

From **Trauma** *to* **Resiliency**



52nd Annual Midwest School Social Work Conference and Meeting

www.ksswa.org



Greetings Conference Attendee,

Welcome to the 52nd Annual Midwest School Social Work Council Conference and Meeting. THANK YOU for joining us in Wichita, Kansas!

The Kansas School Social Workers Association (KSSWA) is honored to be hosting the 52nd annual event in conjunction with the Midwest School Social Work Council. Our Association is hoping you relax, grow professionally, network with your school social work colleagues, and enjoy yourself. We believe the conference speakers will offer a variety of options for you to choose from and will have excellent presentations for you.

If you have questions or concerns during the conference please don't hesitate to contact myself or one of the outstanding KSSWA board members for assistance.

We are excited you are here!

Sincerely,

Cheri

Cheri Koochel, LMSW

President, KSSWA

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Location, Lodging, Lunch and Transportation

Location/Lodging – The location of the conference will be at the Double Tree by Hilton Hotel Wichita Airport. 2098 Airport Road, Wichita, KS 67209. This will also be the place that you can book a room. A nice way to have everything in one location! Special Midwest Conference rates are \$132.53 a night. You will need to specify that you are there for the conference when you book a room, ask for Deidre or in-house reservations. To ensure you get the conference rate, reserve your room by 5 p.m. on Wednesday, September 12, 2019.



Click [here](#) to register for a room!

Lunch - <https://www.360wichita.com/zipmap> - Plenty of lunch options can be found at Maple and Ridge, just north of the Wichita Dwight D. Eisenhower National Airport. (if you click on the link, type in zip code 67209)



Transportation – There aren't too many options for public transportation in Wichita around the airport, but if you come early or stay a few days late, here are some options for you:

[Uber](#) (might be an option around the lunch hour on conference days)

[Mass Transit options](#)

[Ground Transportation to and from the Airport](#)

[Booking a Flight](#)

General Information and Special Notes

Continuing Education Hours. Please note that KSSWA expects the highest ethical practice of our attendees. KSSWA follows the guidelines set forth by NASW, and therefore, in order to obtain CEH credits, attendees are expected to attend the full session. Attendees who arrive more than 5 minutes late, leave early, or who miss a significant portion of the workshop will not receive full credit.

CEH Procedures. To receive CEH credit, sign in at each session that you attend. It is the participant's responsibility to sign in at sessions, complete necessary session evaluations, and maintain the certificate for licensing purposes. Certificates of hours will be issued via mail or e-mail following the conference and hours will be calculated based on registration, payment and completed sign in sheets. When your license comes up for renewal, submit the information regarding your hours to your licensing agency. For more information check at the registration desk, and/or consult with your licensing agency.

Conference Courtesy. Please wear your name badge during conference activities. Badges will be required for admittance into sessions, meetings & luncheons. DURING SESSIONS: Silence your cell phone, take necessary in-person or phone conversations into the hallway, remain until the end of workshops to earn CEHs. Friendly reminder: Since it is very challenging to find a temperature in the meeting space that will make all attendees comfortable, please

bring a jacket or wrap with you to aid you in being comfortable. Thank you.

Registration. Early Bird registration through 8/23/19. Regular registration rates through 10/4/19. Registration is not considered complete until payment or purchase order is received. If your school district/agency needs a W-9 completed, contact our treasurer, Becky Hegler, at bcarter@knusd331.com. If paying by check, make checks payable to: KSSWA; write on memo line: Midwest Conference; mail to: Becky Hegler, P.O. Box 81, Kingman, KS 67068. Payments can also be made online through PayPal.

ADA. Please advise KSSWA as soon as possible before 9/3/2019 your need for service related to your disability. Our desire is to make this conference accessible to all.

Internet Access. There will be WIFI access during the conference.

Refund Policy. Refunds will be allowed through 9/19/2019. After this time, no refunds will be issued. Substitutions are allowed. Email Becky Hegler at bcarter@knusd331.com with the name of substitute. The substitute should check in at the registration under the name of the original registrant.

Moderators. Moderators are a very important part of this conference and help make it successful. Any conference participant may sign up to be a moderator while being a workshop participant. Moderators will be provided with all necessary information in advance! If you would like to moderate a session, let us know when you check in at the registration desk. Thank you in advance for your assistance!

Workshop Descriptions. We have done our best to help you find the workshops that will best fit your needs. Starting on page 9, we have provided you with the workshop description, which includes learning objectives. You'll also find the grade level/target audience each workshop is suited for as well as the practice level based on where you are in your career and your current position.

Midwest School Social Work Council. The Midwest School Social Work Council (MSSWC) is a coalition of eleven Midwestern state-level professional associations (Illinois, Indiana, Iowa, Kansas, Kentucky, Michigan, Minnesota, Missouri, Nebraska, Ohio, and Wisconsin) for school social workers. The Council consists of the eleven state presidents, their respective state consultants (if one exists), and a state school social work practitioner.

The purpose of the Council is to:

1. Actively support member state organizations;
2. Create and sustain a system of communication between member states and national school social work organizations; and
3. Support the professional development of school social workers.

MSSWC Affiliate States.

Illinois Association of School Social Workers

www.iassw.org

Indiana School Social Work Association

www.insswa.org

Iowa School Social Workers' Association

isswa.org

Kansas School Social Workers Association

www.ksswa.org

Kentucky Association for School Social Work

www.kasswky.org

Michigan Association of School Social Workers

www.masswmi.org

Minnesota School Social Workers Association

www.msswa.org

School Social Workers Association of Missouri

www.sswam.org

School Social Work Association of Nebraska

www.sswan.org

Ohio School Social Work Association

osswa.org

Wisconsin School Social Workers Association

www.wsswa.org

Keynote Presenters

Thursday, October 3, 2019 8:30-11:30

Breakout Session #1, 12:45-2:15



Dr. Caelan Soma, PsyD, LMSW, CTC - S Chief Clinical Officer and Senior Trainer at Starr Commonwealth. From her Biography,

“Dr. Soma provides trauma assessment and trauma informed, resilience focused intervention for youth utilizing evidence-based practices, including TLC’s SITCAP® model programs.

She has been involved in helping with the aftermath of disasters such as Sandy Hook, Hurricanes Katrina and Rita and others. She is has authored several books, the most recent, 10 Steps to Create a Trauma Informed School and Healing the Experience of Trauma: A Path to Resilience.

She is an internationally acclaimed speaker and trainer, and is the instructor for many TLC courses, including Children of Trauma and Structured Sensory Interventions. She received her doctorate in clinical psychology at California Southern University, where she received the 2013 CalSouthern President’s Award.”

To see Dr. Soma’s Bio and more information please click [here](#).

Keynote: How to support student behavior from a trauma-informed lens

Trauma-informed, resilience-focused education starts with a shift in mindset from viewing students as “problems” to “sacred beings”. The Circle of Courage model of resilience is backed by science and rooted in practice-based evidence.

Educators will rethink discipline as they learn how to assess a student’s universal needs to support behavior.

Dr. Soma has done phenomenal work to further the social work profession. KSSWA is very honored to have her as a Keynote Speaker at the 52nd Annual Midwest School Social Work Conference and Meeting. Thank you, Dr. Soma!

Keynote Presenters

Friday, October 4, 2019 8:00 a.m. – 11:00 a.m.



Dr. Terry Koenig, Ph.D., LCSW

Dr. Koenig is an Associate Professor at the School of Social Welfare at the University of Kansas. An excerpt from Dr. Koenig’s Curriculum Vitae, “my scholarship and research interests involve gerontology, and professional ethical decision making in social work practice, women and feminist or critical theoretical perspectives, and international social work.” Please see Dr. Koenig’s Bio [here](#).



Dr. Richard Spano, Ph.D.

Dr. Spano is an Associate Professor at the School of Social Welfare at the University of Kansas. Dr. Spano’s academic areas include, child welfare, foster care, sexual abuse, the history of social work and social welfare, ethics and values as they impact practice. Please see Dr. Spano’s Bio [here](#).

Both Professionals have made excellent contributions, separate and together, to further the social work profession. KSSWA is very honored to have them as Keynote Speakers at the 52nd Annual Midwest School Social Work Conference and Meeting. Thank you Dr. Koenig and Dr. Spano!

Schedule at a Glance

<i>Thursday, October 3, 2019</i>	
7:30 a.m. – 4:00 p.m.	Registration All Day
8:00 a.m. – 8:30 a.m.	Welcome and Introductions to Conference
8:30 a.m. – 11:30 a.m.	A.M. Keynote Speaker Dr. Soma, PsyD, LMSW, CTC-S
11:30 a.m. – 12:45 p.m.	Lunch on your own (see pg. 3 for details)
12:45 p.m. – 2:15 p.m.	1.5 hr Breakout Session #1 (3 options)
2:15 p.m. – 2:30 p.m.	Break
2:30 p.m. – 4:00 p.m.	1.5 hr Breakout Session #2 (3 options)

<i>Friday, October 4, 2019</i>	
7:30 a.m. – 2:00 p.m.	Registration All Day
8:00 a.m. – 11:00 a.m.	A.M. Keynote Speakers, Dr. Terry Koenig, Ph.D., LSCSW and Dr. Richard Spano
11:00 a.m. – 12:45 p.m.	SSW of the Year Banquet or Lunch on your own
12:45 p.m. – 2:15 p.m.	1.5 hr Breakout Session #3 (3 options)
2:15 p.m. – 2:30 p.m.	Break
2:30 p.m. – 4:00 p.m.	1.5 hr Breakout Session #4 (3 options)

Workshops and Descriptions

Breakout Sessions #1 Thursday, October 3, 2019 12:45 p.m. – 2:15 p.m.

Dr. Soma, PsyD, LMSW, CTC – S National Institute for Trauma and Loss in Children

Supporting Teachers who work with children of trauma The only aspect of self-care is that is universal is that it is non-negotiable. Self-care is the energy we dedicate back to ourselves so that we may continue to help others. The truth is that in the coming year you will be asked to do more with less. Your class size and caseload will increase, there will be higher standards, more paperwork, and less time. There will be flaws in the education system and oceans of suffering and more students in need. It is a tough world for helping professionals, but the world needs us to care for ourselves so that we are sustained to continue the work of teaching and helping our students

James S. Sommer, M.S., LCP (Resiliency) Resilience defined. Historical and fictional examples of Resilience. Resilience based on Trauma Informed Schools. How resilience relates to various mental health diagnoses and means to build resilience in treatment. *Target Audience: Pre-School, K-12, Practice Level: Beginner or Experienced*

Ragan Snyder-Smith, LCSW, RPT-S and Bea Burchill, LMSW (Superheroes in Counseling) Often fictional superheroes struggle with issues just like the rest of us - and overcome anger, loss, isolation and trauma. Using superheroes and pop culture as the metaphor, this training will explore the psychology behind superheroes, analyze the latest research and will discuss how to use superheroes in the counseling setting. We will cover evidence-based practices such as play therapy, CBT, & bibliotherapy. We will establish how comic book narratives and a client's love for a certain character can promote engagement to overcome depression, anxiety, trauma, grief/loss, and maladaptive behaviors. We will also discuss strategies about helping distinguish between reality and fantasy play. *Target Audience: K-12, Practice Level: Beginner or Experienced*

Learning Objectives: Participants will

1. Introduce the history of superheroes and comic books, the Hero's Journey and why superheroes appeal to teens and children.
2. Establish how a client's passion for certain fictional characters can be used to identify strengths and promote engagement in the therapeutic process.
3. Develop a framework for using evidence-based therapies including CBT, Behavioral Therapy, and Play Therapy with superheroes and comics.
4. The participant will have the opportunity to discuss strategies to help clients distinguish between reality and fantasy play.

Breakout Sessions #2 Thursday, October 3, 2019 2:30 p.m. – 4:00 p.m.

Cindy Blasi, LMSW, CCTP (Be the Difference Maker. Learn how Social Workers are the driving force behind trauma informed practices in the school environment) SESSION FULL– This training demonstrates how the education system can use the ACES study to acknowledge how life experiences impact the bodies' ability to self-regulate. When educators understand both ACES and toxic stress, a mindset is created allowing for a safe and secure environment to be formed in schools. By creating an educational environment which ensures safety and nurturance for all, students will build relationship with other students and staff, promoting healing. Social Workers have a direct impact on how teachers understand a student's ability to regulate in school. Interventions and best practices that social workers can teach teachers to use to address self-regulation for both students and educators will also be shared in this presentation. *Target Audience: K-12, Practice Level: Experienced*

Learning Objectives: Participants will

1. Have a deeper understanding of life experiences impacts a student's ability to learn.
2. Learn how focusing on building relationships with all students enhance staff's ability to support all students.
3. Learn immediate strategies such as connection strategies, mindfulness, and peace corners, that can be used building wide to enhance student regulation

Amy Nolen, MSW, LCSW (Building Grit & Resiliency through Transition Planning) – Transition is becoming a new frontier for school social workers! Using a collaborative and solution focused approach, this session will target the importance of transition for students through the course of their educational experience. This session also looks at the relationship between learning self-advocacy skills and experiencing successful transitions not only in school but throughout life! Participants in this workshop will be offered practical examples and tools for help in identifying students' strengths as well as challenges in planning realistic goals for postsecondary life. *Target Audience: Middle/High School, Practice Level: Experienced*

Learning Objectives: Participant will

1. Gain a basic knowledge base of what transition looks like in an educational setting.
2. Gain an understanding of foundational concepts of the transition process for school age children as well as postsecondary life.
3. Gain an understanding of practical tools in developing realistic and solution focused transition plans.

Kara Vocksik, MSW, LCSW – Mental Health in Today’s School Aged Child: Mental health rates are rising at an alarming rate in today’s youth. Anxiety and depression are starting in children younger and younger. Suicide rates are becoming increasingly scary. School social workers, parents and school staff find ourselves struggling to make sense of these trends. This session will focus on observations and experiences from working with youth in a school setting and a private practice therapy setting. It will provide useful tools for social workers including questions to ask, coping skills, treatments and what specifically to look for. Anxiety group curriculum will be provided to those wanting to run groups in their school. Time will be spent on suicide prevention including warning signs, gender differences and why the sudden rise in numbers. The session will end with information about a youth mental health coalition that all schools can start. This coalition won a National Award and is making a very positive impact in 17 school districts across the state of Pennsylvania. *Target Audience: K-12, Practice Level: Experienced*

Learning Objectives: Participants will

1. Be able to create their own youth mental health coalition
2. Be able to assess a youth for suicide with the new tools given
3. Be able to teach skills for teachers which address the mental health of their students

***New!* Tina Haefke, LSCSW and Janelle Hilger-Kopshinsky, LSCSW – Social Work**

Mentoring: How to support and retain school social workers – This session will provide information about a school social work mentoring program that has been developed by SE KS Education Service Center. These supports include professional forums, symposiums, and an e-mentoring program that is intended to help professionals early in their school social work career or working in isolation to provide a connection and guidance with an experience colleague committed to fostering personal and professional growth. *Target Audience: K-12, Practice Level: Beginner or Experienced*

Learning Objectives: Participants will learn:

1. What does the mentoring program provide?
2. Who is eligible to participate and how to get started?
3. As a seasoned professional, how to become a mentor?

Breakout Sessions #3 Friday, October 4, 2019 12:45 p.m. – 2:15 p.m.

Becky Fast, LMSW, LCSW (Ethical Call to Advocacy and Community Action) – In this workshop, participants will learn effective ways to advocacy and discuss your concerns with elected

officials. The workshop will review NASW Code of Ethics relevant to political and social action. Participants will gain an understanding of Kansas political environment and legislative process. There will be an opportunity to practice effective messaging to impact public policy changes.

Target Audience: Everyone, Practice Level: Beginner

Learning Objectives: Participants will

1. Learn effective ways to advocate and discuss your concerns with an elected official.
2. Review NASW Code of Ethics relevant to political and social action.
3. Gain an understanding of Kansas political environment and legislative process.
4. Practice developing effective messaging to impact public policy change.

Scott Sainato, Ph.D., LMSW (Policy Analysis on Bullying)— A modified approach to policy analysis is used to assess various components of a Kansas state law that prohibits bullying in schools. Also, as part of the analysis, the underlying values within the law and the unintended consequences from the law are discussed. Antibullying policies continue to be a focal point within the education system and the operative and proficient methods are well acknowledged. There is a gap in the literature concentrating on appraising the current laws and policies in place. This presentation adds to the existing literature and general knowledge base through a policy analysis of Kansas state law. *Target Audience: K-12, Practice Level: Beginner or Experienced*

Learning Objectives: Participants will

1. To understand the current laws in place for anti-bullying in schools in Kansas
2. Help determine the effectiveness and unintended consequences of the current laws in Kansas
3. Provide recommendations for future discussions, research, and actions school social workers, policy makers, and other professionals can do to help prevent bullying.

Daniel English, BSW, and Lori Haas, LMFT (Supporting Trans and Gender Non-conforming Students: Gender 101) SESSION FULL – Students who identify with a gender different from the sex they were assigned at birth and/or do not conform to social expectations of gender – such as transgender, nonbinary, or gender non-conforming students – face high rates of bullying and harassment at school. This student population is also at greater risk of dropping out, truancy, and negative mental health outcomes. Supporting Trans and Gender Non-conforming Students: Gender 101 will explore best practices that increase gender diverse students' safety at school based on results of the 2017 National School Climate Survey, and clarify basic terms and concepts related to gender. *Target Audience: K-12, Practice Level: Beginner or Experienced*

Breakout Sessions #4 Friday, October 4, 2019 2:30 p.m. – 4:00 p.m.

Deborah Factor and Rebecca Lewis Pankratz (Completing and Resolving Poverty in our Communities) – Come hear how Youth Core Ministries and ESSDACK are breaking the cycle of poverty in rural communities. Core Circles equips those in poverty by empowering them with education and social capital. 16 Adults and 6 Kids have completely left economic poverty and have seen their combined annual income grow from \$201,996 to \$442,476. 77% of all tracked graduated have stabilized their financial situation. The poverty in our communities can truly be resolved. Join us to learn about this powerful program with actual results and see how people are walking out of financial poverty forever! *Target Audience: Pre-School, K-12, Practice Level: Beginner*

Rhonda Peterson Dealey, DSW, LCSW (ACE's, Ethics, and the Social Worker: Are our policies and practices in the best interests of our students?) SESSION FULL – As schools move toward becoming more trauma-informed and resiliency-building, school social workers need to be leaders of best practice. Well-intentioned administrators and educators adopt programs and policies without fully considering the impact on students, families and employees. Yet others are resistant to allowing new programs/policies which are trauma-aware or resiliency building. School social workers often find themselves in a position of conflict between ethical principles, school policies, law and regulations, supervisors, and what seems best for students. This workshop will examine difficult scenarios and explore decision-making models. Participants are encouraged to bring examples of ethical dilemmas from their own practice. *Target Audience: K-12, Practice Level: Beginner or Experienced*

Learning Objectives: Participants will

1. Critically examine real-life examples of ethical dilemmas in school social work practice related to ACES's and childhood trauma via engaging activity and discussion
2. Reflectively examine personal models of processing difficult situations in school social work practice

Sara Schlagel, LMSW and Alicia Armstrong, LMFT (Cultivating Resilience: The KVC Resilience Center) – Innovation and science were used to create KVC's Resilience Center; a place for youth who have experienced trauma to receive excellent treatment, the ability to learn healthy coping skills and the power to become resilient. Infusing brain science into practice, our resilience curriculum focuses on building body regulation, emotion regulation and executive thinking. Tools such as Emotion Regulation Drills, Strengthening My Brain exercises and safety plans are the keys to success to move beyond trauma. KVC's Resilience Center is an excellent example of interventions and services for trauma informed organizations looking for the next step to address trauma and Adverse Childhood Experiences. *Target Audience: K-12, Practice Level: Beginner or Experienced*

Learning Objectives: Participants will

1. Leave the session with an understanding of their role in the healthy brain development of youth they work with.
2. Leave the session able to utilize new innovative tools and strategies being utilized in KVC's Resilience Center and educate youth, adults and families on healthy brain development, adversity and resilience.
3. Leave the session able to define how their organization can use innovative practices to support trauma informed care and ACE's initiatives.

Awards

March 13, 2019

Dear Naomi,



It is our pleasure to inform you of your selection for the Midwest School Social Work Council Career Achievement Award. The Kansas School Social Work Association is so proud of you. Your nomination and selection was based on your years of service to the social work profession, your outstanding leadership and ability to mentor others, and your contribution over the years to KSSWA.

You will be recognized and honored by KSSWA at the Midwest School Social Work Conference in Wichita on October 4th. We would like for you to be our guest at the conference and banquet at no charge to you. KSSWA is so excited to share this celebration with you!

Congratulations Naomi!!

Sincerely,

The KSSWA Board

July 28, 2019

Governor Laura Kelly
Capitol, 300 SW 10th Ave., Ste. 2415
Topeka, KS 66612-1590



Greetings Governor Kelly,

It is my privilege to notify you of your nomination and selection by the Kansas School Social Workers Association as our Champion for Children award winner for 2019. Our Association based this prestigious award on your support for education, mental health for Kansans, Medicare expansion and LGBTQ individuals.

We would be honored with your presence at the 52nd Midwest School Social Work Conference in Wichita on October 4th. An awards luncheon will be held that Friday to recognize the Midwest School Social Workers of the year and yourself. Barb Meyer, from Wichita, is the Kansas recipient this year. Craig Hidy, co-legislative chair, will be contacting your office soon to provide you with more information. KSSWA sincerely appreciates all the work you do to make Kansas a great place for children.

Best Regards,

Cheri

Cheri Koochel, LMSW
KSSWA President
#teamKSSWA

Sponsors

This conference would have not been possible if it weren't for some helpful sponsors. KSSWA is grateful for their contribution and would like to thank them for their sponsorship! KSSWA would also like to thank the University sponsorships, as their programs contribute to the great social workers in the profession today!

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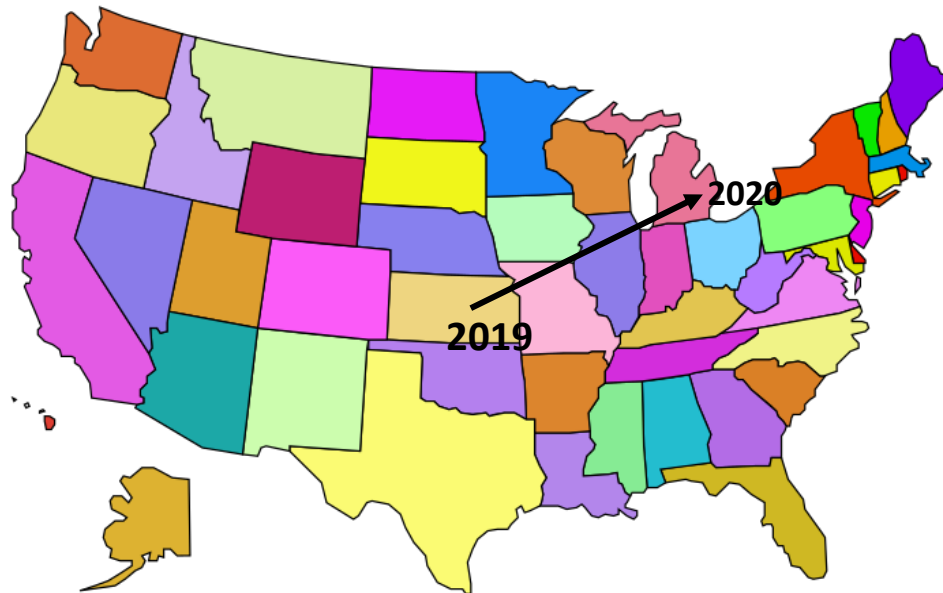
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SAVE THE DATE

Michigan Midwest Conference 2020

October 21st-23rd

Ypsilanti, Mi at the Eagle Crest Marriott Resort



www.masswmi.org