



# 45th Annual Conference

**“Brain Power!”**

**October 5, 2017**

**Sheraton Hartford South, Rocky Hill**

**Featuring:**

- ▶ **Keynote Address: Ruth A. Potee, MD, The Adolescent Brain & Addiction**
- ▶ **CYSA Annual Meeting & Awards**
- ▶ **Break out sessions for YSB Directors, Staff, Guests, and Volunteers**

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**Connecticut Youth Services Association - Serving Youth Service Bureaus in Connecticut Since 1972**

Connecticut Youth Services Association (CYSA) leads, strengthens and supports a unified network of Youth Service Bureaus dedicated to promoting the well-being of Connecticut's children, youth, and families

## AGENDA

8:30 - 9:00 a.m.	REGISTRATION, Breakfast & Networking, Visit Exhibitors
9:00 - 9:30 a.m.	<b>WELCOME:</b> <ul style="list-style-type: none"><li>• Dr. Agnes Quinones, <i>Program Manager, SDE Bureau of Health/ Nutrition/ Family Services &amp; Adult Education</i></li><li>• Michelle Piccerillo, <i>CYSA President</i></li><li>• CYSA ANNUAL BUSINESS MEETING</li></ul>
9:30 - 9:45 a.m.	<b>AWARDS:</b> <ul style="list-style-type: none"><li>• <i>Special Award</i></li><li>• <i>Youth Leadership Awards</i></li><li>• <i>Program of the Year Award</i></li></ul>
9:45 - 10:45 a.m.	KEYNOTE ADDRESS I: Ruth A. Potee, MD
10:45 - 11:00	BREAK
11:00 - 12:15	BREAKOUT SESSIONS I
12:15 - 1:30 p.m.	<b>LUNCH &amp; PRESENTATION</b> <ul style="list-style-type: none"><li>• <i>Youth Services Employee Award</i></li><li>• <i>Laura T. Brown Career Achievement Award</i></li></ul>
1:30 - 2:15 p.m.	KEYNOTE ADDRESS II: Ruth A. Potee, MD
2:15 - 2:30	BREAK
2:30 - 3:45 p.m.	BREAKOUT SESSIONS II
3:45 - 4:00 p.m.	<b>CLOSING &amp; Door Prizes</b> *Donated by CYSA Chapters, Must be present to win!

## KEYNOTE ADDRESS

### Ruth A. Potee, MD The Adolescent Brain & Addiction

**Dr. Ruth Potee** is a nationally renowned family physician who specializes in addressing the opioid epidemic in Massachusetts. Her expertise in adolescent brain development and its impact on teenage risk-taking, including alcohol and substance abuse, has been featured nationally. She blends scientific research with an understanding of the challenges of raising healthy teens. Dr. Potee will be featured twice during the Conference giving two keynote addresses.



**First Talk:**

We will cover the parts of the brain impacted by addiction and the changes that occur in the brain due to substance use disorder. We will also provide an overview of the current state of the opioid epidemic in this country.

**Second Talk:**

The focus will be on adolescent brain development and why all addiction is a developmental pediatric disease. We will focus on the impact, specifically, of marijuana on the developing brain and the current state of marijuana policy in the 50 states.

**Dr. Ruth Potee** is a board certified Family Physician and Addiction Medicine physician at Valley Medical Group in Greenfield, MA. She attended Wellesley College, Yale University School of Medicine and did her residency at Boston University where she remained as an assistant professor of Family Medicine for eight years. In addition to practicing full-scope family medicine, she is currently the Medical Director for the Franklin County House of Corrections, the Franklin Recovery and Treatment Center and the Pioneer Valley Regional School District as well as the Chair of the Healthcare Solutions of the Opioid Taskforce of Franklin County. She was named Franklin County Doctor of the Year by the Massachusetts Medical Society in 2015 and is the Chair of the Department of Medicine at Baystate - Franklin Medical Center.

## REGISTRATION

**All registration is online at [www.ctyouthservices.org](http://www.ctyouthservices.org)**

**\$95 - Early bird by September 15, 2017**

**\$105 - If after September 15, 2017**

**\$40 - Guests who are coming for lunch only**

**Payments are expected for all registrations.**

**Credit cards are accepted online**

**Checks should be mailed to: CYSA, PO Box 551, Glastonbury, CT 06033**

**Cancellation Policy: No refunds after September 30th**

This program is approved by the National Association of Social Workers, CT for 5.0 Continuing Education contact hours and meets the continuing education criteria for CT Social Work License renewal.

# BREAKOUT SESSIONS

## Love, Laughter and the Art of Self-Care

**Judith A. Stonger, MA, CPS, CARC, Vice President, Prevention, Wellness and Recovery, Wheeler Clinic**

### Breakout Session: I

This workshop will explore various strategies for intentionally including more love, laughter and self-care in our daily lives. In addition to the presentation, participants will experience Laughter Yoga which was developed in 1995 by Dr. Madan Kataria in Mumbai, India. Laughter Yoga is a unique concept where anyone can laugh for no reason without relying on humor, jokes, or comedy. Those attending will enjoy a series of Laughter Yoga exercises that have been shown to have many health benefits.

*Judith Stonger directs a variety of programs at Wheeler Clinic including the statewide Connecticut Clearinghouse library and resource center, numerous prevention and training administration initiatives, and Wheeler's Employee Assistance Program. Ms. Stonger is an experienced trainer in Mental Health First Aid, a master trainer in Applied Suicide Intervention Skills Training (ASIST), and a Freedom From Smoking tobacco cessation facilitator. She holds an MA in Psychology, and is a Certified Prevention Specialist. Ms. Stonger recognizes the many challenges associated with the elusive art of self-care in our hurried and hectic lives. She became a Certified Laughter Professional in 2016 and is committed to facilitating Laughter Yoga groups as a powerful and effective self-care strategy. Overview of ThinKING Youth Nonviolence Leadership*

## Trauma, Substance Abuse & the Brain

**Mary-K O'Sullivan, LMFT, LADC, LPC**

### Breakout Session: I

Due to the overwhelming emotional pain accompanying trauma reactions, there is often the desire to self-medicate. This need to remove the pain can result in the abuse of substances and increase the consequences of the trauma experience. Both the brain chemistry of trauma reactions and that of drugs of abuse can interact in a manner that can significantly hinder the stabilization and recovery of the client. This presentation will review the major drugs of abuse and the impact of each upon brain chemistry, discuss the DSM-5 Trauma-Related Disorders and their symptoms, overview the brain chemistry research related to trauma reactions, explore the treatment modalities that focus upon the concurrent stabilization of trauma reactions and substance use to include current medications used to reduce trauma symptoms.

*Mary-K O'Sullivan, LMFT, LADC, LPC has experience in the development of co-occurring disorder treatment spanning over 26 years. She was also an initial member of the Connecticut Task Force that was instrumental in the development of the foundation for the DDCAT model of co-occurring disorders assessment and treatment, which then became a national model.*

## Social Media: The Good, The Bad, & The Ugly

**Marcus Stallworth, LMSW and Qur-an Webb, MSW, Co-Founders, Welcome 2 Reality, LLC**

### Breakout Session: I

Welcome 2 Reality, LLC has examined and researched the impact of social media on youth and how media has misguided how individuals internalize media as being real and plausible. Welcome 2 Reality is committed to raising awareness of media literacy by educating and empowering individuals with the hope they see these mediums for what they truly are. Research has shown us that much of the media via reality TV, movies, and especially music has programmed and guided some down a path of being consciously unconscious. Many youth act in a way in which adults can't understand and connect with, and are often labeled as out of control or disrespectful. We must step back and look at life through the lens of today's youth and see how the bombardment of programming and social media impacts how they internalize and externalize what has become their reality. Welcome 2 Reality examines cyber space and the auditory and visual messages that are being sent in these cyber/social environments, and has yielded outstanding results educating the community through schools, churches, etc. about the pros and cons of social media through trainings, listening forums, workshops and mentoring. Our curriculum is designed to raise the consciousness and knowledge base of the potential dangers when one is consumed with social media and mobile devices. Welcome 2 Reality played an instrumental role in the passing of Connecticut Substitute Senate Bill No. 962, Public Act No. 15-94 which in part mandates education on the safe use of social media and computer programming instruction in the public school system, effective July 1, 2016. Welcome 2 Reality also led the advocacy work in the passing of Senate Bill No. 949, Public Act 17-67 which established an advisory council related to digital citizenship, internet safety, and media literacy effective July 1, 2017.

*Marcus Stallworth, LMSW has been in the field of social work for over 17 years, working for child protective services for approximately 13 years. Marcus is a national consultant and trainer for Child Welfare League of America, and an author of a journal article published in the 23rd volume of Child Welfare League of America's Children's Voice. Marcus has taught at the collegiate level both undergraduate and graduate for the past 10 years. He is currently a professor at Univ. of Bridgeport where he teaches courses including a self-created elective entitled: Social Media: The Good, Bad, and the Ugly. Marcus co-owner of Welcome 2 Reality, LLC where he is the Director of Learning and Organizational Development.*

*Qur-an Webb, MSW, has worked in the field of Child Welfare for over 17 years, currently as an independent contractor for Bristol Youth Services where he provides clinical services to individuals and families. Qur-an is an adjunct professor at the Univ. of Bridgeport. Qur-an is a graduate of the Elm City Fellowship for Children and Families sponsored by the Annie E. Casey Foundation, which allowed him to broaden his knowledge about what it takes to be an effective leader and gain a broader understanding of how to yield results. In his continued efforts to give back, Qur-an also co-facilitates a mentoring program through the Queen Ann Nzinga Center, Inc. This multicultural, multi-generational program centers on the principles of Kwanzaa. He is also co-owner of Welcome 2 Reality, LLC where he is the Director of Operations. Qur-an oversees all aspects of Welcome 2 Reality's daily operations.*



## Overview of ThinKING Youth Nonviolence Leadership

**Victoria Christgau**, *Executive Director, CT Center for Nonviolence*

### Breakout Session: I

CT Center for Nonviolence (CTCN) uses a proactive approach utilizing a comprehensive nonviolence curriculum based on the strategies, mythology and philosophy of Dr. Martin Luther King, Jr., developed by the legendary civil rights activist and scholar, Dr. Bernard LaFayette, Jr. Over the past ten years, CTCN has introduced 10,000 citizens of all ages to the practice of Kingian Nonviolence. In this overview of Kingian Nonviolence Conflict Reconciliation, CTCN's Executive Director, Victoria Christgau and certified trainers, will share portions of this dynamic training. Working in both Hartford and New Haven, youth learn, practice and train their peers in Kingian Nonviolence. This workshop will expand on the profound effect the training has had on youth and adults alike in managing and deescalating conflict and building a culture of nonviolence.

*Victoria Christgau is the Founder and Executive Director of the Connecticut Center for Nonviolence (CTCN). Victoria is a lifelong peace and nonviolence educator. Since 2003, Ms. Christgau has worked with renowned civil rights strategist Dr. Bernard Lafayette, a Freedom Rider and an associate of Dr. Martin Luther King, Jr. in the Southern Christian Leadership Conference. Ms. Christgau holds a Level Three Certification in the "Kingian Nonviolence Curriculum" which was co-authored by Dr. Lafayette. The curriculum is used as the foundation for trainings at CTCN. Victoria has worked with hundreds of people to train and implement the philosophy and strategies of Kingian Nonviolence across racial, social, economic and generational divides.*

## Advocating for Immigrant & Refugee Families

**Dennis Wilson**, *Education and Advocacy Coordinator, Integrated Refugee & Immigrant Services (IRIS)*

### Breakout Session: II

Integrated Refugee & Immigrant Services (IRIS) does the important work of resettling refugees to Connecticut. Welcoming persecuted people from other countries is an ancient and universal custom. In the United States, it is our most noble tradition. After a rigorous Dept. of Homeland Security screening process that can take up to three years about 500 come to Connecticut, where they are placed with one of three refugee agencies, including IRIS, based in New Haven. IRIS addresses the critical needs of hundreds of refugees; about 420 arrived in New Haven and surrounding towns in 2016. Their needs are significant and IRIS is their primary resource as they begin to rebuild their lives after years of persecution and displacement. IRIS helps refugees on the road to self-sufficiency by providing lifesaving support during their transition to life in the United States. And if family members have been left behind, our legal office will work to reunite them.

*Dennis Wilson is the Education and Advocacy Coordinator for IRIS in New Haven, responsible for coordinating IRIS's in-school tutoring and summer learning programs, which serve recently-arrived refugee youth from kindergarten to 12th grade. As the manager of IRIS's Public Education About Refugees (PEAR) program, Dennis facilitates presentations and workshops in Connecticut to educate people about refugees and offer an opportunity to hear the stories of IRIS clients. Before joining IRIS, Dennis served as a Peace Corps Volunteer in Mozambique from 2002-2005. After spending an additional two years in Mozambique as an independent contractor, Dennis moved to New Haven and taught seventh-grade literature at a local middle school for six years.*

## S.T.A.R.S.: Students Teaching About Responsible Sexuality

**Seth Poole**, *Youth Development Coordinator and Educator, Planned Parenthood of Southern New England, Inc.*

### Breakout Session: II

In this workshop you will learn about Planned Parenthood of Southern New England's successful STARS program which has the goal to effectively impact the development of healthy sexuality among youth by promoting healthy relationships through responsible choices. Teens are trained to respond to basic questions from their peers on sexuality-related topics and to know when and how to skillfully make referrals. In addition, students facilitate workshops at a number of conferences for their peers and advise PPSNE on matters relevant to teens. Currently, PPSNE employs 82 STARS in programs held in Bridgeport, Hartford, New Haven, New London and Providence.

*Seth Poole has served as a Youth Development Specialist and Educator with Planned Parenthood of Southern New England for 4 years. In this capacity, Mr. Poole facilitates PPSNE's peer educators, S.T.A.R.S. (students teaching about responsible sexuality) and also meets the needs of the greater New Haven community by providing comprehensive sexuality education for people of all ages. Prior to working with PPSNE, Mr. Poole served as the Program Director at the Boys and Girls Club of New Haven, worked with New Haven Public Schools, and Achievement First. He holds a Bachelor's degree in International Studies from Trinity College. Mr. Poole has a vested interest in youth development in the greater New Haven region because he is a native of New Haven. He has worked to improve conditions of young people as they transition into adulthood. He has served on the Board of Directors for Citywide Youth Coalition for several years, and is a founding member of New Haven Rising.*

## Implementing SBIRT in Your Schools

**John Saccu**, *Director, Derby Youth Service Bureau*

### Breakout Session: II

This workshop will cover an overview of the SBIRT tool (Screening, Brief Intervention, and Referral to Treatment), and its benefits as well as the process both Derby and Ansonia Youth Service Bureaus coordinated to bring SBIRT to both high schools. John will talk about how and why the plan was developed and the process in getting this program approved by school officials and implemented. Outcomes from the first year of this program will be discussed and what has been the result of those outcomes.

*John Saccu is the Director of the Derby YSB and co-coordinator of the Lower Naugatuck Valley JRB. He is a nationally certified instructor for Mental Health First Aid, QPR (suicide prevention) and SBIRT (Screening, Brief Intervention, and Referral to Treatment).*

## The Truth about E-Cigs

**Glastonbury Youth Advisory Council**

### Breakout Session: II

The Glastonbury Youth Advisory Council (YAC) is a youth group started in 2004 with the purpose of giving Glastonbury teens the opportunity to facilitate positive change in their community. Glastonbury YAC is comprised of over 25 residents of Glastonbury in grades 8-12. Glastonbury YAC is known for educating other teens about the dangers of substance use and advocating for healthy lifestyles through interactive presentations to area schools and groups. In this workshop YAC members will share the truth about E-Cigs including facts, myths, and misconceptions, how advertising is geared toward youth, and lessons you can take back to your YSB and coalitions. This will be a dynamic and interactive presentation with opportunity for Q&A.

## Connecticut Youth Services Association wishes to thank our conference sponsors

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