHES, Assistant Professor, Texas Women’s University
Dr. Mandy Golman is an Assistant Professor in the Health Studies Department of the College of Health Sciences at TWU. She has over 20 years experience as a health educator and is a Master Certified Health Education Specialist. Her areas of expertise include youth program planning and evaluation, female adolescent development and parental perspectives of teen pregnancy. Dr. Golman is the founder and former Executive Director of Girls In Motion.

Terry Greenberg, JD, CEO, North Texas Alliance to Reduce Teen Pregnancy
Terry Greenberg is the CEO of North Texas Alliance to Reduce Teen Pregnancy or in a smaller mouthful: NTARuPT. NTARuPT is an alliance of organizations with a focus on reducing teen pregnancy in Dallas. As a volunteer, Terry led a coalition on behalf of the National Council of Jewish Women which advocated for comprehensive sex education. Deciding to leave law practice after 25 years she worked for Our Friends Place before the call from the Texas Campaign to Prevent Teen Pregnancy which ultimately lead to her founding of NTARuPT in 2013.

Vanita Halliburton, BA, President, Grant Halliburton Foundation
Vanita Halliburton is President of the Grant Halliburton Foundation which was established in 2006 following the suicide death of her son, Grant Halliburton. The mission of the Foundation is to help prevent suicide, promote better mental health and strengthen the network of mental health resources for teens and young adults. She speaks from the heart about her son’s battle with depression and bipolar disorder, his suicide at the age of 19, and the need for a collaborative approach to suicide prevention.

Nicole Head, MLS, Educator, The Family Place
Nicole is an Educator with The Family Place’s Be Project. Nicole specializes in sexual assault and serves on the board of a transitional housing ministry for women, Emily’s Place. She is an opinion voices columnist for The Dallas Morning News.

Michele Horn, LMFT-S, Clinical Therapist, Children’s Health Children’s Medical Center
Michele Horn is a Licensed Marriage and Family Therapist who has provided counseling services to individuals, couples, and families for nearly 14 years in multiple settings that include private practice, an advocacy center, schools, and hospital settings. Michele is currently a clinical therapist at Children’s Health: Children’s Medical Center where she has worked with both Inpatient Psychiatry and Eating Disorder programs and is currently working within the Department of Pain Management.

David Huffman, PhD, LPC, RPT, MDiv
David Huffman is a Licensed Professional Counselor and Registered Play Therapist. David is co-owner and counselor at Guiding Compass Counseling in Flower Mound, Texas, and Adjunct Professor at UNT. His specialty areas include co-parent consultation for parents in relationship transition, experiential and activity-based therapy with teens and preteens, play therapy with children, parent-child relationship development, dream work, and transpersonal experiences.

Shawn Jeffries, PhD and CSAT-S, Clinical Psychologist, Center for Motivation and Recovery
Dr. Jeffries is a licensed clinical psychologist with specialty training in behavioral medicine and addictive behaviors. He works with both substance and process addictions, i.e. sex, food, gambling, work, etc. and is a Certified Sex Addiction Therapist - Supervisor (CSAT-S) trained by the International Institute for Trauma and Addiction Therapists. Dr. Jeffries also specializes in the area of trauma processing, anxiety disorders, and depression.

Jordan Lee Knappe, Author
Jordan is the author of Best Body: Pretty, Miserable, Perfectness, a memoir about her battle with, and ultimate recovery from, an eating disorder that landed her in a locked-down adolescent psychiatric unit just days before Christmas at the age of thirteen. Her book gives voice to eating disorders and spotlights the many other ways young women make themselves ‘smaller’ in order to fit into society’s prescribed roles. She is an advocate for young women and strives to remove the secrecy and shame often associated with eating disorders, depression and anxiety.
Jordyn Lawson, LPC, Women’s and Children's Therapist, Genesis Women's Shelter and Support

Jordyn Lawson works as a women’s and children’s counselor at Genesis Women’s Shelter and Support. Jordyn has worked in the field of domestic violence recovery for over eight years. During that time, Jordyn has provided individual and group counseling services to women, adolescents, and children who are victims of domestic violence, sexual assault and childhood trauma. Jordyn has a passion for speaking in the community regarding dynamics of abuse, dynamics of power and control, and dispelling the myths of domestic violence and teen dating violence.

Fred Lines, MS, LPC-S, Director of Child and Adolescent Therapy, Momentous Institute

Fred Lines is the Director of Child and Adolescent Therapy at Momentous Institute. He has worked in the mental health field for 28 years and with the Momentous Institute for 25. Fred is family systems oriented and works from a strength-based perspective. Along with family therapy, Fred is a strong professional development trainer, focusing on social and emotional health and its intersection with education, team building, experiential learning, and trauma.

Sara Loftin, MS, LPC, RPT, Clinical Therapist, Children’s Health: Children’s Medical Center

Sara Loftin is a Licensed Professional Counselor and Registered Play Therapist in the state of Texas. Sara has experience in the school and private practice setting and currently works at Children’s Health: Children’s Medical Center as a Clinical Therapist on the Consult-Liaison Team. Sara has been at the hospital for three years providing bilingual services such as play therapy, filial therapy, group therapy, and parent education for families and patients with a myriad of physical and mental health diagnoses.

Ruth Long, LPC-S, SRT, Professional Counselor, Center for Motivation and Recovery

Ruth Long is a Licensed Professional Counselor-Supervisor and a Sexual Recovery Therapist who is certified in Trauma Model Therapy and is a certified Clinical EFT Practitioner. Her specialties are Addiction and Trauma Recovery which includes childhood trauma recovery, trauma history with roots in addiction, and partner care for those who have been deeply affected by the addiction of others. She is a published author of a trauma recovery workbook entitled Fred’s Story published through the Colin Ross Institute for Psychological Trauma and Manitou Communications.

Marland May, LPC-Intern supervised by Cheryl Rayl, MS, LPC-S, Grace Counseling

Marland May has been an educator, coach, and counselor for adolescents to college students for the past decade. He has traveled around the globe bringing positive messages to students from Kenya to Mexico. He motivates teens through powerful messages in language they can relate to. He currently works with teens at Grace Counseling Center dealing with issues such as anxiety, depression and addiction.

Jennifer Perla, LPC-S, RN, Therapist, Perla Counseling

Ms. Perla has worked in various agencies throughout Dallas with the focus on children, adolescents and their families. She holds a bachelors in both Psychology and Nursing with a Masters in Counseling. Currently, she has a private practice in Addison which she began in 2012.

Jim Savage, LCDC, Owner, Dallas Recovery Center

Jim Savage is a licensed chemical dependency counselor who has specialized in adolescent substance abuse treatment since 1984. Jim is owner of the Dallas Recovery Center, where he currently maintains a private practice specializing in assessment, intervention, drug awareness education, and supporting parents in managing treatment for teens and young adults. Jim uses his rock musical The Journey to help young people examine how substance abuse and other self-defeating behaviors prevent them from achieving fulfillment in their lives as they transition into adulthood. He is also the author of Rehab Works! A Parent’s Guide to Drug Treatment, which was published in March, 2015.

Dr. Stephanie C. Setliff, MD, Medical Director, Eating Recovery Center of Dallas

Dr. Setliff has specialized in the treatment of eating disorders for 20 years. She completed her adult psychiatry residency at UT Southwestern Medical and served as Chief Resident of Child and Adolescent Psychiatry while in her child psychiatry fellowship. From 2000 - 2013, she was an Assistant Professor at UT Southwestern and the Medical Director of the Center for Pediatric Eating Disorders at Children’s Medical Center. She was a pivotal force behind the move of the Pediatric Eating Disorders Program to their new facility at Children’s Legacy Campus in November 2011.

Terry Smith, PhD, Executive Director and Chief Juvenile Probation Officer, Dallas County Juvenile Department

Dr. Terry S. Smith joined the Dallas County Juvenile Department in 2011, where she currently serves as the Chief Juvenile Probation Officer for Dallas County and Executive Director of the Dallas County Juvenile
Department. Dr. Smith is committed to assisting youth to meet their individual potential through family-focused, strength-based intervention while continuing to always be mindful of community safety and victim restoration. Dr. Smith has been involved with the juvenile justice system for over 30 years, having previously served 25 years with Harris County Juvenile Probation in Houston, Texas.

Ervin Taylor, Deputy Director of Institutional Services, Dallas County Juvenile Department
Currently, Ervin L. Taylor serves as the Deputy Director of Institutional Services for the Dallas County Juvenile Department where he oversees the operations for six juvenile facilities. Prior to coming to Dallas, Mr. Taylor devoted 13 years to the youth of Harris County in various capacities within the Harris County Juvenile Probation Department. This included tenure as the Assistant Superintendent of Burnet-Bayland Home and the Juvenile Detention Center.

Peter Thomas, PhD, Psychologist, The Holiner Psychiatric Group
Dr. Thomas is a long-time resident of Texas and has been practicing therapy in the DFW area since 1995. He is well known for his work with adolescents and sees individuals in both outpatient and inpatient settings. He practices Interpersonal and Relational Psychotherapy, Cognitive Behavioral Therapy, and Transactional Analysis. In addition to his individual therapy, Dr. Thomas is also well known for his workshops and training on the topics of diversity in therapy, suicide, self-injury, bullying, transgender and LGBT issues.

Beth Valentine, LMFT-S, LPC-S, CEDS, Children’s Health: Children’s Medical Center Plano
Beth Valentine is a clinical therapist at Children’s Health: Children’s Medical Center Plano, where she provides family therapy for children and adolescents admitted into the eating disorder program, leads process and psychoeducational groups, and works with the treatment team to support eating disorder recovery. She provides training and education about family therapy, family systems, and eating disorders to fellow professionals and the community.

Nicholas Westers, PsyD, Psychologist, Children’s Medical Center Dallas
Dr. Westers is a licensed psychologist in the outpatient Depression Clinic at the Center for Pediatric Psychiatry at Children’s Medical Center/Children’s Health and an Assistant Professor of Psychiatry at UT Southwestern Medical Center. He completed a two year postdoctoral fellowship in Adolescent Medicine at Baylor College of Medicine and Texas Children’s Hospital as part of its Leadership Education in Adolescent Health (LEAH) program, where he trained in the outpatient and inpatient eating disorders program. His clinical and research interests focus on adolescents and include non-suicidal self-injury, mood disorders, and high risk behavior.

Karen Williams, MSSW, Consultant in Private Practice, WilliamsGroup
Karen Williams is an independent consultant in private practice specializing in child and adolescent development and behavior. Her current focus is on the influence of distress, anxiety and trauma on brain development and behavior; the developmental approach to juvenile justice; the trauma-informed schools movement; and the neuroscience of mindfulness and stress-management. She is a regular contributor to the Trans4m Center, a consultant to the American Institutes of Research (AIR), State Training and Technical Assistance Center (STTAC), Office of Juvenile Justice and Delinquency and Prevention (OJJDP), and a consultant to the Maine Department of Corrections.

Susie Wolbe, EdD, Owner, Dr. Susie Wolbe Educational Services
Susie Wolbe is the owner of Dr. Susie Wolbe Educational Services as well as an educator with over 30 years of experience as a teacher, principal, tutor, and therapist. Dr. Wolbe teaches strategies to improve social-emotional interactions through mindfulness meditation, a secular form of meditation. Dr. Wolbe also emphasizes study-organization skills, brain research, and creating balanced lifestyles. TEA has designated that CPE hours are offered for Dr. Wolbe’s classes for Texas educators (#902209).

Alisha Woodall, LPC-S, Psychotherapist, Finding the Foundation
Alisha Woodall is a psychotherapist specializing in emotional awareness, who believes in a holistic approach to mental health, recognizing the importance of both physical and emotional wellness. Her experience ranges from residential substance abuse treatment for adolescents, to family and adult individual counsel at her private practice, Finding the Foundation in Dallas, Texas. She is passionate about her work with teenagers and family systems; helping parents better understand their teenagers, while assisting in the repair of torn relationships.
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