

Becoming Bicultural

Tuesday, May 4, 2010
Registration: 8:30 a.m.
9:00 a.m. - 4:00 p.m.

Target Audience

This program will be highly appropriate for all mental health, healthcare, and public health professionals who work with Hispanic/Latino children, youth, and families. This includes psychologists, social workers, educators, and all interested others.

Program Description

This presentation will explore how acculturation issues impact Latino adolescent mental health in different environments (church, school, and home). Discussion will center on cultural assets, family system functioning, traditional Latino values, adaptation after immigration, and bicultural development. We will focus on culturally competent ways of helping Latino adolescents and their families strengthen bicultural and skills.

Objectives

Upon conclusion of this program the participants should be able to:

- Identify protective factors specific to Latino youth for mental health and school success;
- Describe practical interventions that are user friendly with Latino youth, their families, and teachers;
- Discuss culturally competent ways for building rapport and trust with Latino youth and their families;
- Explain how acculturation impacts the family system; and
- Discuss culturally-specific values and belief systems about education, health and relationships in their work with Latino youth and their families.

Presenter

Paul Smokowski, Ph.D., MSW, CP, is an Associate Professor at the University of North Carolina at Chapel Hill's School of Social Work. He created and directed the Latino Acculturation and Health Project, a longitudinal study of adjustment in Latino families that was funded by the U.S. Centers for Disease Control and Prevention. Dr. Smokowski has collaborated with members of the Latino community for the last nine years and is a prolific author on child mental health issues.

Martica Bacallao, Ph.D., MSSW, PAT, is an Assistant Professor at UNC – Greensboro in the Department of Social Work. She worked with immigrant families, particularly the Latino population, in community-based mental health agencies and public schools for 20 years. Dr. Bacallao's expertise lies in mental health service delivery for Latino families living in rural and urban areas. She is a certified psychodramatist, and has facilitated psychodrama groups at The Multicultural Center (an out-patient facility) for the Washington D.C. Commission on Mental Health. She also conducts psychodrama training groups.

Credits

0.5 CEUs or 5.0 contact hours will be awarded to participants who attend 100% of this program. Southern Regional AHEC adheres to NBCC Continuing Education Guidelines, Provider #5362. This program will provide 5 contact hours (category A) continuing education credit to NC Psychologists. Application has been made to the North Carolina Substance Abuse Professional Certification Board for up to 5 hours of Substance Abuse Specific Credit.

Location

Southern Regional AHEC, Gerald A. Strand CE Auditorium
1601 Owen Drive, Fayetteville, NC.

Event Fees

\$95 if payment and registration are postmarked on or before April 20, 2010; \$105 thereafter.

All individuals registering online at www.southernregionalahec.org will receive a special discount of **\$10.00 off** each full-day program.



Agenda

8:30 a.m.	Registration
9:00 a.m.	Who are Latinos? Latino Population and Growth in NC
9:30 a.m.	Traditional and Changing Gender Roles Specific Values and Belief Systems Identifying Protective Factors – Ethnic Identity, Familism, and Biculturalism
10:00 a.m.	Break
10:15 a.m.	Risk Factors – Acculturation Stress and Assimilation
10:45 a.m.	Utilizing the Cultural Ecogram for Intervention
12:00 p.m.	Lunch (On Your Own)
1:30 p.m.	Practicing Culturally Competent Ways for Building Rapport, Trust and Engagement Strategies, Acculturation Stress, Biculturalism, Familism with the Diamond of Opposite Model Entre Dos Mundos – An Evidence Based Prevention Model for Working with Latino Families
2:45 p.m.	Break
3:00 p.m.	How to Promote Biculturalism in School, Family and Peer Groups
4:00 p.m.	Wrap-up/Evaluation/Adjourn

Introduction to Mindfulness and Mindfulness-Based Interventions for Health Care Professionals

Thursday, May 13, 2010

Registration: 8:30 a.m.

9:00 a.m. - 4:00 p.m.

Target Audience

This program is designed for mental health professionals including psychologists, social workers, case managers, therapists, substance abuse professionals, and counselors. Other interested mental health professionals are invited to attend.

Program Description

In this workshop, the participants will be introduced to mindfulness, both as a concept relevant to personal health and to improved outcomes with clients and patients, and as a direct experience potentially available to anyone. Mindfulness is just this: the moment by moment awareness or noticing, without judging or trying to fix or change anything. And, although it is a basic human capacity and naturally occurring, mindfulness can be deliberately cultivated and sustained by various methods of meditation or reflective practice. Modern medical and scientific research is beginning to understand the basic mind-body connections that function in the practice of mindfulness for health enhancement and stress reduction.

Objectives

Upon conclusion of this program the participants should be able to:

- Discuss relevant information about applications of mindfulness and mindfulness-based interventions in medical, psychiatric, psychotherapeutic, and substance abuse settings;
- Explain and offer the opportunity for the direct experience of practicing mindfulness; and
- Discuss resource information for further learning and applications of mindfulness in both professional and personal settings.

Presenter

Jeffrey Brantley, MD, DFAPA, trained in and practiced psychiatry in both community mental health settings and in private practice for approximately 18 years. He became Board Certified in psychiatry in 1984 and is a Consulting Associate in the Department of Psychiatry and Behavioral Sciences at Duke Medical Center. Dr. Brantley was trained in mindfulness as a resident in psychiatry at the University of California at Irvine Medical Center, and has been practicing mindfulness for 30 years. He began teaching mindfulness meditation to health professionals and others in 1990. Dr. Brantley is one of the founding faculty members of Duke Integrative Medicine, where he started the Mindfulness-Based Stress Reduction program in 1998. He is also a member of the Community of Scholars of the Center for Spirituality, Theology, and Health at Duke University.

Credits

0.5 CEUs or 5.0 contact hours will be awarded to participants who attend 100% of this program. Southern Regional AHEC adheres to NBCC Continuing Education Guidelines, Provider #5362. This program will provide 5 contact hours (category A) continuing education credit to NC Psychologists. Application has been made to the North Carolina Substance Abuse Professional Certification Board for up to 5 hours of General Skill Building Credit.

Location

Southern Regional AHEC, Gerald A. Strand CE Auditorium
1601 Owen Drive, Fayetteville, NC.

Event Fees

\$95 if registration and payment are postmarked on or before April 29, 2010; \$105 thereafter.

All individuals registering online at www.southernregionalahec.org will receive a special discount of **\$10.00 off** each full-day program.



Agenda

8:30 a.m.	Registration
9:00 a.m.	Welcome and Overview
9:30 a.m.	Brief Practice Sessions to Facilitate the Direct Experience of Mindfulness
10:30 a.m.	Break
10:45 a.m.	Clinical Applications of Mindfulness/Group Discussion
12:00 p.m.	Lunch (On Your Own)
1:00 p.m.	Brief Mindfulness Practice Sessions, Relevant Research Perspectives
2:30 p.m.	Break
2:45 p.m.	Group Discussion - Importance of Self-care and Stress Management for Professionals, and the Potential Impact of Mindfulness on Clinical Outcomes
4:00 p.m.	Wrap-up/Evaluations/Adjourn

Emotional Abuse

Friday, May 21, 2010

Registration: 8:30 a.m.

9:00 a.m. - 4:00 p.m.

Target Audience

This program has been planned for substance abuse professionals, psychologists, social workers, case managers, counselors, and others who work with the geriatric population. Other interested mental health professionals are welcome to attend.

Program Description

Emotional abuse co-occurs with most other types of maltreatment, as well as, occurring on its own. So, why don't we see it in the statistics about maltreatment, either nationally, or in North Carolina, in proportion to the reports of abuse or neglect? What makes emotional abuse so difficult to define? What are the factors that increase risk that a child or adult will experience emotional or psychological abuse? What are the consequences of this type of maltreatment? What are some suggested responses to dealing with children and adults who appear to be emotionally abused?

Objectives

Upon conclusion of this program the participants should be able to:

- Discuss the complexity involved in defining this type of maltreatment;
- Identify the behaviors that increase risk of emotional abuse of children and adults;
- Explain the federal and state laws that cover response to emotional abuse, along with its frequency nationally and in North Carolina;
- Describe the research that studies the consequences of emotional abuse; and
- Discuss some suggested responses for emotional abuse.

Presenter

Joanne S. Caye, MSW, has been involved with the social work field since 1970. After more than 20 years in the public service arena as a direct practice social worker, supervisor, and program administrator, Joanne was offered the opportunity to teach at the School of Social Work at the University of North Carolina at Chapel Hill in 1993. She teaches classes on a variety of issues, with an emphasis on work in child welfare, work with disaster responders, and macro social work issues. Additionally, Joanne has developed and taught numerous curricula on child welfare social work issues. She co-authored the book, *When Their World Falls Apart: Managing the Effects of Disasters on Families and Children*, and has trained persons who assist families after disasters. Joanne is a regular workshop presenter throughout the US and internationally.

Credits

0.5 CEUs or 5.0 contact hours will be awarded to participants who attend 100% of this program. Southern Regional AHEC adheres to NBCC Continuing Education Guidelines, Provider #5362. This program will provide 5 contact hours (category A) continuing education credit to NC Psychologists. Application has been made to the North Carolina Substance Abuse Professional Certification Board for up to 5 hours of Substance Abuse General Skill Building Credit.

Location

Southern Regional AHEC, Gerald A. Strand CE Auditorium
1601 Owen Drive, Fayetteville, NC.

Event Fees

\$95 if payment and registration are postmarked on or before May 7, 2010; \$105 thereafter.

All individuals registering online at www.southernregionalahec.org will receive a special discount of **\$10.00 off** each full-day program.



Agenda

8:30 a.m.	Registration
9:00 a.m.	Introductions & expectations
9:15 a.m.	What is Emotional Abuse? Characteristics of Persons Who are Victims of Emotional Abuse Characteristics of Persons/Families Where Emotional Abuse Occurs
10:30 a.m.	Break
10:45 a.m.	Laws Pertaining to Emotional Maltreatment
11:15 a.m.	Consequences of Emotional Maltreatment
12:00 p.m.	Lunch (On Your Own)
1:00 p.m.	Consequences, Continued
2:00 p.m.	Response and Intervention
2:30 p.m.	Break
2:45 p.m.	Response and Intervention, Continued
4:00 p.m.	Wrap-up/Evaluation/Adjourn

Working with Parents Who Care for Children and Adults with Developmental Disabilities

Thursday, May 27, 2010

Registration: 8:30 a.m.

9:00 a.m. - 4:30 p.m.

Target Audience

This program has been planned for substance abuse professionals, psychologists, social workers, case managers, counselors, and others who work with the developmental disabilities population. Other interested mental health and human service professionals are welcome to attend.

Program Description

This six-hour workshop will provide an overview of best practices in working effectively with parents who are primary caregivers of children and adults with developmental disabilities. This workshop takes a life-course perspective, and addresses the needs of parents of pre-schoolers, school-aged children, young adults and older adults. Hands-on, group activities will provide participants with opportunities for devising intervention strategies.

Objectives

Upon conclusion of this program the participants should be able to:

- Describe general needs and characteristics of parents who are caregivers of children and adults with developmental disabilities;
- Discuss empirical evidence of best practices; and
- Identify methods to include parents in treatment team and other planning.

Presenter

Susan L. Parish, MSW, Ph.D., is currently an assistant professor of social work at the University of North Carolina-Chapel Hill. Her research examines the impact of public policy on people with disabilities and their families. She has served as an expert witness in three federal class-action lawsuits concerned with the rights of people with developmental disabilities and their families. Parish has won several teaching awards, the 2001 Student of the Year award from the American Association on Mental Retardation, the 2002 Outstanding New Researcher in Mental Retardation by the Academy on Mental Retardation and was elected to Delta Omega, the honorary society in Public Health, in 2002. Parish earned her MSW from Rutgers University, and a PhD in Public Health from the University of Illinois at Chicago. She held an NICHD funded post-doc at the University of Wisconsin-Madison. She administered family support and residential services for people with intellectual disabilities and their families in New Jersey and New York prior to returning to school to complete her doctorate.

Credits

0.6 CEUs or 6.0 contact hours will be awarded to participants who attend 100% of this program. Southern Regional AHEC adheres to NBCC Continuing Education Guidelines, Provider #5362. This program will provide 6.0 contact hours (category A) continuing education credit to NC Psychologists. Application has been made to the North Carolina Substance Abuse Professional Certification Board for up to 6 hours of General Skill Building Credit.

Location

Southern Regional AHEC, Gerald A. Strand CE Auditorium
1601 Owen Drive, Fayetteville, NC.

Event Fees

\$95 if registration and payment are postmarked on or before May 13, 2010; \$105 thereafter.

All individuals registering online at www.southernregionalahec.org will receive a special discount of **\$10.00 off** each full-day program.



Agenda

8:30 a.m.	Registration
9:00 a.m.	Introductions
9:30 a.m.	Defining Developmental Disabilities
9:45 a.m.	Context of Family Support Services for Families Caring for Children and Adults with Developmental Disabilities
10:30 a.m.	Break
10:45 a.m.	Life Course Perspective
12:00 p.m.	Lunch (On Your Own)
1:00 p.m.	Life Course Perspective (continued)
2:30 p.m.	Break
2:45 p.m.	Interventions That Work – Empirical Evidence of Best Practices
4:30 p.m.	Wrap-up/Evaluations/Adjourn