

## 24.5 CEUs Total

### Wednesday, March 17 (6.5 CEUs total)

9:00 am – 10:00 am **MEET WITH EXHIBITORS\*\***

10:00 am – 12:00 pm **WELCOME & PLENARY I** (1.5 CEUs)

***Trauma-Informed Care in a COVID World*** by Brenda Ingram, EdD, LCSW

Track: Behavioral & Mental Health

As social workers, we are required to work during times of crisis, both at the individual and societal levels. The COVID-19 Pandemic, racial unrest, police violence and election trauma have put enormous pressure on social workers to manage and mitigate the myriad of responses of multiple populations impacted by these events, which includes our colleagues, clients, families, society-at-large and even ourselves. This keynote will look at the pandemic and other related events through a trauma-informed lens and introduce a healing opportunity using the Community Resilience Model (CRM) that can help social workers to survive and even thrive during these turbulent times. This is an approach that can be taught and used with diverse populations to help them heal when experiencing enduring traumatic events.

12:00 pm – 1:30 pm **MEET WITH EXHIBITORS**

1:30 pm – 3:00 pm **CONCURRENT WORKSHOPS – SESSION 1** (1.5 CEUs)

***Motivational Interviewing: An Introduction*** by Jenny Bivona, PhD

Track: Behavioral & Mental Health

This presentation will provide an introduction to Motivational Interviewing (MI). MI is an evidence-based, person-centered intervention used to elicit and strengthen motivation for change. The presentation will include didactic and experiential components. The goal will be for those in attendance to gain a basic understanding of MI spirit and to practice using foundational skills.

***Let there be Cake. Let there be Death.*** by Lizzie Burnham, LMSW

Track: Aging & Disabilities/Community, Policy, and Administration/Social Work Education

The population is rapidly aging, and death is a frequent topic. Death Cafés are a way to gather with individuals and talk about death in a safe, nonjudgmental setting over baked goods. They are not bereavement or grief groups, but each encourages people to speak about all aspects of death.

3:00 pm – 4:00 pm **MEET WITH EXHIBITORS**

3:15 pm – 3:45 pm **STUDENT PRESENTATIONS** (0.5 CEUs)

***Landlord-Tenant Law and Tenant Protections*** by Glyn Holden

Arkansas has fewer tenant protections than any other state. Landlord-Tenant laws heavily favor the rights of landlords over the rights of tenants. A third of Arkansans are renters, so these laws affect roughly 1 million people. All Arkansans should have the right to shelter that is safe and habitable. No tenant should face criminal charges for failure to pay rent. Tenants should be protected from retaliatory evictions and evictions that circumvent the legal process. Arkansas tenants have fewer rights than tenants in any other state. In order for landlord-tenant laws to be balanced, tenants must be granted more rights.

***A Multi-Method Approach to Increasing the Recognition and Knowledge of White Privilege*** by Morgan Browning

This presentation will introduce an innovative, multi-method approach to increasing the recognition and knowledge of white privilege among individuals, with the overall goal of stimulating change towards greater equality and racial justice. This presentation will detail how the multi-method approach can be implemented in various areas of social work, for social workers and clients. Additionally, it will explain how it could impact those areas of social work. This presentation will provide social workers tools to explore different perspectives on cultural competency and anti-racism endeavors.

4:00 pm – 5:30 pm

**CONCURRENT WORKSHOPS – SESSION 2** (1.5 CEUs)

***Intersection of Social Work Practice and Yoga: An Integrative Approach for Holistic Practice and Self-Care***  
by Susan Tonymon, MSW, LCSW & Jenni Kay Long, RYT, LCSW, ADS

Track: Behavioral & Mental Health/Health & Medical/Professional & Career

A growing body of research indicates that yoga as a clinical tool can help improve mood, concentration, and mobility as a part of the therapeutic process. Practical and compassionate, this intervention empowers clients, enhances the professional relationship, and helps improve the wellbeing of clients throughout their lifespan and is a valuable self-care tool for clinicians themselves.

***The Need for Leadership in Social Work: an NASW-AR Response*** by Alishia J. Ferguson, PhD, LMSW & Haleigh Parks Trotter, LCSW

Track: Professional & Career

In this session social work leadership skills will be delineated, including perspectives from both outside the field and inside the field, including an overview of selected topics from Brené Brown's Book, Dare to Lead. The NASW-AR response to the need for social work leadership training will be presented, including positive results from past cohorts of the leadership academy and instructions on how to become a leadership fellow in 2021.

5:30 pm – 6:30 pm

**MEET WITH EXHIBITORS**

6:30 pm – 8:00 pm

**CONCURRENT WORKSHOPS – SESSION 3** (1.5 CEUs)

***Impact of Social Media Strategies on College Students' Health Perceptions of Vaping and Tobacco Use***  
by Stephanie Rose, DSW, LCSW, AADC, CS & Duston Morris PhD, CHES

Track: Health & Medical

Vaping trends may be related to marketing strategies and advertising. Similar strategies may also be used to modify health risk behavior related to vaping and tobacco use. This study evaluated the impact of a 10-week social marketing strategy on college students' perceptions related to vaping and tobacco use.

***The A Word: Destigmatizing Abortion in the South*** by Lizzie Burnham, LMSW

Track: Health & Medical

Abortion is not a dirty word. Access to safe and legal abortion services in the South is being restricted every day. Access must remain legal, safe, and the process must be destigmatized through education, practice, and positive legislation.

**Thursday, March 18** (6 CEUs total)

8:30 am – 9:00 am

**MEET WITH EXHIBITORS**

9:00 am – 9:30 am

**WELCOME**

9:30 am – 11:00 am

**CONCURRENT WORKSHOPS – SESSION 4** (1.5 CEUs)

***Building Therapeutic Relationships and Saving Lives Through the Use of Syringe Exchange Programs and Safe Injection Sites*** by Whitney Payne, LCSW, AADC

Track: Behavioral & Mental Health/Health & Medical

This presentation will explain what syringe exchange programs and safe injection site models look like, how they deliver services, and success rates in the states and countries where they exist. We will also explore how utilizing harm reduction approaches can help build therapeutic relationships with clients struggling with active addiction.

***Using Tabletop Role-Playing Games as a Therapeutic Intervention with Adults to Increase Social Connectedness*** by Matthew Abbott, LCSW, Kimberly Stauss, LCSW, PhD, & Allen Burnett

Track: Behavioral & Mental Health

Presented will be a therapeutic group using Dungeons and Dragons designed to work with adults diagnosed with social anxiety. The program's group sessions and initial data on its effectiveness will be described. One of the developers will present lessons learned when using this method along with a live demonstration.

11:00 am – 1:00 pm

**MEET WITH EXHIBITORS**

1:00 pm – 2:30 pm

**CONCURRENT WORKSHOPS – SESSION 5 (1.5 CEUs)**

***The Labyrinth of Love - Principles and Practices that Build Meaningful, Enduring Relationships*** by Chelsea Wakefield, PhD, LCSW

Track: Behavioral & Mental Health

The pandemic has impacted coupled relationships significantly. Couples who were "activity mates" lost outlets for mutual enjoyment and ways to distract themselves from underlying relationship problems. Couples who were good Role Mates found their family lives, rhythms and roles up-ended and their coping skills insufficient to sustain them. We have not just been weathering health, social, and financial crises; for many people, this time has created an existential crisis. Couples have found themselves drowning in a sea of vulnerability, anxiety, unresolved hurts, and questions about why they are together. Dr. Chelsea Wakefield has taken a deep dive into the principles and practices that sustain couples and create meaningful, enduring relationships that can weather the storms of life. Come and learn about how to strengthen the couples you are working with in an exploration of the Six Love Capacities she outlines in her new book *The Labyrinth of Love- the Path to a Soulful Relationship*.

***When Patients (May) Die: Narrative Perspectives for Families and Teams*** by Greg Adams, LCSW, ACSW, FT

Track: Health & Medical

Everyone has a narrative—how they frame and tell their life story to others and to themselves. When death is likely or expected, competing narratives within the patient and family and between the patient and family and the healthcare team can conflict. And this is worth thinking and talking about.

2:30 pm – 3:30 pm

**MEET WITH EXHIBITORS**

3:30 pm – 5:00 pm

**CONCURRENT WORKSHOPS – SESSION 6 (1.5 CEUs)**

***Historical Trauma Among Native American Cultures over the last two millennium and the Vital Role that Social Workers can Play in Assisting in The Healing Process*** by Lisa Look, LCSW, LADAC

Track: Behavioral & Mental Health/Children, Family, Schools/Community, Policy, and Administration

With over 500 different federally recognized tribes in the U.S. and 400 indigenous tribes in Latin American, all have experienced Historical Trauma on a massive-devastating scale resulting from forced removal from their own lands, genocide, efforts to eliminate entire races of indigenous peoples, forced slavery, whole tribes were murdered, erased from the face of the earth, forced assimilation, has fostered a deep seated distrust in any governing body, at the local, state and federal level as well as a deep distrust in whites Americans.

***D.O.P.E. Townhall*** by Mackenzi T. Davis, LCSW, Ruth Fissel, LCSW, Tenesha Hill, & Shara Purtle, PLMSW

Track: Community, Policy, and Administration/Professional & Career

Racism is America's defining social problem. By not acknowledging and addressing this, social workers are ignoring their ethical obligation. We have more boots on the ground than any other profession. As social workers, we are committed to work with vulnerable populations and to fight for social justice. But we must not be afraid to talk and learn about race and racism. The purpose of this townhall is to address one key and significant social issue: institutional racism.

***Standardized Measurement Instruments for Clinical Social Workers*** by Vaughn DeCoster, PhD, LCSW, ACSW

Track: Behavioral & Mental Health/Health & Medical

Standardized measurement instruments are carefully created and empirically tested to assure validity and reliability. As a science-based profession, social workers require adequate knowledge of the psychometric properties of these tools to assure we our adequately screen, assess and monitor client challenges such as depression, anxiety, dementia, marital satisfaction, PTSD, quality of life, resilience, happiness, memory, quality of the therapeutic relationship and clinical outcomes. This presentation reviews some common measurement instruments used to screen, assess and evaluate clinical social work practices. More importantly, participants learn how to administer, score and obtain these measures for free.

5:00 pm – 6:00 pm

**MEET WITH EXHIBITORS**

6:00 pm – 7:30 pm

**CONCURRENT WORKSHOPS – SESSION 7** (1.5 CEUs)

***Contributing to healthy spaces for the LGBTQ+ community through affirmative social work practice strategies*** by Patricia Morency, LCSW, M.Ed. & Gonzalo Camp, LMSW

Track: Behavioral & Mental Health/Health & Medical

This dynamic and interactive session will focus on providing practical tools for any social work practice setting to create a warm, safe, compassionate, an inclusive atmosphere. This presentation will include an introduction to updated LGBTQ+ concepts, skills, an affirmative social work theoretical framework, as well as case studies from micro, mezzo, and macro arenas for participants to apply potential practice strategies.

***"Tribal HUD-VASH", A housing partnership program between Federally Recognized American Tribes and the VA to house Homeless/About to Become Homeless Native American Veterans*** by Lisa Look, LCSW, LADAC

Track: Behavioral & Mental Health/Children, Family, Schools/Community, Policy, and Administration

We introduce an innovative program, a bridge of healing within Tribal Nations and the current federal Housing and Urban Development program by introducing "Tribal HUD-VASH", a housing partnership program between Federally Recognized American Tribes and the VA to house Homeless/About to Become Homeless Native American Veterans".

**Wednesday, March 24** (6 CEUs total)

8:00 am – 8:30 am

**MEET WITH EXHIBITORS**

8:30 am – 12:30 pm

**WELCOME & PLENARY II** (3 **Ethics** CEUs) – Plenary begins at 9:00 am and with a 30-min break at 10:30 am

***Leading ME Principles<sup>SM</sup>: 9 Strategies to Help YOU Lead with Intention*** by Becky Corbett, MSW, ACSW

Track: **Ethics**/Professional & Career

Social Workers are leaders in all realms of life—as colleagues, family members, and community volunteers. During this highly interactive session, participants will learn about the Leading ME Principles<sup>SM</sup>; identify strategies and techniques to strengthen leadership skills and incorporate into their ethical practice; and develop a Leadership Action Plan. After the conference, this training will include a group coaching session to provide supportive accountability and help participants reach their measurable goals.

12:00 pm – 1:00 pm

**MEET WITH EXHIBITORS**

1:00 pm – 2:30 pm

**ANNUAL AWARDS CEREMONY**

2:30 pm – 3:00 pm

**MEET WITH EXHIBITORS**

3:00 pm – 4:30 pm

**CONCURRENT WORKSHOPS – SESSION 8** (1.5 CEUs)

***The Labyrinth of Love - Principles and Practices that Build Meaningful, Enduring Relationships*** by Chelsea Wakefield, PhD, LCSW

Track: Behavioral & Mental Health

The pandemic has impacted coupled relationships significantly. Couples who were "activity mates" lost outlets for mutual enjoyment and ways to distract themselves from underlying relationship problems. Couples who were good Role Mates found their family lives, rhythms and roles up-ended and their coping skills insufficient to sustain them. We have not just been weathering health, social, and financial crises; for many people, this time has created an existential crisis. Couples have found themselves drowning in a sea of vulnerability, anxiety, unresolved hurts, and questions about why they are together. Dr. Chelsea Wakefield has taken a deep dive into the principles and practices that sustain couples and create meaningful, enduring relationships that can weather the storms of life. Come and learn about how to strengthen the couples you are working with in an exploration of the Six Love Capacities she outlines in her new book *The Labyrinth of Love- the Path to a Soulful Relationship*.

***Reproductive Loss 101: An Introduction Overview to Facilitating the Grieving Process*** by Sharon St. Pierre, LCSW

Track: Behavioral & Mental Health/Health & Medical

Research indicates limited training is provided to clinicians in assessing and helping those experiencing reproductive loss. This introductory course will provide increased awareness, knowledge and opportunity to practice skills for those participating. Upon completion, they can return to work more confident in their abilities to help this population.

4:30 pm – 5:30 pm

**MEET WITH EXHIBITORS**

5:30 pm – 7:00 pm

**CONCURRENT WORKSHOPS – SESSION 9** (1.5 CEUs)

***Reproductive Loss 102: An Overview on How to Continue the Healing Journey*** by Sharon St. Pierre, LCSW

Track: Behavioral & Mental Health/ Health & Medical

This workshop builds from the introductory course of reproductive loss 101 providing advanced skills to work with clients impacted by this loss. The workshop will enable participants to promote empowerment through the therapeutic relationship, conduct a comprehensive assessment, and utilize a unified protocol approach to intervene with this population.

***A Way Through Walls: Options for Children in Deportation Proceedings & Those Fortunate Enough to Not Be in Proceedings*** by Stephen Coger, Attorney at Law

Track: Community, Policy, and Administration / Social Work Education

Children and youth fleeing violence in Central America or Mexico face many challenges. This program will help attendees identify whether young people may qualify for a path to citizenship, protection from deportation and access to ARKids.

**Thursday, March 25 (6 CEUs total)**

8:30 am – 9:00 am

**MEET WITH EXHIBITORS**

9:00 am – 9:30 am

**WELCOME**

9:30 am – 11:00 am

**CONCURRENT WORKSHOPS – SESSION 10** (1.5 CEUs)

***Positive and Transcultural Psychotherapy: An Introduction for Psychotherapists and Social Workers*** by Erick Messias, MD, MPH, PhD & Hamid Peseschkian, MD, DM, DMSc

Track: Behavioral & Mental Health / Health & Medical

Positive Psychotherapy (PPT) - a humanistic psychodynamic short-term method - has been applied in psychotherapy, counseling and coaching, and in training since 1977 in more than 30 countries. Disorders and conflicts are seen from a "positive" perspective. Other therapeutic tools are the use of stories, proverbs and transcultural comparisons. In this introductory session, the participants will get an overview and learn how to apply main techniques in their personal and professional life.

***Evidence-Based Trauma Treatments for Young Children in Arkansas: An Overview of CPP, PCIT, and TF-CBT*** by Kelly Hamman, LCSW & Elissa Dougherty, M.A.

Track: Behavioral & Mental Health; PTSD/Trauma

Many children experience traumatic events during early childhood. Trauma affects children's physical, social, emotional, and behavioral development in a multitude of ways. Fortunately, there are evidence-based treatments available and disseminated throughout the state of Arkansas to help children and their families recover and heal from traumatic life experiences.

***A Brief Overview of Problematic Sexual Behavior in Children and Adolescents who Commit Illegal Sexual Behaviors*** by Janice K. Church, PhD

Track: Behavioral & Mental Health

This presentation will focus on normal sexual development, identify problematic sexual behavior in children and adolescents, and explore the scope of the problem and its etiology, along with suggestions for therapeutic intervention. Teaching methods will include didactic instruction, clinical case examples, and audience participation.

- 11:00 am – 1:00 pm **MEET WITH EXHIBITORS**
- 1:00 pm – 2:30 pm **CONCURRENT WORKSHOPS – SESSION 11** (1.5 CEUs)
- Caregiver Voice Hearing Experience: A Mental Health Symptom Training*** by Katherine Liermann, LCSW & Tonie Williams, LMSW
- Track: Behavioral & Mental Health
- As mental health providers we work with people who experience “hearing voices”. It can be difficult to understand this experience. This workshop will provide an overview of a training created for caregivers of people with mental illness, with a focus on “hearing voices”. It will include psycho-education and experiential components.
- Social Workers at the Ballot Box: How to Engage in Elections*** by Johanna Thomas, PhD, LCSW
- Track: Community, Policy, & Administration
- This workshop will give you a brief overview of the 2020 elections in Arkansas. You will learn how to engage with candidates and volunteer for campaigns. Principles of effective voter contact will also be discussed. Finally, you will get to practice having different kinds of voter contacts and conversations.
- 2:30 pm – 3:30 pm **MEET WITH EXHIBITORS**
- 3:30 pm – 5:00 pm **CONCURRENT WORKSHOPS – SESSION 12** (1.5 CEUs)
- Closer to the Holy Grail: Improving Advance Care Planning Conversations*** by Laura K. Guidry-Grimes, Ph.D., Jamie Carlin Watson, PhD, & D. Micah Hester, PhD
- Track: **Ethics**/Health & Medical
- This workshop delves into the ethical and legal aspects of different forms of advance care planning (ACP), including barriers to successful documentation and implementation of ACP. The panel will also offer health literacy best practices. The workshop will incorporate didactics, case discussion, and small group problem-solving for challenging situations.
- Understanding and Treating Premenstrual Mood Disorders and Related Suicidality*** by Jenni Kay Long, RYT, LCSW, ADS
- Track: Behavioral & Mental Health / Health & Medical
- By the end of this workshop, participants will understand the patient experience of Premenstrual Dysphoric Disorder (PMDD) and Premenstrual Exacerbation through a Feminist lens and be able to engage in evidenced-based clinical evaluation and diagnosis based on DSM-5 criteria. An Integrative PMDD treatment protocol will be taught, and participants will gain understanding on how to provide equitable care for cis-women, trans, and non-binary PMDD/PME patients.
- 5:00 pm – 6:00 pm **MEET WITH EXHIBITORS**
- 6:00 pm – 7:30 pm **6<sup>TH</sup> ANNUAL SOCIAL WORK ADVOCATES’ KEYNOTE & PANEL**
- Repairing a Cultural Astigmatism: Reframing Solutions with a Racial Equity Lens*** by Amber Booth-McCoy
- Panelists: Amber Booth-McCoy, Donald Wood, Romona West, J.D., Patricia Guy-Walls, LMSW, PhD;
- Moderator: Gonzalo J. Camp, LMSW
- Track: Community, Policy, and Administration
- This presentation will address the urgent and persistent need for culturally-responsive care, the impetus of advocacy using a racial equity lens amid social unrest, and solutions for moving the needle away from health disparities and towards health equity. This presentation will be followed by a moderated discussion.

\* *Schedule is subject to slight modifications.*

\*\* *We encourage attendees and exhibitors to utilize these times to network, though we cannot guarantee all exhibitors will be present during all times available.*