



44th Annual Conference

“Strategies for Success in a Changing Landscape”

October 6, 2016

Radisson Cromwell

Featuring:

- ▶ **Keynote Address: Ian Hockley, Dylan’s Wings of Change**
- ▶ **CYSA Annual Meeting & Awards**
- ▶ **Break out sessions for YSB Directors, Staff, Guests, and Volunteers**

Sponsored by:

The ATOM Studies

Helping teenagers struggling with
substance abuse for over 15 years!



**UCONN
HEALTH**

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. WELCOME:
- Dr. Agnes Quinones, *Program Manager, SDE Bureau of Health/ Nutrition/ Family Services & Adult Education*
 - Michelle Piccerillo, *CYSA President*
 - **CYSA ANNUAL BUSINESS MEETING**
- 9:30 - 9:45 a.m. AWARDS:
- *Special Award*
 - *Youth Leadership Awards*
 - *Program of the Year Award*
- 9:45 - 10:45 a.m. KEYNOTE ADDRESS:
Ian Hockley, Program Director, *Dylan's Wings of Change*
- 11:00 - 12:00 BREAKOUT SESSIONS I:
- 12:00 - 12:30 p.m. LUNCH
- 12:30 - 1:00 p.m. AWARDS:
- *Youth Services Employee Award*
 - *Laura T. Brown Career Achievement Award*
- 1:00 - 1:30 p.m. CYSA PRESENTATION
- 1:30 - 1:45 p.m. BREAK
- 1:45 - 2:45 p.m. BREAKOUT SESSIONS II:
- 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

Dylan's Wings of Change Rapidly Building Safe Communities

Ian Hockley is project director for Dylan's Wings of Change, a foundation dedicated to the memory of his son Dylan, one of the first grade victims of the shooting at Sandy Hook Elementary School on December 14, 2012. The foundation's mission is to help children with autism and other related conditions achieve their full potential. The foundation's flagship Wingman program instills acceptance and empathy leading to inclusion for all children.



Creating a safe community is the cornerstone for building positive relationships and fostering social and emotional development. Join Ian Hockley (Project Director, Dylan's Wings of Change) and Scott Goldsmith (School Psychologist and Owner, Outside the Box Experiential) as they create a sense of community through the use of fun, engaging, experiential activities that you can adapt for your own program. Learn how these activities are powering a new grassroots youth program in Connecticut that extends to schools and organizations.

REGISTRATION

All registration is online at www.ctyouthservices.org

\$95 - Early bird by September 15, 2016

\$105 - If after September 15, 2016

\$35 - 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

BREAKOUT SESSIONS

Caring for Ourselves to Care for Others: *Explore a Mindful Response to Work Stress*

Joanna Curry-Sartori, LMFT, *The Bridge Family Center*
Breakout Session: I

In our work we spend days thinking of others, understanding their challenges, seeking to meet their needs and improve their experience of life. So often in our dedicated effort, we find ourselves overwhelmed, exhausted or disenchanting. How do we find simple, powerful ways to connect with ourselves and nurture our own well-being? How do we care for ourselves so we can most profoundly care for others? In this session we will connect with our own goals for wellness and explore their challenges to self-care. We will recognize the effects of stress in our own lives and how we can cultivate greater calm, focus, joy and effectiveness through the practice of mindfulness. Finally, we will experience at least 3 mindfulness exercises that we can practically apply in the midst of our busy days.

Joanna Curry-Sartori, LMFT is a community therapist and educator with the Bridge Family Center. Joanna is a knowledgeable, clear, and creative presenter who has been studying and teaching the benefits of mindfulness for over 20 years. Joanna also has 13 years' experience in leadership roles with an educational not-for-profit where she developed her passion for ensuring that those that help others are supported to nurture their own well-being. In addition to her therapeutic work with individuals and families, Joanna presents widely on the topic of mindfulness and stress management in corporate, school, and community atmospheres.

"That's SO Gay!" *Cultivating Safe, Inclusive, and Affirming Spaces for ALL Students*

Alberto Cifuentes, Jr. LMSW, *Gay, Lesbian & Straight Education Network (GLSEN)*

Breakout Session: I

All lesbian, gay, bisexual, transgender, and queer (LGBTQ) students need at least one supportive educator in their schools to feel safe, included, and affirmed. In fact, research conducted by GLSEN has shown that LGBTQ students feel safer at school, earn better grades, show better school attendance, and feel more connected to their school communities when they can identify one or more LGBTQ-supportive educators. However, many students often struggle to find even one supportive teacher, administrator, or school staff member, and this negatively impacts their self-esteem and learning process as well as the general school climate. In this workshop, participants will be introduced to the diverse and effective resources and programs GLSEN offers to youth workers as well as some strategies for becoming a better ally to LGBTQ students. More specifically, participants will learn about GLSEN and GLSEN Connecticut; discuss homophobia and transphobia as well as anti-LGBTQ bullying/harassment in a safe, nonjudgmental space; and identify specific tools and methods for making schools and organizations safe for ALL students, regardless of sexual orientation and gender identity/expression.

Alberto Cifuentes, Jr., LMSW, is a community social worker focused on LGBTQ rights/equality, HIV prevention, and criminal justice reform. He has been a member of the GLSEN Connecticut Board of Directors for nearly twelve years and currently serves as the chapter's Co-Chair, coordinating professional development and community outreach activities.

Restorative Practices: *How One School District Stopped Suspending and Started Educating*

Michelle Dean, Principal, *Lyme-Old Lyme Middle School*
Breakout Session: I

In this share session, you will follow the two and a half year story of Regional School District 18 in Old Lyme, Connecticut, and their overnight implementation of restorative practices as an educational intervention addressing a multitude of interpersonal issues including bullying, sexual harassment and mean-spirited behavior. Principal Michelle Dean will share her experience developing and implementing the Restorative Practice Board at both the high school and middle school level and the amazing cultural shift that has taken place. Along with school-based data/program review data and processes, including classroom circles, documents will be shared and connected with case-studies.

Michelle Dean began her career as an English teacher in 1996 and transitioned into the field of school counseling where she worked for 13 years before becoming the assistant principal at Lyme-Old Lyme High School. There she developed and implemented the Restorative Practice Board as an educational intervention to common interpersonal school-based issues that normally resulted in suspension. Currently, Michelle is the principal of Lyme-Old Lyme Middle School where she has trained her office staff in educational intervention. Michelle is a member of her community Juvenile Review Board and local prevention coalition Community Action for Substance Free Youth, and she presents on restorative practices to teachers and administrators.

Current Drug Trends and Connecticut's Response to Opioids

Francis J. Carino, Supervisory Asst. *State's Attorney*
Breakout Session: I

The State of Connecticut is serious about protecting the lives of our young people, particularly when it comes to alcohol and drugs. In this eye-opening workshop you will learn about detailed statewide drug and alcohol statistics, drug related issues affecting juveniles including law enforcement, social media, how and where drugs are obtained, and what law enforcement is doing. New statewide initiatives will be discussed.

Fran Carino was appointed CT's first full time prosecutor in 1979 assigned to handle juvenile matters and served as the State's Chief Juvenile Prosecutor through 1996. He is an advocate for Juvenile Review Boards, working with CYSA to assist YSBs and police departments establish JRBs. In 2014 he created the CT Juvenile Law website, at www.franocarino.com, so police, school officials, probation officers, students and the general public can access up to date information about the CT juvenile justice system. He has received numerous awards for his work in the field of juvenile justice including the 2012 Lifetime Achievement Award from the Div. of Criminal Justice and is primarily responsible for writing the CT version of the "Play by the Rules" book used in many schools and the Juvenile Law section of the Red Book field manual used by most police officers.

Understanding Teen Dating Violence

Wendy Mota Kasongo, MS, Connecticut Coalition Against Domestic Violence (CCADV)

Breakout Sessions: I & II

As teens develop emotionally, they are heavily influenced by their relationship experiences. Healthy relationship behaviors can have a positive effect on a teen's emotional development while unhealthy, abusive or violent relationships can cause short term and long term negative effects, or consequences to the developing teen. Victims of teen dating violence are more likely to do poorly in school, and report binge drinking, suicide attempts, and physical fighting. Victims may also carry the patterns of violence into future relationships. At this workshop, participants will learn about the dynamics of teen dating violence, making healthy relationship choices, and resources for teens including td411.

Wendy Mota Kasongo is the Director of Diversity & Accessibility for Connecticut Coalition Against Domestic Violence. Wendy manages and develops statewide, culturally relevant initiatives for all victims of domestic violence. Her duties include identifying and developing best practice for working with underserved & marginalized populations, enhancing and creating culturally and linguistically appropriate materials, developing statewide outreach and public awareness campaigns and activities, creating and facilitating culturally specific curricula to enhance professional capacity, and sustaining meaningful partnerships and collaborations to advance to work with victims of all backgrounds. Wendy has successfully led public awareness campaigns, projects and initiatives related to underserved populations such as Latino, Deaf & Hard of Hearing, Adolescents and Asian communities. Wendy's areas of interest include racial & cultural disparities, immigrant rights, women's issues, and civic engagement. Wendy has received several awards including; the Alumni Impact Award in 2014 for her contribution in a U.S. Department of State professional fellowship program & Homenaje a la Mujer Hispana (Homage to Hispanic Women) in 2016 for her dedication and commitment to the Latino community. Wendy has a BA in Sociology and Social Services from University of Massachusetts in 2003, and an MS in Nonprofit Management and Philanthropy from Bay Path University in 2015.

Social Media Trends Taking Over Our Teens: Tips to Regain Control

Officer Tina Roy, School Resource Officer, South Windsor Police Department

Breakout Sessions: II & III

Officer Roy will take a look into some the current trending apps our kids are using on their devices, dangers of social media and discussion about some recommended practices to help adults take back control and keep their kids safe. Learn more about the roots of the problem and how to help parents navigate and safeguard their youth.

Officer Roy has been a police officer in South Windsor for fifteen years serving as a patrol officer, court liaison, evidence control officer, and currently School Resource Officer. She served four years active duty service in the United States Air Force.

Love 146: Child Trafficking: A two part series

Choose any one or two

Erin Williamson, MSW/PSA, Love 146

CHILD TRAFFICKING: GROOMING & RECRUITMENT PROCESS - Breakout Session: II

In this workshop, you will learn how traffickers gain trust, through both online and in-person tactics, and eventually move toward exploitation. Forms of manipulation and control used by traffickers, and their effects on youth, will be discussed.

CHILD TRAFFICKING: WHAT SERVICE PROVIDERS CAN DO - Breakout Session: III

Learn how service providers can engage and work with survivors of domestic minor sex trafficking and commercial sexual exploitation. Erin will explain professional protocol and resources specific to the state of Connecticut, as well as general responses and resources to consider when working with this population.

Erin Williamson, MSW/MPA, serves as the Survivor Support Coordinator for Love146. Erin has over 10 years of direct service, program management, and applied research experience in the fields of social service and criminal justice, with particular expertise in the areas of human trafficking and child sexual exploitation. Her direct service experience includes working with survivors of child sexual exploitation in Mexico and Kenya, and providing oversight and counseling to youth involved with the juvenile justice system.

Love146 is an international human rights organization working to end child trafficking and exploitation through survivor care and prevention. The trafficking and exploitation of children is one of the darkest stories and most severe human rights abuses imaginable. But for us, the hope of ending it is a reality. Love146 is helping grow the movement to end child trafficking while providing effective, thoughtful solutions. We believe in the power of love and its ability to effect sustainable change. Love is the foundation of our motivation.

Dylan's Wings of Change: Adapting Experiential Activities to your Program

Ian Hockley, Dylan's Wings of Change

Scott Goldsmith, Outside the Box Experience

Breakout Session: II

Building on the keynote experience, Scott and Ian will take you through an experiential journey to foster a sense of community through building connections and empathy and promoting leadership and courage in a safe space. With lessons from the Wingman Program you will learn several activities that you can implement immediately in your own program. The session will end with general Q&A and information sharing.

Bios for Ian Hockley & Scott Goldsmith bios can be found on pages 3 & 6.

Youth As Change Agents

Deborah Stewart, *Youth Development Training & Resource Center*

Breakout Sessions: II & III

This interactive workshop will provide participants with information on promising practices and research-based strategies for involving youth in the design, planning, implementation and evaluation of community programs. Participants will have an opportunity to share their ideas, learn about a range of youth leadership and empowerment programs, and discuss assessment tools and resources to enhance program effectiveness. The group will share recommendations to strengthen youth leadership roles in organizations, schools and the community. Strategies for engaging all youth will be shared and "Youth Voices" will be valued and encouraged.

OBJECTIVES:

- To promote youth-adult dialogue and partnership efforts for youth empowerment projects
- To promote strategies for engaging ALL youth and expanding youth leadership roles
- To share best practices and resources for youth leadership development
- To encourage stronger advocacy and recognition for "youth as change agents"

Deborah Stewart oversees the various components of YDTRC's work in New Haven and statewide. She has been a youth advocate for over 30 years at the local, state, and national level. She guides the Connecticut for Community Youth Development project, and the New Haven B.E.S.T. Initiative, which both support the professional development of youth workers and youth leaders.

Bringing Out the Best in Children with Autism Spectrum Disorders

Elise Scott, *Connecticut After School Network*

Breakout Session: III

Diagnosis of Autism Spectrum Disorders is on the rise, and the diagnosis itself has just changed dramatically. Learn what Autism is and explore the vast array of different elements of this complex diagnosis. Explore research-based strategies to support success in children who have Autism, and discover ways to build skills to equip the children you serve for success today and in the future.

Elise Scott holds a Master's degree in Counseling with a focus on children and trauma from Capella University, and a Bachelor's degree from Mount Holyoke College. She comes to the CT After School Network with over five years of experience as a professional development director, program quality expert, trainer, coach, and advocate for after school in Massachusetts. Elise's early background is in cultivating effective teams and developing leadership. Elise is an expert in program quality and educator development, and has developed and implemented STEM (Science, Technology, Engineering, and Mathematics) and ELL (English Language Learner) curricula for the afterschool field.

Experiential Activities for Enhancing Emotional Intelligence

Scott Goldsmith, *Outside the Box Experiential*

Breakout Session: III

Experiential counseling techniques utilize a multi-modal approach to promote behavioral, social and emotional growth and development. Using engaging, fun activities, you can create a high level of "buy-in" from even the most disengaged children, teens and families. These activities promote conversations your groups may otherwise never have. By understanding sequencing, activity set-up and the debriefing process, you can use this approach immediately to promote emotional intelligence amongst your clients. This workshop utilizes an experiential, immersion model in which the participants experience the group process first hand while simultaneously enhancing their facilitation skills.

Scott Goldsmith is the author of the book *Experiential Group Counseling Activities for Enhancing Emotional Intelligence: A Guide to the Keys to Success*. Scott is a school psychologist, psychotherapist, teambuilding consultant, trainer and facilitator and coordinator of the Manchester Ropes Challenge Course in Manchester, CT. In addition to team building programs for diverse groups of corporate, community and educational institutions, Scott creates professional development workshops for adventure based and experiential counseling.

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