

Highlighting New Jersey's Expertise in Supporting Youth



Tuesday, October 28, 2014

Renaissance Woodbridge Hotel
515 US Highway 1 South
Iselin, NJ. 08830

The 2014 conference will enhance professional knowledge and collaborative partnerships to improve the effectiveness of our Children's System of Care. The conference encompasses our desire to nurture working relationships among families, professionals, and systems in order to support children, youth, and young adults with behavioral health challenges, intellectual/developmental disabilities, and substance use challenges and their families.

The conference will provide a forum to learn about and discuss current trends in serving children and adolescents. This is a unique opportunity for youth, families, and practitioners to network and better understand the roles of the various disciplines in the NJ Children's System of Care. The conference is planned to include a plenary session and workshops designed to enhance professional development and to further the goals of the NJ Children's System of Care.



Program Schedule

Morning Program

8:30 – 9:00am Registration & Continental Breakfast

9:00 – 9:30am Opening Remarks

Allison Blake

Commissioner, Department of Children & Families

Elizabeth Manley

DCF Division Director, Children's System of Care

9:30 – 10:45am Keynote Address

Turning Lead Back into Gold:

Recovering a Life after Adverse Childhood Experiences, Addiction, Serious Mental Illness and PTSD

Eric Arauz

10:45 – 11:00am Break

11:00am–12:30pm . Morning Workshops

Afternoon Program

12:30 – 2:00pm. Seated Luncheon & Networking

1:15-2:00pm Luncheon Address

Addressing Tobacco in NJ Youth & Families

Jill M. Williams, MD

Director, Division of Addiction Psychiatry, Rutgers University, Robert Wood Johnson Medical School

2:00-3:30pm Afternoon Workshops

Opening Remarks

Allison Blake, PhD, LSW is Commissioner of the New Jersey Department of Children & Families (DCF). Dr. Blake previously served as Director of the Institute for Families at the Rutgers School of Social Work, where she oversaw a portfolio of grants and contracts aimed at strengthening families by building the capacity of the individuals and organizations that serve them. Dr. Blake also served as Vice President of Accreditation Operations at the Council on Accreditation, an international organization. Earlier in her career, Dr. Blake served for 18 years in various roles within the NJ Division of Youth and Family Services.

Elizabeth Manley, LSW is DCF Division Director, Children's System of Care. Ms. Manley has over 25 years experience serving children, youth and families with mental and behavioral health challenges, having most recently served for seven years as Chief Executive Officer at Caring Partners of Morris/Sussex, Inc. Ms. Manley has served on many committees and councils, often as the chair, including most recently as president of the NJ System of Care Association.

Keynote Speakers

Eric Arauz, MLER suffered extensive child abuse at the hands of a father with mental illness who attempted to murder him when he was 12 years old. As a young adult, Eric served in the US Navy in Operation Desert Storm. Following his Honorable Discharge in 1994, he survived two near-lethal suicide attempts. Institutionalized in a maximum security psychiatric ward in NJ in 1995, he subsequently spent several months in 1996 in a Veterans Administration Hospital, held in restraints for periods over 24 hours. Upon release from the VA Hospital, Eric started to build his life back with Chronic Bipolar 1 Disorder, Addiction and Post-Traumatic Stress Disorder (PTSD). He saw no reason to believe he would make it, but he kept moving forward.

Since 1996, Eric has earned Bachelor's and Master's degrees from Rutgers University. He has been sober since 1996 and tobacco free since 2004. After seeing Rutgers upset Louisville in a nationally televised football game in 2006, Eric decided if Rutgers could chase their dreams, so could he. He left his corporate job and began work as a mental health advocate, speaking to patients in state psychiatric hospitals about the harms of over-smoking and tobacco addiction.

Today Eric is a sought after speaker and published author who has won national awards, presented lectures at Yale and the University of Pennsylvania, and serves as an adjunct instructor in Psychiatry at Rutgers Robert Wood Johnson Medical School. He has served as Vice Chairman of the NJ Governor's Council on Alcoholism and Drug Abuse Opiate/Heroin Task Force, and is a faculty member on the SAMHSA Recovery to Practice Grant.

Jill M. Williams, MD is a Professor of Psychiatry & Director of the Division of Addiction Psychiatry, Rutgers University, Robert Wood Johnson Medical School. She will discuss national and state trends indicating that tobacco use is becoming more concentrated in populations that are low income or have behavioral health conditions. Current tobacco use practices and consequences of tobacco use in NJ youth and families will be discussed, along with implications for targeting at risk youth and developing effective prevention and cessation strategies.

1 Attachment, Trauma & the Brain

L. Michelle Codington, MS, LMFT, The Center for Growth. Learn about the impact of relational trauma and traumatic stress on brain development, and how to discuss these issues with families. Identify interventions to assist individuals in developing skills to enhance self-regulation.

2 Autism, Asperger's & Neurotypicals

Annette L. Becklund, MSW, LCSW, NBCCH . Learn about the "Culture" of Autism. Appreciating and honoring neuro-diversity enhances our ability to communicate with individuals and families who live the experience of Autism, and to address sensory issues in culturally appropriate ways.

3 Creating Successful Community Plans: Collaboration in Support of our Juvenile Justice System-involved Youth

Kathy Collins, LCSW, Executive Director, MonmouthCares & Don Bornheimer, Chief of Juvenile Supervision Services, Probation Division, NJ Administrative Office of the Court

Teams which create effective Individual Service Plans can support JJS-involved youth in less restrictive settings. Learn about research in adolescent cognitive and social development, and strategies created through NJ's Juvenile Justice System Reform, to support Wraparound practice in which all system partners support youth in their communities.

4 Recognizing and Responding Effectively to Suicidality in Children 10 and Younger

Katherine A. Heimsch, EdS, LAC, NCC, ACS, Intake Coordinator, Twin Oaks Community Services. Myths about suicidality in children ages 10 and younger have led to critical gaps in provider preparedness across the Children's System of Care. This interactive, research-based presentation will address key characteristics and risk factors of children's suicidality and how to respond in an empathic and effective manner.

5 The Nurtured Heart Approach

Frank Picone, MSW, LCSW, Executive Director, Legacy Training Institute, Legacy Treatment Services. Learn the key concepts in Howard Glasser's Nurtured Heart Approach, which focuses on how to communicate with youth in ways that enhance their positive sense of self.

6 Family Engagement: Best Practices

Dr. Laura Leigh Smith, Clinical Consultant, FACT; Latisha Graham, Implementation Specialist, DCP&P; Anna Vitale, Supervisor, FACT; & Felicia Frazier, Community Resource Manager, FACT. Learn best practices around family engagement used by the CMO and DCP in serving and promoting the well being of youth and their families, including effective techniques to engage families with substance abusing and DD/ID youth.

7 Impact of Problem Gambling on Children & Families

Jeffrey M. Beck, LPC, CCGC, JD, ABD, CART, MCTC, Assistant Director for Clinical Services, Treatment & Research, Council on Compulsive Gambling of New Jersey

Learn about problem gambling as a public health disorder, including normalization of gambling behavior, and the effects of problem gambling on children and family members.

8 Opening the Window of Tolerance SMARTly... The Other Trauma Framework

Barbara F. Wilson, LCSW, Clinical System Consultant, Cape Atlantic INK. Explore the relationship between self regulation and sensory modulation needs. Differing from treatment models that focus on narrative meaning, SMART begins with body regulation before access to cognitive processing, the underlying premise being that more meaningful work can be done as the child is able to regulate into an organized state.

9 Strengths-based Practice for Clinicians in the NJ System of Care: Who had a “good session” today, the clinician or the client?

Mario Tommasi, PhD, ABPP, Vice President, Community Treatment Solutions. Too often, clinicians report favorable clinical encounters, yet their clients show no meaningful improvement. Learn about key components of strengths-based practice as it applies to clinical work with youth with mental & behavioral health challenges, and clinical decision-making tools to help improve clinician efficacy.

10 The Individualized Educational Program (IEP): Strategic Approaches

Amy M. Smith, Information Director, Autism New Jersey. Learn strategic ways that parents and professionals can use the Individualized Educational Program (IEP) to maximize the educational entitlement. By using specific evaluation information and working together as part of the IEP team, students gain potential to achieve greater outcomes.

11 Using Data to Enhance Outcomes for New Jersey’s Youth

Kathy Enerlich, Executive Director, PerformCare New Jersey. Learn from PerformCare how data from providers is used to identify youth needs and support outcome management, and how providers can improve outcomes through data, with examples from Family Support Services and existing services IMDS tools.

\$55 conference fee includes continental breakfast & a seated luncheon

To register, go to: <https://ce-catalog.rutgers.edu/coursedisplay.cfm?schID=56172>

- Registrations will be confirmed on a space available basis following receipt of payment.
- For questions regarding registration or to discuss possible provisions for any special physical (ADA) or dietary needs, please contact Dr. Kathleen Finnerty at 732-235-9346 or Kathleen.Finnerty@rutgers.edu
- *No refunds will be issued. If you are unable to attend you may send someone in your place. Advance written notice of substitutions is requested.*

GPS Directions For GPS driving directions use address: **401 Gill Lane, Iselin, NJ 08830.**



The hotel is at corner US Hwy 1 South & Gill Lane

Driving Directions

From the Garden State Parkway:

Traveling South: Take exit 130 to Route 1 North. Continue 1/2 mile, the Renaissance Woodbridge Hotel is on the left. Make a U-turn using the jug handle for Gill Lane.

Traveling North: Take Exit 131A for Wood Avenue. At the fourth traffic light, make a right on Thornall Street/ Middlesex Essex Turnpike. At the third traffic light, make a right on Gill Lane. The Renaissance Woodbridge Hotel is located 1-1/2 miles on the right.

From the New Jersey Turnpike North or South:

Take Exit 11 off the NJ Turnpike to Garden State Parkway North. Take Exit 131A for Wood Avenue. At the fourth traffic light, make a right on Thornall Street/Middlesex Essex Turnpike. At the third traffic light, make a right on Gill Lane. The Renaissance Woodbridge Hotel is located 1-1/2 miles on the right.

From Route 287 North or South:

Take the exit for Route 1 North. Continue approximately 3 miles. The hotel is on the left. Make a U-turn using the jug handle for Gill Lane.

Other Transportation

Bus Station [Metro Park Station](#) 2 miles NW

Train Station [Metro Park Train Station](#) 2 miles NW