Adolescent Symposium of Texas 2018
42nd Annual

Thursday, February 15, 2018
7:30 a.m. Check-In and On-site Registration
8:30 a.m. – 4:30 p.m. Program
Plano Event Center
2000 East Spring Creek Parkway
Plano, TX 75074

Co-Host and Title Sponsor

ASHENFELTER COUNSELING
TMS NEURO SOLUTIONS
Welcome to the 42nd Adolescent Symposium of Texas! We are so glad you could join us today. The Adolescent Symposium is organized by Mental Health America of Greater Dallas (MHA Dallas) and the Adolescent Symposium of Texas Planning Committee.

Today you will hear from experts on a wide range of topics that will help you better care for your clients and learn about the amazing strides in mental health.

At MHA Dallas our mission is to improve the mental health of our community through advocacy and education. Please like us on Facebook and make sure to visit our booth in the conference area. While there, you can sign up to volunteer with one of our programs or pre-register your spot as a sponsor or exhibitor for the 2019 symposium. Again, thank you for joining us at the 2018 Adolescent Symposium of Texas!

Barb Reynolds, PRS
Executive Director

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

PREVENTION EDUCATION
We Help Ourselves WHO®
- A guidance curriculum for Pre-K through 12
- Reduces fighting in schools
- Reduces in-school suspensions
- Counselor training and materials
- Over 150,000 students trained last year

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- Evidence-based support groups meet daily

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- Mental Health First Aid®
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- Wellness Recovery Action Plan (WRAP)®

PUBLIC POLICY ADVOCACY
- Helps develop a community consensus on behavioral health policy issues
- Provides federal, state and local policy makers with a trusted resource on behavioral health policy
- Works to improve funding for behavioral health services for children, youth and adults, to improve housing options for people seeking recovery, and to improve access to community-based programs that promote recovery and prevent recidivism.
- Provides timely information for behavioral health stakeholders through Mental Health Memo and social media to empower effective advocacy.

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 15, 2018

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

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

8:30 a.m. - 10:00 a.m.  MORNING PLENARY SESSION – Collinwood 1
  Peter Thomas, PhD,
  PRIDE AND PRIVILEGE:
  Why Diversity Issues are Important—Now, More than Ever

10:00 a.m. - 10:15 a.m.  Morning Break – Collinwood 1

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

11:45 a.m. - 1:00 p.m.  Lunch Break (Served in Collinwood 1)

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

2:30 p.m. - 2:45 p.m.  Afternoon Break – Collinwood 1

2:45 p.m. - 4:15 p.m.  AFTERNOON WORKSHOPS – SESSION 3
## THURSDAY, FEBRUARY 15, 2018 | SESSION 1: 10:15 – 11:45 a.m.

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The Holiner Psychiatric Group | Collinwood I |
| 2 | Building Your Trauma-Informed Toolkit: Empowering Vulnerable Populations | Tiffany Wicks, MS, LPC, Adolescent Counselor  
Courtney Butts, LMSW, Program Director  
Be Project, The Family Place | Collinwood II |
| 3 | Resilience Can Be Taught! 10 Tools to Motivate ANY Person | Christian Moore, MSW, LCSW, Founder  
WhyTry Organization | Collinwood III |
| 4 | Technological Advances in Psychiatry | Laura Slaughter, MD, Medical Director  
Skyler Cook, Director of Market Development  
Joseph Kriske, Certified TMS Trainer, Operations Director  
TMS Neuro Solutions | Sunny Slope |
| 5 | The Role of Uncertainty, Judgement, and Avoidance in Anxiety and OCD | Katie Croft-Caderaño, PhD, Clinical Psychologist & Director  
Grant Holland, PhD, Clinical Psychologist & Director  
Dallas CBT | Fairview |
| 6 | Drunkorexia and Sexual Assault: The Intersection of Substance Abuse, Disordered Eating, and Violence | Ashley Gilmore, LCSW, Therapist  
Texas Health-Dallas | Spring Glade |
| 7 | Mentoring: What is it? How You Can Kick A** At It | Lester Clowes, EdD, Coach & Mentor  
Reboot OnPoint Families  
Kwabena Blankson, MD, Adolescent Medicine  
Reboot Young Men’s Health & Wellness | Hillhaven |
| 8 | Kids Who Feel Loved Do Better! | Glenn Wilkerson, DMin, President and Founder  
The ARKGroup | Lavon |
| 9 | Opioid Epidemic Amongst Adolescents | Baqi Martin, MSW, LCSW, Director of Clinical Services  
Clearfork Academy LLC | Northbrook I |
| 10 | Utilization of Evidence-Based Practices in the Provision of Mental Health Treatment for Latino Adolescents | Marisol De JesúS-Pérez, PhD, Licensed Psychologist  
Pastoral Counseling Center | Northbrook II |
| 11 | Working with South Asian Families in the Treatment of Eating Disorders | Lalitha Natarajan, PhD, LCSW, Family Therapist & Social Worker  
Lanchasica (Lanie) Alexander, RN, BSN, UTA  
PMHMP Candidate 2019 Staff Nurse  
Adrienne Johnson, MSW Student (Expected Graduation May 2018)  
Milieu Therapist  
Children’s Medical Center Plano, Center for Pediatric Eating Disorders | Northbrook III |

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.
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<td>Why do Teens Consider Suicide? More Than “13 Reasons Why”</td>
<td>Connie Siciliano Avila, PhD, LP, LPC-S, Psychologist MindSprouts Personal Growth Therapy, LLC. Ashley Scott, MS, LPC Therapist Therapy Dallas</td>
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<td>Ashley Haynes, MD, Emergency Medicine Physician and Toxicologist University of Texas Southwestern Medical Center Malini Goshal, RPH, President Inspira Healthcare Shannon Rickner, MD, Emergency Medicine Physician and Toxicologist University of Texas Southwestern Medical Center</td>
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## Adolescent Symposium Afternoon Workshops

**THURSDAY, FEBRUARY 15, 2018 | SESSION 3: 2:45 – 4:15 p.m.**

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| 24       | Superficial Substitutes: How Our Culture’s View on Hard Work is Shaping Adolescents Today | David Henderson, MD, Psychiatrist  
Four Stones Collaborative Group | Collinwood II |
| 25       | Mirroring Adolescents: Using Psychodrama Interventions to Help Teens with Social and Emotional Well-Being | John Edmonson, LPC-S, Project Manager and Therapist  
Monica Murillo, LMFT, Therapist  
Tricia Gordon, LPC  
Marula Medical  
Murillo Counseling, PLLC  
Therapist Innovation 360 | Collinwood III |
| 26       | Warriors, not Worriers: Psychotherapeutic Yoga in Mental Health for Children and Teens | Tori Brown, CTRS, RYT-200, Recreation Therapist  
Jane LeVieux, PhD, LPC-S, RN-BC, RPT-S, NDHP-BC, Clinical Manager  
Children’s Medical Center | Sunny Slope |
| 27       | Compassion Fatigue: A Dangerous Symptom Affecting Helping Professionals | Darius Campinha-Bacote, PsyD, Licensed Clinical Psychologist  
Dallas County Juvenile Department | Fairview |
| 28       | It Doesn’t Hurt To Ask: Demystifying Suicide in Texas Youth | Meredith Chapman, MD, Associate Professor Dept of Psychiatry, Medical Director-Psychiatry Consult & Liaison Services Children’s Health Children’s Medical Center Dallas, UTSW/Children’s Health  
UT Southwestern Medical School | Hillhaven |
| 29       | Healthy Boundaries (ETHICS SESSION) | Tammie Smith, LPC, LADC-MH, Founding Director  
White Horse Ranch & White Horse Outreach Foundation | Spring Glade |
| 30       | Integrating Social Emotional Health Through Therapeutic Classrooms | Jeremy Hogg, LPC-Intern Supervised by Janie Stubblefield, LPC-S  
West Academy Teacher, Mesquite ISD  
Janie Stubblefield, LPC-S, Professional Counselor  
Mobile Counseling | Lavon |
| 31       | The Adolescent Spirit: Religion, Spirituality, and Adolescent Mental Health | Nathaniel Strenger, PsyD, Provisionally Licensed Psychologist #37624  
Pastoral Counseling Center | Northbrook I |
| 32       | Unstructured Therapy in a Structured Environment for Teens With Complex Trauma | Andrea Tristan, MEd, LPC, Clinical Therapist  
John Jacobson, MA, NCC, CCTP, LPC-Intern Supervised by James Mack Wigley, LPC-S, NCC, Clinical Therapist  
San Marcos Treatment Center | Northbrook II |
| 33       | Getting Parents Out of the Way | Amanda Esquivel, LPC-S, LCDC, Clinician, Owner  
Room For Change | Northbrook III |
KEYNOTE—PRIDE AND PRIVILEGE: Why Diversity Issues are Important—Now, More than Ever
Peter Thomas, PhD

Therapy is not a sanctuary. Our clients bring their world, and we bring our world as well. Sometimes the differences between people culminate in clashes. Therapy can be a unique setting where we negotiate and navigate clashes in a powerful way. It can help develop understanding for those who are different from us or similar to us. It can give words to uncomfortable issues, and bridge connections that are healing. Learn to unveil differences in an experiential and perception-changing way.

1. Cultural Issues in Adolescent Suicide
Keynote speaker Peter Thomas, PhD
The Holiner Psychiatric Group
This workshop addresses current cultural and diversity issues relevant to suicidal clients in the difficult sociopolitical environment of 2018. Experiential exercise is used to explore and promote our own cultural competence. In addition, new approaches are used to address suicidality in adolescents relevant to our socially polarized times.

2. Building Your Trauma-Informed Toolkit: Empowering Vulnerable Populations
Tiffany Wicks, MS, LPC, Adolescent Counselor
Courtney Butts, LMSW, Program Director
Be Project, The Family Place
Addressing the trauma of family violence, teen dating abuse, and trafficking in teens can be difficult. In this interactive session, you will learn about trauma-informed approaches to counsel teens and instill resilience to build stronger therapeutic rapport and empower clients to process their trauma.

3. Resilience Can Be Taught! 10 Tools to Motivate ANY Person
Christian Moore, MSW, LCSW, Founder
Why Try Organization
Discover ten tools to help you foster resilience in even the most unmotivated students. Whether you work with students one-on-one, in small groups, or in a classroom, this breakthrough presentation will give you the skills to deliver resilience to students of any background and learning style.

4. Technological Advances in Psychiatry
Laura Slaughter, MD, Medical Director
Skyler Cook, Director of Market Development
Joseph Kriske, Certified TMS Trainer, Operations Director
TMS Neuro Solutions
Treating adolescents with mental illnesses is an extremely difficult task for providers today. This workshop will help you to learn how providers are currently treating adolescents, review new advances in technology, and explore how to use new technology to advance patient outcomes in adolescents.

Biography:
Peter Thomas, Ph.D. is a licensed counseling psychologist with the Holiner Psychiatric Group. Dr. Thomas is a longtime Texas resident who received his doctorate in counseling psychology from the University of North Texas. He has completed his post-doctorate training at the Dallas and Metroplex Consortium in Psychology at Southern Methodist University and University of Texas at Dallas in 2008 and is licensed by the Texas State Board of Examiners of Psychologists.

Dr. Thomas has worked with adolescents in the Dallas-Fort Worth area since 1995 in both inpatient and outpatient settings. He has developed clinical hospital programing for this unique population and provided services to youth in distress and their families for over 25 years.
Adolescent Symposium of Texas 2018
Workshops and Speakers  (cont.)

5. The Role of Uncertainty, Judgement, and Avoidance in Anxiety and OCD
Katie Croft-Caderao, PhD, Clinical Psychologist & Director
Grant Holland, PhD, Clinical Psychologist & Director
Dallas CBT
All adolescents experience anxiety occasionally, but development of a disorder is largely related to how one responds in the face of anxiety. Specifically, intolerance for uncertainty, judgement of thoughts, feelings, and avoidance are critical maintaining factors of anxiety. This workshop will show you how those working with adolescents can help reinforce healthier patterns of responding.

6. Drunkorexia and Sexual Assault: The Intersection of Substance Abuse, Disordered Eating and Violence
Ashley Gilmore, LCSW, Therapist
Texas Health-Dallas
Disordered eating and substance abuse combine to create Drunkorexia, a toxic combination of behavior and intention that puts adolescents at high risk medically and psychologically. These teens also become targets for sexual assault and find multiple barriers when seeking support and treatment.

Lester Clowes, EdD Coach & Mentor
Reboot On Point Families
Kwabena Blankson, MD Adolescent Medicine
Reboot Young Men’s Health & Wellness
Research continually shows humans at all stages of life benefit from having a mentor, with adolescents receiving the greatest advantage. In this workshop we will look at what it means to be a mentor and how you can show up as your best-mentor self on a daily basis.

8. Kids Who Feel Loved Do Better!
Glenn Wilkerson, DMin President and Founder
The ARKGroup
An engaging and dynamic speaker, Dr. Wilkerson will address attendees with humor, peer-interaction, and research-based evidence on the importance of positive adult and adolescent relationships. Specific suggestions and approaches will be offered for encouraging positive, responsible behavior in adolescents. Come and enhance your professional toolbox and be personally renewed.

9. Opioid Epidemic Amongst Adolescents
Baqi Martin, MSW, LCSW, Director of Clinical Services
Clearfork Academy LLC
This workshop will include the most recent data, causes and effects, influences on development, and treatment modalities beneficial to sobriety efforts in adolescents using opioids.

10. Utilization of Evidence-Based Practices in the Provision of Mental Health Treatment for Latino Adolescents
Marisol De Jesús-Pérez, PhD, Licensed Psychologist
Pastoral Counseling Center
In this session, we will discuss disparities in mental health and access to services experienced by Latino adolescents, and the role of culture in the development of psychopathology and response to mental health treatment. Join Dr. De Jesús-Pérez to learn evidence-based practices in the treatment of Latino adolescents and how to tailor them to the specific needs of this population.

11. Working With South Asian Families in the Treatment of Eating Disorders
Lalitha Natarajan, PhD, LCSW Family Therapist and Social Worker
Lanchasica (Lanie) Alexander, RN, BSN, UTA PMHMP Candidate 2019 Staff Nurse
Adrienne Johnson MSW Student (Expected Graduation May 2018) Milieu Therapist
Children’s Medical Center Plano, Center for Pediatric Eating Disorders
This workshop is for attendees of all levels to better understand clients and their families from India and surrounding areas. Dr. Natarajan speaks from personal experience, as well as evidence-based research, about the challenges and opportunities that are present when working with clients from South Asia.
12. Short Film Screening of “UNSTUCK: An OCD Kids Movie” and Ask The Experts
Justin Hughes, MA, LPC
Kim Rockwell-Evans, PhD, LPC, LMFT
Peggy McMahon, PhD, Licensed Psychologist
Private Practice
This short film screening of “UNSTUCK: An OCD Kids’ Movie” reveals the journey of six kids with OCD, and how they were able to face their fear. OCD experts will be present to field questions and facilitate discussion on treating and supporting those who tenaciously face this complex disorder.

13. Advances in Psychopharmacology for Teens
Rick Rayl, Pharmacist Director of Pharmacy
UBH of Denton
In the last few years the FDA has approved three new antipsychotics and three new antidepressants. This presentation will look at how these new drugs, and others, can affect the treatment of psychiatric disorders in the adolescent population.

Connie Siciliano Avila, PhD, LP, LPC-S Psychologist
MindSprouts Personal Growth Therapy, LLC.
Ashley Scott, MS, LPC, Therapist
Therapy Dallas
This presentation provides an understanding of teen suicide. Presenters will draw on “13 Reasons Why” and share real examples. Discussion will focus on multiple issues, such as typical development, neuroscience, risk factors, assessment, and evidence-based treatments. Resources, handouts, and ways to intervene with teens in crisis will be shared.

15. The Effects of Concussion on the Adolescent and What We Can Do to Promote Healing!
Sally Fryer Dietz, PT, DPT, CST-D, SIPT Cert., V2Fit Cert., Founder & Director
Melanie Fletcher, PT, DPT, V2Fit Cert., Dept. Head
Concussion Rehab. & Physical Therapy
Integrative Concussion Therapy & Integrative Pediatric Therapy
Following a concussion, it is common to experience difficulties at school and in behavior, yet many parents and school officials fail to recognize the need for environmental and/or academic accommodations. This workshop will provide you with the knowledge needed to identify and support academic and environmental needs after concussion.

16. I Can’t Answer That: Answering Questions Related to Sex & Sexuality as a Youth-Serving Professional
Veronica Whitehead, MEd, CHES, Director of Programs
North Texas Alliance to Reduce Unintended Pregnancy in Teens
Mandy Golman, PhD, MCHES, Associate Professor, Department of Health Studies
Texas Women’s University
Answering questions related to sex and sexuality as a youth-serving professional can be difficult; however, there is continually a need among adolescents for factual information and resources regarding these topics. This workshop will explore and provide the foundation for what it means to be an “askable” adult.

17. How to Feel Safer During the Complaint Process (ETHICS SESSION)
Kathleen Mills, LPC-S, CEAP, CEO
Life Tree Counseling Center, Inc. & PracticeMentors.us
Ever wonder about the complaint process? What to do when you get ‘the letter’? Do you need an attorney? What kind will you need? Or, at what point will you need one? Many counselors think you can hire an attorney and “make it go away,” like a traffic ticket. Get the facts from this workshop. The goal is to help you to plan smartly and be safe, so you can serve others.

18. Seek to Understand and be Understood: Life Path Coaching
Bruce Cameron-LPC, LSOTP-S, President
Highland Park Southlake Counseling
Jenni Hubby, ACC, President
J-hub Consulting
One of the greatest needs we have is the need to be understood. In this workshop we will explore different counseling and coaching methods used with adolescents to ensure their fundamental emotional needs are met when guiding them through some of the most important decisions affecting their life path.
19. Myths vs. Reality: Understanding Juvenile Sex Offenders  
Jonathon Neece, MS, LPC-S, LSOTP Licensed Professional Counselor  
Neece Counseling Services  
There are many myths and misunderstandings associated with sexually abusive youth. This workshop aims to help the audience develop a better understanding of the population as a whole, their amenability to treatment, and how they differ from adult sex offenders. Warning signs of deviant behaviors will also be discussed.

20. Being a Teenager in the Shadows of Domestic Violence  
Heena Khan, NCC, LPC, RPT, Counselor  
Texas Muslim Women’s Foundation  
This presentation will focus on the aspects of the experience of domestic violence on the developing adolescent. We will also explore the influence of cultural dynamics on domestic violence.

21. When Talk Therapy Doesn’t Work; Engaging Teens through Meaningful Activities  
Farah Gilani, LPC, NCC, Professional Counselor  
Richland College & Richland Collegiate High School  
Rebekah Christner, LCDC, LPC-S, Crisis Intervention Counselor  
Guyer High School - Denton I.S.D.  
Talk therapy is not always effective with teens. It’s crucial for individuals invested in adolescents to have a basket of ideas for engaging teens through innovative activities and experiences. This workshop will explore current trends and evidence-based activities that address mental health concerns through creative interventions such as adventure-based counseling.

22. Drugs of Abuse: Clinical Roadmap to Addiction - What are the Vulnerabilities?  
Ashley Haynes, MD, Emergency Medicine Physician and Toxicologist  
University of Texas Southwestern Medical Center  
Malini Goshal, RPH, President  
Inspirra Healthcare  
Shannon Rickner, MD, Emergency Medicine Physician and Toxicologist  
University of Texas Southwestern  
This session will provide attendees a case-based presentation regarding addiction and the effect of popular drugs. We will explore the factors involved in the development of an addiction and describe the treatment options and deterrent programs available.

23. The Healing Power of Music: A Whole-Brain Approach to Addiction Tre  
Jim Savage, LCDC, Owner  
Dallas Recovery Center  
“Connect with the right.” “Redirect with the left.” Jim Savage demonstrates how engaging both right- and left-brain functioning leads to a more effective therapeutic experience and improved learning. This unique presentation includes fun and deeply moving musical performance, coupled with examples of using this to deliver educational content.

24. Superficial Substitutes: How Our Culture’s View on Hard Work is Shaping Adolescents Today  
David Henderson, MD, Psychiatrist  
Four Stones Collaborative Group  
In a fast-paced society, we have a tendency to create superficial substitutes for deeper, more sustainable activities that might require more time and effort to accomplish. Food, relationships, work and entertainment have all succumbed to this, “quick-is-better,” and “less-is-more” mentality. This workshop will explore how this culture influences adolescents’ views on hard work, endurance, commitment, and purpose.

25. Mirroring Adolescents: Using Psychodrama Interventions to Help Teens with Social and Emotional Well-Being  
John Edmonson, LPC-S Project Manager and Therapist  
Marula Medical  
Monica Murillo, LMFT, Therapist  
Murillo Counseling, PLLC  
Tricia Gordon, LPC  
Therapist Innovation 360  
This workshop is designed to introduce youth-serving professionals to the benefits of psychodrama interventions, using neuroscience research to further support the method. This presentation will help enhance your teen toolkit by connecting you with teens in a creative way, and using movement to support their social and emotional well being.
26. Warriors, not Worriers: Psychotherapeutic Yoga in Mental Health for Children and Teens
Tori Brown, CTRS, RYT-200, Recreation Therapist
Jane LeVieux, PhD, LPC-S, RN-BC, RPT-S, NDHP-BC, Clinical Manager
Children’s Medical Center
Youth that are struggling with depression and anxiety can incorporate specific breathing and movement through a yoga practice that can help balance the central nervous system. Attendees will learn techniques that are particularly helpful with specific diagnoses, and can be generally useful in the therapy room.

27. Compassion Fatigue: A Dangerous Symptom Affecting Helping Professionals
Darius Campinha-Bacote, PsyD Licensed Clinical Psychologist
Dallas County Juvenile Department
As helping professionals, we get burnt out! This phenomenon, known as compassion fatigue, is something that affects nearly everyone at some point. This training will focus on the signs and symptoms of compassion fatigue, as well as the consequences for both the clinician and client(s).

28. It Doesn’t Hurt To Ask: Demystifying Suicide in Texas Youth
Meredith Chapman, MD, Associate Professor Dept Of Psychiatry, Medical Director-Psychiatry Consult & Liaison Services Children’s Health Children’s Medical Center Dallas, UTSW/Children’s Health
UT Southwestern Medical School
Youth suicide is a high priority health problem. In this workshop, learn facts about suicide including statistics and factors that make youth at risk, are protective, and those that mitigate suicide risk. Review evidence-based interventions useful in working with youth and families in crisis situations.

29. Healthy Boundaries (ETHICS SESSION)
Tammie Smith, LPC, LADC-MH, Founding Director
White Horse Ranch & White Horse Outreach Foundation
This workshop allows those attending to take a creative and upbeat approach to healthy boundaries. By looking at various animals’ innate instincts, those attending will have fun while learning how to compare these qualities to the counseling profession.

30. Integrating Social Emotional Health Through Therapeutic Classrooms
Jeremy Hogg, LPC-Intern Supervised by Janie Stubblefield, LPC-S
West Academy Teacher Mesquite ISD
Janie Stubblefield, LPC-S Professional Counselor
Mobile Counseling
In this session, we will discuss teaching in a therapeutic classroom. We will explain the idea behind therapeutic classrooms, explore the benefits and discuss the expected positive results of implementing a therapeutic classroom.

31. The Adolescent Spirit: Religion, Spirituality, and Adolescent Mental Health
Nathaniel Strenger, PsyD, Provisionally Licensed Psychologist #37624
Pastoral Counseling Center
This workshop aims to introduce its participants to the growing body of evidence-based literature exploring both the positive and negative effects that religion and spirituality can have on mental health outcomes. In order to “enhance the toolbox,” relevant coping strategies are considered and practical discussion tools for teens are provided.

32. Unstructured Therapy in a Structured Environment for Teens with Complex Trauma
Andrea Tristan, MEd, LPC Clinical Therapist
John Jacobson MA, NCC, CCTP, LPC-Intern Supervised by James Mack Wigley, LPC-S, NCC, Clinical Therapist
San Marcos Treatment Center
Answering what happens when treatment interventions aren’t working for a client with severe behaviors, we explore the essential intersection of the therapeutic relationship with varying evidence-based practices for teens with complex trauma histories. Blending talk therapy with sensory experiences, we’ll teach specific interventions and activities that can cross several settings.

33. Getting Parents Out of the Way
Amanda Esquivel, LPC-S, LCDC, Clinician, Owner
Room for Change
Parents are often the largest obstacles to adolescents investing in and committing to change. Whether it be their own biases or fears, limited knowledge, or their own mental health concerns, parents may mean well, but their offspring can struggle because of their actions. This workshop will explore ways you can get parents out of the way to reach the adolescents you serve.
The Adolescent Symposium of Texas 2018 Planning Committee is very grateful to Medical City Green Oaks Hospital for printing all promotional materials for the Adolescent Symposium of Texas 2018.
SILVER SPONSORS

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Centro de Mi Salud
Pastoral Counseling Center
Winfree Academy
Sundown Ranch
Exult Healthcare
Meridell Achievement Center
Family Health Center at Virginia Parkway

All listings current at time of printing. For a full list of sponsors, please visit our web page.
Adolescent Symposium of Texas 2018 Planning Committee

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Barb Reynolds, PRS

*Michele Cermak, MSSW, LCSW
Committee Coordinator
ACH Child & Family Services

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