

Tuesday, March 12, 2019 – Preconference

Understanding Alzheimer's (CNE)

Julie Kutac, PhD and Ann Marie McDonald, MEd, MBA

Description: Designed for those interested in learning more about Alzheimer's and other dementias. Features information from dementia experts and perspective from individuals living with dementia and care partners.

Objectives: Explores the relationship between Alzheimer's disease and dementia. Examines what happens in a brain affected by Alzheimer's. Details the risk factors for and three general stages of the disease. Identifies FDA-approved treatments available to treat some symptoms. Looks ahead to what's on the horizon for Alzheimer's research. Offers helpful Alzheimer's Association resources.

Wednesday, March 13, 2019- Conference

(CNE) Denotes Applying for CNE Credit

Keynote Address: Is your Cell Phone the New ADHD? (CNE)

Le'Ann Solmonson, PhD, LPC-S, CSC

Description: Technology has made life more efficient and increased connections for many people. News is available instantaneously. Information is at your fingertips. Communication is constant. When is that no longer a good thing? When you have all of that information in your hand, it has the potential to become a distraction and contribute to the fear of missing out. We will discuss strategies that will assist us in disconnecting and being fully present.

Objectives: Participants will understand how technology interferes with attention and focus. Participants will assess the impact of technology on the ability to be present. Participants will evaluate the impact of technology on efficiency and time management.

Ethics Workshop: Applied Ethics in a Social Work Setting

Roger Bruce McNellie, Ph.D., MSSW, LCSW-S, DCSW

Description: The workshop will present general values (Autonomy, Non-maleficence, Beneficence, Justice, Fidelity, and Veracity) reflected in the code of ethics, applied in discussions of a series of vignettes taken from practice, covering social work in schools, mental health, children's services, law enforcement, nursing, services to the aged, and others.

Objectives: Attendees will apply the general values embedded in the NASW code of ethics (Autonomy, Non-maleficence, Beneficence, Justice, Fidelity, and Veracity) apply in a variety of diverse vignettes. Attendees will frame ways to effectively approach complex dilemmas in the application of the ethical values of the profession. Attendees will develop approaches to problem resolution in the application of ethical codes and discuss various decision-making models. Attendees will be able to define and describe the concepts of dual relationship and apply these in each of the codes, NASW, LCSW, LMFT, and LPC.

My Wellness is in My Hands

James Lemon, BS, Tina Simpson Perry, Tracey Moore, Garry Lewis

Description: Wellness Recovery Action Plan as developed by Mary Ellen Copeland PHD and her colleagues empowers persons with a diverse array of challenges to be responsible and successful in promoting their own wellness. Through an evolving evidence-based approach to mutual learning, WRAP participants discover their strengths, own their resilience and become members of a supportive community of persons determined to be well and stay well.

Objectives: Participants will experience a unique mutual learning environment.

An overview of the key elements of WRAP will be facilitated by a diverse team Copeland trained Advanced Level Facilitators Participants will directly experience the Hope available when experiencing a learning environment in which they actively contribute.

Mental Vacations: Taking Intentional Breaks in an Unintentional World

Grant Howarth, MT-BC

Description: This presentation will include various ways to intentionally integrate technology - that we are already using - in our self-care routines. Attendees will observe gaps in personal wellness, acknowledge unhelpful and maladaptive technology-based interactions, and learn to reframe those relationships while creating new paradigms for technological integration.

Objectives: Attendees will acknowledge unhelpful and maladaptive technology-based interactions in their personal lives and will identify ways to integrate various facets of technology to increase their personal levels of wellness.

Effective Communication Strategies and Online Resources for Persons with Dementia

Julie Kutac, PhD

Description: Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. We will also do a walkthrough of communication resources on the Alzheimer's Association website.

Objectives: Explain the communication changes that occur throughout the course of the disease. Decode the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person. Identify strategies to connect and communicate at each stage of the disease.

The Dark Side of Social Media- The Legal View of Why It's Not Good for You in the Workplace

Wayne Haglund, JD

Description: A surprising number of employers' report that employees have posted derogatory comments about their company or their job on the Internet, via Facebook, private blog sites, or while using other media such as Twitter. Such conduct is becoming increasingly common with the advent of new technologies on the Internet. Unfortunately, while the technology has improved dramatically, there has been no corresponding upswing in common sense or decency in society. Thus, the loose and often intemperate comments that people used to share with each other over drinks are now freely posted online, with the employees sometimes completely unaware that their comments will become available worldwide and be archived on countless network servers across the globe. Thus, leading to legal consequences.

Objectives: Legal consequences regarding innocent posts on social media. Effects of social media regarding one's mental health.

Social Media, Blogging and Vlogging: Best Practices in the New Waves of Mental Healthcare

Nina Ellis Hervey, PhD, LP, NCSP, LSSP, CPC and Doctoral Candidates: Juliet Aura, Devin Bridges, Raven Mitchell and Brittany Thomas

Description: The heightened popularity of social media has had an impact on how people interact and seek treatment. This presentation will educate consumers on the very basic ways in which the internet can be utilized to provide treatment and educate the public about mental health care to clients who may not choose to receive treatment in person.

Objectives: Attendees will learn about mental healthcare on the internet and creative ways it has been used. Attendees will become familiar with ways to administer mental health care by creative means. Attendees will learn about blogging and vlogging and how they fit into the social media landscape.

Brain Science Advancements and Treatment Applications

Sydney Kroll, PsyD

Description: Dr. Kroll will describe some of the innovations in neuroscience and how these can inform clinical interventions. She will provide practical skills that can be used in medical, academic and mental health settings, as well more advanced interventions such as biofeedback and neurofeedback. Conditions discussed include ADHD, memory, mood disorders, trauma, and chronic health conditions.

Objectives: Attendees will articulate three new advances in brain science. Attendees will identify four clinical applications based on the presented research. Attendees will define neurofeedback and the conditions it can address.

Introduction to Domestic Minor Sex Trafficking

Meghan Zuraw, JD

Description: 90% of missing children's cases reported to the National Center for Missing & Exploited Children ("NCMEC") are endangered runaways, and one in seven of these runaways is the likely victim of sex trafficking. NCMEC is committed to preventing child sexual exploitation and trafficking, both online and offline. This presentation will aid participants in identifying vulnerable youth, recognizing the indicators of child sex trafficking, understanding the lures traffickers use to groom and recruit victims, and accessing available resources for preventing the foster care to commercial sex trade pipeline.

Objectives: Identify the scope and prevalence of missing and exploited children's cases, including child pornography, Cyber-tips, online solicitation, and domestic minor sex trafficking. Gain a better understanding of how youth are recruited and lured into child sex trafficking, so that effective prevention and intervention can be done. Learn about specific resources available through NCMEC to aid in the investigative efforts in missing, exploited, or potentially exploited youth's case

NetSmartz® Internet Safety

Meghan Zuraw, JD

Description: Many children become victims online or are identified and groomed for victimization online. Unfortunately, youth are unaware of the true risk of their online activity, and caregivers often feel left behind. Over the past 35 years, the National Center for Missing & Exploited Children ("NCMEC") has collected and analyzed missing and exploited children reports to tailor prevention education programs to prevent future victimization. By utilizing NCMEC's information, service providers can fill the gap by not only talking to youth in their community about their online activity, but also by providing information and resources to caregivers to help them in keeping their children safer online.

Objectives: Identify the main areas of risky behavior youth are engaging in while online. Learn how to engage youth at any age about their online activity, and how to make smarter decisions online. Learn how to empower caregivers and youth-serving professionals within the community to monitor and protect youth from risk online.

Technically Out of Control. Creating a Life of Balance in an out of Control Society

Ashley Berry

Description: We create lives based on a technical society. We create lives for our children based on a technical society. While Technology will continue to evolve, we have to be sure we keep a good balance on life. It's unfortunate that we find ourselves completely out of balance even when using one of the greatest resources known to man, Technology.

Objectives: The attendee will be able to list three stressors caused by using technology on a daily basis. The attendee will describe 4 activities that will decrease/manage stressors and help maintain balance in daily living. The attendee will recall three activities we can teach children to help them also to manage and balance daily living.

Impact Lufkin: Developing Communication between Community Partners Through the Use of Technology

Emmerentie Oliphant, PhD, MSW, Lenola Wyatt, LMSW, and Councilman Robert Shankle

Description: Technology can play a significant role creating effective communication in a community project. Impact Lufkin, a community revitalization project, brings together community residents, leaders, funders, agencies and services providers. This successful application of an appreciative inquiry by the SFA School of Social Work resulted in the establishment of a non-profit organization, Impact Lufkin Community Driven. The presentation focuses on the use of technology including Facebook, Live Streaming, QR blocks and Photo Voice to enhance ongoing communication between all partners. Information on how to use technology, the barriers and challenges of using specific technology and the benefit of social media will be shared.

Objectives: The conference participants will:

- 1) Develop an understanding of the use of technology in a community project
- 2) Learn about the challenges, barriers and ethics related to the use of technology
- 3) Develop knowledge about the principles in effectively using technology.

Strategies for Engaging the Elderly through a Universal Care Model: Applying Biophilic Design to Improve Nutritional Status

Laura Burleson, PhD and Valencia Browning-Keen, PhD, RDN, LD

Description: With the increasing numbers of elders living with cognitive decline, dementia and Alzheimer's, a holistic model is needed to address Patient Wellness Programs, their living and dining environments and their nutritional status.

Objectives: To discuss existing models of acute care and chronic disease management and the lack of a universal design model to enhance nutritional status of elders with cognitive decline, dementia and Alzheimer's. To justify a universal model that covers the application of biophilic design principles to enhance appetite and physical wellbeing. To analyze the impact of a universal model on the nutritional status of elders with cognitive decline, dementia and Alzheimer's.

The Benefits of Restorative Yoga

Glenda Webb-Schmidt, RN

Description: Restorative Yoga is ... Presentation describing the physiological benefits of Restorative Yoga, then a demonstration of Restorative yoga poses

Objectives: Describe three the benefits of a Restorative yoga practice and demonstrate three Restorative yoga poses.

New Approaches for Treating Substance Abuse in Millennials

Joseph Gorordo, LCDC

Description: This presentation will educate attendees as to the unique challenges in working with millennials due to the shift in communication and connection style brought on by the rise of technology. We will unpack their shared experiences and study their world view along with a discussion of the variances in their pattern of substance abuse. Attendees will learn new ways in which to understand, connect with, and support the millennial generation.

Objectives: Define and identify Millennial population. Identify myths and truths regarding the Millennial population. Identify multiple approaches and interventions that can be utilized when working with the Millennial population

Front Line Identifiers: Online Resources for Human Trafficking Victim Identification Programs

Laurie Lawrence, MA

Description: Health care providers serve as a front line for the identification and rescue of human trafficking victims. Technology has provided resources for individuals and organizations to learn more about the largest criminal activity in the world, modern day slavery. This presentation will explore several resources that are available free or for a minimal charge to the health care and social work industries and assist in filling the gap between stereotypes and the realities of human trafficking. *It should be noted that federal law may soon mandate training for any license health care provider and this legislation will also be briefly discussed.

Objectives: At the conclusion of this presentation, participants should be able to define human trafficking, and identify programs beneficial to their focus of their health care practices. In addition, participants will have the resources necessary to implement these programs into their practices.

Self-Care: Balance Your Life

Carol Athey, MA, MSN, RN, CCAP

Description: Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Good self-care is key to improved mood, decreased stress and reduced anxiety. We can use our five senses in self-care to connect with the world around us and combat the monotony of technology stimulation.

Objectives: The attendee will choose and apply oneself care strategy to their daily routine. Several strategies will be demonstrated to choose from. The attendee will

formulate a plan to separate "technology time" from "me time" or social time with peers.

Which is better: Online or Face-to-Face Parenting Groups

Dawn Lowe and Brittany McCreary

Description: We will be discussing current research about online parenting groups, as well as providing an overview of research we have personally conducted this year. Furthermore, we will provide a Power Point with references to attendees. OLD: Today's society makes it difficult for parents to access traditional support groups and learning communities. Online parenting groups may be a more viable option for creating these connections. This presentation will describe the drawbacks and benefits of using technology to reach out to parents in need.

Objectives: The learner will be able to explain the pros and cons of using online discussion groups. The learner will be able to identify current research in the area of online group discussion groups. The learner will be able to compare the outcomes (perceived efficacy and social validity) of online and face-to-face discussion groups.

Is More Really More?

Anna Donihoo, LCSW

Description: Exploring the effects of using multiple electronic devices on productivity and mental health of the modern social worker

Objectives: Review the many technological tools available to social workers in the field. Explore costs and benefits of using multiple electronic devices in social work practice. Understand how staying "plugged in" can affect one's mental health and well-being. Learn ways to maintain work-life balance in the modern world of social work practice.

Music is Medicine

Joseph Gorordo, LCDC

Description: Music is a powerful force that impacts emotions, the brain, and the body. This presentation will educate clinicians on the benefits of incorporating music into therapy and give them several simple techniques to take into their own practice.

Objectives: Understand the impact of music on the brain. Understand the emotional memory associated with music. Learn simple tools for incorporating music into any practice.