



2020 Adolescent Symposium of Texas Workshop Descriptions and Speaker Biographies



Keynote Plenary Session:

There is No Such Thing as a Bad Youth

Charlie Appelstein, MSW, President

Appelstein Training Resources, LLC (ATR)

Strength-based practice is an emerging approach to guiding youth, and in particular, those with emotional & behavioral challenges, that is exceptionally positive and inspiring. Its focus is on strength building rather than flaw-fixing. It begins with the belief that every youth has or can develop strengths and utilize past successes to mitigate problem behavior and enhance functioning. This uplifting keynote presentation and subsequent workshop will highlight many of the key principles and techniques of this transforming modality. Areas covered include: What is strength-based practice & the power of a positive attitude & culture; the effects of trauma and positive emotions on brain development, strength-based communication principles and techniques - including reframing, using solution-focused questions, positive predicting and inspirational metaphors; self-esteem building & activities for at-risk youth; how to help cognitively inflexible young people; the importance of managing number one first, and a host of creative cognitive behavioral strategies.

Keynote Workshop Session:

1. There is No Such Thing as a Bad Youth: Part II

Charlie Appelstein, MSW, President

Appelstein Training Resources, LLC (ATR)

Join Charlie as he continues to build on his keynote presentation: Part II. Strength-based practice is an emerging approach to guiding youth, and in particular, those with emotional & behavioral challenges, that is exceptionally positive and inspiring. Its focus is on strength building rather than flaw-fixing. It begins with the belief that every youth has or can develop strengths and utilize past successes to mitigate problem behavior and enhance functioning. This uplifting keynote presentation and subsequent workshop will highlight many of the key principles and techniques of this transforming modality. Areas covered include: What is strength-based practice & the power of a positive attitude & culture; the effects of trauma and positive emotions on brain development, strength-based communication principles and techniques - including reframing, using solution-focused questions, positive predicting and inspirational metaphors; self-esteem building & activities

for at-risk youth; how to help cognitively inflexible young people; the importance of managing number one first, and a host of creative cognitive behavioral strategies.

Youth care specialist Charlie Appelstein, MSW provides expert strength-based training, consultation, publications, CDs, and DVDs for individuals and groups who work with children and youth experiencing emotional and behavioral challenges. Described as "the best youth care trainer in America" by Robert Lieberman, former president of the American Association of Children's Residential Centers, Charlie has devoted his entire adult career to helping children and youth struggling with emotional and behavioral challenges and those who guide them. An engaging, informative, and humorous speaker, Charlie is the author of three critically acclaimed books on youth care and the creator of two innovative CDs that helps kids and parents make better choices and lead happier lives. Charlie's strength-based approach delivers a message of hope and possibility to our most vulnerable youth and those who shape and influence their lives.

2. Vaping: Lifting the Veil

**Rick Rayl, RPh, Director of Pharmacy
UBH of Denton**

“Lung illness tied to vaping has killed 5 people” – Washington Post. “After vaping-related illness, teen now has lungs like a 70-year-old” – CNN. Many questions remain unanswered with the phenomenon of vaping. This workshop reviews vaping in general and will explore the latest information on the harmful effects seen in adolescents and adults.

Rick Rayl is the Director of Pharmacy at UBH of Denton. He has collaborated with pharmacy recovery networks in Louisiana, Arkansas, Kansas, Missouri and Texas. As a SMART Recovery facilitator, Rick leads group at Grace Counseling Center in Lewisville, Texas. Rick is co-owner of Watchdog Solutions, a drug testing company. His experience with drug testing helps him to stay current with the rapidly expanding issues surrounding synthetic drugs, such as K2. His position as Director of Pharmacy at a 104-bed acute-care psychiatric facility that treats chemical dependency and the severely mentally ill, gives him ample opportunity to stay current with the drugs that treat addiction as well as all psychotropic drugs in general.

3. A Gamer's World: Understanding and Helping Addictive, Problematic, and Healthy Gamers

**Jeremy Edge, LPC, Counselor
Escapingthe.com, PLLC**

Playing video games has mixed extremes. You could win \$3,000,000 from a Fortnite tournament, or you could die from gaming for three days straight. Learn about and the healthy and unhealthy world of gaming and discover treatments to help those impacted by gaming disorder.

Jeremy is a licensed professional counselor who received his B.A. in Psychology at UT Tyler and M.A. in Community Counseling at UT San Antonio. He has six years of experience working with adults, teens, and children in various settings, including ADAPT of Missouri and Every Child's Hope as well as in private practice. After personally experiencing the negative effects of addictive gaming, Jeremy devoted his work to helping those recover from Internet addictions. He is passionate about helping teenagers and adults in the Dallas area obtain a more fulfilling life away from screens. He helps

strengthen family relationships and gives parents tools to address problematic Internet use. He also enjoys teaching counselors, teachers, and parents about Internet addictions.

4. ETHICS SESSION

Between Two Homes: Working with Family Law Cases –

Help Families & Keep your Ethics Intact!

Bradley Craig, LMSW-IPR, CFLE, Director

Between Two Homes, LLC

Many children are growing up between two homes due to family circumstances. Mental health professionals frequently find themselves involved in working within these complex structures. This presentation offers participants the opportunity to familiarize themselves with the dynamics of these families, relevant laws and codes in Texas, and resources for families.

Bradley Craig, LMSW-IPR, CFLE is a noted co-parent educator in the North Texas area, and has developed a number of parent education programs for families raising children in two homes. He is currently in private practice through Between Two Homes® LLC and contracts with organizations to provide services to families. Brad works with divorcing families and those with continuing custody/parenting time issue as a Family Mediator, Collaborative Law Allied Professional, Co-parenting Case Manager, Co-parenting Coach, Educator, Parenting Facilitator, and Parenting Coordinator. Brad is the author of the “Between Two Homes” series of books.

5. Creating Supportive Academic Environments for LGBTQ+ Youth

Jessica Cintrón, PhD, Visiting Lecturer

Candice Kowalski-Dulaney, PhD, Visiting Lecturer

University of North Texas-Dallas

Presenters will discuss how gender identity and sexuality can contribute to mental health concerns and other risks for LGBTQ+ youth. A panel of LGBTQ students from UNT Dallas will share their stories, and presenters will provide several resources and initiatives for making schools safe and welcoming for LGBTQ+ students.

Dr. Jessica Cintrón is a Visiting Lecturer of Psychology at the University of North Texas in Dallas. She joined the Psychology Department in 2017 as an adjunct and now she is a full-time professor and conducting research on the experiences of the LGBTQ+ populations. Prior to being a professor and researcher, she worked as a Licensed Specialist in School Psychology (LSSP) for the Dallas Independent School District (DISD) and she provided therapy at the DISD Youth and Family Center. Dr. Cintrón completed her master's degree in 2004 and doctoral degree in 2011 in school psychology from Temple University in Philadelphia, PA. Her primary interests are psychology issues among ethnic minorities and socioeconomically disadvantaged populations, parenting challenges, and utilization of culturally appropriate interventions and measurements. Dr. Cintrón is a member of the National Association of School Psychology (NASP). She is a bilingual (English and Spanish) field staff with a strong desire to promote mental health in underserved communities.

Candice Kowalski-Dulaney, known as Dr. K to her students, has a PhD in psychology with an emphasis in social cognition from Grand Canyon University. Here, she completed her dissertation

focusing on relationship maintenance following transgender self-disclosure. Dr. K's research and teaching interests include human sexuality, sociocultural psychology, gender studies, the LGBT community, and diversity inclusion. Currently, she teaches at UNT Dallas where she serves as faculty advisor of the campus Gay-Straight Alliance and contributes to the university's Culture Committee.

6. Functional Neurological Disorder: What Is It? How Do You Treat It?

Bridget Redondo-Doan, LMFT-S, LPC, Clinical Therapist

Kelsey Rogers, LPC, LMFT-Associate, RPT, NBCC, Clinical Therapist

Megan Tierney, PsyD, Clinical Psychologist

Children's Health: Children's Medical Center

This presentation will explore what Functional Neurological Symptom Disorder is, how it is diagnosed, and how it can be treated. Through case vignettes, we will provide a multi-faceted approach on how to treat FNSD and discuss how it can present in teens.

Bridget Redondo-Doan, MMFT, LMFT is a Licensed Marriage and Family Therapist in Texas. She received her Bachelor of Arts in Psychology and Spanish from Vanderbilt University and her Master of Marriage and Family Therapy from the University of Southern California. Bridget has been providing counseling services to individuals, couples, and families for nearly 15 years in various settings including schools, non-profit organizations, MHMR, and hospitals. For 9 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. She works both on the Psychological Services Consult Liaison Team and with the Inpatient Psychiatry Department.

Dr. Megan Tierney completed her Psy.D. in Clinical Psychology at Roosevelt University in Chicago, Illinois in 2011. After completing an internship in Child and Adolescent Psychology and Pediatric Psychology at the University of Louisville Medical School and Kosair Children's Hospital in 2011, she completed her postdoctoral fellowship training in Pediatric Health Psychology at Children's Medical Center in 2012. She was hired by Our Children's House, formerly at Baylor, as a clinical psychologist in their inpatient feeding disorders program. In 2018, Dr. Tierney transitioned from her role at Our Children's House to the Psychology Consult-Liaison service as the dedicated psychologist. Her current responsibilities include conducting initial psychological evaluations to provide the medical team with recommendations and follow-up care post discharge, as well as providing ongoing psychological interventions while inpatient through brief psychotherapy models and behavioral interventions. Additionally, Dr. Tierney serves as the psychologist for an interdisciplinary team treating pediatric eosinophilic GI diseases and esophagitis (DEEP). She also participates in the clinical supervision of doctoral students and fellows.

Kelsey Rogers obtained her master's degree in Counseling at Southern Methodist University in 2016. She completed her master's internship at Children's Health of Dallas in 2018 and became a Licensed Professional Counselor. She is currently completing the requirements of her Marriage and Family Therapy Associate license under the Supervision of Bridget Redondo-Doan, LPC, LMFT-S. Kelsey is part of the Pediatric Consult/Liaison Psychology Service at Children's Health of Dallas. Her primary areas of focus are Health/Behavior Assessments, Family Therapy interventions, Parent Training,

Social Skills Groups and Play Therapy interventions. Kelsey has experience with various clinics including Craniofacial, Pain, Oncology/Hematology, Solid Organ Transplant, Trauma, Foster Care, Epilepsy, and Complex Care.

7. Understanding and Intervening for Students with ADHD

**Keya Saleh, LSSP, NCSP, School Psychology Consultant
Region 10 Educational Service Center**

In this workshop we will cover a deep dive into Attention Deficit/Hyperactivity Disorder. Participants will learn the latest research about origins, symptoms, impacts, and remediation strategies when it comes to ADHD.

Keya Saleh, LSSP, NCSP, is the Licensed Specialist in School Psychology Consultant in Region 10. He has worked his entire career in special education in public schools, as an LSSP, district coordinator, and evaluation supervisor. His areas of expertise include evaluation, behavior management, and mental health.

8. The Cost of Assimilation for the Immigrant Child

**Jasia Sajjad, LPC, Founder
Therapy Helps**

The purpose of this presentation is to create awareness about the struggles faced by the immigrant/refugee children attempting to assimilate to the American way of life. Additionally, the presentation will open up a dialogue about improving systemic structures in neighborhoods that help integrate cultural differences, rather than shunning them.

Jasia Sajjad is a Certified Clinical Trauma Professional who specializes in the treatment of traumatic stress and addiction for pre-adolescents, adolescents and adults. Past experience includes working in the Trauma Department at Timberlawn Mental Health Hospital, with The Victim Intervention Program at Parkland Hospital, with refugees and asylum seekers at The Center for Survivors of Torture, and most recently as a residential counselor at Nexus Recovery Center. Growing up in a society that is struggling to accept the reality of mental health problems and hesitant to reach out for help, through my personal struggles I gained the ability to challenge thoughts and feelings and the capacity to maintain calm in the face of a storm. Seeing people struggling with addiction, anxiety and depression, children struggling in schools due to lack of resources and a general lack of understanding or acceptance of mental health issues, I kept asking myself, how can I help?

9. Engaging Adolescents with a Recreational Toolbelt

**Landrea Blackmore, CTRS, Director of Recreational Therapy
Perimeter Healthcare**

Do you struggle with engaging your adolescent populations in a meaningful way? Join Landy Blackmore as he introduces you to modalities used to better engage adolescent populations with a whole team approach. You will leave this interactive session with many tools to add to your toolbelt!

Landy Blackmore received his bachelor's degree in Recreation, Parks, and Leisure Services with a concentration in Therapeutic Recreation and Psychology, and a Leadership minor from Central Michigan University. He has experience working with all ages as well as with individuals with intellectual and developmental disabilities. Landy is very passionate about adolescents and the impact they have on our society and truly believes age is just a number and wishes to empower adolescents to make a positive difference in our world while meeting them where they are. We have the power to encourage and inspire real change with our children and adolescent populations and it starts now.

10. Sexting and Cyberbullying: Redefining Dating Violence and the Legal Remedies for Teens

Amanda Oder, Survivor Services & Training Director

Texas Advocacy Project

Teen dating violence and bullying do not just encompass physical harm – abusers are using today's communication tools including social media, websites, and smartphones to inflict verbal and emotional abuse digitally. This session will explore the effects of these crimes on teens and the legal options to help keep them safe.

Amanda Elkanick Oder is currently the Survivor Services and Training Director with Texas Advocacy Project, a non-profit law firm offering free legal services to survivors of domestic violence, sexual assault and stalking. Ms. Elkanick has been working with survivors for the past 10 years in varying roles, which have brought an invaluable perspective to her statewide work. She has served on statewide task forces, community planning groups, and committees that are centered on ending intimate partner violence and sexual assault. Ms. Oder graduated from Sam Houston State University with a B.S. in Psychology and Criminal Justice in 2010.

11. Sensory Dysregulation: Managing Sensory Issues

Rachel James, LPC, Family Therapist

The Center for Integrative Counseling and Psychology

Participants are invited to learn about the differences in the human body and mind. This is a fun and interactive workshop where we will uncover new ways to better deal with children who struggle with sensory dysregulation issues.

Rachel has been working in the counseling world for over six years, seeing a variety of people. She previously worked at a "troubled teen" boarding school in East Texas where she lived, in house, with 20 teenage girls. Rachel also spent a year doing her practicum counseling at East Texas Baptist University and was able to work with college-age students through a variety of problems (depression, anxiety, career counseling, relationships, eating disorders, and drug abuse). For the past 3 years, Rachel has been counseling in South Texas, working with clients, churches, and schools helping them through the different issues that arise. During that time, Rachel also gave speeches and talks on parenting, sensory dysregulation, and teenage behaviors in an effort to help her community.

12. Child Sexual Exploitation: Texas' Holistic Statewide Response

Tomi Grover, Ph.D., N. Texas Regional Administrator

Office of the Governor, Child Sex Trafficking Team

Texas leads the nation in addressing the sexual exploitation of children. The Governor's Child Sex Trafficking Team has implemented a holistic comprehensive 5-fold response strategy. Participants will learn the strategies, local continuums of care, statewide systems' responses and specific trainings available for recognizing and responding to victims.

Dr. Tomi Grover serves as the North Texas Regional Administrator of the Child Sex Trafficking Team for the Office of the Governor. Dr. Grover holds a PhD in Social Work and has spent the last 13 years helping to educate professionals and advocate for trafficking victims.

13. Putting Dungeons and Dragons in your Counseling Toolbox

Marvin Bellows, LPC, CRC, Counselor

Counseling Evolved

Did you know that therapists are using Dungeons and Dragons to help adolescents? In this workshop, you will learn what Dungeons and Dragons is, how it is being used in therapy, and how you can modify it for special populations.

Marvin Bellows LPC, CRC is a graduate of the University of North Texas Master of Science in Rehabilitation Counseling, and the owner of Counseling Evolved in Garland, TX where he provides counseling services to adolescents and adults. He uses client interests of fandoms, hobbies, and games combined with Acceptance and Commitment Therapy to address issues related to anxiety, depression, and neurodevelopmental disabilities including Autism Spectrum Disorder, ADHD, and Learning Disabilities. He currently offers groups for social skills building and reducing social isolation using Dungeons and Dragons.

14. ETHICS SESSION

Lone Star Ethics

Janie Stubblefield, LPC-S, Professional Counselor

Mobile Counseling, PLLC

Christopher Taylor, LPC-S, Professional Counselor

Taylor Counseling Group

Ethics is the one training that all practitioners must repeat over and over and over. So, what's the big deal? Licensing Boards are called upon continually to review and provide disciplinary action on such things as Violations Related to Failure to Provide Standard of Care, Unprofessional Conduct, and Unlicensed Practice. Attend this session to learn from others mistakes and protect your professional license while earning your required CEU credits!

Janie is a Licensed Professional Counselor - Supervisor in Texas, a Registered Play Therapist - Supervisor, and trained in Eye Movement Desensitization and Reprocessing (EMDR). Janie founded

MOBILE COUNSELING, PLLC in 2011 as an avenue to serve clients where they are most comfortable - in our office, at their home, or online. Janie presently serves on the Board of Professional Counselors for the State of Texas, the Presidents Assembly Steering Committee for the NAWBO, and the Adolescent Symposium of Texas. She is an alumna of UT-Dallas and Dallas Theological Seminary. Janie's vision is "to work with individuals and their families to foster and improve relationships, and to positively impact their life."

Christopher S. Taylor, Ph.D. LPC-S, author of "My Digital Practice" and host of the "For Self-Examination" podcast, is an adjunct professor of counseling ethics at Dallas Theological Seminary and Amberton University. Dr. Taylor utilizes existential psychotherapy to provide treatment for individuals struggling with loss of identity. In 2015, he was appointed by Governor Greg Abbott to serve on the Texas State Board of Examiners of Professional Counselors as a professional member.

15. Creating a Trauma-Informed Classroom and Campus
Sharifa Charles, BA, Professional Development Specialist
Mental Health America of Greater Houston

This workshop will provide strategies to create a trauma-informed classroom and campus, as well as provide insight into how cultural awareness, equity, and racial/historical trauma can impact the classroom/learning.

Sharifa J. Charles recently and proudly joined the Center for School Behavioral Health at Mental Health America – Greater Houston as a Professional Development Specialist. She is charged with providing high impact, enriching, and culturally sensitive mental and behavioral health professional development opportunities to school districts throughout Harris County. She most recently served as a Senior Health Planner for the My Brother's Keeper – Houston Movement (Houston Health Department), where she was charged with identifying specific disparities faced by young men of color in the City of Houston, developing programs, and expanding partnerships to offset those challenges. Throughout her professional career, Sharifa has proudly worked for or collaborated with countless CBOS, government agencies and NGOs. She brings an extensive background in program implementation, capacity building and training events within diverse underserved populations throughout the City of Houston

16. Addressing Bias in our Work with Pregnant and Parenting Teens
Heidi Saylor, LPC-S, Program Director
Jessica Hickerson, BSW, Parent Educator
Kate Jones, MS, Parent Educator
Flor Santiago-Meléndez, BA –Bilingual Parent Educator
Family Compass

The teen pregnancy rate in the US may be decreasing but the misconceptions and challenges facing teen parents are not. In this interactive session, we will explore biases we hold about parenting teens; how those biases impact the work we do with them and how we can leverage their resiliency.

Heidi Saylor, LPC-S, Dallas County Program Director, holds a Master of Arts in Counseling from Amberton University and is licensed with the state as a Licensed Professional Counselor-Supervisor. Before coming to Family Compass, Heidi worked for three years at Dallas Metrocare Services, a mental health agency working with low income families, as a supervisor of the Family Preservation Program and counselor at one of their Children's clinics. She also has experience with a counseling practice working with troubled teens and their families. She joined Family Compass in 2006 as a Parent Aide Case Manager. She was promoted in 2017 as the Growing As Parents Dallas Program Director.

Jessica Hickerson, BSW, Parent Educator, completed her Associates of Arts at Tarrant County College and graduated Cum Laude with a bachelor's degree in Social Work from Texas Woman's University. Jessica has previous experience in Conservatorship with Tarrant County Child Protective Services. Jessica joined Family Compass in May of 2017 as a Parent Educator.

Kate Jones, MS, Parent Educator, holds a Master of Science in Family and Child Studies from Texas State University – San Marcos, and a Bachelor of Arts in Psychology from the University of Mary Hardin-Baylor. She has more than five years of early childhood education experience and has worked in parent education for mothers in early recovery. She joined Family Compass in 2017.

Flor D. Santiago-Meléndez, BA, Bilingual Parent Educator GAP Dallas, holds a Bachelor's Degree of Business Administration in Human Resources from National University College in Puerto Rico and a Certificate in Management of Non-Profit Corporations of the University of Puerto Rico, Mayaguez Campus. Prior to joining Family Compass, Flor worked as a Parent Involvement Liaison for Plano ISD for 2 ½ years. Prior to working for PISD, she spent 12 years in nonprofit organization as Supervisor for Ryan White Title II funds coordinating services for people who live with HIV/AIDS. She joined Family Compass in September 2018.

17. Structural Family Therapy for Adolescents in Treatment

George Pate, PhD, LMFT-S, LPC-S, ICADC, Faculty MFT Program, Capella University
Autumn Collings, LMFT, LCDC, LPC-Intern, Counselor, Sundown Ranch

Adolescent substance abuse dramatically changes family structure. This workshop will address how those changes frequently are imposed by chemical abuse, which, paradoxically, sustain the problem. Through both lecture and experiential processes, the presenters will demonstrate how to assist families to create a family structure conducive to a recovery-focused home environment.

Dr. Pate is a core faculty member with Capella University in the department Marriage & Family Counseling/Therapy and is the Clinical Director of Sundown Ranch, Inc., an adolescent treatment center. His most recent focus is related to Family Therapy training and supervision. Both individually and in association with other presenters, he has presented at numerous local, regional and international conferences/workshops on issues of chemical dependency, Family Therapy, and integrative approaches including the Texas Behavioral Health Institute, the Constructivist Psychology Network, TNOYS, TPA, TAAP, AAMFT and TAMFT. His doctoral work centered on the impact of spousal readiness for change on the extent to which chemically dependent men responded to treatment.

Autumn Collings completed her master's degree in Marriage and Family therapy from Capella University. She is a licensed marriage and family therapist (LMFT), licensed chemical dependency counselor (LCDC), and LPC-Intern in Texas. She has worked for three and half years within an adolescent treatment center where she is currently a trainer in family, individual and group therapy. Her direct care services focus on family therapy, emotional behavioral interventions, and chemical dependency counseling. Her services have included being a ROPES facilitator for experiential therapy, working with clients to increase their understanding of Rational Emotive Behavior Therapy, group therapy, as well as helping facilitate training for graduate students within the concepts of structural family therapy.

18. Dialectical Behavioral Therapy for Children: The Vaccination for Suffering

Laura Cooper, PsyD, Licensed Psychologist

Laura J. Cooper, PsyD, PLLC

This workshop is intended for anyone interested in helping parents and children cope with strong emotions. Dialectical Behavioral Therapy for Children (DBT-C) was introduced to advanced DBT clinicians in the fall of 2018. The goal of DBT-C is to prevent inaccurate diagnosis and improper treatment of highly sensitive youth.

Dr. Laura Cooper is a licensed psychologist in the state of Texas and the owner of DBT of Texas. Dr. Cooper is intensively trained in Dialectical Behavioral Therapy from Behavioral Tech LLC, the Marsha Linehan Training Institute. She specializes in Dialectical Behavioral Therapy for Children, Adolescents and Adults. Dr. Cooper also specializes in Prolonged Exposure therapy for victims of war, sexual violence and obsessive-compulsive behavioral symptoms. Additionally, Dr. Cooper completes child custody evaluations, home case studies, clinical psychological assessments and educational testing.

19. Parental Control

Kierra Woods, MSW, Program Director

Challenge of Tarrant County

This workshop covers all social media platforms used by adolescents including their functions and how adolescents use them. The workshop will also include the risks of social media such as provocative and inappropriate content, cyber-bullying, oversharing of personal information and how social media is used in marketing and advertising.

Kierra Woods, MSW, is the Program Director for Stay on Track, a community coalition serving Northeast Tarrant County. Stay on Track's mission is to increase awareness and the community of the risks of substance use and engage residents in education that provides youth with the knowledge, confidence, skills and environmental support needed to live a healthy, substance-free life. Kierra received her Bachelor of Social Work degree from The University of North Carolina at Greensboro, and her Master of Social Work from The University of Texas at Arlington. As a social worker she has dedicated her work to community prevention in the areas of teen pregnancy and Substance abuse.

20. Suicide Broaching & Assessment for Children and Teens: A Presentation for Interdisciplinary Providers and Caregivers

Rebecca Matthews, LPC-S, LPA, Clinical Therapist

Brook Gomez, LPC, Clinical Therapist

**Mehak Gupta, LPC-Intern under the supervision of Karla Hutcherson, LPC-S, Program Coordinator
Children's Health System of Texas**

Suicide is the #1 cause of death for children age 10-14, and #2 for ages 5-24. This interactive presentation outlines tenants of suicide assessment (using C-SSRS). Attendees will learn to utilize age-appropriate language in broaching suicide with children/adolescents. This presentation is appropriate for all adults with any levels of experience.

Rebecca Mathews has been a therapist in the DFW area for over 10 years working with children, adolescents, families, and individuals. She currently works at Children's Health System of Texas as a clinical therapist. Rebecca is passionate about helping families and individuals find calm in the storm as they work through difficult life situations, including suicidal beliefs and self-harm behaviors. In addition to being licensed as a Licensed Professional Counselor – Supervisor and Licensed Psychological Associate, Rebecca has specialized training in cognitive behavioral therapy, motivational interviewing, and sand tray therapy. She is currently a PhD candidate at Texas A&M University – Commerce and is expected to graduate in 2020.

Brooke Gomez is a clinical therapist at Children's Medical Center, where she provides individual and family therapy to teens struggling with suicidal thoughts and behaviors, NSSI, depression, anxiety and trauma. She facilitates teen suicide prevention groups at two Metrocare locations and trains clinicians to facilitate groups independently. Brooke received her Master of Clinical Rehabilitation Counseling at UT Southwestern and is a Licensed Professional Counselor (LPC).

Mehak Gupta is a Program Coordinator for the Suicide Prevention and Resilience at Children's (SPARC) Program and is currently managing the SPARC at Metrocare project. She facilitated the implementation of the program at three of the Metrocare locations that provide clinical care for adolescents. Apart from coordinating the groups at Metrocare, Mehak is interested in facilitating trainings for evidence-based skills practiced in the SPARC program. She received her Master of Clinical Rehabilitation Counseling at UT Southwestern and is a LPC-Intern under the supervision of Karla Hutcherson, LPC-S.

21. ADHD + Oppositional Behaviors + Learning Disorders = Consider Fetal Alcohol Spectrum Disorder

Lyn McMurry, Trainer, North Texas FASD Network

Debra Jones, M.Ed., Founder & Owner, Parent Intervention & Training, LLC

This workshop provides insight for youth who may be diagnosed with ADHD, ODD, or emotional disturbance, for whom normal treatments don't work. Prenatal alcohol exposure effects are known as Fetal Alcohol Spectrum Disorders (FASDs). You will learn characteristics of individuals with FASD and treatments to improve behaviors. Effective therapies will be discussed.

Lyn McMurry is co-founder of the North Texas FASD Network. She is an advocate for early identification and diagnosis of Fetal Alcohol Spectrum Disorder (FASD). She has given FASD presentations to juvenile justice personnel, the Keller School System, and at the NAMI State Conference. She is scheduled to be a presenter for an FASD workshop at the Learning Disabilities Association of America (LDA) National Conference in 2020 in Florida. In 2017, Lyn was a finalist for the Community Service Award, sponsored by Federal Government Executives in Dallas, for her work with FASD awareness. Lyn has been an active member of NAMI for over 15 years. She teaches their 6-week "BASICS" program for parents of children with mental health conditions. She is also a state trainer for NAMI. As a new member of LDA, she is especially interested in reducing the school-to-prison pipeline and is excited to be a member of the LDA Justice Committee. Lyn believes you can't talk about mental illness, juvenile justice issues, or learning disabilities without talking about the impact of Fetal Alcohol Spectrum Disorder.

Debra "Deb" Delulio Jones, M.Ed., is the founder and owner of Parent Intervention & Training LLC. Her work includes over 30 years of experience working with special needs children and those who work with children and adolescents. Through her mentor, the late Dr. Karyn Purvis, and an ongoing partnership with researchers at the Karyn Purvis Institute of Child Development at Texas Christian University, Fort Worth, her family has overcome tremendous obstacles with their son who has Fetal Alcohol Spectrum Disorder. Deb has taught Trust-Based Relational Intervention® (TBRI). She offers presentations, workshops, and keynote addresses to help struggling parents, educators, and professionals who work with children who have experienced early harm. In addition, Deb and her team offer intensive in-home parent training in this trust-based, brain-based model. Debra is the author of "God, Are You Nice or Mean? Trusting God . . . After the Orphanage". In 2013, she was honored to share her family's story of healing with members of Congress in Washington, DC at the Congressional Coalition on Adoption Institute's roundtable discussion.

22. Through the Eyes of Teens: Using Photovoice for Youth Empowerment

**June Deibel, CHES, Adult Educator
Recovery Resource Council**

In this session, participants will be given an overview of Photovoice and how it can be used by teens to communicate their perspective on a number of societal/emotional issues, including substance misuse.

June Deibel is the Adult Educator for Recovery Resource Council (formerly The Council on Alcohol & Drugs) in Dallas, Texas. She is responsible for outreach and education in North Texas to promote substance use prevention by providing trainings, presentations, and resources to both adults and youth. June has a Bachelor of Science degree in Health Studies from Texas Woman's University and a Master of Science in Health Education from Texas A&M University. She is also a Certified Health Education Specialist (CHES) as designated by the National Commission for Health Education Credentialing.

23. Do You Practice What You Teach?

Kimberly Emory M.Div., Chaplain

ACH Child and Family Services

Self care is not selfish! It is essential to protect ourselves from burnout. Join us for a time of reflection, sharing, planning and practicing self care.

Kimberly Emory has a Master of Divinity from Golden Gate Baptist Theological Seminary. She is Board Certification with the Association of Professional Chaplains and has Endorsement and Ordination with the Cooperative Baptist Fellowship. Ms Emory also holds Certification in Critical Incident Stress Management with The International Critical Incident Stress Management Foundation. As the chaplain at ACH, she helps clients and staff alike focus on their self-care and walks on their healing journey offering spiritual and compassionate support.

24. The Most Boring Workshop Ever: Understanding the Importance of Boredom

**Laura Minze, PhD, LP, Clinical Psychologist
Dallas CBT**

This workshop will look at the research on the critical importance of boredom and its link to creativity. Additionally, the link between boredom and depression will be discussed in the context of its clinical implications. Also, clinical strategies will be presented to help teens experience and manage helpful boredom.

Laura Minze is a clinical psychologist in private practice at Dallas CBT. She specializes in treating anxiety disorders as well as disorders that commonly co-occur with anxiety including ADHD and Autism Spectrum Disorder. She primarily sees children, adolescents, and young adults. Dr. Minze is also an adjunct faculty at Southern Methodist University, where she teaches Developmental Psychology. Dr. Minze earned her master's and doctoral degrees in clinical psychology from Southern Methodist University. She earned a bachelor's degree in psychology and a master's degree in educational psychology from Baylor University and worked as a therapist and director of children's outreach at the Family Place in Dallas prior to beginning her doctoral studies. During her doctoral clinical training, Dr. Minze focused on psychological assessment, treatment of child anxiety, depression, behavioral problems in children, posttraumatic stress in adults, and working with children exposed to domestic violence and child abuse.

25. Child Sexual Exploitation: Trafficking and Sextortion

**Elyse Kusse, MEd, Outreach Manager
National Center for Missing & Exploited Children**

One in seven runaways reported to the National Center for Missing and Exploited Children (NCMEC) were likely victims of sex trafficking. Participants will learn to identify high-risk populations and vulnerable youth, how to access available resources for the prevention of Domestic Minor Sex Trafficking and how educators, therapists, and community members can support early outreach and intervention.

Elyse received her Bachelor of Science in Print Journalism from Quinnipiac University in Hamden, Connecticut. Following her time at QU, Elyse began working in education, and further developed her passion for working with marginalized youth. Elyse attended the College at Brockport, State

University of New York, where she earned her master's degree in Counselor Education, with an emphasis on school settings and substance abuse. Elyse was a National Board of Certified Counselors (NBCC) fellow in the Minority Fellowship Program (MFP-AC), focusing her time on transitional aged youth suffering from traumatic childhood experiences and the impact of substance use on youth development. Elyse has been working with children and transitional-aged youth in a variety of settings for over a decade, most notably with victims of human trafficking both stateside and in Eastern Europe. Before coming to NCMEC, Elyse worked as a community-based therapist, specializing in co-occurring disorders and believes that community has the power to transform lives, and continues to work tirelessly in pursuit of creating a safer, more connected world for young people.

26. How to Foster Resilient Children
Shawnetta Gantt-Wilkins, MA, LPC-NCC, LCDC, MAC
Dallas CBT

The workshop will identify the commonly experienced Adverse Childhood Experiences (ACEs) in today's generation, and how they affect a child's ability to form relationships, experience the world, as well as and how ACEs shape their responses. The workshop will also provide tools to assist with building resiliency in children who experience ACEs.

Shawnetta Gantt-Wilkins is the Program Manager with Dallas County Juvenile Department - Substance Abuse Unit. She holds a Master of Arts in Professional Counseling from Amberton University. She is an LPC-S, with the designation of NCC (National Certified Counselor), and an LCDC with the designation of MAC (Master's Addiction Counselor), and a Master Trainer in Motivational Enhancement Theory. She has been working with the juvenile population for approximately 20 years and 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/psychotic features, coping skills, social skills, goal setting, communication, and family dynamics. She has provided training to line staff, counselors, and supervisors in the areas to include, but not limited to, Motivational Interviewing, Verbal De-Escalation, Physical Restraint, DSHS policies and procedures, and Effects of Underaged Drinking on the Teenage Brain. In addition to the above listed experiences, she supervises LCDC-Interns and LPC-Interns as they accrue clock hours for full licensure.

27. Lifelines: Nurturing Spirituality in Children and Adolescents
Juliet Cáceres, PsyD, Clinical Director of Spiritual Care
Bethany Casson, LCPC, Adolescent Therapist, Spirituality Coordinator
Timberline Knolls Residential Center

Nurturing spirituality at critical periods of development influences lifelong physical health and mental health. Healthy spirituality is a strong protective factor against depression and substance abuse in adolescents. This presentation will explore the components of healthy spirituality, highlight current research, and provide practical skills for nurturing spiritual identity and practices.

Juliet Cáceres, Psy.D., is a Licensed Clinical Psychologist. She currently serves at Timberline Knolls as Clinical Director of Spiritual Care leading clinical integration of spirituality as a core component of

Timberline Knolls' treatment program. Prior to her current role, Dr. Cáceres served as Director of Clinical Operations where she provided leadership and management of the clinical system to ensuring excellence in all aspects of residential clinical services. Dr. Cáceres earned her Doctorate in Clinical Psychology at Wheaton College in Wheaton, IL. Her clinical research interest centers on shame dynamics in interpersonal relationships and trauma recovery, as well as the integration of spirituality in therapeutic process.

Bethany Casson is a Licensed Clinical Professional Counselor and serves at Timberline Knolls Residential Treatment Center as the Coordinator of Spirituality and Christian Programing. Bethany also serves as an adolescent therapist.

28. Understanding the Enigma of Teenage Boys

Damion Davis, PhD, LPC

Matt Fish, M.Ed., LPC

Davis Counseling Center, PLLC

Teenage boys can be difficult to understand and seem somewhat aloof. However, understanding teenage boys can be an easier task when you know what to look for. This presentation addresses the emotional turmoil experienced by teenage boys, debunks common stereotypes about teenage boys, and provides strategies for building stronger alliances.

Dr. Damion Davis is a Licensed Professional Counselor (LPC) in the state of Texas and founder of the Davis Counseling Center, PLLC. Dr. Davis is trained to work with adolescents and adults with differing degrees of emotional and behavioral issues. Dr. Davis adopts a holistic approach. Dr. Davis earned his B.A. from the University of Texas at Arlington and M.Ed. in Counseling from the University of North Texas. Dr. Davis completed his PhD in Counseling from Texas A&M University-Commerce. Dr. Davis is a former Associate Partner at the Beckloff Pediatric Behavioral Center also has served as a police officer for the Irving Police Department.

Matthew Fish is a Licensed Professional Counselor, with specific training working with children, adolescents, adults, and marriages. Matthew seeks to provide a holistic perspective when working with people. Using evidenced-based practices, he endeavors to provide an environment and appropriate tools to help people along their journey in life. Matthew was named a Mom Approved Therapist by Dallas Child in 2017. Matthew and his clients develop strategies that will work for them to continue their progress after they leave the office.

29. Promote Love in the Spaces You Hold — Serving the LGBTQ+ Community Safely and Intentionally

Lindsey Dixon, M.Ed., MBA/EdD Candidate, Regional Learning & Development Lead

Steph Grant, Founder

The Promote Love Movement

Have you ever wondered what LGBTQ+ means? Do you have students or clients that are members of this community and find yourself unsure of the best ways to support them? This content will help educators and professionals understand the people, terminology, and needs associated with serving the LGBTQ+ community.

Lindsey Dixon serves on the board of Promote Love Movement. She is currently the leader of Learning and Development for 18 schools across the country that serve students in 6th through 12th grade. Lindsey's role in the Promote Love movement is designing and delivering educational content that aids educators and professionals in creating supportive spaces for members of the LGBTQ+ community. Currently Lindsey attends TCU (Go Frogs!) in pursuit of her MBA with an included emphasis on diversity, equity, and inclusion.

Steph Grant is the owner of Steph Grant Studios and the founder of the Promote Love Movement. She is known for being the first LGBTQ+ wedding photographer in the industry and for photographing the first lesbian Indian wedding in the US (which went viral in 2013 with 81K people on her site in 1 day). Steph was recognized on the Senate floor in CA in 2018 for her work with the LGBTQ+ community. In the past year she has spoken on behalf of the LGBTQ+ community at a Google event & Rebelution Resurge in NYC where she shared her story and engaged in conversations surrounding inclusion and representation in the wedding industry. Steph was the face of Fossil's 2019 Pride Campaign and was asked to share her story for their social media campaign. Currently she has over 2M views on YouTube and a combined 85K+ followers on social media.

30. WHO® Cares about Suicide.

Bonnie Cook, MAS

Mental Health America of Greater Dallas

In this session we will be taking an interactive approach with mental health education. Attendees will go through suicide lesson plan from MHA Dallas's renown WHO® 'We Help Ourselves' Program. Participants will leave workshop with practical skills and materials to successfully implement suicide prevention in their classroom.

Bonnie is the chief executive of Mental Health America of Greater Dallas. Prior to assuming this role in April, 2018 she was the executive director of Mental Health America of Kentucky. Bonnie has over 17 years experience working in the mental health field. She also serves on the Affiliate Relations Committee of Mental Health America in Alexandria, Virginia.

31. Social Anxiety: Understanding SAD

Diana Sabagh, MD, Psychiatry

Saliency TMS

In this workshop, we will discuss social anxiety disorder (SAD) and explore the impact of the diagnosis on social development and academic performance. Dr. Sabah will use her experience with adolescent patients to lead a discussion on diagnosis and treatment options of SAD.

Dr. Sabagh is board certified in both General and Child and Adolescent Psychiatry. She completed her residency in Adult Psychiatry and her fellowship in Child and Adolescent Psychiatry at Mount Sinai School of Medicine, Elmhurst Hospital Services, New York City, in 2013. While an instructor of fellows of Psychiatry at Harvard Medical School, Dr. Sabagh also provided psychiatric evaluation and treatment to children and adolescents as an assistant in Psychiatry at Boston Children's Hospital through BCH Outpatient Psychiatry Services. Prior to this, Dr. Sabagh was an outpatient psychiatrist

at The Village for Families and Children, a non-profit community outpatient service in Hartford, Connecticut.

32. “What did you say? Let’s talk...”

Linda Fyffe, BS, Med., Community Health Educator/TACT Coordinator

Amanda Mendoza, BA, Community Health Educator

Planned Parenthood of Greater Texas

“Does double bagging work?” Would you be comfortable answering this question? This session is designed to help youth-serving professionals feel more comfortable answering sexuality questions of patients in their care. Participants will learn the latest updates on contraceptives, sexually transmitted infections and how to answer questions related to sexual health.

Linda Fyffe has been combining motherhood and teaching sexuality education for Planned Parenthood of Greater Texas (PPGT) for the past 30 years. Her background includes extensive training in sexuality education, a master’s degree in Education, and a Bachelor of Science degree with Honors in Elementary Education. Linda also runs the acclaimed TeenAge Communication Theatre (TACT) for PPGT.

Amanda has served her community for four years as an educator under an OAH grant to prevent unintended teen pregnancy. She has a Bachelor of Arts in Advertising and Communication technology and works extensively in creating and distributing educational marketing for her affiliate.

33. The Impact of Socio-Economic Status on Adolescents

Libby Woolverton, M.Ed., Non-Residential Program Director

Our Friends Place

This workshop will provide an in-depth look at how socio-economic status (specifically poverty and middle class) impacts the day-to-day lives of adolescents in our programs and the community. Through interactive activities, participants will explore resources, perceptions, and hidden rules within socio-economic classes and discuss how these impact adolescent-adult interactions, relationship building, and beliefs.

Libby Woolverton, Non-Residential Program Director, joined Our Friends Place in October 2017. She is responsible for the non-residential outreach program, SOAR to Success, which is designed to help young women build a better future for themselves. After earning her Bachelor of Arts in Mathematics from Texas Christian University, Libby returned to TCU to earn her Master of Education in Counseling and Student Affairs. Libby worked in housing and student affairs at two different universities before finding her passion serving the community in the nonprofit sector.

34. Systems in Action: Using Activity and Art in Family Therapy

Sean Garner, LPC, RPT, Clinical Therapist & Unit Manager

San Marcos Treatment Center

Family systems can be better understood when activities, play and artwork are incorporated. Come join Sean Garner, LPC, RPT for a workshop providing hands-on examples of ways to utilize evidence-based practices. This workshop will move beyond talk therapy and allow a family to learn, grow and change in creative ways.

Sean Garner is a Licensed Professional Counselor and Registered Play Therapist who has been working at the San Marcos Treatment Center for 5 years. Sean is high ropes certified and regularly uses the ropes course at the center for individual and family therapy as part of a comprehensive treatment plan. Sean has worked with children and adolescents ages 6-18 diagnosed with a wide variety traumatic histories and DSM-5 diagnoses including autism spectrum disorder, disruptive mood dysregulation disorder, oppositional defiant disorder, reactive attachment disorder, and many others.

35. Moving, Breathing, and Growing from Within

Allie Middleton, LPC, RYT, Clinical Therapist

Simone Melhuish, LMSW, Clinical Therapist

San Marcos Treatment Center

Expand your toolbox by expanding your knowledge of mind and body connection. Learn easy to access body-based and sensorimotor strategies. This interactive presentation will include yoga, stretches, breathing techniques, and grounding exercises. Presenters successfully use these strategies with youth experiencing a variety of severe neurodevelopmental and behavioral challenges.

Allie Middleton is a Licensed Professional Counselor and a Registered Yoga Teacher and works as a Clinical Therapist at San Marcos Treatment Center (SMTC). SMTC is a residential treatment facility that serves children and adolescents ages 6-17 with an array of psychiatric and behavioral issues. Allie is passionate about innovating and integrating yoga and other sensory-based modalities as a key role in the treatment of children with Autism and other neurodevelopmental disorders.

Simone Melhuish, LMSW, has a decade of experience specialized in working with neurological diversity and those experiencing severe and persistent mental illnesses within acute and subacute settings. Her passion is working within residential settings and finding creative ways to work with children and adolescents using sensory-based interventions. Simone uses holistic and culturally responsive practices with a focus on using the environment to support emotional regulation and further support the healing process. Through better understanding the sensory needs of the individual, Simone works to enhance the therapeutic setting to support both the individual and the program to become a trauma-informed practice from the ground up.