

20<sup>th</sup> Annual



# SHOULDER TO SHOULDER CONFERENCE

## Strengthening Children and Families

### October 28 & 29, 2018

*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. 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 and Oregon Foster Parent Association.*

## SPONSORS



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Center for Improvement of Child and  
Family Services  
Child Welfare Partnership





# 2018 Shoulder to Shoulder

## 20 Years Strengthening Children and Families

Pre-Conference Event  
**SUNDAY, OCTOBER 28, 2018**

All-Day Conference  
**MONDAY, OCTOBER 29, 2018**

**Dr. Donna Beegle**



***"The Iron Cage of Poverty"***  
Pre-Conference Keynote

**Dr. Tina Payne Bryson**



***"No-Drama Discipline & the Developing Brain"***  
Morning Keynote

**Schylar Baber, MPA**



***"The Power of Resilience"***  
Afternoon Keynote

### Workshops Available Monday, October 29

#### Workshop Session A — 10:00-11:15am

- The Whole-Brained Child, Trauma, Neuroplasticity, & the Changing Brain
- From the Bench
- Resources for Applying Trauma Informed Care (pt.1)
- Pathways to Connection
- Targeting Adverse Childhood Experiences through Building Resilience
- Transgender and Gender Diverse Youth: Affirming Care in Youth/Family-Centered Environments

#### Workshop Session B — 11:30am-12:30pm

- Communicating and Relating More Effectively Across Poverty Barriers
- Foster Speak: Alumni of the foster care system share their experiences
- Resources for Applying Trauma Informed Care (pt.2)
- Pet Partners
- Supporting Your Complex Child: Co-occurring Mental Health & Developmental Disability Diagnosis
- Intersection of Child Welfare & Criminal Justice: Challenges for Children and Families of Color

#### Workshop Session C — 2:00-3:15pm

- The Art of Co-regulation...A Brain Savvy Approach for De-escalating Outbursts and Having Fewer in the Future
- Attachment and Why it Matters
- Parent Advisory Council Panel
- Marijuana and Children: The Grass is not Always Greener
- Mentoring Foster Parents
- Finding Your Greatness Through Your Culture and Overcoming Cultural Complacency
- Trauma Informed Parenting through an Indigenous Lens

#### Workshop Session D — 3:30-4:30pm

- Neurodevelopmental Consequences of Harsh Punishment and Brain Savvy Alternatives
- The Song of Resilience
- Utilizing Independent Living Services for Youth
- From Crisis to Collaboration: Inviting Community into the Foster System
- Whole-Brained Whole-Hearted Parenting for Children with Trauma Related Needs
- Working with CSEC Youth: Intervention and Prevention
- Adoption, Transracial Adoption, and Foster Parenting

# 2018 Shoulder to Shoulder Speakers & Presentations



SUNDAY, OCTOBER 28, 2018

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

### Breaking the Iron Cage of Poverty

#### [View Handout](#)

Most information on poverty comes from the media, which predominately provides stories that perpetuate myths and stereotypes. In this interactive segment, Dr. Beegle will provide providers with a poverty knowledge base necessary for improving successful outcomes for those facing poverty barriers. Participants will gain tools for understanding how the many different life experiences of poverty impact success and what they can do on an individual and organizational level to improve outcomes. Dr. Beegle will also share examples of organizations that are implementing her strategies and having success in removing poverty related obstacles.

#### **Speaker(s):** Dr. Donna Beegle

Donna Beegle grew up in generational migrant-labor poverty and left school at 15 to get married and start a family. At 25, she found herself with two children, no husband, little education, and few marketable job skills. Within 10 short years, she gained the confidence to get her GED and advance through to a doctoral degree in educational leadership. All these experiences provide Dr. Beegle with an authentic voice with which to speak, write, and train across the nation to break the iron cage of poverty.



As president of [Communication Across Barriers](#), a consulting firm dedicated to building poverty-informed communities that are armed with tools to break barriers, she works directly with children and adults currently in poverty, educators, justice professionals, health care providers, social service agencies, faith-based communities, business leaders, elected officials, and others who want to make a difference for those living in the crisis of poverty. For over 27 years, Dr. Beegle's work has spread by word of mouth to all 50 states and six countries. Dr. Beegle is also the founder of the Opportunity Community movement, which provides the foundation for a contemporary war on poverty.

# 2018 Shoulder to Shoulder Speakers & Presentations



**MONDAY, OCTOBER 29, 2018**

## MORNING KEYNOTE

**8:45 AM - 9:45 AM**

☐ [No-Drama Discipline & the Developing Brain](#)

Grand Ballroom

### [View Handout](#)

Based on the ideas from Tina's New York Times bestseller *No-Drama Discipline* (with Dan Siegel), this keynote address will highlight the fascinating link between a child's neurological development and the way professionals react to misbehavior, providing an effective, compassionate roadmap for dealing with tantrums, tensions, and tears—without causing a scene.

Keeping in mind the importance of a child's developmental stage and trauma histories, this talk will discuss the true meaning of the "D" word (to instruct, not to shout or reprimand). Dr. Bryson explains how to reach your child, redirect emotions, and turn a meltdown into a teachable moment. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem-solving becomes a win/win situation.

Complete with candid parenting stories, and a great deal of compassion and humor, this presentation shows you how to work with a child's developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience for everyone in the family.

### **Speaker(s):** Tina Payne Bryson, PhD, LCSW

Dr. Tina Payne Bryson is the co-author (with Dan Siegel) of *The Yes Brain*, as well as two New York Times Best Sellers: *The Whole-Brain Child* and *No-Drama Discipline*, each of which has been translated into over twenty languages. She is the Founder and Executive Director of The Center for Connection in Pasadena, CA, where she and her interdisciplinary team of professionals work together to help kids and families thrive. She keynotes conferences and conducts workshops for parents, educators, and clinicians all over the world. The most important part of her bio, she says, is that she is a mom to her three boys. You can learn more about Dr. Bryson at [TinaBryson.com](http://TinaBryson.com), where you can subscribe to her blog and read her articles about children and parenting.



## SESSION A

**10:00 AM - 11:15 AM**

☐ [The Whole-Brained Child, Trauma, Neuroplasticity, & the Changing Brain](#)

Washington-  
Clark

### [View Handout](#)

In this presentation, based on the ideas from her New York Times bestseller "*The Whole-Brain Child*" (with Dr. Dan Siegel), Dr. Tina Payne Bryson presents the latest scientific research—with a special emphasis on trauma, neuroplasticity, and the changing brain—in a way that's clear, interesting, and immediately practical. Using stories, case examples, PowerPoint, videos, and humor, Dr. Bryson encourages participants to keep their own developing brains in mind as they nurture their clients' growing minds with a focus on better understanding the role of experience and focused attention on the ever-developing brain. She provides creative examples of how she uses brain science in her own practice to help children and adolescents see things differently, acquire new tools to

# 2018 Shoulder to Shoulder Speakers & Presentations



develop resilience, and feel hope about achieving lasting change in their lives—especially when those brains have histories of abuse, neglect and trauma.

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## ☐ Resources for Applying Trauma Informed Care Clackamas (pt.1)

[View Handout](#)

Trauma Informed Care (TIC) means using what we know about the impact of adversity and toxic stress to develop better services and programs. Participants will learn about the principles of Trauma Informed Care and how to apply these to foster care related services (eg. physical environments, promoting healthy caregivers and providers, including lived experiences voice). Participants will hear about tools and resources from Trauma Informed Oregon (TIO) and TIO's youth advisory Council, (OTAC) to support implementation of trauma informed practices.

**Speaker(s):** Ana Hristić, MA, CSWA and Isha- Charlie McNeely

**Ana Hristić** is the Education & Training Coordinator of [Trauma Informed Oregon](#), specializing in providing training and consultation to organizations and providers on topics related to implementing trauma informed care. Ms. Hristić has years of direct service experience working with children, teens, and families in special education, acute residential care, therapeutic wilderness camps, foster care & adoption, and outpatient behavioral health. Most recently, as the Behavioral Health Quality Improvement Coordinator for Clackamas County Health Centers, Ms. Hristić worked on introducing and implementing Trauma Informed Care across several programs. With a background in Social Psychology and Social Work, and a personal interest in contemplative practice, Ms. Hristić enjoys facilitating dialogue that promotes collaboration and healing, while also confronts the impacts of systemic oppression, burnout and secondary stress.

**Isha-Charlie McNeely** is a Portland Native with lived experience in the Oregon's foster care system. She was able to overcome an adverse childhood, to graduate both from high school and the first in her family to attend college. During her time of completing bachelor degrees in School Health Education and in Community Health at Portland State University, she began working as a case manager/coach for Better Futures and The My Life Projects. Both programs assist youth in transitioning from foster care into post-secondary education or the workforce. She is currently is the Outreach and Community Engagement Coordinator for Trauma Informed Oregon. Charlie is the founder/director of Back-2-School-FRESH, a non-profit, which provides low-income and minority households with free backpacks, school supplies, haircuts & hairstyles at an annual resource fair. Charlie is working towards her master's degree in human services.

## ☐ From the Bench Multnomah

A panel of judges from Columbia, Multnomah, and Washington Counties will discuss topics involving children, youth, and families and the system. The judicial officers will share their perspectives and have a dialogue with the audience participants on anything connected to child welfare via a facilitated question and answer session.

**Speaker(s):** Honorable Ted Grove, Honorable Ricardo Menchaca and Referee Morgan Wren Long

# 2018 Shoulder to Shoulder Speakers & Presentations



**Honorable Judge Ted Grove** holds a BS in accounting and finance from Iowa State University, and went on to obtain his JD from Lewis and Clark College, Northwest School of Law. Judge Grove practiced general law in Clatskanie, Oregon from 1980 to 1996, starting as the city attorney and finally Justice of the Peace for Columbia County. In 1995, he was appointed as a circuit court judge in Columbia County where he has presided over juvenile court, criminal, civil and domestic relations.

**Judge Ricardo Menchaca** was born and raised in Oregon and graduated with honors from Oregon State University in 1995. Prior to college, he served in the United States Air Force and completed tours of duty in the Gulf War and at the Pentagon. He graduated from Cooley Law School in Lansing, Michigan in 1999. As a lawyer, he practiced in a variety of areas including criminal defense, civil defense, and juvenile law. He was appointed to the bench in 2013 and recently joined the civil law team after serving four years as presiding juvenile court judge. He is a proud husband and father, and is an avid Beaver sports and Blazer basketball fan.

**Referee Morgan Wren Long** is a juvenile court referee for Multnomah County. Originally from Virginia, Referee Long attended Lewis & Clark Law School and has dedicated the majority of her career to juvenile law. After a brief time working for the Washington County DA's Office in the juvenile section, she spent the majority of her career representing indigent clients in both the juvenile and adult courts. Referee Long is on the Editorial Board for the Juvenile Law Bar Books revision currently underway and previously served as the Chair of the Juvenile Law Section of the Oregon State Bar.

## ☐ Targeting Adverse Childhood Experiences through Building Resilience

Weyerhaeuser

### [View Handout](#)

Join Dr. Stoeber in a lively discussion regarding how we mitigate the effects of ACES through building resilience in children and families. Participants will get a brief overview on ACES and Trauma-Informed Care. Then, we will discuss what resilience is and why it is critical for families and children. Finally, participants will learn specific resilience-building interventions in a trauma-informed manner.

### **Speaker(s):** Amy Stroeber, PhD

Dr. Stoeber is a licensed psychologist in Portland, OR. She owns a private practice and works with children and families of all ages. She is endorsed in early childhood mental health and pediatric health. Dr. Stoeber serves as a member of the Healthcare Reform Taskforce for the Oregon Psychological Association. As well, Dr. Stoeber was a statewide trainer for The Department of Human Services and now works with [Children's Health Alliance](#) to promote wellness for children of all ages in pediatric settings. Her current work is promoting resilience within pediatric medical homes.

## ☐ Transgender and Gender Diverse Youth: Affirming Care in Youth/Family-Centered Environments

Zellerbach

### [View Handout](#)

This workshop is geared toward mental health providers, advocates, case managers, foster care/adoption evaluators, and family members who are supporting gender diverse youth in care. This workshop will: Describe gender diversity and associated language/ terminology Differentiate between sex, gender identity and gender expression Explain the medical and mental health needs of transgender youth Identify risk and resilience factors experienced by transgender communities Describe the options for transition, including social, hormonal and surgical transition Describe ways to contribute to an environment of inclusion

### **Speaker(s):** Jess Guerriero

Jess is a social worker with a second graduate degree in Gender and Cultural Studies from Simmons College. While at Simmons, Jess focused their work on a thesis that argued for the expansion of transgender health

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coverage and the movement toward therapists as partners, rather than gatekeepers, in the transition process. Jess interned/ worked at Fenway Health, a community health center geared towards LGBTQI-identified individuals. Here, Jess carried a caseload of children, adolescents, and adults who were, in some cases, navigating medical transitions. Jess also ran a support group for parents of trans youth and established an independent consulting business to help schools, businesses, and providers implement policies that were more trans-inclusive. Jess previously worked in Quality Management at LifeWorksNW, and served as an internal trainer at LifeWorks NW on LGBTQI-related topics and was the chair of the Transgender Care Workgroup. Jess is currently working as an Intake and Referral Specialist at OHSU's Transgender Health Program, helping to improve experiences for community members. Jess uses they/them pronouns.

## ☐ Pathways to Connection

Hayden

### [View Handout](#)

Humans are hardwired for connection with others. We need it if we are to thrive. But when children enter the child welfare system, it is often difficult to maintain vital existing connections and build newer connections upon which they can draw in the present and for their entire life. Tragically, some youth leave the child welfare system without a web of connections in place to sustain them through both challenging and happy times. Who do children and young adults need in their lives? What are the barriers to establishing and/or maintaining these vital relationships? How do we work to clear these barriers to get best outcomes for children in care? Or, what do we do when we believe some connections are not best for children and young adults? Join others in exploring answers to these and other connections questions.

**Speaker(s):** Tim Boettcher, MA, MS Ed

Tim Boettcher has been training foster parents in various regions of the state of Oregon for the Child Welfare Partnership of Portland State University since 2016. This is a dream job for him which allows him to use his past experiences as an Oregon DHS caseworker, a classroom teacher and surrogate caregiver. Tim is an adult Third Culture Kid and having lived most of his life in Asia and Europe he has experienced multiple transitions as a child and adult. He has worked with children and families for over 25 years.

## SESSION B 11:30 AM - 12:30 PM

## ☐ Communicating and Relating More Effectively Across Poverty Barriers

Washington-  
Clark

### [View Handout](#)

Research has shown that people who live in the crisis of poverty communicate differently than their middle-class peers and helping professionals. Income, educational opportunities, and life experiences shape communication and how we relate to others. In this highly interactive workshop, participants will learn about the differences in communication across social class and obtain concrete tools for building stronger relationships and communicating more effectively with those who live in the crisis of poverty. This session explores the impact of life experiences on communication styles and provides a framework for improving communication skills. The fundamentals of effective communication are addressed along with concrete strategies for reducing misunderstandings.

**Speaker(s):** Dr. Donna Beegle

Donna Beegle grew up in generational migrant-labor poverty and left school at 15 to get married and start a family. At 25, she found herself with two children, no husband, little education, and few marketable job skills. Within 10 short years, she gained the confidence to get her GED and advance through to a doctoral degree in educational

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### [View Handout](#)

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## ☐ Foster Speak: Alumni of the foster care system share their experiences Multnomah

Hear first-hand how these young people were and are being impacted by their experiences within the system. Discover new perspectives, gain new insights, and learn from the best - those with lived foster care experience. Guaranteed to be an engaging and dynamic session.

**Speaker(s):** Youth Advisory Board Panel - Anthony, Jini, Nicole and facilitated by Schylar Baber

# 2018 Shoulder to Shoulder Speakers & Presentations



**Panelists - Anthony, Jini and Nicole** are young adults who have been part of a research youth advisory board to evaluate a statewide child welfare intervention through Portland State University.

**Anthony** is a veteran, and has a bachelors degree in social work. Anthony has 13 years of lived experience across three states in the foster care system. Anthony also has 7 years of sobriety from drugs and alcohol. Anthony is currently in graduate school at the university of Michigan and is an MSW candidate (expected 2019).

**Jini** graduated from Portland State University in 2016 with a Bachelor of Science in Child and Family Studies and went on to work with the State of Oregon at DHS Child Welfare in Youth Transitions. Jini spent 9 years in substitute care, which sparked her passion for youth voice and advocacy work. Jini is an active member of the Leveraging Intensive Family Engagement (L.I.F.E.) Reseach Board since 2016 and sat on the DHS Child Welfare Youth Advisory and Advocacy Committee from 2016-2017.

**Nicole** graduated from Portland State University in 2018 with a Bachelor of Science in Science. Currently finishing up a year long training from Microsoft in Data Science. Nicole is an active member of the Leveraging Intensive Family Engagement (L.I.F.E.) Reseach Board since 2017.

**Panel Facilitator - Schylar Baber**, prior Executive Director of **Voice for Adoption** (VFA) in Washington, DC. He has a Bachelor's in Professional and Technical Communication from Montana Tech and a Master's in Public Administration from the University of Montana. Schylar has dedicated his professional and volunteer life to the belief that children and youth in the child welfare system need respect, support, and family. He is currently serving on the board of FosterClub.

## ☐ **Supporting Your Complex Child: Co-occurring Mental Health & Developmental Disability Diagnosis**

Weyerhauser

### [View Handout](#)

Dr. Marie McMahon, Psy. D., will share her knowledge about providing evaluation and treatment to children with co-occurring developmental disabilities and behavioral health issues, and will discuss therapeutic strategies and treatment for families and professionals.

**Speaker(s):** Marie McMahon, Psy.D

Dr. Marie McMahon, Psy.D, licensed psychologist with the **Providence Children's Development Institute**. Prior to working for Providence she had a private practice for more than a decade specializing in social skills development and behavioral health for children with autism, nonverbal learning disabilities, anxiety, and ADHD.

## ☐ **Intersection of Child Welfare and Criminal Justice: Challenges for Children and Families of Color**

In the past decade, increased attention has been given to the impact of dual child welfare and criminal justice involvement on children and families. Of great concern, is the racial disproportionality and disparity that exists in both systems and the cumulative devastating effects on children and families of color. This workshop will discuss the background and scope of the problem and much needed direction for preventative measures, comprehensive and family-centered practices, and proactive policies that foster family well-being and decrease intergenerational dual system involvement.

**Speaker(s):** Dr. Keva Miller

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Dr. Keva M. Miller is an Associate Dean for Academic Affairs and Associate Professor at [Portland State University School of Social Work](#). Her research and publications are in the areas of criminal justice and child welfare with a particular emphasis on racial disproportionality and disparity, children and families with multi-system involvement, risk and protection, and resilience among high-stressed populations. Dr. Miller works collaboratively with criminal justice and child welfare systems to evaluate program effectiveness and enhance service delivery.

## ☐ [Pet Partners](#)

Hayden

### [View Handout](#)

In this workshop, Lisa will give an overview of the Pet Partners program and discuss the differences between service, therapy and emotional support animals. Additionally, she will explore the qualities of a successful therapy animal, various types of activities and the healing effects of therapy animals with people.

### **Speaker(s):** Lisa Zeiner

Lisa Zeiner is an Instructor/Evaluator Support Specialist for [Columbia River Pet Partners](#), a national animal therapy program headquartered in Bellevue, Washington. Pet Partners is considered one of the nation's leading organizations registering therapy animal teams for animal assisted interventions. Lisa began her work as a Program Coordinator beginning in 2010, assisting pet therapy teams in the Portland/Vancouver area. Currently she helps trainers evaluate and register the more than 10,000 volunteers who visit with their animals in facilities across the country.

## LUNCH & LUNCH KEYNOTE 12:30 PM - 2:00 PM

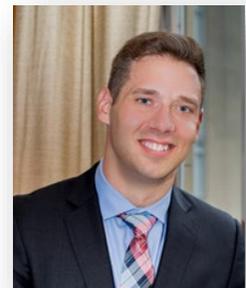
## ☐ [The Power of Resilience](#)

Grand Ballroom

Youth who experience foster care, trauma, and high levels of adverse childhood experiences face a life full of challenges. But one thing is important to know, that adversity is not destiny. Each of us have the power to help others overcome and become resilient and successful members of society. Hear a true story of a child who grew up in the Montana foster care system, aged out at 18 without a family, transition plan, or permanency. Discover how he gained a forever family and found the power within himself and his community to create his own destiny and be a solid example of what it means to be resilient.

### **Speaker(s):** Schylar Baber, MPA

**Schylar Baber**, prior Executive Director of [Voice for Adoption](#) (VFA) in Washington, DC. He has a Bachelor's in Professional and Technical Communication from Montana Tech and a Master's in Public Administration from the University of Montana. He has served as president of the board of Montana Court Appointed Special Advocates, secretary of the board of [ChildWise Institute](#), and is currently serving on the board of [FosterClub](#), and the governor appointed Protect Montana's Kids Commission.



Schylar's commitment to improving the futures of children and youth in care is due, in large part, to his own life experiences. He spent 11 years in foster care before aging out without a family. When he was 25, his mentor and sixth-grade teacher adopted him. Schylar explained, "I always longed for a place to call my own and, at one point, was told that I was too old to be adopted. I knew when I grew up I wanted to dedicate myself to creating change for youth in foster care." Schylar continues his life's goal of serving vulnerable—but resilient—young people.

# 2018 Shoulder to Shoulder Speakers & Presentations



## SESSION C 2:15 PM – 3:30 PM

### ☐ The Art of Co-regulation...A Brain Savvy Approach for De-escalating Outbursts and Having Fewer in the Future!

Washington

#### View Handout

Children who have high ACEs (adverse childhood experiences) scores often have poor self-regulation skills. They are often referred as “challenging,” or as having disciplinary problems, or as bullies. They may carry labels such as oppositional defiant disorder, ADHD, or conduct disorder. Understanding the process of hypo- and hyper-arousal, helps us better recognize and meet a child’s needs so we can keep them in the “green zone.” We will discuss the continuum of arousal and ways in which to respond to and prevent dysregulation often appearing as defiance, ignoring directions, failing to listen, and tantrums.

#### Speaker(s): Robbyn Peters Bennett

Robbyn Peters Bennett is a psychotherapist, educator, and child activist who specializes in the treatment of mental health problems due to early abuse and neglect. She has served as Clinical Director in both inpatient and outpatient mental health treatment facilities, as well as with the child protective services, foster care system and adoption support. She has studied with the North Pacific Institute for Analytical Psychology and is Phase II certified in the Neurosequential Model of Therapeutics (NMT), a neurologically informed assessment for traumatized children with the ChildTrauma Academy. Robbyn lectures nationally on the topic of trauma and the effects of harsh punishment. In her TED talk, she addresses the long-term effects of spanking and other forms of domestic violence on long-term health. Her life’s work is aimed at ending all forms of violence against children. She is the founder of [StopSpanking.org](http://StopSpanking.org), a non-profit dedicated to educating the public on the dangers of spanking and on positive parenting alternatives. She is board member of The U.S. Alliance to End the Hitting of Children, an organization dedicated to supporting the movement to end spanking in the US.

### ☐ Attachment and Why it Matters

Clark

This workshop will focus on the recent advancements in understanding Attachment Theory and how a child's developing brain is influenced by early relationships. Attachment disruption, which is typical in children involved in the child welfare system, has lasting and significant impacts. Ways to help mitigate the negative impacts of attachment disruption will be discussed, with concrete tools for healing at the center of discussion. Techniques for parents, caregivers and caseworkers will be reviewed. A deeper understanding of attachment-based needs and behaviors will be explored.

#### Speaker(s): Leah Brookner, MA, MSW, PhD

Leah Brookner, MA, MSW, PhD is a professor in the [School of Social Work at Portland State University](#) - her classes focus on youth development, family systems, adoption, trauma, attachment and effective therapeutic techniques for complex families. Prior to her work at PSU, Leah was a child and family therapist, specializing in the counseling of children in foster care. Her role working directly with foster youth prompted her to expand her practice to working with adoptive children and families. Leah then spent over five years training, assessing and supporting adoptive families using a trauma-informed and attachment-centered focus. Leah's passion continues to be centered on adoption of children with trauma histories by strengthening supports for parents and caregivers. As a professor/trainer, her style elicits participation, and critical thinking with a bit of laughter along the way.

# 2018 Shoulder to Shoulder Speakers & Presentations



## ☐ Marijuana and Children: The Grass is not Always Greener Clackamas

With the advent of the legalization and commercialization of recreational marijuana, there continues to be an increasing acceptance by the general population of marijuana as a benign recreational drug and “alternative therapy” for multiple ailments. Consequently, children continue to be exposed to marijuana in their environment, are parented by those using and under the influence of marijuana, and are exposed to the associated risks of child maltreatment. This session will explore the challenges for medical providers and DHS in assessing the impact of the increasing exposure of children of all ages to parents’, caretakers’ and other household members’ use of marijuana. Topics to be reviewed include: pharmacology of marijuana (how it works in the body); medical benefits and uses of marijuana supported by research; short and long-term effects of marijuana on adults, adolescents and children; and various forms of marijuana, potency, and the impact of exposure to children.

**Speaker(s):** Carol L. Chervenak, MD & Jay Wurscher

**Carol L. Chervenak, M.D.** completed her medical education and family practice residency at University of Arizona, following an undergraduate degree in Pharmacy from the University of Washington. Following clinical education in child abuse assessments in 1997, she became the medical director of ABC House, the child victim assessment center for Linn and Benton counties.

Dr. Chervenak has helped establish a medical protocol for assessing Drug Endangered Children (DEC); lectures locally and nationally on various issues related to child abuse; and continues to evaluate children for concerns of maltreatment at ABC House. Her special interests include the impact on children of substance abuse by parents -- in their environment, while breast feeding, and from prenatal exposure. She is on the Advisory Council for Child Abuse and Neglect; has been a member of the Oregon Governor’s Methamphetamine Task Force; and is a lecturer for the Oregon and National Alliances for Drug Endangered Children.

**Jay Wurscher** currently serves as the Alcohol and Drug Services Coordinator for Oregon’s Department of Human Services (DHS) -- Office of Child Welfare Programs. He’s a Certified Alcohol and Drug Counselor and has been in the field of addiction treatment and prevention since 1981. His experience includes jobs as an addiction counselor, clinical supervisor, program manager for a community based prevention program, and trainer.

He’s trained at numerous national conferences regarding substance-abuse issues in child welfare and community collaborations. He taught summer courses at the University of Oregon’s Substance Abuse Prevention Program for 26 years. He is a member of the Oregon Health Authority’s Addictions and Mental Health Policy Advisory Council and previously served on the Governor’s Methamphetamine Task Force.

## ☐ Parent Advisory Council Panel Multnomah

The Parent Advisory Council (PAC) was formed in 2015 to provide valuable insight and guidance to the executive leadership of Oregon Dept. of Human Services Child Welfare on strategies to improve the overall wellbeing of children and families. PAC members bring a personal perspective and insight regarding services they believe parents would participate in and value. In this workshop, the panel will discuss their current focus in working with child welfare: increasing child visitation, enhancing the engagement between caseworkers and parents, and improving handoffs when caseworkers change.

**Speaker(s):** Leah Hall, Justin Hon, Stacy Rivera, Michael Simmons and Leanne Walsh

**Leah Hall** has worked with the Parent Mentor Program over 11 years. She is a certified National Parent Leader. She forms, recruits and trains members of the Parent Advisory Council who advise leadership of child welfare for the state of Oregon. Leah is also the recipient of the highly regarded Skidmore Prize for her outstanding contribution to her community.

# 2018 Shoulder to Shoulder Speakers & Presentations



**Justin Hon** grew up in a dysfunctional, abusive home, using drugs to escape. His addiction and criminal record got worse. He was controlling & abusive when married. Child welfare stepped in after his first son was born. In 2012, Justin's son broke through. Justin took responsibility for his actions and life and completed treatment. He is 6 years clean. His focus is on a better life for him and his family.

**Stacy Rivera** is a Senior Parent Mentor at Morrison. She is a Recovering addict who has been clean and sober since 2009. She began working in this field as a Parent Mentor in 2015 and is dedicated to helping the suffering addict/alcoholic/parents. She shows clients a new way of life and tells them to never give up hope.

**Michael Simmons** is a member of the Parent Advisory Council and experienced the DHS Child Welfare System with his own children and is currently parenting. Through this process he found his voice and believes that all parents should have a voice, and a chance to better their lives for themselves and their families.

**Leanne Walsh** is a member of the Parent Advisory Council. Child welfare became involved due to her drug abuse and unsafe conditions. She is 11 years clean - living and parenting without alcohol or drugs. She is grateful for the intervention & services provided to her family. Her passion is sharing parents' perspectives and advocating for growth & change within Child Welfare.

## ☐ Finding Your Greatness Through Your Culture and Overcoming Cultural Complacency Weyerhaeuser

In this fun and interactive workshop, we will explore culture and the cultural barriers which keep us from interacting with one another in the workplace and community. Participants will examine and discuss how our individual cultures brings us together instead of separate us. Further, we will look at our cultural biases and discuss strategies on how to overcome cultural complacency.

**Speaker(s):** Don Rome and Jesus Rome

**Don Rome** is a motivational speaker, a life coach, and the founder and CEO of Potbelli Life Tactical Wear - a company dedicated to lowering the national suicide rate amongst our Armed Forces and civilian personnel. As a non-commissioned military officer, he led a team of special operators through dangerous missions and brought everyone safely home. He had unique opportunities to discuss cultures, experiences of adversities and similarities with Ambassadors and Heads of States from various countries. Don is excited to share stories he gathered and experiences about life - hardships and triumphs. Don says, "We are all made of our families' DNA that helps define us and makes us great today. As we dive further into learning our family's cultures and unique experiences, we will find that we are actually standing on the shoulders of our ancestors who were great warriors, generals, leaders, story tellers, healers, and educators."

**Jesus Rome**, or also known as Chuy Rome by several Eastern Oregon residences, has been a resident of the Hermiston community for almost 30 years. He has been employed at Umatilla Morrow County Head Start for the past 15 years as Male Involvement Coordinator, Family Advocate, and After School Program Manager. He currently oversees the Volunteer Engagement and CASA program. He co-facilitates the Cultural Effectiveness Committee for the county and is actively engaged as a volunteer in many events in and out of his community, including Martin Luther King Celebration and Cinco De Mayo. He has been instrumental in implementing the first community, multi-cultural group event called, "Around the World in One Fun Day". Jesus has helped children and families in Eastern Oregon and has been active in sharing his expertise in cultural diversity. Most recently, he was selected to provide a workshop on "Strategies in Recruiting Diversity" at the 2017 National CASA Association's annual conference.

## ☐ Trauma Informed Parenting through an Indigenous Lens Zellerbach

# 2018 Shoulder to Shoulder Speakers & Presentations



This interactive session will focus on being trauma informed through an Indigenous lens. Historical and contemporary trauma will be reviewed and the presentation will examine how trauma is displayed through challenging behaviors of Native adolescent and teens. The session will additionally cover healing strategies and tools for self-care.

**Speaker(s):** Jillene Joseph

Jillene is an enrolled member of the Gros Ventre or Aaniiih people from Fort Belknap, Montana. She lives in Oregon with her life partner and children. She is the executive director of [Native Wellness Institute](#) and helped to found the national non-profit organization in 2000. She has a Bachelors of Science degree in Community Health Education and has served Indian Country for 30 years providing training and technical assistance in a variety of areas. Jillene has traveled to hundreds of Native communities and interacted with and learned from thousands of people. Whether she is providing youth leadership training, assisting women heal from childhood trauma or helping to bring wellness to the workplace, Jillene shares her passion for being positive, productive and proactive. She enjoys beading, reading, pow wowing and spending time with family and friends.

## ☐ Mentoring Foster Parents

Hayden

[View Handout](#)

This class will explain mentoring foster parent volunteers and the need and several processes necessary to accomplish or build a program in your area.

**Speaker(s):** Roxanne Lovelace

Roxanne is currently on the board for Oregon Foster Parent Association. She was born and raised in Oregon. Having been a phased out foster youth herself, Roxanne has always been committed to giving back to the foster community. She spent over 20 years in the Criminal Justice field serving as a reserve Police Officer, a Corrections Officer and a Jail Service Technician. Roxanne's passion has always been assisting others through peer support and has (attended) various trainings in crisis management, critical incidents, peer support and trauma related issues. Roxanne and her spouse Debra have been foster parents for over 5 years and are currently in process of adopting a child. When she is not attending DHS workgroup meetings, helping assist with Foundation training and leading trainings, Roxanne enjoys spending time with family camping and spending time at the beach."ach.

## SESSION D 3:45 PM – 5:00 PM

## ☐ Neurodevelopmental Consequences of Harsh Punishment and Brain Savvy Alternatives

Washington

[View Handout](#)

Robbyn will discuss the neurodevelopmental risks associated with harsh punishment. She will discuss the overarching principles of parenting for resiliency, a positive parenting approach that helps parents and children recover from trauma. For those of us with high ACEs (adverse childhood experiences), parenting can be especially difficult! The demands of small children can override our nervous system. And if our children also struggle with irritability, reactivity, or a sensitive temperament, it is all the more difficult! We need parenting tools that work and also help us keep our cool and stay connected to our children. Because parenting should feel good!

**Speaker(s):** Robbyn Peters Bennett

Robbyn Peters Bennett is a psychotherapist, educator, and child activist who specializes in the treatment of mental health problems due to early abuse and neglect. She has served as Clinical Director in both inpatient and outpatient

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mental health treatment facilities, as well as with the child protective services, foster care system and adoption support. She has studied with the North Pacific Institute for Analytical Psychology and is Phase II certified in the Neurosequential Model of Therapeutics (NMT), a neurologically informed assessment for traumatized children with the ChildTrauma Academy. Robbyn lectures nationally on the topic of trauma and the effects of harsh punishment. In her TED talk, she addresses the long-term effects of spanking and other forms of domestic violence on long-term health. Her life's work is aimed at ending all forms of violence against children. She is the founder of [StopSpanking.org](http://StopSpanking.org), a non-profit dedicated to educating the public on the dangers of spanking and on positive parenting alternatives. She is board member of The U.S. Alliance to End the Hitting of Children, an organization dedicated to supporting the movement to end spanking in the US.

## ☐ From Crisis to Collaboration: Inviting Community into the Foster System Clackamas

Every Child Oregon invites individuals, businesses, faith communities, civic organizations, and more to get involved with the foster care system. This workshop will unpack the power behind working with multiple sectors in the community, and the keys to successful community engagement.

### **Speaker(s):** Shelley Winterberg

Shelly Winterberg is the Director of Field Engagement for Every Child. Before joining the Every Child team, Shelly worked for World Vision International and completed her Masters in Intercultural Studies with an emphasis on Children at Risk and International Development. Shelly's husband, Steve, is a professor at George Fox University, and their son, Will, is an adorable and busy 2 year old who keeps them laughing, on their toes, and sleep deprived.

## ☐ The Song of Resilience Clark

Resilience is a cluster of skills or characteristics that helps an individual to survive and even thrive in the face of hardships and trauma. The exact skills can greatly vary from person to person, depending on everything from personality to culture to the available learning opportunities. Learn and experience a neuro-scientifically proven and healthy way to build resilience, strengthen attachment and cultivate wellbeing in children, families and in yourselves.

### **Speaker(s):** Schylar Baber, MPA & Kendra Morris Jacobson, MA

**Schylar Baber**, prior Executive Director of Voice for Adoption (VFA) in Washington, DC. Schylar has dedicated his professional and volunteer life to the belief that children and youth in the child welfare system need respect, support, and family. He is currently serving on the board of FosterClub, and the governor appointed Protect Montana's Kids Commission.

Schylar's commitment to improving the futures of children and youth in care is due, in large part, to his own life experiences. He spent 11 years in foster care before aging out without a family. When he was 25, his mentor and sixth-grade teacher adopted him. Schylar explained, "I always longed for a place to call my own and, at one point, was told that I was too old to be adopted. I knew when I grew up I wanted to dedicate myself to creating change for youth in foster care."

**Kendra Morris Jacobson** oversees the [Oregon Post Adoption Resource Center \(ORPARC\)](#) and the [Oregon Adoption Resource Exchange \(OARE\)](#). Honored as Senator Wyden's 2016 Angel in Adoption, she sits on the Board of Directors for Voice for Adoption, and has spent decades in the field, including work with Boys & Girls Aid, the Dave Thomas Foundation for Adoption, and recently authored a chapter for international lifestory work expert, Richard Rose. In previous clinical work at OHSU, Kendra counseled children & families, led groups for adolescent depression, and contributed to research. Kendra has a unique connection to adoption, cherishes family time with her husband & sons, and runs, gardens and bakes in her spare moments.

# 2018 Shoulder to Shoulder Speakers & Presentations



## ☐ Utilizing Independent Living Services for Youth      Multnomah

### View Handout

This workshop will be presented by a panel of community partners working in the range of Independent Living services, including two contracted Independent Living Programs (ILP), a Child Welfare Teen specialist, and the State Coordinator for the Young Adult Transitional services for homeless runaway youth. They will highlight how youth develop independent living plans and how those are integrated with the assistance of various community programs. Panelists will share about the various program challenges, opportunities and engagement successes as they have experienced while serving and supporting youth transitioning towards independence.

**Speaker(s):** Dana Spears, Elisha Big Back and Michael Clearly

**Dana Spears** is the Program Manager for the Youth and Family's Department at Impact Northwest. Dana has been employed with Impact for the past 14 years, initially in the Senior Department and then later transitioning into the Youth and Family Department. Dana currently manages the Independent Living Program, Sun Youth Advocacy Program and the Community Pathways Network. Dana has worked with foster youth for the past 20+ years as a foster parent, ILP Coordinator and now as the Program Manager. Dana has a deep passion for this work as she is also the adoptive parent of a special needs daughter who is thriving in the community, Dana enjoys working with seniors, marginalized populations and exploring Portland.

**Elisha Big Back**, B.S.W from Concordia University and a member of the Northern Cheyenne Tribe. Elisha has worked at NAYA Family Center for over four years in the Family Services department first facilitating the independent living program and now managing that program along with other programs that help support the Native American foster youth in maintaining their connection to culture and community, but also to assist in their transition to adulthood by building life skills.

**Michael Clearly** is a former Child Welfare case worker and now supervisor of a Teen unit in D16 (Washington county). He has been a local liaison for the ILP service array as he is deeply passionate about the transitional service for youth. He has sat on several committees and initiated a few projects how to better serve youth and has a great deal of out-of-the-box approaches to assure youth independence needs are met.

## ☐ Working with CSEC Youth: Intervention and Prevention      Weyerhaeuser

### View Handout

The SAGE program serves vulnerable youth in the CSEC population by providing a safe and secure setting in which they can experience Support, Achieve their goals, Grow, and become Empowered. In this workshop, presenters will give a brief overview of CSEC which includes terms, statistics, risk, and resiliency factors, and will discuss the SAGE model and phases of growth, emphasizing harm reduction, building resiliency, and survivorship. Lastly, they will examine prevention, including protective factors, education, and intervention.

**Speaker(s):** Kelli Doolittle, MA & Margaret Scott, MA

**Kellie Doolittle** holds Masters degrees in both Child and Family Counseling and Art Therapy from Marylhurst University, with an emphasis in the treatment of sexual trauma in children and adolescents. She has worked in children's mental health in the Portland area for the last 10 years, focusing on children with acute psychiatric illness and developmental trauma. Kelli has worked with CSEC youth in the Portland area almost exclusively for the last 6 years, in both community crisis intervention work and residential settings. Kelli is currently the Program Director of the **SAGE program**, a long term residential program for girls who have experienced chronic commercial sexual exploitation.

# 2018 Shoulder to Shoulder Speakers & Presentations



**Margaret Scott** holds a Masters degree in counseling psychology and has extensive experience as a parent educator, parenting consultant, and behavior analyst working with autistic children. Margaret is not only to creator of the SAGE Youth Residential program, but also oversees all of **Morrison's outpatient clinics and the community-based programs**, in addition to the SAGE Program. She has extensive experience in clinical care of CSEC youth within a variety of positions over the last 10 years, and has been an active and dedicated advocate for vulnerable youth throughout her career.

## ☐ Adoption, Transracial Adoption, and Foster Parenting

Zellerbach

The decision to adopt and/or foster across racial/cultural lines is a lifelong commitment to exploring matters of race, confronting racism in all its forms, and constantly developing new skills and aptitudes. This workshop will provide information, tools, and resources to create a sense of hope as parents explore their future as a transracial family. This workshop is appropriate for adoptive parents, waiting parents, foster parents and professionals.

**Speaker(s):** Astrid Castro

## ☐ Whole-Brained Whole-Hearted Parenting for Children with Trauma Related Needs

Hayden

Whole-Brained, Wholehearted parenting is about adapting, as parents, to meet unique needs and provide a secure base for children no matter what struggles they face in their process of recovering from trauma. Deep feelings of grief, loss, dysregulation, and attachment difficulties require important paradigm shifts for parents to build resilience. In this workshop, We will explore one mother's journey to understanding trauma's impact on the developing brain, the role shame can play for children with trauma related needs and creating tools for coping with and managing extreme behavior through compassion, connection and an outside of the box community of support.

**Speaker(s):** Tiffany Sudela-Junker

**Tiffany Sudela-Junker** is mother by adoption to two children with vastly different trauma-based special needs. Her award winning documentary, "My Name Is Faith" captures the Junker's early journey, coming to terms with the impact their daughter's difficult beginning would have on them all.

With her own growth process as an example, Tif mentors and advocates for a "empathy + connection before correction" approach to parenting. Stressing EXTRA empathy, mindfulness, humor, attunement, self-compassion and reciprocal atonement as key ingredients to helping tough kids achieve higher function and healthy relationships. Through stories of struggle and lessons learned with her brilliant, challenging and hilarious children, Tif raises awareness and an authentic understanding for the EXTREME neurology, behavior, circumstances, and the emotional strength found in families struggling to overcome the aftermath of childhood trauma.