

OPENING SESSION:

What Social Workers Need to Know About Trauma

DAY ONE

TUESDAY,
NOVEMBER 5, 2019

Opening Session

9:00am–11:00am



As professionals, we concern ourselves with individuals, families, groups, and communities, and we work hard to enhance their social functioning and overall well-being. However, to successfully accomplish these goals, it is vital that we understand trauma in all its forms, as well as the long-lasting effects. Most importantly, as social workers, we must be aware of our own experience with trauma and how it might be awakened when providing support to others.

This interactive session is designed to encourage social workers to explore their understanding of trauma and identify ways to effectively work with individuals whose lives have been interrupted by trauma. We will examine how traumas, like intergenerational and historical trauma, present in some communities, and together we will address the challenges social workers face when trying to establish trust with individuals affected by trauma.

    **Speaker: Lu Rocha, MA, MSW, LCSW** 

Consultant, Multicultural Consulting Services, Inc.

Lu Rocha, MA, LCSW, is founder of Multicultural Consulting Services, Inc. She provides national and local trainings and workshops to social service providers, educators, mental health professionals, and others on cultural diversity and humility. Lu works with organizations from diverse cultural backgrounds to help establish programs that reflect the community's needs and cultural values. She has helped launch various programs that support vulnerable communities. As a bilingual, bicultural trauma therapist, Lu provides support to individuals from a variety of cultural and ethnic backgrounds, survivors/victims of sexual abuse/domestic violence, members from the LGBTQ community, and folks affected by intergenerational and historical trauma. Lu's work is dedicated to addressing trauma from a cultural perspective and social justice lens. Lastly, Lu co-authored a book, *Nuestras Historias/Our Stories*, that documents the experiences of Latinas with gender-based violence.

 — denotes a cultural competency workshop

 — denotes an ethics workshop

 — denotes an NASW-IL member

DAY ONE

TUESDAY,
NOVEMBER 5, 2019

Morning Intensive

11:15am-1:15pm

Choose ONE of these
THREE afternoon intensives:



Ethics and Risk Management in the New Era of Social Work: Part One

This intensive is the first part of a two-part session. This intensive will cover key concepts in risk management such as confidentiality and its exceptions, duty to warn, and informed consent. The intensive will reveal the major reasons why social workers are sued, and what you can do about those risks. It will also present the major reasons why social workers are sued and what you can do about those risks. Get peace of mind not only through the intensive's malpractice solutions, but also by providing relevant content and educational information to help mitigate any potential risk during the social work journey.

Speaker: Joseph T. Monahan, MSW, ACSW, JD, Partner, Monahan Law Group, LLC 

Sponsored by NASW Assurance Services:



Hyperlocal, Hyperhealing: Exploring Place-Based Intervention Design for Community Impact Concerning Violence and Trauma

Many programs exist that work to prevent and intervene with community violence. However, many practitioners are concerned that interventions have little longterm impact as program participants return to stressful environments. This interactive workshop will explore the utilization of place-based design in an effort to address systemic violence. Reviewing multi-partner efforts to address vulnerable communities, the presenter will offer how hyper-local approaches, highlighting how history, culture, and structural forces create the conditions for interpersonal violence and intervention designed. Social workers, often trained in interdisciplinary settings, serve as unique practitioners that can assist in building cohesive collaborations.

Speaker: Troy Harden, EdD, LCSW, Director, Northeastern Illinois University Social Work Program

Understanding Addiction: A General Practitioner's Guide to Treating Substance Use Disorders

Addiction is a complex and potentially deadly disease that often strikes fear in professionals without formal training in substance use disorders. New theories and ideas seem to conflict with each other, and it's difficult to know what is the "right" way to help clients struggling with addiction. Luckily there are common factors to the disease of addiction that can help clinicians guide clients to recovery. Designed for the general practitioner, this workshop will provide tools to help therapists better support their clients with substance use disorders. Participants will understand the types of drugs and their effects; gain tools for screening, treating and referral; and discuss commonalities shared by clients who present with substance use disorders.

Speakers: Sarah Buino, LCSW, CADC,  Founder, Head/Heart Therapy; and Rebecca Snyder, LSW, CADC,  Therapist, Head/Heart Therapy

NETWORKING LUNCH

DAY ONE

TUESDAY, NOVEMBER 5, 2019

1:15–2:15pm

A hosted boxed lunch will be provided to conference attendees during this midday networking opportunity.



DAY ONE

TUESDAY,
NOVEMBER 5, 2019

Afternoon Intensive

2:15–4:15pm

Choose ONE of these
THREE afternoon intensives:

Ethics and Risk Management in the New Era of Social Work: Part Two



This intensive is the second part of a two-part session. This intensive will cover key concepts in risk management such as confidentiality and its exceptions, duty to warn, and informed consent. The intensive will reveal the major reasons why social workers are sued, and what you can do about those risks. It will also present the major reasons why social workers are sued and what you can do about those risks. Get peace of mind not only through the intensive's malpractice solutions, but also by providing relevant content and educational information to help mitigate any potential risk during the social work journey.

Speaker: Joseph T. Monahan, MSW, ACSW, JD, Partner, Monahan Law Group, LLC



Sponsored by NASW Assurance Services:



Documentation Standards for Billing Medicare Part B: What Clinical Social Workers Need to Know

Medicare has stepped up its auditing of clinical social work medical records since 2018. A wide range of hospitals, organizations, and private practitioners have come together in Illinois to advocate for social workers in their efforts to bill, document, and clarify the audit process. Learn about these efforts and the recent changes in the use of CPT codes for Medicare Part B billing such as differentiating between CPT codes 90834 and 90837 and the use of proper documentation and coding.

Speakers: Robert J. Smith, LCSW, BCD, Smith Psychotherapy Associates, SC, and Bonnie Ewald, MA, Program Manager, Social Work Community Health, Rush University Medical Center



Heal Thyself: Creating a Self-Care Practice for the Busy Social Worker

Burnout, compassion fatigue, and vicarious trauma are landmines in the field of social work. Many of us struggle with work demands, familial expectations, not to mention the desire for a fulfilling personal life. Our supervisors repeat the mantra, "Don't forget your self-care!" But who has the energy to schedule a massage or even run a bubble bath after a stressful day? In order to thrive in this field, it's crucial we shine a light on what really matters when it comes to caring for ourselves and the barriers that get in the way of being our best selves. This experiential workshop will differentially define burnout, compassion fatigue, and vicarious trauma; provide a deep understanding of self-compassion (and what gets in the way); and support participants in evaluating crucial components of their individual self-care plan to support the healthiest version of themselves.

Speakers: Sarah Buino, LCSW, CADC, CDWF, Founder, Head/Heart Therapy; and Hannah Carra, LCSW, CADC, Therapist, Head/Heart Therapy



DAY ONE

TUESDAY
NOVEMBER 5,
2019

Networking and
Awards Reception

4:15–5:30pm

In social work, it's important to establish connections with other people. Whether it's finding new clients or expanding your group of social work colleagues, it's vital to network with your peers.

Attending the evening networking reception at the 2019 NASW-Illinois Chapter Statewide Conference is a great way to meet many other mental health professionals in the field, make connections, and get leads on a new job possibility. Who knows? Maybe you'll make contact with someone who will entirely change your view of social work!

Bring plenty of business cards and be prepared to meet other active professionals in your field of practice and beyond!

Please join us as we also award the winners of the 2019 NASW-Illinois Chapter Social Work Awards.

Assessing and Addressing Suicide Risk with Older Adults

Did you know that suicide rates are actually higher among older than younger adults? Join in on this engaging workshop that will provide you with tools and understanding as well as discussion around your own beliefs about ending one's life at the end of one's life.

Carla Vassilos, MSSW, LCSW
Professional Trainer and Speaker

Empathy and the Anatomy of a Reflection in Motivational Interviewing

Motivational interviewing (MI) excels at communicating understanding via listening in a unique manner—reflections. This workshop will explore the relationships between empathy and forming reflections by considering examples from classic MI training.

Christopher W. Link, AM, LCSW
Owner, Traversing Change, LLC

Ethics: Best Practices for School Social Workers

This workshop will examine best practices with regards to ethical considerations, focusing on technology and confidentiality in school settings. This workshop is formatted in 3 parts: lecture, interactive group activities involving scenario-based discussions, and a question and answer forum.

 **Mary E. Garrison, LCSW, ACSW**
Professor of Social Work, Millikin University

Nicole Ekiss, MSW
School Social Worker, Central A&M School District

From Compliance to Curiosity: The Use of Coaching to Enhance Child Welfare Practice in the Early Childhood Court Team Approach

This workshop highlights core practices that frame the coaching model utilized in the Illinois Early Childhood Court Team. Our relationship-based approach supports the role of the caseworker as an agent of change. Collaboration with casework and with court personnel includes coaching employed through the role of the community practice coordinator.

 **Kimberly Mann, PhD, LCSW**
Deputy Director, Office of Child Well-Being, DCFS

Sherri L. Moore, LCSW

From Courage to Confidence: A New Model for Overcoming Resistance and Reaching Success in Your Private Practice

Building a successful private practice is NEVER easy. This fun, engaging workshop explores three Power Principles of the C2C Model of Success. Learn how to overcome resistance, get results and build resilience. Leave with your own C2C Action Plan, knowing exactly how to get to YOUR next level of success.

Wendy Pitts Reeves, LCSW
Business Coach, C2C Consulting, PLLC

Getting Unstuck

Using *Get L.I.T.: A Teen Girls Journal to Learning Intentional Tools for Positive Personal Development*, this workshop will teach professionals how to effectively support girls in processing critical life experiences and making good decisions using 3 T's. Learn to teach how journaling can enrich a teenage girl's life.

Evelyn Joy Coker, MSW, LCSW
Morning Joy, LLC

Help Wanted: Supporting Individuals with Autism with Finding and Maintaining Meaningful Employment

For individuals on the autism spectrum, securing and maintaining meaningful employment can be a daunting and arduous undertaking. This workshop will explore current evidence-based practices in autism research that can be used to aid individuals in gaining and supporting valuable employment skills at every stage of the job-seeking process.

Shannon Swanson, MSW, QIDP
Autism Specialist, Easterseals Serving Chicagoland and Rockford

Helping Students/ Clients After a School/ Workplace Shooting or Suicide: Part One

This workshop is the first part of a two-part series. Participants will learn the presenter's evidence-informed intervention offered in the wake of a critical incident at a school or workplace. His intervention incorporates a sequence of over 85 specific and practicable tasks typically used in crisis intervention, psychological first aid, critical incidence stress debriefing, and/or post-trauma counseling.

Jerry Ciffone

The Intersectionality of Factors in Female Adolescent Depression: How Can Knowledge Guide Our Interventions?

In 2017, 20 percent of adolescent women reported symptoms of major depression. Alone or in combination with other conditions, social workers encounter depressed adolescent women in multiple fields. This workshop looks at risk factors, treatment options, new research, and the issue of interdisciplinary collaboration around depression in adolescent women.

 **Nancy A. Amos, PhD, ACSW, LCSW**
Social Work Faculty, Bradley University

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The Muslim Identity: A Closer Look

Islam is the fastest growing religion in the United States yet is largely misunderstood. The Muslim identity can impact every aspect of an individual's life and as a clinician, it is important to confront any bias that exists in the therapeutic relationship and learn ways to confront negative stereotypes.

 **Farah Hussain Baig, LCSW**
Psychotherapist & Owner, InnerVoice Psychotherapy & Consultation

DAY TWO

WEDNESDAY
NOVEMBER 6,
2019

Session 2 Workshops

10:45am–12:15pm

The Benefits and Tolls of Emotional Labor: Research and Direct Application

Professional quality of life, consisting of compassion satisfaction and fatigue, is a primary factor in staff retention, service delivery, and more importantly, the wellbeing of clinicians and the clients they serve. This workshop seeks to provide insight into the literature, as well as applicable prevention and intervention skills and strategies.

Lee Dal Pra, AM, LCSW
Clinical Director, Mind Chicago

Thomas W. Pavkov, PhD
Chair and Professor, Northern Illinois University

Beyond Bubble Baths: Treating Self-Care as a Balancing Act Instead of a Luxury

Do we monitor our "battery life" as closely as we monitor our phones? Practicing self-care pushes us to add to our daily routines instead of encouraging reassessment of how we spend our energy. This presentation emphasizes self-reflection, setting boundaries, and career planning within our workday as essential to self-care.

 **Mary Gollings, MSW, LCSW**
Clinical Social Work Supervisor, Jesse Brown VA Medical Center

Rebecca Powers, MA, LCSW
Spinal Cord Injury Program Coordinator, Jesse Brown VA Medical Center

Helping Students/ Clients After a School/ Workplace Shooting or Suicide: Part Two

This workshop is the second part of a two-part series. Participants will learn the presenter's evidence-informed intervention offered in the wake of a critical incident at a school or workplace. His intervention incorporates a sequence of over 85 specific and practicable tasks typically used in crisis intervention, psychological first aid, critical incident stress debriefing, and/or post-trauma counseling.

Jerry Ciffone

How Do Social Workers Retire? It Depends

In this workshop we will discuss ideas, wishes, and concerns about our own present or future retirement or non-retirement. We know social workers have a wealth of experience and knowledge about many things and a basic curiosity for the unknown. So how do we use it now?

 **Betty Dayron, LCSW**
Retired Social Workers Shared Interest Group, NASW-Illinois Chapter (RSW SIG)

 **Carol S. Goldbaum, PhD, LCSW**
Retired Social Workers Shared Interest Group, NASW-Illinois Chapter (RSW SIG)

Integration of Telehealth into Primary Care Practice for Older Adults

By delivering behavioral health services to patients, Oak Street seeks to improve patient overall health. Through integrated telepsychiatry services, Regroup empowers organizations to bring mental health services directly to patients. Through their partnership, Regroup and Oak Street provide the tools and flexible support to make the telepsychiatry program a success.

Rebecca Murray, LCSW
Director, Clinical Services, Oak Street Health

Love and the Therapeutic Relationship

This workshop discusses the literature on the experience of love and intimacy in the therapeutic relationship, and identifies social worker and client risk factors that lead to the exploitation of the client. Participants will learn to reduce the risk factors of professional exploitation on a micro, mezzo, and macro level.

Michelle Evans, DSW, LCSW, LSOTP, CADC
Licensed Clinical Social Worker

Positive Racial Identity: The Wakanda Effect

African Americans consistently report experiencing mundane forms of racist discrimination and microaggressions. In a society that demonizes blackness, the 2018 film *Black Panther* portrays a positive, collective self-image. Utilizing the findings from a recent study, this workshop discusses the impact of culturally affirming cinema, racial battle fatigue, and identity.

 **Cassandra L. McKay-Jackson, PhD, LCSW**
Director, MSW Program, Erikson Institute

 **Giesela Grumbach, PhD, MSW, LCSW**
Assistant Professor, Governors State University

School Safety 101: Leading Behavioral Threat Assessment Teams to Avert Disaster

School safety practices in these modern times have created a need for a multi-faceted approach to crisis prevention and response. Nationally recognized school safety expert and veteran educator/school resource officer Steve Webb will present twenty-first century threats to student safety and using Behavioral Threat Assessment Teams (BAT), a social systems approach to mitigation practices to help prevent violence in schools.

Steve Webb, PhD
President, Safe School Systems

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e A Social Worker's Toolbox for Ethical Practice

Social workers must strive to practice ethically, but they are not armed with the necessary tools to understand when ethical dilemmas arise and how to manage them. This workshop will focus on the necessary competency to engage in ethical practice by understanding the NASW Code of Ethics, ethical dilemma problem-solving tools, and how one can foster integrity within their practice, agency, and profession.

 **Mary E. Garrison, LCSW, ACSW**
Professor of Social Work, Milikin
University

Together We Can Make a Huge Difference in Young Lives

This workshop has been designed to respond to crucial student needs in Social Emotional Learning (SEL) through story telling; individual and team project-based activities and presentations; and leadership training.

Albert Mensah

NETWORKING LUNCH

DAY TWO

12:15–1:45pm

A hosted boxed lunch will be provided to conference attendees during this midday networking opportunity in the Exhibit Hall.



DAY TWO

WEDNESDAY
NOVEMBER 6,
2019

Session 3 Workshops

1:45–3:15pm

Heavier than Textbooks: The Secret Weight of Mental Health in Schools

The number of mental health crises in schools continues to increase every year meaning more professionals and more students are in need of support in critical moments. Learn how to recognize a crisis and its precipitating factors, identify appropriate interventions, and successfully implement them to improve outcomes for youth.

 **Melissa Hamilton, LCSW**
Owner and Therapist, Stableway
Counseling Services

 **Caitlyn McClure, LCSW**
Mental Health Therapist, Lantern
Therapy Services

c Helping Older Adults to Meet the Challenge of Aging Alone

A growing number of older adults have no involved family or close friends. They report feeling isolated and anxious about the future. Navigating housing, financial, and care needs are of particular concern. This workshop will review social isolation research and share both clinical interventions and practical resources to help solo agers.

 **Sharon Dornberg-Lee, LCSW**
Clinical Supervisor, Counseling
Services, CJE SeniorLife

 **Rosann Corcoran, LCSW**
Manager, Counseling Services, CJE
SeniorLife

Preparing the 21st Century Social Work Workforce

Under the auspices of the NASW-Illinois Chapter, leaders from the social work employment/practice arena and schools of social work are working together to strengthen the preparation of social workers entering the work force and ensuring the important role that social work will continue to play in the human services marketplace. This workshop will discuss the findings of social work workforce summits about the core competencies needed for a twenty-first century social work workforce.

 **Kenna E. Dunlap Johnson, MBA,
MSW, LCSW**
Director of Behavioral Health, Gibson
Area Hospital and Health Services

 **Mary Gollings, LCSW**
Clinical Social Work Supervisor, Jesse
Brown VA Medical Center

 **Joel L. Rubin, MSW, ACSW, CAE**
Executive Director, NASW-Illinois
Chapter

PTSD Treatment Approaches: Unpacking Trauma-Focused Psychotherapy in Veteran Populations

This workshop aims to increase clinician understanding of the impact of trauma exposure, including interpersonal trauma types (such as military sexual trauma) and to identify the clinical needs of veterans presenting for specialty PTSD treatment. Additionally, this workshop will provide an overview of evidenced-based trauma-focused psychotherapy for clients with PTSD, including theoretical models and treatment interventions within Cognitive Processing Therapy (CPT) and Prolonged Exposure Therapy (PE).

 **Brooke Greco, LCSW**
Military Sexual Trauma Coordinator,
Edward Hines, Jr. VA Hospital



DAY TWO

WEDNESDAY
NOVEMBER 6,
2019

Session 3 Workshops

1:45–3:15pm

The Role of Social Work in the Implementation of a Substance Use Intervention Team (SUIT) Model

In 2017, Rush University Medical Center launched an outpatient addiction medicine clinic and introduced a hospital-based social work supported SBIRT model to identify and treat patients with substance use disorders. This workshop will address the impact of the addiction epidemic on the healthcare system and describe the role social workers play in a substance use intervention team model.

Emily McKernan, LCSW
Substance Use Intervention Team
Social Worker, Rush University
Medical Center

Elisabeth Ramsey
Substance Use Intervention Team
Social Worker, Rush University
Medical Center

Sacred Bodies: Understanding Patient-Centered Care and Whole Health Practices through the Lens of Native American Veterans in the Veterans Health Administration (VHA)

Tobacco. Sage. Cedar. Sweet grass. These are traditional medicines of Native Americans. Despite negative imagery of Native Americans in mainstream culture, they are the largest minority group to serve in the military per population size. This workshop will examine patient-centered care within the context of Native American veteran healing practices.

Debbie Rafael Shanley, LCSW
Renal Coordinator, Jesse Brown VA
Medical Center,

Joseph Podlasek

State Policy Engagement: How to Get Involved and Why You Should

This workshop will give social workers a deeper understanding of how to engage with state government and why state government deserves significant attention from Illinoisans with a social work background.

Alison Leipsiger, MSW, LCSW
State Innovation Exchange

Understanding Sexual Addiction

This beginning-level workshop will discuss the definition of sexual addiction and sexually compulsive behavior and will provide an understanding of how individual and relationship variables, societal values, cultural, and ethnic and religious beliefs contribute to the development of sexuality. Resources will be provided to identify and treat sexually compulsive behaviors.

Michelle Evans, DSW, LCSW, LSOTP,
CADC
Licensed Clinical Social Worker

What's Lust Got to Do With It? Help Your Clients Date Better

Many of our single/divorced clients are looking for a date, love, or a relationship. Learn how mental health issues impact dating. Using narrative therapy, help your client reach better outcomes in dating and life, and heal attachment issues that affect their relationships. Learn the Slo.T.H. Dating Method (Slow, Tools, Healthy.) LGBTQUI inclusive.

Susan Buss, LCSW
President, Big Sky Consulting, Inc.

Working with South Asian Women

The workshop will facilitate an understanding of women within and across the South Asian community. It will build knowledge around roles and changing identities as visible within women living in the US as diaspora. It will include a Bollywood movie-based exercise.

Shweta Singh, PhD
Associate Professor, Loyola University
Chicago School of Social Work

DAY TWO

WEDNESDAY
NOVEMBER 6,
2019

Session 4 Workshops

3:30–5:00pm

Cultural Competence: Moving from Cultural Competence to Cultural Humility

This cultural competency training is designed to create an understanding of cultural humility and how it relates to cultural competence. Specific attention will be given to the role of implicit and explicit bias in interpersonal interactions, the National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care, and social determinants of health (SDOH).

Gary Pate, MSSW, LCSW
Clinical Provider Trainer, IlliniCare
Health

Kristen Hernandez, MSW, LCSW
Clinical Provider Trainer, Centene
Corporation



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C Drinking Under the Influence: The Role of Race and Financial Hardship

This workshop will present the experience of a group of people (N = 95) who were involved in the criminal justice system due to drinking while intoxicated. This workshop focuses on demographic factors that shaped the assessments and thus, the treatment plans drawn by counselors. There will also be a discussion of how financial hardship may contribute to the high consumption of alcohol for this group.

Portia E. Adams, PhD, LCSW
Director, Bradley University Social Work Program

Victoria Michelle Phair
BSW Student, Bradley University

Alana Copeland
BSW Student, Bradley University

Forensic Mental Health Treatment: What Social Workers Should Know

This workshop will address the process for which defendants in Illinois with mental health issues are addressed by the criminal court and the forensic mental health system. Issues associated with the placement of individuals with these various legal statuses, placement issues, and statistics associated with forensic defendants will be discussed.

Joseph Harper, MSW, LCSW, MBA
Executive Director, Illinois Department of Human Services

Travis J. Nottmeier, LCSW, CADC
Assistant Hospital Administrator, Chester Mental Health Center

Neurodiversity: Late Identification of Autism and Its Implications for Practice with Adults

The concept of diversity includes differences beyond gender and culture. Human variation includes brain function. This workshop will review the literature, suggesting that the distribution of autistic traits among adults is broader than previously considered. What issues do adults face? What are the implications for psychotherapy in late diagnosed adults?

Chester J. Taranowski, PhD, LCSW
Adjunct Assistant Professor, University of Southern California

Not the Parent's Problem: The Need for Federal Policy around Physical and Emotional Sibling Violence

This workshop will describe the effects of physical and emotional sibling violence and the role social workers have in better addressing this social issue. Gaps in policy to address this serious problem will also be examined, and participants will discuss ways in which research can contribute to policy development.

Johanna E. Barry, LCSW
PhD Candidate, Loyola University Chicago School of Social Work

Nathan H. Perkins, PhD, MSW
Assistant Professor, Loyola University Chicago School of Social Work

C Providing Care to Children with Cancer: Latino Fathers' Coping and Gender Role Conflict

This workshop incorporates a study report on a sample of men as caregivers, specifically Latino fathers' activities, challenges, and coping strategies related to childhood cancer. The information is of special interest to those working with men, with focus on family-centered practice and underserved minorities in healthcare settings.

Noe Mojica, MSW, MDiv, PhD, LCSW
Assistant Professor, Northeastern Illinois University

Reducing the Gray Areas of Sexual Consent through Storytelling and Education

This workshop will include personal accounts to illustrate the gray areas of sexual consent and challenges with the current definitions. We'll work to create a comprehensive definition of consent to address these gray areas and discuss how to teach others using this comprehensive definition, no matter what their age.

Tera Gurney, LCSW
Program Coordinator, Parchlight Counseling Services

Social Security Disability: Linking Your Clients to Important Government Benefits

Social workers are frequently encountering clients with mental and physical impairments that impact their ability to successfully function in the competitive world of work. This workshop will introduce them to the basics of social security disability law and how to help your clients prevail in their disability claims.

Richard I. Feingold
Attorney and Counselor at Law, Richard I. Feingold & Associates, PC

A Trauma-Informed Model for Empowerment Programs Targeting Vulnerable Youth

Youth-led organizing, research, and health promotion programs have gained prevalence. Since such empowerment programs often target youth enduring concurrent, complex trauma, it is critical that they are developed with a trauma-informed lens. This workshop will provide a model for creating trauma-informed, culturally-competent, youth empowerment programs.

Trisha Marie Johnson, MSW, LCSW
School Social Worker

Jeff Bulanda, PhD, MSW
Sr. Program Manager, Amazon

Treating Trauma and Returning to Now

Healing trauma increases our clients' capacity for connection. The journey to wholeness with Acceptance and Integration Training™ (AAIT) facilitates the release of energy associated with traumatic experiences while retrieving lost aspects of being. Observe AAIT live, and come away with a fresh understanding of navigating the tricky waters of trauma.

Melanie McGhee, LCSW
Founder, Illumined Life, LLC



e Best Practices in Telehealth Technology: Ethical Considerations with In-Person and Distance Interventions – Part One

This workshop is the first part of a two-part series. Telehealth includes any use of electronically mediated devices for communicating, receiving, or storing clinical information. We do not need to be doing distance therapy to be practicing telehealth. It includes e-mails, texts, online scheduling or intake, storage devices, social media, and business associates. This workshop will address legal and ethical best practices with HIPAA, confidentiality, informed consent licensing, and social media policy.

Ruth Lipschutz, LCSW, ACSW
Director, Attunement Center

Business of Private Practice

Get down to the business of private practice! Explore in-depth the various legal and business aspects involved in starting, nurturing, growing, expanding, and winding down a private practice. Practical and concrete advice regarding contracts, business entities, labor and employment law, and more.

Joseph C. F. Willuweit, JD
Associate, Monahan Law Group, LLC

John W. Whitcomb, JD
Partner, Monahan Law Group, LLC

Comprehensive Care for the Grief and Loss of a Child: Forming Community Resources for a Parent's Grief

A parents' grief of a child's death can be complicated by a lack of community resources. The creation of centers of care provides the potential of providing easy access in one location to grieving parents to address spiritual, religious, financial, and legal assistance with trained professionals.

Jane Boumgarden, LCSW
Associate Professor of Social Work,
Benedictine University

From Conflict to Connection: The Transformational Power of Imago Therapy for Couples and Families

Working with couples is more than working with two people at the same time. Imago Relationship Therapy provides a structure that offers clinicians a paradigm and tools for taking a couple from conflict to connection.

Jill Wolf, MSW, LCSW
Private Practice

Hidden Truths of Stressed Parenting in Non-Traditional Families: Things We're Not Supposed to Say Out Loud (Hint: Say them here!)

Come participate in a safe space where parents in non-traditional families can give voice to some of their most challenging parenting experiences. Shared experiences abound!

Judy Orbach, LCSW
Social Worker, Private Practice

C Masculinity, Gillette, and the Future of Black and Brown Men

This interactive workshop aims to educate clinicians on ways to create safe spaces for men to be vulnerable and transparent about their experiences with masculinity in order to unlearn toxic traits, heal from its pain, and develop into healthy men that can hold each other accountable.

Donzell Lampkins

Practical Guide to Caring for Depression on the Medical Floor

This workshop is geared toward hospital social workers who wish to improve their knowledge and care for patients exhibiting signs of depression. We will learn to identify red flags for patients, navigate common caregiving reactions, and formulate strategies to improve discharge planning/ prevent readmissions.

Alexandra Colaianni, MS, MSW, LCSW
Behavioral Health Social Worker,
AMITA Adventist Medical
Center Hinsdale

Resolving Addiction Cravings with Acceptance and Integration Training™

Acceptance and Integration Training™ (AAIT) is a promising and efficient approach to therapy. AAIT alleviates the emotional charges one feels in response to various problems such as triggers and cravings, often quickly, replacing them with feelings of relief, acceptance, and wholeness. This is not your typical traditional talk therapy.

Bobby McNamara, LCSW



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Using an Interpersonal Neurobiological Paradigm of Right Brain Psychotherapy for Trauma Survivors

Social workers are now increasingly interested in clinical models that focus on the implicit affective communications transmitted “beneath the words” of the therapeutic relationship. Understanding the invisible right-brain to right-brain communication expressed beneath conscious awareness in early attachment experience is essential in helping our clients heal from trauma.

 **Don Phelps, PhD, LCSW**
Aurora University School of Social Work, Aurora University School of Social Work

What’s Wrong with You? Creating Trauma-Sensitive Schools to Minimize Challenging Student Behaviors

Building on lessons from the Adverse Childhood Experiences (ACE) Study, this workshop will explore implementation of the five components of trauma-sensitive schools. Participants will learn specific evidence-based, trauma-informed strategies to assist school staff in responding to resistant, challenging, and defiant student behaviors that improve student's safety and learning capacity.

Melinda Gronen, MA, LCSW
Clinical Director, Plena Mind Center

DAY THREE

THURSDAY
NOVEMBER 7,
2019

Session 2 Workshops

10:45am–12:15pm

Aid in Dying (AID): What Should Social Workers Know?

Nine jurisdictions currently authorize medical aid in dying (AID); interest in this option is significant. Social workers need to know the literature on AID, the NASW Policy Statement on End-of-Life Decision-Making and Care, the central components of AID legislation, and the basic issues that can arise in practice.

Mary S. Carlsen, MSW, LISW
Professor of Social Work, St. Olaf College

Best Practices in Telehealth Technology: Ethical Considerations with In-Person and Distance Interventions – Part Two

This workshop is the second part of a two-part series. Telehealth includes any use of electronically mediated devices for communicating, receiving, or storing clinical information. We do not need to be doing distance therapy to be practicing telehealth. It includes e-mails, texts, online scheduling or intake, storage devices, social media, and business associates. This workshop will address legal and ethical best practices with HIPAA, confidentiality, informed consent licensing, and social media policy.

 **Ruth Lipschutz, LCSW, ACSW**
Director, Attunement Center

Contemplative Practices: Promoting Well-Being Among Mental Health Professionals

Mental health professionals experience emotional exhaustion, compassion fatigue, and sometimes vicarious traumatization. Contemplative practices like practicing mindfulness can provide relief. In this workshop we utilize findings from—recent classroom interventions with BSW and MSW students to highlight the benefits of contemplative practices on managing stress and creating work/life balance.

Linda D. Campos-Moreira

Giesela Grumbach, PhD, MSW, LCSW
Governors State University

Documentation, Record-Keeping, and Responding to Subpoenas

Subpoena in a criminal case where client is the victim? Notice of an insurance audit? Record request in a custody proceeding? Allegations of a negligent suicide assessment? Explore documentation and record-keeping in the legal context and how to best protect yourself and your clients.

Joseph C. F. Willuweit, JD
Associate, Monahan Law Group, LLC

John W. Whitcomb, JD
Partner, Monahan Law Group, LLC

Embrace the Moment: A Time for Celebrating the Joys of Caregiving

Prepare to engage in frank discussions about the merits of caregiving that explores cultural differences in care and looks at the framework of caregiving beyond duty and responsibility to create joy-filled memories and opportunities.

Jataun J. Rollins, LCSW



MORE DAY 3, SESSION 2 WORKSHOPS ON NEXT PAGE →

C Illinois Same-Sex Adoption

Same-sex couples in Illinois are increasingly parenting through adoption. Learn about Illinois' progressive legislative history of protecting LGBTQ rights to marriage and adoption, research findings and endorsements supporting same-sex parenting, the adoption process, and average wait times. Birth parents' consideration and selection of LGBTQ adoptive parents will be explored.

Karin Peterson, LCSW
Professional Outreach and Education
Manager, The Cradle

Integrated Health Homes: What Are They and What Opportunities Do They Create for Social Workers?

The state of Illinois is implementing a new program for Medicaid beneficiaries called Integrated Health Homes (IHH). Integrated Health Homes' goal is to provide high needs patients with integrated behavioral health and physical health along with high-touch care coordination services. This workshop will review the IHH program, the requirements to become an IHH, and the opportunities the IHH program offers to social workers.

Chris Haen, LCSW, MBA
Executive Director, Lurie Children's
Health Partners Care Coordination

C Practicing Cultural Attunement: Moving Beyond Competency in the Provision of Collaborative Care

In collaborative care environments, engaging in culturally responsive practice is imperative to providing effective treatment and addressing health disparities. This workshop will introduce the concept of cultural attunement and provide practical tools to assist clinicians in developing a deeper understanding of clients' lived experiences and mitigating potential microaggressions and countertransference.

Melinda Gronen, MA, LCSW
Clinical Director, Plena Mind Center

Self-Determination at End-of-Life: Update and Discussion

Bring your skills up to date about end-of-life options. This workshop will prepare you to help your clients and their families understand the various options to make the best decisions to meet their needs and to navigate the often taboo subject of terminal illness and death.

Joan Dworkin, PhD, LCSW, ACSW
Professor Emerita, California State
University, Sacramento

Amy Sherman

Siblings: Impact and Influence

This workshop will explore relationships with siblings and the strong impact they have on child growth and development, including socialization and social skills. The influence of relationships with siblings carries over into other relationships across the lifespan and is often a consideration within the therapeutic relationship. Additionally, for those who are siblings of individuals with disabilities, there are additional considerations which will be reviewed.

Cheri Sinnott

NETWORKING LUNCH

DAY THREE

12:15–1:15pm

A hosted boxed lunch will be provided to conference attendees during this midday networking opportunity in the Exhibit Hall.



C BAM and WOW: Evidence-Based Models That Improve Education and Life Outcomes for Young Adults of Color

This workshop will explore how two evidence-based program models, BAM and WOW, fully integrate mental health services into schools. Participants will identify strategies to recruit and develop technically skilled and culturally-competent staff, destigmatize mental health services among adolescents, and build a school culture that promotes all students' personal and academic success.

Michelle Adler Morrison, LCSW
Chief Executive Officer, Youth
Guidance

Carlos Muñoz-Márquez, MSW
BAM Supervisor, Youth Guidance

Ngozi Harris, MA, LCPC
Working on Womanhood Training
Manager, Youth Guidance

Going There: Sexuality and Eroticism in Psychotherapy

This workshop will offer an understanding of sexual and erotic dynamics within the psychotherapeutic relationship. Participants will be encouraged to consider these elements as natural occurrences in an intimate context between patient and therapist. Participants will examine ways to work within the sexual arena in order to enhance treatment.

Asya Brodsky, LCSW
Psychotherapist, Jesse Brown VA
Medical Center

It's Time to Start Grieving More: A Loss Is a Loss

Grieving is closely associated with dying. We may feel great sorrow, though, with any struggle we face when encountering health issues. Focusing our work with clients on recognizing all loss as loss and on the importance of grieving can positively impact recovery, goal setting and treatment plans.

 **Mary Gollings, MSW, LCSW**
Clinical Social Work Supervisor, Jesse
Brown VA Medical Center

Lessons Learned Working at One of the World's Largest Corporations: Implications for Social Work Practice and Education

The presenter will reflect on his serendipitous career change to Amazon after fifteen years as a social worker/professor. He will describe how the skills/knowledge he learned working in Amazon's "think big", customer-centric, results-driven culture are applicable to social work practice, and advise participants on navigating their own career journeys.

Jeff Bulanda, PhD, LCSW
Sr. Program Manager, Amazon

SSI, SSDI, DHS, HFS: Understanding the Alphabet Soup of Government Benefits

This interactive, informative presentation will focus on the who, what, and when of SSI, SSDI, Medicare, and Medicaid. Needing benefits is more vital than ever because more programs are being funded under the waiver system. Critical information will be discussed to understand how benefits change over a lifetime and how to sustain benefits.

Sherri Schneider, QDDP
Family Benefit Solutions

Swipe Right to Connect

We may be familiar with dating apps like Tinder and Grindr but have never thought to use them in our workplace. Access to resources is a barrier that clients face, and mobile apps can help overcome that. Learn how to use technology ethically in this presentation.

 **Kyle Miller, MSW**
Sexual Health Educator, Southern
Illinois University Carbondale

Utilizing Behavioral Health Services to Support Housing Acquisition and Retention for Individuals Experiencing Homelessness

This workshop will describe a home-based behavioral health program and how that program was used as the foundation for the design of a system-side behavioral health and housing navigation program for homeless individuals. The intended audience is agency practitioners and administrators wanting to expand behavioral health programs.

 **Andrea Dakin, PhD, MSW**
Senior Director, Shared Program
Services, AIDS Foundation of Chicago

Jessie Beebe, MSW
Director, Integrated Care

Vaping and Marijuana: What You Need to Know About Two Emerging Drug Trends

This workshop will address the facts vs. fiction of vaping and marijuana, and how industry has impacted public perception of these two drug trends.

Aaron Weiner, PhD, ABPP
Director of Addiction Services, Linden
Oaks Behavioral Health

Welcome, Ms. Cox: Affirmative Practice with Transgender Clients

Confused by the "T" in LGBT-QIA? You're not alone. Learn about positive, empowering developments as well as the ways transphobia effects the lives transgender clients. Enhance your ability to work with transgender clients around gender dysphoria, transitioning, and resilience. Learn how to best build an affirming therapeutic relationship and clinical environment.

Susan Buss, LCSW
President, Big Sky Consulting, Inc.

 **Joelle Spiegel, JD, LSW**
Psychotherapist, Balanced Life
Counseling



 — denotes a cultural competency workshop

 — denotes an ethics workshop

 — denotes an NASW-IL member

Advocacy Work Among Social Workers: Preparation, Post- Graduation Needs, and Recommendations for Future Training

What does advocacy look like to NASW members in Illinois? This research study focuses on current advocacy activities, skill level, barriers, and the impact of the current political climate on engaging in advocacy. Recommendations for future training in advocacy skills will be addressed.

Teresa Kilbane, PhD
Associate Professor, Loyola University
Chicago School of Social Work

Mary Akenji-Dungy, MSW



Food is Medicine: Addressing the Social Determinates of Health on Chicago's West Side

Rush University Medical Centers' anchor mission is to address the needs of the individuals on the west side of Chicago with focus on addressing Social Determinants of Health (SDOH). One area of importance was addressing food insecurity. Food is Medicine is a hospital-based food pantry that provides food to patients who screen positive for food insecurity upon admission to the hospital. This workshop will demonstrate how the hospital has decreased food insecurity amount our community, employees, and patients.

Nicole Wynn, DNP, RN-BC
Director Clinical Operations Cardiac
Service Line, Rush University Medical
Center

Impact of Sexual Violence on College Students and Discussion of Service Improvement

This workshop will review the short- and long-term impact of those who experienced sexual violence while in college and discuss the unique challenges they face. We'll review the services and protective measures available for students who have experienced sexual violence and have a discussion on ways to improve services for these students.

Tera Gurney, LCSW
Program Coordinator, Porchlight
Counseling Services

Learning from Job Burnout to Create a Sustainable Career

Learn to identify job burnout in yourself and others and the practical steps you can use to construct a sustainable career. You aren't the cause of job burnout, but only you have the power to overcome it.

Katherine A. Segal, MSW, LCSW
Integrative Wellness Coach,
Wellness Looks Good On You, LLC

Learning through Community-Engaged Alzheimer's Research: Perspectives from African American and White Co-Investigators

The CDC and Alzheimer's Association have described Alzheimer's Disease as a public health crisis which disproportionately affects black/African Americans. Social workers at Northwestern University and a Chicago regional senior center partnered to lead focus groups among black/African Americans which will inform future research efforts, clinical work, and community interventions.

Debbie Dyslin, AM, LSW
Social Worker, Mesulam Center for
Cognitive Neurology and Alzheimer's
Disease, Northwestern University

Brenda Aldridge, MSW
Social Work Intern, The City of
Chicago Family and Support Services

Making Meetings Worthwhile: Strategies to Enhance Satisfaction and Productivity

Task group meetings, a regular component of social workers schedules, can frequently feel frustrating and a "waste of time". This workshop identifies strategies, techniques, and group work principles that facilitate effective and productive committee and team meetings. Participants will gain practical strategies and tools for immediate application.

Shirley R. Simon, LCSW, ACSW
Associate Professor,
Loyola University Chicago

Mise en Place: A Cooking Mindset for Efficient Leadership

Stop jumping into a project without thinking ahead. Learn how a cooking mindset, mise en place, applies to everything from football to nonprofit leadership. If you find yourself overwhelmed with your work, unsure of what to do next, or panicking about deadlines, then this workshop is for you.

Zachary T. Hunsinger, LSW, Esq.
Hunsinger Law & Consulting

Social Security Disability: Change and Confusion

Many clients either need social security disability and SSI benefits or are already getting them. Clients rely upon their social workers to help navigate these confusing programs. This workshop explains these programs in a simple, clear manner and provides guidance to social workers on advising their clients.

Jeffrey Rabin, Esq.
Attorney, Law Offices of Jeffrey A.
Rabin & Associates

Understanding Asian American Immigrant's Help-Seeking Behaviors

This workshop explores barriers and facilitators in help-seeking behavior among Asian American immigrants who are receiving mental health services. Using Grounded Theory approach, this study develops five main themes in regards with the threshold of seeking a service, facilitating factors continuing a service, and barriers terminating a service.

Caleb Kim, PhD
Associate Professor, Loyola University
Chicago School of Social Work

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