

18th Annual



SHOULDER TO SHOULDER CONFERENCE

Strengthening Children and Families

October 23 & 24, 2016

Shoulder to Shoulder is a collaborative partnership between community agencies to provide quality training and networking opportunities to those who work with, support and care for children and families who have been connected to Child Welfare. The conference planning committee is comprised of statewide community partners from the child welfare and child abuse prevention fields. Shoulder to Shoulder is an all-volunteer planned conference without permanent funding sources. We rely on community partners and collaborations to operate. Conference funding was made possible through federal grant funds from the Oregon's Children's Just Act Task Force and the Juvenile Court Improvement Program. Contents are solely the responsibility of the authors and do not necessarily represent the official views of either grantor.

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SHOULDER TO SHOULDER CONFERENCE AGENDA

“Strengthening Children and Families”

8:30 am - 10:00 am Keynote speaker: **Jaiya John, Ph. D. (Grand Ballroom)**
Your Caring Heart: Renewal for Helping Professionals and Caregivers

10:15 am - 11:45 am SESSION “A” WORKSHOPS

- CSEC 101 – Molly Botsford **Hayden**
- LGBTQ Youth in Substitute Care – Chris Downs, Ph. D. **Washington**
- Foster Parents & Birth Families Engaging Together – Jilliana Goble, M.A., and Embrace Oregon **Clark**
- Going Deeper Into the Mineshaft: Understanding Race and Culture – Johnny Lake, Ph. D. **Clackamas**
- Understanding Autism: Facts, Myths and Resources – Tobi Rates **Multnomah**
- Fostering Healing – Teri Pettersen, MD, and Margaret Carey, MD **Weyerhauser**
- In Transition – FosterClub All-Stars **Crown Zellerbach**
- Growing Roses in Concrete: An Overview of Resiliency Factors for Children and Youth – Kate Gigler, MSW **Overton**
- Applying Mindfulness to Attachment: Identifying Parental Attachment Styles in the Adoption Process – Abbie Smith, MSW, LCSW **Pettygrove**

11:50 pm - 1:20 pm LUNCH & Keynote speaker: **Doreen Dodgen Magee, Psy. D. (Grand Ballroom)**

Setting an Intergenerational Table: How to Know, Work With, Live With, and Thrive Alongside of Generations X, Y, and Everyone Else

1:30 pm - 3:00 pm SESSION “B” WORKSHOPS

- Health Care Round Table: Building Health Care that works for Children in Foster Care – Health Share of Oregon **Hayden**
- Promoting Health Adolescent Relationships – Chris Downs, Ph. D. **Washington**
- Who’s Looking Out for the Children – Amy Holmes Hehn, Karen Ostrey, and Norm Hill, Judges **Clark**
- Plugged In: How Technology is Shaping Our Brains, Relationships, and Sense of Self – Doreen Dodgen Magee, Psy. D. **Clackamas**
- Neurobiology of Trauma: The Science Behind Hope and Healing – Julie Rosenzweig, Ph. D., LCSW **Multnomah**
- Advanced Primary Care for Children in Foster Care – Bobby Martin **Weyerhauser**
- The Wounded Spirit – Ambiguous Loss in Foster Care – FosterClub All-Stars **Crown Zellerbach**
- Troubling the Helping Profession: How do we look at power, race, gender, and intersecting identities – Michael Hulshof-Schmidt **Overton**
- The Foster to Adoption Shift – Debbie Kirby, MSW, LCSW **Pettygrove**

3:15 pm – 4:45 pm SESSION “C” WORKSHOPS

- Foster Care and Prevention Services: FosterClub Roundtable – FosterClub All-Stars **Hayden**
- Understanding and Supporting the Sexual Health of Youth in Care – Chris Downs, Ph. D. **Washington**
- Raising Black Boys – Justice Rajee, Charles Smith, MSW, and Bahia Overton, MSW **Clark**
- FASD and Other Neurobehavioral Conditions – Eileen Devine, LCSW **Clackamas**
- Don’t Interrupt, I’m Busy Surviving: Seeking Safety in a Scary World – Julie Rosenzweig, Ph. D., LCSW **Multnomah**
- Trauma Informed Parenting – Kelly Alexander, RN, and Alison McEwing **Weyerhauser**
- The Pact: FosterClub’s Permanency Pact – FosterClub All-Stars **Crown Zellerbach**
- Working through the International Maze: Children Impacted by Acculturation and Language Changes – James Perillo and Ernesto Hernandez **Pettygrove**
- State of Oregon Parent Advisory Council: Parents collaborating with Child Welfare Leadership – Leah Hall **Grand Ballroom**

Remember to visit the VENDORS!

2016 Shoulder to Shoulder Speakers & Presentations



PRE-CONFERENCE EVENT 5:30 PM - 8:00 PM

Children at Risk: Canaries in the Mineshafts

Sunday, October, 23, 2016

Downstairs
Ballroom

**Separate Payment is required for the Pre-Conference Event*

Please come network, enjoy wine, sparkling cider, appetizers, dessert and inspiring speakers.

Like the vulnerable canaries that alerted the coal miners to poisonous elements in their atmosphere, issues affecting our most precious and vulnerable citizens, our children, illuminate serious underlying problems in our society that negatively affects all of us, not just our children. Addressing persistent challenging issues and problems effectively is essential, if we are to improve outcomes for our children, our communities and for our society. We still have much work to do

Despite many efforts to change conditions affecting our most vulnerable children and families, we see little to no change. In fact, many predictors and indicators of failure have worsened. Ignoring consequential differences, such as poverty, lack of decent housing and health care, food insecurity, race issues, cultural conflict, language, disability, and others have contributed to our failure.

We have continually avoided addressing larger structural and institutional problems, in favor of blaming individuals and suggesting that lack of individual/personal responsibility is at the root of the problems. This has allowed us to ignore systemic and pervasive inequalities. We must work together responsibly to confront both the personal and institutional problems suffocating our most vulnerable ones, our children, if we are going to see significant improvement in the lives of children, families and communities in this twenty-first century.

Speaker(s): Johnny Lake, Ph.D.

Dr. Johnny Lake is an internationally recognized educator, writer and storyteller and works with a broad section of the community. He is a consultant, trainer and speaker certified in working for youth and adults. He teaches courses for teacher and counselor preparation programs at Northwest Christian University. He is an Administrator on Special Assignment with the Eugene 4J school district and an advocate for needs of at-risk youth and provides teacher training institutes and student learning opportunities.

Dr. Lake holds a bachelor's degree in history from Willamette University. He has a Masters in educational leadership and administration and received his Ph.D. in educational leadership, policy, management and organization. He is also an administrator on special assignment with the superintendent in the Eugene, OR 4J School District. Dr. Lake is a former chairman of the State of Oregon Commission on Black Affairs.

And finally, he is the grandson of Leonia Patrick of Tennessee, the first storyteller he ever knew.

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MORNING KEYNOTE 8:30 AM - 10:00 AM

☐ Your Caring Heart: Renewal for Helping Professionals and Caregivers

Grand Ballroom

Dr. Jaiya John's message is testimony and tonic for your caring heart and soul. In loving, transformative language, Jaiya will share our collective story of what it means to care for and serve vulnerable children and families. We will reflect together on the nature and impact of trauma in all of us, and on how Story plays a vital role in our healing and wellness as practitioners. Story: not the details of our lives, but the meaning we gather from our journey. Learn how Story can help us to tap into our giftedness, purpose, and calling; how it can bond us with those we serve; and how it can feed the healing journey of our children, families, and communities.

Speaker(s): Jaiya John

Dr. Jaiya John was born into foster care in New Mexico, and has served organizations, agencies, schools, and initiatives globally for 26 years. He is an internationally recognized speaker, author, poet, spoken work artist, and youth mentor. Jaiya is the founder of Soul Water Rising, a global human mission that has donated thousands of Jaiya's book in support of social healing, and offers scholarships to displaced and vulnerable youth. He is a former professor of social psychology at Howard University, has authored numerous books, and has addressed over a half million professionals, parents, and youth worldwide. Jaiya is a National Science Foundation fellow, and holds doctorate and master's degrees in social psychology from the University of California, Santa Cruz, with a focus on intergroup relations and identity development. As an undergraduate, he attended Lewis & Clark College in Portland, Oregon, and lived in Kathmandu, Nepal, where he studied Tibetan Holistic Medicine through independent research with Tibetan monks.

LUNCH/ AFTERNOON KEYNOTE 11:50 AM - 1:20 PM

☐ Setting an Intergenerational Table: How to Know, Work With, Live With, and Thrive Alongside of Generations X, Y, and Everyone Else

Grand Ballroom

Working with a diverse generational team has challenges and benefits. Learn distinctive tendencies, and styles of each generational group with an emphasis on setting the stage for each to thrive in a multi-generational setting.

Speaker(s): Doreen Dodgen Magee, Psy.D.

Dr. Doreen Dodgen-Magee is a psychologist from Portland, Oregon. She has 22 years of experience working with individuals and groups. In addition to her thriving private practice she maintains a national speaking docket and her work can be found in magazines, journals, and books. Doreen spends, on average, 15 hours a week culling both scholarly research and pop culture sources to maintain her expertise as a person whose finger is on the pulse of how technology is shaping the neurological, interpersonal, and intrapersonal lives of individuals today. Her unique, fast-paced speaking style, reminiscent of ted talks, incorporates technological and interpersonal elements and make her uniquely poised to capture the minds and attention of a diverse range of people. Her approach is far from technology-averse, instead, offering a balanced perspective and full spectrum look at the issues of the day. From

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keynoting state psychological and psychiatric association conferences to holding the attention of 500 high schoolers at an assembly, Doreen will move her audience to think and act.

SESSION A 10:15 AM - 11:45 AM

≡CSEC 101

Hayden

This presentation will include the who, what, where, when, and why of Commercial Sexual Exploitation of Children (CSEC). Who are the victims? What does trafficking look like? What do CSEC services look like? Where does trafficking happen and where are victims recruited? When are youth recruited into trafficking, including statistics on ages and vulnerabilities? Why is this an issue? Presenter will also be breaking down rape culture and discussing the issue of demand.

Speaker(s): Molly Botsford

Molly Botsford is an advocate for commercially sexually exploited youth and young adults at the Sexual Assault Resource Center. She has been at SARC for 4 years, starting out as an intern while she completed her Bachelors in Social Work at Portland State University. She has worked with both sexual assault survivors and commercially sexually exploited youth and young adults during her time at SARC. Currently, she is the Advocate/Case Manager for our Young Adult Program, RYSE (Resilient Young Adult Survivor Empowerment Program) where she works with young adults 18-25 years old providing confidential services including; emotional support, court & law enforcement interview accompaniment, referrals to community services, and an array of other advocacy needs.

≡LGBTQ Youth in Substitute Care

Washington

Lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth are overrepresented in foster care, runaway/homeless shelters, and other forms of substitute care. Adult providers often struggle with how to provide informed, caring support to these youth in their care. This workshop touches on the most salient challenges facing youth in care, including “coming out,” coping with bullying, and offering sustained support during their time in care. This is a highly interactive workshop and participants routinely gain new insights on how to better support LGBTQ youth in their care.

Speaker(s): Chris Downs, PhD

Dr. Chris Downs is a Developmental Psychologist with over 30 years experience devoted to research, teaching, and service to older, disadvantaged youth. Chris is the President of The Downs Group LLC, a national child welfare consulting firm with 12 training Associates headquartered in Seattle. Chris has a distinguished record of accomplishments including developing and launching 11 on-line life skills assessments for youth that have been used by over 2.5 million caregivers and youth worldwide. In 2015, he managed the creation and delivery of 23 training courses on adolescence for the State of Illinois. Designated a Master Teacher by the University of Houston, Chris has trained child welfare professionals for years on a wide range of cutting edge topics. He created and directed two national foster youth conferences and has facilitated the creation and growth of foster youth advisory boards. He co-authored a landmark investigation on the long-term impact of foster care published by Oxford University Press and has authored many journal articles and book chapters on youth competence, diversity and thriving. Chris loves to offer new training courses to child welfare professionals and regularly seeks guidance from these same professionals when building new courses for future delivery.

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☞ Foster Parents & Birth Families Engaging Together

Clark

We all know that when foster parents and birth parents can work as a team for the sake of the child in care there's tremendous benefits, but how do these relationships begin? What fears are present for both sets of parents? How did they push past the unknown to engage in relationship? How has building relationship positively impacted the child and the case? What does it mean to remain in relationship past reunification or adoption? Please join us for this interactive panel of foster parents and birth parents who will share their perspectives and experiences of building relationships.

Speaker(s): Jillana Goble and Embrace Oregon

Jillana Goble has been a foster parent for 14 years. She holds a Masters in Teaching and has 4 children under the age of 12, two of whom she and her husband fostered and then later adopted. She remains in relationship with the families of her adopted children. Jillana is passionate about raising community awareness around foster care and founded Embrace Oregon.

Embrace Oregon connects caring community members with vulnerable children and families in partnership with the Department of Human Services. We are dedicated to the flourishing of every child. More information can be found at EmbraceOregon.org.

☞ Going Deeper into the Mineshaft: Understanding Race and Culture

Clackamas

Does our worldview respecting race and culture affect our perspectives and interactions with others? This interactive workshop critically examines our own history, knowledge and understanding of the key constructs of identity related to race and culture. Learn more about your own cultural and racial perspective, and how to create and participate in effective cross-cultural and interracial interactions. We also will learn to better recognize and effectively address how race and culture intersects and interacts in the lives of our children and families.

Speaker(s): Johnny Lake, Ph.D.

Johnny Lake is an internationally recognized educator, writer and storyteller and works with a broad section of the community. He is a consultant, trainer and speaker certified in working for youth and adults. He teaches courses for teacher and counselor preparation programs at Northwest Christian University. He is an Administrator on Special Assignment with the Eugene 4J school district and an advocate for needs of at-risk youth and provides teacher training institutes and student learning opportunities.

Dr. Lake holds a bachelor's degree in history from Willamette University. He has a Masters in educational leadership and administration and received his Ph.D. in educational leadership, policy, management and organization. He is also an administrator on special assignment with the superintendent in the Eugene, OR 4J School District. Dr. Lake is a former chairman of the State of Oregon Commission on Black Affairs.

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☐ Understanding Autism: Facts, Myths and Resources

Multnomah

An exploration of what autism is and is not, focusing on ways to support and build rapport with children and teens on the autism spectrum. Information about accessing services and resources throughout Oregon will also be provided.

Speaker(s): Tobi Rates

Tobi has been the Executive Director of the Autism Society of Oregon since October 2011. Prior to becoming Executive Director, she served on the Board of Directors for ASO as a volunteer. She previously practiced law in the Washington, DC metro area and in Boulder, Colorado. Tobi and her husband are the proud parents of two children, both of whom are on the autism spectrum. Her older son has a relatively mild form of autism, while her younger son is more severely impacted by autism. Tobi has been involved with the autism community since moving to Oregon in 2008. Having contacts in the community was invaluable to learning how to navigate the educational, medical, governmental and community support systems available here. Mentoring parents new to the autism diagnosis and/or new to Oregon and supporting self-advocacy for people on the autism spectrum are areas of particular interest.

☐ Fostering Healing

Weyerhaeuser

What the Neurobiology of early adversity and resilience tells us about how to care for youth in foster care.

Speaker(s): Teri Pettersen, MD and Margaret Carey, MD

☐ In Transition

Crown Zellerbach

This workshop covers the essential assets a youth should possess prior to leaving foster care and how to increase youth engagement in their case plan. It is built around FosterClub's new Transition Toolkit- a tool developed for young people preparing to transition from foster care. In this workshop participants will understand why a youth-centered approach to transition planning is important along with youth engagement strategies. Participants will understand the advantages to a team-based approach, and advantage to cross-discipline coordination for transition planning (i.e. DD, IEP). Lastly, participants will be introduced to tested tools that are available to assist with the planning process, including the ACSLA.

Speaker(s): FosterClub All-Stars

The FosterClub All-Stars is an Internship Program providing leadership and service opportunities to young people ages 18-24 who have spent their formative years in foster care. For these young adults, who have beaten the odds and thrived in spite of difficult circumstances, the All-Star internship is an opportunity to communicate their unique perspectives and share their resilient spirits with their younger peers still struggling through foster care. In addition to participating in dozens of youth events across the country over the summer, the FosterClub All-Star Interns advocate for system improvement and promote public awareness nationally throughout the year.

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▣ Growing Roses in Concrete: An Overview of Resiliency Factors for Children and Youth

Overton

For children and youth impacted by violence and trauma, resiliency is found in all layers of their experience - from individual out to societal spheres. This resiliency doesn't occur in isolation; it is usually nurtured and made stronger by the family and other safe adults present in a child's life. Multnomah County's **Defending Childhood Initiative** works to raise awareness of the critical role many professionals - like teachers, early childhood staff and social workers- have in ensuring all children have equitable access to what they need to thrive. Hear about the latest in 'resiliency science' and consider how you may play a specific role in nurturing coping skills, hope, family-level empowerment, access to resources or services and opportunities for advocacy.

Speaker(s): Kate Gigler, MSW

Ms. Gigler has worked in school based and school linked social service programs in Tacoma, WA and Portland, OR for nearly 15 years. In her current role with the Defending Childhood Initiative at Multnomah County, Kate focuses on providing training and technical assistance for K-12 school staff to allow them to better recognize and respond to childhood exposure to violence. She is anchored by her belief in the power of school-based resiliency and protective factors, and that *all* children and youth should have equitable access to the safe adults they need to thrive.

▣ Applying Mindfulness to Attachment: Identifying Parental Attachment Styles in the Adoption Process

Pettygrove

This workshop will provide an overview of the benefits of learning about parental attachment styles and the positive impact this knowledge can have on providing individualized parent training, how parents can come to understand their own attachment history, and apply this knowledge to create mindfulness in how they approach parenting foster, adopted, or birth children.

Speaker(s): Abbie Smith, MSW, LCSW

Abbie currently works for Holt International as the Director of Clinical Services. Abbie has worked in the adoption field for 11 years, has been an adoptive mom for 20 years, holds post graduate certificates from PSU in Working with Adoptive Families, from Deborah Gray, LCSW in Attachment, and has completed two years of training in the Adult Attachment Interview (AAI) with Mary Main, Ph.D. the developer of the AAI. She has developed and proctored Holt's NASW and Hague training plans for the past five years.

SESSION B 1:30 PM - 3:00 PM

▣ Health Care Round Table: Building Health Care that works for Children in Foster Care

Hayden

All children in foster care are identified by the American Academy of Pediatrics as Children and Youth with Special Health Care Needs. Join one of Oregon's sixteen Coordinated Care Organizations, Health Share of Oregon, for a discussion on the unique health needs of children in foster care.

Speaker(s): Health Share of Oregon

Kelly Alexander, RN; Margaret Carey, MD; Bobby Martin; Alison McEwing, LPC, and Teri Pettersen, MD

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▣ Promoting Healthy Adolescent Relationships

Washington

From late childhood to early adulthood, adolescents often show significant changes in their relationships with parents, parent substitutes, extended family members, siblings, neighborhood groups, friends, peers, and romantic partners. While this workshop cannot go into depth on these relationships, the instructor will give an overview of the ever-changing nature of teen slang, the impact and use of social media and online gaming in relationship-building, the reasons for most teen-parent conflict, and how to spot and support a healthy teen friendship. The instructor uses several fun exercises to help participants learn more about healthy teen relationships.

Speaker(s): Chris Downs, PhD

Dr. Chris Downs is a Developmental Psychologist with over 30 years experience devoted to research, teaching, and service to older, disadvantaged youth. Chris is the President of The Downs Group LLC, a national child welfare consulting firm with 12 training Associates headquartered in Seattle. Chris has a distinguished record of accomplishments including developing and launching 11 on-line life skills assessments for youth that have been used by over 2.5 million caregivers and youth worldwide. In 2015, he managed the creation and delivery of 23 training courses on adolescence for the State of Illinois. Designated a Master Teacher by the University of Houston, Chris has trained child welfare professionals for years on a wide range of cutting edge topics. He created and directed two national foster youth conferences and has facilitated the creation and growth of foster youth advisory boards. He co-authored a landmark investigation on the long-term impact of foster care published by Oxford University Press and has authored many journal articles and book chapters on youth competence, diversity and thriving. Chris loves to offer new training courses to child welfare professionals and regularly seeks guidance from these same professionals when building new courses for future delivery.

▣ Who's Looking Out for the Children?

Clark

An interactive conversation with judges about our shared responsibility for child well-being. What does child well-being mean to the court and what do they need to know from you?

Speaker(s): Amy Holmes Hehn, Karen Ostrey, and Norm Hill, Judges

The Honorable Amy Holmes Hehn is a Multnomah County, Oregon, Circuit Court Judge handling family law cases, including domestic violence, probate and juvenile matters. A native Oregonian, Judge Holmes Hehn was appointed to the bench in January of 2013. Before her appointment she served for 25 years as a Deputy District Attorney in the Multnomah County DA's Office, including as Senior Deputy of the Juvenile and Domestic Violence Units. She has a long history of involvement in domestic violence, juvenile justice and child welfare system improvement efforts on the local, state and national level.

Judge Ostrey has been in private practice her entire career, first as an associate and eventually as a partner at Jaques, Sharp, Sherrerd, FitzSimons & Ostrey. With extensive litigation experience, Ostrey has handled cases in areas such as family law, juvenile delinquency and dependency, and employment law. Judge Ostrey was commended by Governor Kitzhaber for community involvement that has included serving as a mentor with Big Brothers Big Sisters of the Columbia Gorge and on various boards, including the Hood River County School District, CASA, and the Mid-Columbia County Bar Association. Her volunteer work earned her recognition as mentor of the year in 2012 from Big Brothers Big Sisters of the Columbia Gorge.

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Judge Hill has spent 17 years as a private practice attorney starting as an Associate in 1994 and becoming a partner in 2001 at Martinis & Hill Attorney at Law, focusing on real estate law, business law, and construction law. Governor Kitzhaber appointed Norman R Hill to fill the vacancy of Honorable Fred E. Avera on February 6, 2012. He currently serves on the Juvenile Court Improvement Program Advisory Committee.

☐ Plugged In: How Technology is Shaping Our Brains, Relationships, and Sense of Self

Clackamas

Up-to-date research findings, alongside of current tech trends and pop culture influences on how the neurological and relational development of children, adolescents, and adults is impacted by the near constant access to digital domains. Practical tools as well as reliable research will be presented.

Speaker(s): Doreen Dodgen-Magee, Psy.D,

Dr. Doreen Dodgen-Magee is a psychologist from Portland, Oregon. She has 22 years of experience working with individuals and groups. In addition to her thriving private practice she maintains a national speaking docket and her work can be found in magazines, journals, and books. Doreen spends, on average, 15 hours a week culling both scholarly research and pop culture sources to maintain her expertise as a person whose finger is on the pulse of how technology is shaping the neurological, interpersonal, and intrapersonal lives of individuals today. Her unique, fast-paced speaking style, reminiscent of ted talks, incorporates technological and interpersonal elements and make her uniquely poised to capture the minds and attention of a diverse range of people. Her approach is far from technology-averse, instead, offering a balanced perspective and full spectrum look at the issues of the day. From keynoting state psychological and psychiatric association conferences to holding the attention of 500 high schoolers at an assembly, Doreen will move her audience to think and act.

☐ Neurobiology of Trauma: The Science Behind Hope and Healing

Multnomah

Most of us have experiences that disrupt our biological imperative for safety, protection, and comfort. These experiences change us. For children with multiple trauma exposures, their brains and bodies have adapted to adversity. This presentation discusses how the neuroscience of traumatic (toxic) stress is reshaping our understanding of mind-body adaptive capacity and the brain's essential mission for survival. The most effective resource you have to help others is your own well-regulated neurobiology. Learn about how to use this amazing resource to more effectively create and sustain relational safety, calm hyper-vigilance, and restore resilient functioning.

Speaker(s): Julie Rosenzweig, PhD, LCSW

Dr. Rosenzweig is an Emeriti Professor and a clinician in private practice. She is an unabashed neuro-geek who is frequently heard in workshops translating neuroscience into personal and professional applications. With humor and passion, Dr. Julie happily shares her knowledge about the brain, on topics such as toxic stress effects, attachment disruptions, trauma-informed care, vicarious traumatization, clinical supervision, and technology stress. Dr. Julie has

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been involved in the trauma field as a therapist, consultant, and author for over 30 years, including service with the Red Cross in New York shortly after 9/11.

▣ Advanced Primary Care for Children in Foster Care Weyerhauser

In October of 2015, a year-long Learning Collaborative launched with the goal of implementing new models of primary care to support the unique needs of children in foster care. A facilitated panel discusses the effort, learnings, and the new models of specialty primary care.

Speaker(s): Bobby Martin

▣ The Wounded Spirit- Ambiguous Loss in Foster Care Crown Zellerbach

Nearly half a million children are living in the U.S. foster care system today. For youth in care, the grief experience is often complicated with feelings of shame, relief, or guilt when a parent exits their lives. Making things even more difficult, foster youth generally lack a stable support system to help them through their grieving period, as they move from shelter to foster home to group facility.

In this session, participants will hear directly from young people regarding their experiences with loss and grief while living in foster care. Participants will identify the unique challenges in serving grieving foster youth, from funeral attendance to unstable family support. This workshop will describe complicated grief, through the eyes of a young person, of losing a parent who has been abusive, neglectful or absent. Attendees will understand how grief and trauma manifest in a young person's behavior, along with the responses foster youth receive to their grieving behavior.

Speaker(s): FosterClub All-Stars

The FosterClub All-Stars is an Internship Program providing leadership and service opportunities to young people ages 18-24 who have spent their formative years in foster care. For these young adults, who have beaten the odds and thrived in spite of difficult circumstances, the All-Star internship is an opportunity to communicate their unique perspectives and share their resilient spirits with their younger peers still struggling through foster care. In addition to participating in dozens of youth events across the country over the summer, the FosterClub All-Star Interns advocate for system improvement and promote public awareness nationally throughout the year.

▣ Troubling the Helping Profession: How do we look at power, race, gender, and intersecting identities Overton

In our roles as foster parents, DHS workers, and social service providers there are many aspects we need to consider when working with service users. Power, race and gender all play a part in our lives and the lives of the service users we interact with. This workshop will explore the barriers service users may face and how we as providers can recognize and identify these barriers to help provide more comprehensive assistance.

Speaker(s): Michael Hulshof-Schmidt

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Michael Hulshof-Schmidt is the Executive Director of EqualityWorks, NW and he teaches in the graduate school at Portland State's School of Social Work. He applies a combination of Anti-Oppressive Practice, Eco-Feminist, and Psychodynamic theories to inform his operational framework. His company – EqualityWorks, NW – integrates the voices of Howard Zinn, Beverly Tatum, Peggy McIntosh, and Marian Wright Edelman. Michael's mission is to create and sustain conversations around equity in regards to race, gender, and privilege.

Pettygrove

☐ The Foster to Adoption Shift

This presentation will be an overview of the numerous changes involved in shifting from fostering to adopting, including the child, adoption triad members, and the community. Methods to minimize the impact of these changes during the shift will be discussed, as well as managing relative placement complications. Examples from clinical practice are used throughout the presentation and group discussion is encouraged.

Speaker(s): Debbie Kirby

Debbie Kirby joined Coastal Center in 2000 shortly after receiving her Master's in Social Work (MSW) and her Bachelor's in Psychology from Louisiana State University. Within 3 years at Coastal Center, she obtained her Licensed Clinical Social Work (LCSW) status in Oregon and by 2004 was a participant in Portland State University's pilot program for the Training Certificate in Therapy with Adoptive Families. Soon after receiving that Certificate, the PSU-Child Welfare Partnership contracted with her and for the last 11 years she has trained foster/adopt parents throughout the state of Oregon on a variety of topics including developmental attachment, sexual abuse, and shifting from fostering to adopting youth.

In 2011, she completed a 100 hour course through the Child Trauma Academy run by Bruce Perry, PhD, on the Neurosequential Model of Therapeutics (NMT). Since then, she attends and continues to receive frequent and regular training in trauma and how it impacts the developing brain. This knowledge helps guide her clinical interventions, influences her philosophical approach to working with traumatized youth/adults, and supplements her trainings.

SESSION C 3:15 PM - 4:45 PM

Hayden

☐ Foster Care and Prevention Services: FosterClub Roundtable

Speaker(s): FosterClub All-Stars

The FosterClub All-Stars is an Internship Program providing leadership and service opportunities to young people ages 18-24 who have spent their formative years in foster care. For these young adults, who have beaten the odds and thrived in spite of difficult circumstances, the All-Star internship is an opportunity to communicate their unique perspectives and share their resilient spirits with their younger peers still struggling through foster care. In addition to participating in dozens of youth events across the country over the summer, the FosterClub All-Star Interns advocate for system improvement and promote public awareness nationally throughout the year.

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Understanding and Supporting the Sexual Health of Youth in Care

Washington

America has historically been very conservative with respect to sex, sex roles, sexual behaviors, and sex instruction. Numerous national organizations (e.g., CWLA, National CASA, Planned Parenthood) suggest that sex is discussed and understood even less in most substitute care environments, including foster care, residential care, juvenile detention, and runaway/homeless shelters. This workshop provides an overview of (1) distinguishing “healthy” from “unhealthy” sexual behaviors and patterns, (2) supporting healthy and safe adolescent sexual relationships if/when they develop, and (3) the dangers of “sexting” (sending nude photos to others), especially when the senders and/or the recipients are minors. Participants will be encouraged to be as engaged as they are comfortable; however no one will be made to feel embarrassed for their silence, their views on sex, or their knowledge base.

Speaker(s): Chris Downs, PhD

Dr. Chris Downs is a Developmental Psychologist with over 30 years’ experience devoted to research, teaching, and service to older, disadvantaged youth. Chris is the President of The Downs Group LLC, a national child welfare consulting firm with 12 training Associates headquartered in Seattle. Chris has a distinguished record of accomplishments including developing and launching 11 on-line life skills assessments for youth that have been used by over 2.5 million caregivers and youth worldwide. In 2015, he managed the creation and delivery of 23 training courses on adolescence for the State of Illinois. Designated a Master Teacher by the University of Houston, Chris has trained child welfare professionals for years on a wide range of cutting edge topics. He created and directed two national foster youth conferences and has facilitated the creation and growth of foster youth advisory boards. He co-authored a landmark investigation on the long-term impact of foster care published by Oxford University Press and has authored many journal articles and book chapters on youth competence, diversity and thriving. Chris loves to offer new training courses to child welfare professionals and regularly seeks guidance from these same professionals when building new courses for future delivery.

Raising Black Boys

Clark

Panel of prominent African American individuals will discuss the challenges faced being black men and fathers. They will discuss the types of conversations families must have with their black sons and preparations they must take. They will also share about the types of discussions taking place in their own homes, as well as the everyday fears they have about their sons’ safety and how they are raising them to become strong black men.

Speaker(s): Justice Rajee, Charles Smith, and Bahia Overton

Justice is a father of two, a husband and a dedicated service provider. He has many years of experience in education, prevention and motivation with youth and families from diverse backgrounds. He currently serves adjudicated youth and their families at Portland Opportunities Industrialization Center in the Community Healing initiative, providing intensive case management and crisis intervention services. Justice is a member of the Portland Black Male Achievement steering committee, working to improve life outcomes for men and boys in Portland and the State of Oregon.

2016 Shoulder to Shoulder Speakers & Presentations



Charles has an MSW and over 30 years' experience working with diverse populations in a variety of settings, including addictions, child and family services, family preservation, juvenile population, mental health, men's health and early childhood family support. Between 1995 and 2014, Mr. Smith provided consultation and training services through Early Childhood Training Center and served as Project Manager for the Systems of Care and Wraparound Implementation Project at PSU. He currently serves as the Program Director for the Black Parent Initiative, a culturally specific family service organization in Portland. Charles is a father of three.

Bahia holds a BA in psychology, an MSW and is completing her Ph.D in social work research. Formerly a faculty member at PSU, Bahia is now the Program and Outreach director for Leading for Learning and Equity Initiatives at the Chalkboard Project. She has served as a therapist; developed culturally specific transition/reintegration curriculum for the African American Program at Multnomah County Department of Community Justice; has worked as a principal researcher studying models for culturally specific treatment for African Americans; and has made significant research contributions such as for the African American Mental Health Evaluation supporting the development of the Avel Gordly Center for Healing. Bahia is a mother of two.

☐ FASD and Other Neurobehavioral Conditions

Clackamas

Supporting individuals with FASD and other neurobehavioral conditions can be exhausting and frustrating for both the child and caregiver when there is not an understanding of that individual's brain, how it functions differently, and how their behavior is a symptom of their brain-based disability. Experience has shown that when caregivers feel empowered to create meaningful accommodations for their child using the neurobehavioral model as their foundation, there is less frustration and burnout and greater hope and resiliency in their parenting journey.

Speaker(s): Eileen Devine, LCSW

Ms. Devine is a practicing licensed clinical social worker and the mother of a child with FAS. She is a certified trainer of FASCETS Neurobehavioral Model and is also currently enrolled as a student in University of Portland's Post-Masters Neuroeducator Certificate Program. She believes that individuals living with FAS can be empowered to understand the impact of FASD and develop skills to live full and meaningful lives and has provided numerous workshops on this topic for parents, teachers, social workers and other interested community members.

☐ Don't Interrupt, I'm Busy Surviving: Seeking Safety in a Scary World

Multnomah

Childhood trauma clearly changes how the developing brain, mind, and body functions with long-term effects stretching throughout adulthood. Learning to recognize these somatic and affective trauma expressions in children and youth optimizes the opportunities for healing and transformation. This workshop discusses how children affected by complex trauma show us their fear state first through their bodies—typically flight, fight or freeze strategies. These unconscious trauma-based safety-seeking behaviors are often missed or misinterpreted by caregivers and providers. By applying a trauma-lens, you can help children find the safety they seek and learn sensory-motor regulation skills.

Speaker(s): Julie Rosenzweig, PhD, LCSW

2016 Shoulder to Shoulder Speakers & Presentations



Dr. Rosenzweig is an Emeriti Professor and a clinician in private practice. She is an unabashed neuro-geek who is frequently heard in workshops translating neuroscience into personal and professional applications. With humor and passion, Dr. Julie happily shares her knowledge about the brain, on topics such as toxic stress effects, attachment disruptions, trauma-informed care, vicarious traumatization, clinical supervision, and technology stress. Dr. Julie has been involved in the trauma field as a therapist, consultant, and author for over 30 years, including service with the Red Cross in New York shortly after 9/11.

☐ Trauma Informed Parenting

Weyerhauser

An overview of the eight-week Trauma Informed Parenting curriculum offered to foster parents through the Legacy Emanuel Randall Children's Pediatric Clinic.

Speaker(s): Kelly Alexander, RN and Alison McEwing

☐ The Pact: FosterClub's Permanency Pact

Crown Zellerbach

FosterClub's Permanency Pact is a tool that can bridge the gap between a youth understanding permanency and attaining permanency.

In this workshop youth will learn that permanency comes in many different shapes and sizes, and that different people can provide different types of permanency for youth. The workshop will discuss how permanency comes with responsibility from all people involved – including the youth. Participants will define the different types of permanent relationships and understand their roles. Attendees will also learn the importance of the facilitator and understand the difference between positive and negative supports. Participants will list several ways a transitioning youth could benefit from the support of an adult and brainstorm a list of prospective Permanency Pact adults. After attending this workshop attendees will know how to access and create a Permanency Pact. By learning to utilize the permanency pact youth will also feel more confident as they identify supportive people and then ask those people to be a permanent part of their lives.

Speaker(s): FosterClub All-Stars

The FosterClub All-Stars is an Internship Program providing leadership and service opportunities to young people ages 18-24 who have spent their formative years in foster care. For these young adults, who have beaten the odds and thrived in spite of difficult circumstances, the All-Star internship is an opportunity to communicate their unique perspectives and share their resilient spirits with their younger peers still struggling through foster care. In addition to participating in dozens of youth events across the country over the summer, the FosterClub All-Star Interns advocate for system improvement and promote public awareness nationally throughout the year.

☐ Working through the International Maze: Children Impacted by Acculturation and Language Changes

Pettygrove

Workshop will cover how and why the Consulate should be notified; the importance and process of international home studies; Workshop will also cover International procedures and why working with a consulate has better outcomes for children.

2016 Shoulder to Shoulder Speakers & Presentations



Speaker(s): James Perillo and Ernesto Hernandez

James Perillo grew up in an old traditional Italian family and has lived in the United States as well abroad. After graduating high school, he moved to Mexico where he attended college, then settled in Oregon. James' work experience includes 12 years with the Washington County State Migrant Education Program, and 18 years at DHS Child Welfare as a bilingual permanency worker. He served on the Board of Directors for the Virginia Garcia Health Center for more than 10 years, two of which he was chair. In 2009 James received the State Award of Excellence in Child Welfare for his work and more than 50% of his caseload was international cases. He presently is a CASA Supervisor in Washington County.

Ernesto Hernandez is with the Mexican Consulate.

State of Oregon Parent Advisory Council: Parents collaborating with Child Welfare Leadership

Grand Ballroom

This workshop is being presented by an advisory council of parents who are former child welfare clients. The intent of the council is to be able to advise and offer suggestions to child welfare leadership. It has successfully built relationships with the director and other senior members within child welfare. The council has the ability to offer "ground truth" to those making decisions regarding the families they serve.

Speaker(s): Leah Hall

Leah Hall has worked with the Parent Mentor Program for over nine years. Leah has held multiple positions within the program. She has provided parent mentoring services to families involved with DHS by providing systems navigation and recovery support. Leah has also been a facilitator of Parents Anonymous Inc. Parent Support Group and program coordinator, overseeing implementation of the Mentor Program in Multnomah County. She is currently the Program Supervisor, supporting mentors in multiple roles, including in-branch mentoring services. Leah is a certified National Parent Leader and was instrumental in the formation, recruitment and training of parents to become part of the Parent Advisory Council who serve in an advisory capacity to the leadership of child welfare for the state of Oregon. Leah is also the recipient of the highly regarded Skidmore Prize in recognition of her outstanding contribution to her community.

