

2010 Spring Continuing Education Conference for Social Workers

Wednesday, April 28, 2010 Schedule of Events and Workshops

Wednesday, April 28, 2010

7:30 – 9:00 AM: Registration, Refreshments, Exhibits

9:00 – 10:10AM: Keynote Address:
***Addictions and the Family:
Legacy of Trauma***

Claudia Black, MSW, PhD

The renowned addictions and codependency expert, author and trainer internationally recognized for her pioneering and contemporary work with family systems and addictive disorders.

10:30AM – Noon: Concurrent 1.5-Hour Workshops: A1 – A19

A 1 Addictions in the Family: Consequences of Living with Chronic Loss and Abandonment

To grow up with the dynamics of loss, be it from living with addiction, violence or simply unavailable parents, creates a legacy of internalized shame. Denial is the central feature in addictive/compulsive processes and shame is the core issue from which people need to heal. Claudia will describe the underpinnings and consequences of shame-based beliefs that fuel the compulsive processes. She will address such issues as victimization, depression, rage, procrastination and control. Participants will engage in a shame-reduction exercise. *Claudia Black, MSW, PhD, Bainbridge Island, WA. ADT; CLN; CYF; MH. ALL.*

A 2 Social Security: Understanding the Benefits

Social Security eventually touches the lives of nearly all Americans. It helps not only older people, but also workers who become disabled and their families, and families in which a spouse or parent dies. This workshop will cover the basic concepts of Social Security, benefits provided, and information and services available via the Social Security Administration's website. The workshop is intended to assist social workers in their daily jobs and in their own financial planning. *Robert Jeffries, BA, Public Affairs Specialist, and Kenneth Lim, BS, Professional Relations Officer, Social Security Administration, Charleston. RES. ALL.*

A 3 Social Work as a Profession

Social workers are highly trained and experienced professionals, but often we, as social workers, complain that others do not value us as a profession. Yet sometimes we devalue our professional identity and the contributions we make. This workshop will discuss the meaning of professionalism, identify individual pitfalls and workplace barriers, discuss our code of ethics and our responsibilities to the social work profession and identify opportunities for individually and collectively enhancing our professionalism. *Rita Brown, MA, MSW, Assistant Professor, West Virginia State University, Institute; Karen V. Harper-Dorton, PhD, MSW, MA, Chair and Professor,*

WVU Division of Social Work, Morgantown; and Jo Dee Gottlieb, MSW, Professor, Marshall University, Huntington. COR. ALL.

A 4 Mental Health Services in the OB/GYN Clinic Setting: A Model for Integrated Care

For the past 14 years the OB/ GYN clinic in WVU's Center for Excellence in Women's Health has functioned as an integrated health care clinic combining medical and behavioral health to more fully and efficiently address the complex array of problems patients bring to their healthcare appointment. Integrating mental health services into primary care has proven to be a viable way to close the treatment gap ensuring that patients get the mental health care they need. This workshop will focus on the problems and benefits of this model from provider and patient perspectives. Also participants will learn how this model is being supported and embraced by medical schools and the health insurance industry. *Elizabeth R. Cohen, MSW, LICSW, Clinical Social Worker, UHA Department of OB/GYN, Morgantown. CLN; HTH; MH. INT. Limit 50.*

A 5 Weston State Hospital: Documenting the Human Side of Treatment

Weston State Hospital operated for more than 100 years, at one point housing more than 2,000 patients. The presenters work at the current William R. Sharpe psychiatric hospital, where they have heard many stories about "the old hospital." Realizing that these first-hand accounts could eventually be lost, they created a documentary based on interviews with former employees and on archival materials. Participants will learn about the history of Weston Hospital, the process of making the video, and the learning experiences of the presenters. *Ellen Gricewich, MSW, Assistant Professor, Neil Mogge, PhD, Professor, and Jim Murphy, MSW, Associate Professor, all of WVU Department of Behavioral Medicine and Psychiatry, William R. Sharpe, Jr., Hospital, Weston. CC. ALL.*

A 6 Today's Combat Veterans: What You Should Know

More than 1.7 million service members have returned from the Global War on Terrorism to date. Statistics indicate that at least one in five combat veterans have symptoms of post-traumatic stress disorder (PTSD). The impact on individuals, loved ones, and communities is an area of growing concern. This workshop will address the reintegration process and readjustment problems of returning service members, including causes, physical and emotional symptoms and methods of coping, and specific needs. *R. Jeremy Harrison, MSW, LICSW, Social Worker, Wheeling Vet Center, Iraq Combat Veteran, Wheeling. VET; CLN; MH; CYF. ALL.*

A 7 Teen Parents and the (WV) Law

This curriculum adapted from "Parents and the Law," by Street Law, Inc., and the national Crittenton Foundation's "Rights and Resources" material provides information to young parents about their legal rights, responsibilities and resources and supports their ability to "Believe, Achieve, and Empower" in and for themselves. This workshop will offer child welfare professionals information about the curriculum and about the teen parent's role of "Self/Baby Advocate." *Peggy Cartus, AB, MA, Coordinator of Intake and Case Management Services, Crittenton Services, Inc., Wheeling. CYF. ALL.*

A 8 Dimensions of Diversity

We must acquire new and different attitudes and behaviors to navigate the social changes required to eliminate racism from our lives. Participants will learn new ways to acknowledge biases and prejudices and will gain tools to help change these attitudes. To be successful in practice, we must overcome our biases toward others who are different from us to ensure that

everyone receives the respect and dignity they deserve. *Diana Lee Bell, LSW, Racial Justice Director, and Rhonda L. West, Outreach Advocate, Racial Justice Program, YWCA of Wheeling DIV; CC. ALL.*

A 9 Bridging the Generation Gap

Silent Generation. War Babies. Baby Boomers. Generation X. Every generation has its own identity, priorities, principles, values, communication style and world view. These differences often leave elders who remember the “good old days” frustrated and wondering “what is wrong with young people today.” This workshop will explore the differences and similarities between generations present in society today and offer useful tips for working with the current generation of adolescents and young adults: Generation Y: The Millennials. *Veronica L. Reynolds, MSW, BSW, Campus Counselor, and Elizabeth S. de Jong, MEd, BA, Dean of Students, both of Bethany College, Bethany. ADO; MH; CC. ALL.*

A10 Writing to Engage the Public

As professionals, we may know too much for our own good when it comes to writing for public audiences. In order to gain broad support for our issues, we need to connect our cause to the public’s concerns and zero in on what matters most. This workshop offers a few simple tools for engaging your reader and pruning your prose in reports, brochures, press releases, opinion editorials, presentations, video scripts and online writing. *Julie Pratt, MSW, MFA, Writer, Ridgeline/Ideas in Action, Charleston. MGT; CC. ALL.*

A11 Making Home Visits: Best Safety Practices

While conducting home visits, social workers are at risk for hostile behavior from clients and the public. This workshop will address safety concerns of social workers who make home visits to investigate abuse allegations, update safety plans for children and monitor foster homes or for other reasons. Participants will learn how to safely handle home visits, recognize a potentially dangerous situation, diffuse a volatile situation, and defend oneself if necessary. *James Holler, Consultant, retired Chief of Police, Liberty Township Police Department, New Martinsville. PUB; CC. ALL.*

A12 Promises to Keep: The Mandate to Report and Opportunity to Prevent

This workshop will provide mandated reporters the information they need to recognize, report, and prevent child abuse and neglect. It will feature the research-based “Strengthening Families” approach to prevention, developed by the Center for the Study of Social Policy (CSSP). Participants will learn about risk factors and indicators of child maltreatment, facts about child maltreatment in West Virginia, mandated reporting laws, and protective factors for prevention and how to apply them. *Tina Faber, BSW, MSW, Child Abuse Prevention and Early Intervention Specialist, West Virginia Department of Health and Human Resources, Charleston, and Laurie McKeown, BA, MA, Executive Director, TEAM for WV Children, Huntington. COR; CYF; CC. ALL.*

A13 Lessons from West Virginia and the New Deal Community Program

This relatively little known initiative of the 1930s created or transformed nearly 100 homestead communities in the US. The most notable and best researched community is Arthurdale, WV, where Eleanor Roosevelt spent a great deal of time nurturing the growth of the town and its residents. We will focus on the program’s innovative approach to addressing poverty by promoting economic self-sufficiency, local governance and progressive education, and discuss

the strategy's applicability to today. *Virginia Majewski, PhD, ACSW, Professor and Associate Dean, Indiana State University, Indianapolis, IN. CC. ALL.*

A14 Gentle Chair Yoga

While exercise is necessary for optimal health, it's difficult for some people due to injury, illness or limited mobility. Chair Yoga offers a solution, with breathing, stretching, strengthening and relaxation exercises in the comfort and support of a chair. Participants in this workshop will experience the exercises, learn how to use them safely with clients and for themselves, learn how to introduce Chair Yoga into their communities and receive tips for successful programs. *Kara Ware, BS, Certified Yoga Teacher, Yoga Consultant to Marshall Univ. and Co-owner, Kula Yoga Studio, Fayetteville. AGE; HTH; CC. ALL.*

A15 Practice Driven Social Work Education Programs: A Win-Win Partnership

The agency Field Instructor serves as a mentor, teacher, mediator and overall role model for the social work student throughout the field experience, and can also provide valuable input and insight regarding development of classroom activities and assignments reflecting current social work practice issues and trends. The primary intent of this session is to have a dialog between community practitioners and social work faculty regarding ways to enhance and ensure a practice-driven curriculum, utilizing collaboration between agency field instructors and social work program faculty. *Samuel J. Leizear, BSJ, MSW, Field Education Coordinator, Division of Social Work, WVU, Morgantown; Patty Chavera-Catania, MSW, LICSW, Adjunct Associate Professor, WVU Dept. of Behavioral Medicine and Psychiatry, Sharpe Hospital, Weston, and; Paula J. Taylor, MSW, LCSW, Marion and Monongalia Co. Community Services Manager, WV DHHR, Fairmont. SWE; CC. ALL.*

A16 Crisis Intervention: A Panel Discussion

A crisis can be precipitated by a variety of factors including environmental stressors, interpersonal stressors, and exacerbation of mental health symptoms. Participants will learn crisis intervention techniques geared at de-escalation as well as how to develop a crisis plan to prevent future occurrences. A panel of community health professionals will discuss their experiences in crisis management. *Kenneth Fitzwater, MA, LPC, Director of Crisis Services, Leslie Bolden, BA, LSW, Liaison to Mildred Mitchell Bateman Hospital and Colleen Smith, MA, Licensed Psychologist, all of Pretera Center For Mental Health Services, Inc., Huntington. MH; CC. ALL.*

A17 Introduction to Insomnia

A recent U.S. Centers for Disease Control and Prevention study noted that West Virginia has a higher rate of insomnia than many other states. Though sleeplessness is not in itself a serious problem (despite the fatigue, difficulty in concentration and mood disturbances that can ensue), it is considered to be a harbinger of other problems that can lead to major physical diseases. This workshop will focus on the issue of insomnia, including causes and treatment strategies. *Meenakshi Venkataraman, Ph.D, Assistant Professor, WVU Division of Social Work, Morgantown. HTH; CC. ENT-INT.*

**A18 Engaging the Hard to Reach:
Positive Life Outcomes for Homeless Individuals and Families**

We will focus on effective engagement techniques that can lead to positive life outcomes for people who are homeless. Often characterized as “lazy” or avoiding help, those suffering from homelessness may not identify with the help that is offered. Service providers are responsible for using effective techniques in their work with homeless persons, not the other way around. The panel involves therapists, outreach workers and peer specialists that are changing the paradigm of homeless services. *Traci Strickland, BA, Program Director and Chris Pensula, Peer Support Specialist, both of Roark-Sullivan Lifeway Center, Charleston; and Breanne Akers, MA, and Rachel Henderson, MSW, Pretera Center for Mental Health Services, Inc., Charleston; all of whom work with the SHAPE Team: Support, Hope, Advocacy, Personal Responsibility and Education. MH; CLN; CC. ALL. Limit 50.*

A19 Hospice: When You Care Enough to Send the Very Best

This session will acquaint participants with the many facets of hospice care. It will enable participants to explore the hospice resources of caring, living, and healing. It will also help dispel the myth that hospice care is giving up and should be sought in the last weeks and days of the dying person’s life. Hospice teaches the patient and family how to live to the fullest and enjoy the last moments of life through the help of an interdisciplinary team of competent, caring, and educated personnel. *Carole Tarr, MA, MSW, CT, Senior Director/Bereavement, Valley Hospice, Rayland, Ohio. AGE; CYF; HTH; MH; CC. ALL.*

Wednesday, April 28, 2010

Noon – 1:30PM: Gala Reception: Exhibit Hall

Wednesday, April 28, 2010

1:30 – 4:30PM: Concurrent 3-Hour Workshops: B1 – B19

B 1 Families and Addictions: Interventions

It is Claudia’s premise that family members continue to enable because they haven’t grasped their powerlessness. This presentation will offer specific strategies to assist family members to better understand and accept their powerlessness, recognize their codependency as an addictive disorder, and garner a picture of what their recovery could entail. The latter portion will offer an opportunity for self reflection about carried beliefs, defenses and coping styles that the helping professional brings into their professional work. Claudia will guide the audience to greater awareness of self-care practices and skills. *Claudia Black, PhD, MSW, Bainbridge Island, WA. ADT; CYF; CC. ALL.*

B 2 Before Time Out: The Choices Program

Provides different solutions beyond the traditional “time out” method. CHOICES is a behavioral based program for parents and caregivers that helps children make appropriate situational choices, encourages the child’s ability to make decisions and set limits, and teaches parent, caregivers and educators to promote responses rather than reactions. This easily implemented program produces quick progress, structure and routine for client-families. It’s especially effective for child behavioral and neurobehavioral disorders. *Jessica Burkhammer, MSW, LICSW, Owner, Child Development Associates, Park Rapids, MN. CYF; CLN; MH. ALL.*

B 3 Pain: Understanding It, Changing It, Relieving It

One should never try to get rid of pain in place of medical diagnosis and treatment of the underlying condition. However, once the underlying medical issue is addressed, non-pharmacological relief can make life fun again, while avoiding problems such as dependency and addiction that may result from reliance on medications. This session demonstrates relaxation exercises, quick relief techniques and other procedures to reduce, change and disperse pain. *Dr. Ann Harman, DO (retired), Licensed Massage Therapist, Guild Certified Feldenkrais® Practitioner and Certified Medical Hypnotherapist, Mycanopy, FL. HTH; CC. ALL.*

B 4 How to Stay Cool When the Heat is On

Our work is demanding and draining. The people we serve are in difficult and sensitive situations. This session offers a mixture of serious discussion and fun, identifying humor as an appropriate element in some relationships and as an aid to our mental health, even if not used at the office. Emphasizes skill building. Does not include or promote “off color” or “put down” humor. Contains effective content with immediate take-home value. *Bob Mitchell, MSSW, ACSW, Social Worker/Trainer, Louisville, KY. ALL; HTH; MH; CC. ALL.*

B 5 Meeting the Challenges of Autism

Social Workers are uniquely positioned to guide families to critical early interventions for Autism. In this session participants will learn about biomedical treatments and how these interventions may maximize the effectiveness of any other intervention. Information about the effectiveness of Applied Behavioral Analysis and insights for families dealing with aggressive and behaviorally challenged children will also be provided. *Dr. Janet Lintala SS, DC, Betsy Billheimer-Atwater, MA, Speech Pathologist, and Tarah Shumate MSW, each of Autism Recovery Resource Center, Beckley. CYF; MH; HTH. ALL.*

B 6 Transdisciplinary Ethics: Implications for Case Managers

Social workers and other professionals practicing in case management settings face challenges in today’s “transdisciplinary” environment. In this interactive session you will learn to balance many complicated dynamics. Including: the interplay of organizational job descriptions with consumer perceptions of professional roles; potentially conflicting interests while collaborating with other professionals; adhering to practice standards and ethical codes of conduct, and; legal considerations. Examples will enliven the presentation, which is facilitated by a social work case manager and a nurse case manager who are also commissioners for the Commission for Case Manager Certification. Illustrates transdisciplinary practice in action! *Ellen Fink-Samnack, LCSW, CCM, CRC, EFS Supervision Strategies, LLC, Burke, VA and Lynn S. Muller, RN, BA, CCM, JD, Attorney, Muller & Muller, Bergenfield, NJ. ETH; MGT; CC. ALL. Applies to the social work ethics requirement for temporary license holders.*

B 7 I Can’t Get Over It! Complexities in the Treatment of Trauma

People who experience traumatic events are often faced with complexities, challenges and issues which can make recovery from such events difficult. Alleviation of traumatic symptoms can be complicated by the involvement of law enforcement, court proceedings, unanswered questions and other impediments to closure. This session will include information from current research and practice relating to the complexities involved in trauma treatment. Additionally, participants will learn methods to assist clients in effectively working through these issues. *D.*

Steve Hardin EdS, MSW, LICSW, LISW-CP, Teaching Assistant Professor, WVU Division of social Work, Morgantown. CLN. ALL.

B 8 Diabetes: Separating Fact from Fiction

West Virginia leads the nation in diabetes prevalence. It's imperative that social workers and other professionals have a good understanding of diabetes, provide sound information and make appropriate referrals as needed. This workshop will unravel some of the myths commonly associated with diabetes, clarify the often complex nature of the disease, and offer suggestions for handling questions about diabetes management. *Angela Nell Stuart, MS, RD, LD, CDE, Health Improvement Consultant, West Virginia University Office of Health Services Research. HTH. ALL.*

B 9 Dynamic Duo: Combining Bibliotherapy with Play Techniques

"Oh, the places you will go" with bibliotherapy combined with other play techniques! Combining books with innovative play techniques jumpstarts expression and understanding and impacts all of the child's senses and learning modalities. This workshop will provide an overview of bibliotherapy and identify books and play techniques that can help children cope with issues related to loss, foster care, abuse, divorce, self-esteem, social skills and anger. *Phyllis Hasty, MSW, Children's Counselor/Play Therapist, Children's Home Society and in private practice, Mercer County. CYF; CLN. ENT-INT. Limit 100.*

B10 "I Thought He Was My Friend!" The Internet: A Molester's Paradise

Today, with the click of a mouse, potential child molesters have access to millions of kids. This workshop will define the two most prevalent types of sexual offenders who use the Internet for computer-aided exploitation: the situational offender and the preferential offender. It will provide information and guidance that parents need to assure their children's safety while using the Internet and guidelines for identifying and reporting suspected child exploitation. *James Holler, Consultant and retired Chief of Police for the Liberty Township Police Department, New Martinsville. CYF; PUB. CC. ALL.*

B11 Dancing with Grief

This workshop is designed for those who work with grieving patients and clients. The presenter will address the basic terminology and language related to grief and bereavement work, the basic tenets of the anatomy of grief, the "dance" between the therapist and the grieving client, and transference and counter-transference issues. *Ravi Isaiah, DMin, LPC, Director of Pastoral Care, Charleston Area Medical Center. CLN; HTH. ALL. Limit 40.*

B12 From the Inside Out: Your Own Story, Your Own Words

This creative writing workshop will concentrate on making personal experience vivid, direct and accessible. Participants will hear examples of luminous writing by ordinary people, be invited to respond to writing prompts, and learn ways to sharpen and clarify written pieces. They will leave with new or refreshed writing skills and a renewed appreciation for the therapeutic value of personal writing, whether they express themselves in poetry, essays, journaling, songs or other forms. *Colleen Anderson, MA, Writer/Designer/Owner, Mother Wit, Charleston. CC. ALL. Limit 60.*

B13 Treatment for Opioid Addiction: Buprenorphine in 2010

Buprenorphine is one of the fastest-growing medication-assisted treatments in the nation. This workshop will address the development and pharmacology of buprenorphine; the history of opioid treatment in the U.S.; changes in laws regarding treatment of opioid addiction; groups of people who are using opioids; the medical aspects of treatment and the non-medical practitioner's role; and strategies for working with individuals prescribed Buprenorphine for opioid addiction. *Susan Coyer, MA, CCAC-S, Clinical Supervisor, Pretera's Addiction Recovery Center - West, Pretera Center For Mental Health Services, Inc., Huntington. ADT; HTH; CLN. ALL. Limit 30. Note: Note: We gratefully acknowledge the assistance of the Mid-Atlantic Addiction Technology Transfer Center at Virginia Commonwealth Univ., a SAMSHA funded project, in making this workshop available.*

B14 Dealing with Aging Parents: Addiction, Co-Dependency and Caregiving

This workshop will provide an overview of the social, sexual, physical, emotional, mental, spiritual and occupational losses associated with aging. The presenter will address problems faced by adult children who are dealing with aging parents, including bridging the generational communication gap, adapting to changing roles, and understanding addiction and co-dependency issues. Participants will also learn about support systems and community resources for aging adults and caregivers. *Jeffrey D. Elliott, MA, BA, Therapist, PSIMED Corrections, Inc., Charleston. AGE; ADT; CYF; CC. ALL.*

B15 Understanding Diversity

This workshop helps professionals and organizations recognize, appreciate and value the diversity of co-workers. Topics include defining what diversity is and is not, exploring race, ethnicity, language and stereotypes, identifying primary and secondary dimensions of diversity and defining conditions of growth. *Coston Davis, MA, Director, Leadership, Mentoring & Judicial Affairs, WV State University, Institute. DIV. ALL. Limited enrollment.*

B16 The End of Life and Health Care Providers

This workshop will improve the understanding and interpersonal skills of social workers who work with seriously or terminally ill individuals. Learn how the high stress nature of this work can take a toll on your professional and personal lives, and receive tools for identifying and coping with compassion fatigue, tempering your personal level of involvement, secondary trauma and disenfranchised grief. *Jeannie Brenneman, BSW, MSW, Hospice Social Worker, Amedisys Hospice Care, Morgantown. HTH; AGE; MH; CC. ALL. Limit 50.*

B17 The ABCS of Ts: Working with Gender-Variant Children and Adults

In today's society's binary gender system of males and females, individuals whose anatomy, core gender identity or behavior do not fit into either of those categories, are often pathologized, ostracized, or ignored by education, social service, or health care professionals. This workshop will provide information regarding the different categories and behaviors of children who do not fit into the accepted gender categories. The medical, legal and psychosocial issues faced by these children and their families, and the resources, services and interventions currently utilized to assess and support them, will be discussed. Implications for practice as well as how to become "trans-friendly" will be offered. *Samuel J. Leizear, BSJ, MSW, Field Instruction Coordinator, WVU Division of Social Work, Morgantown. DIV; CYF; CC. ALL. Limit 50.*

B18 Disability Awareness, Etiquette and Inclusion: What You Need to Know!

This interactive workshop teaches us how to positively communicate and interact with people with disabilities and how to promote inclusive opportunities in volunteerism, recreation and leisure, faith-based activities and community and civic life. Addresses negative stereotypes, as well as myths and misconceptions about disabilities. Discusses 'People First Language,' disability etiquette and assistive technology, and offers training materials you can take home. *Christina E. Smith, BS, Executive Director, The Arc of the Mid-Ohio Valley/The Arc of WV, Parkersburg. DIV; CYF. ALL.*

B19 How to Encourage Spiritual Resourcefulness in Clients

Many clients struggle with religious and spiritual conflicts and questions. In this energetic workshop we will look at how to work within the client's own framework to create conditions for improving motivation towards better health and happiness and more fulfilling relationships. *Sky Kershner, DMin, MSW, MDiv, LCSW, Executive Director, Kanawha Pastoral Counseling Center, Charleston. CLN; DIV. ALL.*

Wednesday, April 28, 2010

4:45 – 5:45PM: Social Work in West Virginia: Annual Meeting

All are welcome to attend this open Annual Meeting of the National Association of Social Workers, West Virginia Chapter!

Earn one CE hour as you hear about the accomplishments of NASW WV members and leaders, the activities of local NASW Branch networks and our legislative, policy and political action initiatives. Also learn the benefits of becoming a member of NASW.

It's your profession!

It's your association!

Let's work together to make the most of it!

Wednesday, April 28, 2010

5:45 – 7:30PM: Retirement Reception for Dr. Barry Locke

Sponsored by West Virginia University Division of Social Work

Simply indicate on the Registration Request form if you plan to attend.

Barry's colleagues and friends, students and former students from across West Virginia are cordially invited to join in this loving tribute to and commemoration of his upcoming retirement!

Sponsored by the WVU Division of Social Work alumni, students, faculty, staff in celebration of Barry's 40 years of service to our profession, the State of West Virginia, West Virginia University and social work education! This will also be the kick-off event to encourage donations to a scholarship fund Barry is establishing.