

2022 Hirsh Larkey Mental Health Conference

Presented by Jewish Family Services

Healing During Uncertain Times

One Day • In-Person

May 10, 2022 • 8:00am - 5:00pm

UWM School of Continuing Education

Downtown Conference Center

161 W. Wisconsin Avenue, #6000

Milwaukee, WI 53203

5 CEUs approved through NASW

Registration Cost: \$150.00 All Day • \$75.00 Morning or Afternoon Sessions

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Today!



• Register online now at www.jfsmilw.org • Questions: rsvp@jfsmilw.org •

MORNING SESSIONS • 9:00am - 12:00pm • 2.5 CEUs

AM TRACK ONE: 9:00 - 10:15am: Each Session Capped at 30 Registrants for Safe Social Distancing

Session 1

Ambiguous Loss: Living in Limbo During a Pandemic: Gain greater knowledge of the theory and meaning of ambiguous loss with Sheryl Dean from Resilient Counseling Services. In this workshop, you will learn the difference between death grief and the complex grief associated with ambiguous loss and the skills required for working with families facing an ambiguous loss.

Session 3

Community Mental Health Overview: During the COVID-19 pandemic, mental health professionals have experienced high rates of burnout and compassion fatigue, many deciding to leave the field altogether. At the same time, people are seeking mental health services at high rates. Join the Clinical Supervisor and Director of Clinical Services at JFS to debrief about your experiences amongst colleagues, and hear about an innovative approach to dealing with high burnout and high service demands through the expansion of a clinical training program during the pandemic. Participants will: 1) Connect with colleagues to debrief their experiences during the pandemic. 2) Learn about the critical nature of community mental health services, causes for burnout, and compassion fatigue. 3) Review the use of clinical trainees as a resource for combatting workforce burnout and to address community mental health needs.

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MORNING SESSIONS • 9:00am - 12:00pm • 2.5 CEUs

AM TRACK TWO: 10:45am - 12:00pm: Each Session Capped at 30 Registrants for Safe Social Distancing

Session 1

Developing & Implementing a DEI Series: Join UWM External Partnerships Director Shirley Burks and UWM Human Services Program Manager Gevon Daynuah as they take an in-depth dive into the CR3 series offered at UWM and share how you can start your very own. You will learn the process of an implementation plan and discover new ideas and methods to incorporate diversity, equity, and inclusion efforts into your programs and services.

Session 2

Homeless Services In Milwaukee – What You Need to Know: Join Outreach Community Health Centers to be educated regarding the different types of homeless designations, the services IMPACT 211 offers and how to make referrals for someone experiencing homelessness. Objectives: 1) Participants will learn about services and designations for people experiencing homelessness. 2) Participants will learn the differences between prevention services and homeless services. 3) Participants will connect through interactive group discussion on issues of homelessness during the pandemic.

Session 3

Helping Kids, Helping Helpers - Practical SEL Interventions for Clinics and Schools: During the pandemic, remote learning has impacted the social and emotional development of children. Therapists have an obligation to assist children in integrating their experiences to support their healing and social/emotional wellness. As we return to in-person services and classroom instruction, professionals who support children must take care of themselves to assist our own healing and recovery. This workshop will: 1) Engage participants in classroom-tested experiential activities for enhancing joy, connection, and safety in the classroom. 2) Demonstrate group yoga practices for implementation in clinics and classrooms to introduce youth to the practice of yoga through a combination of mindfulness-based and movement activities. 3) Review practical techniques for therapist self-care on the job: explore in between session care through grounding ideas and rituals.

Session 4

Anxiety vs. Stress - Coping Skills to Use during Up / Down Cycles of a Pandemic: Darcy Mason, LPC, will share coping skills to use during the up and down cycles of a pandemic and help teach skills to recognize the difference between anxiety and stress. You will be able to demonstrate dialectical behavior skills to reduce anxious thoughts and eye movement desensitization and reprocessing techniques to reduce physical symptoms of anxiety or stress. Objectives: 1) Participants will be able to recognize the difference between anxiety and stress. 2) Participants will learn three grounding skills to help with stress and anxiety. 3) Participants will learn two DBT skills to reduce anxious thoughts and one self-administered EMDR technique.

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AFTERNOON SESSIONS • 1:00 - 4:00pm • 2.5 CEUs

PM TRACK THREE: 1:00 - 2:15pm: Each Session Capped at 30 Registrants for Safe Social Distancing

Session 1

Get In Where You Fit In: Supporting Mental Health in a Community Setting: During a time of great uncertainty driven by the fight against two simultaneous pandemics, COVID-19 and Structural Racism, Children's Community Mental Health Services and Wraparound Milwaukee, like other organizations across the country, was called to respond with expedience and flexibility. This presentation will highlight how we were successfully able to expand access to care for families through creative and mobile engagement. Objectives: 1) Participants will understand the Wraparound System of Care and how to connect the people you serve. 2) Participants will explore the utilization of a holistic approach as an engagement tool. 3) Participants will explore the value of collaborative response amongst community organizations. 4) Participants will connect and share perspectives on lasting impacts of the pandemic for youth services.

Session 2

Incarcer-Hood: Clem Richardson of Manna Behavioral Services will show from a historical perspective how generational trauma impacts mental health. Incarcer-hood refers to an area where people feel confined, mentally and emotionally, lacking economic opportunities and resources. Participants will learn how to meet clients where they are and how to start conversations with clients regarding racial injustice, diversity and equality issues.

PM TRACK FOUR: 2:45 – 4:00pm: Each Session Capped at 30 Registrants for Safe Social Distancing

Session 1

Youth Crisis Care - Expanding the Continuum of Care in a Time of Crisis: Children's Community Mental Health Services and Wraparound Milwaukee received a SAMHSA System of Care Grant at the onset of the pandemic and has used those resources to expand the system of care to include the addition of two community-based programs, responsive workforce development efforts, and the addition of resource connection staff with both clinical and lived experience. Participants in this presentation will learn more about these resources and the impact they have had on youth and families in Milwaukee. Learning objectives include: 1) Participants will understand the Wraparound System of Care and how to connect the people you serve. 2) Participants will understand the value of public-private partnerships in resource development and sustainability. 3) Participants will connect and discuss youth crisis care during the pandemic in breakout discussion groups.

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PM TRACK FOUR: 2:45 – 4:00pm: Sessions Capped at 30 Registrants Each for Safe Social Distancing

Session 2

EMBRACING NEURODIVERSITY: Understanding the Neurodiversity Movement: Rethink the different ways human beings experience the world through the nervous system, including those diagnosed with autism, ADHD, bipolar disorder, learning disabilities and other neurodevelopmental and neurobiological conditions in this workshop by Becky Aten of Know Thyself: Yoga for Neurodiversity. Training objectives include: 1) Participants will learn the differences between the pathology paradigm and the neurodiversity paradigm, and why many self-advocates prefer the neurodiversity paradigm. 2) Participants will learn the nuances of language used within the neurodiversity movement, and discuss the impact of pathologizing differences. 3) Participants will discuss the intersectional nature of neurodiversity and how it fits in with the broader disability rights movement and other social justice movements, especially within the current cultural context.

Session 3

Surviving More: Coping with Increase Violence during the Pandemic: During the COVID-19 pandemic, “Safe at Home” has not been the reality for survivors of intimate partner violence (IPV). In contract, factors related to the pandemic likely influenced the dramatic increase in violence that has been inflicted by intimate partners. Dr. Erin Schubert will provide an overview of Milwaukee specific data regarding IPV during the pandemic. Training objectives include: 1) Participants will learn about IPV statistics during the pandemic, including hearing the lived experiences from survivors. 2) Participants will understand what program innovations are happening and are needed in order to address IPV in hope of reducing violence. 3) Participants will have time to share and reflect on their experiences during the pandemic to connect with one another, as well as share what may work to help our most vulnerable populations at risk of IPV.

Session 4

Adult Crisis Services - Reflections on Mental Health Crisis Services during the Pandemic: Focusing on crisis response in Milwaukee County, Andrea Nauer-Waldschmidt from Milwaukee County Behavioral Health Division will share the services available to direct service providers in our community, how to transition current best practices to pandemic practices, and how to continue to provide care in uncertain times. Learning objectives include: 1) Provide participants with overview of the data that guides mental health crisis response during Covid. 2) Engage in reflection on how best practices were transitioned to pandemic best practices. 3) Facilitate open conversation on how we can continue to provide care during uncertain times, including the benefits and challenges of crisis service care.

CAPACITY LIMITATIONS: SESSION ASSIGNMENTS

Session RSVPs will be accepted on a first come first served basis. If the session you have requested is at capacity you will be contacted and instructed to chose another session.

PAYMENT METHODS AND REFUND POLICY:

Registration payment can be made online with all major credit cards. No refunds for registration fees. Direct inquires to rsvp@jfsmilw.org.
