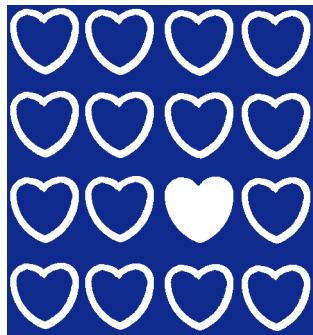


NORTH TEXAS REGIONAL TRAINING CONFERENCE



FOR THOSE WHO

CARE

April 3, 4, and 5, 2018

MIDWESTERN STATE UNIVERSITY

Clark Student Center

3410 Taft Boulevard, Wichita Falls, Texas

(Midwestern Pkwy. at Taft Blvd.)

(940) 397-4307 • Fax: (940) 397-4052

www.mwsu.edu

A multi-disciplinary conference designed to meet the continuing education needs of the professional in the area of mental health, family and protective services, juvenile probation services, adult probation services, criminal justice addiction counseling, and social work. This conference has been held annually since 1983.

Acknowledgments to Wichita County Community Supervision and Corrections Department ~ Juvenile Probation Department ~ Texas Department of Family and Protective Services ~ MSU Center for Continuing Education.

THE FOLLOWING ACCREDITATIONS HAVE BEEN REQUESTED FOR THIS CONFERENCE:

- International Association for Continuing Education and Training (CEU), 20 hours
- Texas Certification Board of Addiction Professionals (LCDCTAAP), 20 hours
- Texas Juvenile Justice Department (TJJD), 20 hours
- Texas State Board of Examiners of Professional Counselors (LPC), 20 hours
- Texas State Board of Examiners of Marriage and Family Therapists (LMFT), 20 hours
- Texas State Board of Social Worker Examiners (SW), 20 hours
- TCOLE certificate may be available when turned in to your own law enforcement department.

20 Hours = 2.0 CEUs, provided by MSU Continuing Education.

CONFERENCE STEERING COMMITTEE

PATSY J. BAGGETT
Child Protective Services (retired)

KATHYE O'CONNOR
Department of Family and Protective Services

SELINA WILLIAMS
Wichita County Juvenile Probation (Detention)

MICHAEL RICHARDS
Wichita County CSCD

LINDA KALSKI
Vernon College Instructor

LORRAINE PARMER
MSU Continuing Education - Coordinator

CYNTHIA BROCK
Red River Hospital

PAMELA MOSS
Midwestern State University

TOM SMITH
Wichita County Juvenile Probation

SARAH PEELER
Wichita County CSCD

"The Civilian Response To An Active Shooter"

"Law enforcement officers and agencies are frequently requested by schools, businesses, and community members for direction and presentations on what they should do if confronted with an active shooter event. The Civilian Response to Active Shooter Events (CRASE) course, designed and built on the Avoid, Deny, Defend (ADD) strategy developed by ALERRT in 2004, provides strategies, guidance, and a proven plan for surviving an active shooter event. Topics include the history and prevalence of active shooter events, civilian response options and medical issues."

Kevin DuBose - Kevin earned his BSCJ at Midwestern State University in December of 1992 and an MSCJ at Texas State University in May of 2007. While earning the MSCJ, he wrote a thesis entitled, Continuum of Coercion: Staff Sexual Misconduct in Departments, Programs and Facilities in Texas. He has been a commissioned peace officer since 2009. He was certified to train Civilian Response to Active Shooter Events (CRASE) through the Advanced Law Enforcement Rapid Response Training Center (ALERRT) in November of 2016. Since that time, he has trained CRASE in various jurisdictions around the state.

Kevin began his career in juvenile justice with the Wichita County Juvenile Probation Department in 1995. He supervised pre-adjudication and post adjudication caseloads. In 1998, he left juvenile justice to serve as a District Parole Officer for the Texas Department of Criminal Justice in the Wichita Falls District Parole Office. He supervised specialized caseloads, including electronic monitoring and violent offenders. Kevin resumed his career in juvenile justice in 1999 with the Texas Juvenile Probation Commission. He is currently the Director of the Texas Juvenile Justice Department's Administrative Investigations Division.

"The Opioid Epidemic-A Community in Crisis"

Participants will be presented with information on how to recognize, respond and evaluate an overdose. They will also learn the reasons for the increase in the opiate problem, leading to the increased use of heroin. Federal regulations will be discussed, along with syringe access and the old and new methods to better control the epidemic. Participants will develop an understanding of what we can do now as a community and as professionals to curtail the abuse of opioids and to decrease the number of deaths related to this epidemic.

Shannon Marteney, LBSW, LCDC - Shannon works at Serenity Foundation of Texas where she has been for 7 years. She also presents to social work students on a variety of topics specific to macro social work at Midwestern State University, and hosts social work students every semester as interns. She is an advocate for syringe exchange programs, and currently provides outreach in the community as a member of TONI, which includes naloxone distribution and education, HIV/HCV education, and community referrals including housing and health services. She hosts an annual walk for overdose.

"Suicide Risk and Intervention Training"

Recently our community has experienced an increased rate of suicidality and need for mental health evaluation and treatment. As a result the need for informed citizens in the assessment and treatment of people experiencing a mental health crisis has grown. Suicide prevention techniques, warning signs, facts, statistics, and knowledge of community resources will all be part of this training.

Charles Martin - A native of North Texas, Charles Martin has been an integral part of the state mental health system team since 1995. Working with adults, children and adolescents, while managing a staff of case workers, has given him insight to both patients and clinical behavioral health specialists. Charlie is currently serving as the Director of Crisis Services for the Helen Farabee Center. As director, he oversees mobile assessments, admissions, evaluations, community resource placement, and development of staff in the entire North Texas region. Charlie facilitates professional trainings in prohibiting access to lethal means, fundamentals of case management, and crisis intervention techniques.

"More Than Pedicures and Walks on the Beach. Improving Self-Care Through Mindfulness"

We all hear about the importance of self-care and have a vision and a definition of what self-care is and is not. This session hopes to explore the benefits of using mindfulness to provide a more healthy and realistic definition so that we can truly incorporate self-care into our daily lives and into the daily lives of those we are called to serve. This session intends to involve everyone in exploring self-care through discussion, humor, and activities. No flip flops needed!

Jessica Campbell, LPC - Jessica has worked with trauma victims for 15 years. She began her career working for Children's Advocacy Centers serving child abuse victims and their families. After becoming a certified victim advocate, Jessica's passion to serve those hurting from trauma, led her into becoming a licensed professional counselor. She had the privilege of serving in the Biloxi school system working with children and families who had experienced trauma due to Hurricane Katrina. She also worked in private practice with children, teens, women, active duty military members, families and couples providing treatment for grief and loss, bullying, trauma both recent and past, chemical dependency, depression, anxiety, and marriage counseling.

She currently serves as the Outpatient Program Director at Red River Hospital which provides behavioral health and chemical dependency groups, individualized treatment planning, and medication management for both civilian and military populations. She utilizes her training in DBT, CBT, play therapy and mindfulness to help clients to find healthy perceptions of themselves and strengthen their relationships so they can know themselves as peaceful, complete, whole and safe.

Jessica has a BA in Spanish and Political Science, and a MPA with an emphasis on Government and Nonprofit Management from Midwestern State University and a MA in Professional Counseling from Liberty University.

"Ethics for the Helping Professional"

Ethical conduct, or the lack thereof, has found its way to the center of the public debate. Some rules and conventions that have been in place for decades are today, at times, being routinely ignored. And some ethical issues that have long been ignored have found a voice, leading to the loss of careers and positions at the very highest levels of the culture.

As helping professionals, we remain "helping" only when the people we serve and the people we work with are regarded consistently with respect and healthy boundaries are maintained. This seminar will focus upon 1) Standards, rules, guidelines and laws designed to protect those we serve and serve with; 2) Ethical decision-making in situations where ethics are murky or in conflict with one another; 3) The use of intentional ethical philosophy to enliven and give meaning to the work of the helping professional.

David Sabine, Ph.D. - Dr. Sabine is a Clinical Psychologist in private practice in Wichita Falls for over 20 years. He is also a seminary graduate whose primary training was in the Philosophy of Religion and Ethics. He is the author of *A Chair with a View: Scenes of Heartbreak and Breakthrough in Psychotherapy*. He has also been interviewed on national top ten radio shows and has been published in numerous publications nation-wide. Dr. Sabine also is regularly called upon to testify as an expert witness in court proceedings and is consulted routinely on issues of ethics as they relate for forensic issues.

"Current Issues: Connectedness and Trauma"

The new globalizing technologies of the web and social media was supposed to create new ways to connect people and bring them together. However, it seems people feel ever more detached from themselves and others. Our teens and veterans are suiciding at rates we have never seen before. Our extended and nuclear families are diminishing. In 2017, we saw, for the first time, more unmarried than married couples in the US. We live in a society that celebrates the individual but at what cost to our relationships and the connections in our lives?

This presentation will discuss what is eroding our individual and social well-being is a loss of CONNECTEDNESS. It is a profound experience of well-being; a deep sense that you are a part; of a person, a place or situation and there is no where you would rather be. Its absence fuels emotional and physical illness, fear, depression, addiction, anxiety and suicide; to name a few. The presentation will focus on the individual with less emphasis on the macro-social implications. Attendees will be presented with anecdotal and research evidence into how trauma often is a root cause of disconnection and its corrosive effect on people and society and how technology may be exacerbating the problem. We will look at the power of reconnection in vulnerable populations, such as vets and teens, as an effective strategy to combat the effects of trauma and how we can be more mindful of its profound power in our well-being and those we care about.

Kevin Boring, MA - Kevin is an Instructor in Psychology at Vernon College and retired after 24 years as an Associate Clinical Psychologist from North Texas State Hospital. He has been a speaker on Borderline Personality Disorder and stress management at area mental health facilities and hospitals for more than 20 years. He is a graduate of the University of Pittsburgh with a B.S. in psychology and a graduate of Midwestern State University with an M.A. in clinical psychology.

"HIV, AIDS, Communicable Diseases - Sexually Transmitted Disease and HIV / AIDS / STD / HEP / TB"

Participants will be presented with information on the epidemiology of sexually transmitted disease, differentiate between viral, bacterial and protozoan sexually transmitted infections and prevention. Participants will also learn about the symptoms and modes of transmissions of Hepatitis A, B, C, HIV/AIDS, TB and some of the more prominent sexually transmitted diseases. This session will be specific to counties served by the Wichita County Health Department.

Keith Williamson, M.D. - Board Certified American Academy of Family Medicine, Midwestern State University Physician.

"Life Skills For You and Your Clients"

Life without Training Wheels-What are the essential skills needed in life? Why is it important to learn life skills? Who's job is it to teach life skills to those in our care? Is it coddling or is it necessary when serving our client populations? In this session we will explore life skills development and the effects on clients of missing a stage of development. Participants will develop an understanding of how life skills develop and are influenced by social norms and privilege within a society.

Reagan Foster, MA, LPC - Reagan has spent her entire professional career in higher education. Currently, she is the Assistant Director of Athletics for Student-Athlete Development and Community Outreach at Midwestern State University. Before becoming Assistant AD, Reagan worked in the Midwestern State University Counseling Center, has been a licensed professional counselor since 2013.

Reagan is an active board member of the North Texas Rehab Center and immediate Past President of the Junior League of Wichita Falls. Reagan has a B.S. and M.A. from Midwestern State University and specialization in Sports Counseling from California University of Pennsylvania.

Laura Hetrick, MA, LPC - Laura is a Licensed Professional Counselor (LPC) with the Midwestern State University Counseling Center.

She works with students dealing with depression, anxiety, and trauma. She is currently serving on the Multidisciplinary Task Force for MSU. She received her MA in Counseling from MSU.

"Inductive Learning: The Power of Story and Metaphor"

As counselors, therapists, educators, administrators and law enforcement professionals we are in the people influencing business. Adults learn inductively through problem solving, story, case study and metaphor yet we continue to approach them with deductive approaches as if they were still in elementary school. This session will focus on the power of the techniques of inductive speaking, teaching and counseling. The use of story, metaphor, and analogy to influence adults will be explored. Examples of inductive methods will be examined with applications for counseling, educating, persuading and dealing with resistance.

- *What influences adults?
- *Inductive versus deductive approaches to teaching and learning
- *How adults learn
- *The power of the story
- *Tools of inductive thinking
- *Building an inductive approach to clients and students
- *Using inductive approaches to overcome resistance

Don Hebbard, Ph.D. – Dr. Hebbard is Professor of Counseling Human Behavior and Development at Abertown University. He is a Licensed Marriage and Family Therapist with 35 years' experience, and a Clinical Fellow in the American Association for Marriage and Family Therapy and in private practice in Dallas. Don has opened counseling centers, graduate programs and family institutes in Dallas, Atlanta and Oklahoma City. He travels nationally and is a popular speaker conducting seminars on relationships, leadership, transition and conflict resolution. He works with organizations that are experiencing transition in leadership assisting them through seminars and consulting.

"Meet Your Family System"

Human systems theory has revolutionized our understanding of individuals, marriages, families and organizations. Circular thinking helps explain why families and organizations get stuck in dysfunctional patterns of interaction, repeating self-destructive patterns. This session will explore the basic principles of family systems theory including family rules, roles and relationships. Applications will be made to marriages, families and organizational patterns of interaction. Ideas for productive change in the system will be explored.

- *The power of the family system
- *The inter-working subsystems
- *The profound power of family rules and family roles
- *Healthy and unhealthy family boundaries
- *Family communication patterns
- *Triangles and the management of anxiety
- *Homeostasis and balance
- *Pain and the process of change
- *Helping family systems

AGENDA

TUESDAY, APRIL 3, 2018

(BREAKS - 9:30 A.M. AND 3:00 P.M.)

7:30 A.M. - 8:00 A.M.	8:00 A.M. - 8:15 A.M.	8:00 A.M.-11:45 A.M. (3.75 hours)	12:00 Noon - 1:00 P.M.	1:00 P.M. - 4:45 P.M. (3.75 hours)
Registration Location: Atrium Hallway MSU Clark Student Center ~ Breaks Atrium Hallway	Welcome Announcements NTRTC Steering Committee Location: Comanche A & B	Opening "The Civilian Response To An Active Shooter" <i>Kevin DuBose</i> Location: Comanche A & B	Lunch On Your Own	"The Opioid Epidemic - A Community in Crisis" <i>Shannon Marteney, LBSW, LCDC</i> Location: Comanche A & B
				"Suicide Risk and Intervention Training" <i>Charles Martin</i> Location: Wichita I & II

WEDNESDAY, APRIL 4, 2018

(BREAKS - 9:30 A.M. AND 3:00 P.M.)

8:00 A.M. - 11:45 A.M. (3.75 hours)	12:00 Noon - 1:00 P.M.	1:00 P.M. - 4:45 P.M. (3.75 hours)
"More Than Pedicures and Walks on the Beach. Improving Self-Care Through Mindfulness" <i>Jessica Campbell, LPC</i> Location: Wichita I & II	Lunch On Your Own	"Current Issues: Connectedness and Trauma" <i>Kevin Boring, MA</i> Location: Comanche A
"Ethics for the Helping Professional" <i>David Sabine, Ph.D.</i> Location: Comanche A & B		"HIV, AIDS, Communicable Diseases - Sexually Transmitted Disease and HIV / AIDS / STD / HEP / TB" <i>Keith Williamson, M.D. and the Wichita County Health Department</i> Location: Wichita I & II

THURSDAY, APRIL 5, 2018

(BREAK - 9:30 A.M.)

8:00 A.M. - 11:45 A.M. (3.75 hours)	12:00 Noon - 12:45 P.M.	1:00 P.M. - 2:45 P.M. (1.75 hours)
"Life Skills For You and Your Clients" <i>Reagan Foster, MA, LPC and Laura Hetrick, MA, LPC</i> Location: Wichita I & II	Luncheon to be held in Comanche A & B	CLOSING "Meet Your Family System" <i>Don Hubbard, Ph.D.</i> Location: Comanche B

REGISTRATION: NORTH TEXAS REGIONAL TRAINING CONFERENCE

CHECKS PAYABLE TO: MSU Continuing Education, 3410 Taft Blvd., Wichita Falls, TX 76308 (940) 397-4307

(Enclose separate registration for each participant. Feel free to copy this form.)

(Visa / MasterCard / Discover / PO accepted)

Name _____

Area of Employment _____ Position _____

Street/P.O. _____ City _____ Zip _____

Phone (_____) _____ Fax (_____) _____

E-mail _____

Credit Card: MasterCard Visa Discover # _____ Expires _____ VCode _____

PLEASE CHECK APPROPRIATE BOX BELOW:

Signature _____

\$165.00 Registration (Includes Thursday luncheon) **Individual MSU undergraduate student rate with current I.D. (Excludes meal and certificates)

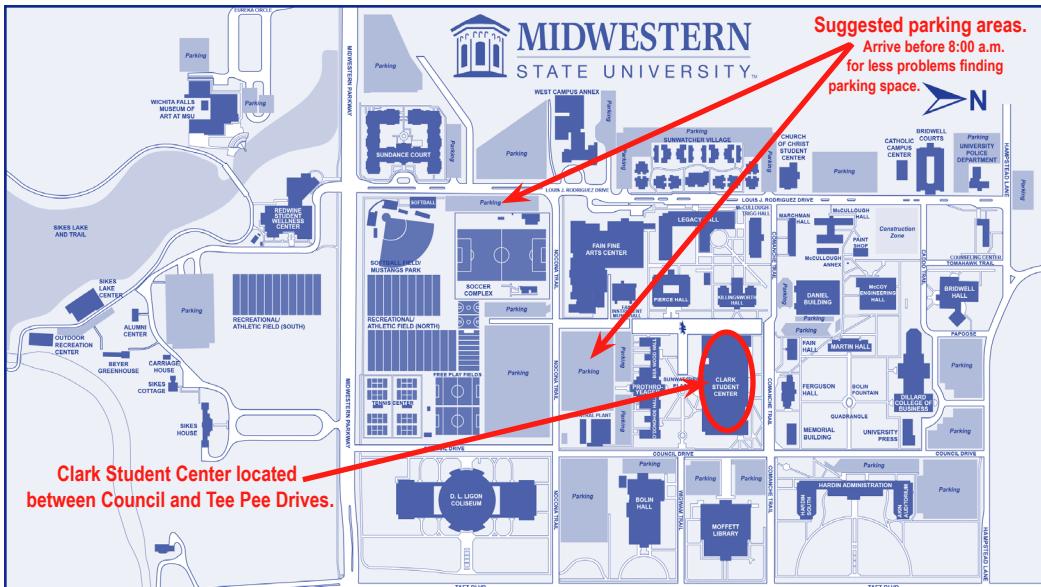
\$150.00 Registration (Includes Thursday luncheon) **Group of 3 or more Luncheon

\$60.00 1 day only (Excludes meal) Senior Citizen 65+ (Excludes meal and certificates)

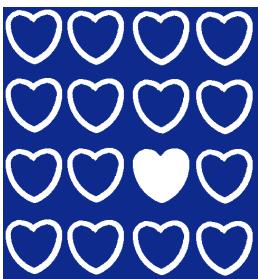
\$35.00 1/2 day (Excludes meal)

EVERYONE, including three day participants, please complete the following:

- (1) Please reserve a place for me for the lunch on Thursday. (PLEASE check box #1 if you intend to eat lunch.)
- (2) Check type of credit requested: CJAD TJJD SW LPC LMFT CEU TCBAP (TAAP/LCDC)



NORTH TEXAS REGIONAL TRAINING CONFERENCE



FOR THOSE WHO

CARE

April 3, 4, and 5, 2018

MOTEL ACCOMMODATIONS (MENTION MIDWESTERN STATE UNIVERSITY FOR SPECIAL RATES.)

Baymont Inn - Kell	\$72.00	Fairfield Inn, Wichita Falls	\$79	Homewood Suites	\$109
Courtyard by Marriott.....	\$85.00	Hampton Inn, Wichita Falls.....	\$85		
Days Inn	\$68.00	Holiday Inn Express, Wichita Falls	\$95		

REFUND POLICY: 70% refund if cancellation is made at least 24 hours prior to day of conference. Refunds will be mailed within 30 days.

SATISFACTORY COMPLETION: Participants must attend the entire session and complete the evaluation form for satisfactory completion of the session.

CANCELLATION: In case of cancellation, every effort will be made to contact registered participants at the number provided on the registration form.

COMPLAINTS: Complaints about provider or workshop content may be directed to Lorraine Parmer, Coordinator for MSU's Continuing Education or to the TCBAP Standards Committee, 1005 Congress Avenue, Suite 460, Austin, Texas 78701, Fax (512) 476-7297. Provider approved by the TCBAP Standards Committee, Provider No. 0182-88.

Clark Student Center is handicapped accessible. If you require other disability accommodations, please call us at least a week in advance.

Non-Profit Organization
U.S. POSTAGE
PAID
Wichita Falls, Texas
Permit No. 781

FOR THOSE WHO

CARE

Training Conference
North Texas Regional
Center for Continuing Education
Midwestern State University
3410 Taft Boulevard
Wichita Falls, Texas 76308-2099
Return Service Requested