

KEYNOTE AND WORKSHOPS

The People who have the Problems are the Ones who have the Answers

Miles Horton of the Highlander Center in East Tennessee made me some black bean soup at his home one Sunday evening and said, simply, "The people who have the problems are the ones who have the answers." My reporting trips to the mountains, and the year I spent traveling for "Far Appalachia" have been both thrilling and sorrow-filled - but always the most wonderful experiences I've had.

The unique and special people of the Appalachian/New River/West Virginia region have too long allowed others to tell our stories. Mr. Adams hopes to encourage listening and history and to inspire writing and journal-keeping and poetry among the people of our region and those who endeavor to help them.

Noah Adams, former long-time co-host of National Public Radio's news program *All Things Considered*, brings more than three decades of radio experience to his current job as a reporter for NPR's National Desk, accepting story assignments that take him across the country. He joined the National Desk in April 2003 and spent his first year reporting on issues involving the low-wage workforce.

Adams' career in radio began in 1962 at WIRO (Ironton, OH) across the river from his native Ashland, KY. He was a "good music" DJ on the morning shift, and played rock and roll on *Sandman's Serenade* from 9 to midnight. Between shifts, he broadcast everything from basketball games to sock hops. From 1963 to 1965, Adams was on the air from WCMI (Ashland, KY), WSAZ (Huntington, WV), and WCYB (Bristol, VA).

After other radio work in Georgia and Kentucky, Adams left radio and spent six years working at various jobs: with a construction company, an automobile dealership, and an advertising agency.

In 1971, he discovered public radio at WBKY-FM at the University of Kentucky. He began there as a part-time rock and roll announcer but soon became involved in other projects including documentaries and a weekly bluegrass show. In 1974, he joined the staff full time as host of a morning news and music program.

In 1975, Adams came to NPR where he worked behind the scenes, editing and writing, for the next three years. He became co-host of the weekend version of *All Things Considered* in 1978 and, in September 1982, he was named weekday co-host.

During 1988, Adams hosted Minnesota Public Radio's *Good Evening*, a weekly show that blended music with storytelling. He returned to *All Things Considered* in February 1989.

Over the years Adams has often reported from overseas; he covered the Christmas Eve uprising against the Ceausescu government in Romania. His work from Serbia was honored by the Overseas Press Club in 1994.

He wrote and narrated the 1981 documentary, "Father Cares: The Last of Jonestown," which received the Prix Italia, the Alfred I. duPont-Columbia University Award, and Major Armstrong Award.

W.W. Norton published a 1990 collection of Adams' essays from *Good Evening* entitled *Saint Croix Notes: River Mornings, Radio Nights*. In 1992, Norton published Adams' second book, *Noah Adams on All Things Considered: A Radio Journal*. Delacorte published *Piano Lessons: Music, Love and True Adventures*, in 1996, and *Far Appalachia: Following the New River North*, in 2000. His latest book, *The Flyers: In Search of Wilbur and Orville Wright*, was published by Crown in 2004.

After the War: Implications for Policy, Providers and our Personal Lives

This important address completes the 2008 Spring Conference's special emphasis on West Virginia's veterans, military personnel and their families. Learn of special initiatives and available services, and what we do and don't know of their health, mental health and social services needs.

Hilda R. Heady, MSW is Associate Vice-President for Rural Health at West Virginia University, Executive and State Program Director of the WV Rural Health Education Partnerships/Area Health Educations Centers. She served as the 2005 President of the National Rural Health Association and been an active member of NRHA for over 20 years. June 2008 will mark her 40th year as an advocate for rural people and rural communities in West Virginia and Appalachia.

She was honored with the 2006 Lifetime Achievement Award in Rural Health by NRHA and she and the WV AHEC received the 2005 HRSA Award for Outstanding Achievement in Expanding Community Based Health Professions Training. She has presented Congressional testimony, numerous workshops and keynote presentations on topics including rural veterans, health professions education, rural culture and values, and rural women's health. She is the mother of two and former wife of a Vietnam Vet who served in country as a Med-evac helicopter pilot from '69-'70.

She has published on topics in rural health care, alternative models in rural obstetric care, health professions training in rural areas, and was the lead author on NRHA's policy paper on rural veterans. Ms. Heady was CEO of a 58-bed hospital for five years, and was the founder/director of the birth center there. She holds a Master's degree in Social Work, the Achievement Award, WV Hospital Assoc. in 1991; the American College of Healthcare Executives Regents Award in 1991; the *Exemplar* Award for Excellence in Social Work Management of the West Virginia Chapter of the National Association of Social Workers in 1992; and the Governor's Award for Outstanding Achievement in Rural Health in 1996.

A WORKSHOPS

A 1 Working Ourselves Sick

Relentless work-related stress is taking an unprecedented toll on our emotional lives, contributing to mood and anxiety disorders, addiction, chronic illness, marital problems, family stress, and poor functioning in work organizations themselves. How can we help our clients--whether they're employees or administrators--more effectively manage the inevitable pressures of work, and keep them from undermining both their personal and professional well-being? In this workshop we'll identify characteristics of "toxic workplaces" that create hostility and anxiety, and describe targeted interventions that empower clients to take control of their own lives in out-of-control work environments. Among the skills you'll learn are ways to help clients relax their bodies and boost mental clarity on the job, draw necessary boundaries both at work and home, develop an appropriate level of calm assertiveness, set limits, and ask for what they need from managers and coworkers. Margaret Wehrenberg, PsyD, Wehrenberg and Associates, Naperville, IL. CLN/HTH/MH. ALL.

A 2 Writing and the Arts in Social Work

Our distinguished Keynote Speaker, Noah Adams, continues his theme by moderating this panel of artists and social workers who use storytelling, dance/movement, mask making, photography, and other creative methods in ways that pass on cultural values, heal the soul, and reveal the truth of our shared humanity to the larger society. *Moderator: Noah Adams*, Senior Correspondent, National Public Radio, Washington, DC. Panelists: Jude Binder, Artistic Director, Heartwood in the Hills, Big Bend, Karen Vuranch, BSW, MA, Storyteller, Writer and Actress, WV Enterprises, Fayetteville, and Neal Newfield, MSW, PhD, LICSW, Documentary Photographer and Professor, WVU Div. of Social Work, Morgantown. CC. ALL

A 3 A Method for Results: Executive Change

Are you looking for something to make a difference in your workplace, improve staff moral, and improve access to services for your consumers? Utilizing the process improvement model of rapid change cycles can help do all these things and more. This workshop provides basic information on rapid change cycles and describes one agency's successes in reducing wait time to services for consumers in a variety of settings. You'll walk away with the basic knowledge to start your own successful change projects! Stephanie Belford, MSW, ASPEN Project Director, and Robert Hansen, MS, Executive Director, both of Pretera Center, Huntington. MGT. ALL.

A 4 Appalachian Culture: The Music

This session focuses on rural Appalachian culture and the music which has historically reflected Appalachian values and characteristics. A diversity perspective is emphasized. You'll get a historical perspective and framework to better understand the connections between Appalachian values and culture, and "mountain," "country," and "bluegrass" music. Includes the performance of songs and music. Dr. Everett Lilly and The Songcatchers, a musical group composed largely of present and former traditional music students at Mountain State University, with special guest Everett Lilly Sr., who is internationally recognized for his contributions to bluegrass and mountain music. Everett Lilly, MSW, PhD, Professor/Director, Karen T. Cummings-Lilly, MSW, LICSW, Associate Professor, both of Mountain State University Social Work Program, Beckley, along with Everett Lilly, Sr. and members of The Songcatchers. CC/DIV. ALL

A 5 Biological Perspectives on Heroin Use: Chasing the Dragon, Smacking the Horse

The purpose of this workshop is to explore the chemistry/pharmacology of heroin and discuss the challenges mental health and health care professionals have in treating the heroin addict. Heroin is the most widely abused opiate in the US. A recent rash of deaths in the Huntington, WV area has been attributed to overdosing with heroin. By interrupting the natural balance of dopamine in the brain, heroin corrupts the body's natural 'reward system', making it a particularly

dangerous addictive drug. David S Mallory, PhD, Professor, Department of Biological Sciences, Marshall University, Huntington. ADT/CC/HTH. ALL.

A 6 Child and Adolescent Obesity: Behavioral Interventions

This workshop presents behavioral techniques that can be utilized to help youth and their families battle the risk of obesity. Information includes identifying key cognitive and behavioral factors in youth obesity, strategies to better incorporate mental health professionals as part of the health care treatment team, and identifying family-based interventions to help parents make healthier choices for their at-risk children. Scott A. Fields, PhD, Assistant Professor, WVU Department of Family Medicine, Charleston, and Jennifer Jones Cameron, MA, Psychology Intern, WVU Department of Behavioral Medicine & Psychiatry, Charleston. ADO/CYF/HTH. ALL.

A 7 Best Practices for Improving Efficacy of Outpatient Clinical Services

With assistance from APS Healthcare, Inc., Pretera Center and FMRS Health Systems, Inc. are improving outpatient adult mental health services. This session focuses on efforts to evaluate and modify practices to reduce inpatient length of stay, increase planned discharges, decrease no show rates, increase group therapy utilization, decrease time between appointments, improve client satisfaction, and improve clinical outcomes. Participants will also learn the difference between Evidence-Based Practice and Clinical Best Practice. Joe Deegan, MSW, LICSW, Network Development Director, APS Healthcare Inc, Charleston, Randall R. Venable, MA, Outpatient Services Director, FMRS Health Systems, Inc., Beckley, and Sarah Carrie Deutsch, MSW, LGSW, Program Manager for Adult Outpatient Services, Pretera Center, Huntington. ADT/CLN/MGT. ALL.

A 8 Communication: Verbal/Nonverbal

Whenever we communicate, we are sending two messages simultaneously: a verbal one and a non-verbal one. We are always communicating non-verbally whenever we are in the presence of another person. We do not have the option to stop non-verbal communication; our non-verbal communication is similar to breathing. We are always doing it. All of us know ourselves well – but from the inside out. Because we are generally unaware of the non-verbal messages we send, we may have no idea how people perceive us. Our perceptions of ourselves, and their perceptions of us, may differ completely, and people's first impressions of us are often based entirely on our non-verbal messages. When our non-verbal and verbal messages conflict, people believe the non-verbal ones. We must never under-estimate the power of non-verbal communication. What are your non-verbal communication messages saying? Come and find out! Peter Americo, MS, CCC, SLP, LNA, Corporate Director of Rehabilitation, Charleston Area Medical Center, Charleston. CC/HTH/SELF. ALL.

A 9 You Might Be a Sociopath If...

Learning to identify manipulative and predatory behaviors is important to effective and ethical practice. This session provides information on identifying 'sociopathic', 'conning' and other predatory behaviors encountered in professional life. Also includes an overview of antisocial, narcissistic and histrionic personality disorders, and differentiating them from sadism, Bipolar Disorder, substance abuse, and cultural factors. Mary R. Powell, MSW, LICSW, Clinical Social Worker, New River Health Association, Scarbro. CLN/MH/HTH. ALL.

A 10 Depression Following Traumatic Brain Injury

This workshop deals with the incidence of depressive symptoms subsequent to Traumatic Brain Injury (TBI), and the complex interaction of the biological, psychological and cognitive factors which play a part in effective diagnosis, treatment and management of the injured person. Topics include identifying signs and symptoms of major depression, and factors that make it difficult to diagnose the major depression. Discussion of incidence, recovery and treatment is also included. Steven F. Dreyer, PhD, Director, Psychological & Neuropsychological Services, PsyCare, Inc., South Charleston. CLN/HTH. ALL.

A 11 Ethics in Social Work Practice

Sometimes the ethical answer just isn't 'cut and dry'! This workshop will focus on the resolution of ethical dilemmas, with particular emphasis on dual relationships, confidentiality, and social justice issues. Participants will discuss such dilemmas and apply the NASW Code of Ethics to resolving them. Jo Dee Gottlieb, MSW, LCSW, Professor of Social Work, Marshall University, Huntington, Rita Brown, MSW, LCSW, Professor of Social Work, West Virginia State University, Institute, and Katherine Shelek-Furbee, MSW, LCSW, Professor of Social Work, Bethany College, Bethany. 50 limit. ETH. ALL. *Note: This workshop applies to the Social Work Ethics requirement for WV temporary social work license holders.*

A 12 Practicing Effectively Amid Ineffectiveness & Other Lessons of Accountability for New Social Work Professionals

New social work practitioners will learn to negotiate the helping professions' 'maze'. Obstacles to effective practice, such as lack of knowledge, inconsistent communication, and noncompliant policies, are just a few of the challenges covered. Clear lessons offer the new social worker renewed confidence in their professional choice and journey! Ellen Fink-Samnack, MSW, LCSW(VA), CMN, CRC, President, EFS Supervision Strategies, Burke, VA. MGT/SELF. ALL.

A 13 Respectful Collaboration with Clients who Self Injure

Self-injury is often used as a survival tool by those for whom painful emotions are overwhelming and/or experienced as dangerous. This session provides an overview of self-injury, and offers suggestions for respectful collaboration with clients. Includes discussion of the effects on the therapist and the stigma attached to self-injury within the mental health care and healthcare communities. Rachel Dash, MSW, LICSW, Assistant Professor, WVU Dept. of Behavioral Medicine & Psychiatry, Charleston Division, with Joyce, a client from the therapy group. 50 limit. CLN. ALL.

A 14 Sleep, Normal Sleep, Selected Sleep Disorders: Impact on Health

Designed to help you improve client/patient outcomes in health and clinical settings, this session covers the fundamentals of sleep and its impact on health and behavioral treatment. We will define normal sleep and several sleep disorders, and identify non-pharmacological treatment strategies for insomnia. Participants will also learn to distinguish between common sleep myths and facts. Kenneth J. Devlin, MA, Psychologist, Joan C. Edwards School of Medicine, Marshall University and Regional Pain Management Center, Cabell-Huntington Hospital, Huntington. CC/CLN/HTH. ALL.

A 15 Unblocking Your Creativity

This is a 'hands on' workshop to help access your inherent inner creativity. No artistic ability or experience is needed. Experience collage, paint, and craypas techniques designed to bring out your inner wisdom so you can apply it to the unique challenges in your life or your clients' lives. Barrie Kaufman, MA, MAT, ATR, Artist/Art Therapist in Private Practice, Charleston. 15 limit. CC/SELF. ALL.

A 16 Vascular Dementia

A review of the clinical manifestation and medical management of patients with vascular dementia, which is the second leading cause of dementia in the elderly. James P. Griffith, MD, Associate Professor, WVU Department of Behavioral Medicine and Psychiatry, Charleston. CLN/HTH. ALL.

A 17 Social Security: Anatomy of a Disability Claim

The chances of becoming disabled are greater than most people realize – 30% before retirement from a 20-year career. You'll receive basic information about the Social Security Administration's two disability benefit programs to help your clients make accurate and timely decisions. Learn how applications can be made online, what medical criteria is used to determine disability, and the nature of hearings before an Administrative Law Judge. Robert J. Jeffries, BA, Public Affairs Specialist, Social Security Administration, Charleston, andCarolynn J. White, MA, Professional Relations Officer/Area Training Coordinator, Disability Determination Section, West Virginia Division of Rehabilitation Services, Institute. HTH/RES/CC. ALL.

A 18 Stand Up to Bullying

Hear the voices of reality about bullying in West Virginia. A panel of survivors of bullying, their parents, social services and legal professionals will share real-life experiences, describe the effects of bullying on children, their families and the community, and offer research-based information, resources and solutions. You'll also help to plan activities for National Stand Up to Bullying Week, Nov. 16-22, 2008. Panelists: Students and Parents affected by bullying behaviors. Michael Tierney, MA, Director, Tonya Huff, VISTA Volunteer and Jennifer Croteau, MA, Intern, all of Step by Step, Charleston, and Paul Sheridan, JD, Deputy Attorney General for Civil Rights, Office of the Attorney General, Charleston. CYF/DIV/SCH. ALL.

A 19 Understanding Psychiatric Crisis & Emergency: Basic Concepts & Guidelines

Designed for the entry level social worker and those new to psychiatric settings, this session covers the basics of identifying and understanding the psychiatric crisis. Learn what constituted a true crisis, issues unique to children, adolescents, adults and geriatric populations, what to do in an emergency, and about getting help for the suicidal, homicidal or psychotic patient. Brandy Hunter-Lee, MA, Intake & Assessment Counselor, and Sandra Fix, RN, Team Leader, both of Behavioral Health Connections, Thomas Memorial Hospital, South. Charleston. CLN/MH. ALL.

A 20 Utilizing Supervised Visitation to Obtain Clinical Information Regarding the Allegedly Maltreated Child

Designed to improve the observation and assessment skills of child protective and family preservation caseworkers that supervise visitation between children and their biological families. Learn about attachment and its importance to child protection, relational patterns that may contribute to child maltreatment, and subtle signs of attachment issues, relational difficulties, maltreatment and mental illness. Cherie Chambers Cowder, MA, Licensed Psychologist/Team Leader, APS Healthcare, Charleston, WV. 100 limit. CYF/MH/PUB. ALL.

A 21 When Life May Never Be the Same: Facing the Challenge of Incapacitating Illness in the Family

When a partner or spouse is diagnosed with an incapacitating illness, family functioning is profoundly affected. This presentation will utilize strengths-based and family dynamics perspectives to examine family responses to each stage of serious and debilitating illness. Emphasis will be placed on the development of individual, relational and familial resilience. Debra Beatty, MSW, LICSW, Clinical Social Worker in Private Practice, Elkview. CLN/HTH/MH. ALL.

B WORKSHOPS

B 1 Documentation in the Client Record

This is a practical, sometimes humorous, skill-building workshop. It is an empowering program that details the importance of ethical behavior and emphasizes compliance with eight standards: integrity, competence, records, billing, confidentiality, electronic media, misrepresentation, and sexual relationships. Also reduces risk exposure related to unethical actions, malpractice lawsuits, and paybacks to funding sources. Bob Mitchell, ACSW, Social Worker/Trainer, Louisville, KY. ETH/ALL/CC. ALL. *Note: This workshop applies to the Social Work Ethics requirement for WV temporary social work license holders.*

B 2 Complex Anxiety Disorders and Bipolar Disorder: Identification and Treatment

This session enables you to effectively recognize complex Anxiety Disorders and Bipolar Disorder so as to better coordinate patient care across the span of clinical disciplines. The first half of the session will address Anxiety Disorders, and the second Bioplar Disorder. Topics include factors that complicate a correct diagnosis, and those that contribute to a better or poorer prognosis in management of the disease. We'll discuss the high rate of misdiagnosis, factors impacting outcome, the recurring and episodic nature of the disease, suicide and Bipolar Disorder. Improving outcomes in treatment and five factors to help recognize Bipolar Disorder are provided. Walter Byrd, MD, Associate Professor, WVU Department of Behavioral Medicine and Psychiatry, Morgantown, WV. CLN/HTH. ALL.

B 3 Social Work Practice with America's Veterans and their Children

This workshop offers an overview of assessment and treatment of the needs and problems of combat veterans and their children, and presents available resources. Over a million servicepersons have returned from combat in the Global War on Terrorism. More than 700,000 children had at least one parent deployed, and 1 in 5 veterans return with symptoms of Post-Traumatic Stress Disorder, which has a direct impact on the emotional well-being of their children. The readjustment impact on individuals, loved ones, and communities is of growing concern for social workers nationwide and is magnified in West Virginia, with its high proportion of veterans. Jeremy Harrison, BA MSW, Social Worker, Wheeling Vet Center and Susan Harrison, MSW, MPA, LGSW, Coordinator of Interview & Community Services, Monongalia Co. Child Advocacy Center, Morgantown.. CLN/CYF/HTH/SWE. ALL.

B 4 Developing Your End-of-Life Tool Kit

Recognizing that the end of life is an important time of human development, this session will provide participants with information needed to effectively support patients/clients and others with end-of-life issues. The importance of goal setting, advance care planning, use of the POST form, and hospice will be reviewed. This session is appropriate for any practitioner since coping with death is also a personal experience--not limited to the work setting. Kathleen Campbell, BASW, LSW, Marketing Director, Hospice of the Panhandle, Martinsburg, and Cynthia F. Jamison, CAP, Program Coordinator, WV Center for End-of-Life Care, WVU Health Sciences Center, Morgantown. CC/AGE/HTH/MH. ALL.

B 5 Childhood Traumas: When the Magic Years Become Tragic Years

Presents innovative assessment and treatment approaches for children exposed to various forms of trauma, with a focus on child maltreatment and intra-familial violence. We'll discuss the importance of identifying the unique impact of trauma on children and families using a triangulation of methods, including procedures to assess attachment relationships. An overview of empirically supported interventions for child survivors of trauma will also be provided. Heather Michelle Risk, PsyD, Psychiatry Research Coordinator, Comprehensive Assessment & Training Services, University of Kentucky, Lexington, KY. CLN/CYF. ALL.

B 6 Domestic Violence Prevention - Challenging Norms, Building Capacities, Creating Peace

According to the Centers for Disease Control and Prevention, intimate partner and sexual violence costs exceed \$8.3 billion dollars annually. What can be done to prevent it from happening in the first place? Provides a new context for the prevention of intimate partner, domestic, and sexual violence by using social change and prevention theories, a public health model, and experiential learning to teach more effectively. Offers ways to build and/or expand your capacity to effect social change. Shelisa Howard-Martinez, Diversity Training and Technical Assistance Specialist. North Carolina Coalition Against Domestic Violence, Durham, NC, and Lucy Rios, Director of Prevention, Rhode Island Coalition Against Domestic Violence, Providence, RI. 50 limit. DOM/CYF/HTH. ALL.

B 7 Practical Interventions for Anxiety Management

In this experiential seminar, participants will practice diaphragmatic breathing and its application for helping with panic, generalized anxiety and social anxiety. Learn techniques to clear the mind to handle the pre-occupation of generalized anxiety and fight restless sleep. Practice several techniques for muscle relaxation that are appropriate for different age groups. We will also have an opportunity to discuss the application of these techniques to difficult populations. Margaret Wehrenberg, PsyD, Wehrenberg & Associates, Naperville, IL. CLN/SELF. INT-ADV.

B 8 Movement for Health and Centering: Handling Stress on the Job

Learn simple tools for relaxation and calming focus! Based on principles of balance, breath, the mind/body connection and anatomy study, short movement sequences are presented to help clarify the lessons. Wear loose, comfortable clothing; slacks or sweat pants are recommended. Socks, bare feet or walking shoes are okay. Jude Binder, Artistic Director, Heartwood in the Hills, Big Bend, WV. CC/HTH/SELF. ALL.

B 9 Non-Pharmacological Management of Chronic Pain

We'll cover the basics of treating chronic pain so that health and clinical mental health professionals may more comprehensively assist their patients/clients in achieving an improved quality of life. The diagnostic interview is addressed, as are complicating behavioral factors and treatment planning. Intervention strategies for treating the most common factors in chronic pain patients are discussed. Finally, the differences between worker compensation and insurance cases are presented, as are options for treating medical practitioners. Kenneth J. Devlin, MA, Psychologist, Joan C. Edwards School of Medicine, Marshall University and Regional Pain Management Center, Cabell-Huntington Hospital, Huntington. CC/CLN/HTH. ALL.

B 10 Racism, Diversity and You: What's Going on Out There?

Through discussion and exercises, we will use anti-racism education to support diversity and the elimination of racism by identifying and changing institutional policies and practices. We will look at recent events in and outside of West Virginia that highlight ongoing racial, domestic violence, diversity and violence issues in the community. Following this, tools to promote cross-cultural interaction among diverse cultures, as well as providing a backdrop for the participant's views on racial issues and the elimination of racism, will be provided. Diana Bell, LSW, Racial Justice Director, YWCA of Wheeling, and Kenyatta Grant, Adjunct Criminal Justice Professor, West Virginia State University, Institute. Limited. DIV. ALL

B 11 People Should Listen to Me, I Say Profound Things: Respectful Collaboration with Clients Who Dissociate

An overview of the ways dissociation is used to cope with the trauma of childhood sexual abuse, and how it affects the lives of those for whom it has been a survival tool. Emphasizes respectful collaboration between clients and therapists, and between clients and their parts. Women who are engaging in this work will offer their experiences with dissociation and as 'psychiatric patients', and offer suggestions for clinicians. Rachel Dash, MSW, LICSW, Assistant Professor and Carol Freas, MD, Assistant Professor, both of WVU Dept. of Behavioral Medicine and Psychiatry, Charleston, assisted by women from the therapy group. 40 limit. CLN. ALL.

B 12 Social Work Practice in the Public School: Beyond Attendance

Public school problems, opportunities and populations are changing, and social work roles need to adapt with these changes. This session examines appropriate roles for social workers in relationship to students, teachers, parents and administrators. We'll look at current law and practice, and frame new proposals for social work practice in the public school system. Patricia L. Stemple, MSW, MEd, LGSW, Head Start Family Service Specialist, and Suzanne Smart, MSW, LSW, Community Liaison, Early Head Start, both of Monongalia County Schools, Morgantown. 75 limit. CYF/SCH. ALL.

B 13 Staying Healthy as a Social Worker: Self-Care and Avoiding Impairment

We will learn what constitutes and contributes to being an impaired social work professional, and methods of prevention. These will include exploring the varying degrees of impairment, 'red flags' indicating risk, and signs and methods for addressing this issue. Although some attention will be paid to impairment, we will primarily focus on methods of self-exploration and self-care as a means of preventing impairment. Judy Kramer, MSW, LICSW, Clinical Social Worker/Owner, Life Reflections, LLC, Elkins. 30 limit. CC/ETH. INT-ADV. *Note: This workshop applies to the Social Work Ethics requirement for WV temporary social work license holders.*

B 14 Teaching Families and Staff to Support People with Developmental Disabilities

Social workers are often responsible for training family members and direct care providers to implement behavioral interventions to deal with problem behaviors. This interactive session presents exercises and techniques to improve family and staff ability to intervene with problem behaviors, including ways to develop group responsibility, boost consistency, increase recognition of client strengths, improve motivation of support providers, and reward proficient implementation. Carol Newlon, MA, LPC, LSW, CCBT, Positive Behavior Support Crisis Specialist, WVU Center for Excellence in Disabilities, Charleston. CM/CYF/DD/MGT. ALL.

B 15 The Emotionally Intelligent Relationship: Couples Counseling

Emotionally intelligent relationships come out of awareness of your own emotional experiences and how those experiences affect communication with others. This workshop will focus on the five distinct parts of communication essential for building the emotional intelligence necessary for successful relationships. The presenter will share hands-on therapeutic techniques that can be used immediately to help couples communicate more effectively. Jessica Burkhamer, MSW, LICSW(MN), Psychotherapist and National Speaker for Cross Country Education, Park Rapids, MN. CLN. ALL.

B 16 The Long Road Back: Facilitating Successful Community Integration Following Traumatic Brain Injury

Presents a rationale for a social/interpersonal learning approach to address common cognitive, behavioral and personality changes following traumatic brain injury. Common symptoms of mild traumatic brain injury are discussed, with basic approaches to manage them. States of coma recovery are presented, followed by common neuro-behavioral syndromes associated with severe brain injury. Basic neurological mechanisms in brain recovery are then presented, with discussion of psychological issues that commonly interrupt the recovery process. Finally, a social/interpersonal approach to promoting the 're-wiring' of frontal lobe controls is presented. James F. Phifer, PhD, Neuropsychologist and Executive Director, Radical Rehab Solutions, Huntington. CLN/HTH. ALL.

B 17 Understanding and Addressing Challenging Behavior in Children

Childhood behavioral problems are among the toughest issues that helping professionals face today. This session offers an introduction to addressing challenging behavior in children, including a review of risk factors, why 'quick fix' strategies often fail, and a challenge to look at the 'why' of the behavior using positive behavior supports. You'll walk away with a combination of theoretical concepts and 'real world' tools and strategies that you can use immediately. James F. Harris, MSW, LICSW(OH), Mental Health Therapist, Oasis Behavioral Health, South Point, OH. CLN/CYF. ALL.

B 18 Three Faces of Ethics: LPC Ethics *

An opportunity to explore in detail how well-intentioned counselors and professionals can make mistakes that can jeopardize their practice. You will also learn about procedures prescribed to deal with complaints against a Licensed Professional Counselor, and participate in discussion of case studies as they apply to ethical conduct. Ravi Isaiah, DMin, LPC, Director of Pastoral Care, Charleston Area Medical Center, Charleston, John Linton, PhD, Associate Professor and Vice Chair, WVU Department of Behavioral Medicine and Psychiatry, Charleston, and Denise Burgess, MA, LPC, Director, Family Resource Center, CAMC Women & Childrens Hospital Family Resource Center, Charleston. CC/CLN. ALL. ** Note: This workshop applies to the WV LPC Ethics requirement, and will be extended by 15-minutes to meet the requirement that LPC ethics sessions encompass three full hours, excluding breaks.*

B 19 Using Person-Centered Planning with Substance Abuse and Co-Occurring Disorders

Person-Centered Planning empowers people to be an integral part of their treatment plan. Utilizing person centered planning is not as easy as it might seem, although the concept is one most professionals agree on in theory. This workshop will incorporate a stages-of-change approach in person centered planning that can be utilized in developing a treatment plan for behavioral change, specifically for persons with substance use and co-occurring disorders. Denise Hall, MS, LPC, NCC, Project Coordinator, and Missy Rand Barker, MS, LPC, CSAC, Project Manager, both of Mid-Atlantic Addiction Technology Transfer Center, Virginia Commonwealth University, Richmond, VA. 50 limit. ADT/CLN/MH/HTH. ALL.

We gratefully acknowledge the management and staff of the Mid-Atlantic Addiction Technology Transfer Center, a SAMHSA funded project, for their generous support in making this workshop possible.

B 20 Utilizing Psychological Assessments in Child Maltreatment Investigations

Psychological evaluations are typically requested in investigations of child maltreatment. This session describes the instruments used in a thorough evaluation, the relevance of each instrument, and the minimum standards of ethical and forensically sound evaluation. Also offers basic information about the use of evaluation results in case disposition and treatment planning. Cherie Chambers Cowder, MA, Licensed Psychologist, Team Leader, APS Healthcare, Charleston, WV. 100 limit. CYF/MH/PUB. ALL.

B 21 Violence Behind Bars: Intimate Violence in Adult & Juvenile Corrections

Domestic violence occurs in every setting, including among same-sex inmates, and influence and control can be exerted over opposite-sex partners even from inside prison. This session focuses on the dynamics of the domestic violence relationship among currently incarcerated individuals, both adult and juvenile. We'll look at the direct intervention needed to address continued violence despite incarceration, and provide direction for advocacy and practice in the correctional and community settings. Christy L. Flores, MSW, LICSW, Program Mentor, and Trudi Blaylock, MA, Program Director, both of PSIMED Corrections, LLC, Mt Olive. CLN/DOM. ALL.

C WORKSHOPS

C 1 *The Appalachians: Social Services in the Light of our History*

This session enables practitioners to better understand how the culture of Appalachia's people shapes our clients and institutions, as well as the services and policies that result from issues within the Region. The presentation includes 50-minutes of excerpts from the three-hour PBS Documentary: *The Appalachians*, which features Dr. Hayden. This compelling film explores both the history of and present day Appalachia. Repeated by request from 2 years ago. Wilburn Hayden, Jr., MSW, PhD, Professor and Director, School of Social Work, York University, Toronto, ON, Canada. CC/DIV, ALL.

C 2 Appreciative Inquiry: New Approaches to Exploring Strengths

Appreciative Inquiry (AI) is a relatively new system of inquiry used to assess and improve individual, group and organizational performance. Participants will learn the fundamentals of AI theory and participate in both individual and group activities to become familiar with how to apply the theory in micro and macro settings. This workshop offers a rich learning experience for novices and experts alike who are interested in learning new ways to ask, and answer, important questions. Steven E. Perkel, DSW, MSW, LICSW(NJ), Owner, Steven E. Perkel & Associates, Cherry Hill, NJ. 35 limit. CLN/MGT. INT-ADV.

C 3 Veterans Administration Resources Available for Veterans of Military Service

This session explores the wide variety and availability of Veterans Administration services, particularly as they relate to West Virginia veterans. Most veterans of the military are eligible for medical and non-medical assistance from the Department of Veterans Affairs, but eligibility requirements determine which benefits are available. Such services could include general and specific medical care, treatment for PTSD and sexual assault, and various mental health services, as well as pensions, disability, vocational rehabilitation and home loans. Heather M. Luper, MSW, LCSW-C(MD), Medical/Surgical Lead Social Worker, Department of Veterans Affairs, Baltimore, MD, D. Terry Luper, MSW, LCSW, Acting Regional Manager, Readjustment Counseling Service, Mid-Atlantic Region, Lutherville, MD, and David, Allen, Staff Assistant, Veterans Benefits Administration, VA Regional Offices, Huntington. CC/CYF/HTH/RES. ALL.

C 4 Motivational Incentives for Enhanced Addiction Recovery: Contingency Management

Research has consistently shown that client motivation for positive behavioral change can be influenced by the use of tangible incentives. The session offers an overview of motivational incentives, also known as contingency management, lessons from research trials, a short video, and a demonstration of the 'fishbowl' method. Missy Rand Barker, MS, LPC, CSAC, Project Manager, and Denise Hall, MS, LPC, NCC, Project Coordinator, both of the Mid-Atlantic Addiction Technology Transfer Center, Virginia Commonwealth University, Richmond, VA. 50 Limit. ADT/CLN. ALL. *We gratefully acknowledge the management and staff of the Mid-Atlantic Addiction Technology Transfer Center, a SAMHSA funded project, for their generous support in making this workshop possible. This presentation from the Mid-Atlantic ATTC highlights the NIMH's recently developed Blending Team Package: Promoting Awareness of Motivational Incentives (PAMI).*

C 5 Managing the Mind of Worry and Panic

In this session participants will learn and be able to immediately apply techniques that 1. Stop worry, 2. Create mental calmness, 3. Help clients stay in the "here and now" and, 4. Explore and resolve the underlying triggers for panic and worry. Worry is of epidemic proportions in US culture. The constant bombardment from media about what we should be doing and how we should live breeds worriers. It can get so bad that it becomes generalized anxiety disorder. Panic is a most disturbing emotional sensation. It is highly negative – terrorizing in fact – and people will do just about anything to avoid feeling it again. These techniques can help people feel ready to face and eliminate worry and manage panic. Margaret Wehrenberg, PsyD, Wehrenberg & Associates, Naperville, IL. CLN/SELF. INT-ADV.

C 6 Ethical Fitness

How we function in everyday life is determined by our core values and beliefs. Ethical decision making skills are critical in this regard. Participants will discover fundamental shared values and learn how “ethical fitness” keeps us in mental shape to recognize and address ethical dilemmas. Half of the time is devoted to the presentation of material and small group work, and the other half to working through real life ethical dilemmas that the participants supply.

Trish Hatfield, MA, President, Character Ethics, LLC, Saint Albans, and Kim Barber Tieman, MSW, LCSW, Director, West Virginia Commission for National and Community Service, Charleston. *Note: This workshop applies to the Social Work Ethics requirement for WV temporary social work license holders.* Limited. ETH. ALL.

C 7 Off the Couch Therapy Techniques

This session focuses on experiential learning techniques that can foster communication between couples, among family members or between co-workers. These techniques help increase trust in relationships by providing new ways for clients to interact with each other. They also draw on problems that are relevant to the personal interest of the client, thus promoting self initiated learning which can serve to insure lasting change in relationships. Jessica Burkhamer, MSW, LICSW(MN), Psychotherapist, National Speaker for Cross Country Education, Park Rapids, MN. 15 limit. CLN. INT-ADV.

C 8 De-Stressing Techniques

Life seems to be getting more stressful every day, at home and at work. Go beyond merely managing stress to de-stressing. In this energizing session, you'll find out the single cause of all stress and relate this to what stresses you. Learn and practice an amazing instant De-stressing technique you can use every day and share with family and clients. Most importantly, you'll have fun, feel relaxed and have new skills to gain more control over your stress and life.

Aila Accad, RN, MSN, founder and CEO, LifeQuest International and Get-A-Grip Coaching & Training, Charleston.. CC/SELF. ALL.

C 9 Collaborative Behavioral Health in Primary Care

Also known as Integrated Behavioral Health, Collaborative Care occurs through brief behavioral health interventions provided as a normal part of the primary health care visit. What are the benefits of Collaborative Care? How do you integrate behavioral health into the primary care setting? You'll learn about Collaborative Care, why it's coming to the forefront in the healthcare industry, and how to prepare to work in this specialized field. Mary Aldred-Crouch, MSW, LICSW, CCAC, Behavioral Health Provider, Lincoln Primary Care Center/Pretera, West Hamlin. CLN/MH/HTH. ADV.

C 10 Forensic Abuse Interviews of Maltreated Children

When interviewing children to determine the likelihood that abuse has occurred, the methods used and information obtained determine whether the alleged perpetrator is convicted or a protective plan implemented. This session emphasizes a developmentally appropriate, objective assessment conforming to recognized ethical standards. Offers an overview of current research on abuse assessments including suggestibility, children's memory, developmental requirements of the interview and critical interview components. Cherie Chambers Cowder, MS, Licensed Psychologist, APS Healthcare, Charleston, WV. 100 limit. CLN/CYF/PUB. BAS-INT.

C 11 Counseling and Using Principles of Hypnosis: You Don't Have to be a Hypnotist to be Hypnotizing

Certain techniques and principles of hypnosis can be easily incorporated into clinical and counseling practice settings. Hypnosis is the language of poetry, good literature, and story telling. Your use of language can help you become a more 'entrancing' therapist, capturing the imagination of clients. Therapeutic use of ambiguous task assignments, metaphor, and ritual will also be examined as ways to engage your clients in change. These subjects will be addressed through lecture, discussion, and role plays. Neal Newfield, MSW, PhD, LICSW, Associate Professor, WVU Division of Social Work, Morgantown. Limited. CLN. ALL

C 12 Helping Youth Thrive: The Power of Developmental Assets

All children and youth need networks of individuals and institutions working around them to provide the conditions necessary for them to grow into healthy, caring and competent adults. Learn about the 40 Developmental Assets identified by the Search Institute and their power to promote positive outcomes. Barbara McFadden, MA, Adolescent Health Coordinator, Region I, RESA I, Beckley, and Chris Merritt, ACSW, LCSW, Adolescent Health Coordinator, Pendleton Community Care, Franklin. 45 limit. ADO/CYF. ALL.

C 13 The Role of Humor in Coping: Where There is Laughter, There is Hope

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 strong content with immediate take-home value. Bob Mitchell, MSSW, ACSW, Social Worker/Trainer, Robert W. Mitchell, Inc., Louisville, KY. CC. ALL.

C 14 Troubled Youth in Our Communities: Restorative Justice Programs

This session presents innovative treatment programs for violent/aggressive and sexually abusive youth that utilize the Logic Model for developing interventions, including making retribution against those harmed. Information about the components of these programs and how they are helping youth and families in their communities will be presented. The National Youth Advocate Program (NYAP) provides programming for violent/aggressive youth through a 26-week intensive, in-home, community-based program called CANEI, and also provides community-based therapeutic interventions and research-based strategies to youth with sexually abusive behaviors through the PASS program. Judy Strnad, MSW, Director of Program Development - CANEI, Kathy Cooper, MEd, LSW(OH), Regional Manager/PASS Manager, both of National Youth Advocate Program, Dayton, OH. CYF. ALL.

C 15 The Brain, Mental Health, Mindfulness, and Therapy

This is an exciting time to practice in the mental health arena! Previously disparate fields of practice and study are welcoming collaborative relationships to better grasp and create practices that promote well-being, and to better understand ourselves and our relationships with others. Participants will review the newest findings from neurobiology, developmental psychology, attachment theory, mental health, and mindfulness that are leading to exciting new ways of understanding and working with clients, and which also pay attention to the “self of the therapist”. We will present personal and therapy practices that are informed by these new “knowledges”, and ways of thinking about our work. There will be a mixture of lecture, discussion and experiential exercises. Martin Kommor, MD, Associate Professor and Chair, and Rachel Dash, MSW, LICSW, Assistant Professor, both of WVU Department of Behavioral Medicine and Psychiatry, Charleston Division. 50 limit. CLN. INT-ADV.

C 16 The Care-Giving Personality: Feeling too Much vs. Feeling too Little

Understanding the care-giving personality is crucial to understanding burnout, compassion fatigue and vicarious traumatization. Therapists are unique and often extraordinary people. They are challenged on emotional, intellectual and relational levels, often experiencing emotional pain as a result of feeling too much, or feeling too little. A model for understanding therapist vulnerabilities and techniques to deal with such issues will be presented. Chatman Neely, PhD Candidate, ACSW, LICSW, Coordinator, WVU Division of Social Work, Wheeling MSW Program. Limited. CLN, ALL.

C 17 The Nurtured Heart Approach: Transforming the Difficult Child

The frequency of children who are labeled with Oppositional Defiant Disorder, Attention Deficit Disorder and Conduct Disorder presenting for treatment is on the rise. This session offers new perspectives on the relationship between a child’s intensity, the interventions selected, and how and when change can take place. Examples and small group participation assist in learning these techniques to move challenging children to experiences of success. Offers reasons for lack of success of some traditional approaches. James H. Gregory II, MSW, Psychotherapist/Consultant in Private Practice, Charles Town, WV. 50 limit. CLN/CYF. ALL.

C 18 Skills for Treating Trauma and Dissociation: A Parts Psychology Approach

Trauma can result in dissociation, which varies in severity from strong internal thoughts or emotions to split-off personalities at its most extreme. Clinicians working with traumatized clients need to be familiar with how to assess and treat dissociation. This session introduces advanced skills used to treat dissociation using parts psychology and externalized dialogue. Also addresses how to help clients confront the fact that they cannot be happy in the assumptive world of their victim mythology following their traumatic experience. Linda Gantt, PhD, ATR-BC, LPC(PA),

Owner/Executive Director, and Ann DiMarco, MSW, ACSW, LICSW, Mental Health Therapist, both of Intensive Trauma Therapy, Inc, Morgantown. CLN. ALL.

C 19 Understanding "Brainwashing" in High Demand Groups and Abusive Relationships

Victims of domestic violence and sexual abuse have often undergone some form of mind control that leads to self-blame by the victim. This session helps social workers and other helping professionals maintain sensitivity to the belief systems of groups in the faith-based community, while being able to recognize and confront controlling behaviors. The focus will be on 'the deed, not the creed'. Jeff Bryson, LPC, Sexual Abuse Counselor, Cabell County Day Report Center and Parole Services, Huntington. CC/DOM/MH. ALL.

C 20 Everyday Self-Defense for Social Workers

Offers a balanced approach to personal and workplace safety that anyone can learn. In this introductory session, participants begin to gain the skills to protect themselves in everyday situations at work and on the street. This workplace safety presentation is designed specifically for the social work practitioner concerned with security within the work environment. The presentation includes an introduction to personal safety awareness exercises, conflict resolution skills, stress reduction, and practice with simple, but surprisingly effective practical skills. The combined use of proactive personal safety measures, positive communication skills, and the ABC's of self-defense provide the basis for this self-protection program. Janet Nelson, ACSW, LCSW, Third-degree Black Belt, originator of Everyday Self Defense, based in Tallahassee, FL. Limited. CC/PW/CLN/HTH/SWE. ALL.

D WORKSHOPS

D 1 Social Worker Safety: A National Overview

This presentation will offer social workers and other human professionals an opportunity to learn about specific incidents of harm that colleagues in the field have endured. We will also review state and national legislative actions being taken to protect us. We will discuss innovative ideas for more effective advocacy in the area of personal safety and review available resources in the field of social worker safety. This workplace safety presentation is designed specifically for the social work practitioner concerned with workplace security. Janet Nelson, ACSW, LCSW, Third-degree Black Belt, originator of Everyday Self Defense, based in Tallahassee, FL. CC/PW/CLN/SWE/ALL. ALL.

D 2 Live Performance by Dreams of Hope LGBT and Allies Youth Performers

Through the arts, Dreams of Hope develops lesbian, gay, bisexual, transgendered and allied youth leaders who educate audiences in an effort to promote social change. This session includes a performance of "Out at Work, Out at School," a non-traditional performing arts experience based on the lives of the LGBT youth performers, ages 13-21. The show explores what it means to be "Out," to be oneself, expressed through song, dance, drama, music and the spoken word. The performance is followed by a discussion period during which audience members can ask questions and have a candid discussion about the issues facing LGBT youth and their allies. Susan Haugh, Artistic Director and Performers of Dreams of Hope: LGBT and Allies Youth Performers, Pittsburgh, PA, and Betty Hill, Executive Director, PERSAD Center, Pittsburgh, PA. DIV/CYF/SCH. ALL.

D 3 Depression Treatment in Type 2 Diabetic Appalachians: Program ACTIVE

This workshop discusses depression and diabetes with emphasis on a new treatment study for depression among Appalachian diabetics entitled Program ACTIVE (Appalachians Coming Together to Increase Vital Exercise). People with diabetes are twice as likely to experience depression than their non-diabetic peers. Depression worsens diabetes outcomes, including blood sugar control, complications, self-care, and early mortality. Anyone who works with people with diabetes will receive an overview of this important issue and learn strategies to support depression treatment. Mary de Groot, PhD, Assistant Professor, Ohio University, Athens, OH. CLN/HTH. ALL.

D 4 Vet Center Services for Returning Veterans and Their Families

West Virginia has one of the highest veteran populations per capita in the United States. At some time every clinician will come in contact with a former member of the armed services or their family members. This workshop will raise awareness of the problems facing returning vets and their families. Presenters will also explain what happens at vet centers and describe services available to returning vets and their families. Melody Baringer, MA, Team Leader, Department of Veterans Affairs, Beckley, Gary Jarrell, BA, Readjustment Counseling Technician, Morgantown Vet Center, and Earnest J Baringer, VA Readjustment Counseling Therapist, Princeton Vet Center. CC/CLN/CYF/HTH. ALL.

D 5 Yoga for All

When you work in a field that requires you to give so much to others, it's important to learn to take care of yourself. Social workers and their clients will experience positive mental and physical benefits by practicing a very easy yoga program. You'll learn breathing and relaxation exercises, as well as physical exercises to increase range of motion, flexibility, strength and circulation. Appropriate for all ages and fitness levels. Lori Keller, Certified Yoga Instructor, Active Fitness Center, Oak Hill, WV and Kara Ware, Certified Yoga Instructor, Lansing, WV. 75 limit. CC/SELF. ALL.

D 6 Adolescent Substance Abuse and Harm Reduction: 'Just Say Know'

This workshop introduces the Harm Reduction approach to treating adolescent substance abuse. Traditional abstinence-based, disease models and twelve step treatment approaches are not always appropriate for teenagers, as they label and stigmatize adolescents and often increase defenses. Harm Reduction approaches 'meet the clients where they are' and view problem behaviors on a continuum. Janie L. Howsare, MSW, LICSW, MPA, Child, Adolescent and Family Therapist, WVU School of Medicine, Dawn M. Neely, WVU MSW Program. 50 limit. ADO/CLN/CYF. ALL.

D 7 Therapeutic Progress: What Works in Therapy

Most clinicians are familiar with evidence-based practice, but most evidence involves how a specific therapy might help with a specific problem. This session examines how common elements present in a large number of therapies are helpful in treating many emotional and psychiatric problems. Geared primarily to psychotherapy clinicians, and aligned with the philosophy espoused in *The Heart & Soul of Change: What Works in Therapy* by Mark A. Hubble, Barry L. Duncan and Scott D. Miller. James S. Murphy, MSW, LICSW, Associate Professor/Co-Director of Social Work, WVU Department of Behavioral Medicine and Psychiatry-Sharpe Hospital, Weston. 50 limit. CLN. INT-ADV.

D 8 Understanding Diversity

The focus of this workshop is to help professionals and organizations recognize, appreciate and value the diversity of coworkers. Topics include defining what diversity is and is not, exploring race, ethnicity, language, stereotypes, identifying primary and secondary dimensions of diversity and defining conditions of growth. Coston Davis, MA, Director of Leadership, Mentoring & Judicial Affairs, West Virginia State University, Institute. 30 limit. CC/DIV. ALL.

D 9 Advanced Therapy Skills in Collaboration with Women Who Dissociate

This is 'Part 2' of the morning workshop. To attend this session it is strongly recommended that you first have attended the morning session, a previous years' workshop on Collaboration with Women Who Dissociate, and/or another introductory workshop on Dissociation. Specific therapeutic practices will be presented, along with group discussion and tapping into the experiences of the participants will be encouraged. Rachel Dash, MSW, LICSW, Assistant Professor, and Carol Freas, MD, Assistant Professor, both of WVU Department of Behavioral Medicine and Psychiatry, Charleston. 40 limit. CLN. ADV.

D 10 Children at Risk for Residential Placement: Building a Statewide System of Care

This panel discussion covers five strategies that have strengthened the foundation for an integrated service delivery system in West Virginia. The session will include small-group activities to explore community partnerships, resources, and possible next steps in this process. Panelists: Susan Fry, MA, LPC, Stepping Stones, Inc., Lavelette, Sue Hage, MA, LSW, Program Manager II, Regulatory Management, Office of Children & Family Policy, WV-DHHR, Charleston, Laurel Haught, RN, Director, Region II Family Network, Huntington, and Linda Watts, MSW, LGSW, Director, WV System of Care, Prester Center, Huntington. 50 limit. CYF. ALL.

D 11 Integrative Care: A Critical Need for Persons with Chronic Mental Illness

People who suffer with serious mental illness and poor physical health need special attention and support. Participants will learn about the critical status of the problem of serious physical illness in persons with chronic mental illness. Service gaps will be identified and examined for solutions. The Social Workers' strengths as an appropriate responder to this crisis will be emphasized. Ellen Gricewich, MSW, LICSW, Assistant Professor, WVU Department of Behavioral Medicine & Psychiatry, Sharpe Hospital, Weston. 50 limit. CLN/HTH. ALL.

D 12 Compassionate Communication

Utilizes Marshall Rosenberg's Nonviolent Communication to create an opportunity to learn and practice language that deepens connections. You will learn the four steps of Nonviolent Communication that enable us to hear our own and others' deeper needs, and to become more in tune with our compassionate nature. Useful to all professional practice settings and the workplace, as well as in our personal lives. Rose Ann Hefner, MS, LPC, LSW, SSJ, Staff Therapist,

Diana Masso, MA, LPC, Staff Therapist, and Ann Martin, MA, LPC, Staff Therapist, all of Kanawha Pastoral Counseling Center, Charleston. CC/CLN. ALL.

D 13 The West Virginia Transition Initiative

The WV Transition Initiative, implemented in 2007, helps people residing in nursing homes transition back to home and community settings. You'll learn about the transition process, the availability of start-up funding, and the 'Money Follows the Person' concept. The Initiative provides grants to experienced community organizations and is funded by the WV Olmstead Office. Tina Maher, BA, Olmstead Coordinator, WV Department of Health and Human Resources, Charleston, and Vanda Spencer, Transition Coordinator, WV Bureau of Senior Services, Charleston. DD/MH/HTH. ALL.

D 14 Cultural Awareness: Impact of Therapeutic Alliance, Treatment Persistence and Hopefulness

We will examine the effectiveness of in-home family services by studying the connections between persistence in treatment, youth/parent hopefulness and satisfaction with services, cultural awareness, and therapeutic alliance. Presents research findings on satisfaction of families receiving in-home services in rural Ross Co., Ohio. Sylvia Hawranick, MSW, EdD, Assistant Professor, Mingun Lee, PhD, Assistant Professor, and Karen Townsend Carlson, PhD, Associate Professor, all of Ohio University Department of Social Work, Athens, OH. 50 limit. CYF/RES/SWE. ALL.

D 15 Imagery and Goal Setting: Techniques for Self-Management and Planning

This session provides opportunities to explore and experience imagery techniques useful for self-management, planning, and as a coping strategy. The activities are designed for beginner and mid-level practitioners, including agency administrators interested in using imagery as a planning tool. The workshop will combine theory and structured exercises that require active participation of all attendees. Steven E. Perkel, DSW, MSW, LICSW(NJ), Owner, Steven E. Perkel & Associates, Cherry Hill, NJ. 35 limit. CLN/MGT/SELF.

D 16 Nonprofits: Ways to Protect Your Corporations

This presentation will explore some of the vulnerable areas of nonprofit organizations, with the intent of supplying food for thought to enable participants and entities to be more effective in serving the public good. Participants are highly encouraged to bring problem solving situations from their own entities too. Daniel W. Farley, PhD, MSW, CNHA, ACSW, LCSW, President & CEO, Glenwood Park, Inc., Princeton, WV. MGT. ALL.

D 17 Our Lives as Therapists

In this workshop a panel of experienced, skilled clinical social workers will share how being a therapist has affected their lives. Included will be discussion of such topics as balancing personal and professional lives, providing therapy while experiencing personal or significant life transitions and challenges, establishment of boundaries, dual relationships, spiritual and personal growth, and establishing support networks with other clinicians. Debra Beatty, MSW, LICSW, Clinical Social Work/Psychotherapist in Private Practice, Elkview, Nancy Brallier, MSW, LICSW, Social Work/Psychotherapist in Private Practice, Charleston, and Suzanne Thorniley, MSW, LICSW, Social Work/Psychotherapist in Private Practice, Charleston. CLN/SELF. INT-ADV.

D 18 Self & Balance Amid Chaos: Fostering a Sense of Professional Resilience

We spend our careers advocating for and empowering others. We use our energy in our personal lives on those around us. How often do we put ourselves first? Does how you spend your time define who you are? If the answer is "No", then you need to attend this session. Ellen Fink-Samnack, MSW, LCSW(VA), CMN, CRC, President, EFS Supervision Strategies, Burke, VA. CC/HTH/SELF. ALL.

D 19 Speaking of War

This session offers a respectful discussion about the war on terror, including the wars in Iraq and Afghanistan. Participants will be encouraged to tell their stories, and express their thoughts and feelings in an open-minded atmosphere that emphasizes listening. The goal is to allow participants the opportunity to experience social dialogue in a safe, responsible way. Gary W. McDaniel, MSW, LICSW, Clinical Social Worker, East Ridge Health Systems, Berkeley Springs. CC/CYF. ALL.

D 20 The Game of Life: Rules for Productive Play

Social workers, therapists, managers, staff and team members will all benefit by learning empowering and energizing new communication skills. A breakthrough in fundamental abilities to shift focus away from self-limiting, fear-based perceptions, to useful conclusions and empowering thought patterns. Shana Horrigan, MA, Personal and Business Coach, Halcyon Vision Coaching, Elkins. 30 limit. CC/CLN/MGT. ALL.

D 21 The Mental Hygiene Commitment Process

The process of involuntary commitment is painful and complex. At the same time the social worker may find that the client seems to be working against their own interests. This panel will elucidate the actual commitment process used in WV through presentations by a crisis worker who initiates the process, a mental hygiene commissioner who approves or denies it, a psychologist who can certify it, and a social worker who frequently decides whether to use this process to help the client. Question and answer session to follow. John Levin, MSW, LCSW, Social Worker, Charleston Area Medical Center, Charleston, Robin Louderback, Attorney, Louderback & Louderback, Charleston, Tracie L. Hall, MA, LSW, Residential Supervisor, Pretera Center, Cross Lanes, and Tracy Pauley Smith, MA, Licensed Psychologist, Process Strategies, Charleston. CC/CLN. ALL.

E WORKSHOPS

E 1 Alzheimers 2008: What We Can Do Now

Alzheimer's and the other dementias are more prevalent than most people realize. This session offers a comprehensive overview of prevention, assessment, best practices and dementia management. Also discusses how to handle difficult behaviors. Richard Ham, MD, WVU Center on Aging, Morgantown. CC/CLN/HTH. ALL.

E 2 Community Reintegration of Veterans

Veterans of the Global War on Terror, their families, friends and communities, face unique issues transitioning from war to home. This session is designed to help non-military professionals understand the needs of returning veterans of Iraq and Afghanistan. Frequently faced issues and successful reintegration strategies are discussed. Katherine E. Smits, MSW, LICSW, OEF/OIF Program Manager and Jessica McGowan, BSW, LSW, MSW Candidate, OEF/OIF Program, both of Martinsburg VA Medical Center Martinsburg. CM/MH/CO. ALL.

E 3 Meth, Drugs & Drug Endangered Children

Focuses on children who suffer physical or psychological harm or neglect as a result of exposure to an environment where adults are manufacturing, selling or using drugs. Appropriate response is paramount for the safety of all concerned. Offers identification, safety and awareness tips for social workers and child welfare professionals. Andrea Darr, BA, WV Drug Endangered Children Coordinator, WV Prosecuting Attorneys Institute, South Charleston. CYF/HTH/PW. ALL.

E 4 Live Performance by Dreams of Hope LGBT and Allies Youth Performers (Repeat of the Thursday afternoon session)

Through the arts, Dreams of Hope develops lesbian, gay, bisexual, transgendered and allied youth leaders who educate audiences in an effort to promote social change. This session includes a performance of "Out at Work, Out at School," a non-traditional performing arts experience based on the lives of the LGBT youth performers, ages 13-21. The show explores what it means to be "Out," to be oneself, expressed through song, dance, drama, music and the spoken word. The performance is followed by a discussion period during which audience members can ask questions and have a candid discussion about the issues facing LGBT youth and their allies. Susan Haugh, Artistic Director and Performers of Dreams of Hope: LGBT and Allies Youth Performers, Pittsburgh, PA, and Betty Hill, Executive Director, PERSAD Center, Pittsburgh, PA. CC/CYF/DIV/SCH. ALL.

E 5 Understanding Diversity (Repeat of the Thursday afternoon session)

The focus of this workshop is to help professionals and organizations recognize, appreciate and value the diversity of coworkers. Topics include defining what diversity is and is not, exploring race, ethnicity, language, stereotypes, identifying primary and secondary dimensions of diversity and defining conditions of growth. Coston Davis, MA, Director of Leadership, Mentoring & Judicial Affairs, West Virginia State University, Institute. 35 limit. CC/DIV. ALL.

E 6 Rural Ethics: Living in the Glass House

Anyone who has practiced in rural areas has had the experience of living in a 'glass house'. Everyone knows what you do and who you are. Given this, how can we practice and protect the confidentiality of clients? What do we promise when we offer confidentiality? Going beyond the basic discussion of 'If I see you on the street', this session explores the meaning of confidentiality, as well as ideas for protecting your clients. Suzie Cashwell, PhD, MSW, MSW Program Director, Social Work Program, Western Kentucky University, Bowling Green, KY. Limited. ETH. *Note: This session applies to the Social Work Ethics requirement for WV temporary social work license holders.*

F WORKSHOPS

F 1 Coaching: A New Social Work Sub-Specialty

Clinical social workers trained in direct practice have many skills applicable to coaching. This skill set, when reframed to be future-oriented, strength-based and aspiration-driven, provides a foundation for a new arena of social work practice: coaching. The differences and similarities between traditional psychotherapy, solution-focused therapy, and coaching will be defined as the presenter helps participants learn the driving principles, rules of engagement and competencies associated with this new helping model. Steven E. Perkel, DSW, MSW, LICSW(NJ), Owner, Steven E. Perkel & Associates, Princeton, NJ. 35 limit. CLN. ADV. *Note: This workshop continues from 1:00 until 4:00 PM on Friday afternoon. Participants will attend the continuation of this workshop instead of a Networking Session and the Closing Plenary Session. Only workshops F1 and F2 are six hours.*

F 2 Working with Sex Offenders

The focus is on understanding the complexities of supervising the sex offender in multiple settings. Lecture, videotape, and interactive techniques will be used to promote understanding of the difference between forensic social work, general social work, and psychotherapeutic practice. It will also help participants gain understanding of sex offender deceptive behaviors, the containment model for treating and managing sex offenders, and issues including relapse prevention and the cycle of sexual assault. Jeff Bryson, LPC, Cabell County Day Report Center and Parole Services, Huntington; Susan McQuaide, MA, LSW, CSOTS, Director, Sexual Assault Services, Family Counseling Connection, Charleston; and Cara Kent MA, LPC, Coordinator, Sexual Abuse Specific Treatment, Wood County Parole Services, Parkersburg. CLN. INT-ADV. *Note: This workshop continues from 1:00 until 4:00 PM on Friday afternoon. Participants will attend the continuation of this workshop instead of a Networking Session and the Closing Plenary Session. F1 and F2 are six hours.*

F 3 After the War: Implications for Policy, Providers and our Personal Lives

This panel discussion examines available services and the needs identified through a study by WVU faculty and the Division of Social Work's Burgess Center for WV Families and Communities. Researchers worked with the WV Legislature and WV Division of Veterans Affairs to survey veterans of the wars in Kosovo, Iraq, and Afghanistan to better understand veterans' physical and mental health needs, and their family and financial issues. Panelists will identify current programs that meet treatment, social service and vocational needs, the necessary legislative agenda related to state veterans, and recommendations to improve services available to this newest generation of returning war veterans. Moderator: Virginia Majewski, PhD, ACSW, Chairperson, WVU Division of Social Work, Morgantown. Panelists include: State Senator Jon Blair Hunter, MSW and Delegate Barbara Fleischauer, Co-Chairs of the Select Interim Committee on Veterans' Issues of the WV Legislature, The Reverend Ricardo Flippin, Program Coordinator, CARE-NET, WV Council of Churches, Hilda Heady, MSW, Associate Vice President for Rural Health, WVU Health Sciences Center, Larry Linch, Director, WV Division of Veterans Affairs; Betsy Randall, PhD, ACSW, LICSW, Director, WVU Division of Social Work Charleston MSW Program, Joseph Scotti, PhD, Professor of Psychology, WVU, and Roy Tunick, PhD, Professor of Counseling, WVU. CC/CYF/DIV/HTH/POL. ALL. *We gratefully acknowledge the support of the Burgess Center for West Virginia Families and Children, WVU Division of Social Work, for making this presentation possible.*

F 4 White Privilege and Racism: Barriers to Equality

Social work's purpose has been steadfast in addressing racism, prejudice and discrimination which results in suffering for African Americans. The workshop enables practitioners to participate in identifying white privilege and to begin addressing matters of race within their own behavior, in their practice, and in social action. Repeated from two years ago by your request! Wilburn Hayden, Jr., PhD, MSW, CMSW(NC), Professor/Director, School of Social Work, York University, Toronto, ON, Canada. ETH/CC/DIV/POL/ SELF. ALL. *Note: This workshop applies to the Social Work Ethics requirement for WV temporary social work license holders.*

F 5 Adolescent Suicide: Assessing and Managing Risk

Adolescence is a period often marked by emotional lability, experimentation, intense interpersonal relationships, and increased independence. For many, and especially those with an underlying mood disorder, this can be a confusing time leading to depression, despair, and too often thoughts of suicide. In this workshop, clinicians will learn the most recent data concerning adolescent suicide, learn how to administer a suicide risk assessment protocol, and will discuss how to decrease clinician risk when working with suicidal youth. Stephanie Belford, MSW, ASPEN Project Director, Prester Center, Huntington, and Robert O. Musick, MSW, Valley HealthCare, Morgantown. CC/ADO/CLN. ALL.

F 6 Human-Animal Connection: Animal Assisted Therapy & Activities

The concepts and applications of Animal-Assisted Activities and Therapy are explored in this workshop featuring Golden Retrievers Cedar and Jamie, Certified Therapy Dogs. Topics include the importance of pets in the family, therapeutic effects of animals, and utilizing animals to assist in treatment. The selection, assessment, testing and certification of animals are explained and a demonstration is offered. Supportive research is also identified. Susan Mullens, MS, LPC, CCAC, Psychologist, Youth Health Service, Inc., Elkins, and Kate Goodrich-Arling, Public Relations Specialist, US Forest Service, Elkins, Dog Trainer and Animal Assisted Activities Advocate. CC/CLN/CYF/HTH. ALL.

F 7 PTSD: Helping Veterans, Soldiers and Their Families

Participants will learn how to use various methodologies for working with veterans, soldiers and their families. Military trauma, appropriate military language, values and culture will be addressed in order to teach basic skills in a safe and therapeutic manner. Participants will also be acquainted with aspects of counter-transference while working with military personnel and their families. Richard Vincent, MSW, LICSW, Clinical Social Worker, Veterans Administration, Vet Center, Charleston. 50 limit. ADT/CLN/CYF. ALL.

F 8 Writing for Social Change

Social Workers will discover the important things they have to say about social issues and how to write about them. It will provide a framework for understanding how the public thinks about social issues, tapping into one's own personal experiences for stories about social issues, various approaches to writing and ways to share your writing. The writing exercises are designed for people of all abilities. Julie Pratt, MSSW, Writer/Consultant, Charleston. 20 limit. CC/POL. ALL.

F 9 Advanced Sacred Places

Supervisors, employees, and clients will learn how creating a sacred place for treating addiction can assist all by teaching clients to respect self and others while keeping rituals, rules and humor in our lives. This in turn allows for continued spiritual growth. Supervisors learn that supervision is done in a team approach with no blame. Staff learns to recognize positive changes in self and others. Russ Taylor, LSW, LICDS, CCAC-S, Director and Judy Kesterson, LSW, CAC, Assistant Director, both of Dr. Lee Jones Miracles Happen Center, HealthWays, Inc., Wheeling, and Jon Quinlisk, MA, MEd, LPC, CAC, Co-Coordinator, DUI Program, The Learning Place, Wheeling. 70 limit. ADT/CLN. ALL.

F 10 Anatomy of a Case

A case study will be presented about a child with a history of domestic violence, sexual abuse, and recantation. Participants will further gain an awareness of the juxtaposition of legal vs. therapeutic ramifications of violence within the family. Group discussion will facilitate understanding of how multiple systems view and deal with domestic violence and its effect on children. Susan E. Vlajk, BSW, MSW, Psychotherapist, and Monica Acord, MS Candidate, Forensic Interviewer, both of Child and Youth Advocacy Center, Lewisburg. 50 limit. ADO/CLN/CYF/PW. ALL.

F 11 Doing Documentary Photography for Your Agency

Frequently agencies need good photographs for press releases and brochures. This workshop will teach participants how to improve their picture taking. The essentials of press releases and photo editing will also be discussed and illustrated through abundant visual examples. Neal Newfield, MSW, PhD, LICSW, WVU Division of Social Work, Morgantown. CC/MGT. ALL.

F 12 Education about's Alzheimer's Disease: How and Why We Must Succeed

Alzheimer's and the other dementias are more prevalent than most people realize. Social workers, indeed all health professionals and informed people, have a role in educating others about Alzheimer's disease and dementias. Learn what you need to know to educate health professionals in practice and training, including your own doctor, caregivers, families and the general public. Find out about everyday opportunities to educate others wisely, legally and practically about principles of care, quality of life/ postponing dependency, difficult behaviors such as driving, legal concerns and long-term care. Richard Ham, MD, WVU Center on Aging, Morgantown, Jane Marks, Executive Director, West Virginia Alzheimer's Association, Charleston. AGE/CL/HTH/SELF. ALL.

F 13 Relational Aggression: The Hidden Culture of Female Bullying

This interactive workshop explores relational aggression (RA), which is using a relationship to harm others. RA is more insidious and harder to detect than physical violence. The focus is on teen girls, ages 12-18, where such behaviors as spreading gossip, starting rumors, and creating cliques to exclude others occur. Learn to work with RA, how to talk about

it and discuss alternatives, and receive a handout to share information about RA with others. Barbara McFadden, MA, Adolescent Health Coordinator, RESA 1 Region 1, Beckley, and Chris Merritt, ACSW, LCSW, Adolescent Health Coordinator, Region 8, Pendleton Community Care, Franklin. 35 limit. ADO/CYF/SCH. ALL.

F 14 Emotional Freedom Techniques (EFT)

The technique of EFT is simple to teach to clients and can empower them to help themselves through stressful situations. In this hands-on workshop, participants will learn the principles behind the effectiveness of this new and still experimental technique, and basic EFT procedures. EFT is useful with a variety of problems, ranging from stress reduction to pain relief. Aila Accad, RN, MSN, founder and CEO, LifeQuest International and Get-A-Grip Coaching & Training, Charleston. CLN/HTH/SELF. ALL.

F 15 Ethically and Practically Speaking: Managing Malpractice Risk as a Social Worker

Learn reasons social workers are sued and what you can do to decrease risks. Intended for social workers in all settings, this session covers key concepts in risk management, such as confidentiality and its exceptions, duty to warn, and informed consent. We'll define what constitutes a malpractice case and emphasize important record keeping issues, guidelines for supervision, and special tips for clinical and private practitioners. Information on malpractice insurance and its features is also provided. Greg V. Jensen, ACSW, LISW(IO), Director, Department of Social Service and Administrator of Behavioral Health, University of Iowa Hospitals and Clinics, Iowa City, IO. 75 limit. CC/CLN/ETH. ALL. *We gratefully acknowledge the support of NASW Assurances Services, Inc., Washington DC, for making this workshop available.*

F 16 From the Inside Out: Your Own Story, Your Own Words

Good writing is relevant in almost every sort of employment, but it is particularly important for people whose jobs include communicating with other people. The therapeutic value of creative self-expression can be especially beneficial to social workers, whose jobs require that they spend much of their time taking care of others' needs. This creative writing session is meant as much for affirmation and joy as it is for the improvement of skills. Participants will leave the session with new or refreshed writing skills and a renewed appreciation for the therapeutic value of personal writing, whether they express themselves in poetry, journaling, song, or another writing form. Colleen Anderson, MA, Owner, Mother Wit Writing and Design, Charleston. 70 limit. CC. ALL.

F 17 Spiritual Terrorism: Spiritual Abuse from the Womb to the Tomb

Participants will explore the symptoms of spiritual abuse, how to identify it, understand it, treat it and make a helpful referral. This workshop is relevant to social workers in many areas of service including mental health and aging, and work with hospice patients, those grieving, drug addicts, juvenile delinquents and the incarcerated. This workshop will apply insights in helping to treat oneself as well as victims of spiritual abuse. Boyd C. Purcell, PhD, MDiv, MA, LPC, Retired Chaplain, Kanawha Hospice Care, Dunbar. 80 limit. CC/CLN. ALL.

F 18 Effective Supervision Techniques for New Supervisors

This session enables new supervisors to better manage the workplace environment, motivate others, supervise difficult employees, and maximize human resources in the delivery of professional services. Human resources are the most important assets to any organization. Supervising employees is difficult, even when you have dedicated, hardworking employees. Effective supervision is an art and science that requires education, training, practice and experience, and appropriate temperament. Joe E. Richards, MA, Chief Executive Officer, WV EMS Technical Support Network, Charleston. MGT. ALL.

F 19 The New Ethics: The Helping Professions & Electronic Media *

This session will give EAP professionals and other clinicians an understanding of the unique ethical dilemmas that occur when interacting with or on behalf of clients via electronic media. We will review, reference, and address the ethical guidelines of the National Association of Social Workers (NASW), the American Counseling Association (ACA), the Employee Assistance Professional Association, and the International Coaching Federation as they apply to the use of electronic media. Thomas D. Miller, MA, LPC, CAC, Resource Coordinator, beBetter Networks, Inc., Charleston and W. Truman Long, MSW, LGSW, Adjunct Professor, WVU – Parkersburg. CLN/ETH. INT. ** Note: This workshop applies to the WV LPC Ethics requirement, and will be extended by 15-minutes to meet the requirement that LPC ethics sessions encompass three full hours, excluding breaks. This workshop also applies to the Social Work Ethics requirement for WV temporary social work license holders.*

F 20 Everyday Self Defense for Social Workers: Intermediate Training

As a follow-up to the basic workshop offered on Thursday (and at the 2007 Spring Conference), participants will gain further practice in this balanced approach to personal and workplace safety. Social workers will continue to gain skills to protect themselves in everyday situations at work and on the street. This workplace safety presentation is designed specifically for the social work practitioner concerned with security in their work environment. The presentation includes a more in-depth practice of personal safety awareness exercises, de-escalation techniques, stress reduction, and practice with simple, but surprisingly effective, physical skills. The combined use of proactive personal safety measures, positive communication skills, and the ABC's of self-defense provide the basis for this self-protection program. Janet Nelson, ACSW, LCSW, Third-degree Black Belt, originator of Everyday Self Defense, Tallahassee, FL. 75 limit. CC/PW. INT.

Note: Prior to attending this session, participants should have attended the basic Everyday Self-Defense for Social Workers workshop at this or another conference.