

Return Deadline is April 14th, 2014

Use only one form per person. Photocopies may be made.
Email registration forms to kerryj@connectionsforkids.org
or Fax (207) 899-4623

Make registration checks out to:
Child and Family Network Providers

Name: _____

Position: _____

Agency: _____

*List Special Accommodations/Dietary Needs: _____

Cost:
CFPN Members: \$40.00
Non-Members: \$50.00
5 or more registrations from the same Agency receives a \$5.00 off per member discount

WORKSHOP SELECTION: Please list in order of preference: 1, 2, 3

- The Pathway from Trauma to Wellness
- Recognizing and Managing Compassion Fatigue
- Health, Wellness, and Yoga

WORKSHOP SELECTION: Please list in order of preference: 1, 2, 3

- Professional Boundaries and Social Media
- Building Mastery and Resilience
- Vicarious Trauma

Conference Information

Hilton Garden Inn
Auburn River Watch
14 Great Falls Plaza
Auburn, ME 04210
207-784-4433

Completed Registrations can be sent to:

Kerry Jamieson
Connections for Kids
470 Forest Ave, Suite 303
Portland, ME 04101
207-854-1030 x. 103
207-899-4623 Fax
kerryj@connectionsforkids.org

*Make registration checks out to:
Child and Family Network Providers*

Dress is Business Casual

It you have signed up for the Yoga Class please wear comfortable clothing and bring a yoga mat if you own one. Extras will be available.

* Please turn cell phones and pagers off or on vibrate during Conference



The Mission of the Maine Provider Network is to improve the quality of services for children and youth, and families. We educate, inform, and support member agencies through training, networking, and collaborating with governmental and other organizations that share common interests in the well-being of children and families of Maine.



The Pathway from Trauma To Wellness



April 23, 2014
Hilton Garden Inn
Auburn River Watch

Welcome

The Child & Family Provider Network is pleased to welcome you to our 9th annual staff conference and retreat located at the beautiful Hilton Garden Hotel in Auburn, Maine. This year we have chosen the theme “**The Pathway to from Trauma to Wellness**”. We chose this theme as a testament of all our work with children and families. Our commitment to providing services with best practice treatment has given us our inspiration to help others. We hope your experience throughout the conference will contribute to our ongoing quest to support professional growth and one that aligns with our mission statement. *Enjoy!*

Wednesday, April 23, 2014

8:30 am - 9:00 am	Registration
9:00 am	Welcome and Opening Session
9:15 am	Keynote - David Prescott, LCSW
10:15 am	Break
10:30 am-12:00 pm	Workshop Sessions #1
12:00 pm-1:00 pm	Lunch
1:00 pm - 2:30 pm	Workshop Sessions #2
2:30 pm - 4:00 pm	Awards, Certificates, Door Prizes, and Closing Remarks

Keynote Presentation

This keynote presentation explores the major lessons learned over the past thirty years in understanding and treating trauma. Each advance has brought new knowledge, but more questions. Most agencies have at least some knowledge of the effects of trauma; what do we need to know to be truly trauma-sensitive and informed? This presentation provides some ideas about the way forward in the current context of service delivery.

David Prescott, LCSW is the Director of Professional Development and Quality Improvement for the Becket Family of Services. He has produced thirteen books and numerous articles and chapters on the topic of sexual violence, including an anthology on implications of neuroscience for clinical practice. Mr. Prescott has lectured, trained, and consulted around the world.

Morning Session

#1: The Pathway through Trauma to Wellness

David Prescott, LCSW, Becket Family of Services

#2: Recognizing & Managing Compassion Fatigue

Christy Hinerman, LCSW, Harbor Family Services

#3: Health, Wellness, and Yoga

Lucie Rioux, MPH, The Opportunity Alliance

Afternoon Session

#1: Professional Boundaries & Social Media

*Judy Fortin, LCSW and Joanna Campbell, LCPC
NFI North*

#2: Building Mastery & Resiliency

Pia Stanard Marancik, Ph.D, Spurwink

#3: Vicarious Trauma

Jodie Hansen, Sweetser

Workshop Descriptions and Presenters

Recognizing and Managing Compassion Fatigue

So many fatigued caregivers do not provide themselves with the self-care and well-being that is so necessary in the prevention and recovery of Compassion Fatigue. Learn what Compassion Fatigue is, recognize the symptoms and causes of Compassion Fatigue, and learn ways to manage the symptoms.

Christy Hinerman, LCSW has been in the social work field for almost 20 years. She has worked at hospitals, in home agencies, mental health agencies, and group homes with children, adolescents, and families. She currently works at Harbor Family Services in Winterport, Maine as a Residential Program Clinician.

Health, Wellness and Yoga

Yoga teacher, Lucie Rioux, MPH completed her 200 hour Yoga Alliance Vinyasa Teacher Training at The Breathing Room in South Portland, Maine in June of 2013. The comprehensive training focused on the eight limbs of yoga including postures, breathing, and meditation. While being new to the world of teaching yoga, Lucie has been an avid and dedicated student practicing various styles of yoga for the past 35 years. She has studied and completed workshops with internationally recognized yoga instructors including Todd Norian, Rodney Yee, Baron Baptiste and Bikram Choudhury. She has taught yoga at her organization - The Opportunity Alliance – as well as teaching small groups of friends and family. Lucie’s style is energetic using breath to guide flowing movement as well as gentle with intentional stretches and heart openers.

Professional Boundaries & Social Media

This training will discuss the core elements of professional boundaries and how acritical they are when working with children and families. It will explore how technology and social media effects how we relate to others while maintaining confidentiality.

Judy Fortin, LCSW is currently the Program Director for NFI North’s Stetson Ranch. Judy has many years of experience in the field working with children and families. Judy formerly worked in the State of Maine DHHS system so has an understanding of multiple views of the work that we do.

Joanna Campbell, LCPC is currently a clinician for NFI North for Parenting with Love and Limits, an EBT treatment program. Joanna has many years of experience in the field with her expertise being in the clinical work with children and families.

Building Mastery and Resilience

This session will introduce the concept of mastery and explore ways to integrate mastery into everyday care.

Session Objectives

- Understand mastery and resilience as they relate to trauma
- Identify mastery-building strategies to incorporate into your work
- Find ways to build relationship with difficult-to-engage clients

Pia Stanard Marancik, Ph.D is a counseling-community psychologist whose clinical work is grounded in an ecological perspective of mental health. Dr. Marancik completed a Bachelor’s degree in Psychology and French from Loyola University in Maryland. She completed a Master’s degree and a doctorate in Counseling Psychology from Virginia Commonwealth University, specializing in multicultural family and community psychology. She has published research in the areas of resilience, families, trauma, and community interventions. Currently, she provides trauma treatment for children and adolescents as the Assistant Program Director of Residential Services at Spurwink Services in Chelsea.

Vicarious Trauma

“It takes a special person to do that job” How many times have you heard that from friends, family or acquaintances? (Unless, of course, you are talking with another person who has walked a mile in your shoes). Direct care staff comes in many shapes and sizes. We work with children and families in places such as their homes, in residential facilities, and in shelters as well as many other places. The common thread across these roles is the dedication to those who have experienced or are experiencing trauma. Unfortunately that dedication can sometimes leave us experiencing our own trauma. In this workshop we will define what vicarious trauma is, be able to recognize the symptoms of vicarious trauma as well as create a “bag of tricks” to use when we are feeling overwhelmed.

Jodie has been the organizational trainer for Sweetser since 2005. She earned her BA and a certificate in Training and Organizational Development from USM.