37th REGIONAL Social Work Conference

Wednesday, May 22, 2019
7:00 a.m. – 5:00 p.m.

Register online at wne.edu/prodev

Offered by:
Western New England University
BSW Program
Social Work Advisory Council
Office of Enrollment Management
About the University

Western New England University is a private, independent, coeducational institution founded in 1919. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, the University serves more than 3,700 students. Undergraduate, graduate, and professional programs are offered through the University's Colleges of Arts and Sciences, Business, Engineering, and Pharmacy and Health Sciences, and School of Law.

Juris Doctor/Master of Social Work Combined Degree Program

The JD/MSW is a four-year, full-time program offered with Springfield College.

Combining a law degree with a social work degree enables professionals to better serve their clients by understanding their concerns from both a legal and social perspective. Employment in the legal and social work professions has been rapidly expanding in both the public and private sectors. Institutionally and professionally, there is a high degree of overlap between the two disciplines. Areas well suited to both professions include, but are not limited to, child welfare, education, mental health, family law, services to the disabled, legal aid, criminal and juvenile justice, consumer protection, and human rights.

Students spend the first academic year in either the Western New England School of Law or the School of Social Work at Springfield College. The second year is spent in the school where the student did not register the first year. The third year is spent at the School of Law, and the fourth year is spent completing all remaining requirements. To complete the degree, three remaining semesters of law (12-16 credits per semester) are required beyond the first year and one remaining semester of social work (12 credits) is required beyond the first year. Twelve cross credits are applicable to the combined degree.

Bachelor of Social Work

Western New England University's BSW Program is accredited by the Council on Social Work Education, and gives graduates a well-grounded generalist social work education. We offer students four different internships in their four years here, with the first internship starting in their first semester here. The program is designed for those dedicated to helping others, improving social functioning, and helping society to be more responsive to human needs. If you do well in the program, you are eligible to enter a master's program to obtain your MSW degree in one year rather than two. For more information, contact the Department Chair, Jeff Schrenzel, PhD, at jschrenz@wne.edu.
Jim Quinn Human Service Award

Frank C. Sacco, PhD, began his work at the University of Massachusetts during the late 1960s, where he was involved in the Room-to-Move Drop in Center. He spent two years working with psychedelic emergencies in developing ways to cope with students having bad trips. Dr. Sacco then became involved in the Massachusetts de-institutionalization movement and cofounded Our House, Inc., a residential program for DYS kids.

After training at Menninger Clinic, Dr. Sacco began working with the assessment and treatment of highly disturbed young children. He spent his life operating in a community mental health center that specializes in home-based treatment for child welfare cases. He had many fond interactions with Jim Quinn. Dr. Sacco coauthored his first book in 1982, *Outreach Family Therapy*. He is dedicated to providing home-based psychotherapy to traumatized children in the child welfare system.

Dr. Sacco has also spent his life researching bullying. He has coauthored two books and 20 peer-reviewed articles on bullying, teacher bullying, threat assessment, and how to build a successful anti-bullying structure within a school.

He has consulted with the FBI Behavioral Sciences Unit. He was recruited to bring ideas from his research on bullying after the 1999 Columbine shooting. He followed up with two more consultations with the FBI on Internet sexual exploitation and domestic violence. He has developed school bullying prevention programs in Jamaica, Australia, and Hungary.

Committed to the field of social work and psychotherapy, Dr. Sacco also trains psychotherapists in engaging difficult and often resistant clients.

Past Jim Quinn Human Service Award recipients:

- **1997** Ben Brown, Greater Springfield Senior Services
- **1998** Rachel Stockton, Springfield District Court
- **1999** Marlene Quinlan, Baystate Medical Center
- **2000** Linda Kloss, Mental Health Association
- **2001** Blanche Martin, Martin Luther King Jr. Community Center
- **2002** W. Pearl Wilkinson, Commonwealth of Massachusetts Trial Court
- **2003** Michael Booker, Department of Social Services
- **2004** Adrienne DeSantis, HealthSouth Rehabilitation Hospital of Western Massachusetts
- **2005** Isaac Ben Ezra, MSW (Retired), Advocate for Social Justice
- **2006** Katherine Walsh-Burke, Professor of Social Work, Springfield College
- **2007** Ronn Johnson, Community Service, MassMutual
- **2008** Sister Senga Fulton, Annie’s House, Massachusetts Career Development Institute
- **2009** Jose Flecha, Department of Mental Health
- **2010** Raquel Serrano, Department of Children and Families
- **2011** Maureen Holland, New North Citizen’s Council
- **2012** Gianna G. Nguyen, Carson Center for Human Services
- **2013** Sara Weinberger (Retired), Western New England University
- **2014** Arlene Smith, (Retired), DCF
- **2015** Julie Borowski, Open Door Social Services
- **2016** Beth Edelberg-Cardillo, Armbrook Village
- **2017** Deborah Hollingworth, Greater Springfield Senior Services
- **2018** Richard Neidel (Retired), Pathlight

Please call Western New England University at 413-796-2173 to receive a nomination form.
Social Work Advisory Council Members 2018-19

Vijay Dalal, MSW, MBA, LICSW
Therapist, Private Practice

Meredith Johnson, MSW
Supervisor
Department of Children and Families

Deidre Jones, MSW
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Department of Children and Families

Victoria Kania, LSW, CCM
Social Worker
Landmark at Monastery Heights

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Springfield Public Schools

Cathy Rivet
Enrollment Management
Western New England University

Gena Rotas, LICSW
Private Practice

Jeff Schrenzel, PhD, LICSW
Department of Social Work
Western New England University

Table Exhibitors

A Caring Heart Nursing Services
Adcare
Behavioral Health Network
Boston Medical Center Healthnet Plan
   Senior Care Options Plan
Cambridge College
Cambridge Eating Disorder Center
Center for Human Development (CHD)
Charm Medical Supply
Clearview Counseling Group
CT-Family Care Services, LLC
Eversource
Futures Education
Genesis Spiritual Life and Conference Center
Home Modification Loan Program
JGS Lifecare/Ruth’s House Assisted Living
The Massachusetts Association for the Blind and Visually Impaired
Mental Health Association, Inc.
Mercy Life PACE Program
New England Treatment Access, LLC
Northeast Center for Youth and Families
Pathlight
River Valley Counseling Center, Inc.
Smith College School for Social Work
Springfield College School of Social Work
Springfield Vet Center
Summit ElderCare
Thom Westfield Infant Toddler Services
Trinity Health of New England at Home
West Central Family and Counseling
Western New England University
Western New England University School of Law
Westfield State University
   Graduate & Continuing Education
Program

7:00-9:00 a.m.  **Registration, Vendor Fair, Breakfast/Networking**  
Alumni Healthful Living Center

9:00-10:00 a.m.  **Welcome, Jim Quinn, Keynote**  
Alumni Healthful Living Center

10:00-10:15 a.m.  **Walk to Workshop A**  
Center for Sciences and Pharmacy, Herman, Sleith, St. Germain Campus Center, University Commons

10:15 a.m. -12:15 p.m.  **Workshop A**

12:15-12:30 p.m.  **Walk to lunch**  
University Commons

12:30-1:30 p.m.  **Lunch**  
University Commons

1:30-1:45 p.m.  **Walk to Workshop B or C**  
Center for Sciences and Pharmacy, Herman, Sleith, St. Germain Campus Center, University Commons

1:45-4:45 p.m.  **Workshop B**

1:45-3:15 p.m.  **Workshop C**

3:15-3:30 p.m.  **Walk to Workshop D**  
Center for Sciences and Pharmacy, Herman, Sleith, St. Germain Campus Center, University Commons

3:30-5:00 p.m.  **Workshop D**

4:45-5:15 p.m.  **CEU Pick up**  
University Commons

Workshop Designations

- **(B) Beginner**  
  Less than two years of experience

- **(I) Intermediate**  
  Two to five years of experience

- **(A) Advanced**  
  More than five years of experience

**NOTE:** Workshop sessions have been assigned to one category; however, many of the workshops overlap into other categories. Please review workshop descriptions for selection process.
ADOLESCENT/CHILD

A.03 Building Resilience with Young Children and Their Caregivers (I, A)  
10:15 a.m. - 12:15 p.m.

A.04 Through A Child’s Eyes–The Child’s Perspective of Abuse the Unspoken Truth:  
A Memoir (I)  
10:15 a.m. - 12:15 p.m.

B.04 Psychopharmacology with Children/Adolescents (I, A)  
1:45 p.m. - 4:45 p.m.

B.05 Adolescent Sexual Health (B)  
1:45 p.m. - 4:45 p.m.

C.08 Siblinghood in Adoption: Exploring the Richness and Complexity (B, I, A)  
1:45 p.m. - 3:15 p.m.

C.09 Commercial Sexual Exploitation of Children: Identification, Engagement,  
and Connection to Resources (I)  
1:45 p.m. - 3:15 p.m.

D.05 RAD (Reactive Attachment Disorder) or SAD Understanding Trauma with Children (B)  
3:30 p.m. - 5:00 p.m.

D.06 Understanding Adultism in Social Work (B, I)  
3:30 p.m. - 5:00 p.m.

ELDERLY

A.01 Thriving During Your Retirement Years: A Multidimensional Wellness Approach (I, A)  
10:15 a.m. - 12:15 p.m.

A.02 Don’t Wait for the Crisis: Plan Ahead for Care for an Older Adult, Address Obstacles  
to Care and Reduce the Need for Hospital and Nursing Home Stays (I)  
10:15 a.m. - 12:15 p.m.

B.01 Powerful MassHealth Planning Tools to Save the Home and Other Assets from  
the Nursing Home Bill: The Irrevocable Trust, Medicaid Qualified Annuities,  
and Pooled Trusts (I)  
1:45 p.m. - 4:45 p.m.

C.03 50 and Better (B, I, A)  
1:45 p.m. - 3:15 p.m.

C.04 There’s No Excuse for Elder Abuse (B)  
1:45 p.m. - 3:15 p.m.

D.04 Get Out of My Seat, You Can’t Sit Here: Changing the Paradigm and Creating  
People-Friendly Communities (B, I, A)  
3:30 p.m. - 5:00 p.m.
FAMILIES
A.11 Building a Mutually Respectful Relationship with Parents and Adolescents to Reach Identified Goals (I)
10:15 a.m. - 12:15 p.m.
A.12 WORTH A THOUSAND WORDS: Clinical Creativity with Genograms (I, A)
10:15 a.m. - 12:15 p.m.
D.10 Make A Difference! Communication and Disability (B, I, A)
3:30 p.m. - 5:00 p.m.

GENDER/SEXUALITY
A.13 You Want to Talk about What?—Discussing Sex and Sexuality with Clients (B, I, A)
10:15 a.m. - 12:15 p.m.
B.06 Advanced Work with Families of Trans* From Infancy Through Elderly (B)
1:45 p.m. - 4:45 p.m.
C.10 Gender-Affirming Hormone Therapy at Planned Parenthood League of Massachusetts (B, I, A)
1:45 p.m. - 3:15 p.m.
D.11 The Movement for Comprehensive Sexuality Education (B, I, A)
3:30 p.m. - 5:00 p.m.
D.12 Pornography and its Influence on Youth: Utilizing a Media Literacy Lens (B, I, A)
3:30 p.m. - 5:00 p.m.

MENTAL HEALTH/PHYSICAL HEALTH
A.05 Understanding and Recognizing Problem Gambling (B, I)
10:15 a.m. - 12:15 p.m.
A.06 Bringing Nervous System-Informed, Trauma-Sensitive Yoga into Mental Health Care (B, I, A)
10:15 a.m. - 12:15 p.m.
A.07 The Power and Use of Homeopathy for Social Workers (B)
10:15 a.m. - 12:15 p.m.
A.08 Calm Abiding Meditation: A Solution to Stress and Burnout (B)
10:15 a.m. - 12:15 p.m.
B.02 Acupuncture for Chronic Pain and Illness (B)
1:45 p.m. - 4:45 p.m.
C.01 RESILIENCE for Adults and Children. Why, When and How (B, I, A)
1:45 p.m. - 3:15 p.m.
C.02 The Decision Tree: Understanding the Complexities of Treating Patients with Eating Disorders (B, I)
1:45 p.m. - 3:15 p.m.

Continued on page 6
Workshop Sessions

MENTAL HEALTH/PHYSICAL HEALTH  Continued from page 5

D.07  Combatting Compassion Fatigue Holistically (B, I, A)  
      3:30 p.m. - 5:00 p.m.

D.08  Creating “A Circle of Presence”—A Group Mindfulness Practice (B, I, A)  
      3:30 p.m. - 5:00 p.m.

D.09  Making Teams Work (B, I, A)  
      3:30 p.m. - 5:00 p.m.

MISCELLANEOUS

B.03  Creating Accommodations When Working with Parents with IDD/DD or 
      Functional Limitations (B, I)  
      1:45 p.m. - 4:45 p.m.

C.05  ABC’s of Medical Marijuana (B, I, A)  
      1:45 p.m. - 3:15 p.m.

MULTICULTURAL

A.09  Overcoming Color Blindness: Dealing with Issues of Race & Culture in 
      Practice (B, I, A)  
      10:15 a.m. - 12:15 p.m.

PERSONAL DEVELOPMENT

A.10  How Compassionate and Resilient Sensory Awareness Practices Release Stress 
      and Heal Trauma (B, I, A)  
      10:15 a.m. - 12:15 p.m.

C.11  Conscious Embodiment for Emotional, Mental and Physical Resilience (B, I, A)  
      1:45 p.m. - 3:15 p.m.

D.03  From Stress to Strength (I)  
      3:30 p.m. - 5:00 p.m.

SUBSTANCE ABUSE

C.06  Bridging Medication Addiction Treatment for Opioid-addicted Individuals 
      Leaving Jail (B, I, A)  
      1:45 p.m. - 3:15 p.m.

C.07  Integrated Services for People Who Experience Co-occurring Disorders (B)  
      1:45 p.m. - 3:15 p.m.

D.01  The Importance of Understanding Recovery Capital in Addictions Work (I)  
      3:30 p.m. - 5:00 p.m.

D.02  Opiate Epidemic Through the Eyes of a Hospital Social Worker (B, I)  
      3:30 p.m. - 5:00 p.m.
A survivor of child sexual abuse and trafficking as an adolescent, Jen Falcone will give an overview of her experiences and how utter devastation kick-started the healing that currently drives her life choices and professional work. She will focus specifically on launching a movement with the Springfield-area business community to address human trafficking. Additionally, she will talk about how that movement fits in with other local human trafficking initiatives, and how social workers are ideally situated to build bridges at the macro level of practice.

Jen Falcone is a macro/community level social worker in the Springfield, MA, area. Currently she serves as the Director of Businesses Against Human Trafficking, a group whose mission is to use the collective influence of the local business community to address and prevent human trafficking in Western MA. In that role she guides and coordinates member organizations’ efforts, and aligns them with law enforcement, service providers, community/faith groups, and government entities addressing the issue of human trafficking in Western MA.

She facilitates business specific training in recognizing, responding to, and preventing human trafficking. Additionally, she helps lead The Prevention Collaborative, a cross-agency working group that aims to prevent child sexual abuse by raising awareness and providing training for adults. She has been involved with advocacy at the local and state levels, legislative action, community consultation, and family crisis counseling related to child sexual abuse. She also leads sexual abuse prevention sessions with school and agency staff, parents, and church groups. Prior to her ventures in social work, Jen worked in the business world with broad experiences in business operations, pharmaceuticals, and human resources development.
A.01  Thriving During Your Retirement Years: A Multidimensional Wellness Approach (I, A)
With the baby boomer generation quickly becoming 25 percent of the US population, a new approach to aging is emerging. Case studies of healthy aging using an eight dimension wellness perspective will be discussed. The presenter’s recently published book, Well-Come to Retirement: Thriving in Your Third Act, will also be used as reference.

PRESENTER:  
Dr. Patricia Peters Martin, Licensed Clinical Psychologist  
Helene DeMontreaux Houston, MS, APRN

A.02  Don’t Wait for the Crisis: Plan Ahead for Care for an Older Adult, Address Obstacles to Care and Reduce the Need for Hospital and Nursing Home Stays (I)
This workshop will discuss the various ways to help elders stay out of nursing homes. This workshop will offer suggestions and strategies based on years of the presenters’ experience in this area. Real life examples, along with encompassing legal aspects, will also be discussed.

PRESENTERS:  
Attorney Lisa M. Beauvais, JD, LLM in Elder Law and Estate Planning  
Sharon Connor, MSW, C-ASWCM, Owner, Choices Elder Support, LLC

A.03  Building Resilience with Young Children and Their Caregivers (I, A)
One of the most impactful ways to support young children is to help both the child and caregiver develop skills to respond to adversity and stress with resilience. This workshop will explore factors contributing to resilience, the role of resilience in child-caregiver experiences that feel overwhelming or hopeless, and resilience-building strategies you can use in your work with children and families.

PRESENTERS:  
Christa L. Colly, MSW, LICSW Owner/Consultant, Collaborative Mental Health Consulting LLC. Psychotherapist, private practice  
Sarah Stout, MSW, Owner/Consultant, Collaborative Mental Health Consulting LLC
A.04 Through A Child’s Eyes–The Child’s Perspective of Abuse the Unspoken Truth: A Memoir (I)

This workshop will cover the author's book and work with NAASCA. She will give a brief overview of how she became an author, advocate, and public speaker. She will share her story and bring the audience into the child’s world dealing with loss, trauma, abuse, and vulnerability. Finally, she will discuss her mother’s battle with mental illness and how it affected her life.

PRESENTER:
Lisa Zarcone, Author, Child and Mental Health Advocate, Public Speaker, Massachusetts National Ambassador for NAASCA

A.05 Understanding and Recognizing Problem Gambling (B, I)

In the era of expanding gambling, providers are encouraged to build their base of knowledge about problem gambling to provide service and support to their clients. The goal of this training is to raise awareness and capacity of attendees on the fundamentals of gambling disorders and increase their skills in clinical interventions, addictions treatment and case management. Attendees will learn how to incorporate problem gambling information and treatment skills into their practices and access existing resources.

PRESENTER:
Jodie Nealley, MS Outreach & Recovery Support Coordinator MA Council on Compulsive Gambling

A.06 Bringing Nervous System-informed, Trauma-sensitive Yoga into Mental Health Care (B, I, A)

Nervous System-informed, Trauma-sensitive yoga is an approach utilizing simple yogic interventions to regulate the autonomic nervous system and prepare the client to progress in any psychologically-based trauma therapy. This workshop includes an introduction to the model; an experience of the interventions; and instruction on the therapeutic use of chair yoga postures, breathing practices, and relaxation in a private or group setting.

PRESENTER:
Joann Lutz, MSW, LICSW; Certified, International Association of Yoga Therapists; Registered Yoga Teacher, Experienced Level, Yoga Alliance
1/2 Day Workshops
10:15 a.m. - 12:15 p.m.

A.07  The Power and Use of Homeopathy for Social Workers (B)
Homeopathy naturally helps women, children, and men who suffer from mental, emotional, or physical symptoms associated with a wide variety of disorders including depression, anxiety, eating disorders, addiction, PTSD, and more. In this session, you will learn what homeopathy is and then understand its healing powers through the sharing of its effects using client cases.

PRESENTER:
Abby Beale, CCH, RSHom(NA)

A.08  Calm Abiding Meditation: A Solution to Stress and Burnout (B)
This workshop will introduce participants to Calm Abiding Meditation. Meditation enhances the mind's clarity and stability allowing the mind to rest. Once the mind is at rest, we are free from what disturbs us. Through the practice of meditation, a sense of well-being, joy and compassion arise. This renewed well-being ultimately reduces the effects of fatigue, stress, and burn out helping us become more resilient in our personal and professional lives.

PRESENTER:
Jini Gupta, M.Ed., LPC, NCC, Certified Meditation Instructor

A.09  Overcoming Color Blindness: Dealing with Issues of Race and Culture in Practice (B, I, A)
Discussing issues of race and culture in social work settings can be complex. Professionals may be anxious, intimidated, fearful, and silent. This workshop will examine an appreciation of multiple identities and provide engaging ways to examine the importance of racial identity. This presentation is designed to equip social workers better examine the key elements of cultural competency and cultural humility.

PRESENTER:
Dr. Anthony C. Hill, EdD, MSW, Associate Professor, Springfield College School of Social Work
A.10  How Compassionate and Resilient Sensory Awareness Practices Release Stress and Heal Trauma  (B, I, A)
This experiential and interactive workshop will assist people skillfully to respond to stress and trauma. This class will discuss emotional anatomy theory, and have people participate in sensory awareness practices, breath practices, gentle yoga (mat and/or chair yoga), and guided meditation to create valuable and healing responses to stress and trauma. All practices will support and benefit clinicians to manage work stress and to use with clients to build compassion and resilience.

**PRESENTER:**

J. Vecchia, Certified Trauma Informed Mind Body Facilitator Certified Yoga Teacher Ingleside Therapeutic Massage & Yoga Holyoke, MA

A.11  Building a Mutually Respectful Relationship with Parents and Adolescents to Reach Identified Goals  (I)
The workshop will offer concrete techniques to use with parents and adolescents to build a mutually respectful relationship. These techniques will create relationships that increase the likelihood that progress on identified goals will be made. The Presenters will discuss and learn ways to connect with different types of personalities within the family.

**PRESENTERS:**

Barbara Jaillet, LSWA Positive Parenting Manager
Emma Connelly, Youth and Family Support Program Manager
1/2 Day Workshops
10:15 a.m. - 12:15 p.m.

A.12  WORTH A THOUSAND WORDS: Clinical Creativity with Genograms (I, A)
Learn how to disarm resistance and create a positive connection with clients of all ages. Participants will be able to master this simple but powerful intervention immediately while simultaneously collecting all needed background information in a non-threatening way.

PRESENTER:
Liz Bramson, LICSW Private Practice

A.13  You Want to Talk about What?-Discussing Sex and Sexuality with Clients (B, I, A)
This workshop is for anyone that wants to deepen their understanding of how to talk about sex and sexuality. Terminology, contraception and condom usage, anatomy, language, and pleasure will be discussed. Understand how social mores and unconscious bias may impede talking about sex. Get comfortable in the discomfort through listening, speaking, practicing, and understanding.

PRESENTER:
Laura Banks, M.A., Adolescent Sexual Health Program Manager, River Valley Counseling Center
1/2 Day Workshops
1:45 p.m. – 4:45 p.m.

B.01  Powerful MassHealth Planning Tools to Save the Home and Other Assets from the Nursing Home Bill: The Irrevocable Trust, Medicaid Qualified Annuities, and Pooled Trusts (I)

This class will start with the basic Medicaid rules and from that foundation discuss powerful techniques if done more than five years before entry into a nursing home, as well as last minute tools, to save the home and other assets from the nursing home bill.

PRESENTER:
Karen G. Jackson, JD

B.02  Acupuncture for Chronic Pain and Illness (B)

Eastern medicine offers much in the way of healing without the side-effects from medication, particularly opioids, and surgery. Spend a few hours learning about one of the oldest and most commonly used healing modalities in the world.

PRESENTER:
Bonnie Diamond, Licensed Acupuncturist

B.03  Creating Accommodations When Working with Parents with IDD/DD or Functional Limitations (B, I)

This workshop will explore using accommodations when working with parents with IDD/DD or Functional Limitations. It will include a brief overview of the Federal Laws, Section 504 and the ADA. The presenters will look at what is an accommodation and how to use adaptations or accommodations in delivering services to parents with disabilities.

PRESENTERS:
Sue Jones, BA, GC, Director of Youth and Family Services of The United Arc, Senior Board Member - The Association for Successful Parenting
Betsy Misch, Program Manager for The Positive Parenting Program of The United Arc
B.04  **Psychopharmacology with Children/Adolescents** (I,A)
This workshop will review diagnostic considerations for children and adolescents; common diagnoses and their criteria; the problems related to childhood diagnoses; overview of classes of medications and common usage; and side effects and current controversies in the field.

**PRESENTERS:**
Jeffrey Gold, Ph.D., Assistant Director of Clinic Services, The Key Program, Inc.
John Swanson, M.D., MA Dept. of Mental Health

B.05  **Adolescent Sexual Health** (B)
Teen pregnancy rates are falling nationwide, as well as in Massachusetts, but rates are higher in certain communities and populations. We will look at teen pregnancy and STI rates in Massachusetts and locally, as well as risk and protective factors for teen pregnancy. The workshop also covers evidence-based initiatives that support adolescent sexual health and teen parents.

**PRESENTERS:**
Sharon Hall-Smith, Director of Prevention & Community Services, Gandara Center
Ilizabetsy Velez, Teen Pregnancy Prevention Program Coordinator/ Community Health Worker, Gandara Center

B.06  **Advanced Work with Families of Trans* From Infancy Through Elderly** (B)
This is an expanded model of therapy used when working with families and individuals who are on the gender spectrum. A model will be outlined, with discussion about stages of grief and expanded grief reactions as they continually arise with these families. An outline of the laws that support trans* in MA, as different from other states will be shared. Steps needed in order to socially transition children, teens, adults, and elders, as well as the steps involved in medically transitioning someone in these four stages of human development will also be outlined.

**PRESENTER:**
Patricia Jenkins, MSW, LICSW, Independent Private Therapist
C.01  RESILIENCE for Adults and Children. Why, When and How (B, I, A)
Unexpected events happen and can often throw us off balance. Social workers and counselors can do a fine job of helping clients and even themselves manage the stress, anger, fear, anxiety etc., but what about the ability to be resilient. Why should teaching being resilient be considered? When is it important and how does one integrate resilience into the healing relationship? Bouncing back from adversity and trauma demands new skills and supportive strategies i.e., breath work, tapping, mindfulness, and body awareness. These are some of the skills and strategies that will all be discussed.

PRESENTER:
Gena M. Rotas, LICSW Rotas & Associates

C.02  The Decision Tree: Understanding the Complexities of Treating Patients with Eating Disorders (B, I)
Eating disorders are complex psycho-social diseases with serious medical complications. Individuals with eating disorders are secretive about this unhealthy coping mechanism and often refuse or delay treatment. It’s vital that clinicians are able to identify eating disorders in their patients and help them get to the proper level of treatment before they suffer the inevitable health consequences. Dr. Ebrahimi offers clinicians a multitude of tools to help them treat eating disorder patients in a way that helps the patient using clinically proven methods.

PRESENTER:
Seda Ebrahimi, Ph.D., Founder and Director, Cambridge Eating Disorder Center
1/4 Day Workshops
1:45 p.m. – 3:15 p.m.

C.03  50 and Better (B, I, A)
This workshop is intended to boost and empower those who are 50 years old or older. Those who work with this specific population will learn about the personality, physical, and emotional changes that occur for those over the age of 50.

PRESENTER:
Elsie Sanchez, Rev, Odres Nuevos NEIC

C.04  There’s No Excuse for Elder Abuse (B)
This workshop will tackle three primary topics in understanding the Elder Protective Services Program. First, an overview on Elder Protective Services, covering the reporting process, how intakes are screened and investigated, and when it is appropriate to make a referral. This will include an in-depth discussion on recent Program and clientele changes and the aging Baby Boomers. Second, an examination of offender typography’s effect on client’s service plans to reduce levels of risks will be discussed. And lastly, the workshop will explore appropriate intervention options and the barriers that our elderly client’s face.

PRESEENTERS:
Taryn Lee-Turgeon, BS, JD, Elder Protective Services Director, GSSSI
Karen Stonehouse, BA, MSCJ, Elder Protective Services Supervisor, GSSS

C.05  ABC’s of Medical Marijuana (B, I, A)
This workshop will review the requirements and advantages of becoming a medical marijuana patient and/or caregiver. Different available products will also be discussed.

PRESENTER:
Leslie Tarr Laurie, MS, Regional Director for Western Mass for NETA
Bridging Medication Addiction Treatment for Opioid-addicted Individuals Leaving Jail (B, I)

The SAMHSA funded projects of Bridge I, Bridge II, and Project Motion, assist pre-trial and sentenced individuals being released from the Hampden County Sheriff’s Department who have a history of opioid and/or alcohol use disorder (SUD), and are also at high risk for HIV or HCV. This program provides pre and post-release case management (Critical Time Intervention model). The program also transitions inmates from a county jail to the community, with services organized prior to release, including initiation of medication addiction treatment (MAT).

**PRESENTERS:**

Maureen Desabrais, MEd Jail Health Services
Program Director, Baystate Medical

Edward Guerrero, Program Supervisor,
Baystate Medical Center

Ziara Velazquez, Case Manager, Baystate Health

Rose Aviles, Caseworker, Baystate Health

Lynda Millan, Case Manager, Baystate Health

Orlando Mercado, Case Manager, Bridge Program
C.07 Integrated Services for People Who Experience Co-occurring Disorders (B)

This workshop will provide a broad overview of best practices for working with individuals who experience both psychiatric symptoms and addiction. Strategies for engagement will be discussed, and a presentation of effective interventions that can be used in a wide array of service types and settings, regardless of funding source. Barriers associated with traditional models of treatment and service will be explored. Positive outcomes for those who receive support/treatment for psychiatric symptoms and addiction by the same service team will be identified.

**PRESENTERS:**
Christine Palmieri, M.Ed., LRC, Vice President, Recovery and Housing, MHA
Sara Kendall, MSW, LICSW, Vice President of Clinical Operations, MHA

C.08 Siblinghood in Adoption: Exploring the Richness and Complexity (B, I, A)

This workshop will explore the wide range of experience and challenge of siblings in adoptive families. The aim is to bring the complexity and richness of these varied experiences to light, to question our assumptions, to look at how these experiences affect identity formation, and the process of grief and healing.

**PRESENTERS:**
Lisa S. Mintz, M.Ed. Adoption Journeys, Post-Adoption Programming Coordinator
Nancy Solow, LICSW, Regional Manager Adoption Journeys
C.09  Commercial Sexual Exploitation of Children: Identification, Engagement, and Connection to Resources (I)

This workshop will review the definition of the commercial sexual exploitation of children (CSEC) and mandated reporting requirements. Information will include individual and community risk factors for CSEC. Presenters will discuss red flags/warning signs for identifying victims and explore the control tactics exploiters use. Additionally, presenters will share tips for engagement and ways to connect survivors to resources.

**PRESENTERS:**
Deidre Hussey, PsyD, Clinical Psychologist, Baystate Health, Family Advocacy Center
Kerri Bergendahl, LICSW, Behavioral Health Clinician, Baystate Health, Family Advocacy Center

C.10  Gender-Affirming Hormone Therapy at Planned Parenthood League of Massachusetts (B, I, A)

In this workshop, participants will learn about Planned Parenthood League of Massachusetts’ Gender-Affirming Hormone Therapy program. We will review the model of care, including information about informed consent. The workshop will also contextualize this service within the broader network of trans-affirming care in western MA.

**PRESENTER:**
Sophie Howard, Western MA Community Outreach Specialist, Planned Parenthood League of Massachusetts

C.11  Conscious Embodiment for Emotional, Mental and Physical Resilience (B, I, A)

From a very young age, our bodies tighten against emotions of fear, anger, anxiety, and other ways of being that felt unsafe to express or were disapproved of. This tightening leads to chronic emotional responses habitualized in the nervous system, body pain, and unhealthy movement. By unlocking limiting movement patterns through an application of gentle and effective body based methods, you can relieve both the physical pain of bodily constriction and the emotional patterns that go with it.

**PRESENTER:**
Donna Brooks, BS, RSMT, C-IAYT, Original Body Wisdom
D.01  **The Importance of Understanding Recovery Capital in Addictions Work** (I)

The concept of recovery capital will be defined and past findings that support its salience to recovery will be reviewed. Dr. Gilbert will then present findings of his research that further support the importance of the recovery capital factors of social support, twelve step meeting participation, and spirituality in fostering recovery. The Presenter: will conclude the presentation on how his findings can be applied to assist those who serve people with substance use disorders.

**PRESENTER:**
William C. Gilbert, PhD, MSW, Assistant Professor, Elms College

D.02  **Opiate Epidemic Through the Eyes of a Hospital Social Worker** (B, I)

The opiate epidemic affects all of us either professionally or personally. In this beginner level seminar, we will focus on the opiate crisis from a hospital perspective with the goal of how to better support individuals who struggle with opiate addiction. This will include ongoing challenges, the importance of bridging communication gaps between the hospital and outpatient professionals, as well as discussions around opportunities within the system.

**PRESENTERS:**
Tina Kalashian, MSW, LICSW, Manager of Social Work, Baystate Medical Center
Tara Bates, MSW, LCSW, Social Worker, Baystate Medical Center

D.03  **From Stress to Strength** (I)

Resilience is defined as the capacity to recover quickly from difficulties; toughness. Why is it that some people can face some of the most difficult life circumstances and still manage to cope, progress, and even thrive? This workshop will look at the qualities it takes to build resilience and the possibility of teaching these skills to clients and staff.

**PRESENTER:**
Susan Morton, LICSW, Center for Human Development
D.04  **Get Out of My Seat, You Can’t Sit Here: Changing the Paradigm and Creating People-friendly Communities** (B, I, A)
Attendees will have the opportunity to explore the psycho-social aspects of bullying with an in-depth look at the bullying of seniors and those with dementia. Case studies, role playing, and positive interventions that can be employed to transform a community into a bully-free environment will be discussed.

**PRESENTER:**
Beth Cardillo, M.Ed., LSW, CDP Executive Director
Armbrook Village

D.05  **RAD (Reactive Attachment Disorder) or SAD Understanding Trauma with Children** (B)
This workshop will take a close look at re-active attachment disorder versus PTSD/trauma symptoms. We will discuss what trauma may look like in young children and forms of therapy to help the child communicate, cope, and manage trauma at such fragile stages in their lives.

**PRESENTER:**
Mary Ajwala, MS, Family Therapist,
Center for Human Development

D.06  **Understanding Adultism in Social Work** (B, I)
Led by a youth leader, this workshop is ideal for anyone who works with young people—especially those interested in learning new methods for positive youth development and relationship building between youth and adults. Explore how adultism is embedded in common youth development practices and cultural norms. Learn how to reduce the impact of adultism on young people.

**PRESENTER:**
Laura Banks, MA, Adolescent Sexuality Program Manager, River Valley Counseling Center
1/4 Day Workshops
3:30 p.m. – 5:00 p.m.

D.07  **Combatting Compassion Fatigue Holistically** (B, I, A)
The presenter will discuss compassion fatigue, from signs and symptoms to working through it and also prevention. Recognizing indicators, overcoming the guilt, and putting yourself first, will also be discussed.

**PRESENTER:**
**Mary-Anne Schelb**, HHP Business Development Director, Encompass Health Rehab Hospital of WMass (Formerly HealthSouth Rehabilitation)

D.08  **Creating “A Circle of Presence”—A Group Mindfulness Practice** (B, I, A)
Discover how “A Circle of Presence” generates its own foundation, flow, receptivity, boundaries, trust, and reciprocity. An experiential journey, where there is space, in the NOW for each person to be mindful and willing to explore their authentic self. Empowering the healing process of groups, this process works on the dynamics of addiction, depression, anxiety, exhaustion, and pain. As a group mindfulness practice the circle raises the collective consciousness through the active awareness and presence of each member in the group.

**PRESENTER:**
**Lenore Anderson**, MA Life Journey Coach, LMT. Inner Weave Life Journeys, Northampton

D.09  **Making Teams Work** (B, I, A)
Group process skills are applicable to practice with teams, even if rarely used. Transfer of such skills to effective team interventions will be addressed, examples will be presented, and participants’ experiences and exemplars sought to illustrate key points.

**PRESENTER:**
**Julie S. Abramson**, M5W, Ph.D. Jabramson Consulting
D.10  **Make A Difference! Communication & Disability**  (B, I, A)
This is an opportunity to learn about a broad scope of disabilities and how they may affect a person's ability to communicate effectively. Supporting comprehension and dialogue is critical for social workers and any other providers. Participants will be provided with insight regarding accommodations, and a variety of tools and strategies successfully used by the Vermont Communication Support Project.

**PRESENTER:**
Lynne C. Cardozo, Director, Vermont Communication Support Project

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D.11  **The Movement for Comprehensive Sexuality Education**  (B, I, A)
The presenter will describe how work of the Massachusetts Department of Public Health reduces teen pregnancy and STIs, discourages sexual violence, and promotes LGBTQ+ youth well-being. Learn how you could help youth in your community access funded services and why Health Youth Acts in many U.S. states, including Massachusetts, are promoting sexual health and advancing social work values.

**PRESENTER:**
Ariel Pliskin, MSW Student, Sexual Health Educator, River Valley Counseling Center

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D.12  **Pornography and Its Influence on Youth: Utilizing a Media Literacy Lens**  (B, I, A)
In the age of smartphones, pornography is one way youth are learning about sexuality. Young people need critical thinking skills to examine the media they consume. This interactive workshop will provide participants concrete tips and strategies to utilize a media literacy lens as well as integrate intentional, trauma-informed, and inclusive approaches when discussing pornography with youth.

**PRESENTER:**
Teagan Drawbridge-Quealy, MEd & MSW, Get Real Trainer, Planned Parenthood League of MA
Conference Information

**Location:** Western New England University, 1215 Wilbraham Road, Springfield, MA. Please come to Alumni Healthful Living Center for check-in registration and to receive your conference packet before going to your workshop. All workshops will be held in Emerson Hall, Herman Hall, Sleith Hall, Center for the Sciences and Pharmacy, and St. Germain Campus Center.

**Parking:** Parking is available in the Student Parking Lots only (permit not necessary). Please do not park in spaces marked “Staff,” “Handicapped,” “Fire Lanes,” or on the lawn. We ask for your cooperation in using student lots only to avoid receiving fines for illegal parking.

**Fee:** The cost of this conference is $150 (until May 7, 2019). This includes registration, luncheon, and six credit hours for full attendance (100%). Nonemployed full-time Western New England University students may attend for $40. Nonemployed, full-time students from other institutions may attend for $50. Participants will pay $165 for any registration received AFTER the registration deadline, Tuesday, May 7, 2019, (if space is available) or AT THE DOOR (if space is available). Registration for a particular workshop is on a first come basis.

**Please note:** Your check, money order, credit card, or purchase order number must be included with your registration. No registrations will be accepted without the fee enclosed. Telephone registrations for this conference will be accepted with credit card or purchase order payments only. **If you require special services, contact us one month prior to conference.**

**Registration Information/Options:**

*Online:* wne.edu/prodev

*Phone:* 413-796-2173 (with credit cards or purchase orders)

*Mail:* Department of Enrollment Management  
  c/o Social Work Conference  
  Western New England University  
  1215 Wilbraham Road, Springfield, MA 01119-2684

See registration form on page 27.

**Note:** To qualify for CEUs, you must attend keynote address and select either a half-day morning workshop and a half-day afternoon workshop or a half-day morning workshop and two afternoon quarter-day workshops.
Cancellations and Refunds: Confirmed registrants who wish to cancel their registration must notify the Enrollment Management Office at 413-796-2173 by May 14, 2019, to receive a full refund of fees minus a $20 processing fee. Registrants who do not attend a program and who have not cancelled their registration by May 14, 2019, are responsible for the entire fee. Registrants who have not paid will be billed. Western New England University reserves the right to cancel this program on or before May 14, 2019. Program questions and concerns may be addressed to Cathy Rivet, Enrollment Management, Western New England University, 1215 Wilbraham Road, Springfield, MA 01119-2684

Continuing Education Credit Hours: The entire conference has been approved for six Category I credit hours for Social Workers by the Western New England University BSW Program, which was appointed by the Commonwealth of Massachusetts Board of Registration of Social Workers as an authorizing body for granting CEUs for relicensure of Massachusetts social workers. To receive the six credit hours, full attendance at the conference, which includes the keynote address, is required. This conference has been submitted for approval to issue Category I continuing education hours for Alcohol Counselors, Licensed Mental Health Counselors, Licensed Marriage & Family Therapists, and PDPs for educators. Call 413-796-2173 for information regarding the status of these applications.

The following procedure MUST be followed in order to obtain credit: Each participant must check in at the Registration Area and will find a Credit Hour Request/Evaluation Form in their packet. Certified Alcohol Counselors must sign in. Please complete the form IN TOTAL. If you have requested credit hours, you must return the completed form to the University Commons before you leave for the day. A Certificate of Credit will be issued to you at that time. PLEASE NOTE: Unless this procedure is followed, credit WILL NOT be awarded. Certificates will not be issued to those who arrive late or leave early. For those participants who are NOT requesting credit hours, please return your evaluation form to the registration area at the end of your last workshop.
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Western New England University Social Work BSW Program

Registration Form
Social Work Conference

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Make workshop choices below, listing workshop number only. You must choose a morning and either a 1/2 day or two 1/4 afternoon workshops in order to qualify for Credit Hours

Starting Time: 1/2 Day 1/2 Day 1/4 Day 1/4 Day
10:15 a.m. 1:45 p.m. 1:45 p.m. 3:30 p.m.

First Choice: ______________________________ _____________________________

Second Choice: ______________________________ _____________________________

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If you are a nonemployed, full-time student, indicate which college you attend:
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Mail or Online: wne.edu/prodev

Special concerns of the disabled should be addressed to the Office of Enrollment Management 413-796-2173 one month prior to conference.

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