

# PRESENTERS: Hirsh Larkey Mental Health Conference

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

## Ambiguous Loss: Living in Limbo During a Pandemic



**SHERYL DEAN:** Ms. Dean received her Masters and Bachelors of Social Work from the School of Social Welfare at the University of Wisconsin-Milwaukee. She is a Clinical Substance Abuse Counselor, Independent Clinical Supervisor and Licensed Clinical Social Worker. She has a variety of professional experience in the human service field including administrative, managerial, research, counseling and case management areas. Her main areas of practice have included working in the Mental Health/Substance Use Disorder arena as a counselor, case manager and supervisor. Ms. Dean utilizes a variety of interventions including but not limited to Cognitive Behavioral Therapy, Motivational Interviewing, Trauma Informed Therapy and Solution Focused Therapy dependent upon client need. Ms. Dean also teaches relevant life skills such as coping, stress, parenting, self-regulation and self-care. She works with children, adolescents, teens, adults, singles and couples. Ms. Dean is currently employed as a Psychotherapist at Fokus Family Services and Lutheran Counseling and Family Services.

## Anxiety vs. Stress - Coping Skills to Use during Up / Down Cycles of a Pandemic



**DARCY MASON:** Darcy Mason holds a Masters degree in Community Psychology and BA with Honors in Professional Communications and Adult Training and Education from Alverno College. She is a Licensed Mental Health Counselor. She is certified in EMDR, Hypnosis, Mindful meditation, Trauma -PTSD, and is DBT Informed. She also holds a Fire Fighter Support certification. She has been a Reiki Master Teacher since 2009, and is a certified Science of Mind practitioner. Darcy currently sees individuals and facilitates a Grief/loss group and a Codependent group.

Darcy offers many resources, from evidence based tools to energy psychology techniques, which provide her clients with many options. She believes "One size does not fit all." Her vast tools box promotes clients to develop healthy lives, relationships and careers. She offers individual and group sessions. Facilitates workshops and classes for corporate wellness programs, retreats and conferences.

## Homeless Services In Milwaukee – What You Need to Know



**ZACH BRUNS:** Zach Bruns is a licensed professional counselor (LPC) and a substance abuse counselor (SAC) who works as a mental health clinician at Outreach Community Health Centers, a Federally Qualified Health Center (FQHC) located in northeast Milwaukee. Zach is part of a multidisciplinary team under the Projects for Assistance in Transition from Homelessness (PATH) federal grant program that serves individuals, couples, and families who are experiencing homelessness and living with mental illness or substance use disorders.

**ERIKA OLSON:** Erika Olson is the Coordinated Entry Initiatives Lead at IMPACT. She contributes to initiatives within the Milwaukee community dedicated towards ending homelessness within subpopulations. She also contributes to data within the Homeless Management Information System (HMIS) and works with regard to data analytics and progress towards goals. Erika earned her Master of Social Work degree in 2020 from the University of Wisconsin-Milwaukee.

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## Helping Kids, Helping Helpers - Practical SEL Interventions for Clinics and Schools



**AARON HEFFERNAN, MA, LCSW:** Aaron has been providing community-based mental health services to children and families in Milwaukee for over 20 years. He joined Jewish Family Services in 2014, where he provides clinical supervision to child therapists along with psychotherapy to kids and families in JFS's outpatient and school-based clinics. Prior to JFS, Aaron was a Child & Family Therapist at Children's Hospital of Wisconsin, specializing in trauma counseling with children in the foster care system. Mr. Heffernan is trained in EMDR Therapy and Sensorimotor Psychotherapy, and blends these approaches with expressive arts modalities in his clinical work.

**ELIZABETH SCHEUER, MSW, APSW:** Elizabeth is an Advanced Practice Social Worker who provides mental health counseling to children, adolescents, and families in both a clinical and school-based setting. Elizabeth is passionate about empowering her clients' creativity, self-expression, and strengths to increase overall wellness and enjoyment of daily life. Elizabeth invites the practice of mindfulness and use of expressive modalities as avenues of relaxation and discovery with clients. With empathy, compassion, and care, Elizabeth meets each individual where they are at on their journey and cultivates a tailored therapeutic experience to best support each clients' unique needs and hopes for therapy.

Prior to joining the JFS team, Elizabeth worked as a Graduate Student Intern with Sixteenth Street Community Health Center's Child and Adolescent Day Treatment Program where she provided individual and group therapy services. In addition to her clinical work, Elizabeth has experience teaching in various educational settings and engaging in community-based work with youth through the Boys and Girls Club. Elizabeth obtained her Master of Social Work degree from the University of Wisconsin-Milwaukee and holds a Bachelor of Arts degree in Education from St. Norbert College.

**STEPHANIE BIRR (she/her):** Stephanie is a Clinical Mental Health Counseling Intern from UWM and is in her last semester working towards her LPC. Stephanie primarily sees adults in JFS VOCA (Victim of Crime Act) Program. She also works as a Healing Support Specialist at Sojourner, focusing on group and community healing spaces for survivors of domestic violence, sexual assault, and trafficking. As a 200hr yoga teacher, she feels passionate about incorporating movement and mindfulness in trauma work, as well as humor, joy, and Marvel references. In her free time, you can find her hiking with her partner and beagle, gardening, playing music with friends, and eating tacos.

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## Community Mental Health Overview



**ANNE DAVID:** Anne David is the Director of Clinical Services at Jewish Family Services in Milwaukee, Wisconsin. Anne currently also maintains a psychotherapy practice at JFS and works with individuals from pre-adolescence to adults with a clinical focus on relational trauma and dissociation. Prior to joining JFS, Anne worked with people impacted by violence at the Milwaukee LGBT Community Center, providing supportive, LGBTQ-affirmative advocacy and counseling services. Anne has also previously worked at nonprofits in Milwaukee as a mental health professional and advocate, working with immigrants to help them resolve family and systems-based trauma through the provision of psychotherapy and early childhood advocacy services.

**DR. JOAN KOJIS:** Dr. Joan Kojis is the Staff Psychologist and Clinical Supervisor for JFS' outpatient clinic. Joan has a breadth of experience in community mental health settings, including extensive experience in corrections and child welfare, where she worked in probation and parole, consulted for Racine Correctional and supervised psychologists at Taycheedah Correctional Institution for women. She is a former director of Children's Service Society which included work in child welfare and was a behavioral health director for Ozaukee County for over 10 years. She has served as a consulting psychologist and mentor to dozens of mental health professionals throughout her career and has a deep passion for community based mental health and recovery.

## Developing & Implementing a DEI Series



**SHIRLEY J. BURKS** is a Speaker – Trainer – Diversity, Equity & Inclusion Champion. She holds a bachelor's degree in business administration and a master's degree in organizational management. Her educational background also includes many professional development certificates related to leadership, capacity building, management and overall organizational growth. Shirley has worked for the University of Wisconsin - Milwaukee for over 20 years, serving in various roles. Shirley has presented trainings locally, nationally and internationally including for organizations such as Solutions Inc. (Cairo, Egypt), The Neighborhood House of Milwaukee, Girl Scouts of Milwaukee Area, Goodwill Industries of Southeastern Wisconsin, Wisconsin Municipal Court Clerks Association, WIFACETS, YMCA Community Learning Centers and the Milwaukee Public School System



**GEVON DAYNUAH** has been at the University of Wisconsin-Milwaukee School of Continuing Education for nearly 20 years. She has served children and families in a variety of facets, facilitating training throughout the state of Wisconsin and the regional Midwest. She has presented at the Triennial International Child and Youth Care conferences, The annual Women Leader's conference, and the Wisconsin Association of Child & Youth Care Professionals conferences. Her background in education stems from managing and facilitating training at the UWM School of Continuing Education. The recently launched Culture of Racism, Recovery, & Resiliency series (CR3 series) as well as her curricular development and teaching of the 24- hour training program, Working with Youth of Color areas she is most proud of. Her history with Health & Human Services professionals, nonprofit agencies, community-based organizations, the Bureau of Milwaukee Child Welfare System, and other community stakeholders are just a few ways she navigates and contributes to the mission of continuous learning.

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## Get In Where You Fit In: Supporting Mental Health in a Community Setting:

**MARIA CASTILLO:** Maria Castillo is the Community Outreach Coordinator for Wraparound Milwaukee. Maria enjoys working with community partners to exchange resources and provide learning opportunities to enhance what they already offer. Maria has extensive knowledge in the area of First Episode Psychosis and informing the community about the need for early intervention. Maria's strength is engaging youth who have had their onset of psychosis to participate in CORE Programming.

**RADA DRČA:** Rada Drča is the Clinical School Liaison who collaborates with educators to identify and screen youth at a clinical high risk for developing psychosis. Rada received her BA in Psychology from Alverno College, an MA in Clinical Psychology from Cardinal Stritch University, and is a LPC certified in TF-CBT who has provided therapeutic healing to families with emphasis in treating childhood trauma and attachment disruptions. Rada enjoys working with diverse populations.

**SAMANTHA LAVARDA:** Samantha Lavarda, Psy.D. is a Psychologist for the Children's Mobile Crisis (CMC) Team and Wraparound Milwaukee. She supervises CMC Team staff to provide guidance in complex situations, diagnostic clarification, and debriefing. Dr. Lavarda is certified in the Structured Interview for Psychosis-risk Syndromes (SIPS). Additionally, Dr. Lavarda provides supervision and oversight for enrollment into all the Wraparound Milwaukee programs.

## Incarcer-Hood



**CLEM L RICHARDSON:** Clem L Richardson is a Mental Health and Substance Abuse Therapist he earned his undergraduate degree in Human Services from Upper Iowa University in 2004 in 2006 he earned an Associate Degree in Theology from Grace Theological Seminary and he has a Graduate degree from Concordia University (Mequon Campus) as a Professional Counselor in 2008. Although, he is scheduled to take his NCE exam to become a Licensed Professional Counselor (LPC-IT) in 2022. He was recently awarded his National Certification Commission for Addiction Professionals (NCCAP) as a Master Addiction Counselor (MAC). In February of 2022 Mr. Richardson was recently accepted in a Doctoral program he is pursuing a PhD in Counseling Education and Supervision. He has been counseling people with addictions for more than twenty years and he is trained in many different cultural therapy styles and uses various counseling techniques that meet the needs of the individual. Clem has lived

experience with drugs, gangs and addictions he completed inpatient treatment 21 years ago he has never looked back only to empower others. Also, he is certified as a Clinical Substance Counselor (CSAC). Mr. Richardson has been employed for the past 7 years at the Joshua Glover Center through Wisconsin Community Services (WCS) working with returning citizens from State/Federal prison. As a Clinical Substance Abuse Counselor, where he counsels men. He also is on the teaching staff at Milwaukee Area Technical College, (MATC) downtown campus, where he instructs Group Counseling Skills to students. Mr. Richardson also facilitates support groups at Project Return, a prison re-entry program for men for the last 19years. He provides mentoring and coaching to those that want the help.

He is a recipient of many prestigious awards including the Outstanding Leadership, 2001 Certificate of Appreciation Prison –Reentry Department of Corrections (DOC), 2009 Community Impact Award Rising Star 2009, and the Parent with the most Commitment award in 2006, In 2018 Clem received the “Black Excellence Awards” by the Milwaukee Times just to name a few.

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## Youth Crisis Care - Expanding the Continuum of Care in a Time of Crisis:



**RASHAAN CHERRY:** As the Integrated Services Manager for System of Care, Rashaan holds the responsibility of ensuring that the multiple SAMHSA and State funded projects (Clinical High Risk for Psychosis, Supported Employment, NCTSI Trauma Awareness, System of Care (SOC) Expansion and Capability, Coordinated Specialty Care (FEP) and Youth Crisis Stabilization Facility (YCSF) align with the overall Crisis System of Care (SOC) and Children’s Community Mental Health Services and Wraparound Milwaukee Wraparound Milwaukee vision and mission. The collaboratives act strategically to maximize flexible funding sources for greater impact as well as increased supports and programs throughout Milwaukee County.



**LEANNE DELSART, MS:** Leanne is the Integrated Services Manager of Strategic Initiatives for Wraparound Milwaukee and Owner of LND Consulting, LLC. For the last 19 years, Leanne has worked with children and families affected by trauma, adversity, mental health and behavioral health challenges. She has collaborated with the Youth Justice, Child Welfare and Education systems as an advocate for children and families, and as a trainer in the fields of Trauma Informed Care, Systems of Care, Crisis Intervention, Suicide Intervention, ACEs, and Wraparound philosophy and process.

Leanne has been certified in the Neurosequential Model of Therapeutics through the Child Trauma Academy, is a Master ACE trainer for the state of WI, and a certified ASIST Suicide Intervention trainer. Leanne has a long history with Wraparound, starting her career as a Care Coordinator for Wraparound Milwaukee before moving into supervisory, program development, and administrative roles in human services.

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## EMBRACING NEURODIVERSITY: Understanding the Neurodiversity Movement



**BECKY ATEN:** Becky Aten (she/they) is an openly autistic human resources professional, yoga teacher, nature-lover, and neurodiversity self-advocate. Becky has a bachelor's degree in psychology and religious studies and is a 200-hour registered yoga teacher (RYT-200). Becky has over 16 years of experience working in the field of mental health recovery both directly and indirectly, including work with Wraparound and CCS programs in Milwaukee. They value equity, self-compassion, and beginner's mind while challenging the status quo and emphasizing the value of all bodies and all brains through social justice advocacy work. Becky is currently employed with Ascent Wellness Program in Milwaukee, WI, whose mission is to bring the benefits of wellness services to those who may not find traditional wellness services accessible or inclusive.

## Surviving More: Coping with Increase Violence during the Pandemic



**DR. ERIN SCHUBERT:** Dr. Erin Schubert is the Director of Outcomes & Evaluation at Sojourner Family Peace Center in charge of internal research and evaluation efforts to ensure programming achieves intended outcomes and promote data driven decision making throughout the organization. This unique position allows her to apply her skillset conducting rigorous social science research and evaluation in a context that is immediately applicable to practice. Dr. Schubert received her Ph.D. in developmental psychology from the Institute of Child Development at the University of Minnesota. She has conducted research on resilience among families facing adversity in a variety of contexts including homelessness, poverty, and parental incarceration. Dr. Schubert is passionate about using science, research, and data to positively impact social service work ultimately improving the lives of those we serve.

## Adult Crisis Services: Reflections on Mental Health Crisis Services during the Pandemic



**ANDREA NAUER-WALDSCHMIDT:** Andrea Nauer-Waldschmidt is a Licensed Professional Counselor (LPC) who has worked in crisis services for over fifteen years, across various counties and states. She has assessed and treated individuals who have suicidal thoughts from the point of crisis, during inpatient services, as well as on an outpatient basis. Andrea serves as a co-chair for Prevent Suicide of Greater Milwaukee and leads Zero Suicide implementation at Milwaukee County. She focuses on client centered approaches, while working with individuals who are encountering some of the most difficult times in their lives, and instilling hope.