Piecing It All Together
North Conference

River Forest, Illinois

How Children’s Mental Health/Mental Illness Affects Home, School and Community

March 21, 2015

DOMINICAN UNIVERSITY
Inspired minds. Amazing possibilities.
Piecing It All Together Conference
How Children’s Mental Health/Mental Illness Affects Home, School & Community

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Dominican University
River Forest, Illinois

Featured Presenters

Anne G. Studzinski
Anne G. Studzinski has spent most of her career in the public service of children. Since 2007, she has been the managing director of the Illinois Childhood Trauma Coalition made up of 80 organizations to advance the prevention and treatment of childhood trauma. She assists the Coalition in raising awareness of childhood trauma, training people about it and increasing capacity to assist children and families experiencing trauma in our state.

Ms. Studzinski spent over 27 years working for the State of Illinois in juvenile justice, youth services and child welfare. She developed and implemented state and federal programs and policies regarding the treatment of children and youth as well as advocating for children and youth legislation in both Springfield and Washington. She also serves on the Advisory Committee for the Children’s Rights Division of Human Rights Watch as well as its Chicago Council.

Marie L. Masterson
Marie L. Masterson, Ph.D. is associate professor of early childhood education at Dominican University, River Forest, Illinois. She is a national speaker, child behavior expert, researcher, and author of current articles published in Young Children and Childhood Education linking research to practice in early childhood education. She is the co-author of 101 Principles for Positive Guidance with Young Children: Creating Responsive Teachers, and is authoring a positive parenting book due in 2015 for Gryphon House, as well as a best-practices in family childcare book for the National Association for the Education of Young Children (NAEYC).

Dr. Masterson provides educational consulting and professional development to parents and families, childcare centers, schools and organizations to build high quality environments and establish responsive, positive instructional and relational interactions that support optimal achievement and healthy development for all children. She is an advocate for the human rights of children, and supports strength-based, respectful practices that nurture resilience and ensure healthy relationships.

PIAT strives to bring parents/caregivers of children who have mental health conditions together with early childhood, school and mental health professionals all under the same roof, hearing the same message of hope for our kids.

Who Should Attend
PARENTS / CAREGIVERS / SOCIAL WORKERS / TEACHERS
MENTAL HEALTH PROFESSIONALS
EARLY INTERVENTIONISTS & EARLY CHILDHOOD

Register online or learn more at http://il.nami.org/PIAT.htm or call 217-522-1403
Join us at PIAT North 2015

We hope you will join us for the first annual Piecing It All Together (PIAT) North conference! There is one thing that the PIAT Committee members and conference attendees have in common: we are here because we care about all children, including those with mental health disorders.

PIAT offers the latest concepts in child and adolescent mental health education. This one-day prevention and recovery oriented conference is carefully designed for parents, teachers, early childhood and mental health professionals to attend together. Only PIAT gathers all these groups together to learn from national and regional experts about current research and treatments and to hear the same message of hope for the future.

You, the most important people in a child’s world, will gain new skills and information to help that child achieve success at home, at school, and throughout life.

Here’s what others are saying about PIAT:

- Attended the Piecing It All Together conference at SIU Edwardsville, and I thought it was about the best conference I’d ever attended. - Educator from Dixon, IL

- Very relevant information to my work. That helps me feel refreshed, a little more competent and ready to get back and try some new ideas. - Mental Health Professional

- Loved all of it! This is always a good conference with lots of good info. - Parent

- Best in Illinois - School Social Worker

The PIAT North Planning Committee
Conference Schedule and Sessions

9:00 – 10:00 General Session...And Then Life Happens—Anne G. Studzinski, Managing Director, Illinois Childhood Trauma Coalition

Parents love their children and want what is best for them and then life happens. Whether it is a one-time event like a natural disaster or stresses going on in the home, things happen that can make it difficult for children to grow and develop normally—even impacting how their brains develop. What can be done to prepare children to be resilient when bad things happen—and nobody makes it to maturity without something happening. Starting with normal brain development and then examining the impact of traumatic events, this talk will end with four ideas for building resiliency in children.

10:15 - 11:45 Breakout Sessions

- Developmental Screening and Beyond—Shannon Ellison, Collaboration for Early Childhood

This presentation is designed to introduce the concept of developmental screening in children ages birth to five. Shannon will emphasize the importance of not only conducting routine screening, using a formal and valid screening instrument, but utilizing the information obtained via screening, for planning and as a basis for referral for further evaluation or other interventions. You will become more familiar with ways to provide support to all children, in their developmental growth, with regards to developmental screening and the actions which follow.

- The Hero’s Journey: How Comic Books and Superheroes May Be A Tool for Healing When Working with Children Who Have Experienced Trauma—Patrick O’Connor, Professor of Psychology, The Chicago Schools of Professional Psychology and Vanessa Hicks, Doctoral Student, Clinical Psychology

The captivating stories of superheroes often feature heroes who battle an arch nemesis—an evil villain determined to disrupt the peace and order the hero has to work so hard to achieve again. Both the hero and the villain often encounter a defining moment in their lives, which usually coincides with a traumatic event and a subsequent shattering of their previously held views.

12:00—1:30 Lunch / Exhibits / Yoga / Chair Massages

1:30 - 2:30 General Session—Finding Hope in Resiliency: Building Strength When We Face the Unexpected—Marie Masterson, Ph.D.

No one is immune from life's unexpected trauma and stress or from the related issues both visible and hidden that affect young children and their families. Parents, teachers and professionals can work together to overcome fear, maximize assets, and build bridges of strength that can scaffold young children who need support and encouragement. Explore the changing landscape of childhood and learn to overcome misperceptions, reframe challenges, and become a more effective advocate for children who struggle with the signs and symptoms of mental health. Maximize your influence in building resilience as you change your life - and theirs - through the power of positive relationships.

2:45—4:00 Breakout Sessions

- An Introduction to Parenting in SPACE: The Art of Therapeutic Parenting—William Kaplan, President
and Clinical Director, House Calls Counseling

This workshop will provide an approach to therapeutic parenting that uses the acronym SPACE. SPACE is a way of engaging in therapeutic parenting by providing Safety, Structure, Supervision and Support, and by being Playful, Accepting, Curious and Empathic. While there is no “magic pill” to heal the wounds of children who were traumatized in early childhood, utilizing SPACE has helped many parents to give their children great opportunities for healing.

- **Caring for the Caregiver**—Tom Zimm, Clinical Coordinator and Debbie Pontreli, Assistant Director of Group Home, Hephzibah Children’s Association

  Tom and Debbie will discuss the importance of caregiver affect-management and how it impacts caregiver attunement to the child. They will talk about vicarious trauma, which will include a definition of core concepts and terms, such as secondary traumatic stress, “burnout” and compassion fatigue. Tom and Debbie will identify risk factors for vicarious trauma. In conclusion, they will provide tools that aid caregivers in identifying symptoms of vicarious trauma including disrupted sense of safety, difficulties with trust, impaired self-esteem, challenges with intimacy, and feelings of loss of control or helplessness.

- **Working Together to Address the Effects of Childhood Trauma and Violence Exposure: A Community-Based Approach** - Lynda Gibson, PhD Student, Clinical Child Psychology

  The purpose of this workshop is to engage participants in an interactive discussion evaluating the way in which various members of the community (mental health professionals, parents, teachers, juvenile probation officers, etc.) can collaborate in order to improve the lives of youth and families affected by trauma and violence. Specifically, this workshop will explain how to increase connectivity and collaboration across sectors in the community to address community violence and trauma exposure. By raising awareness about the impact of trauma and violence exposure and the needs of traumatized youth, the presenter will

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**NAMI Illinois recognizes the following organizations for their in-kind presentations**

- Collaboration for Early Childhood
- Hephzibah
- Illinois Childhood Trauma Coalition
- The Chicago School of Professional Psychology
- Urban Youth Trauma Center, U of I Chicago
Professional Credentials

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NAMI Illinois is proud to have Dominican University as the official sponsor of Continuing Education Units for the Piecing It All Together conference.

NAMI Illinois has applied to the Illinois Certification Board for approval for Certified Family Partnership Professional (CFPP), Certified Recovery Support Specialist (CRSS), Preventionist and CADC.

Gateway Registry
Are you a Registry member? Please be sure to bring your Registry Member ID# with you to the conference. You will include this number on your conference certificate in order to receive Registry-verified credit for the conference.

Registration Information
Registration will be on a first-come, first-served basis and will be limited to 200 participants. Lunch will be provided. Fees are non-refundable. On-line registration is available at http://il.nami.org/PIAT.htm

If you are in need of childcare contact NAMI Illinois (217-522-1403) for availability. Pre-registration is required. There is a $35 per child fee which includes lunch and snacks.

Our Conference Committee
Lora Thomas, Executive Director, NAMI Illinois
Diana Rosenbrock, M. Ed., Professional Development Coordinator, Collaboration for Early Childhood
Elizabeth Lippitt, Executive Director, IWS Children’s Clinic
Nina Allen, LCSW, President/CEO, Thrive Counseling Center
Mary Ann Brown, Hephzibah Children’s Association
Carey Carlock, Chief Executive Officer, Riveredge Hospital
Kimberly Knake, Executive Director, NAMI Metro Suburban
Kathy Kern, Executive Director, Parenthesis Family Center

Join Us for Some Fun After Lunch Activities
Burn off some lunch calories with Laughing Yoga
View exhibits and visit with conference sponsors
Unwind with a relaxing chair massage
Please complete one form per attendee and mail with payment or register online at http://il.nami.org/PIAT.htm. Registration is non-refundable. Your conference registration includes lunch.

**PLEASE REGISTER EARLY**

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Please register me for PIAT North 2015 as a:

| Family member/care taker of a child with a mental health/developmental concern.* | $50* per person |
| Social Workers, Teachers, Early Childhood and Mental Health Professionals | Before 3/9/15 $75 per person, After 3/9/15 $100 per person |

Please specify any special accommodations needed including dietary:

Make checks payable to NAMI Illinois and mail to:
NAMI Illinois/Attn: PIAT North
218 W. Lawrence
Springfield, IL 62704

(217) 522-1403
namiil@sbcglobal.net
http://il.nami.org

* A limited number of scholarships are available for parents/caregivers. Contact NAMI Illinois for more information.

March 21, 2015
Dominican University
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River Forest, IL 60305