

## **DAY ONE**

**Keynote Address: 9:30 - 10:30 am**

“Taking Away the Pain: The Trauma Response and Intervention”

Speaker: Steve Dolter

Grief must manifest itself. How does that manifestation show in those that have been victims of or witnesses to a traumatic or violent event? Come learn about proper triage, the Incident Command System, and what you can do to better understand the traumatic response and how better to intervene.

## **WORKSHOPS I (Monday, March 3rd - 10:45-12:15 pm)**

### **A – Dr. Thomas Gordon’s Model for Promoting Mental Health PART I**

Learn how to handle emotionally charged situations including anger, fear, agitation, depression, Crisis Response, and Suicide Prevention. Participants will learn how to effectively deal with emotions of others and their own. The session(s) include opportunities for small group practice and coaching, and will be of value to anyone and everyone.

### **B - Team Crisis & Trauma Intervention Part I**

Speaker: Steve Dolter

What would you do if you were faced with the job of intervening with children who have been traumatized? How do you recognize, acknowledge and support them? Team Trauma and Crisis Intervention is a workshop for parents, mental health professionals and educators, exploring strategies and techniques for intervention following a traumatic event. This is a hands-on approach, easily modified for several populations, but specific to children in the educational setting.

### **C – The Case for Specifically Treating Depression in Juvenile Justice Populations**

Speakers: Edward Byrnes and Joanne Yaffe

Although sufficient evidence exists to suggest interventions with youth in the juvenile justice system that will have a good likelihood of success, not all youth who present in this system are identical. One source of difference between youths who are touched by the juvenile justice system lies in their mental health status. This presentation specifically discusses evidence that has emerged during the last decade about delinquency and depression with a focus on similarities between the components of the more effective interventions for both of these problems. This presentation includes specific recommendations about how to better serve youth who are involved with the juvenile justice system and who are suffering from depression in the context of evidence based practice as an active, client centered process. An emphasis on the process of evidence based practice will enable participants to engage in practices that are supported by evidence and relevant to their clients.

**LUNCH: 12:30 - 2:00pm**

## **WORKSHOPS II (Monday, March 3rd - 2:00 - 3:30 pm)**

### **A – Dr. Thomas Gordon’s Model for Promoting Mental Health PART II**

Learn how to handle emotionally charged situations including anger, fear, agitation, depression, Crisis Response, and Suicide Prevention. Participants will learn how to effectively deal with emotions of others and their own. The session(s) include opportunities for small group practice and coaching, and will be of value to anyone and everyone.

### **B - Team Crisis & Trauma Intervention Part II**

Speaker: Steve Dolter

What would you do if you were faced with the job of intervening with children who have been traumatized? How do you recognize, acknowledge and support them? Team Trauma and Crisis Intervention is a workshop for parents, mental health professionals and educators, exploring strategies and techniques for intervention following a traumatic event. This is a hands-on approach, easily modified for several populations, but specific to children in the educational setting.

### **C – Child Trauma Risks and Protective Factors**

Speaker: Ann Kirkwood

This presentation offers information on child trauma and impacts on a child’s functioning at home, at school and in the community. Child trauma can lead to poor school performance, mental health problems, juvenile and adult offending and suicide. Idaho State University Institute of Rural Health is a partner with the Child Traumatic Stress Network and will provide national resources.

## **WORKSHOPS III (Monday, March 3rd - 3:45 - 5:00 pm)**

### **A – A Journey of Hope: The Tools Needed to Help Your Child and Family Cope with Mental Illness**

Speakers: Victor Ortiz and Martha Gonzalez

This workshop will provide a basic understanding of brain disorders and various types of brain illnesses. This presentation is ideal of the parent or caretaker of a child suffering from a brain disorder. It will change the whole way of seeing a brain malfunction. Find out what needs to happen if a family member is sick. What to ask for in a diagnosis, how to follow that diagnosis, how to communicate with the professional team treating your child, understand everything going on from a medical point of view and knowing how to cope and deal with this illness – everyday. This presentation will give a father’s perspective on how, in order to find out more about his own child’s illness, he became an integral part in starting a supportive, community-based training for parents and family members with an ill child in El Paso, Texas and Juarez, Mexico.

### **B – Preventing Suicide in Minority Populations**

Speaker: Chandra Story

Suicide is a public health issue that affects minority groups. Current research and evidence-based programs can help mental health professionals and community leaders decrease these rates. This workshop will explore the various risk and protective factors for suicide in these populations, evidence-informed practices and what we can do to save our youth.

**C – New Age Armor: Do you have your Armor on? How to Protect our youth from all aspects of Media**

**Speaker: Cynthia McCurdy**

The presentation will discuss how to be informed on the skills needed to protect our children from the media and what effect the media has with our children in local communities and families, i.e. mobile devices, handheld technology, capacity to access vast amounts of information, internet, video gaming and effective ways to handle forms of “cyber bullying.” An open discussion on constructing solutions and “A Plan of Action” involving creative ideas on how to accomplish “community armor” by putting into motion an effective way to include partners and families in community outreach.

The workshop will cover such issues as “what is each of our roles” in protecting our children, how to support families when our youth experience trauma through the media exposure and brainstorming on Community outreach ideas that will carry this state far beyond “Building On Each Others Strengths” and providing a “System of Care in Idaho” by putting on the New Age Armor for our children.