

34th Annual Child Welfare Workshop



OUR CHILDREN
OUR COMMUNITY

Wednesday
APRIL 3, 2024

Maryland Theatre
21 South Potomac St
Hagerstown, MD 21740

From
8:15 am - 3:30 pm

**(7:15-8:15) Check-in, continental breakfast,
visiting exhibits, networking**

The 2024 Child Welfare Workshop planning committee invites you to join us for this informative day of learning and networking with your colleagues. This year, the workshop will offer 10 different topics, specifically chosen and designed to provide current, practical and meaningful information to help individuals better serve "Our Children in Our Community." Those who attend the full workshop will be eligible to receive a certificate of completion for 5.5 educational/continuing educational units (CEUs) for the disciplines listed below. No partial credit can be awarded.

Continuing Education Credits

Maryland Social Workers:

Brook Lane is authorized by the Board of Social Work in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this Program. This training qualifies for Category 1 continuing education units and provides 5.5 credit hours; partial credit will not be awarded.

Counselors/Therapists:

Brook Lane has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the program. This program will provide 5.5 clock hours; partial credit will not be awarded.

Maryland Psychologists:

The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the State Board of Social Worker Examiners in Maryland. Program will provide 5.5 credit hours. Partial credit will not be awarded.

Other Professionals:

A certificate of completion noting 5.5 educational/contact hours will be provided to those who complete 100% of the program.

Fee: \$75.00

Includes breakfast, lunch, 5.5 CEUs for those who complete 100% of the workshop, and validated garage parking (bring parking ticket with you)

This workshop is funded in part by an educational grant secured by the Washington County Department of Social Services.

2024 Workshop Planning Committee: Brook Lane, Cedar Ridge Childrens Home, The Mental Health Center of Western Maryland, Meritus Behavioral Health Services, Potomac Community Services, Inc, Washington County Department of Social Services, Washington County Health Department, Washington County Mental Health Authority, Washington County Public Schools

**To register, complete
the attached form and
submit with payment.**

**Questions? Contact Curt Miller
at 301-733-0331 x1228 or
curt.miller@brooklane.org**

Child Welfare Workshop Agenda

Wednesday, April 3, 2024

Theatre	7:15 am to 8:15 am	Check-in, Continental Breakfast, Exhibit Visitation and Networking
	8:15 am to 8:30 am	Workshop Begins with Opening Remarks ** <u>Check-in desk will close at 8:30 am</u> ** <i>You must be on time and attend 100% to receive a certificate and CEUs</i>
	Keynote Presentation 8:30 am to 10:00 am	<p style="text-align: center;">Navigating Parenthood: Building Positive Relationships & Overcoming Challenges</p> <p>Dave Rodriguez, LCPC, has over 25 years serving his community in human services and mental health as a coordinator, facilitator, and advocate for individuals of all ages and life stages. Dave has honed a calm and inquisitive demeanor that grounds his practice. He completed his MA in Professional Counseling and holds a BS in Theology. He specializes in marriage, family, and couples counseling. He possesses special training and certification in several parenting protocol programs (not to mention being a father of four children). Outside work, you might find Dave enjoying a walk with his dog, perfecting the landscaping of his yard alongside his wife, researching new advances in the tech world, or catching a sports game.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the importance of caregiver self-care and self-compassion in conjunction with building positive relationships • Discuss the natural stages of development for children, their behaviors and diagnosis • Employ conflict management strategies to address challenges • Identify the success cycle and discouragement cycles • Apply the principles of mutual respect and accepting individuality

Choosing Sessions

Following the Keynote Presentation you will have the opportunity to choose between three sessions within three different Tracks (see right). Make your selections on the last page of the Workshop Registration Form.

Track 1: 10:15 am - 11:45 am
Choose from Sessions: A B C

Track 2: 12:45 pm - 2:00 pm
Choose from Sessions: D E F

Track 3: 2:15 pm - 3:30 pm
Choose from Sessions: G H I

Easy Online Registration: www.brooklane.org / Upcoming Events

SPECIAL NOTE: The All About Trauma Series will present one in each Track.

All three sessions are focused on trauma, but what differs between them is where you may be in your career. We have broken out the classes for New Professionals (beginning--Session A), Experienced Professionals (intermediate--Session F) and Seasoned Professionals (advanced--Session G). Please choose the one that best suits your level of experience.

Child Welfare Workshop Agenda - Wednesday, April 3, 2024

Breakouts - Track 1

Session A
10:15 am to
11:45 am

All About Trauma: Introduction to Trauma (New Professionals)

Trauma Clinicians, LLC

Dr. Danielle Hudak, DSW, LCSW-C, is the Co-owner of Trauma Clinicians, LLC. Along with a doctoral degree in social work, Dr. Hudak is a Licensed Clinical Social Worker in Maryland. She has advanced clinical training and certifications from some of the leading experts in trauma.

Ms. Jennifer Canby, MSW, LCSW-C, is the Co-owner of Trauma Clinicians, LLC, and a Licensed Clinical Social Worker in Maryland. Jennifer provides specialized trauma services, education, trauma-informed consultation, and professional resilience and wellness training to professionals, community systems, and organizations.

Learning Objectives:

- Understand the definition of trauma, identify the three E's of trauma, and identify four types of trauma
- Recognize the physiological, emotional, psychological, and behavioral effect trauma may have on an individual
- Identify two challenges and difficulties associated with working with traumatized populations

Session B
10:15 am to
11:45 am

Child & Adolescent Depression: Improving Awareness, Support and Interventions

John Volpe, LCPC, NCC, is a Senior Psychotherapist and Training Director for Orchard Mental Health Group in Rockville, MD. He has over 20 years of experience working directly with children and families with a wide range of mental health, behavioral, school, placement issues and special needs.

Learning Objectives:

- Improve awareness and understanding of depression in youth
- Explore stages of monitoring, active intervention, and crisis management
- Understanding the roles of mental health clinicians and collaboration with families and services providers
- Identify treatment options and support resources in home, community, and school settings

Session C
10:15 am to
11:45 am

About Human Trafficking and Mandated Reporting

Barb Shevokas, LCSW-C, is a licensed clinical social worker with over 25 years of experience in Child Welfare. She has worked as a Child Protective Services Investigator and Forensic Interviewer, Social Work Supervisor and is currently the Program Manager for Child Protective Services and Family Preservation Services with the Washington County Department of Social Services.

Rachel Mazloum, LCSW-C, is a licensed clinical social worker, and the Program Director of Safe Place Child Advocacy Center, through the Washington County Department of Social Services. She supervises all Safe Place investigations, to include those related to Human Trafficking concerns, and provides oversight for the Regional Navigator Program. She also serves as a Core Team member on the Washington County Anti-Human Trafficking Collaborative.

Learning Objectives:

- Understand definitions and indicators of child abuse/neglect
- Explain mandated reporting laws
- Share an overview of Maryland recreational cannabis use and child welfare
- Describe current statistics for child maltreatment, to include human trafficking
- Explore human trafficking, to include how to identify victims or at-risk youth, and local resources available for them

11:45 am
to
12:45 pm

Complimentary Lunch Served in the Grand Lobby

There is dining space on the Theatre Stage and in the Ballroom on the 4th Floor.

Exhibitor Visitation and Networking

Child Welfare Workshop Agenda - Wednesday, April 3, 2024

Breakouts - Track 2

Session D 12:45 pm to 2:00 pm

The Importance of Physical Activity and Nutrition in Children

Lorraine O'Neill, DPT, is a Doctor of Physical Therapy and maintained her own practice for over 35 years until her recent retirement. She has worked with individuals of all ages and with a wide variety of physical therapy needs.

Sandie Lynch, RD, LDN, is a Registered and Licensed Dietitian practicing for over 30 years. She is a National Board Certified Lifestyle Medicine Professional by the American Collage of Lifestyle Medicine and a health and fitness enthusiast. Sandie holds certifications as a personal trainer, fitness instructor, wellness and life coach. Since 2010, she has been the owner of ATP Wellbeing Consultants, providing health and nutrition services, and she also is currently a dietitian at Brook Lane.

Learning Objectives:

- Explore the incorporation of playful movement in classrooms, therapy sessions and everyday activities
- Understand the sensory movement needs of children on the Autism Spectrum
- Understand how to motivate children to move and how to make it fun
- Explain the importance of playful movement (exercise) for physical and mental health
- Understand the impact of childhood movement on lifelong health
- Understand the impact of nutrition quality on growth, sleep, brain development and mental health
- Describe the impact of stress on the brain-gut connection and nutrition absorption
- List at least two strategies to help young people improve diet quality and enjoyment of healthy food

Session E 12:45 pm to 2:00 pm

Working with Children Who Push the Limits

Lynn Sorbello, LCSW-C, is a Licensed Clinical Social Worker with a private practice in Frederick, Maryland. He has more than 20 years of experience working with children, families and adults with a variety of mental health and behavioral issues. Lynn ran a group home for delinquent boys for 10 years and has experience with partial hospitalization programs, facilitating groups and consulting.

Learning Objectives:

- Understand the skills and methods to help parents be more effective with discipline
- Explore tools to help children express feelings
- Explain strategies for preventing arguments and conflicts
- Learn how to enhance civility in children

Session F 12:45 pm to 2:00 pm

All About Trauma: Beyond the Basics of Trauma (Intermediate)

Trauma Clinicians, LLC

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Learning Objectives:

- Identify the professional role, scope of practice, and two effective boundaries in professional work with traumatized clients
- Identify two triggers and physiological responses related to your professional work with clients
- Identify the three roles of the trauma triangle and the three roles of the empowerment triangle

Child Welfare Workshop Agenda - Wednesday, April 3, 2024

Breakouts - Track 3

Session G 2:15 pm to 3:30 pm

All About Trauma: Trauma for the Seasoned Professional (Advanced)

Trauma Clinicians, LLC

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Learning Objectives:

- Identify six SAMHSA Trauma-Informed Care guiding principles in work with children, adults, and families
- Identify and demonstrate the ability to use two self-regulation skills to mitigate the stress response
- Identify one restorative practice that strengthens connection and one restorative practice that repairs relationship fractures within the professional relationship

Session H 2:15 pm to 3:30 pm

Internet Safety & Bullying Prevention/Education

Helen Huffer, NCC, NCSC, is the Supervisor of School Counseling for Washington County Public Schools. She is a National Certified Counselor and National Certified School Counselor providing oversight for the school counseling program and bullying prevention, education and response for WCPS.

Joe Dugan is an Internet Safety Specialist working with the Maryland State Police. He is a member of the Maryland Internet Crimes Against Children Task Force working to target offenders of child sexual exploitation. The Task Force also provides community awareness campaigns and education.

Learning Objectives:

- Understand the risks and dangers for children/adolescents on the internet
- Explain sextortion and how it impacts our youth
- Identify risky apps and social media
- Define what bullying is and is not
- List two strategies to help our youth understand how to interact with others
- Define our roles as adults to support youth
- Understand how to aid youth in knowing when and how to ask for help

Session I 2:15 pm to 3:30 pm

Emotional Regulation for Children and Parents

Renee Smucker, PhD, is the founder of the Maryland Parent Child Clinic (MPCC), LLC and a licensed psychologist in Maryland and New York. Prior to founding MPCC in 2020, she was a postdoctoral fellow at the Kennedy Krieger Institute in Baltimore, MD from 2018 to 2020 where she worked with children aged 2 to 12 in the Behavior Management Clinic, providing outpatient therapeutic services to children and their families.

Learning Objectives:

- Define emotional regulation, co-regulation and self-regulation
- Describe how child and parent emotional regulation are connected
- List select evidence-based treatments that target improving emotional regulation in children and/or parents
- Describe select skills that promote emotional regulation

Child Welfare Workshop Registration Form

Wednesday, April 3, 2024 ■ Maryland Theatre, 21 S. Potomac St., Hagerstown, MD 21740

8:15 am to 3:30 pm ■ \$75.00 per person

COMPLETE THE FOLLOWING INFORMATION (please print)

First Name: _____ Last Name: _____

Email (*required for contact): _____ How long have you worked with youth? _____ years

Address: _____ City: _____

State: _____ Zip: _____ Contact Phone #: _____

Discipline: Social Worker LCPC Psychologist Case Manager/Social Service Provider

School Counselor Educator (Pre-K-12) Child Care/Preschool _____

Circle a Session for Each Track:

Track 1: 10:15 am - 11:45 am	A	B	C
Track 2: 12:45 pm - 2:00 pm	D	E	F
Track 3: 2:15 pm - 3:30 pm	G	H	I

Parking: In addition to on-street parking, there are two parking garages nearby: one located a block from the Theatre at 25 N. Potomac Street and another across from the Theatre accessed from the alley at 25 Renaissance Way. Garage parking will be validated. www.hagerstownmd.org/283/Parking-Locations-Map

Boxed Lunch Selection: (please choose one)

Sandwich or Salad Ham & Cheese Sandwich Turkey & Swiss Sandwich

Chicken Caesar Salad Garden Salad (no meat) Dressing: Balsamic Italian Ranch French

If you have dietary restrictions, email Curt Miller at curt.miller@brooklane.org

Payment Method ([WCDSS Staff: Contact Barb Shevokas to register](#))

Check #: _____ (Payable to Brook Lane) Credit Card

Cardholder Name: _____

Cardholder Address (if different than above): _____

Account No: _____ Expiration Date: _____

Cardholder Signature: _____ CVV Code: _____

Two Ways to Register:

Visit www.brooklane.org and search for the workshop under **Upcoming Events** OR complete this form and mail with payment to:

Brook Lane
ATTN: Curt Miller
13121 Brook Lane
Hagerstown, MD 21742

Cancellation Policy: A \$15.00 processing fee applies to all cancellations. To receive a refund, cancellations must be

made in writing no later than 5:00 pm Tuesday, March 26, 2024. No refunds will be made after that date or for no-shows on the day of the Child Welfare Workshop.

Awarding of Certificates/CEUs: To receive a certificate of completion for 5.5 educational hours/5.5 CEUs, attendees must arrive on time and complete 100% of the workshop. Certificates will be awarded at 3:30 pm.

Questions? Contact Curt Miller at curt.miller@brooklane.org or 301-733-0331 x1228.