

# 2024 NASW ARKANSAS ANNUAL CONFERENCE

## SESSION DESCRIPTIONS

### Wednesday, March 13

#### SESSION 1

1:30 pm - 5:00 pm

***Making Space for Every Body: Adopting a Weight-Inclusive Approach to Mental Health Care***

Heather Allen, LCSW; Matt Boone, LCSW; Tonya Hale, LMSW

Track: Behavioral & Mental Health

CEUs: 3

Anti-fat bias contributes to disparities in healthcare, including limited access to treatment and delayed care. This presentation will describe a fat acceptance approach to mental health care, one in which all bodies are acceptable and what counts as health is ultimately determined by the client.

### Wednesday, March 13

#### SESSION 1

1:30 pm - 3:00 pm

***Bridging the Gap: The Role of MSW Interns in Behavioral Health Integration***

Kim Shuler, LCSW, Caitlyn Johnson, LCSW, Ananda Rosa, MSW, LCSW, Dr. Lindsey Ruhr, LaShawnda N. Fields, Ph.D., MSW, Molly Zehmer, MSW Intern, Erica Schoelkopf, MSW Intern

Track: Behavioral & Mental Health, Social Work Education

CEUs: 1.5

Navigating healthcare complexities is challenging, especially for patients with varied needs. Behavioral Health Integration models provide holistic care, enhancing quality and reducing costs. Social workers play a vital role in addressing these needs. This presentation explores workforce development through an innovative MSW internship program, discussing impactful data and insights to sustainability.

***Navigating Ethical Storms: Lessons from Personal and Professional Challenges***

Mauren Morel, MSW Ed.D.

Track: Ethics

CEUs: 1.5

This training, "Navigating Ethical Storms," empowers social workers with essential skills. It fosters ethical resilience, ensuring they can navigate complex dilemmas effectively. The session provides insights from real-life experiences, offering practical strategies to safeguard licenses and skills for fraud detection and prevention. By enhancing their professional toolkit, social workers can proactively contribute to organizational integrity.

***Opportunity and Resources for All Arkansas Children: Policy Advocacy with Arkansas Advocates for Children and Families (AACF)***

Shannon Collier-Tenison, PhD, MSW

Track: Community, Policy, & Administration

CEUs: 1.5

Arkansas Advocates for Children and Families (AACF) works to ensure that Arkansas children have access to necessary "resources and opportunities to lead healthy and productive lives." With a dedicated racial equity focus and a data-informed policy approach, AACF provides a voice for children in Arkansas and tools for policy advocacy.

## Wednesday, March 13

### SESSION 1

3:30 pm - 5:00 pm

#### ***All You Need to Know About Medical Marijuana and PTSD***

Angela Campanga LCSW

Track: Behavioral & Mental Health

CEUs: 1.5

This presentation is designed to inform and educate about Medical Marijuana use and Post Traumatic Stress Disorder (PTSD). This is a new intervention and practice in Arkansas. Navigating this in the therapeutic environment can have both challenges and benefits. This presentation will provide real-life experiences, ethical concerns, and legal information. Information will also be provided about how this is affecting Substance Use Disorder treatment. Finally, it will provide safe practices and information on the complexities that coincide with this intervention.

#### ***Caring Contacts: A Suicide Prevention Strategy***

Chad Sievers, MSSW & Martye Nelson, RN

Track: Behavioral & Mental Health

CEUs: 1.5

This presentation highlights the urgent need for suicide prevention, where each suicide affects hundreds. Introducing Caring Contacts, an evidence-based approach rooted in compassion and shown to significantly reduce emergency care, health costs, and suicide rates. Initial data from our program reveals promising outcomes, supporting its efficacy in diverse practice settings.

#### ***Just What IS the Conditional Release (aka ACT 911) Compliance Program?***

Amy Angel, LCSW; Tom Burks, LCSW; Dane Clement, LCSW; Ashlea Collins, LCSW; Amy Enderlin, LCSW; Angela Green, LCSW; & Marie Mueller, LCSW

Track: Behavioral & Mental Health

CEUs: 1.5

ACT 911 (1989) is an Arkansas criminal code. This law pertains to the evaluation, commitment, and conditional release of individuals acquitted of a crime when found Not Guilty By Reason of Mental Disease or Defect. The Conditional Release Compliance program monitors these individuals once conditionally released to the community. In this training, participants will learn more about the Conditional Release Compliance Program through a panel composed of the Conditional Release Compliance Monitors. Attendees will have an open dialogue identifying systemic barriers when treating conditionally released clients in the community. Finally, participants and panel presenters will develop new ideas and ways to overcome these barriers to more effectively provide service to those conditionally released to the community.

## Wednesday, March 13

### SESSION 2

5:30 pm - 9:00 pm

#### ***Mindfulness-Based Stress Reduction: Power of the Practice***

Ali Turfe, M.A., Specialist School Psychologist, LLP

Track: Behavioral & Mental Health

CEUs: 3

MBSR: Empowering social workers with increased presence, awareness, and connectivity resulting in workplace stress reduction. Learn mindfulness meditation practices in this experiential self-care presentation, where social workers will (a) review MBSR literature, (b) experience five formal mindfulness practices and inquiry, (c) learn two mindfulness practices to reduce stress during communication.

## ***Understanding and Addressing Professional Grief in Social Work Practice: Ethical Considerations in Addressing Professional Grief***

Adrienne Scott, LCSW, Alishia Ferguson, PhD LMSW, Mollie Zehmer, MSW Student

Track: Ethics

CEUs: 3

This presentation aims to provide an overview of professional grief in social work practice, highlight its impact, and suggest strategies for recognition, coping, and prevention. Ethical considerations, the role of organizations, and recommendations for policy and practice are explored to foster a comprehensive understanding of this crucial aspect of social work. Participants will learn the following: 1. Define professional grief; 2. Examine its types and sources; 3. Discuss its impact on social workers; 4. Provide strategies for recognizing, coping with, and preventing professional grief; and 5. Discuss ethical considerations from a micro, mezzo and macro perspective.

## **Wednesday, March 13**

### **SESSION 2**

5:30 pm - 7:00 pm

## ***Navigating Transitions: Utilizing Autoethnographic Writing Prompts to Support Non-Traditional College Students***

Brijet L. Beazer

Track: Social Work Education

CEUs: 1.5

This innovative research project explores the unique journey of non-traditional college students through participatory autoethnographic writing prompts conducted on virtual platforms. The study reveals the challenges and triumphs of returning to academia after extended absences and balancing work and family responsibilities. The findings underscore the power of autoethnographic prompts in fostering connections among students, forming peer support networks crucial for their success. The research informs targeted strategies and campus programs to better support non-traditional students nationwide.

## ***There is No "I" in Team: Integrating Peer Support in a Clinical Setting***

Dori Haddock, LCSW & Shawn McCown, PRSS

Track: Behavioral & Mental Health

CEUs: 1.5

Peer Support services are an integral piece to helping individuals find and sustain recovery. In order for these services to be most effective in a clinical setting we must first understand how they work within a multidisciplinary team and where they best fit throughout the system of care. Therapists are equipped and trained to address underlying issues, such as anxiety, depression, and trauma. Peer Recovery Specialists bring an additional level of interventions through their lived experiences and specialized training. Successful integration of peer support and therapy improves when each role is understood, respected, and valued by one another. Working together is vital to the process of implementing peer services and ultimately improving treatment and recovery outcomes for the people we serve.

## **Wednesday, March 13**

### **SESSION 2**

7:30 pm - 9:00 pm

## ***Translating Terminology: Shifting Perspectives from Clinician to Social Work Educator***

Mercedes Ray, LCSW, TCYMT

Track: Social Work Education

CEUs: 1.5

Social work education often focuses on preparing professionals for practice in the field. However, field experience doesn't teach the pillars of teaching, scholarship, and service highlighted in academia. CSWE

Accreditation requires a balance of both. Learning to translate this terminology is valuable for a seamless transition, especially during CSWE reaffirmation.

***Treating Illicit Anabolic-Androgenic Steroid (AAS) Use in Treatment Centers***

Melissa Herrington, LMSW

Track: Substance Use Treatment (Behavioral & Mental Health and Health & Medical)

CEUs: 1.5

Addiction treatment focuses on treating substance and alcohol use disorders. Illicit anabolic-androgenic steroid (AAS) use is often overlooked. This presentation will discuss the DSM-V criteria for diagnosis, treatment options, and underlying issues that cause people to begin to use steroids - before, during, and after "recovery" from other substances.

## Thursday, March 14

### SESSION 3

8:30 am - 12:00 pm

***Social Work Leadership: Maximum Support + Maximum Challenges = Maximum Rewards***

Alishia Ferguson, PhD, LMSW; Haleigh Trotter, LCSW

Track: Social Work Education; Community, Policy, & Administration

CEUs: 3

This presentation will focus on a person-centered approach to social work leadership. Person – centered leadership concepts apply to all social workers because “leadership is not about being in charge; it’s about taking care of those in your charge.” Person-centered leaders emphasize empathy and compassion to enhance aspects of personal and professional development. During this discussion, the person-centered model will be supported by various podcasts, Brene Brown’s writings on Leadership as well as content from the self-leadership approach. This session will also highlight the experiences of NASW AR Distinguished Leaders to illustrate person centered leadership in action.

***Speaking of Sex: How to Confidently Open the Topic and Provide Meaningful Help for Clients Struggling with Sexual Issues***

Chelsea Wakefield, PhD, LCSW

Track: Behavioral & Mental Health

CEUs: 3

Social Workers receive little training about how to address sexual issues and the discomfort and silence regarding sex conveys that “sex is not spoken here.” Learn how to open the topic, assess the source of the problem, gain skills and competency, and offer real help to clients in sexual distress.

***Voting is Social Work: Strengthening Voter Mobilization and Social Work Advocacy***

Kelly Moore, LCSW & Morgan Leyenberger, LCSW

Track: Community, Policy, & Administration

CEUs: 3

Drawing on the ‘Voting is Social Work’ national campaign, this interactive presentation will explore historical challenges to enfranchisement, legal opportunities and barriers to voter participation, and practical approaches for ALL social work practitioners to (easily) engage in voter registration and mobilization efforts.

## Thursday, March 14

### SESSION 3

8:30 am - 10:00 am

#### ***Guilty Thoughts and Grief***

Greg Adams, LCSW, ACSW, FT

Track: Behavioral & Mental Health, Health & Medical

CEUs: 1.5

One of the common and challenging experiences in grief is guilt. And guilt, of course, can show up in many aspects of life, and often it is remarkably resilient. In this presentation, we will focus on the experience of guilt and explore possible responses that could really help.

#### ***Navigating the Black Nuances: Analyzing and Understanding the Intersectional Perspectives of Black Transgender Arkansans utilizing Maslow's Hierarchy of Needs***

Aidan Sage Alford

Track: Intersectionality within the LGBTQ+

CEUs: 1.5

The oral presentation explores the experiences and needs of Black transgender individuals in NWA and Central Arkansas, employing Maslow's Hierarchy of Needs to analyze intersectionality's impact on humans needs. In addition to aiming to understand how these factors influence the fulfillment or lack thereof of human needs for Black transgenders.

## Thursday, March 14

### SESSION 3

10:30 am - 12:00 pm

#### ***Radical Love Through Harm Reduction***

Brittany Kelly, Director & Founder of Northwest Arkansas Harm Reduction

Track: Behavioral & Mental Health, Health & Medical

CEUs: 1.5

This presentation will define what harm reduction is, why it is important, and how it should be an integral part of the way we work with people who use and abuse drugs. The presentation will also introduce attendees to Northwest Arkansas Harm Reduction and the work they do in NWA.

#### ***The Mind is a Filing Cabinet: EMDR and Trauma-informed Mental Health Treatment***

Christiane C. Long, PhD, LCSW

Track: Behavioral & Mental Health

CEUs: 1.5

Trauma-informed care involves broadening our understanding of traumatic stress reactions. The impact of trauma can be subtle, insidious, or outright destructive. EMDR therapy focuses directly on the memory and is intended to change the way that the memory is stored in the brain, thus reducing, and eliminating the problematic symptoms.

## Thursday, March 14

### SESSION 4

3:30 pm - 5:00 pm

#### ***A Guide to Developing Successful Social Work Field Placements in the Law Enforcement Setting***

Ananda Rosa, LCSW; Steven Jennings, LMSW, AADC; Sergeant Patrick Hanby

Track: Social Work Education

CEUs: 1.5

The partnership between University of Arkansas and the Fayetteville Police Department began with an educational opportunity for social work students. This internship was the foundation of creating the Crisis Intervention Response Team where students continue to learn the road map to responding for calls for service alongside law enforcement personnel.

#### ***Human Trafficking Awareness for Social Work Professionals***

Jennifer Sorey, Hub of HOPE Founder and Executive Director; Kaylee Hayes, MSW Candidate

Track: Community, Policy, & Administration

CEUs: 1.5

Social workers play a vital role in addressing the hidden complexities of human trafficking. Participants will learn to recognize and address trafficking dynamics, exploring the intersection of social work theory and practice. Insights into trauma-informed care, strengths-based approaches and collaborative strategies will empower advocacy for systemic change, ensuring compassionate support for survivors.

#### ***Intro to Ethics of Trauma-Informed Care***

Becca Odom, LCSW, E-RYT 200

Track: Ethics; Behavioral & Mental Health; Children, Family, Schools; Health & Medical; Professional & Career; Social Work Education

CEUs: 1.5

This training will help Social Workers and therapists identify and implement the principles of Trauma-Informed Care as well as have trauma-informed tools to practice in the field with clients and colleagues. Participants will leave with simple effective tools to help clients and themselves build resilience and emotional regulation skills.

#### ***Moving Through the Mental***

Nia Lancelin-Brantly

Track: Behavioral & Mental Health

CEUs: 1.5

Embark on a transformative journey with THRIVE Artists' Group, where our mission is to kindle mental health and holistic wellness across diverse life paths through the captivating prism of creativity. Join us in a pursuit to savor the process of cultivating mental wellness through the avenues of creativity, play, and movement. In this interactive session, we will go on a meditative exploration and set thematic tones for group engagement. Groups will explore discussion prompts. and express insights through creative outlets such as poetry, storytelling, dance, improv, mime, song, and more. We will explore ways to integrate newfound wisdom into daily life, fostering connection and wellness beyond the session.

#### ***Talk Saves Lives***

Dawn Porter

Track: Behavioral & Mental Health

CEUs: 1.5

Talk Saves Lives is AFSP's standardized, 45-60 minute education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives.

Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

***The Political History of the Racist Origins of 'School Choice': Can Social Work Salvage Public Education?***

Morgan Leyenberger, LCSW; Melissa Salas, MSW student; & Oliva Gardner, BSW student

Track: Children, Family, Schools

CEUs: 1.5

This presentation will examine Arkansas policy and court decisions that have shaped public education, in particular examining how Arkansas law has decreased educational equity and access for impoverished Arkansans and minoritized children. The presentation will culminate with an exploration of the LEARNS Act and practice implications for school social workers.

## **Friday, March 15**

SESSION 5

8:30 am - 12:00 pm

***The Mindful Approach to Social Work Core Values, An Experiential Journey into Ethics***

Therese Marie Skinner, LCSW, Linehan Certified DBT Therapist, 500 hr RYT yoga instructor, KRI Kundalini Level 1 Certified Instructor

Track: Ethics

CEUs: 3

Immerse yourself in a transformative learning experience with this training, crafted to explore the very essence of ethical practice. This session is designed to accomplish three key learning objectives that will significantly enhance your understanding and application of the 6 core values in social work: Service, Social Justice, Dignity and Worth of a Person, Importance of Human Relationships, Integrity, and Competence. The training kicks off with a mindfulness opening, encouraging participants to cultivate presence and intention for active engagement. Utilizing principles from Dialectical Behavior Therapy (DBT), participants will acquire mindfulness skills to integrate throughout the session, establishing a clinical foundation to scrutinize and comprehend the 6 core values. Elevate your social work practice by embracing this holistic approach to ethics training, fostering a deeper commitment to the ethical foundations of the profession.

***The Sexual Grief Effect: Techniques to Heal Self-Loathing and Rebuild Identity After Sexual Trauma***

Edy Nathan, MA, LCSWR

Track: Behavioral & Mental Health

CEUs: 3

The Sexual Grief Effect (SGE) is introduced as a dynamic and new perspective to help accurately identify what the client is feeling after a sexually traumatizing occurrence in their lives. The SGE is a natural response to a sexual trauma, that has occurred after a predatory/exploitive event or during a developmental experience which can occur over the lifespan.

## **Friday, March 15**

SESSION 5

8:30 am - 10:00 am

***A Day in the Life: Early Childhood Mental Health Consultation***

Elizabeth Waldrum, LCSW & Amy Daugherty, LCSW

Track: Children, Family, Schools

CEUs: 1.5

This presentation will define the evidence based approach of infant and early childhood mental health consultation and will help participants understand its role in Arkansas' early care system.

***Marshalllese Child Development Account Program: Changes in Household Well-Being Over Time***

Marcia Shobe, PhD, LCSW, ACSW; Yvette Murphy-Erby, PHD, LCSW; Ananda Rosa, LCSW

Track: Children, Family, Schools

CEUs: 1.5

The Child Development Account Program was designed to support college savings for 225 Marshalllese children via \$200 in seed funds. Using status attainment theory, we examined the association of education savings with outcomes, finding that income and savings play important roles. CDA Program impacts on households and communities are discussed.

***Therapeutic Storytelling***

Michelle Crandell, LCSW

Track: Behavioral & Mental Health

CEUs: 1.5

Mental health professionals can use stories to connect with clients, establish credibility, illustrate abstract concepts and help clients solve problems. Therapists can learn to facilitate cognitive changes by helping clients alter their own narratives. This entertaining and informative presentation explores the use of storytelling as a therapeutic tool.

**Friday, March 15**

SESSION 5

10:30 am - 12:00 pm

***Pediatric Behavioral Health Integration***

Molly Reynolds, Heath Owens, Ashley Roberson, and Amanda Alls

Track: Behavioral & Mental Health

CEUs: 1.5

Arkansas Children's Hospital has recognized the need for more integrated behavioral health services within our system and state. Through the lens of systems theory, we will explore how addressing a patient's mental health can create positive change in multiple systems including the family, school and community.

***Social Media and Body Image: What do Social Workers Need to Know?***

Erin Nolen, PhD, MSW

Track: Behavioral & Mental Health

CEUs: 1.5

Body dissatisfaction is considered a risk factor for disordered eating, risky sexual behavior, and depression. I will discuss how social media impacts young adults' and adolescents' body image. We will explore the feminist frameworks for understanding the cultural influences of body image and best practices for resisting appearance pressures.

***Supervisors Are You Ready for ADEI Practice? Tips and Tools Related to the New Accreditation Standards***

Tara V. DeJohn, PhD, LCSW; Anita Neal, MSW; Latisha Young, LMSW

Track: Social Work Education

CEUs: 1.5

The common practice of "exposing interns to diverse populations" will not be sufficient for meeting new social work education accreditation requirements. The anti-racism, diversity, equity, and inclusion (ADEI) emphasis calls for a practice that reaches beyond "exposure". This presentation addresses the ADEI standard, including tools to utilize in practice settings.



## Friday, March 15

### SESSION 6

2:30 pm - 4:00 pm

#### ***Acute Crisis Intervention Principles as Applied Through Social Work Involvement in Law Enforcement***

Eric Olson, MSW

Track: Behavioral & Mental Health

CEUs: 1.5

The partnership between the University of Arkansas Social Work and Fayetteville Police Departments have led to the creation of the Crisis Intervention Response Team (CIRT). Since the implementation of the program, CIRT has developed acute crisis intervention practice approaches that can be applied purposefully and tailored to individual situations.

#### ***From Pain to Power: Empowering the Intergenerational Narrative***

Terance Dawkins, LISW-CP

Track: Behavioral & Mental Health

CEUs: 1.5

Racial Trauma, Discrimination, Oppression, and Segregation; these are but a few of the profound and enduring traumas that have afflicted African Americans for generations. By learning from the past and forging a new path, we empower ourselves and future generations to thrive, unburdened by the weight of ancestral trauma.

#### ***Human + Machine: A Collaborative Canvas for Building a Better Future through Social Work & AI***

Margaret Anna-Claire Butler, B.A.

Track: Ethics

CEUs: 1.5

This proposal envisions a collaborative future where AI empowers social work. AI chatbots revolutionize mental health access while tools streamline and predict. By prioritizing ethics and effectiveness, we can co-create a brighter canvas for social justice and well-being. Together, with AI, we can paint a brighter future for mental health.

#### ***P.L.A.Y.— Test Your Vulnerability***

Nia Lancelin-Brantly

Track: Behavioral & Mental Health

CEUs: 1.5

Join THRIVE Artists' Group on a transformative expedition dedicated to inspiring mental health and holistic wellness for individuals from all walks of life through the enchanting prism of creativity. Our mission is to make mental wellness an enjoyable journey, blending creativity, play, and movement to create a fulfilling tapestry of well-being. In this session, we will embark on a journey of self-discovery through P.L.A.Y. – Process, Learn, Apply, YAYYY. Participants will delve into questions about life goals, unmet desires, personal obstacles, and self-restraint. Groups will collaborate and curate a playlist that reflects collective themes and explore practical applications of the insights gained in personal, public, and everyday life. Step into the realm of THRIVE, where vulnerability is celebrated, creativity flourishes, and well-being becomes an art form. Join us as we journey towards mental wellness through the power of play and connection.