TEENS AND TOXIC TIMES

FRIDAY, OCTOBER 13, 2017

This conference is jointly provided by Partners Behavioral Health Management, Charlotte Area Health Education Center, and the North Carolina Collaborative for Children, Youth, and Families.

Hosted by Partners Training Academy • #PartnersHealthSummit
## Partners Health Summit Schedule

### 8:00 a.m. - 8:15 a.m.  
**WELCOME SESSION**  
**Rooms:** Catawba 5 & 6  
**Speakers:**  
- **Paul Caldwell**, Chief Community Operations Officer, Partners Behavioral Health Management  
- **Kelly Blasky**, Charlotte Area Health Education Center - CEU information

### 8:15 a.m. - 9:30 a.m.  
**OPENING KEYNOTE ADDRESS**  
**Rooms:** Catawba 5 & 6  
**Understanding the Impact of Traumatic Stress in Adolescence**  
- **Speaker:** Jasmine Mickle, Partnering for Excellence Project Coordinator, Benchmarks

### 9:45 a.m. - 11:00 a.m.  
**MORNING BREAKOUT SESSION CHOICES**  
**Room:** Catawba 3  
**Session A: Treating Self-Injury**  
- **Speaker:** Tracie Ferguson, LPC, NCC, Child, Adolescent, and Family Therapist, Catawba County Public Schools

**Room:** Catawba 2  
**Session B: Depression & Suicide in Teens: An Update**  
- **Speaker:** Rigardy Munoz, MD, Pediatric and Adult Psychiatrist, Catawba Valley Medical Center

**Room:** Catawba 4  
**Session C: Drugs & Our Kids: What to Know, What to Look for, & How to Act**  
- **Speaker:** Kevin Oliver, MA, MPA, LCAS, CEO, Phoenix Counseling Center

### 11:00 a.m. - 11:30 a.m.  
**LUNCH**

### 11:30 a.m. - 12:45 p.m.  
**LUNCHEON KEYNOTE ADDRESS**  
**Rooms:** Catawba 5 & 6  
**Toxic Stress & the Brain: Risk & Resilience - Part 1: Toxic Stress & Early Brain Development**  
- **Speaker:** Betty Rintoul, PhD, Executive Director, Encouraging Connections

### 1:00 p.m. - 2:15 p.m.  
**AFTERNOON BREAKOUT SESSION CHOICES**  
**Room:** Catawba 4  
**Session D: Sexting & Internet Safety**  
- **Speaker:** Major Joel Shores, Cleveland County Sheriff’s Office

**Room:** Catawba 2  
**Session E: Effectively Engaging LGBTQ Youth**  
- **Speaker:** Trey Greene, MSW, LCSWA, Co-Founder & Executive Director, Transcend Charlotte

**Room:** Catawba 3  
**Session F: The Triumphs & Challenges of Developing Today’s Young Adult Advocates**  
- **Speakers:** Garron Rogers, MACM, & Robin Testerman, MPA, North Carolina Collaborative for Children, Youth, & Families – Youth M.O.V.E. NC

### 2:30 p.m. - 3:45 p.m.  
**CLOSING KEYNOTE ADDRESS**  
**Rooms:** Catawba 5 & 6  
**Toxic Stress & the Brain: Risk & Resilience - Part 2: Buffering Stress through Responsive Relationships**  
- **Speaker:** Betty Rintoul, PhD, Executive Director, Encouraging Connections

### 3:45 p.m. - 4:00 p.m.  
**CLOSING SESSION**  
**Rooms:** Catawba 5 & 6  
**Speakers:**  
- **Cassandra Willis**, Chief Public Relations Officer, Partners Behavioral Health Management  
- **Kelly Blasky**, Charlotte Area Health Education Center - CEU information
Reception Area Exhibitors

The Bedroom Project Display
• Shannon Rouse Ruiz, Executive Director of the P.E.A.C.E. Foundation, is hosting this interactive teenage bedroom exhibit. Take a closer look to learn where to search for drugs, how to conduct a proper safety sweep, and how to identify the signs of drug use.

Photovoice Art Display
• Support, Inc., a local provider of mental health, substance use disorder, and intellectual and developmental disability services for children and adults, is hosting this display. These self-development images were photographed by teenagers to express thoughts and feelings that cannot be expressed using words alone.

Community Groups
• Burke & Catawba Counties Youth Collaboratives
• Cleveland, Gaston, & Lincoln Counties Youth Collaboratives
• Drug-Alcohol Abuse Free Iredell Coalition (DAFI)
• Iredell, Surry, & Yadkin Counties Youth Collaboratives
• North Carolina Collaborative for Children, Youth, and Families

Summit Materials Online at PartnersTraining.org
All of the slide decks and handouts used during today’s summit sessions will be available for download next week at www.PartnersTraining.org.

#PartnersHealthSummit
Welcome to Partners Health Summit! We’re glad you’re here. Today’s teenagers are dealing with complex issues. That’s why Partners is sponsoring this event. We want to help you serve the behavioral health needs of the adolescents in our communities.

As you provide resources for the teens you care for, encourage them and their families and guardians to call our HOPE Line at 1-888-235-HOPE (4673). The professionals in our Access to Care Call Center are available 24 hours a day, seven days a week, to connect them with free, confidential care for a mental health issue, addiction struggle, or behavioral health crisis.

We are proud to sponsor this educational conference because, with your help, we can improve lives and strengthen communities – which is our mission at Partners, and through Partners Training Academy, the host of today’s summit.

Consider this event a collaborative space where you can interact and learn from leading experts and local colleagues. We appreciate the time and energy you commit to this important work today and every day.

Thank you for joining us,

W. Rhett Melton, CEO
Partners Behavioral Health Management

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# Partners Health Summit Schedule

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<td>Understanding the Impact of Traumatic Stress in Adolescence</td>
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<td>Drama in the trauma – Learn about the immediate and long-term effects of trauma, the impact trauma may have on brain development and behavior, and the best practice strategies for working with traumatized adolescents.</td>
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<td>Speaker: Jasmine Mickle, Partnering for Excellence Project Coordinator, Benchmarks</td>
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<td>Bio: Prior to joining Benchmarks, Mickle worked in various capacities with youth and other vulnerable populations, including uninsured rural populations, those in transitional living, adults and youth struggling with substance use illness, and teens suffering from behavioral health issues and difficult living situations.</td>
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<td>Self-Love – This session will define self-injury and identify the functions of self-injurious behavior. Learn about treatment considerations including dialectical behavior therapy, trauma-focused expressive art therapy, and other evidence-based treatments.</td>
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<td>Speaker: Tracie Ferguson, LPC, NCC, Child, Adolescent, and Family Therapist, Catawba County Public Schools</td>
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<td>Bio: Ferguson has served children and adolescents through the local Department of Social Services, public school systems, community-based service agencies and private practice for 20 years.</td>
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| Session B: Depression & Suicide in Teens: An Update Room: Catawba 2 |
| More than mood swings – This session will identify depression disorders in adolescents, discuss current psychopharmacological treatment, and suicidal behaviors. |
| Speaker: Rigardy Munoz, MD, Pediatric and Adult Psychiatrist, Catawba Valley Medical Center |
| Bio: Dr. Munoz has more than 25 years of clinical experience in the diagnosis and treatment of psychiatric illnesses in adults and children. |
Session C: Drugs & Our Kids: What to Know, What to Look for, & How to Act  
Room: Catawba 4

Just Say No – Explore the adolescent brain chemistry and identify the signs and symptoms of substance use among adolescents.

Speaker: Kevin Oliver, MA, MPA, LCAS, CEO, Phoenix Counseling Center

Bio: Oliver is a licensed clinical addiction specialist with 25 years of experience in the addiction field, including residential/detoxification treatment, opiate maintenance services, and outpatient therapy.

11:00 a.m. – 11:30 a.m.  LUNCH

11:30 a.m. – 12:45 p.m.  LUNCHEON KEYNOTE ADDRESS  Rooms: Catawba 5 & 6

Toxic Stress & the Brain: Risk & Resilience
Part 1: Toxic Stress & Early Brain Development

What is Toxic Stress? Dr. Rintoul will explain how early stress and trauma can affect brain development and set the stage for health and development problems. Learn more about the Adverse Childhood Experiences (ACES) study and how stress changes stress response, memory, and attention to impulse control.

Speaker: Betty Rintoul, PhD, Executive Director, Encouraging Connections

Bio: Dr. Rintoul has special interest in infant/toddler mental health, parent-child interaction, early brain development, and prevention of child mistreatment. She has worked with children and families as a teacher, administrator, consultant, and therapist. Much of her work has involved culturally diverse clients and children at risk for developmental and/or mental health problems.

12:45 p.m. – 1:00 p.m.  BREAK

1:00 p.m. – 2:15 p.m.  AFTERNOON BREAKOUT SESSION CHOICES

Session D: Sexting & Internet Safety  Room: Catawba 4

Smartphones – They’re smarter than you think! Learn how smartphones and social media have become an adolescent addiction.

Speaker: Major Joel Shores, Cleveland County Sheriff’s Office

Bio: Major Shores has served the Cleveland County Sheriff’s Office for over 26 years. He began teaching classes on sexting, cyberbullying, and human trafficking in 2015.

Session E: Effectively Engaging LGBTQ Youth  Room: Catawba 2

He vs. She – Learn how to articulate appropriate terminology and what issues LGBTQ teens are facing.

Speaker: Trey Greene, MSW, LCSWA, Co-Founder & Executive Director, Transcend Charlotte

Bio: Greene is a transgender man and social worker passionate about supporting individuals who are struggling because of their identity, experiences, or beliefs. He practices from a trauma-informed, person-centered, and empowerment-based framework.
Session F: The Triumphs & Challenges of Developing Today’s Young Adult Advocates

Room: Catawba 3

Having trouble connecting? Learn new strategies for engaging teens who are hard-to-reach and the benefits of positive youth development.

Speakers: Garron Rogers, MACM, & Robin Testerman, MPA, North Carolina Collaborative for Children, Youth, & Families - Youth M.O.V.E. NC

Bio: Rogers serves as the Youth Transition Director for North Carolina Families United in Graham, NC. His organization is recognized as the premier youth and family advocacy organization for the state of North Carolina.

Bio: Testerman serves as the Executive Director for the Children’s Center of Surry, Inc. Her organization focuses on the prevention, intervention and treatment of child abuse and neglect serving Ashe, Forsyth, Stokes, Surry, Wilkes, & Yadkin counties.

2:15 p.m. – 2:30 p.m. BREAK

2:30 p.m. – 3:45 p.m. CLOSING KEYNOTE ADDRESS Rooms: Catawba 5 & 6

Toxic Stress & the Brain: Risk & Resilience Part 2: Buffering Stress through Responsive Relationships

Explore how caring adult interaction can buffer the effects of toxic stress. Dr. Rintoul will present the components of protective relationships and ways to help teens develop emotional and behavioral self-regulations.

Speaker: Betty Rintoul, PhD, Executive Director, Encouraging Connections

3:45 p.m. – 4:00 p.m. CLOSING SESSION Rooms: Catawba 5 & 6

Speakers:

- Cassandra Willis, Chief Public Relations Officer, Partners Behavioral Health Management
- Kelly Blasky, MPH, Director of Behavioral Health, Allied, and Public Health EducationCharlotte, Area Health Education Center - CEU information

About Partners

Partners Behavioral Health Management is the local manager of mental health, substance use disorder, and intellectual and developmental disabilities treatment available through Medicaid, state, and county funding. We contract with care providers to ensure that treatment options are available for eligible residents of Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, Surry, and Yadkin counties. Our Access to Care Call Center is available all day, every day at 1-888-235-HOPE (4673). Learn more about us at www.PartnersBHM.org.
Continuing Education Units

Partners Health Summit has received approval to offer the following continuing education units for this conference:

- Certified Health Education Specialist (CHES) - 6.25 Contact Hours
- Continuing Medical Education (CME) - 6.25 AMA PRA Category 1 Credit™
- Continuing Nursing Education (CNE) - 6.25 CNE Contact Hours
- National Board of Certified Counselors (NBCC) - 6.25 NBCC Hours
- North Carolina Psychologist Credit - 6.25 Contact Hours (category A) CE for NC Psychologists
- North Carolina’s Substance Abuse Professional Practice Board (NCSAPPB) - 6.25 NCSAPPB GSB
- The Commission on Rehabilitation Counselor Certification (CRCC) has approved this training for 6.25 General Clock Hours (Approval Number - TRN2097170).

Additional Accreditation Information

- Certified Health Education Specialist (CHES): Application has been made to the National Commission for Health Education Credentialing, Inc. for continuing education contact hours (CECH) in health education.
- Continuing Medical Education (CME): Accreditation Statement - This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Carolinas HealthCare System/Charlotte AHEC and Partners Behavioral Health Management. Carolinas HealthCare System/Charlotte AHEC is accredited by the ACCME to provide continuing medical education for physicians.
  - Credit Statement: Carolinas HealthCare System/Charlotte AHEC designates this Live Activity for a maximum of 6.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.
  - CEUs/Contact Hours: This Live Activity fulfills the requirement of 0.63 Continuing Education Units (CEU’s), representing 6.25 contact hours.
- Continuing Nursing Education (CNE): Charlotte Area Health Education Center is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.
- National Board of Certified Counselors (NBCC): The Charlotte Area Health Education Center and the Partners Behavioral Health Management are cosponsors of this program. This co-sponsorship has been approved by NBCC. Charlotte Area Health Education Center is an NBCC Approved Continuing Education Provider, ACEP No. 5096. The ACEP solely is responsible for this program, including the awarding of NBCC credit.
- North Carolina’s Substance Abuse Professional Practice Board (NCSAPPB): Application has been made to the NCSAPPB for GSB credit.

This conference is jointly provided by Charlotte Area Health Education Center, Partners Behavioral Health Management, and the North Carolina Collaborative for Children, Youth, and Families.
Free Mental Health Screening

- Anonymous, confidential, online mental health and substance use disorder screenings
- Take the test for yourself or the ones you care about
- Get immediate results, recommendations, and resources
- Available on the home page at www.PartnersBHM.org
Share Partners’ Resources

Partners’ Access to Care Call Center offers free, confidential help with mental health, substance use disorder, and intellectual or developmental disabilities – especially for residents of Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, Surry, and Yadkin counties.

- Get instant access to a professional
- Receive a free confidential screening
- Expect a caring conversation about your needs
- Choose your own treatment options
- Schedule a personal appointment with a care provider

Need Help?
1-888-235-HOPE (4673)
Any time, every day - (TTY: 1-800-749-6099)

To request handout materials containing our Need Help information for your office, lobby or meeting, email us at training@partnersbhm.org. Please allow a minimum of two weeks for receipt.

Fighting Addiction?
Call 888-235-HOPE
SAVE THE DATE!
Next Partners Health Summit
April 6, 2018
Hickory Metro Convention Center

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Partners Training Academy
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Share what you learn today

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