

# 2020 Virtual Conference, NASW West Virginia Chapter Schedule & Workshop Session Descriptions

## WEDNESDAY, SEPTEMBER 9, 2020

### 9:00 - 10:00am: Welcome / Opening Speaker

#### ***History Lost, Stolen or Strayed: The Footsteps of NASW***

Mildred C 'Mit' Joyner, DPS, MSW, LCSW, President, NASW, Washington, D.C.

*Today as our nation faces two pandemics and NASW reaffirms its commitment to anti-racism, the social work profession must examine its steps toward justice. What action is our professional association prepared to take to build a "Beloved Community"? The social work community will continue to bend the arc of justice towards equity for all, no matter how arduous the journey.*

### 10:30am - 12:00pm One & One-Half Hour 'A' Sessions

#### **A 1 Building Resilience: Taking Care of Ourselves for the Long Haul**

It takes courage to help child and adult victims of sexual abuse, to assist survivors of violence, fires, or flooding, to enter homes of potentially hostile clients, and sometimes, to carry the heartbreak of generations. It also takes commitment to do this work despite the personal, physical, emotional, and mental impact it can have. Session includes the knowledge and skills to identify the signs of vicarious trauma and burnout. Participants assess their personal level of negative & positive effects and discuss strategies to address the negative impacts of vicarious trauma and enhance the positive impacts.

Lisa Tieszen, MA, LICSW, Psychotherapist, Co-founder, Resilience Works, Boston, MA, Award-winning Social Worker. Special thanks to the Office of Victims of Crime, Training & Technical Assistance Center, U.S. Dept. of Justice, for support in making this presentation possible.

#### **A 2 White Supremacy Culture at Work: What Social Workers Can Do**

This interactive workshop challenges us to the ways that white supremacy culture is embedded in our work places. Recognizing the characteristics of white supremacy culture helps us to understand how organizations unconsciously (and consciously) apply them as their norm and standard, making it difficult if not impossible to open the door to other cultural norms and standards. This skills-based workshop is rooted in the principles of social justice, dignity and worth, and integrity outlined in the NASW Code of Ethics.

Ondine Quinn, MSW, CSW and Drew Bowling, MSW, CSW, both of Fourth Coast Consulting Cooperative, Lexington, Kentucky. Limit 30. ETH

#### **A 3 Moving Hospice Upstream: Caring for the Seriously Ill**

Highlights the differences between hospice and palliative care, and discusses payment models. Review the range of available care options for the seriously ill, including community palliative care, four levels of hospice care, counseling, bereavement, and volunteer support. The role of the social worker will be defined and case studies presented.

Christine L. Zinn, RN, BSN, MSc, Executive Director, Hospice Council of WV, and Sarah E. Shapero, MSW, LCSW, Hospice and Palliative Social Worker, HospiceCare, both of Charleston, WV.

#### **A 4 Creative Thinking: Think Outside the Casket**

Developing new programs and organizational structures can be challenging for both leadership and employees. Encouraging employees to offer ideas and suggestions during program development and problem-solving increases their feelings of value to an organization. Promoting creativity in the work-environment increases motivation, decreases resistance, and expedites program adoption and project completion. Participants will learn tools and techniques to encourage creativity, define creating thinking skills, evaluate their own creative tolerance and discuss the framework for promoting creativity at work.

Violet Burdette, MSM, BSW, LSW, Development Coordinator, MountainHeart Community Services, Inc., Hinton, WV.

#### **A 5 Single Session Strengths and Strategies in Clinical Practice**

Increasingly, as clinicians strive to provide the best evidence-based patient care, they are expected to do more with less-in more ways than can be listed here. Focuses on maximizing connections with patients and targeting life-affirming possibilities for change in brief encounters/contexts. Philosophical and practical aspects of single-session therapy will be outlined. The relevance and utility of Focused Acceptance and Commitment Therapy (FACT, Strosahl & Robinson) will be presented in more detail.

Laura Wilhelm, PhD, Associate Professor, WVU Department of Behavioral Medicine & Psychiatry, Charleston Division.

## 1:00 - 3:00pm Two-Hour 'B' Sessions

### **B 1 From Blair Mountain to Bloody Harlan: Appalachian Poverty in Historical Context**

In Central Appalachia, poverty is a defining characteristic of many communities, and this has been the case for generations. However, billions in natural resources have been extracted from the region. Very little of that profit has ever flowed back to the communities in which it was produced. This talk looks at the history of resource exploitation in Appalachia as a means of better understanding the intergenerational nature of poverty in the region. Includes historical context, demographic data, and explorations of movements and moments that indelibly marked the history of the region. Is this inevitable?

Joshua Wilkey, PhD, Author, Director of Institutional Effectiveness, Brevard College, Brevard, NC.

### **B 2 Recognizing and Responding to Our Clients' Experiences of Being Traumatized by Racism: The Social Worker as White Ally**

The research confirms that the trauma of racism seriously impacts the emotional and physical health of those experiencing it. This interactive workshop will offer social workers with white privilege in particular, respectful practices that invite collaborative exploration of the impact of racism on people of color who seek our services, that privilege the expertise of our clients of color and that emphasize the importance of recognizing that the social location of therapists that hold white privilege contributes to unconscious and conscious biases leading to harmful behaviors and interactions, as a path to maintaining a commitment to accountability and repair, rather than self judgement and/or defensiveness.

Rachel Dash, MSW, LICSW, Assistant Professor, WVU Dept. of Behavioral Medicine & Psychiatry, Charleston Division, and Jennifer Wells, MSW, Executive Director, Our Future West Virginia, Huntington, WV. *Note: Also register for Pt 2.*

### **B 3 End of Life Issues for Veterans**

One out of every four dying Americans is a veteran. The majority of veterans do not receive healthcare within the VA. Community partners need to understand the importance of integrating military service into end of life care. Learn about special considerations, such as military culture, unique individual experiences, service connected illness, PTSD, spiritual distress, and other factors that can impact veterans and their families during this most difficult time. Also discover how VA is moving forward with comprehensive end of life care.

Christina G. Davis, MSW, BSW, LCSW, Hospice and Palliative Care Coordinator, Hershel "Woody" Williams VAMC, Huntington, WV. VET

### **B 4 Crossing the Generational Divide**

What we value and how we think, communicate, work within teams, and lead are shaped by the pivotal moments we experience. Introduces the global life events that have shaped Traditionalists, Boomers, Xers, Millennials, and Gen Z; engages group participants to explore how those life events shaped generational values as they are expressed at work, at home, and in the community; and provides participants with a lens through which they can explore value differences among generations.

Becky Mathis-Stump, JD, Chief Operating Officer, Ethos Leadership Group, LLC, Parkersburg, WV.

### **B 5 Family Therapy with Our Veteran Population**

Relevant for therapists who are seeing military and/or veteran couples or families in treatment. Common problems include: reintegration after deployment, coping with PTSD symptoms, overcoming addiction and effective communication. Many of the family therapy techniques can be applied to the general population and families with foster care children as well.

Gwen Humphrey, MSW, LCSW, SUD Specialist, VAMC, Huntington, WV. VET

## 3:30 - 4:30pm One-Hour 'C' Sessions

### **C 1 Working Effectively with WV Foster, Adoptive & Kinship Parents to Help Kids Thrive**

Although partnering with those closest to the daily lives and needs of at-risk children seems logical, foster, adoptive, and kinship parents report they often feel voiceless and invisible. Hear results of an extensive WV survey conducted in partnership with WV DHHR and Marshall University. Learn firsthand how you can work more effectively with these key partners to support positive outcomes for every child.

Marissa Sanders, BS, Director, and Board members of the WV Foster, Adoptive, & Kinship Parents Network, Charleston, WV.

## **C 2 State Health Care Solutions Can Work! Health Care for All WV Campaign**

WV can address prescription drug costs, pre-existing conditions, surprise billing, family leave, maternal health, and more! There may be gridlock in Washington, but in Charleston we can work together. A distinguished panel of experts and advocates discusses the Health Care for All WV Campaign and WV Health Agenda 2020 to make health care more accessible and affordable for all WV families. These commonsense policy proposals are budget neutral or will pay for themselves. Learn of the progress made in the 2020 WV Legislature and how you can help going forward. Bring your voice to shape Health Care Agenda 2021 and hold legislators' feet to the fire!

Jessie Ice, PhD, MSW, MPA, Executive Director and Kat Stoll, JD, Policy Director, both of West Virginians for Affordable Health Care, Kelly Allen, MPA, Director of Policy Engagement & Interim Deputy Director, WV Center on Budget and Policy, and Savanna Lyons, MS, Co-Executive Director, WV Citizen Action Group, Charleston, WV.

## **C 3 Psychiatric Complications of ICU Care**

Intensive care stays can be stressful and frightening for patients and their support system. Delirium, depression, anxiety, and PTSD often occur during ICU stays. Persistent mental disorders may continue even after ICU care is completed. Review risk factors, clinical presentation, management, and possible preventive measures to address this disorder.

James Griffith, MD, Chair WVU Department of Behavioral Medicine and Psychiatry, Charleston, WV.

## **C 4 How Social Identities Influence Our Experiences: Intersectionality**

Explores the value of intersecting multiple social identities to inform social work practice. We'll discuss experiences of 'mattering' - the sense of belonging and being treated with respect and dignity, and 'marginalization' - being excluded or experiencing inequities. Intersectionality is a sociological theory examining how two or more socially constructed identities, such as race, gender, class, age, ability, sexual orientation, etc., shape people's lived experiences of privilege, discrimination and oppression.

Pattie Nishimoto, PhD, MSW, BSW, LCSW, Associate Professor, and Terri H. Philpott, PhD Candidate, MSW, Instructor, both Concord University Department of Social Work, Athens, WV. ETH

## **C 5 Social Work Ethics: Boundaries and Dual Relationships**

Session objectives: To understand the difference between ethics and values; identify interpersonal boundaries and relationship parameters; develop a working knowledge of the types of dual relationships; understand the rural complexities of social work partnerships with clients; identify measures to prevent dual relationships, and; strategize ways in which social workers can build appropriate boundaries while maintaining rapport.

Debra Young, EdD, EdS, MSW, LCSW, MSW Program, Department of Social Work, Marshall University, Huntington, WV. ETH

## **5:30 - 7:30pm Two-Hour 'D' Evening Sessions**

### **D 1 The Distant, Rejecting, or Self-Absorbed Parent: Introduction to Practical Techniques for Reversing the Impact**

Relationships with emotionally immature people have caused an epidemic of lives spent in guilt, confusion, self-doubt and false responsibility for others' desires and happiness. Learn how adults have been gradually shamed and controlled out of trusting their inner world while growing up. Includes techniques to teach clients to communicate effectively with reason-resistant parents and other emotionally immature people.

Lindsay Gibson, PsyD, Clinical Psychologist, Author of bestseller Adult Children of Emotionally Immature Parents, Virginia Beach, VA.

### **D 2 Understanding Military Culture**

Provides an introduction to military culture, service and deployment that encompasses the entire military experience. Helps better understand how to effectively work with military members and their families in practice settings. Gain an understanding of the significant impact of combat on veterans and military families. *Note: This is a recorded version of Mr. Jarrell's session presented at the 2019 Spring Conference.*

Gary Jarrell, MSW, LICSW, Associate District Director, Readjustment Counseling Service, North Atlantic District, Zone 3. VET

## **THURSDAY, SEPTEMBER 10, 2020**

### **9:00 - 10:00am One-Hour 'E' Sessions**

#### **E 1 Understanding Stress and Self-Care: Getting Back Some Control**

What is the impact of stress in our lives? How does it impact our ability to be effective in our professional and personal lives? Learn to recognize stress and your reactions to it, and get serious about managing it! Become more intentional about building resilience in your life.

Jim Harris, EdD, MSW, LICSW, Associate Director, WV Autism Training Center at Marshall University, Huntington.

#### **E 2 My Mother Wasn't Trash: A Manifesto from Appalachia**

Based on his nonfiction work, this talk from an Appalachian writer and educator focuses on the ways his impoverished upbringing in Western North Carolina guide him as a researcher and historian. He offers a unique perspective on Appalachian poverty from both lived experience and scholarly research, providing ideas about how those involved in helping professions and in public policy might seek to better serve impoverished Appalachian communities.

Joshua Wilkey, PhD, Author, Director of Institutional Effectiveness, Brevard College, Brevard, NC.

#### **E 3 Intersection of ACES & Substance Use Disorder**

Adverse Childhood Experiences play a role in the development of Substance Use Disorder. Examines the ACE questionnaire and resources for using the ACE with clients who have SUD and co-occurring ACEs. The biological effects of ACES on the brain and how they contribute to the development of SUD will be discussed, and participants will be exposed to methods for promoting resiliency.

Tina Faber, MSW, LCSW, Project Coordinator, WVU School of Social Work, Morgantown, WV.

#### **E 4 Best Practices in Suicide Care**

Suicide is a complex, multidimensional event warranting comprehensive, integrative, multidiscipline prevention and intervention efforts. Suicidal emergencies have commonalities across a wide array of systems of care. Will introduce best practice models of Project 2025 and Zero Suicide. Suicide screening and assessment tools and critical assessment parameters for recognition of at-risk individuals will be covered. Effective safety planning skills for those with suicidal risk will be shared.

Paula Rymer, MSW, BSW, LICSW, Associate Professor, Department of Social Work, Marshall University, Huntington, WV.

#### **E 5 Digital Ethics 101: Social Media**

Social workers must understand how technology impacts the confidentiality of clients as they navigate the digital landscape. This session will help you establish guidelines for clients and potential clients to interact with you and other helping professionals on the web. Create informed policies and procedures BEFORE a client adds you on Facebook or slides into your DMs!

Tiffany Blair, MSW, LICSW, LCSW-C(MD), Therapist, Lusby, MD. ETH

### **10:30am - 12:00pm One & One-Half Hour 'F' Sessions**

#### **F 1 Organizational Response to Vicarious Trauma: Toolkit**

Introduces participants to the Vicarious Trauma Toolkit (VTT) as a resource for victim service agencies to address the impact that vicarious trauma can have on staff and organizations responding to and providing services for survivors of harm. The trauma of clients seen in many non-profits can distress colleagues and staff, and if unattended, can lead to staff turnover and/or chronic secondary trauma symptoms and/or a change in organizational culture. The VTT and its resources will give attendees a first look at how they can implement a plan to assess and address this natural consequence of work-related trauma exposure.

Lisa Tieszen, MA, LICSW, Psychotherapist, Co-founder, Resilience Works, Boston, MA, Award-winning Social Worker and member of the Lead Team creating the VTT. Special thanks to the Office of Victims of Crime, Training & Technical Assistance Center, U.S. Dept. of Justice, for support in making this presentation possible.

## **F 2 Choosing Wisely in Geriatric Medical Care**

Offers recommendations to obtain the best and avoid the worst in contemporary geriatric medical care. These recommendations will be relevant for audience members, their loved ones, and their clients. The national "Choosing Wisely" campaign and the American Geriatric Society Beers List of inappropriate medicines will be the main resources presented and discussed.

Daniel Doyle, MD, Senior Physician, New River Health Association, Scarbro, WV and Cabin Creek Community Health Systems, Dawes, WV.

## **F 3 Meeting the Needs of Individuals Living in Poverty: Practice Innovation, Outreach, and Provider Burnout Prevention**

Gain information on the role of poverty in healthcare, insights into working with people facing poverty, and recommendations for best practices. Like many Appalachian regions, communities in WV struggle with the complications poverty, poor access to mental health care, and complex mental and physical health disparities. WV mental health professionals are often faced with practice barriers that require flexibility, creativity, and sensitivity to the role that poverty and rurality play in treatment implementation.

Emily Selby-Nelson, PsyD, Director of Behavioral Health, Sissonville Health Center, and Jake VanHorn, PsyD, Lead Clinician, Sunnyside Health Center, both of Cabin Creek Health Systems, Kanawha Co., WV.

## **F 4 Healthy Lifestyle for Prevention of Obesity & Eating Disorders**

Eating disorders and obesity are chronic health problems that often emerge in childhood and adolescence. Both are difficult to treat and may pose serious medical and behavioral health effects. The prevalence and common health consequences of both EDs and OB in youth are presented, followed by a description of how these conditions interact. Five best practice prevention strategies and specific action steps are outlined.

Jessica Luzier, PhD, Associate Professor, WVU Department of Behavioral Medicine & Psychiatry, and Jamie Jeffrey, MD, Medical Director, Healthy Kids Wellness and Weight Management, Charleston Area Medical Center, both of Charleston, WV.

## **F 5 Intro to Evidence-Based Treatment of PTSD Using Prolonged Exposure**

Post-traumatic Stress Disorder (PTSD) is a serious psychiatric disorder that affects millions of people. This workshop will provide an overview of the diagnosis of PTSD and will introduce participants to Prolonged Exposure (PE), an effective evidence-based treatment for PTSD. Self-care considerations for mental health professionals conducting Prolonged Exposure with traumatized individuals will be discussed.

Patrick Kerr, PhD, Psychologist, WVU Dialectical Behavior Therapy Services Program & Associate Professor, WVU Department of Behavioral Medicine and Psychiatry, Charleston, WV. Limit 50

## **1:00 - 3:00pm Two-Hour 'G' Sessions**

### **G 1 IV Drug Related Infections: More than Just HIV and HEP C**

A relatively unknown threat occurring during the opioid crisis are infections related to IV drug use other than HIV and Hepatitis C. Infections such as endocarditis, spinal abscesses, osteomyelitis and other life-threatening infections require intensive medical procedures and long term inpatient stays. Although lengthy and costly, a great deal of treatment can be provided to address mental health issues and addiction.

Thomas Drvar, MSW, LICSW, Program Coordinator, WVU Medicine, Morgantown, WV.

### **G 2 Screening for Human Trafficking Across Diverse Settings: Tools to Use and How to Choose**

Human trafficking has been identified as a significant problem in West Virginia. This workshop will provide an overview of key human trafficking concepts and terms and will describe risk factors for human trafficking as well as signs of human trafficking across a range of service settings. Screening instruments for identifying human trafficking victims in different settings will be introduced and local and national resources for human trafficking survivors will be discussed.

Patrick Kerr, PhD, Psychologist, WVU Dialectical Behavior Therapy Services Program & Associate Professor, WVU Department of Behavioral Medicine and Psychiatry, Charleston, WV. Limit 50.

### **G 3 Developing Self-Compassion & Engaging in Self-Care**

This fun, interactive workshop about the relationship between self-compassion and self-care can help social workers thrive! You'll have the opportunity to practice realistic and feasible self-care exercises for the life we live. Also intended to awaken and acknowledge everyone's self-worth, and to help address compassion fatigue. ETH

Pattie Nishimoto, PhD, Associate Professor and Robbin Durham, MSW, LICSW, Assistant Professor, both of Concord University Department of Social Work, Athens, WV. ETH

#### **G 4 After Suicide: Postvention Efforts in VA Care: Helping Veterans and Other Loss Survivors in Healing**

Suicide "postvention" (aftercare) applications build on prevention efforts by providing support and assistance for those affected subsequent to a death by suicide. Survivors endure unique challenges, including their own risk for suicide, guilt, stigma, and complicated grief. Offers guidelines for initial and long-term family outreach and assessment, ongoing support, common reactions to suicide, and suggestions for social, spiritual and mental self-care.

Debra Marie Milling, MSW, LICSW, and Deanna Stump, MSW, MPA, LISW(OH), both Suicide Prevention Coordinators, Hershel "Woody" Williams VAMC, Huntington, WV. VET

#### **G 5 Positive Behavior Supports at Home: A Practical Approach**

Do you work with families that seem to be in a constant state of reaction, waiting for the next tantrum, argument, or crisis? Have you seen your client's homes take on a life of their own? There are strategies you can teach families to have a more peaceful and productive existence. Dr. Harris will introduce you to Positive Behavior Supports (PBS) - the most evidenced-based behavior support approach available - and show how PBS can create a more positive and productive home environment. You will learn how to teach families to be more intentional in parenting, and how doing so will allow for a much better relationship with their children.

Jim Harris, EdD, MSW, LICSW, Associate Director, WV Autism Training Center at Marshall University, Huntington.

### **3:30 - 4:30pm One-Hour 'H' Sessions**

#### **H 1 Home Visiting during the Pandemic**

The COVID-19 pandemic has shaken up everyone's world, especially those who make home visits. The presenter will share how prenatal and early childhood home visitors and their families have coped in the last six months, and their plans for going forward through the remainder of 2020.

Michele Baranaskas, MSW, LCSW, Coordinator, TEAM for WV, Inc., South Charleston, WV.

#### **H 2 Huh? What Did You Say? Working w/ Someone w/ Hearing Loss**

Provides an overview of hearing loss, how it impacts the individual and those around them. Recognize the prevalence of hearing loss, why it is important, communication techniques, and become more sensitive to the needs of someone with hearing loss. Includes a simulation and examples of degrees of hearing loss. Learn about hearing loss, be better prepared to anticipate the needs of, and work more effectively with people with hearing loss.

Sarah Shapero, MSW, LCSW, Social Worker, Hospice Care, Charleston, WV. ETH

#### **H 3 What Happened at the West Virginia Legislature?**

Another session of the WV Legislature is behind us and it's time to assess what the heck just happened! Focuses on legislation related to health care, the state budget, middle and low income working families, and safety net programs that protect the state's most vulnerable and at risk citizens.

Seth DiStefano, BA, Policy Outreach Director, Lead-Government Affairs, West Virginia Center on Budget & Policy, Charleston, WV.

#### **H 4 Bouncing Back: Learning the Science of Resilience**

Resilience explains how some children seem impervious to the negative effects of Adverse Childhood Experiences, and why some adults can 'bounce back' from adversity in childhood. Abuse, neglect and dysfunction in childhood are often highlighted on adult outcomes studies, but ACES only tell half of the story. Humans grow and develop across the lifespan and can counterbalance the negative from the past. Offers a working definition of resilience and reserve capacity, ways parenting can influence resiliency, and what is necessary to build resiliency in adulthood.

Stephanne Thornton, MSW, LICSW, MAC, Criminal Justice Specialist, Public Defender Services, Charleston, WV. ETH

#### **H 5 Social Work Ethics and Technology**

Like many professions, Social Work is attempting to keep up with the ever changing world of technology. Focuses on the recent update to the NASW Code of Ethics as well as the NASW, ASWB, CSWE and CSWA Standards for Technology in Social Work Practice. Identification of potential ethical dilemmas associated with the use / misuse of technology will be included. Social Workers need to be aware of the costs and benefits of utilizing technology in serving clients.

Robbin Durham, MSW, LICSW, Assistant Professor, and Sarah Whittaker, PhD, MSW, Professor, both of Concord University Dept. of Social Work, Athens, WV. ETH

## **5:30 - 7:30pm Two-Hour 'J' Evening Sessions**

### **J 1 Adult Children of Emotionally Immature Parents: Advanced Techniques for Psychotherapy Clinicians**

Doing psychotherapy with adult children of emotionally immature parents can feel like a frustrating round of whack-a-mole. As soon as you try to help strengthen the client in one area, another objection to self-recovery pops up to take its place. The solution lies in focusing on one central organizing principle: that these clients have been indoctrinated into believing that they are innately less important than other people and therefore are bad if they don't unquestioningly serve the needs of others first. As long as the therapist fails to address this central distortion, the client will continue to be vulnerable to emotional coercion, mental subjugation, and a lack of entitlement to healthy limits and boundaries.

Lindsay Gibson, PsyD, Clinical Psychologist, Author of Adult Children of Emotionally Immature Parents, Virginia Beach, VA.

### **J 2 Veterans and Cognitive Decline**

Covers VA Medical Center mental health services, medical services, and upcoming services for caregivers as they face issues involved in caring for elderly veterans. Will also review PTSD, depression, delirium, and other medical issues faced by elderly veterans. Carrie Brown, MSW, LCSW, Caregiver Support Coordinator, Huntington VA Medical Center, Huntington, WV. VET

## **FRIDAY, SEPTEMBER 11, 2020**

### **9:00 - 10:00am One-Hour 'K' Sessions**

### **K 1 Expanding West Virginia's Behavioral Health Workforce through Loan Repayment and Other Initiatives**

Join this session to learn about new and existing loan repayment programs for WV practitioners and students in behavioral health fields, including social work, and other strategies designed to recruit and retain professionals. Discuss barriers and proposed solutions to strengthening the workforce and add your perspective to WV's workforce initiative which is taking on the challenge of training and retaining a sufficient number of practitioners to meet the needs of WV communities.

Carolyn Canini, MSW, LCSW, Director of Behavioral Health Programs, Higher Education Policy Commission, Charleston, WV.

### **K 2 The West Virginia 2020-2022 Substance Use Response Plan**

The substance use epidemic in West Virginia has negatively affected individuals and families, presented new challenges to health care and behavioral health systems and significantly impacted the economic vitality of the state. Effort is needed to combat substance use disorders across the spectrum, from prevention to long term recovery programs. The WV Substance Use Response Plan establishes our strategic direction across sectors.

Robert Hansen, Director, WV Office of Drug Control Policy, Charleston, WV.

### **K 3 What is a Foster Care Ombudsman and Why Does it Matter?**

Meet and dialogue with the new Ombudsman! The Office of the Foster Care Ombudsman is an independent entity within WV DHHR Office of the Inspector General created to advocate for the rights of foster children and foster parents in response to the establishment of a managed care contract for health, mental health and socially necessary services. The first priority has been to develop policies and procedures to implement a successful program to oversee DHHR/MCO programs and operations. The Ombudsman will also investigate complaints against providers and collect and analyze data and complaints.

Pamela Woodman-Kaehler, MSW, MBA, LGSW, WV Foster Care Ombudsman, Office of the Inspector General, WV DHHR, Charleston, WV.

### **K 4 How to Survive and Thrive as a Helper**

Being a human service provider will be stressful from time to time, even most of the time. The best way to prevent burnout is to prepare for the possibility and explore ways to cultivate slowness, and nurture vision, solitude, physical activity and simplicity. The mantra for this workshop is Stress is inevitable but suffering can be optional!

Chatman Neely, MSW, LICSW, MSW, Clinical Social Worker & Innkeeper, Barn With Inn, Wellsburg, WV. ETH

## **K 5 Don't Call Us Trash: Deconstructing Appalachia Stereotypes**

From Saturday Night Live to Facebook memes, it remains popular to poke fun at Appalachian people. The “white trash” stereotypes influence the way those outside the region think of Appalachian residents, particularly those who are impoverished. It also serves as a barrier to Appalachian communities getting help that is meaningful. This workshop explores some of the caricatures of Appalachia, focusing on the ways stigmatization of poverty and misunderstandings of Appalachian culture impact the ways those in helping professions serve in the region.

Joshua Wilkey, PhD, Author, Director of Institutional Effectiveness, Brevard College, Brevard, NC.

## **10:30am - 12:30pm Two Hour 'L' Sessions**

### **L 1 Dialectical Behavior Therapy Group Skills Training 101: Essential Components of Teaching DBT Skills**

Dialectical Behavior Therapy (DBT) is a cognitive-behavioral treatment with strong scientific evidence for reducing life-threatening, impulsive, and high-risk behaviors in people with multiple psychiatric disorders and complex psychopathology. This workshop will provide a comprehensive introduction to the basics of DBT. Participants will learn about all the components of comprehensive DBT including treatment techniques and strategies used in individual DBT, DBT skills coaching, DBT skills training classes/groups, and the functions of DBT consultation teams. The skills taught in DBT will be described and explained, with demonstrations of select skills.

Patrick Kerr, PhD, Psychologist, WVU Dialectical Behavior Therapy Services Program & Associate Professor, WVU Department of Behavioral Medicine and Psychiatry, Charleston, WV. Limit 50.

### **L 2 Understanding and Advocating for LGBTQ+ People**

This skill-building workshop provides social workers with tools to offer competent, compassionate care to LGBT clients. A foundational training on core concepts relating to LGBTQ+ people, including sex, gender identity, sexual orientation, and gender expression. Offers tools for social workers to address a sexual orientation or gender identity they may not be familiar with, and an overview of the realities of being LGBT in WV. Best practices in working with LGBTQ+ clients are presented.

Natasha Stone, BA, Transgender Visibility Organizer, Fairness WV, & Erin Osborn, MSW, LGSW, Vice President of Operations, KVC WV, both of Charleston.

### **L 3 A Grassroots Community Response to the Addiction Crisis: Advocacy for Harm Reduction – “SOAR”**

Solutions Oriented Addiction Response (SOAR) is a grassroots Charleston-based group of people in recovery, people with loved ones affected by the opiate crisis, and professionals. It formed in 2018 in response to the elimination of the Kanawha Co. harm reduction program and has grown to involve over 150 people. Although harm reduction is a priority, SOAR also focuses on addressing stigma, public education, policy, and advocacy at the local and state levels. Hear about SOAR's story, lessons learned, and activities you can start in your community to challenge stigma and save lives.

Sarah Stone, Co-Director of SOAR & a Person in long-term recovery, Charleston, Joe Solomon, MSW, Social Worker, Cabin Creek Health Systems, Kanawha Co., and Brooke A. Parker, MSW, Community Health Needs Assessment Project Associate, Kanawha Coalition for Community Health Improvement and Community Organizer, Solutions Oriented Addiction Response SOAR-WV, Charleston, WV.

### **L 4 Tackling Vicarious Trauma, Compassion Fatigue and Burnout**

Social work is a compassionate profession requiring advocacy and empowerment for persons who have faced some of life's greatest challenges. Our clients' stories take a toll, causing us to caution each other against burnout. In 2022, occupational burnout will be included in the ICD-11. To safeguard against burnout we will focus on symptoms of vicarious trauma and compassion fatigue and identify ways to make social workers happier, healthier & more enduring in the profession.

Stephanne Thornton, MSW, LICSW, Criminal Justice Specialist, Public Defender Services, Charleston, WV. ETH

### **L 5 Fighting Mental Health Stigma: The Right and Freedom to Choose**

People with mental health problems, whether veterans or not, face stigma and discrimination, resulting in the need for advocacy/support. Some stigma, even if unintended, comes from mental health providers. Examine sources of stigma and how clinical social workers can fight it. Explores the mental health Recovery Model, and issues of freedom vs safety. The trans-diagnostic rights/needs of people with mental health problems will be stressed - normal human needs that affect issues of identity, hope, meaning and purpose.

Charles Weinberg, MSW, LICSW, Local Recovery Coordinator, Hershel 'Woody' Williams VA Medical Center, Barboursville, WV. ETH, VET



## **1:30 - 3:00pm One & One-Half Hour 'M' Sessions**

### **M 1 DBSA: Improving the Lives of Those Living with Bipolar Disorder & Depression with Online Resources**

The Depression and Bipolar Support Alliance reaches over four million individuals with support, educational resources, and tools to help individuals living with mood disorders lead fulfilling lives. DBSA will provide an overview of their digital programs and resources, including videos, podcasts and materials to download and share with clients living with depression or bipolar disorder. Social Workers are an important audience for DBSA and can suggest online resources to support and empower clients to manage their health and wellness.

Michael Pollock, MS, CEO, Depression & Bipolar Support Alliance, Chicago, IL.

### **M 2 Trends in Substance Use Disorders and the Treatment Changes Needed**

People in active addiction will often use multiple types of substances - whatever they can access. Discusses the trends in alcohol and substance use disorders in West Virginia, including opiates and meth use, and how treatment professionals address changing conditions. We are seeing far more Methamphetamine now because a person can use Meth along with Buprenorphine, but not Heroin.

Joseph Deegan, MSW, MPH, MAC, AADC, Business Development Liaison, Addiction Healing Center, St Francis Hospital, Charleston, Peter Callahan, MSW, LICSW, Executive Director, Callahan Counseling Services, Martinsburg, and Mary Aldred-Crouch, MSW, MPH, LICSW, MAC, AADC, Director of Behavioral Health, Recovery Point West Virginia Behavioral Health, Inc., Huntington,

### **M 3 Implicit Bias: Recognizing it and Why it Matters**

Bias is built into our brains, shaped daily by our world, and has impacts on decisions we make. Even people with good intentions and a belief in justice can find themselves giving into unconscious bias. Social workers play a pivotal role in assisting many individuals and families, and an awareness of bias can help to ensure that they aren't unconsciously perpetuating disparities that many are consciously hoping to eliminate. Includes understanding of what bias is, how it's shaped, and how it affects us and those around us. Provides practical skills to make us more aware of our biases and reduce the impact bias has on our decision-making.

Eli Baumwell, JD, MPJA, Policy Director, and Mollie Kennedy, MA, Outreach Director, both of ACLU WV, Charleston, WV. ETH

### **M 4 Understanding & Using Psychological Assessments for Children & Youth in Foster Care**

Many individuals in the foster care and child welfare systems undergo a comprehensive psychological assessment. The resulting reports can be challenging to interpret and translate into practical considerations. However, careful application of assessment results can lead to stronger treatment plans that are tailored to the individual's unique needs. Discusses common components of psychological assessments and how to interpret them. Provides examples of how assessment results can be used in the development of effective permanency/placement, treatment, and educational plans. Dr. Hughes formerly worked in Foster Care.

Jennifer Hughes, PhD, Senior Psychologist, and Toby Spiker, MA, supervised psychologist, both of Charleston Area Medical Center, Charleston, WV.

### **M 5 Updates from the West Virginia Board of Social Work**

Your opportunity to receive an update on initiatives and changes, and to dialogue with the Board about qualification for license, supervision and continuing education requirements, and other matters. Several new Board members have recently been appointed by the Governor.

Vickie James, MSW, LCSW, Executive Director, and Members of the WV Board of Social Work, Charleston, WV.

## **3:30 - 4:30pm: Closing Speaker**

### ***Stories of the Appalachian Experience***

Bil Lepp

### **Storyteller & 'West Virginia's Biggest Liar'**

Growing up in a family where the truth was fluid, Bil Lepp became adept at spinning tales and exaggerating circumstances at an early age. Bil's humorous, family friendly tall-tales and stories are rooted deeply in everyday life in Appalachia and have earned the appreciation of listeners of all ages and walks of life. Though a five time champion of the WV Liars' Contest, Lepp's stories often contain morsels of truth which present universal themes in clever and witty ways. Audiences across the country, from grade schools to corporate execs to Comedy Central's Hudson stage, have been delighted by Bil's mirthful tales and penetrating insights. Bil's books and audio awards include the PEN Steven Kroll Award for Children's Book Writing, Parents' Choice Gold awards, and the National Parenting Publications and Public Library Associations. Bil and his family live in Charleston, WV.