

CESA #12 Mental Health Summit 2016



March 29 & 30, 2016
Bad River Convention Center
73370 West US Hwy 2, Odanah

Hosted by
CESA 12 Center for Students with Disabilities
www.cesa12.org

Co-sponsored by Bad River Health and Wellness Center and
Northwest Connection Family Resource Center

Directions from CESA #12 to the Bad River Casino and Convention Center

1. Start out going northwest on Beaser Ave toward 6th St W/WI-137.
Then 0.05 miles
2. Take the 1st right onto 6th St W/WI-137.
Then 0.56 miles
3. Turn left onto Vaughn Ave.
Then 0.35 miles
4. Turn right onto Lake Shore Dr W/US-63 N/US-2 E/WI-13. Continue to follow US-2 E.
Then 16.95 miles
5. 73370 W US-2 Bad River Casino and Convention Center. Enter the building on the east side by the restaurant.
6. Link to map:
<http://www.mapquest.com/directions/list/1/us/wi/ashland-city/54806/618-beaser-ave-46.581271,-90.894055/to/us/wi/ashland/54806/%5B76730-76746%5D-w-us-2-76728-5d-46.542701,-90.583966>

Welcome!

We are so glad that you have chosen to join us for our third annual mental health summit! In the spirit of collaboration between schools, counties, and private providers, we have developed sessions to apply to all areas of mental health as we work to improve outcomes for our most vulnerable students. We hope you find the next two days informative and helpful.

Day 1 Schedule and Session Descriptions

**Tuesday,
March 29,
2016**

8:00-8:15 Welcome

8:15-9:45 Keynote Presentation

**Early Experiences Elevate Everything: Early Brain and Child
Development and the Future of Society**

Dipesh Navsaria, Assistant Professor of Pediatrics

Description: Dr. Navsaria will discuss the critical importance of the first thousand days of life and the key role human relationships and interactions play in that time period. The concepts of toxic stress and how early adversity leads to lifelong issues will be reviewed, with practical examples and discussion of research which highlights these areas. Broad policy and programmatic principles that may help address the issue will also be discussed, providing a practical framework for those who work with children and families.

9:45-10:00 Break

10:00-11:15 Keynote Presentation

Adverse Childhood Experiences-My Story

Lisa Grasshoff, Rehabilitation Manager, Waupaca County Industries

Description: After 30 years of hiding secrets no child should ever have to keep, Lisa broke her silence and is on a personal journey of self-discovery. You will hear the intimate details of a childhood filled with adversity and gain an understanding of the lasting impact adverse childhood experiences can have on an individual, well into adulthood. Her message is empowering, inspiring, and filled with HOPE.

11:15-12:30

Breakout Sessions

1. Adverse Childhood Experiences (ACE) Interface Training: Introduction to Trauma-Informed Care

Jessica Nichols, Master ACE Instructor, Autism/Behavior Consultant

Description: The Adverse Childhood Experiences (ACE) study has been called one of the greatest public health discoveries of our time. It is often paired with cutting-edge brain science that teaches us how we can maximize the strengths of our children or diminish them. This presentation offers perspective on the effect of overwhelming, frequent, unmitigated stress and what it means for our children, the families and the systems they interact with, and our communities. This ACE Interface training is an opportunity to delve into the science of ACEs and discuss how communities can respond.

2. Changing Our Approach: Why Waupaca County DHHS Shifted to a Trauma Informed Approach

Kasey Kaepernick, Waupaca County Healthy Beginnings Manager, Trauma Informed Care Coordinator Master, ACE Interface Trainer **and Lisa Grasshoff**, Waupaca County Industries Rehabilitation Manager, Master ACE Interface Trainer

Description: Waupaca County DHHS has been on a journey to become a Trauma Informed Agency over the past 3 years. This journey has been both difficult and amazing at the same time. As we continue this journey, we look at what it takes to stay the course and how to evolve in each system that we provide to the public. This open discussion will give the audience the opportunity to hear what has worked for Waupaca County DHHS and how to look at creating a community to support the families in which they serve. The goal of the presentation is to have an open discussion about the successes of Waupaca County DHHS in becoming a Trauma Informed Agency and to see how other organizations can apply similar ideas and values into their own organization.

12:30-1:15

Lunch

1:15-2:30 Keynote Presentation

Learning Lab: Building Culturally Responsive Behavioral Support Systems

Aydin Bal, PhD Assistant Professor of Special Education

Description: This session presents the Culturally Responsive Positive Behavioral Interventions and Supports (CRPBIS) is a statewide research project designed to renovate behavioral support systems to become more inclusive, positive, and supportive. CRPBIS uses an innovative systemic transformation methodology called *Culturally Responsive Learning Lab*, which provides a research-based process to bring together local stakeholders (school staff, students, family members, community and district representatives) and facilitates their authentic participation in problem solving and decision-making. Learning Labs has implemented in Wisconsin schools and found to successfully create and sustain productive partnership among local stakeholders that renovated their school discipline systems.

2:30-2:45 Break

2:45-4:00 Breakout Sessions

3. Community Wrap Around Programs for Youth with Mental Health and/or Substance Use Issues

Valerie Levno, Admin, Ashland/Bayfield Comprehensive Community Services and Laura Compton, CST Coordinator

Description: How can Ashland CST and ACCS/BCCS support students with mental health and/or substance use issues?

4. Helping Wounded Students Learn: Supportive School Environments

Jerianne Kvapil, Director of Special Education

Description: This session discusses the impact trauma can have on children's learning, behavior, and relationships in school. It will also introduce tools that can help educators maintain a whole-school perspective, as they create trauma-sensitive learning environments for all children.

Day 2 Schedule and Session Descriptions

Wednesday,
March 30,
2016

8:00-8:15 **Welcome**

8:15-9:30 **Keynote Presentation**

Vicarious Trauma

Terry Ehiorobo, Assistant Director for DPI Special Education Team

Description: We do this because we care, because we are naturally empathic, and because many of us have and because many of us have experienced trauma ourselves. What is the emotional price of caring? Professionals working with children who have experienced trauma understand that hearing about traumatic events, and witnessing the considerable impact and distress can personally affect them. Working with children who have experienced profound trauma and injustice is complex: and it can become personally draining, at times overwhelming us. This session is designed to increase understanding, to provide practical support and an opportunity for critical reflection on addressing vicarious trauma.

9:30-9:45 **Break**

9:45-11:00 **Breakout Sessions**

5. Mental Health Awareness: Developing Appropriate Interventions for Students with Disabilities

Terry Ehiorobo, Assistant Director for DPI Special Education Team and
John Bemis, DPI Emotional/Behavioral Consultant

Description: Classroom strategies for students that have mental health needs.

6. New Vision Wilderness

Heidi Strand, Executive Director North Woods

Description: New Vision Wilderness (NVW) is a specialty wilderness therapy program that is clinically intensive, highly specialized, and Trauma Informed. NVW is designed to heal the consequences of early childhood stress. NVW's clients are often adopted and have experienced grief and loss in their lives. This stress, often referred to as Complex Developmental Trauma, manifests itself in controlling behaviors such as defiance and opposition as well as anxiety, ADHA, and depression. NVW clients have typically developed unhealthy coping skills to handle this stress such as isolation, manipulation, anger drugs, and/or apathy.

New Vision Wilderness serves pre-teen and adolescent boys and girls ages 11-17 in the national forest in Taylor County, WI. Each client is issued a backpack which includes their tent, clothing, and all other gear to allow them to safely live "on the trail" for 45-90 days. NVW Field Instructors (direct care staff) and therapists live in the woods with their clients year round. NVW offers an alternative to traditional residential treatment programs and leverages the natural environment, canine therapy, Trauma Center Trauma Center Yoga, Mastery Program, Adventure Education, Hearth Math, and Brain Spotting for healing.

11:00-11:15 Break

11:15-12:30

Breakout Sessions

7. Phases of Change for At High-Risk Youth

John Bemis, MS. Ed., Education Consultant, Department of Public Instruction and **Christie Gause-Bemis**, MSW, LCSW, Education Consultant, Department of Public Instruction

Description: This sectional will cover the skills for working with high-risk youth. Participants will learn how to match the intervention and the approach with the phase of change of the youth in order to be more successful, turning frustrating moments into opportunities for change.

8. Impact of Historical and Societal Trauma in Native American Communities

Liz Wabindato, CESA 12 WSPEI Family Engagement Coordinator

Description: This workshop will examine the effects of historical trauma and the impact of modern societal pressures on Native communities. How are these aspects affecting the mental health of Native people and the tribal community? We will explore causes for concern as well as resources and suggestions for help.

12:30-1:15 Lunch

1:15-2:30 Keynote Presentation

Freedom Through Forgiveness

Tim Markle, MA, Children and Youth with Special Health Care Needs Outreach Specialist, Waisman Center, UW Madison

Description: How do we get beyond our resentments? How can we deal with people who have hurt us? We will consider Forgiveness as a possible answer to finding some peace of mind and lessening our anger. We will explore why we should consider forgiveness and look at how we can forgive.

2:30-2:45 Break

2:45-4:00

Breakout Sessions

9. Introduction to Neurosequential Model of Therapeutics™ (NMT): Core Concepts

Adrienne Walschinski, LPC, Supervisor of Staff Development and Clinical Services

Description: An introduction to core concepts of Neurosequential Model of Therapeutics™ offers an overview of the impact of brain development by past and current experiences. A case example will provide attendees an understanding of basic brain development, what influences development and how internal states affect the ability to respond to stressors.

10. School Based Mental Health Toolbox

Christie Gause-Bemis, MSW, LCSW, Education Consultant, Department of Public Instruction

Description: An overview of DPI's School Mental Health Framework along with tools to create agreements, referral pathways and roles for deeper collaboration. Mental Health resources for managing some of the most common mental health issues in our youth today.

PRESENTER BIOS

Aydin Bal, PhD, is an assistant professor of special education at the University of Wisconsin—Madison. His research focuses on the interplay between culture, learning, and behavioral problems. His current research projects aim at developing culturally responsive research methodologies and intervention models to address racial disparities in educational outcomes with local stakeholders. Dr. Bal has developed *the Culturally Responsive Positive Behavioral Interventions and Supports (CRPBIS) framework and the Learning Lab Methodology* (Bal, 2011; 2012). He is leading a statewide project to implement the CRPBIS Framework in Wisconsin schools. As a researcher and practitioner, Dr. Bal has worked with racial minority and immigrant and refugee youth experiencing behavioral difficulties and psychological disorders in the United States, Russian Federation, South Sudan, and Turkey. He has published in education, clinical psychology, and psychiatry journals

Laura Compton is currently a certified social worker with Ashland County Health and Human Services in Ashland, WI. Laura started working with the Ashland County Juvenile Drug Court in 2007 working with youth addicted to drugs and alcohol. In 2009 she began working as the Coordinated Services Team (CST) project director and service coordinator. She has spent the majority of her time working with children who have serious emotional disturbance or are emotionally behaviorally disturbed. In 2015 Laura took on the additional role as service facilitator for children dually enrolled in Comprehensive Community Services (CCS) and CST. Both programs use a "wraparound" approach with families, focusing on family strengths and providing individualized and innovative community based services to meet their needs.

Terry Ehiorobo currently works as the assistant director for the Special Education Team at the Wisconsin Department of Public Instruction. Prior to

coming to the WDPI, he served a special education director for Milwaukee Public Schools. His prior works include: Adjunct professor for National-Louis University in the field of education leadership (13 years), Former director of special education Milwaukee Public Schools, University of Wisconsin-Milwaukee school of continuing education in the area of youth development, Alternative school principal for the Kenosha Unified School District, Middle school principal for Racine Unified School District, High school assistant principal for Kenosha Unified School District, fourteen years of school administrative experience, Served as a district central office administrator, published writings on Bullying and Trauma; and writings of trauma and family engagement, holds the following certifications and qualifications: National-Louis University -Ed.D, Marian College -MA in Education Leadership; University of Wisconsin -Whitewater- MS in Special Education; University of Wisconsin - Whitewater -BS in Biology. Terry also has the following Wisconsin State certifications: Superintendent, School Principal; Director of Special Education; Director of Instruction; Biology and Life Science (6 to 12); Special Education (6 to 12); Alternative Education (6 to 12).

Christie Gause-Bemis, MSW, LCSW is an Education Consultant with the Department of Public Instruction. Christie is currently working on school based mental health initiatives through two federally funded grants, Safe Schools, Healthy Students and Project AWARE. She has worked in multiple worlds as a school social worker, a county social worker, foster care worker and a psychotherapist in private practice. Christie has collaborated on creating a school based mental health clinic. She has co-authored *The Voyage: A Process of Change for High Risk Youth* with her husband.

Lisa Grasshoff is the Rehabilitation Manager at Waupaca County Industries, a division of the Waupaca County Department of Health and Human Services that provides vocational training and support for adults who have disabilities. For the last 12 years her focus has been providing vocational rehabilitation services to adults with disabilities, eight of those years being at Waupaca County Industries. Lisa graduated from the University of Wisconsin-Stevens Point with a degree in Psychology with a Human Services Emphasis. Her passion for helping children, youth, and adults to thrive in spite of hardships has led Lisa to share her personal journey of childhood adversity and resiliency.

Kasey Kaepernick is the Healthy Beginnings Manager and Trauma Informed Care Coordinator for Waupaca County Department of Health and Human

Services. He has been doing home visitation for over 8 years and has been the Healthy Beginnings Manager/TIC Coordinator for over 2 years. Prior to working for Waupaca County Department of Health and Human Services, he worked with children ages 0-13 years of age in as a childcare teacher. He is also a Wisconsin ACE Interface Master Trainer and the Chair for Waupaca Child Abuse Prevention. Kasey has a Bachelors of Science from the University of Wisconsin in Stevens Point in Family Life Education.

Jerianne Kvapil Rosin is the Special Education Director and Regional Network Director for CESA 12, supporting school districts in the area in best practices in special education. She has a Bachelor's degree in Early Childhood Special Education with an emphasis in Autism from the University of Wisconsin-Whitewater and a Master's Degree in Learning Disabilities and Emotional/Behavioral Disabilities. Jerianne serves on the state Children Come First Committee, an advisory committee established by Wisconsin state statute to focus on systems of care that children are involved in. This committee specifically focuses on the Coordinated Services Teams (CST) approach, which is a strengths-based wraparound service for some of the state's children at highest risk. Jerianne is also a Board Member of Wisconsin Family Ties, an advocacy agency that works to create greater understanding, respectful acceptance, support in the community with families that include children with emotional, behavioral and mental disorders.

Valerie Levno has been with New Horizons North for 18 years supporting people with severe and persistent mental health issues. Areas of interest include Trauma Informed Care, person centered planning and recovery oriented systems of care. She has a Master's in Counseling and is a Licensed Professional Counselor.

Tim Markle is married with two wonderful children. He has been teaching a course in Freedom through Forgiveness for over two years in Stoughton, WI. He currently works for the UW-Madison Waisman Center and the statewide Children and Youth with Special Health Care Needs Program.

Dipesh Navsaria, MPH, MSLIS, MD is an assistant professor of pediatrics at the University of Wisconsin School of Medicine and Public Health. He practices primary care pediatrics at Access Community Health Center. He is the founder and director of the Pediatric Early Literacy Projects at the University of Wisconsin, and is also the founding medical director of Reach Out and Read

Wisconsin. With respect to education, Dr Navsaria is the director of advocacy training for the pediatric residency, and is frequently involved in medical student and physician assistant education from the clinical arena through myriad small group and lecture formats. He also serves as the faculty advisor for the Pediatric Interest Group and is the director of the MD-MPH program at the University of Wisconsin.

Jessica Nichols works as educational coach and consultant serving students with challenges in the areas of behavior, mental health and autism. She has a Bachelor's degree in Psychology from the University of Wisconsin-Stevens Point and is a Wisconsin DPI licensed Cross-Categorical Special Education teacher for ages birth - 21 years. Jessica believes that, as Dr. Ross Greene says, "Kids do well if they can," and that by increasing our understanding of what 'gets in the way' of student success and teaching to skill deficits, we can support better outcomes over time. She is committed to supporting students through a strength-based, comprehensive, collaborative approach and enjoys working with educators across Wisconsin.

Heidi Strand joined New Vision Wilderness (NVW) in 2013 as Executive Director for NVW's North Woods program located near Medford, WI. Prior to NVW Heidi worked for more than 20 years as a professional in organized camping. She has created successful program and business models for traditional and special needs camps in the Midwest, providing opportunities for individuals and groups to learn and grow through their experiences in the outdoors. Heidi earned her BA in the Applied Behavioral Sciences from National Louis University. Heidi is an active member of the National Association of Therapeutic Schools and Programs, volunteers with the Saving Teens in Crisis Collaborative, and plans and emceeds community parades.

Adrienne Walschinski, LPC is the Supervisor of Staff Development and Clinical Services for SaintA, an agency that is leading the way in providing trauma informed care to children and families in Wisconsin. Since 2002, Adrienne has worked in various capacities providing services and treatment to children and families affected by trauma, mental health, developmental issues, and behavioral challenges. She has been certified in the Neurosequential Model of Therapeutics™ (NMT) since 2011, has completed Phase II/Train-The-Trainer certification in 2015, and oversees the certification process for SaintA clinicians and use of the Neurosequential Model within the organization. Adrienne is trained in the Wisconsin Pyramid Model and has experience in the

role of internal coach/behavioral specialist providing consultation under the framework of the model to early mental health providers.

Liz Arbuckle Wabindato is a member of the Bad River Band of Lake Superior Chippewa and was raised on her reservation in northern Wisconsin. She earned a Bachelor of Arts degree from UW-Madison and a Ph.D. from the University of Michigan. For ten years, she was a professor of political science and then Native American studies. Her areas of expertise are Native American politics, leadership, society, culture and identity. She currently lives on Bad River with her family, where she is actively engaged in her community by serving on tribal committees, advising 4-H Club Rezberries, and being a supportive mom to her two brilliant and beautiful daughters. She is currently the WSPEI Family Engagement Coordinator at CESA #12.