

**The 23rd Annual Colorado Child and Adolescent Mental Health  
Coalition Conference**

**Strong Minds, Strong Futures**  
**for Children, Youth, Families and Professionals**



May 23 & 24, 2011  
Auraria Campus Tivoli Student Center, Denver, CO

**REGISTRATION PACKET**

*You are invited to attend the 23rd Annual  
Colorado Child and Adolescent Mental Health Coalition (CCAMHC)  
Conference!*

We are excited to be able to offer this conference in May to continue our efforts to provide you and your staff with skills/information to help you better serve the behavioral health needs of Colorado's children, adolescents and their families. For this conference, we are able to provide you with several quality training options at a reasonable cost of \$115.00 per participant.

The goal of this conference is to provide participants with a supportive learning environment that promotes collaboration and integration among providers, families and communities. Participants will learn about and develop skills with current promising and best practices nationwide. This conference will highlight effective interventions currently being used to serve Colorado's children and families with behavioral health issues.

***This year's conference is possible through a generous grant from  
Division of Child Welfare, CDHS.***

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# Conference Schedule

## May 23, 2011

8:00am to 9:00am	REGISTRATION & COFFEE SERVICE
9:00am to 10:15am	Reggie Bicha, Executive Director, Colorado Department of Human Services
10:15am to 10:30am	Break
10:30am to 12:00pm	Workshop Session #1
12:00pm to 1:30pm	Lunch and Awards Announcements
1:45pm to 3:15pm	Workshop Session #2
3:15pm to 3:30pm	Break
3:30pm to 5:00pm	Workshop Session #3
5:00pm to 6:30pm	Networking Event

### CCAMHC Networking Event!

An opportunity to informally network with other conference attendees to share your vision of assisting others in improving the needed services for youth and families throughout the state. In the past, our networking events has provided conference participants with valuable contacts and information which they were able to take back with them. We are pleased to reintroduce this event at our two day conference.

**Sponsor:** The Federation of Families for Children's Mental Health.

## May 24, 2011

8:00am to 9:00pm	REGISTRATION & COFFEE SERVICE
9:00am to 10:30am	Workshop Session #4
10:30am to 10:45am	Break
10:45am to 12:15pm	Workshop Session #5

# Keynote Session

Monday, May 23, 2011 — 9:00am to 10:15am

## **About Reggie Bicha**

Director Bicha served most recently as Secretary of the Department of Children and Families for the state of Wisconsin. As the inaugural secretary of the department, Mr. Bicha led bold initiatives that restructured, retooled and reprioritized the way that children's services are done in Wisconsin. He has dedicated his career to protecting and improving the well-being of children and has extensive experience working on child welfare, education and health issues at the county, state and national levels.

Like Colorado, Wisconsin is a state-supervised, county-administered human services system. Mr. Bicha brings a strong focus on outcomes, results, accountability, transparency and a belief in vital local partnerships with him to Colorado.

Before his appointment as Secretary of the Department of Children and Families in Wisconsin, Mr. Bicha served as the Administrator of the Division of Children and Family Services at the Department of Health and Family Services (DHFS) in Wisconsin and also served as DHFS Deputy Secretary. His state service was built upon his experience at the county level as the Pierce County Director of Human Services. Mr. Bicha also served as Chair of the West Central Wisconsin Care Management Collaborative, a group of nine counties and three private organizations working to develop a public/private managed care system to expand Family Care to serve seniors and people with disabilities. He is also a past Vice-President of the Wisconsin County Human Services Association, representing 72 county human service agencies. Director Bicha earned a bachelor's degree in social work from the University of Wisconsin-Eau Claire and a master's degree in the same subject from the University of Minnesota. In 2009, he received the Department of Health and Human Services Commissioner's Award for the Prevention of Child Abuse and Neglect.



# Workshop Descriptions

Monday, May 23, 2011 — 10:30am to 12:00pm

## Session #1

### **Assessing the Relationship Between Trauma and Substance Use Among Homeless Youth— Chelsea Taylor, MSW, Kimberly Bender, MSW, PhD, Chelsea Komlo and Jamie Yoder—University of Denver**

This workshop introduces professionals to the mental health and substance abuse needs of homeless youth by describing results from a recent study investigating youths' DSM-IV symptoms and perspectives on trauma and substance abuse. The workshop will introduce participants to evidence-based methods of assessment and interventions to increase safety and coping.

### **Autism 101: Working with Autism Spectrum Disorder - Amy Gearhard, M.S.—Creative Perspectives, Inc. Autism Centers of Colorado**

The field of autism has historically been dominated by a one-size-fits-all philosophy, making the treatment of a "spectrum" disorder increasingly difficult to manage across both people and settings. Challenges common to individuals with ASD are decoded through a unified focus, providing a format within which multiple disciplines are brought together to address naturally inseparable needs and challenges. Innovative strategies outline the areas of multi-modal communication, daily routines, visual support systems, adult roles and expectations, environmental adaptations, and sensory regulation to create a holistic and functional approach to the successful behavior management across home, classroom and community settings.

### **Dialectical Behavior Therapy for Special Populations: Treatment with Adolescents and their Caregivers— Margaret Charlton, Ph.D., ABPP—Intercept Center, Aurora Mental**

Dialectical Behavior Therapy for Special Populations (DBT-SP) is an adaptation of Dialectical Behavior Therapy (DBT) (Linehan, 1993a), specifically designed to address the needs of psychotherapy clients with intellectual disabilities who need to develop better skills for managing their impulsivity, dealing with frustration and interacting with others. Though DBT was originally developed as a treatment for individuals diagnosed with Borderline Personality Disorder, the treatment's use has been expanded to address the needs of a wide variety of clients in a variety of settings. DBT is now best described as a treatment for clients with severe and chronic DSM-IV Axis I and II multiple diagnoses of mental disorders that are difficult to treat (Dimeff & Koerner, 2007). Although there are a number of issues that must be addressed when providing psychotherapy to individuals with intellectual disabilities and mental illnesses, many psychotherapeutic techniques are effective if they are suitably modified (Butz, Bowling, & Bliss, 2000; Nezu & Nezu, 1994) as we have found with DBT-SP. This workshop will present preliminary findings regarding the types of adaptations made and their effectiveness in working with a population who have both intellectual disabilities and mental illnesses.

### **Engaging the Unengaged — Tom Henry, MA, LPC, LAC—Jefferson Center for Mental Health**

In how many conversations today will you try to get through to: clients, employees, bosses, spouses, children, parents and friends? How often do they respond positively? What would be the effect on you and productivity if they did? This workshop explore factors that engage people and compel them to act.

### **Permanency Round Tables—Tracy Neely, Judy Henderson and Heather Powell – Denver Department of Human Services**

Permanency Roundtables are shifting foster care placement from an incident-based, child-centered focus to a family-centered, permanent home focus. Permanency Roundtables are a two-pronged intervention process to expedite the safe placement of children in permanent homes by collaborating with child welfare experts while also developing the direct care staff's knowledge of practices that support safe permanency. In Denver, Human Services are using these roundtables to better address a youths' mental health issues and pair them with a permanent connection that will become a lifetime connection.

# Workshop Descriptions (continued)

May 23, 2011 — 1:45pm to 3:15pm

## Session #2

### **Conducting a Needs Assessment for Specific Populations: Focusing on Minority Youth Substance Abuse Prevention — Candace Cadena, MSW, MPP and Jodi Lockhart, Denver Office of Drug Strategy**

This presentation will walk participants through the first three stages of SAMHSA's Strategic Prevention Framework using examples from Colorado Prevention Partnerships for Success (CPPS) grant project in Denver. Federally funded by SAMHSA, the CPPS project aims to reduce heavy underage drinking among Latino high school youth over five years in Colorado. The Denver Office of Drug Strategy (DODS) is tackling this challenge in Denver as part of the state effort, and recently completed a through needs assessment to inform the planning and implementation of grant activities. This presentation will outline the needs assessment process used by DODS, focusing on strategies to gather information and build capacity to work with a specific community of interest and highlighting data on youth substance use trends collected during the process.

### **Crossover Youth Practice Model—Tracy Neely, and Judy Henderson – Denver Department of Human Services**

This workshop will review a new collaborative practice that combines social workers and juvenile probation officers to help children (and children of color in particular) succeed in their own communities. The Practice Model for Crossover Youth will infuse work values and standards; evidence-based practices, policies and procedures; and quality assurance processes into this effort. It will provide a template for how counties can immediately impact how they serve crossover youth and rapidly impact outcomes. Denver Department of Human services uses this model in to and the increased utilization of families and the community as partners in case planning, policy development, and the building of system capacity and address the child's mental health needs.

### **Evidence-Based Practices: A Parent's Guide — Frank Bennett, Ph.D., Colorado Child and Adolescent Mental Health Coalition**

What are evidence-based practices? What difference do they make? How can I learn about evidence-based practices that are appropriate for my child? How can I know if my child's therapist is using an evidence-based practice? These and other questions you always wanted to ask (or maybe never thought of asking) will be answered (or at least talked about) in a session that will focus on the concerns of the participants.

### **No Brain, No Gain: How Healthy Brains Support Strong Minds, Strong Futures — Patti Gilmour, Your Brilliant Brain**

Developing brains are fragile and our increasingly intense environment is not always gentle. Effective behavior change principles presuppose that the brains we are attempting to nurture are healthy and ready to learn. This interactive session will: introduce attendees to the basic physiology of the learning brain, explain what research says can optimize cognitive function, and offer suggestions on how we can support families in the pursuit of neural health.

### **Suicide in the Community? Statistics, Risk Factors, Intervention and Resources — Heather Trish, NCC, LPC—Jefferson Center for Mental Health**

This presentation will include an overview of USA and Colorado statistics, risk factors for suicide (including gender/ethnic/age differences, mental illness, military service), outline warning signs for suicide, identify suicide prevention training options and highlight community suicide prevention protocols and community resources.

# Workshop Descriptions (continued)

May 23, 2011 — 3:30pm to 5:00pm — Session #3

**Adapting Mental Health Treatment for Children who have Developmental Disabilities - Brian Tallant, MS, LPC—Aurora Mental Health**

In this session, the definition of developmental disability will be discussed and specific clinical characteristics and diagnostic criteria of various disabilities will be presented. These special characteristics will be considered when performing mental status exams and clinical assessments of mental health problems so that a more accurate differential diagnoses can be made. Specific cultural considerations and unique life stressors will be presented that are unique to this population so that clinicians can be more culturally competent and can better understand and address their clients' presenting problems. Adaptations to therapy will be presented that can help clinicians successfully assist children who have significant communication and learning challenges. Specific adaptations to individual, family and group therapy will be presented, as well as examples of how these adaptations have been utilized in a model program for dually diagnosed children in Aurora, Colorado. Case management and family support needs will also be discussed as necessary accompaniments to adapted therapy, as well as contact information for community agencies that can support families and compliment the mental health services you provide.

**Building a Sense of Safety and Trust with RAD Children - Jen Dickson, MSW, LCSW—Cedar Springs Hospital**

The Connections Program for Reactive Attachment Disorder (RAD) at Cedar Springs Hospital has experienced great success, especially since March 2009 when Dan Hughes' Dyadic Development Psychotherapy was implemented. Connections caregivers and therapists model an attitude of playfulness, acceptance, curiosity and empathy as they help RAD Children work on their attachment issues.

**No Brain, No Gain: How Healthy Brains Support Strong Minds, Strong Futures (Repeat)— Patti Gilmour, Your Brilliant Brain**

Developing brains are fragile and our increasingly intense environment is not always gentle. Effective behavior change principles presuppose that the brains we are attempting to nurture are healthy and ready to learn. This interactive session will: introduce attendees to the basic physiology of the learning brain, explain what research says can optimize cognitive function, and offer suggestions on how we can support families in the pursuit of neural health.

**Until Someone Wakes Up— Ben Smith, Sex Assault Victim Advocate Center**

Since 2001, SAVA has been bringing *Until Someone Wakes Up* to regional audiences in an effort to end sexual violence. Through scenes of drama, comedy and satire, *Until Someone Wakes Up* explores the complex issues surrounding sexual violence, gender role socialization and healing. An ensemble of teens, college students and adults approaches the topics with a balance of sensitivity, realism, and humor. Carolyn Levy and her students at Macalester College created the script in 1992 through interviews with actual survivors and perpetrators of sexual violence. All of the stories are true, and SAVA regularly updates the material with new contributions. The experience is an honest, touching, and intense look at this difficult issue.

**What Can All of Us Do About Attachment Problems - Deneen Kelly, MSW—Arapahoe County Dept. of Human Services and Maggie Byrnes, LCSW**

This presentation will discuss the diagnosis and treatment of attachment difficulties. The limits of current knowledge along with promising practices for enhancing attachment security and treating attachment problems will be discussed. The role of various professionals (therapists, case workers, CASAs, GALs, educators) in enhancing the relationship between children and their care givers (birth parents, foster parents, kin, or adoptive parents) will be discussed and concrete suggestions given for specific steps professionals can take. Avenues for working with caregivers will be discussed.

# Workshop Descriptions (continued)

May 24, 2011 — 9:00am to 10:15am — Session #4

**Achieving Permanency for Children Diagnosed with Reactive Attachment Disorder—  
An Outcome-Based Treatment Foster Care Model—Part 1 - Forrest Lien, LCSW—  
Institute for Attachment and Child Development**

Forrest will present a model of therapeutic foster care and attachment therapy to prepare foster/adoptive children for permanency in a family. The evolution of attachment therapies over 4 decades will be discussed i.e. pro and cons. Pre and post data will be explained regarding today's successful model of care. The successful Denver County and Arapahoe County projects will be presented: getting foster kids ready for a family, kids with a current foster family experiencing severe behaviors, and preventing disruption in adoptive homes.

**"Growing Together" Strong Minds and Futures for Teen Mothers and Their Babies -  
Christy Balentine, Ph.D. IMH-E(IV) - Aurora Mental Health Early Childhood and Family  
Center and Michelle Roy, Ph.D.—Irving Harris Program in Child Development and  
Infant Mental Health**

This session will address the numerous complexities of providing mental health services to young mothers and their infants. The "Growing Together" group therapy program, which is based on relevant research findings regarding teen mother-baby relationships, will be highlighted as an example of more efficient service delivery for this population.

**Overview of Colorado Programs for Transitional Youth and Young Adults - Barb  
Mattison and Ty Smith, Youth and Young Adult Transitions Committee, Deborah  
Ward-White, Family Agency**

The overview of Colorado programs serving transitional youth and young adults will highlight and briefly discuss six diverse programs—public and private—and provide a cross-systems resource list of programs responding to a survey by they under 26—Transition Work Group of Colorado's Behavioral Health Transformation Council.

**Recognizing and Supporting GLBTQ Youth in Foster Care: They Do Exist - Collette  
Solano, MSW—Butler Institute for Families, Graduate School of Social Work at the  
University of Denver**

Participants will learn about struggles GLBTQ youth experience in foster care, school and in out of home placement discussing strategies about supporting GLBTQ youth. Participants will also discuss the impact family rejection has on youth when they "come out". This workshop will be interactive and provide resources.

**Tools from the Colorado System of Care Collaborative - Natalie Portman Marsh,  
Colorado System of Care Collaborative**

This session will focus on youth, family and consumer engagement. This interactive presentation will include specific ways in which clients have been encouraged to be more involved with their own case plans and support others when working with public systems. Suggested strategies, policies and opportunities to enhance a key system of care principle of youth and family involvement will be discussed. The presentation will focus on implementing System of Care strategies. The advocacy group Colorado System of Care Collaborative will be introduced as a resource. Youth, family and consumer presentation will address key strategies for enhancing engagement and tools will be provided to enhance these efforts for both staff and youth, family and consumers.

# Workshop Descriptions (continued)

May 24, 2011—10:45am to 12:15pm — Session #5

**Achieving Permanency for Children Diagnosed with Reactive Attachment Disorder—  
An Outcome-Based Treatment Foster Care Model—Part 2 - Forrest Lien, LCSW—  
Institute for Attachment and Child Development**

Forrest will present a model of therapeutic foster care and attachment therapy to prepare foster/adoptive children for permanency in a family. The evolution of attachment therapies over 4 decades will be discussed i.e. pro and cons. Pre and post data will be explained regarding today's successful model of care. The successful Denver County and Arapahoe County projects will be presented: getting foster kids ready for a family, kids with a current foster family experiencing severe behaviors, and preventing disruption in adoptive homes.

**Sticks and Stones - Ty Smith, Youth and Young Adult Transition Committee**

In this interactive, engaging multimedia presentation, we will discuss how traditional treatment can contribute to infantilization and marginalization of young clients, with solid strategies to address these issues. Ty grew up "In the system" and has tremendous insight to share with the clinicians, administration and family members - not to mention peers.

**Summer Jam: An Efficient Model for School-Age Respite and Behavioral Skills-Training  
- Laura Updike, MS, LPC and K. Hawley Higgins, MA, LPC —Southeast Mental Health  
Services**

In Summer 2010, Southeast Mental Health Services established Summer Jam—a respite care and behavioral skills training program for school-aged youth. The program exceeded expectations for both its clinical effectiveness and resource efficiency. The model may be replicated to maximize outcomes and units of service with limited resources.

**Using Client Feedback to Strengthen your Effectiveness with Children and  
Adolescents—R. Alan Girard, MA, CACII and Amy Gernand, MA, LPC— Jefferson Center  
for Mental Health**

Participants will learn how to empower clients and families to create change in the treatment process by engaging them in meaningful work and using their real-time feedback about progress towards their goals and the therapeutic alliance.

**Your Brain—The Wave of the Future — Kellie Rhodes and Aisland Rhodes—Limbic  
Legacy, LLC**

The Wave of the Future heralds the life altering power surging through deep grooves in our limbic brain and explores the transformative link that blends our clients minds with our own to lift us both into the courage and empathy that makes our practice the most exciting field on earth.



# Strong Minds, Strong Futures

## for Children, Youth, Families and Professionals

May 23 & 24, 2011 –Auraria Campus, Tivoli Student Center, Denver,

### Nomination Form for Service Recognition Awards

**Category (Check One):**

- Direct Service** - Given to a clinician who has demonstrated outstanding service and performance to children, adolescents, and their families.
- Administrator** - Awarded to an administrator for commitment and dedication in guiding an agency in the delivery of services to children, adolescents, and their families.
- Legislator/Public or Political Figure** - Awarded to a person who has demonstrated through authorship or sponsorship, ongoing support for legislation or programs designed to promote services for children, adolescents, and their families.
- Parent** - Awarded to a parent, who in addition to their own personal experience as a consumer of mental health services, has also through advocacy, brokering, or negotiating, supported mental health services for children, adolescents, and their families.
- Volunteer** - Awarded to a volunteer who has demonstrated dedication, commitment and support in assisting with the provision of services for children, adolescents, and their families.
- Annette Smith Educator** - Awarded to a teacher, administrator, or paraprofessional in the field of education for outstanding work with mentally ill children, adolescents, and their families. Annette Smith was the principal of the Rene Spitz School and Colorado Mental Health Institute at Fort Logan whose life was cut short in a tragic accident.
- George Kerin Lifetime Achievement Award** – Given to a person who over the course of a career has proven to have a significant positive impact in improving, directly or indirectly, services to mentally ill children, adolescents, and their families. This award is named for George Kerin, one of the founders of the Colorado Child and Adolescent Mental Health Coalition, who was also the Clinical Director of child and adolescent services at the Colorado Mental Health Institute at Fort Logan.

**Name of Nominee:**

Agency:	
Address:	
City, State, Zip:	
Phone:	Email:

**Name of Nominator:**

Agency:	
Address:	
City, State, Zip:	
Phone:	Email:

*Describe (on an attached sheet) the contributions and services provided by the nominee. Also, please enclose at least one letter of recommendation written by someone from another agency.*

It is hoped that award winners will be available to attend the Annual Conference Awards Luncheon on **Monday, May 23, 2011 at 12:00pm session at the Auraria Campus Tivoli Center**. Please plan to attend the luncheon if your candidate is selected. *(There will be no charge for the awardees and nominator lunches; additional lunches may be purchased by sending in the registration form with the number of additional lunches needed.)*

*Please submit nominations by May 6, 2011 to:  
CCAMHC c/o CGT  
3615 S. Huron St. #206, Englewood, CO 80110  
Phone: 303.761.0807 Fax: 303.781.1008 Email: [cgtjoe@integra.net](mailto:cgtjoe@integra.net)*

# Sponsorship Opportunities

There are several sponsorship opportunities at the 2011 CCAMHC conference! We invite you to take advantage of one of these opportunities to promote your organization and its products and services to over 120 participants.

**Sponsor: \$3,000 (4 available)**

Agency or company logo will appear in conference brochure and on the website from May 2011 to May 2012  
½ exhibit table

**Conference Supporter: \$1,000 (Unlimited)**

Agency or company logo will appear in conference brochure and on the website from May 2011 to May 2012  
Space provided for literature distribution

**Scholarship Sponsorship: \$115 per Participant (Unlimited)**

Agency or company logo will appear in the conference brochure

Exhibit space is available at the 2011 conference! We invite you to participate as an exhibitor and promote your products and services to over 120 conference participants. The cost of a full exhibit table is \$100.00.

23<sup>rd</sup> ANNUAL COLORADO CHILD AND ADOLESCENT MENTAL HEALTH COALITION CONFERENCE



**Strong Minds, Strong Futures**  
for Children, Youth, Families and Professionals

May 23 & 24, 2011 – Auraria Campus, Tivoli Student Center, Denver, CO

## Sponsorship/Exhibit Table Registration Form

**Mail Registration Form and Fee to:**

2011 Conference Planning Committee c/o CGT  
3615 S. Huron St. #206, Englewood, CO 80110

Agency or Company Name:
Affiliation/Contact Person:
Mailing Address:
City, State, Zip:
Phone:
Fax:
Email Address:

**Sponsorship/Exhibit form and payment should be postmarked by May 13, 2011.**

- Sponsor: \$3,000
- Conference Supporter: \$1,000
- Exhibit Table: \$100
- Scholarship Sponsorship: \_\_\_\_ at \$115, for a total of \$\_\_\_\_\_

**\* Please complete Conference Registration Form for participant using the complimentary registration.**

23<sup>rd</sup> ANNUAL COLORADO CHILD AND ADOLESCENT MENTAL HEALTH  
COALITION CONFERENCE



Strong Minds, Strong Futures  
for Children, Youth, Families and Professionals

May 23 & 24, 2011 – Auraria Campus, Tivoli Student Center, Denver, CO

Conference Registration Form

**Mail Registration Form and Fee to:**

Colorado Child and Adolescent Mental Health Coalition (CCAMHC) c/o CGT  
3615 S. Huron St. #206  
Englewood, CO 80110

Name:
Affiliation:
Mailing Address:
City, State, Zip:
Phone:
Fax:
Email Address:

**Registration form and payment should be postmarked by May 13, 2011 to avoid late fee:**

- \$115 General Registration (received before May 13, 2011)
- \$140 Late Registration (received after May 13, 2011)
- \$50 Registration Fee for Parents of Children who are Mental Health Consumers
- \$50 Student Rate (*Please Attach Copy of Valid Student Identification*)
  
- Presenter (*Registration Waived for up to 2 Presenters per Workshop*)
- Exhibit Table/Conference Sponsor (*Registration Waived for up to 1 individual*)

**Hotel Registration Information:**

Each person is responsible for their own registration with the hotel. A block of rooms at the rate of  
\$129.00 single occupancy/double occupancy has been reserved with:

**Crowne Plaza Hotel Denver**

1450 Glenarm Place  
Denver, CO 80202  
(303) 573-1450

*To receive the conference room rate, state you are attending the CCAMHC Conference*