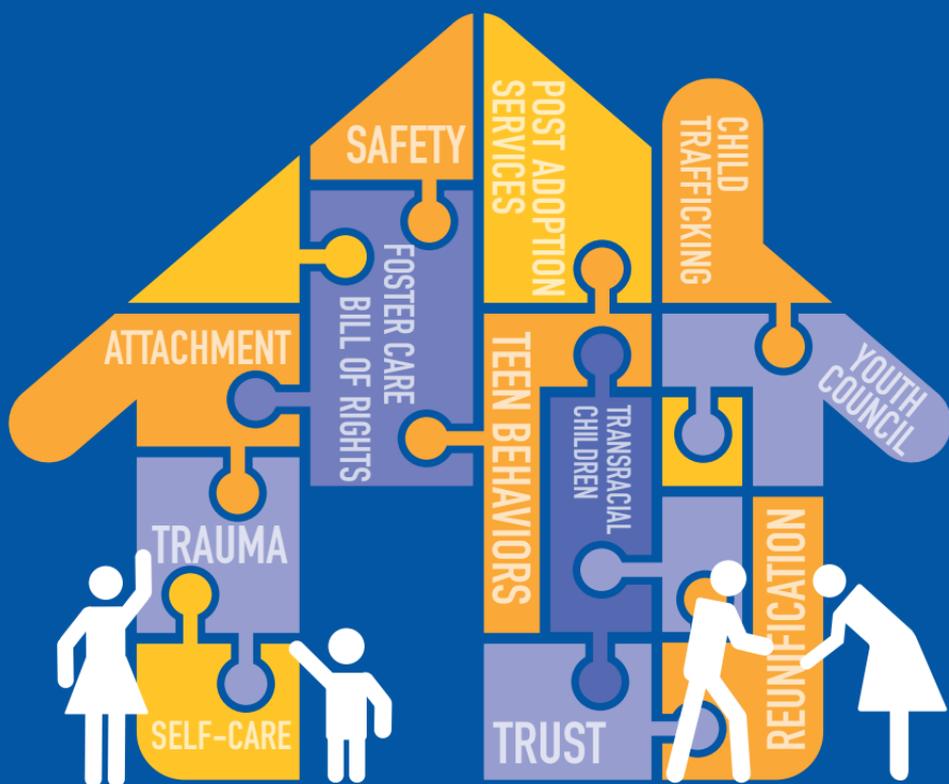




RAPT 2019 CONFERENCE

RESOURCE & ADOPTIVE PARENT TRAINING

Small Pieces, Big Picture



FRIDAY-SATURDAY
AUGUST 16TH-17TH, 2019

NOBLESVILLE CONFERENCE CENTER
13700 CONFERENCE CENTER DRIVE SOUTH
NOBLESVILLE, INDIANA 46060

AGENDA

2019 RAPT CONFERENCE / AUGUST 16

8:00am-9:00am	Registration	
9:00am-10:15am	Welcome Rodnie Bryant	
9:00am-10:15am	Keynote Dr. Joseph Crumbley, MSW, LCSW, DSW	
10:15am-10:45am	Break, Exhibitors & Car Seat Demonstration	
10:45am-12:00pm	Workshops Session I	
12:00pm-1:30pm	Keynote Luncheon Terry J. Stigdon, MSN, RN Amy Barg	
1:45pm-3:00pm	Workshops Session II	
3:00pm-3:15pm	Break & Exhibitors	
3:15pm-4:30pm	Workshops Session III	



Dr. Joseph Crumbley, MSW, LCSW, DSW

Licensed Clinical Social Worker, *Dr. Crumbley & Associates*

BIOGRAPHY

Dr. Crumbley received his masters and doctorate in social work from the University of Pennsylvania. He is in private practice as a family therapist, trainer and consultant. His clinical experience includes adoption, foster care, chemical dependency, couples therapy, physical and sexual abuse. His most recent areas of specialization have been kinship care and transracial adoptions.

He has provided training and consultation nationally and internationally. Nationally, Dr. Crumbley has consulted with Spaulding for Children, Casey Family Programs, Casey Family Services, Brookdale Foundation, Child Welfare League of America and the Department of Health and Human Services. Internationally, he has worked with Renmin (the People's) University of China in Beijing China, New Zealand Ministry of Children and Family Services, the Ministry of Children and Youth in Ontario Canada, the British Association for Adoption and Fostering, and the International Society for the Prevention of Child Abuse and Neglect in Durban, South Africa. Dr. Crumbley has been a guest on the BBC (British Broadcasting Corporation), PBS, Geraldo, Montel Williams Show and Nickelodeon. He has consulted with 60 Minutes, The New York Times and The Oprah Winfrey Show on the topics of transracial adoptions and kinship care.

Dr. Crumbley has co-authored a book with Robert Little entitled *Relatives Raising Children: An Overview of Kinship Care*. His second book is entitled *Transracial Adoptions and Foster Care*. Both books were published by the Child Welfare League of America. He has produced a series of DVD and VHS training tapes for parents and professionals on transracial adoptions and kinship care.

PRESENTATION

What are the Unique Differences and Challenges in Kinship Care?

This keynote will highlight the family dynamics and emotional challenges for caregivers providing kinship care (i.e. loyalty, guilt, loss, embarrassment). Also highlighted will be how these challenges are different in kinship care from non-relative foster care and adoption. Implications for resource, adoptive parents and professionals will be discussed.

DCS Ombudsman Bureau: A Different Kind of Advocacy

10:45am-12:00pm

Alfreda Singleton-Smith, MSW, LSW

Director/Ombudsman

State of Indiana, *Department of Child Services Ombudsman Bureau*

How does an agency advocate for policy that meets the needs of children and their families while supporting the DCS mission and values? This workshop will provide an overview of the DCS Ombudsman Bureau, an independent resource for reviewing constituent issues concerning the Department of Child Services (DCS). Participants will be guided through the history, procedures and practices of the agency from its inception in 2009 to the present. Participants will learn how the agency effectively responds to complaints by providing problem resolution services and independent case reviews, as well as providing recommendations to improve DCS service delivery and promote public confidence.

Play Therapy for Trauma and Attachment, an Overview

10:45am-12:00pm

Heather Maritano, LCSW, PRT-S*Inner Resource Counseling*

This workshop will provide a brief overview of play therapy and the rationale for using play therapy to address children's mental health concerns, especially as it relates to trauma, attachment, and neurological development. Participants will be presented with factors that will help them distinguish various play therapy approaches and the ones that work better for trauma or for attachment. Case examples will be presented to illustrate the power of play therapy in clinical settings.

Caring for Youth with Attachment-Based Disorders:

Origins, Challenges and Pathways to Healthy Relationships

10:45am-12:00pm

Richard “Ty” Rowilson, PhD, HSPP

Clinical Services Manager

Indiana Department of Child Services

This workshop is intended for those who care for and/or work with youth who have attachment-based disorders. We will begin with an overview of the developmental processes that underlie both healthy and unhealthy attachment behaviors. Participants will gain an understanding of the impact of both risk and resiliency factors, as well as the importance of “critical periods” for the development of healthy “working models” of attachment. Finally, we will discuss best-practice protocols for the assessment and treatment of youth with attachment-based disorders.

Neonatal Abstinence Syndrome: Supporting the baby after discharge

10:45am-12:00pm

Dr. Patrick Clements, MD, FAAP

Riley Pediatric Hospitalist, Medical Director of Pediatrics

Indiana University Health West Hospital/

Indiana University School of Medicine

Dr. Emily Scott, MD, FAAP

Riley Pediatric Hospitalist, Medical Director of Newborn Care

Indiana University Health Methodist Hospital/Indiana University School of Medicine

Neonatal abstinence syndrome is on the rise nationally and in Indiana. This talk will explore the background of neonatal abstinence syndrome and what families need to know after baby’s discharge home, including recommended follow-up and screening.

Managing Risk Factors and Challenges in Kinship Care

10:45am-12:00pm

Dr. Joseph Crumbley, MSW, LCSW, DSW*Dr. Crumbley & Associates*

This workshop will provide coping strategies and approaches for caregivers in managing the emotional challenges and risk factors in kinship care (i.e. guilt, loyalty, loss, denial, embarrassment). How family dynamics and emotional challenges for caregivers, can result in risk factors for children in kinship families will be discussed. The unique differences of these challenges and risk factors in kinship families compared to non-relative foster/adoptive families will also be highlighted.

**Terry Stigdon MSN, RN***Director, Indiana Department of Child Services***BIOGRAPHY**

Terry J. Stigdon has dedicated her career to saving and improving the lives of Indiana's children. As director of the Indiana Department of Child Services (DCS), Terry leads an organization that protects children from abuse and neglect and works to ensure their financial support. The DCS administers child support, child protection, adoption and foster care throughout the state of Indiana.

Previously, Terry spent almost 20 years at Riley Hospital for Children at IU Health, where she began as a pediatric intensive care staff nurse. Most recently, she served as clinical director of operations, where she oversaw strategy, finance, personnel, research and programs for several hospital divisions, including emergency, trauma and nursing.

Terry's extensive pediatric experience has given her a first-hand view of the issues faced by children and families. She has a proven track record of building strong teams that result in positive outcomes for vulnerable children.

Terry holds associate and bachelor's degrees in nursing and a master's in nursing leadership and management. She serves on the boards of Indiana Emergency Medical Services for Children and Legacy House, which advocates for victims of violence and provides free trauma counseling.

Terry has been married for 24 years and has three children. In her free time, Terry cheers on her beloved Chicago White Sox, sings in her church choir and volunteers at her daughter's show choir competitions.

**Amy Barg***Founder/Owner, On Stage 7***BIOGRAPHY**

Amy's belief that everyone is either stepping forward into growth or...backward into safety, fuels her desire to help others raise their level of awareness about their own personal growth journey. Regardless of the area of life needing improvement; leadership, communication, customer service or personal relationships... it starts with an awareness of the importance of growth. Thus, her mantra: If you're not growing anywhere, you're not going anywhere.

Amy's relational, engaging and passionate speaking style combines personal stories and insanely practical steps designed to encourage her audiences to take action and get growing!

A certified speaker, trainer, coach, DISC Consultant and executive director with the John Maxwell Team, Amy also serves as a member of the team's President's Advisory Council. Formerly, she spent more than 25 years working in the fields of education, communications and marketing and leadership development.

Author of, *Seeing Blind Spots: Leadership Lessons from Real Life*, Amy is a contributor to John Maxwell's Leading-Edge Blog, has a YouTube Channel for her Friday's Perspective, and once enjoyed 30 seconds of fame sharing the stage with Oprah. She is in her sweet spot when designing and delivering interactive keynote addresses and workshops.

A mom of three and grandmother of four, Amy lives with her husband, Sam, in Carmel, Indiana, where she cultivates her own personal growth journey through gardening, reading, fitness, performing in Community Theater and singing on the vocal community team at her church.

PRESENTATION**Mind Shift for Growth**

Growth doesn't happen accidentally. To grow in self-awareness, character, skills, and relationships requires intentional action steps and favors those willing to tackle the issues head-on. Individuals who are growing not only improve the quality of their personal and professional life but they also have more to offer to others. Discover a new lens for viewing what may be keeping you "here" when you want to be "there." And, you'll receive some insanely practical steps for moving forward on your own growth journey.

Love is Not Enough: Navigating the Waters of Transracial/
Transcultural Adoption

1:45pm–3:00pm

Alfreda Singleton-Smith, MSW, LSW

Director/Ombudsman

State of Indiana, *Department of Child Services Ombudsman Bureau*

This workshop will examine the history and controversy surrounding transracial/transcultural adoptions in the United States as well as the positive and negative implications to using the practice as a response to achieving permanency for children. Participants will discuss the opportunities and challenges experienced by transracial/transcultural families and identify strategies for nurturing and supporting them within a culturally competent context that promotes positive self-identity and empowerment.

Foster Parent Bill of Rights

1:45pm–3:00pm

Gretchen Grier, BS

Foster Parent Support and Communication Liaison

Indiana Department of Child Services

This workshop provides an overview of the Foster Parent Bill of Rights and practical applications of each article as it relates to the role of foster parents. We will explore how foster parents can partner with DCS by building upon practice and skills that support Continuous Quality Improvement (CQI) and the outcomes of safety, permanency and well-being for children and families.

Domestic Minor Sex Trafficking Foster Family and Group Home Training

1:45pm-3:00pm

Emily Moriarity, LCSW

Program Manager
Community-Based Services
Community Health Network

Lindsay Price

Assistant Program Director
Tru Harbor Youth
Opportunity Center

Hannah Verdin, MSW, LSW

Behavioral Health Therapist
Community Health Network

While sex trafficking has existed as long as humanity has, its relevance has grown in the past few years in the public conscious. Survivors of domestic minor sex trafficking (DMST) require resiliency survival skills that have been negatively labeled as manipulative, anti-social, and/or defiant, rather than creative, perceptive, and/or determined. Adapting to and compromising with value and behavior expectations of families and group homes is very challenging, let alone grappling with and processing the trauma experienced before, during, and after a trafficking experience. There is a desperate need for understanding of how to support survivors of DMST and help them in these changes and challenges. This workshop hopes to encourage and empower those affiliated with foster and group homes that working with survivors of DMST can be rewarding when utilizing a trauma-informed, healing-focused approach.

Working with Families Affected by Substance Use Disorder

1:45pm-3:00pm

Dr. Eric Davis, PhD, LCSW, LCAC, ICGC-II

Co-Founder and Co-Executive Director
Life Recovery Center

This workshop will focus on the basic tenants of working with families affected by substance use disorder.

Creating a Healing Home

1:45pm-3:00pm

David Reed, MSW, LCSW, CSAYC

Deputy Director

Child Welfare Services Division

Indiana Department of Child Services

This workshop will focus on equipping resource parents to effectively care for children with mental health concerns and who have experienced trauma. Parents will learn about the importance of environment, self-awareness, role-modeling, and participation in youth service plans in an effort to improve youth outcomes. Participants will gain insight into foster youth mental health and will better understand their critical role in helping them to heal. Please note that this is a repeat from the 2018 RAPT conference.

Infant Mortality in Indiana. What Can We Do About It?

3:15pm–4:30pm

Nolan Mikowski

Liv Pregnancy App

Indiana State Department of Health

This workshop will display Indiana's infant and maternal mortality rates. While highlighting a breakdown per region, participants will also see the correlation these rates have with other social determinants of health. The second half of the workshop will showcase Liv. Liv is a mobile app created by Indiana State Department of Health designed to give helpful education to all Hoosiers that are planning, pregnant or parenting. Participants will have the opportunity to voice advancements they would like to see as well as learn how they can benefit from a relationship with Liv.

Learning to Speak the Heart Language of Adopted/Foster Kids

3:15pm–4:30pm

Sherrie Eldridge

Adoption Author

Jewel Among Jewels Adoptions Network, Inc.

Because adopted and foster kids see life much differently than the non-adopted, Sherrie Eldridge will present eleven well-intentioned statements that parents or professionals might make, the adopted/foster child's translation of those statements, and the "heart language" statements that meet the child's needs. Participants will be given a composite handout that parents can use as homework and professionals can use for training of parents.

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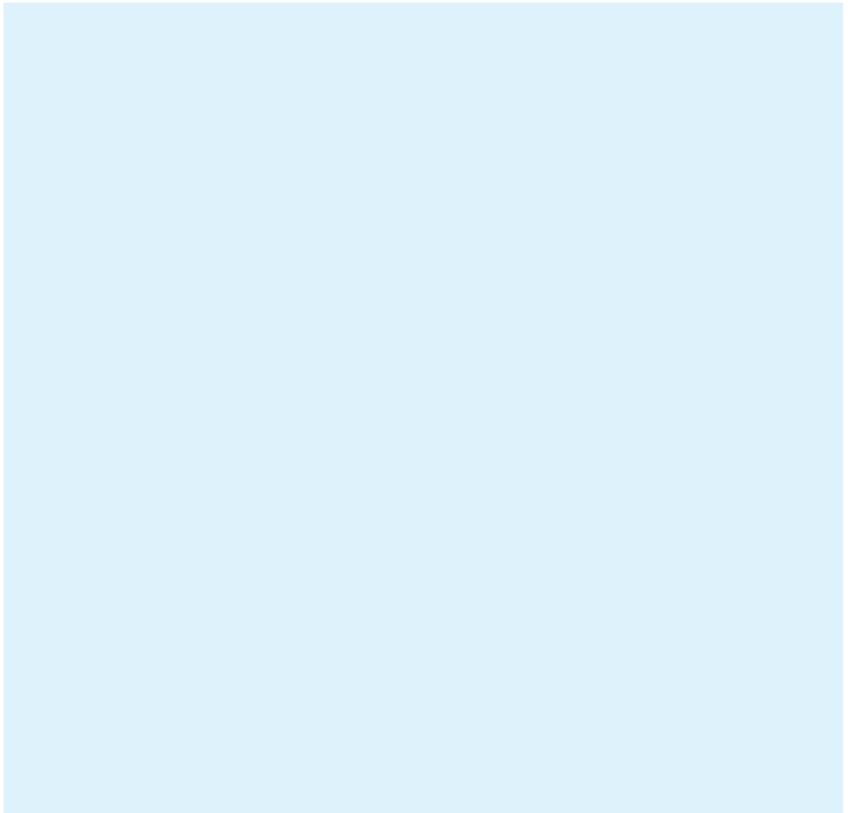
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AGENDA

2019 RAPT CONFERENCE / AUGUST 17

8:00am-9:00am	Registration
9:00am-10:15am	Workshops Session I
10:15am-10:45am	Break, Exhibitors & Car Seat Demonstration
10:45am-12:00pm	Workshops Session II
12:00pm-1:30pm	Keynote Luncheon Charlie Appelstein, MSW



Understanding the Child and Adolescent Needs and Strengths (CANS) Assessment: The Basics for Foster Parents

9:00am–10:15am

Jenny Essex, MSW, LSW

Permanency and CANS Consultant

Indiana Department of Child Services

This workshop will introduce the Child and Adolescents Need and Strength (CANS) Assessment. Participants will learn how CANS is used to identify needs in order to plan appropriate interventions, including the determination of levels care and level of service recommendations. Trauma-informed assessment and interventions, as well as resilience building opportunities within the foster home, will be explored.

Youth Voice: A Panel on Supporting Older Foster Youth

9:00am–10:15am

Rimeca Morris*Indiana Youth Advisory Board***Justin Hayden***Indiana Youth Advisory Board***Shania Mitchell***Indiana Youth Advisory Board*

The Indiana Youth Advisory Board (IYAB) is made up of current and former foster youth across the state of Indiana. IYAB's purpose is to provide foster youth with the skills and support to advocate for themselves and to elevate youth voice in improving outcomes for foster youth. Join us for a facilitated conversation with our IYAB youth panel. Hear tips from panelists about working with older foster youth, building relationships, and engaging them in their case plans. The panel will include moderated Q & A, so please bring questions for these amazing young people.

Understanding Childhood Mental Health to Promote Success at Home and School

9:00am-10:15am

Dr. Tramaine Presley, PsyD

Clinical Psychologist

Children's Resource Group

Dr. Jillian Wise, PhD, HSPP

Pediatric Neuropsychologist

Children's Resource Group

Attendees will learn about risk factors associated with common childhood neurodevelopmental, social, emotional, and behavioral disorders, such as prenatal exposure, low-birth weight, and neglect. Common childhood disorders will be outlined in a manner such that caregivers will learn about signs and symptoms to be mindful of and will include anxiety, depression, disruptive behavior disorders, autism, attention deficit/hyperactivity disorder, and learning disorders. Finally, an overview of treatment recommendations will be discussed including therapy, medication management, and school-based services to provide families with tools and resources to address their needs.

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Indiana Department of Child Services

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No Such Thing as a Bad Kid (Part 1)

9:00am-10:15am

Charlie Appelstein, MSW

Youth Care Specialist and Author

Appelstein Training Resources

Strength-based practice is an emerging approach to guiding at-risk kids that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. This two-part workshop will highlight many of the key principles and techniques of this transforming modality. Areas covered include: What is strength-based practice & the power of a positive attitude & culture; the effects of trauma and positive emotions on the brain; strength-based communication principles and techniques; self-esteem building; relationship-based limit-setting and a host of creative cognitive behavioral strategies.

No Such Thing as a Bad Kid (Part 2)

10:45am -12:00pm

Charlie Appelstein, MSW

Youth Care Specialist and Author

Appelstein Training Resources

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Trust-Based Relational Intervention (TBRI®) Overview

10:45am-12:00pm

Nancy Fisher, MSW, LCSW

Director of Adoption

Children's Bureau, Inc.

TBRI® is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI® is connection.

To “REAP” Success as We Must First Care for Ourselves and Each Other

10:45am-12:00pm

Dr. Theresa Rohr-Kirchgraber, MD, FACP, FAMWA

Executive Director

Indiana University National Center of

Excellence of Women’s Health

In advocating that “REAP” be part of our daily routines, we focus on the essentials for health and well-being and ensure we are active as leaders in many ways. We must role model the essentials of healthy living and the need for preventing disease and keeping our bodies and our minds fit and strong. We rest regularly by incorporating sound sleep hygiene; we restore our energy and give balance to our days. Understanding leadership starts “in the kitchen.” We must espouse Eating Mindfully and give proper sustenance to our physical bodies. Being Active every day can be as simple as incorporating the stairs in our daily routines. If we Plan our day, schedule in relaxation time, meal preparation, and family/personal time, we decrease our stress and feel more confident.

Trauma and Sexually Maladaptive Youth

10:45am-12:00pm

Emily Watson, MSW, LCSW, CSAYC, CCTP

Out-patient Clinician

Damar Services, Inc.

This workshop will focus on understanding sexually maladaptive youth, the role of trauma, and ways to help support change as caregivers and loved ones.



Charlie Appelstein, MSW

Youth Care Specialist and Author, *Appelstein Training Resources*

BIOGRAPHY

Charlie Appelstein is an internationally prominent youth care specialist whose primary focus is on teaching positive, strength-based theories and techniques to parents and professionals who guide at-risk children and youth. Charlie has authored three youth care books that are widely used within the field, including *No Such Thing as a Bad Kid: Understanding and Responding to Kids with Emotional & Behavioral Challenges Using a Positive, Strength-Based Approach*. Charlie lives in southern New Hampshire with his wife and teenage daughter. Charlie's strength-based approach delivers a message of hope and possibility to our most vulnerable youth and those who shape and influence their lives. Robert Lieberman, former President of the American Association of Children's Residential Centers calls Charlie "The best youth care trainer in America!"

PRESENTATION

Use the Force, Luke! Managing Number One, First and Staying Motivated to Make a Difference

Raising and/or working day after day with at-risk kids elicits difficult feelings that can compromise a care-giver's performance. This presentation examines the major triggers and provides strategies for self-management that keep enthusiasm alive. Focal points include: how to respond instead of react when personalizing difficult interactions and when support is lacking; the need to check personal baggage at the door; and a new, uplifting definition for success in working with at-risk populations.

