Adolescent Symposium of Texas 2019
43rd Annual

Thursday, February 14, 2019
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
Welcome to the 2019 Adolescent Symposium of Texas. In its 43rd year, the Symposium is a flagstone event for Mental Health America of Greater Dallas. We advocate for the prevention of mental illness and today you’ll hear from experts in the field of adolescent mental health. MHA-Dallas is a strong advocate for the prevention of mental illness. This conference is one of the many ways we partner within the community to address positive mental health. Visit our exhibit booth to learn more about our anti-victimization curriculum, home visiting programs, tasks forces and free support groups.

The Adolescent Symposium of Texas would not be possible without the work of our super hero planning committee. You’ll notice them around the conference wearing their super hero capes. Please thank them for all the hard work they’ve done to make this conference a success. I’m sure you’ll agree with me at the end of the day that this is the BEST conference addressing adolescent mental health issues you’ve ever attended.

Thanks for taking time out of your schedule to join us. We hope to see you next year!

Bonnie Cook, MAS
Executive Director

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 81,000 students trained last year

EARLY INTERVENTION EDUCATION
Parents as Teachers®
- Evidence-based home visiting and family support
- Served approximately 9000 children and 7000 Texas families in 2018
- 46 programs in Texas
- Identifies developmental delays in children 0-5
- Promotes optimal child development, school readiness, and health
- Reduces instances of child abuse and neglect

WELLNESS EDUCATION
Support Groups
- Evidence-based support groups meet daily

Training
- Mental Health First Aid®

PUBLIC POLICY ADVOCACY
- Assists in development of a community consensus on behavioral health policy issues
- Provides federal, state and local policy makers with a trusted resource on behavioral health policy
- Seeks increased funding for child, youth, and adult behavioral health services.
- Advocates for increased investment in 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.

COMMUNITY OUTREACH
- Coalition on Mental Illness is a community-based coalition addressing mental health issues.
- Boarding Home Initiative works to eradicate abusive boarding homes by helping communities set licensing standards and improve quality.
- Hoarding Task Force of Greater Dallas is a coalition open to professionals, consumers, those affected by hoarding, and their family and friends.

To learn more, please contact MHA Dallas at 214-871-2420 or visit www.mhadallas.org • 624 N. Good Latimer, Suite 200, Dallas, TX 75204
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
Dr. Kelly Jameson, PhD, LPC-S
The Science of Heartbreak: Why Teen Break-Ups are So Devastating

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
## Adolescent Symposium Morning Workshops

**THURSDAY, FEBRUARY 14, 2019 | SESSION 1: 10:15 – 11:45 a.m.**

<table>
<thead>
<tr>
<th></th>
<th>The Culture of Affluence: Helping Kids Who Have It All</th>
<th>Dr. Kelly Jameson, PhD</th>
<th>Collinwood I</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Ask the LPC Licensing Board: LPC Board Q-and-A Panel</td>
<td>Janie Stubblefield, LPC-S Mobile Counseling Dr. Christopher Taylor, PhD, LPC-S Taylor Counseling Group</td>
<td>Collinwood II</td>
</tr>
<tr>
<td>3</td>
<td>Mindfulness and Body Posturing: Changing the Adolescent Brain to Lower Stress and Increase Confidence</td>
<td>Melissa Clark, MA, LPC-S, Owner Melissa Clark Counseling, PLLC</td>
<td>Collinwood III</td>
</tr>
<tr>
<td>4</td>
<td>LGBTQ Youth: Perceptions, Realities, and Risk Factors</td>
<td>Cameron Fields, LMSW, Youth First Program Manager Resource Center</td>
<td>Sunny Slope</td>
</tr>
<tr>
<td>5</td>
<td>Tools to Equip Youth with Skills to Prevent Dating Abuse and Violence</td>
<td>Ryan Thomas, Community Education Program Manager Hope’s Door, New Beginning Center</td>
<td>Fairview</td>
</tr>
<tr>
<td>6</td>
<td>Vaping: Liquid Smoke and Mirrors</td>
<td>Rick Rayl, RPh, Director of Pharmacy University Behavioral Health</td>
<td>Spring Glade</td>
</tr>
<tr>
<td>7</td>
<td>Demystifying First Episode Psychosis in Adolescents</td>
<td>Erin Kaszynski, M.Ed., LPC, Clinical Supervisor LifePath Systems</td>
<td>Hillhaven</td>
</tr>
<tr>
<td>8</td>
<td>Trauma, Resiliency, and Acculturative Stress: Understanding Multidimensional Perspectives When Working with Latinx Youth</td>
<td>Julissa Pegan- Peña, PsyD, Psychology Postdoctorate Fellow Lauren Mann, PhD, Bilingual Licensed Therapist Aileen Fulchance, PhD, Licensed Psychologist Momentous Institute</td>
<td>Shady Grove</td>
</tr>
<tr>
<td>9</td>
<td>It’s Not Just a Phase: Helping Teens Navigate Grief</td>
<td>Bryna Talamantez, LMST-Associate Meltzer Counseling</td>
<td>Lavon</td>
</tr>
<tr>
<td>10</td>
<td>You Got This! Fostering Resilience at Every Age</td>
<td>Miki Johnston, LCSW, Therapist &amp; Public Speaker Miki Johnston, LCSW Private Practice</td>
<td>Northbrook I</td>
</tr>
<tr>
<td>11</td>
<td>The Role of Lethal Means Restriction for Suicidal and Self-Harming Adolescents</td>
<td>Rebecca Matthews, MA, LPC-S, LPA, CBGT, Clinical Therapist Children’s Health System of Texas</td>
<td>Northbrook II</td>
</tr>
<tr>
<td>12</td>
<td>Transforming the Difficult Child with the Nurtured Heart Approach</td>
<td>Rachel Horton, LCSW, Clinical Therapist San Marcos Treatment Center</td>
<td>Northbrook III</td>
</tr>
</tbody>
</table>

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 14, 2019 | SESSION 2: 1:00 – 2:30 p.m.**

<table>
<thead>
<tr>
<th>WORKSHOP</th>
<th>ROOM</th>
</tr>
</thead>
</table>
| 13  | Ethics: Our Prime Directive  
**Ethics Session**  | Judith Allen, NPP, PsyD, President & CEO  
Communities in Schools- Dallas Region  | Collinwood I  |
| 14  | Movement Matters! Exploring  
Creative Ways of Self-Expression and Dynamic Mindfulness  | Lisa Thomas-Vernon, LMSW, Coordinator of Student and Family Services  
Frisco ISD  | Collinwood II  |
| 15  | Breaking Down Choice: Looking at  
Pathways into Sex Trafficking/  
Commercial Sexual Exploitation  | Sundal Ali, Youth Program Manager  
New Friends New Life  | Collinwood III  |
| 16  | Meeting Systemic Needs of Current and Former Foster Youth  | Sarah Worthington, MSSW, JD, Staff Attorney  
Mary Christine Reed, JD, Director - Texas Foster Youth Justice Project  
Texas RioGrande Legal Aid, Inc.  | Sunny Slope  |
| 17  | Generation Viral: Utilizing Their Internet to Build Rapport, Provide Support, Teach, Guide & Heal  | Jordyn Lawson, LPC, Certified EMDR, EMDR Consultant in Training, Assistant Director of Clinical & Professional Services  
Genesis Women’s Shelter  | Fairview  |
| 18  | “I Feel Fat”: Treating Body Image Dissatisfaction in Therapy  | Sally Fleck, PhD, Primary Therapist  
Eating Recovery Center  | Spring Glade  |
| 19  | Teaseproof Your Campus  | Kelly Smith, LPA, Behavioral Specialist  
Mesquite ISD  | Hillhaven  |
| 20  | Counselor Preparation in Working with African American Adolescents in Group Counseling  | LaToya Smith, PhD, LPC, NCC, Senior Lecturer;  
Adjunct Professor  
University of North Texas; Southern Methodist University  
Rochelle Ritzi, PhD, LPC-S, NCC, RPT-S, Clinical Supervisor  
Therapy on the Square  
Terra Wagner, PhD, LPC, Clinical Supervisor  
Southern Methodist University; Lift Counseling  | Lavon  |
| 21  | Bounce Back: Building Resilience in Children and Teens  | Vanita Halliburton, Executive Chairman  
Grant Halliburton Foundation  | Northbrook I  |
| 22  | Family Roles: Identifying Family Roles and How They Function  | Shawnetta Gantt-Wilkins, MA, LPC-S, NCC, LCDC, MAC, Program Manager  
Dallas County Juvenile Department  | Northbrook II  |
| 23  | “Why Do They Act that Way?” Understanding the Adolescent Brain  | Jennifer Balch, LPC-S, RPT-S, CAS, Chief Clinical Officer  
Twila Farrar, LPC, RPT, CAS, Chief Executive Officer  
University Park Counseling & Testing Center, PLLC  | Northbrook III  |
## Adolescent Symposium Afternoon Workshops

### Thursday, February 15, 2018 | Session 3: 2:45 – 4:15 p.m.

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Presenter/Organization</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>Ethics Jeopardy: Guaranteed to be More Fun than a Board Complaint</td>
<td>Amanda Esquivel, LPC-S, LCDC, Owner&lt;br&gt;Room for Change</td>
<td>Collinwood I</td>
</tr>
<tr>
<td></td>
<td><em>Ethics Session</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Fortnite Phenomenon and Teens: Gaming Subculture and Impact to Teens</td>
<td>Matthew Fish, MA, LPC, Counselor&lt;br&gt;Damion Davis, M.Ed, LPC, Counselor&lt;br&gt;The Davis Counseling Center</td>
<td>Collinwood II</td>
</tr>
<tr>
<td>26</td>
<td>Can You See Me Now?</td>
<td>Madeline Reedy, Senior Director - TRAC&lt;br&gt;Lakya Lewis, Educational Advocate - TRAC&lt;br&gt;City Square</td>
<td>Collinwood III</td>
</tr>
<tr>
<td>27</td>
<td>Stop Problem-Solving, Start Process-Solving</td>
<td>David Henderson, MD, Owner&lt;br&gt;Four Stones Collaborative Group</td>
<td>Sunny Slope</td>
</tr>
<tr>
<td>28</td>
<td>Improv Comedy for Teaching and Group Counseling</td>
<td>Cara Pennington, LMSW, Social Counselor&lt;br&gt;Uplift Education</td>
<td>Fairview</td>
</tr>
<tr>
<td>29</td>
<td>Is it ADHD or Not? Identifying Early Signs of true ADHD</td>
<td>Vernon Johnson, MD, Medical Director&lt;br&gt;Naima Monira, Clinical Analyst&lt;br&gt;TMS Neuro Solutions</td>
<td>Spring Glade</td>
</tr>
<tr>
<td>30</td>
<td>Handle with Care: A Toolbox for Effective Interventions with</td>
<td>Christie Greeley, LPC-S, Director of Clinical Services&lt;br&gt;Regan Aaron, LPC, RPT, Clinical Therapist&lt;br&gt;San Marcos Treatment Center</td>
<td>Hillhaven</td>
</tr>
<tr>
<td></td>
<td>Traumatized Youth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>Addiction as Insecurity in Attachment: The Neuroscience of Addiction</td>
<td>Michael Leach, PhD, Clinical Therapist&lt;br&gt;Richland Oaks Counseling Center</td>
<td>Lavon</td>
</tr>
<tr>
<td></td>
<td>and Human Relatedness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>Teens in Crisis: The Silent Addiction</td>
<td>Jeremy Hogg, LPC-Intern Supervised by Janie&lt;br&gt;Stubblefield, LPC-S&lt;br&gt;Mobile Counseling</td>
<td>Northbrook I</td>
</tr>
<tr>
<td>33</td>
<td>“But I Really Was Overweight”: Understanding Implications for Eating</td>
<td>Sonia Schwalen, PhD, LP, NCSP, LSSP, Psychologist&lt;br&gt;Bailey Tackett, PhD, Psychologist&lt;br&gt;Kimberly Hernandez, PhD, Psychology Postdoctoral Fellow&lt;br&gt;Next STEPS Worldwide, PLLC</td>
<td>Northbrook II</td>
</tr>
<tr>
<td></td>
<td>Disorder Patients with a Premorbid Overweight History</td>
<td></td>
<td></td>
</tr>
<tr>
<td>34</td>
<td>Working With Gender Expansive Youth: What You Need To Know</td>
<td>Melani Massey, LCSW, Therapist/Owner&lt;br&gt;Active Change Therapy</td>
<td>Northbrook III</td>
</tr>
</tbody>
</table>

PRESENTER/ORGANIZATION

- Amanda Esquivel, LPC-S, LCDC, Owner<br>Room for Change<br>Collinwood I
- Matthew Fish, MA, LPC, Counselor<br>Damion Davis, M.Ed, LPC, Counselor<br>The Davis Counseling Center<br>Collinwood II
- Madeline Reedy, Senior Director - TRAC<br>Lakya Lewis, Educational Advocate - TRAC<br>City Square<br>Collinwood III
- David Henderson, MD, Owner<br>Four Stones Collaborative Group<br>Sunny Slope
- Cara Pennington, LMSW, Social Counselor<br>Uplift Education<br>Fairview
- Vernon Johnson, MD, Medical Director<br>Naima Monira, Clinical Analyst<br>TMS Neuro Solutions<br>Spring Glade
- Christie Greeley, LPC-S, Director of Clinical Services<br>Regan Aaron, LPC, RPT, Clinical Therapist<br>San Marcos Treatment Center<br>Hillhaven
- Michael Leach, PhD, Clinical Therapist<br>Richland Oaks Counseling Center<br>Lavon
- Jeremy Hogg, LPC-Intern Supervised by Janie<br>Stubblefield, LPC-S<br>Mobile Counseling<br>Northbrook I
- Sonia Schwalen, PhD, LP, NCSP, LSSP, Psychologist<br>Bailey Tackett, PhD, Psychologist<br>Kimberly Hernandez, PhD, Psychology Postdoctoral Fellow<br>Next STEPS Worldwide, PLLC<br>Northbrook II
- Melani Massey, LCSW, Therapist/Owner<br>Active Change Therapy<br>Northbrook III
KEYNOTE—The Science of Heartbreak: Why Teen Break-Ups are So Devastating
Kelly Jameson, PhD, LPC-S

Do you remember your first love? Does it still sting to think about how it ended? The answer is probably YES! Many disappointing events can impact the emotional health of an adolescent, but research indicates that heartbreak might be at the top of the list! Why is that first attempt at romantic love so important to the development of an adolescent, and why is that first heartbreak so devastating? As adults, we tend to minimize this experience for teens but new information encourages adults to recognize the emotional implications and developmental delays that could occur following the first intense break-up.

Dr. Jameson is a therapist and speaker based in Dallas, Texas. Either in therapy or on stage, her goal is promote self-reflection and growth in the life of her clients and audience members. She is known for her casual, witty style which can make heavy topics—like changing your life—seem not only realistic but enjoyable. She believes unmovable facts like family of origin, birth order, temperament and personality play a significant role in who we are, but she certainly doesn’t count out the power of mindset and a solid therapeutic process along the way to promote positive change.

She currently serves on the Board of Directors for The Grant Halliburton Foundation, an organization dedicated to strengthening the network of mental health resources for children, teens and young adults; promoting better mental health and suicide prevention. She also serves on the Board of Directors for the DFW chapter of the International Association of Eating Disorder Professionals (IAEDP).

1. The Culture of Affluence: Helping Kids Who Have It All
Kelly Jameson, PhD, LPC-S
Culturally, there are conversations that are considered off limits: religion, politics, weight, age, and wealth. Yet, here in North Texas, we have quite a bit of wealth. We are considered an “affluent culture.” Financially, we know what this means, but how does that translate to our kids? How does affluence play a role in the way our kids are being raised to think, feel, and behave? Current research tells us that affluent kids are experiencing epidemic rates of mental health issues. Parents are baffled and often say, “But they have it all!?” What is amiss here? Dr. Jameson will explore this often-controversial topic through her own work with affluent families as well as the current research on this culture.

2. Ask the LPC Licensing Board: LPC Q-and-A Panel (NO CEUs AVAILABLE FOR THIS SESSION)
Janie Stubblefield, LPC-S
Mobile Counseling
Dr. Christopher Taylor, PhD, LPC-S
Taylor Counseling Group
Do you have questions that you would like to ask the LPC board? Attend this session to learn from and ask questions from your LPC licensing board.

3. Mindfulness and Body Posturing: Changing the Adolescent Brain to Lower Stress and Increase Confidence
Melissa Clark, MA, LPC-S, Owner
Melissa Clark Counseling, PLLC
Today’s teens are struggling to cope with stresses. Anxiety and depression continue to rise in this vulnerable population. Mindfulness and body posturing are evidenced-based tools proven to change the brain. Learn practical tools to facilitate change by implementing mindfulness and body posturing into your work with adolescents.

4. LGBTQ Youth: Perceptions, Realities, and Risk Factors
Cameron Fields, LMSW, Youth First Program Manager Resource Center
As youth-serving professionals, it’s vital that we understand the diverse perspectives of youth. This workshop will give an overview of how to best serve LGBTQ youth by being culturally competent, empathetic and an ally to all. Participants will also learn about recent statistics and risk factors that LGBTQ youth face.
Adolescent Symposium of Texas 2019
Workshops and Speakers (cont.)

5. Tools to Equip Youth with Skills to Prevent Dating Abuse and Violence
Ryan Thomas, Community Education Program Manager
Hope’s Door, New Beginning Center
Come to learn a few simple techniques for communicating effectively with teens about abuse and violence. Pick up some tips on delivering trauma-informed care to teens. Acquire skills and tools that help equip teens with the skills they need to foster healthy relationships and contribute to a safe community.

6. Vaping: Liquid Smoke and Mirrors
Rick Rayl, RPh, Director of Pharmacy
University Behavioral Health
E-cigs: are they a safe way for smokers to stop smoking, or a gateway to a bad habit for adolescents? Is vaping bad for your health? Are electronic cigarettes as addicting as traditional ones? This presentation focuses on the controversy that is vaping.

7. Demystifying First Episode Psychosis in Adolescents
Erin Kaszynski, M.Ed., LPC, Clinical Supervisor
LifePath Systems
In this session, we will explore first episode psychosis in adolescents, warning signs, treatment approaches, risk factors and the importance of family and community engagement as well as linking people with services available in the field.

8. Trauma, Resiliency, and Acculturative Stress: Understanding Multidimensional Perspectives When Working with Latinx Youth
Julissa Pegan-Peña, PsyD, Psychology Postdoctorate Fellow
Lauren Mann, PhD, Bilingual Licensed Therapist
Aileen Fullchange, PhD, Licensed Psychologist
Momentous Institute
This workshop provides an overview of the systemic dynamics of immigrant families and adolescents from a multidimensional perspective of acculturation. Specific areas of focus include immigration, acculturation gap, trauma, and culturally appropriate evidence-based interventions. This presentation also emphasizes strategies for considering resiliency factors when working with Latinx youth.

9. It’s Not Just a Phase: Helping Teens Navigate Grief
Bryna Talamantez, LMST-Associate
Meltzer Counseling
During the course of this presentation, clinicians and mental health professionals will be able to leave with a gained knowledge of grief and how it affects teens. This experiential workshop will give clinical applications as well as research-based knowledge of what makes teenage grief unique.

10. You Got This! Fostering Resilience at Every Age
Miki Johnston, LCSW, Therapist & Public Speaker
Miki Johnston, LCSW Private Practice
What’s one of the greatest gifts we can offer children? Resilience! Resilience helps children develop the confidence and competence they need to navigate life’s inevitable ups and downs. This dynamic workshop will teach tools and techniques to help children of all ages manage anxiety, cope with pressure, and maximize self-worth.

11. The Role of Lethal Means Restriction for Suicidal and Self-Harming Adolescents
Rebecca Matthews, MA, LPC-S, LPA, CBGT, Clinical Therapist
Children’s Health System of Texas
This presentation will discuss specific steps adults can take to help children/adolescents be safe when suicidal thoughts or self-harm urges are present. Lethal means restriction resources will be provided. This presentation is appropriate for professionals working with children and adolescents and their families, family members, teachers, and community members.

12. Transforming the Difficult Child with the Nurtured Heart Approach
Rachel Horton, LCSW, Clinical Therapist
San Marcos Treatment Center
This presentation will provide a background of the nurtured heart approach, as well as teaching techniques to utilize when dealing with a challenged child. Attendees will be able to role-play these techniques to ensure readiness to apply directly in your practice. The presentation will be composed of PowerPoint, videos, and scenarios.
Judith Allen, NPP, PsyD, President & CEO
Communities in Schools- Dallas Region
Cultural shifts have created a “what did you know, and when did you know it” environment. We’ll explore the basic ethical tenants that drive moral behavior, using real world examples around personal/professional/social responsibility, respect, competence, and non-maleficence. Includes exploration of the “see something, say something” trend.

14. Movement Matters! Exploring Creative Ways of Self-Expression and Dynamic Mindfulness
Lisa Thomas-Vernon, LMSW, Coordinator of Student and Family Services
Frisco ISD
In the session, the participants will experience activities, relaxation techniques, explore effective ways of improving and understanding themselves, identify stressors, remembering to laugh, and how to incorporate effective tools for immediate implementation all through the eyes of a child.

Sundal Ali
Youth Program Manager
New Friends New Life
Dialogues surrounding sex trafficking (ST) and commercial sexual exploitation (CSE) often contain a connotation of choice. However, interconnected risk factors impede youth’s ability to avoid pathways into CSE. Attendees will learn to contextualize between ST and CSE, recognize pathways into exploitation, and utilize a lens of intersectionality to provide trauma informed services.

16. Meeting Systemic Needs of Current and Former Foster Youth
Sarah Worthington, MSSW, JD, Staff Attorney
Mary Christine Reed, JD, Director - Texas Foster Youth Justice Project
Texas Rio Grande Legal Aid, Inc.
This workshop will take an in-depth look at some of the most common challenges faced by current and former foster youth and provide detailed information and tools to overcome these challenges.

17. Generation Viral: Utilizing Their Internet to Build Rapport, Provide Support, Teach, Guide & Heal
Jordyn Lawson, LPC, Certified EMDR, EMDR Consultant in Training, Assistant Director of Clinical & Professional Services
Genesis Women’s Shelter
This workshop will explore ways to therapeutically connect with adolescent clients by meeting them where they are and speaking their language – viral language. We will discuss common terms and key sites for teens, how to address internet safety, and how to use social media as a therapeutic intervention.

18. “I Feel Fat”: Treating Body Image Dissatisfaction in Therapy
Sally Fleck, PhD, Primary Therapist
Eating Recovery Center
Body image dissatisfaction is an increasing and pervasive problem among adolescents and it can often be challenging to treat. This workshop provides an overview of current ways to treat body image dissatisfaction in therapy and gives participants a wide variety of interventions to implement in individual and group therapy sessions.

19. Teaseproof Your Campus
Kelly Smith, LPA, Behavioral Specialist
Mesquite ISD
Verbal teasing happens at all ages. This workshop will discuss the reasons behind bad/negative teasing and how to become “teaseproofed”. The three steps will be taught, role-modeled and role-played. Participants will leave with tools to implement and teach to students.

20. Counselor Preparation in Working with African American Adolescents in Group Counseling
LaToya Smith, PhD, LPC, NCC, Senior Lecturer; Adjunct Professor
University of North Texas; Southern Methodist University
Rochelle Ritzi, PhD, LPC-S, NCC, RPT-S, Clinical Supervisor
Therapy on the Square
Terra Wagner, PhD, LPC, Clinical Supervisor
Southern Methodist University; Lift Counseling
Our presentation will equip counselors in their work with African American adolescents. Attendees will leave with increased knowledge and awareness of the distinct experiences of African American teens and effective ways to serve them in a group setting.
Vanita Halliburton, Executive Chairman
Grant Halliburton Foundation
Bounce back is a presentation that explores adversity and resiliency as essential elements in social and emotional development. This workshop will help you understand Dr. Kenneth Ginsburg’s 7 Cs of resiliency and develop skills for teaching students how to use challenges and setbacks as building blocks for resiliency.

22. Family Roles: Identifying Family Roles and How They Function
Shawnetta Gantt-Wilkins, MA, LPC-S, NCC, LCDC, MAC, Program Manager
Dallas County Juvenile Department
In this session we will identify the various roles within the family system and how each role interacts within the family unit. This will include an outline of how the family roles are “exchanged” when a family member has an experience that impacts the family unit and how it functions.

23. Why Do They Act that Way? Understanding the Adolescent Brain
Jennifer Balch, LPC-S, RPT-S, CAS, Chief Clinical Officer
Twila Farrar, LPC, RPT, CAS, Chief Executive Officer
University Park Counseling & Testing Center, PLLC
The brain does interesting things during adolescence! Come and learn about the unique changes that occur during adolescent development, strategies to better connect with teens, and ways to support their family members.

24. Ethics Jeopardy: Guaranteed to Be More Fun than a Board Complaint - Ethics Session
Amanda Esquivel, LPC-S, LCDC, Owner
Room for Change
Ethics continuing education is necessary, both in practice and by our board. But it doesn’t have to be delivered in the same dry and scary context. Ethics violations aren’t funny, but ethics continuing education can be FUN!

25. Fortnite Phenomenon and Teens: Gaming Subculture and Impact to Teens
Mathew Fish, MA, LPC, Counselor
Damion Davis, M.Ed, LPC, Counselor
The Davis Counseling Center
This session focuses on common issues, beliefs, positive/negative effects, and aspects of socialization within the gaming culture many teenagers embrace. It will address socialization in games, how to discuss the pros/cons of gaming with a teen or parent, and provide tools and resources for professionals working with teens.

26. Can You See Me Now?
Madeline Reedy, Senior Director – TRAC
Lakya Lewis, Educational Advocate – TRAC
City Square
Participants will be given the opportunity to walk in the shoes of a typical CitySquare “neighbor”. Through a poverty simulation board game, Can You See Me Now?, players will gain a deeper insight into the harsh effects of poverty. In partnership with Highland Park United Methodist Church, CitySquare created this game to help the community understand the impacts of poverty. We will also debrief the experience and help participants understand the link between poverty and Adverse Childhood Experiences.

27. Stop Problem-Solving, Start Process-Solving
David Henderson, MD, Owner
Four Stones Collaborative Group
Too many therapists get lost in dealing with the problems adolescents and parents present with and fail to address the process of what’s happening in the appointments themselves. This workshop will give you the tools to stop problem solving and start process solving.
28. Improv Comedy for Teaching and Group Counseling  
Cara Pennington, LMSW, Social Counselor  
_Uplift Education_

Improvised comedy includes active listening, being supportive, being vulnerable, understanding deeper emotions, and relationship building. Sound familiar? This workshop will explore the overlap between improv comedy and counseling, you will learn and practice improv games and strategies you can use in the classroom or in group counseling to engage students.

29. Is it ADHD or not? Identifying early signs of true ADHD  
Vernon Johnson, MD, Medical Director  
Naima Monira, Clinical Analyst  
_TMS Neuro Solutions_

With a 42% rise in adolescents diagnosed with ADHD over the last 8 years, we need to make sure we aren’t misdiagnosing! This presentation will look at the early signs and symptoms of ADHD, all possible treatment options, and what happens if we misdiagnose. Come learn the truth about ADHD.

30. Handle with Care: A Toolbox for Effective Interventions with Traumatized Youth  
Christie Greeley, LPC-S, Director of Clinical Services  
Regan Aaron, LPC, RPT, Clinical Therapist  
_San Marcos Treatment Center_

This presentation will focus on the impact of adverse childhood experiences on attachment and development. We will discuss the value of active interventions to engage families of traumatized clients and how the brain can be repaired through positive experiences and connections. Several activity-based interventions are included in the presentation.

31. Addiction as Insecurity in Attachment: The Neuroscience of Addiction and Human Relatedness  
Michael Leach, PhD, Clinical Therapist  
_Richland Oaks Counseling Center_

Attachment theory helps explain how early life relationships, experiences and brain development become facilitators or barriers to flexibility, adaptability and responsiveness. Individuals who become dependent on addictive substances cannot regulate their emotions, self-care, self-esteem, and relationships. Attachment theory illuminates an important way out.

32. Teens in Crisis: The Silent Addiction  
Jeremy Hogg, LPC-Intern under the supervision of Janie Stubblefield, LPC-S  
_Mobile Counseling_

Sex addiction in adolescents is a growing problem that is rarely talked about. Anger, isolation and a warped view of the opposite sex can have a profound societal impact. We will discuss the common root causes leading to addiction and evidence-based programs for recovery and freedom.

33. “But I Really Was Overweight”: Understanding Implications for Eating Disorder Patients with a Premorbid Overweight History  
Sonia Schwalen, PhD, LP, NCSP, LSSP, Psychologist  
Bailey Tackett, PhD, Psychologist  
Kimberly Hernandez, PhD, Psychology Postdoctoral Fellow  
_Next STEPS Worldwide, PLLC_

In the United States, obesity rates have almost doubled in the last decade affecting 18-21% of youth ages 6-19 years old. It is well established that obesity is a specific risk factor for eating disorders. Little is known about treatment implications for individuals who present with eating disorders whose fear of weight gain is not irrational due to experience with obesity. 25% of individuals diagnosed with an eating disorder have a history of being overweight! This talk will help audience members to understand differences in pediatric patients who present with eating disorders and premorbid obesity.

34. Working With Gender Expansive Youth – What You Need To Know  
Melani Massey, LCSW, Therapist/Owner  
_Active Change Therapy_

This presentation will provide you with the basic principles of helping children and adolescents explore their gender identity in an affirming and safe way. Attendees will learn appropriate terminology, be provided with tools, resources and materials to add to their bank of knowledge.
The Adolescent Symposium of Texas 2019 Planning Committee is very grateful to Medical City Green Oaks Hospital for printing all promotional materials for the Adolescent Symposium of Texas 2019.
GOLD SPONSORS

Amerigroup
Sundown Ranch
Superior HealthPlan
Texas Health Behavioral Health

SILVER SPONSORS

Bricolage Behavioral Health
Dallas Behavioral Healthcare Hospital
Girls to Women/Young Men’s Health and Wellness
Grace Counseling Center
Momentous Institute
Newport Academy
Timberline Knolls
UBH Denton

BRONZE SPONSORS

Cedar Crest Hospital
Cedar Ridge Hospital and Treatment Center
Center for Discovery
Communities in Schools Dallas Region
Family Health Center at Virginia Parkway
Grant Halliburton Foundation
Lifepath Systems
Origins Behavioral Healthcare
RBFCU
Starlite Recovery Center
SUWS of the Carolinas
The San Marcos Treatment Center
The St. Anthony School

All listings current at time of printing. For a full list of sponsors, please visit our web page.
# Adolescent Symposium of Texas 2019 Planning Committee

<table>
<thead>
<tr>
<th>Sylvia Orozco-Joseph</th>
<th>Janie Stubblefield, MA, LPC-S, RPT-S, NCC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff</td>
<td>Chair</td>
</tr>
<tr>
<td>Mental Health America of Greater Dallas</td>
<td>Mobile Counseling, PLLC</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Bonnie Cook, MAS</td>
<td>Sierra Sanchez, MSSW</td>
</tr>
<tr>
<td>*Michele Cermak, MSSW, LCSW</td>
<td>Co-Chair / Exhibitor Chair</td>
</tr>
<tr>
<td>Committee Coordinator</td>
<td></td>
</tr>
<tr>
<td>ACH Child &amp; Family Services</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Armando Aguinaga</td>
<td>Chris Goetz, MA, LPC-S</td>
</tr>
<tr>
<td>Rainbow Days Inc.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Annette Hamel</td>
</tr>
<tr>
<td>Tiffany Ashenfelter, LPC-S</td>
<td>Changes Outpatient of Frisco</td>
</tr>
<tr>
<td>Ashenfelter &amp; Assoc.</td>
<td></td>
</tr>
<tr>
<td>Stephanie Broadwater</td>
<td>Stacey Hayhurst</td>
</tr>
<tr>
<td>Grace Counseling</td>
<td></td>
</tr>
<tr>
<td>Cathy Brock</td>
<td>Richard Heflin</td>
</tr>
<tr>
<td>Dallas HRV</td>
<td>Region 10 Education Service Center</td>
</tr>
<tr>
<td>Jesus Caceres</td>
<td>Mary Kate Kohl</td>
</tr>
<tr>
<td>Superior Health Plan</td>
<td>Mental Health America of Greater Dallas</td>
</tr>
<tr>
<td>Sheyla Camacho</td>
<td>Kimberly Martinez</td>
</tr>
<tr>
<td>Hope's Door New Beginnings Center</td>
<td>The Elisa Project</td>
</tr>
<tr>
<td></td>
<td>Nallely Miranda</td>
</tr>
<tr>
<td>*Michele Cermak, MSSW, LCSW</td>
<td>Promise House</td>
</tr>
<tr>
<td>Committee Coordinator</td>
<td></td>
</tr>
<tr>
<td>ACH Child &amp; Family Services</td>
<td></td>
</tr>
<tr>
<td>Nataly Cervantes</td>
<td>Debra Mitchell-Ibe, LMSW</td>
</tr>
<tr>
<td>Dallas Behavioral Healthcare Hospital</td>
<td>The Family Place</td>
</tr>
<tr>
<td></td>
<td>Travis Moore</td>
</tr>
<tr>
<td></td>
<td>Rockwall County Juvenile Services/</td>
</tr>
<tr>
<td>*Paige Conley</td>
<td>Campfire Counseling</td>
</tr>
<tr>
<td>Facilities Chair</td>
<td></td>
</tr>
<tr>
<td>Momentous Institute</td>
<td></td>
</tr>
<tr>
<td>Christina Coultas, MSW</td>
<td>Anna Morales</td>
</tr>
<tr>
<td>Texas Association Against Sexual Assault</td>
<td>Momentous Institute</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Kristin DeShazo</td>
<td>*Mary Ann Niles</td>
</tr>
<tr>
<td>Phoenix House of Texas</td>
<td>Continuing Education Credits</td>
</tr>
<tr>
<td></td>
<td>Medical City Green Oaks Hospital</td>
</tr>
<tr>
<td>*Ellen Duke</td>
<td>Erin Peterson</td>
</tr>
<tr>
<td>Marketing Chair</td>
<td>Mental Health America of Greater Dallas</td>
</tr>
<tr>
<td>Hickory Trail</td>
<td></td>
</tr>
<tr>
<td>*Jennifer Garst, MSW</td>
<td>Dana Pohlman</td>
</tr>
<tr>
<td>Workshop Chair</td>
<td>Child and Family Guidance Center</td>
</tr>
<tr>
<td>Supervised Visitation Network</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>*Cheryl Rayl, MS, LPC-S, MAC</td>
<td>Tera Rudloff</td>
</tr>
<tr>
<td>Sponsor Chair</td>
<td>Connections Wellness Center</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tazim Salehani</td>
</tr>
<tr>
<td></td>
<td>360 to 180</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Niki Shewchuk</td>
</tr>
<tr>
<td></td>
<td>Mobile Counseling</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gordon Sidler</td>
</tr>
<tr>
<td></td>
<td>The Council on Alcohol and Drugs</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Julie Timms</td>
</tr>
<tr>
<td></td>
<td>Texas Health Behavioral Health</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Christina Collazo Tipton</td>
</tr>
<tr>
<td></td>
<td>Fusion Academy Plano</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Monica Urbaniak, LMFT-S</td>
</tr>
<tr>
<td></td>
<td>Urbaniak Wellness</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Megan Valdez</td>
</tr>
<tr>
<td>Workshop Chair</td>
<td>Workshop Chair</td>
</tr>
<tr>
<td></td>
<td>Dallas CASA</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Philip Van Guilder</td>
</tr>
<tr>
<td></td>
<td>Vitanya</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gina Velez-Lopez</td>
</tr>
<tr>
<td></td>
<td>Youth 180</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ashley Wiederkehr</td>
</tr>
<tr>
<td></td>
<td>Ellis County Children's Advocacy</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Maddie Worley</td>
</tr>
<tr>
<td></td>
<td>Communities In Schools</td>
</tr>
</tbody>
</table>