

The 23rd Annual Maine Child Welfare Conference June 22, 2017

SPECTACULAR EVENTS CENTER

395 GRIFFIN ROAD, BANGOR, MAINE



Tipping Points in Child Welfare: A Time of Hurt and a Time to Heal

Keynote Presentation

Why Do You Need to be Trauma Informed?

presented by

M. Elizabeth Ralston, PhD, LISW-CP, LFMT
Director Emeritus, The Dee Norton Lowcountry Children's Center



This activity has been submitted to the Northeast Multi-State Division for approval to award contact hours. The Northeast Multi-State Division is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Maine, New Hampshire, New York, Rhode Island, Vermont Nurses Associations are members of the Northeast Multi-State Division of the American Nurses Association.

**CERTIFICATES FOR CONTACT HOURS & FORMS REQUIRED IN ORDER TO RECEIVE CEUs WILL BE AVAILABLE
AT THE CONCLUSION OF THE CONFERENCE.
COST OF CEUs NOT INCLUDED IN THE CONFERENCE FEE.**

APPROVAL FOR GUARDIAN AD LITEM & PSYCHOLOGY CONTINUING EDUCATION CREDIT IS BEING SOUGHT



Conference Agenda

- 8:00 - 8:45** **Registration**
- 8:45 - 9:00** **Welcome and Housekeeping**
- 9:00 - 10:30** **KEYNOTE - Why Do You Need to be Trauma Informed?**
M. Elizabeth Ralston, PhD, LISW-CP, LFMT
Director Emeritus, The Dee Norton Lowcountry Children's Center
- 10:30 - 10:45** **Mid-Morning Break**
- 10:45 - 12:15** **Morning Breakout Sessions**
- A. Childhood Exposure to Violence and Trauma: Impact, Interventions, and Treatment**
Allegra Hirsh-Wright, LCSW, RYT
Training Manager, Department of Clinical Innovation, Maine Behavioral Healthcare
 - B. The Medical and Developmental Needs of Foster Children**
Stephen J. Meister, MD, *Medical Director, Edmund N. Ervin Pediatric Center, MaineGeneral Medical Center*
 - C. Healing the Healers Through Peer Support**
Jackie Cyr, NPc, *Family Nurse Practitioner, Acadia Hospital*
Laura Schneider, CRNA, MAI, *Nurse Anesthetist, Nurse Anesthesia of Maine*
- 12:15 - 1:00** **LUNCH**
OPTIONAL LUNCH PRESENTATION: Penquis Child Abuse and Neglect Prevention Council
Denise Trafton, LSW, *Program Manager, Penquis Child Abuse and Neglect Prevention Council*
- 1:00 - 2:30** **Afternoon Breakout Sessions**
- D. Navigating the Minefield of the Legal System in Child Protection**
Briana White, Esq., *Assistant Attorney General, Child Protection Division, Office of Attorney General*
Tracy Leigh, Esq., *Coordinator, Guardian ad Litem Services, Maine Judicial Branch*
 - E. Why Trauma Informed 504 Plans and IEPs?**
M. Elizabeth Ralston, PhD, LISW-CP, LFMT
Director Emeritus, The Dee Norton Lowcountry Children's Center
 - F. Resilience: The Biology of Stress and the Science of Hope (Film and Facilitated Discussion)**
Patty Hamilton, FNP, *Public Health Director, Bangor Public Health and Community Services*
- 2:30 - 2:45** **Afternoon Break**
- 2:45 - 4:15** **PLENARY - Vicarious Trauma: The Impact of Helping and Building Resilience**
M. Elizabeth Ralston, PhD, LISW-CP, LFMT
Director Emeritus, The Dee Norton Lowcountry Children's Center
- 4:15 - 4:30** **Closing Remarks**

Handouts and reference materials will be available on the Wings website one week prior to the conference.
Please print them out if you'd like a hard copy: www.wingsinc.org



Keynote

Why Do You Need to be Trauma Informed?

This presentation will focus on the impact of trauma and how trauma may then impact the child, the caregiver and the professionals involved in the community response to allegations of abuse.

Learning Objectives:

1. Participants will be able to state the two most common types of trauma children experience: child abuse, and exposure to violence.
2. Participants will have the ability to convey that the impact of trauma on the child and family also impacts the investigation and the outcomes for the child and family, the investigator and the Child Welfare and Criminal Justice Systems.
3. Participants will be able to cite at least two examples as to how professionals working with victims of trauma may be impacted.
4. Participants will be able to state how to apply a trauma lens to their work to improve outcomes for themselves, their agency/organization and for the children they serve.

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Plenary

Vicarious Trauma:

The Impact of Helping and Building Resilience

This presentation will address how working with victims of trauma can impact professionals and will identify strength based concepts that can be used to increase personal and professional resiliency.

Learning Objectives:

1. Participants will be able to state at least two potential risks of secondary vicarious stress to the "well being" of staff and partners as they work daily to protect and heal child victims.
2. Participants will be able to name at least two concepts that are "strength based" and have the potential for resiliency building to support long term, positive outcomes in working with trauma victims.
3. Participants will be able to explain how to apply strength-based concepts to increase stress hardiness in themselves, their staff and their community partners.

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Morning Breakout Sessions

A. Childhood Exposure to Violence and Trauma: Impact, Interventions, and Treatment

Allegra Hirsh-Wright, LCSW, RYT

National statistics tell us that 1 in 4 children will experience a traumatic event by the time they are 16 years old. There is increasing evidence that early life stressors such as abuse, witnessing intimate partner violence and related adverse experiences cause enduring brain dysfunction that, in turn, affects health and quality of life throughout the lifespan. However, the good news is these effects of exposure to violence and other types of trauma can be mitigated with appropriate supports and interventions. Additionally, research has shown that the presence of a supportive adult or environment provides a powerful buffer to children from the intense stress or anxiety that may occur when they are exposed to violence and trauma. This workshop will introduce participants to the impacts of exposure to violence and trauma on children, will offer examples of how and why this impact manifests itself as behaviors, and will teach participants ideas and skills to help support a child, in the moment, when they may be experiencing a traumatic stress reaction. Finally, this workshop will offer information about evidence-based treatment options that are available in the state for children who need a little more support.

Learning Objectives:

1. Participants will be able to communicate their knowledge of the prevalence of childhood exposure to violence and trauma.
2. Participants will be able to provide at least two examples of childhood exposure to violence and at least two symptoms of child traumatic stress.
3. Participants will be able to list at least two ways to support children experiencing traumatic stress reactions to childhood exposure to violence and trauma.

B. The Medical and Developmental Needs of Foster Children

Stephen J. Meister, MD

The history of children needing out of home care in Europe and the USA is the history of pediatric medicine. This presentation will trace the development of programs in England and France to address the needs of neglected and abandoned children from the 16th and 17th centuries to the beginning of the 20th century in the United States. The presentation will also focus on the needs of abused, neglected and abandoned children and programs developed to address their medical and behavioral health needs in the end of the 20th and beginning of the 21st century. This presentation will include data from Maine including some outcomes data and will briefly discuss the impact of adverse childhood experiences and child traumatic stress on health.

Learning Objectives:

1. Participants will be able to list at least two of the following three impacts that child abuse and neglect has on children: development; health; behavior.
2. Participants will be able to articulate the stages of program development to address the needs of children in out-of-home care.

C. Healing the Healers Through Peer Support

Jackie Cyr, NPc
and Laura Schneider, CRNA, MAI

For centuries healers have been indoctrinated to “soldier on no matter what” despite repeated exposure to horrific and devastating scenes. However, we are now amid a cultural shift. Recent research has shown that those who care for victims of trauma, abuse, or medical error are often traumatized themselves and that this can have a negative impact on client care and safety. This secondary trauma is known as “The Second Victim Phenomenon”. It is no longer acceptable to ignore the effects or existence of secondary trauma on our healing professionals because the consequences for the system, care-givers, and clients are too high. This workshop will introduce the concept of “The Second Victim Phenomenon” and explain how peer support can be successfully implemented to build resilience and decrease burnout within work groups and organizations.

Learning Objectives:

1. Participants will be able to define “second victim phenomenon”, and state why peer support is critical to building a resilient care team.
2. Participants will be able to explain how to recognize a critical incident.
3. Participants will be able to describe at least three signs of acute traumatic stress following a critical incident.
4. Participants will be able to explain how to support peers who have experienced a critical incident.



Optional Lunch Presentation: Penquis Child Abuse and Neglect Prevention Council

Participants will receive data prepared by the Office of Child and Family Services for the Maine Children's Trust and the Penquis Child Abuse and Neglect Prevention Council. The information presented will define 1) The types of abuse most prevalent in Maine and in Penobscot County; 2) The ages of the children most impacted by abuse and neglect; 3) The age and gender of abusers in Maine and Penobscot County; and 4) The most common risk factors identified in substantiated cases. A facilitated discussion will follow the presentation.

Afternoon Breakout Sessions

D. Navigating the Minefield of the Legal System in Child Protection

Briana White, Esq.
and Tracy Leigh, Esq.

1-800-452-1999... then what? A report to Child Protection Services (CPS) does not always result in court action. In fact, there are several tipping points prior to the filing of a child protection proceeding that can render the need to file court action moot. You as community partners and providers working with the family can actively engage parents and can change the outcomes for the families being assessed by CPS. Any time you can empower the family to make their own decisions you increase the sustainability of any developed plan and reduce the trauma within the family unit. When that fails and court action becomes necessary to protect the child from abuse and/or neglect, the focus shifts to balancing the rights of the parents with the safety of the child. There many legal stages with differing legal standards with hearings, subpoenas, witnesses, and objections. Additionally, each child protection proceeding has a guardian ad litem (GAL) appointed to conduct an investigation, evaluate what is in the child's best interest, and advise the court for what s/he believes is in the best interest of the child. The legal stages, involvement of a GAL, witness preparation, and the continued involvement of the Department are all events that can be tipping points and learning to navigate through them can be a mine-field.

Learning Objectives:

1. Participants will be able to describe the assessment and decision making process that child protective services utilizes after a report is made.
2. Participants will identify and state the different stages and legal standards of a child protection proceeding once filed in District Court.

E. Why Trauma Informed 504 Plans and IEPs?

M. Elizabeth Ralston, PhD, LISW-CP, LMFT

This presentation identifies the potential impact of trauma on a child's behavior and academic performance in the classroom and how school personnel might utilize the 504 plan and the IEP to reduce difficult behaviors and to increase academic success.

Learning Objectives:

Participants will learn...

1. to consider traumatic stress as a potential factor when a student is experiencing problematic behaviors or academic difficulties.
2. how to gather a history of any potentially traumatic events experienced by that child.
3. how to refer for a trauma assessment.
4. how to use the information gathered through that assessment in recommending or developing IEP and 504 intervention plans.

F. *Resilience: The Biology of Stress and the Science of Hope* Film and Facilitated Discussion

Patty Hamilton, FNP

From the film producers: Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood. As the new documentary *Resilience* reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. *Resilience*, however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress—and the dark legacy of a childhood that no child would choose.

Learning Objectives:

1. Participants will be able to define toxic stress.
2. Participants will be able to define adverse childhood experiences, and how these experiences impact future chronic disease.
3. Participants will be able to state at least two strategies that can help build resilience.



Presenter Biographies

M. Elizabeth Ralston, PhD, LISW-CP, LFMP

M. Elizabeth Ralston was the founding director of the Dee Norton Child Advocacy Center, an accredited Children's Advocacy Center located in Charleston, SC and currently serves as the Director Emeritus. Dr. Ralston is on the clinical faculty of the Department of Psychiatry and Behavioral Science at the Medical University of South Carolina. She served on the National Children's Alliance (NCA) Board of Directors, the NCA mental health standard revision committee and grant review team. She has participated with NCA and NCTSN to develop the CAC Director's Guide to Mental Health services and a CAC Director's Tool Kit to implementing the NCA 2017 Mental Health accreditation standard. She currently serves on the SC Foster Care Advisory Committee, the SC Trauma Development Committee and serves as the Co-chair of the SC Children's Justice Act Task Force. Dr. Ralston serves as the co-director of Project BEST funded by The Duke Endowment and the SC Trauma Practice Initiative, a partnership between Project BEST and the South Carolina departments of Mental Health and Social Services. Project BEST mission is to ensure that all traumatized children in South Carolina who need it have access to evidence based TF-CBT.

Patty Hamilton, FNP

Patty Hamilton has been a nurse for over 30 years beginning her career at a Portland hospital before moving to Bangor. Once here she worked at EMMC and CHCS before finding her niche in Public Health. She made home visits to area residents for over 15 years and loved every minute. In 2014 she became director of Bangor Public Health department. Patty has a BS in nursing from the University of Southern Maine and a master's degree in nursing from Husson University. She is a board certified nurse practitioner in the state of Maine and worked as a nurse practitioner for the Center for Family Medicine and BAVN Hospice program. She served as adjunct clinical faculty member for Husson University in 2013. She was appointed to the Bangor Water District board of trustees and is a past chair. She currently chairs the Community Health Leadership Board and is co-chair of Bangor Livable communities committee. Patty has been actively involved in community service including girl scouts, United Way Community Impact Council chair, St. John's Episcopal church & church vestry, State Health Improvement Plan Immunization committee, Penquis Regional Linking Project member and Advisory Board member, Penquis Health advisory board and Governor appointee to the Maine Children's Growth council to name a few. She is a Hanley Health Leadership Graduate and a Dr. John Snow award recipient.

Allegra Hirsh-Wright, LCSW, RYT

Allegra Hirsh-Wright works at Maine Behavioral Healthcare as the Training Manager for the Department of Clinical Innovation. Allegra manages the development, dissemination and implementation of training curricula associated with the goals of the department and federally funded projects held within the department. Ms. Hirsh-Wright has expertise in direct clinical practice, as well as training, supervision, dissemination and implementation, locally and statewide, of three evidence-based child trauma treatment models. Allegra is a nationally certified TF-CBT Clinician and Clinical Supervisor, has specific expertise in the areas of secondary trauma, self-care and resilience, and, as a contributing member of the Secondary Traumatic Stress Workgroup for the NCTSN, has contributed to fact sheets and a national website on secondary traumatic stress. Allegra has also co-authored an article on childhood exposure to violence, has contributed to a published book on childhood traumatic grief and is an adjunct professor in the School of Social Work at the University of Southern Maine.

Tracy Leigh, Esq.

Tracy Leigh joined Maine Court Appointed Special Advocates (CASA) as a Volunteer Coordinator in May of 2013. She graduated from the University of Maine at Orono earning a B.A. in Sociology and Psychology and has a law degree from the University of Maine School of Law. She currently serves as the Coordinator, Guardian ad Litem Services for Maine Judicial Branch. She also oversees the day-to-day operations of Maine CASA including recruiting, training, and overseeing the volunteers.



Presenter Biographies

Stephen J. Meister, MD

Stephen J. Meister is the Medical Director for the Edmund N Ervin Pediatric Center/MaineGeneral Medical Center in Waterville and Augusta, Maine. A graduate of Tufts University School of Medicine in Boston, he served his internship and residency at the Babies and Children's Hospital, Columbia Presbyterian Medical Center in New York City. He later was awarded a Masters in Health Services Administration from The George Washington University. During his active duty in the US Navy, Dr. Meister served as Division Head of the Pediatric Acute Care Clinic at the Naval Medical Center in San Diego. In 1990-91, during the First Gulf War, he served with the Marine Corps in a field hospital managing the Emergency Department near the Kuwait border of Saudi Arabia. He practiced General Pediatrics for over 20 years and from 2009 to 2011 was the Medical Director for the Family Health Division of the Maine CDC. Dr. Meister is a Diplomat of both the American Board of Pediatrics and Developmental and Behavioral Pediatrics, and a Fellow of the American Academy of Pediatrics. In 2003 and again in 2007, Dr. Meister was the recipient of the American Academy of Pediatrics Special Achievement Award for his work with foster care in Maine. He is the author of presentations on the assessment of stress/trauma in children, is the past Chair of the Maine Child Death and Serious Injury Review Panel and the President-Elect of the Maine Chapter of the American Academy of Pediatrics.

Laura Schneider, CRNA, MAI

Laura Schneider received a Bachelors in the Science of Nursing from Bowling Green State University in 1991. She spent 5 years as an officer in the Army Nurse Corps where she completed the Army Intensive Care Course, working in both field combat support hospitals overseas and large trauma centers stateside. She went on to pursue a career in anesthesia, graduating from Gonzaga University with a Masters in Anesthesia Education in 2004. Since graduating, she has been working as a Certified Registered Nurse Anesthetist within a local company called Nurse Anesthesia of Maine (NAME) who provides anesthesia services to Eastern Maine Medical Center (EMMC) along with several EMHS affiliated rural hospitals throughout Maine. Through her work in anesthesia Laura became aware of how providers can become traumatized through exposure to the injuries and misfortune of those they serve. Laura is the Critical Incident Peer Support Coordinator for Nurse Anesthesia of Maine (50 providers) and Perioperative Services at Eastern Maine Medical Center (staff of 200) where she built a peer support program from the ground up. In addition to administrating the peer support programs, she also provides peer support training workshops, and has presented multiple educational lectures on the topic. She also sits on the Practitioner Health Committee and the Anesthesia Quality Improvement committees within EMMC.

Jackie Cyr, NPc

Jackie is a Family Nurse Practitioner practicing currently at the Acadia Hospital in the Outpatient Ambulatory Clinic with Substance Abuse patients. Graduated from Husson College in 1995 with a BSN in Nursing. She has worked in various fields of nursing while maintaining strong connection to psychiatric nursing. In 2005 she graduated with MSN in Nursing from Husson College. As nurse practitioner Jackie has worked with children and adults addressing medical issues in a Mental Health setting. Areas of interest and strength are , crisis management, Hepatitis C, pain and Substance Abuse. She has worked for Acadia for 19 years in various roles from staff nurse to educator, administrator to current LIP with additional work experience in Emergency Medicine and Special care. Jackie has been a long time member of the Critical Incident Stress Management team (CISM)at Acadia. Jackie grew up in Hermon and is married with three children. She loves spending time with family, being in the outdoors and photography.



Presenter Biographies

Denise Trafton, LSW

Denise Trafton is the Program Manager for the Penquis Child Abuse and Neglect Prevention Council working to train professionals in prevention efforts and provide families with evidenced based parent education. Denise has been working with families for over fifteen years; with many of those years focused on the prevention or intervention of child abuse. Her background includes training in mental health and human services, home visiting, social work, reunification services and residential services for adolescent mothers.

Briana White, Esq.

Briana L. White, Esq. is a Maine native growing up in Aroostook County. She received her Bachelors of Arts in Political Science from the University of New England and Juris Doctorate from the University Of Maine School of Law. Her professional interests and areas of research have always focused on the crossover of parenting and the law. She is now an Assistant Attorney General in the Child Protection Division of the Office of Attorney General Janet Mills where she handles child protection proceedings in Skowhegan and Farmington District Courts. Additionally she sits on the Maine Child Death and Serious Injury Review Panel as well as the Maine Child Welfare Advisory Panel.

Hotel Information

The Four Points by Sheraton Hotel has offered discounted room rates for conference attendees. Please mention the Maine Child Welfare Conference when making your reservation.

Reservations are first come, first served.



Four Points by Sheraton
308 Godfrey Blvd.
Bangor, Maine
207-947-6721
\$99 per night

Book online at goo.gl/klZhHj
or call **800-368-7764**

Directions to Spectacular Event Center

395 Griffin Road Bangor, ME

FROM SOUTH

Take I-95 N to exit 183 and turn **LEFT** on Hammond Street

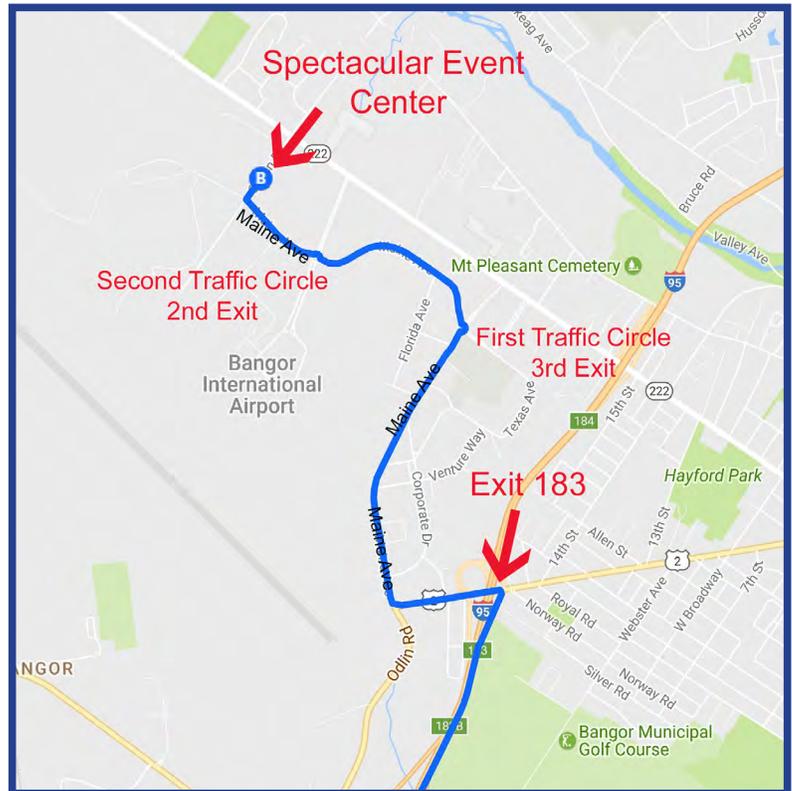
Follow Hammond Street for .3 mile and turn **RIGHT** onto Maine Avenue

At the first traffic circle, take the **3RD EXIT** to stay on Maine Avenue

At the second traffic circle, take the **2ND EXIT** to stay on Maine Avenue

Turn **RIGHT** on Griffin Road

Spectacular Event Center is on the **left**.



FROM NORTH

Take I-95 S to exit 184 and turn **RIGHT** on Union Street

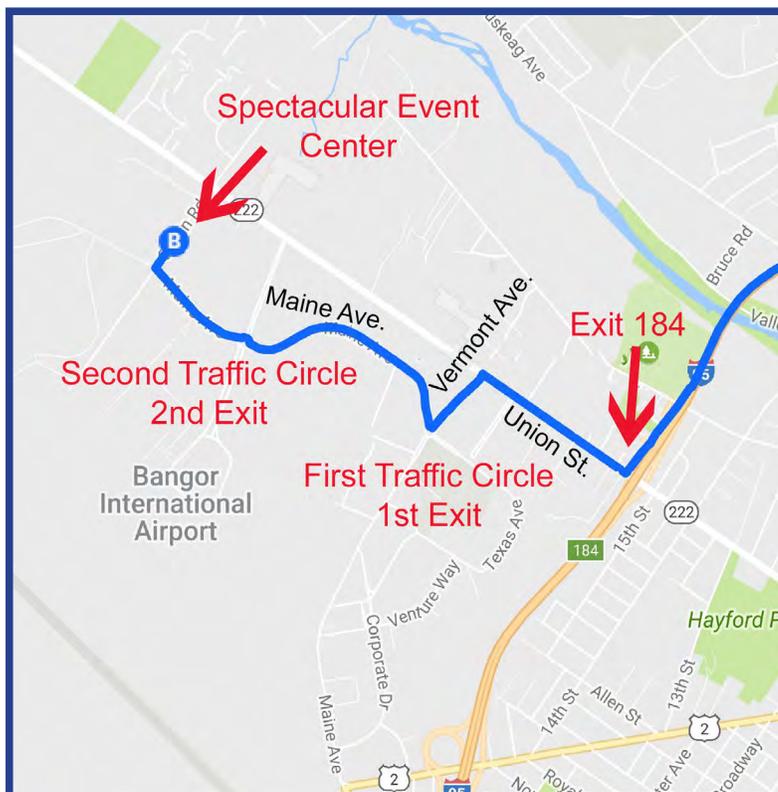
Follow Union Street for .4 mile and turn **LEFT** on Vermont Avenue

At the first traffic circle, take the **1ST EXIT** to Maine Avenue

At the second traffic circle, take the **2ND EXIT** to stay on Maine Avenue

Turn **RIGHT** on Griffin Road

Spectacular Events Center is on the **left**.





June 22, 2017

Spectacular Events Center

395 Griffin Road, Bangor, ME

SPACE IS LIMITED - REGISTER EARLY

Registrations Must Be Received by June 9, 2017

To register, you may print this form and send it with your payment to:

Wings for Children and Families, Inc.
Attn: Jess Cambridge
900 Hammond St. Suite 915
Bangor, ME 04401

Ph: (207)941-2988 or (800)941-2988

Fax: (207)941-2989

Email: jcambridge@wingsinc.org

Please Complete for Payment Method:

- Check Enclosed (payable to Wings for Children and Families, Inc.) Attn: MCWC
- Credit Card Payment
Please call Jess Cambridge at Wings - (207)941-2988
- Bill My Organization - Purchase Order Required
Please call Jess Cambridge at Wings - (207)941-2988

Registration Cost: \$75.00

Sorry, No Refunds Available

NOTE: You must be pre-registered. No registrations accepted the day of the conference

Please email any questions relating to the conference to : mainechildwelfareconference@gmail.com

Name: _____ Agency/Organization: _____

Address: _____

Phone: _____ Email Address for Confirmation: _____

Morning Breakout Session (Check One)

- A.** *Childhood Exposure to Violence and Trauma: Impact, Interventions, and Treatment*
Allegra Hirsh-Wright, LCSW, RYT
- B.** *The Medical and Developmental Needs of Foster Children*
Stephen J. Meister, MD
- C.** *Healing the Healers Through Peer Support*
Jackie Cyr, NPc and Laura Schneider, CRNA, MAI

Afternoon Breakout Session (Check One)

- D.** *Court Testimony: Lessons Learned from the Courtroom*
Briana White, Esq. and Tracy Leigh, Esq.
- E.** *Why Trauma Informed 504 Plans and IEPs?*
M. Elizabeth Ralston, PhD, LISW-CP, LFMT
- F.** *Resilience: The Biology of Stress and the Science of Hope Film and Discussion*
Patty Hamilton, FNP