

NRCI
20th Annual
Community
Conference

Sunday
June 12th,
2022



“It’s Tough Enough”; Adolescent Mental Health in Our Changing World

Breakout Session 1:
1:15 – 2:30 pm

<u>Presenter Name</u>	<u>Session Title</u>	<u>Session Description</u>
William "Billy" Kaplan, LCSW	<i>It's a Tough Time to be an Empath, and a Good Time to be Empathic</i>	For those of us who are empaths, who are particularly sensitive to the experiences of others, these past several years have been painfully difficult. And for the rest of us, we can't help but feel for so many in our lives have experienced great challenges. This presentation will provide supportive tools for those who have felt the pain of the last few years (isn't that everyone?) and guidance for those who want to help those who are struggling.
Mark Reinecke, PhD, ABPP	<i>Save a life: Understanding and Preventing Teen Suicide</i>	Teen depression and suicide rates are on the rise. Many teens feel overwhelmed, discouraged, disappointed, hopeless, and helpless. That said, recent clinical research offers a path forward. There is hope. In this session we will discuss practical, evidence-based strategies for identifying teens who are at risk and for preventing youth suicide.

<p>Laura Grimes, LCSW</p>	<p><i>Queer Teens & Identity: Understanding Teens with "Othered" Identities</i></p>	<p>Youth today have a multitude of ways in which they understand their varied identities; gender identity & sexual orientation are only two of them. Often parents & other adults in their lives struggle in understanding the language and concepts that seem so relevant. In this time together, we'll explore these concepts. We will discuss how non-straight and/or non-cis teens differ from their counterparts, and how social & emotional adolescent development is impacted by queer* identity structures. This discussion will include understanding the components of identity, socialization and the impact on teens and their mental health.</p>
<p>Kelsey Jo Lantz, MA, LPC</p>	<p><i>Social Media and Mental Health</i></p>	<ul style="list-style-type: none"> • The relationship of social media to emerging adults • Developmental factors • Research on risks and benefits of social media use • Managing social media use
<p>Ana Belmonte, PsyD</p>	<p><i>The Impact of School and Community Violence on Adolescent Mental Health</i></p>	<p>News stories of violence in schools and communities are seen daily through news and social media. The aftermath and continued impact on exposure to school and community violence is often not highlighted. This presentation will discuss the effects of exposure to school and community violence on adolescents. Furthermore, impacts of non-direct exposure, such as through seeing media reports or participating in lockdown drills, will also be explored.</p>
<p>Tara Gill, PhD</p>	<p><i>Adolescent Mental Health: Social and Developmental Impact of COVID-19 Isolation</i></p>	<p>Adolescence is typically a period of significant growth and development. The past several years for youth have been marked by public health policies and practices that have been disruptive to their routines and social outlets. The impact on their normative development has been profound. Adolescent mental health, coping needs, and short and long-term impact will be explored.</p>
<p>Jaimee Ory, LCSW, CRADC, ACHT</p>	<p><i>ADHD in Teens: Understanding an Emotionally Complex Diagnosis During an Emotionally Complex Time of Development</i></p>	<p>This training is designed for participants to have the most up-to-date and relevant information regarding ADHD. ADHD is a diagnosis with emotional complexity that can be vastly misunderstood. Historically, the DSM-5 has provided criteria for ADHD that does not fully capture how ADHD impacts emotions and perceptions. This training will discuss emotional regulation, executive functioning struggles, and Rejection Sensitivity Disorder (RSD), which are all diagnostic features of this diagnosis. This training will also discuss differences between child, teen, and adult ADHD, as well as gender differences and current information on psychopharmacological approaches.</p>

<p>David Baron, MD</p>	<p><i>Not Your Parents' Cannabis; The Impact of Cannabis on the Emerging Adult Brain</i></p>	<p>With widespread legalization of recreational cannabis, there is a common assumption that this defines it as safe, at least for adults. However the science of cannabis, including its dozens of chemical components, and the dramatic increase of potency of its main psychoactive ingredient since the 1970's, all raise serious questions. Cannabis can be more impairing and for longer periods of time after use than was previously appreciated, and it frequently activates and aggravates multiple mental illnesses. This conversation will help the audience with a more well-informed perspective on risks of cannabis use, especially in adolescents and young adults.</p>
<p>Bryn Jessup, PhD</p>	<p><i>Adolescents in the Family, Raising "Different Drummers"</i></p>	<p>Adolescence is a time of tremendous change within the developing young person as well as the family system. This presentation will offer a developmental perspective informed by current research in neurobiology to highlight ways that families can support psychological growth and resilience during adolescence.</p>
<p>Claire Openshaw, PhD, LCPC</p>	<p><i>Advocating Against Youth Exploitation</i></p>	<p>Human trafficking refers to the exploitation of an individual using force, fraud, or coercion. Misconceptions of trafficking is a significant impediment in identifying victims. To make identification more difficult, victims typically do not recognize their exploitation. Not only are youth more vulnerable to being trafficked, but traffickers specifically target them. To further complicate matters, family members are involved in almost half of the identified cases of child trafficking. With trafficking on the rise in all fifty states; now is the time for us to advocate for our youth.</p>

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Breakout Session 2: 2:45 - 4pm

<u>Presenter Name</u>	<u>Session Title</u>	<u>Session Description</u>
Nina Henry, LCPC, CADC	<i>Straight Talk About Substance Use: How to Start the Conversation With Your Child</i>	"How do I recognize when my child is using substances?" "What do I say to start the conversation about drugs and alcohol?" These are common questions for parents and the prospect of asking them is scary. This workshop will offer information about the signs and symptoms of substance use and how to talk to your child about these issues. The group will also discuss what our community can do to help parents and children.
Orson Morrison, PsyD	<i>Supporting the Mental Health & Wellness of Black Youth</i>	How are Black children doing? How can parents, teachers and practitioners understand and support the social and emotional health of Black Youth? These are questions and topics that don't often get the attention they deserve in research and practice. Join Dr. Orson Morrison, Psy.D. of DePaul University who reviews the data and best practices on supporting Black Youth. The event will end with a brief, guided meditation practice that encourages personal and collective reflection and action.
Abigail Natenshon, MA, LCSW, CEDS	<i>Eating Disorders: An Integrative Disease requires an Integrative Approach to Treatment</i>	Eating disorders are integrative disorders, impacting the brain and body far beyond their effects on eating lifestyle and weight control. The most lethal of all the mental health disorders, disease onset fragments the patient's core Self, taking over its executive function and distorting self-perception. Uniquely integrative treatment strategies restore the reunification of the patient's core Self, optimizing emotional development, self-care and well-being. A close and trusting therapeutic attachment between patient and therapist gives rise to the patient's self-trust, self-regulation, self-confidence, self-esteem, self-actualization, and motivation to heal.

<p>Linzy Pinkerton, MS Uma Guarnaccia, BS Patricia Garibaldi, BA</p>	<p><i>Adverse Childhood Experiences (ACES) and Trauma</i></p>	<p>We will introduce ACES and childhood trauma, reviewing the difference between stress and trauma. We will also discuss and clarify commonly used terms and concepts related to trauma including post-traumatic stress disorder (PTSD), complex trauma, historical trauma, and racial trauma. The ways in which trauma manifests across development will be explored, and general guidelines about how to be responsive to and supportive of youth experiencing trauma will be shared through our discussion of trauma-informed care.</p>
<p>Adriane "Addie" Van Zwoil, MJ, LCSW</p>	<p><i>Addressing Mental Health Needs in Schools</i></p>	<p>This presentation will introduce common mental health issues among adolescents and how these issues impact students in the school environment. This presentation will explore ways in which schools can assist children and families in getting the support they need, while also focusing on academics.</p>
<p>Albert Sharp Barbara Reeves, BS</p>	<p><i>Bullying; The Three Rs - Recognize, Respond, and Report</i></p>	<p>This interactive and informative workshop will take you back to an awkward period in your life: Middle School and High School. Where trying to fit in was the norm. We will introduce the different types of Bullying as well as the signs of Bullying. We will discuss the victim, perpetrator, and bystander roles and experiences and how to assist young people with making positive choices. We will also discuss how Bullying can lead to self-harm and possible suicide.</p>
<p>Pete Myers, PsyD</p>	<p><i>Emerging Adults Growing Through Relationships and Real Life Opportunities</i></p>	<p>As emerging adults, we come to learn about the aspects of ourselves that make us feel most confident, capable, and loveable. Through relationships and interactions with others, we come to join and contribute to our communities of choice and take on new roles within our families. It is at this time that we become increasingly self-reliant and take full responsibility for our actions. Like all developmental transitions throughout the lifespan, emerging adulthood is influenced by the environmental and social context in which the progression is occurring. Disruption and derailment can occur, for example by misuse of substances, experiences of trauma, toxic interpersonal relationships, and psychiatric illnesses. This presentation will provide both a detailed description of this developmental stage from a neurobiological and relational model, and real-life clinical experiences illustrating the struggles and achievements commonly associated with emerging adults.</p>

<p>Hollie Sobel, PhD Gail Petrich, PsyD</p>	<p><i>How to Help Teens Cope with Family Conflict & Separation</i></p>	<p>This workshop will focus on the impact of parental conflict, divorce, and other family changes on the development of adolescents. We will cover various aspects of teen functioning. Treatment modalities to improve coping for adolescents and the family will be discussed. The options available within the divorce process (e.g.; collaboration, mediation) will be presented, along with different ways to manage family issues once parents have separated.</p>
<p>Thomas Golebiewski, PhD, LCSW</p>	<p><i>Alchemy of Self Care: Heart, Science and Compassion</i></p>	<p>Now more than ever, self-care is critical to well-being. People must take compassionate care of themselves, take good care of others, and to avoid exhaustion, secondary trauma, compassion fatigue, and burnout. In this workshop, Dr. Tom Golebiewski will propose how an integrated approach to self-care and compassion builds upon the awareness of the mind, body, and brain and skillful means, (mindfulness and compassion practices) that can be preventative and restorative when dealing with stress and many of the challenges faced today. The workshop will include experiential practices.</p>
<p>Rolyne Pritchard, BIS Lyssa Blaine, BA</p>	<p><i>Restorative Justice; A Holistic Approach</i></p>	<p>The presentation will cover restorative justice as a holistic approach when working with youth in different settings. The approach includes why restorative justice moves away from the traditional punitive measures and towards inclusive conversation-based methods. It speaks to the rehabilitative nature in regard to the mental health of adolescents. There will be an emphasis on why restorative justice should be utilized in forensic mental health settings. The discussion will include what restorative justice is, the techniques utilized in the approach, and resources for further education.</p>



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