

EMPOWERING YOUTH VOICES



**CT Youth Services Association
46th Annual Conference
October 4, 2018
Sheraton Hartford Hotel South, Rocky Hill**

SPONSORED BY:



AGENDA

- 8:30 - 9:00 a.m. **REGISTRATION, Breakfast & Networking, Visit Exhibitors**
- 9:00 - 9:30 a.m. **WELCOME:**
- Michelle Piccerillo, *CYSA President*, *Dr. Agnes Quinones*, *Jay Aronson*
 - **CYSA ANNUAL BUSINESS MEETING**
- 9:30 - 9:45 a.m. **AWARDS:**
- *Special Award*
 - *Youth Leadership Awards*
 - *Program of the Year Award*
- 9:45 - 10:00 a.m. **Break & Visit Exhibitors**
- 10:00 - 11:00 a.m. **BREAKOUT SESSIONS I**
- 11:00 - 11:15 a.m. **Break & Visit Exhibitors**
- 11:15 - 12:15 p.m. **BREAKOUT SESSIONS II**
- 12:15 - 12:45 p.m. **LUNCH & VISIT EXHIBITORS**
- 12:45 - 1:15 P.M. **AWARDS:**
- *Youth Services Employee Award*
 - *Laura T. Brown Career Achievement Award*
- 1:15 - 2:30 p.m. **KEYNOTE ADDRESS: Susan A. Graham,**
“Youth Led Social Change Begins With YOU”
- 2:30 - 2:45 p.m. **Break & Visit Exhibitors**
- 2:45 - 3:45 p.m. **BREAKOUT SESSIONS III**
- 3:45 - 4:00 p.m. **CLOSING & Door Prizes** *Donated by CYSA Chapters, Must be present to win!

KEYNOTE ADDRESS

Susan A. Graham **Youth-Led Social Change Starts with YOU**



Susan Graham is a national speaker, trainer and coach. Her leadership beginnings started as a supervisor for United Parcel Services followed by a 20-year career as a police officer. After the tragedy in Sandy Hook, Connecticut, she continued to develop her leadership strengths while focusing on a variety of children's behavioral health system change efforts. Susan quickly assess complex situations, recognizes opportunities, and creates solid workable action plans for organizations and individuals to achieve their desired goals. Her passion for developing leaders and teams led to the birth of Let's Build It, a consultation, coaching and training company.

Susan adds value to others through individual/group coaching, mentoring and training and is committed to helping others reach their personal and professional goals. Susan is a member of the John Maxwell Team where she

receives guidance and mentorship from leadership expert John C. Maxwell and JMT faculty. Susan is the mother of two emerging adult daughters. She holds master's degrees in Social Work and Women's Studies and undergraduate degrees in Sociology, Psychology and Criminal Justice.

REGISTRATION

All registration is online at www.ctyouthservices.org

\$95 - Early bird by September 21, 2018

\$105 - If after September 21, 2018

\$40 - Guests who are coming for lunch only

Credit cards are accepted online

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

Cancellation Policy: No refunds after September 30th

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100 Capital Blvd, Rocky Hill

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

Artistic Expression of Transgender Youth

Tony Ferraiolo, President, Jim Collins Foundation
Breakout Session I

Transgender youth have a voice that is rarely heard. Through artwork, trans youth can give voice to their experiences and feelings. Artistic Expressions of Transgender Youth is a unique workshop presented by Tony Ferraiolo, CPC. Tony shares with his audience his one-on-one experiences working with transgender youth and the realization that trans youth don't have gender identity issues — it is often everyone around them who has an issue with their gender identity. The workshop will showcase a slide show of actual drawings created by members of Tony's youth groups, Translation and Create Yourself. The drawings are the artistic expressions of answers to questions like "Draw what anger feels like," and "What makes you sad?"

Tony Ferraiolo is a Certified Life Coach, public speaker, trainer and advocate for transgender youth. In 2008, he founded several groups to address the needs of all family members of transgender and gender non-conforming children and teens. The groups were designed to provide a complete support system for the entire family. Beyond this list of inspiring accomplishments, Tony is known for infusing his stories of the struggles of transition with insight, humor, and compassion. Additionally, Tony is the Co-Founder and President of the Jim Collins Foundation an organization that raises money to fund gender-confirming surgeries for the transgender community. Tony has dedicated himself to promoting competent and respectful health care for the transgender community, educating providers and advocating on behalf of patients.

Building Youth Leader(ship) - A Panel Discussion

Facilitator: Jen King, LCSW, East Hartford Youth Services
Panel of adult professionals and youth leaders from Enfield, East Hartford, and Manchester YSBs.
Breakout Session II

Have you struggled to build solid youth led programming and initiatives at your CYSA? Do you want to talk with other CYSA professionals and students about how to strengthen your current programming or get new initiatives off the ground? Are you interested in hearing about and seeing youth led projects from other CYSAs? Are you ready to hear what youth have to say about our adult efforts? This panel discussion will highlight current youth led programs at CYSAs in CT, past and present youth projects, tips and tricks to working most effectively with youth, and a chance for group discussion between panelists and attendees.

Youth Presenters!!

CONNECTing Youth

Susan Graham, Let's Build It (our keynote speaker)
Breakout Session I

This is an interactive workshop designed to help people/youth think differently about mental health (reduce mental illness stigma and bullying) and create an opportunity for youth to move to action to create change.

Youth Presenters!!

Empowering Youth to be Leaders in Prevention

Michelle Piccerillo, LMFT, Director, Cheshire Human Services
Jennifer DeWitt, LADC, LMFT, CAC, CPS, Behavioral Health Director, Housatonic Valley Coalition Against Substance Abuse

Youth Presenters from Cheshire Youth Services
Breakout Session I

This workshop will provide participants with proven strategies to empower and motivate young people to become leaders in prevention in their communities and will illustrate the connection between the 40 Developmental Assets and a young person's ability to impact their peers in regards to reducing risky behaviors. Youth presenters will highlight a series of unique and successful youth led prevention efforts.

Youth Presenters!!

Gang / Group Identification & Knowledge

Sergeant Jason Amato, Bridgeport Police Department
Breakout Session III

This presentation concentrates on how gangs operate, their make-up and the crimes they are now involved in. This presentation will also show the violent acts gang members commit and the numbing effects these gangs cause in our communities, how schools can identify youth gang activity and how we can help to keep schools safer.

Sergeant Jason Amato is a member of the Bridgeport Police Department and has been for the past 16 years. Sergeant Amato is currently assigned to the State Police Gang Task Force and has over 14 years of experience in the field of narcotics investigations, firearms investigations and other related criminal activities pertaining to Gangs. In 2010 Sgt. Amato was assigned as the Gang Intelligence Sergeant for the City of Bridgeport and while working in conjunction with the State Gangs Task Force has made hundreds of Gang related arrests. Sgt. Amato uses the information that is obtained through these investigations and street level sources to educate and inform not only other Law Enforcement and State Agencies but the community in how to work with and combat gang related violence.

iChoose to Lead

Susan Graham, Let's Build It (our keynote speaker)
Breakout Session III

This interactive workshop will provide the participants with an understanding of the elements necessary to create Youth-led social change and the role of supportive adults. The participants will be introduced to the round table strategy and receive access to 32 round table facilitation guides.

Youth Presenters!!

Internet Safety & Social Media Awareness

Trooper Kate Cummings, CT State Police
Breakout Session I & II

The Connecticut State Police is proud to offer a community based presentation focused on internet safety, social media awareness, and current CT online trends. The presentation covers current Connecticut laws, current social media trends, digital footprints, and free online resources.

Trooper Kate Cummings is a five-year veteran of the Connecticut State Police. She is currently assigned to the Connecticut State Police Training Academy as the Statewide D.A.R.E. Coordinator and School Resource Officer Liaison. Trooper Cummings collaborates with the

BREAKOUT SESSIONS, *continued*

Connecticut State Police Public Information Office as a social media representative. She maintains one of the Connecticut State Police's public Instagram accounts with nearly 6,000 followers. Trooper Cummings was assigned to Troop I- Bethany upon graduation from the State Police Academy and spent 3 years as a full-time School Resource Officer with the Connecticut Technical High School System. Prior to joining the CT State Police, Trooper Cummings spent 5 years as a Connecticut Adult Probation Officer where she supervised high risk sex-offenders in the community. Trooper Cummings is a proud UConn alumna, where she earned her BA in Spanish. Trooper Cummings spent a year in Juarez, Mexico doing missionary work following her graduation from UConn. As a full-time School Resource Officer with the Connecticut State Police, Trooper Cummings' passions include: internet and social media awareness, teen driving safety, responsible decision making, and healthy relationships for her students. She has facilitated the Internet Safety and Social Media Awareness presentation over 250 times in 75 towns across Connecticut."

Let's Talk About It: Responding Supportively to Youth Disclosures of Sexual Violence

Beth Hamilton, Associate Director, CT Alliance to End Sexual Violence

Elise Delacruz, Training & Technical Assistance Coordinator, CT Alliance to End Sexual Violence

Breakout Session II

While 1 in 4 girls and 1 in 6 boys will experience sexual violence before they celebrate their seventeenth birthdays, sexual violence is not something we talk about freely or easily. This workshop will explore how to respond supportively and proactively to disclosures from the youth you work with, as well as highlight what resources are available across the state of Connecticut. Participants will also delve into the impacts of sexual violence and have an opportunity to learn easy trauma-informed intervention methods.

Beth Hamilton is the Associate Director of the Connecticut Alliance to End Sexual Violence (formerly CONNSACS), the statewide coalition of community-based sexual assault crisis services programs. Beth has nearly two decades of experience working to end violence throughout the state of Connecticut including sexual violence, domestic violence, and violence against LGBTQ people and people with disabilities. Beth has been a leader in the development and implementation of statewide policies addressing and preventing sexual violence in Connecticut's K-12 schools, on college campuses, and within Connecticut's correctional system. Beth is responsible for the oversight of The Alliance's programmatic, communications, and training divisions, as well as manages The Alliance's Post-Conviction Victim Services program which houses 14 specialized victim advocates who work with the state's Sex Offender Supervision Units in parole and probation. Beth previously worked at the Connecticut Coalition Against Domestic Violence (CCADV), Connecticut Women's Education & Legal Fund (CWEALF), and directly serving victims of sexual and domestic violence. Beth is dedicated to the prevention of violence, creating opportunities for survivor-lead advocacy, and building anti-oppression movements. Beth can be reached at beth@endsexualviolencect.org.

Elise Delacruz is the Training and Technical Assistance Coordinator for Connecticut Alliance to End Sexual Violence. Prior to joining The Alliance, she worked as a counselor advocate for LGBTQ survivors of sexual violence at the Women and Families Center. She has worked in a variety of positions providing services and advocating for survivors of sexual violence, police violence, and anti-LGBTQ violence. Elise has facilitated trainings on sexual violence, bystander

intervention, child sexual assault, sexual violence intervention strategies for incarcerated youth, and the dynamics of the LGBTQ community. She coordinates the Women of Color Caucus Against Sexual Assault, as well as provides technical assistance to outside agencies. Ms. Delacruz earned her M.A. in Pan African Studies from the University of Louisville and a B.A. in Psychology from Marist College. Elise can be reached at elise@endsexualviolencect.org.

Race, Ethnicity & Culture in Youth Mentoring

Rebekah Behan, Program Manager, Training and Technical Assistance, The Governor's Prevention Partnership

Liza Makuch, Director of Prevention Initiatives, The Governor's Prevention Partnership

Breakout Session III

Understanding and embracing racial, ethnic, cultural, and religious difference (among others) is a key factor in enabling mentors to effectively form meaningful and impactful relationships with mentees who hold different identities than their own. This workshop will help increase the capacity of mentoring programs and their mentors to identify and access strategies and resources that will enable them to provide relevant services to the diverse populations of youth and families receiving mentoring services.

Rebekah Behan holds a Bachelor of Science degree in Child and Youth Psychology and joined The Partnership in January 2017. Prior to that she was Youth Services Coordinator at Klingberg Family Centers, with an extensive background in youth development, prevention strategies, and mentoring services. She was a devoted contributor to the local interagency services team throughout New Britain, and the provider co-chair of the Greater New Britain Community Collaborative. She has a background in residential treatment, therapeutic after-school care, and community-based services. She provides oversight to the Juvenile Justice Mentoring Network and the federally funded Mentoring NOW project as a former local mentoring provider for the New Britain Juvenile Court District for the past 5 years.

Liza Makuch is a doctoral candidate in the Learning, Leadership, and Education Policy Program at the University of Connecticut. Liza holds a B.A. in Human Development & Family Studies from the University of Connecticut and an Ed.M. in Risk and Prevention from Harvard University. In addition to her work at The Partnership, Liza's work in health education and policy includes positions with Eastern CT State University and the Eastern Highlands Health District. Early in her career, Liza developed an understanding of the transformative power of policy in shaping communities and addressing issues of social justice in health and education. Her personal and professional mission is to work for more equitable policy development and implementation in our society. She is writing her dissertation which uses an intersectional lens to understand the relationship between the experience of stigma and academic and social success of female college students.

Riding the Wave of Innovation: Using Technology to Maximize Your Reach

Catherine Barden, Coalition Coordinator MADE in Madison
Cristal DePietro, Prevention Coordinator, Lymes' YSB

Breakout Session III

In an ever-changing high tech world, it's getting increasingly difficult to draw large crowds out to educational events. In this workshop participants will learn how to maximize their effort, and reach by using technology to educate the community, and provide youth with a

BREAKOUT SESSIONS, *continued*

platform to express themselves and create change. Participants will begin to create a plan where they incorporate the use of new platforms into their existing work plan.

Catherine Barden is the Coalition Coordinator for MADE in Madison, a Drug-Free Communities Grantee serving the shoreline town of Madison, CT. Before coming to MADE, Catherine worked at The Governor's Prevention Partnership serving as Program Manager for Safe and Drug-Free Schools and Communities Department. Catherine also served as Youth Chair of the CT Coalition to STOP Underage drinking between the ages of 17 and 21, where she found a passion for building strong youth leaders to create long-lasting environmental changes. Catherine has been a member of the CT Assoc. of Prevention Professionals (CAPP) for six years, and has served as their Secretary and Treasurer. She has served on the state Juvenile Justice Advisory Committee, MADD CT Board, and is a founding member of KEYS (Knowledgeable Empowered Youth Succeed).

Cristal DePietro is the Substance Abuse Prevention Coordinator for Lymes' YSB, a CSC Grantee serving the towns of Lyme and Old Lyme. Before coming to LYSB, Cristal worked as the Prevention Coordinator for Youth and Family Services of HK and before that spent 10 years working in the mental health field. Cristal serves on the Board of the At Risk Boys Fund, as well as on the Board of CT Association of Prevention Professionals (CAPP). She is also a founding member of KEYS and hosts two Youth and Prevention based radio shows on ICRVRADIO.com

Using Reflective Practice to Engage Students, Schools, and Families in Authentic & Productive Conversations

Amy Alamar, PhD
Breakout Session III

High expectations and a diverse set of responsibilities can lead to a disconnect between youth, families, and community support services. This interactive workshop will introduce practical strategies to address this disconnect through discussion of research on student engagement. Dr. Alamar will introduce reflective practice, a research-based, educational concept. Participants will have a chance to apply the practice in real-life scenarios. Along with developing communication, this session will help participants find the confidence to depart from their comfort zone and to begin making stronger and more authentic connections with students, families, and colleagues. The beauty of this session is that it helps to implement an educational concept that, while requiring effort, does not take a lot of extra time to practice regularly. It helps you to tweak your current practice step by step in an effort to use what you know to your advantage.

Dr. Amy Alamar has worked in the field of education as a teacher, teacher educator, researcher, parent educator, and education reformer for over fifteen years. In 2014, her first book was published, *Parenting for the Genius: Developing Confidence in Your Parenting through Reflective Practice* (For the Genius Press). The book is a comprehensive guide to becoming the most thoughtful and confident parent possible, with anecdotes and details relating to the guidance and support of children in specific age ranges throughout their formative years. In 2016, Dr. Alamar was an invited guest of Michelle Obama at the White House for a conversation about kids' health. Dr. Alamar was the host of *Parenting from the Trenches* on Yellowbrick.me and is a contributing author to the Disney parenting website, *Babble and Psychology Blog*, *Hey Sigmund*. Her second book, *The Parenting Project: Build Extraordinary Relationships with Your Kids through Daily Conversation* (Fair Winds Press), will focus on communication strategies and is due for publication in Fall of 2018.

Dr. Alamar is married and the mother of three children whom she learns from and enjoys each and every day. She is a resident of Avon, CT, where she serves on the board of the Watkinson School and the Avon Education Foundation, dedicated to promoting and enhancing excellence in education.

Vaping 101

Youth Presenters from Lymes' and Naugatuck YSBs
Breakout Session I & II

Youth and staff from Naugatuck Youth Services and Lymes' Youth Service Bureau will present the latest information about vaping. Learn how two YSBs have tackled the issue of vaping in their schools and communities. Topics to be covered include vaping basics and how vapes work, why vapes are so attractive to kids, and how tobacco companies market to youth. Strategies to reduce vaping will also be discussed.

Youth Presenters!!

Youth Homelessness: What You Need to Know

Carl Asikainen, Youth System Coordinator, Connecticut Coalition to End Homelessness (CCEH)
Breakout Session II

The system of services for youth experiencing homelessness is coordinated statewide with new specific resources coming into communities during the fall of 2018. In the context of this system Youth Service Bureaus have an important role to play regarding identification, outreach and having the knowledge and ability to quickly move a youth at risk of homelessness or literally homeless to appropriate services. This session is an overview of data about homeless youth and coordinated access, a description of the resources available regionally to help youth, and an introduction to Youth Engagement Team Initiatives (YETIs) meeting throughout the state to address youth homelessness. Attendees will come away with a fundamental understanding of the system of services from entry (211) to exit (diversion, shelter or housing) for youth, including minors.

Carl Asikainen comes to CCEH with 20 years of experience working to address food insecurity and homelessness. Most recently, Carl worked as a Food Systems Manager at TEEG, a human service organization that lends aid and support to communities of Northeastern Connecticut. Prior to that, Carl worked as an outreach worker for End Hunger CT! and for Project Home in Philadelphia. Currently he is the Youth Systems Coordinator at CCEH working throughout CT helping to advance community capacity building efforts to end youth homelessness.

Connecticut Youth Services Association wishes to thank our conference sponsors

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