11th Annual Piecing It All Together Conference

How Children’s Mental Health/Mental Illness Affects Home, School and Community

April 10 & 11, 2015

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE
## Friday, April 10, 2015
### Schedule at a Glance

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<tr>
<th>Time</th>
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<th>Presenter</th>
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<td>8:45 AM</td>
<td>Opening Remarks</td>
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<td>Autism 101 for Early Intervention Providers</td>
<td>Amanda Marti and Amy Becker</td>
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**Disclaimer**

This conference presents a variety of advertisers, exhibitors, information, and current methodologies being used with children. Please note that conference sponsors do NOT endorse specific products, services or treatments/methods.
Welcome to PIAT 2015!

Welcome to the eleventh annual Piecing It All Together (PIAT) conference! There is one thing that the PIAT Committee members and conference attendees have in common: we are here because we care about all children, including those with mental health disorders such as ADHD, depression or bipolar disorder.

PIAT offers the latest concepts in child and adolescent mental health education: a prevention and recovery oriented conference that is designed for parents, teachers and mental health professionals to attend together. PIAT also welcomes Youth Move, presenting parallel sessions for teens and young adults. Only PIAT gathers all these groups together to learn from national and regional experts about current research and treatments and to hear the same message of hope for our children’s futures.

You, the most important people in a child’s world, will gain new skills and information to help that child achieve success at home, at school, and throughout life.

Please stop by the registration table if you have suggestions or comments. Welcome, and thank you for supporting PIAT 2015.

The 2015 PIAT Committee

CONTINUING EDUCATION

Don’t forget to sign-in at the CEU table in the registration area if you are requesting continuing education credits.

Continuing Education Units or Professional Development Units will be available to those registering under the Professional category. This program has been approved for an award of 0.5 Continuing Education Units per day of attendance by the Office of Educational Outreach at Southern Illinois University Edwardsville for teachers, speech and language pathologists, social workers, early intervention providers, occupational therapists, physical therapists, childcare providers, foster parents, licensed professionals, counselors, and school psychologists. Professional Development Units have been approved for an award of 1 credit hour for 1 contact hour.

The Illinois Certification Board has awarded CEUs for Counselor II, Preventionist II, CARS II, MISA I or II, PCGC II, CCJP II, CRSS I or II, MAATP II, CFPP I or II. Be sure to hang on to your certificate you will need to turn this in upon your individualized time of re-certifying.

EI credits have been approved and are indicated by (EI). Be sure to hang on to your certificate you will need to turn this in upon your individualized time of re-credentialing.

Gateway Registry Members: Please be sure you have your Registry Member ID# with you. You must include this number on your conference certificate in order to receive Registry-verified credit for the conference.

Be sure to turn in your evaluations after each workshop and pick up your session sticker… Room Monitors will provide the stickers at the conclusion of each session.

Door Prize Drawings…
Visit the Exhibitors to win!
With estimates stating that one in five children has a mental illness, we know the mental health needs of Illinois children are very real. The Children’s Mental Health Conference is just one way that the Madison County Mental Health Board, on a local level, has found a way of implementing the suggestions of the Illinois Children’s Mental Health Partnership. We are proud to assist in the sponsorship of this conference. This conference provides a dynamic opportunity for providing education to parents, caregivers and professionals about the impact of children’s social and emotional development on overall health, well-being and academic outcomes. Thank you planning committee for all you do to make this conference a success!

Madison County Mental Health Board
157 N. Main Street, Suite 380
Edwardsville, IL 62025
618-296-4357
www.mcmhb.org
"Supporting the Development of a Coherent Narrative in Young Children: It Matters for the Rest of Life" - Michael Trout (EI)

This presentation will explore the power of the infant and young child’s internal working model: that collection of ideas and stories inside his head about what his life has been about, and why things happened the way they did. It will be proposed that the construction of these largely unconscious early stories is adaptive and essential for survival. Problems arise, however, when the child gets it wrong (“My first mother gave me away because I was defective”); when the child develops an idea that will cripple his later relationships (“My dad hit my mom because I didn’t keep him happy; I must always keep people happy”); and when the child develops toxic explanations for early events (“My parents spend all their time with my brother, who has a disability. If I want them to love me, I must be disabled.”) Are these broken ideas vulnerable to challenge, perhaps from a loving parent who tells specific soothing, gentle stories of calming and repair that create safety, and offer an alternative to the child’s destructive internal working model? The morning keynote will describe the developmental issues, and the neurological research that supports the notion that what we say about ourselves and what happened to us matters greatly.

10:15 to 11:45 AM Breakout Sessions

The Narrative of the Young Child: Practical Strategies for Use at Home
Michael Trout, Director, Infant-Parent Institute, Inc.

This workshop will build on the principles established in the keynote to wonder: What meaning might there be in daily storytelling with foster, adopted and birth children? Would curiosity about the child’s efforts to find coherence in her own narrative ever help with responding to daily behavior? What would an appreciation for the child’s internal narrative suggest about how—and when—to respond to the child’s questions, and to bring up “touchy issues”, for example, about the child’s birthparents, or about adoption, itself?

Positive Behavior Interventions
Dr. Steven Vaupel, Behavioral/Psychological Consultant

Dr. Steve Vaupel of the Illinois Service Resource Center will present on choosing positive behavior interventions for misbehaviors of children. By determining the behaviors antecedents, function and consequences, an adult can determine the best intervention to use. Choosing the right positive intervention can help resolve a misbehavior faster causing less distress for the child and caretakers. Positive Behavior Interventions is a proactive systems approach to establishing the behavioral intervention ideas while considering culture to help all students to achieve social, emotional, and academic success. This presentation will help providers and parents better understand how praising appropriate behaviors to increase their reoccurrence is better than waiting to “punish” (yell, negative words, etc.) misbehaviors. Positive interventions are adding something like praise, adult attention, food rewards, etc. to INCREASE a behavior that you want to see again.

Working with Children of Incarcerated Parents: Identifying and Treating Issues
Katelen Fortunati, LCSW

Children are silent victims to their parents’ incarceration, often unheard but their needs are strong and pressing. Over the last few years efforts have been made to identify specific issues and target them in treatment programs. In this presentation the presenter has identified clinical issues, such as trauma manifestations (ie: anger, anxiety, self-esteem, identity, etc.) involving these children and their ambiguous loss created by the incarceration of their parents. More specifically, the experiential processes are mapped out in order to provide treatment protocols targeting the loss and how to help these children find their voice. The presenter will also outline programs and interventions that have a specific aim directed at these children and their families.
The Narrative of the Young Child: Does it Matter, in the Classroom?
Michael Trout, Director, Infant-Parent Institute, Inc.

Most educators already understand the idea, growing out of developmental and clinical research, that the behavior of young children has meaning. Is there reason to believe that such meaning can sometimes be found in the clutter or confusion in the child’s mind about his own narrative? Will his behavior in the classroom change if he knows somebody at home is mad, but he hasn’t been able to put together a coherent story about why? Are there strategies educators could use to help children pause (a morning check-in?), giving both teacher and child a chance to clear out the incoherence and start fresh?

Can Rewards Improve Behavior?
Linda L. Forbringer, Ph.D., Associate Professor, Southern Illinois University Edwardsville

Parents and professionals are often urged to use rewards to manage challenging behavior. Are rewards appropriate? Research has shown that well-designed reward systems can provide an effective intervention, but poorly designed systems can be ineffective and even counter-productive. We will discuss the pros and cons of using rewards, and then use a mnemonic formed from the letters in the word ‘incentive’ to provide a quick, research-based method for evaluating incentive systems. The mnemonic can help when critiquing existing systems and it provides guidelines for using rewards effectively to increase appropriate behavior.

Resources to Help Teachers and Families Support Mental Health in Infants, Toddlers and Preschoolers (EI)
Sarah Isaacs and Bernie Laumann, Project Coordinators, Illinois Early Intervention Clearinghouse

Teachers and families of young children often seek free or low-cost resources that help them address their children’s social-emotional development. During this presentation, participants will explore resources that address the social-emotional needs of young children and also discuss common social-emotional issues experienced by young children and ways to help. Participants will create a customized resource file of print and digital materials that will assist them in their daily interactions with the social-emotional needs of young children.

A Canary in the Coal Mine: The Links Between Animal Abuse, Domestic Violence and Child Abuse (EI)
Ami Lilley Plexico, Clinical Domestic Violence Specialist, Illinois Department of Children & Family Services

This presentation will focus on the intersection of and relationships between animal abuse, domestic violence, and child abuse. While often viewed as unrelated to other types of violence, animal abuse is now being recognized as a “canary in the coal mine”, serving as an indicator of domestic violence or child abuse. Through examination and discussion of research, statistics, and trends, this presentation will explore the ways in which animal maltreatment is linked to domestic violence and child abuse, as well as identify methods for interagency collaboration.
3:00 to 4:30 PM Breakout Sessions

**Trauma in the Classroom: Helping Hurting Kids Learn**
Tenley McHarg, MSW, ICDVP, Program Director, Refuge

Children who have experienced violence, homelessness, and other forms of instability or trauma experience the world differently from their peers who have not; they react to situations differently, learn differently, and even have brains that are wired differently. This presentation will look at the ways instability and trauma impact growth and development in childhood, focusing on how this translates to behavior and performance in the classroom. We will explore ways to help hurting children learn; discuss strategies for teachers to adapt teaching methods and classroom organization to create safe, successful environment for these kids; and discuss how parents can advocate for their children at school, and take steps at home, to enhance their children’s learning. While this presentation will focus on school-age children (ages 5-11), it will also be applicable for parents, teachers, and professionals working with children in early childhood or the middle and high school years.

**Family Life in 2015: Important Considerations for Supporting the Healthy Development of Children** *(EI)*
Dr. Peggy North-Jones, Associate Director, Caregiver Connections

We hear constant concerns from parents, educators, researchers, and the media about the ways in which time, stress, and today’s lifestyles are impacting family life. Working with children, we seem often to be confused by all that we hear about time spent as a family – quality vs quantity --, about the impact of electronics and media, about nutrition, the need for time with nature and so much more. What has changed in family life and how do these changes impact a child’s development? This session will include research by the presenter as well as a review of what current studies and best practices are concluding about changes in families that have occurred, and how understanding these might be important for parents and professionals working with children and families. *El Credit approved in the area of 1.0 WWF, 0.5 TYP.*

**Social Emotional Goals and Transition**
Susy Woods, Public Policy and Education Liaison, Illinois Assistive Technology Program

The theme of this presentation is to look at the importance of social emotional goals as they impact students with emotional and/or behavioral issues and look at how they can be incorporated into the transition plan. Since so often behavior (both behaviors that are seen such as acting out and behaviors that are hidden such as depression and anxiety) impacts a student’s academic progress this session will look at recognizing those behaviors, writing goals to address those behaviors and seeing the importance of tailoring the core elements of transition to look at what support those students may need in higher education, employment, and independent living.

**Visual Strategies for Young Children with Autism** *(EI)*
Amanda Marti, Autism Center Director, and Amy Becker, Autism Resource Specialist UCP Heartland and TAP

This program was created by Amanda Marti and Fiona Plunk of UCP Heartland Center for Autism, a member of The Autism Service Network of Illinois (TAP) for the purpose of educating family members and professionals about the benefits and use of visual strategies with individuals who have autism spectrum disorder (ASD). This version will focus on young children, but will include strategies beneficial to individuals with autism of all ages. *El Credit approved in the area of 0.75 INT, 0.75 ATY.*

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**Please remember to turn in your evaluations...**

**We value your input!**
“Working with Angry Kids Who Just Don’t Care” - Ron Glodoski

Ron is the leading national expert on Bullying, Substance Abuse and Resiliency. He is a living example of why we should leave no child behind. Ron speaks from the heart of real life experience. A featured expert on the Sally Jesse Raphael Show, he offers a fresh new perspective on how to effectively connect with kids. His personal triumph over abuse issues, a traumatic brain injury and learning disabilities provides practical solutions to the challenges confronting our youth today. The authenticity of Ron's message is embodied in his own life. He survived an abusive childhood by escaping to life on the streets. The choice to change his life led Ron on a path of personal growth and transformation. Today Ron is dedicated to helping others transform their lives. His book, How To Be A Successful Criminal - The Real Deal on Crime, Drugs, and Easy Money has received national acclaim by parents, educators, administrators, judges, police officers, counselors, and social workers.

10:15 to 11:45 AM Breakout Sessions

Managing Caregiving Stress and Self Care for Parents, Teachers, Caregivers, and Human Service Providers
Douglas Pettinelli, Ph.D., Director of Clinical Services and Associate Professor at Saint Louis University

This presentation will focus on compassion fatigue and secondary trauma as two phenomena experienced by parents, teachers, and human service providers as a natural response to caring for children and adolescents. Symptoms indicative of these phenomena will be presented. Approaches to managing compassion fatigue will be described. Additionally, approaches to self care designed to prevent compassion fatigue and secondary trauma from developing will be explored. Participants will have the opportunity to assess and reflect on their personal level of compassion fatigue.

Motivating Unmotivated Students is Better Than Ever
Ron Glodoski

This workshop will show how teachers, counselors and administrators can help students who show anger and lack effort. It will demonstrate why most interventions won’t work and will show you simple steps you can take to succeed with unmotivated students. You will learn how to engage your students first in order to achieve the common core standards.

Medication Management
Dr. Dawn M. Porter, Board Certified Child, Adolescent and Adult Psychiatrist

This presentation will educate participants on the indication, use and concerns about psychotropic medications that many parents are confronted with as they wrestle with the decision to use medication intervention strategies for their children. The presentation will give a brief overview of psychiatric diagnostic classifications, psychiatric medications and side effect profiles of these medications.
1:15 to 2:45 PM Breakout Sessions

**Hackberry Hickory**

*When Private Placement is Your Only Choice for School*

Susy Woods, Public Policy and Education Liaison, Illinois Assistive Technology Program  
Linda Prewitt, Regional Coordinator, Community and Residential Services Authority

This presentation will look at the difficult choice involved when a student can no longer be served in a regular public school. The workshop will do two things: look at the steps that go into choosing residential or a therapeutic day program and how a family and the IEP team come to that choice. It will also look at how to achieve a smooth and seamless transition by working with the agencies that need to be involved to make this happen.

**Oak Redbud**

*Who Cares About Kelsey? Part 1—Film*

Deb Einhorn, Director, Family Matters

Kelsey Carroll’s goal is to graduate from high school. But there are plenty of reasons why she shouldn’t. She attends a school that had one of the highest dropout rates in New Hampshire, and she has dealt with homelessness, abuse, self-mutilation and ADHD. During Kelsey’s sophomore year, new school leadership implemented Positive Behavioral Interventions and Supports (PBIS) and a youth-directed planning process called RENEW to improve the school’s culture and reduce the dropout rate. “Who Cares About Kelsey?” is the story of Kelsey’s transformation from a defiant and disruptive problem student to a motivated and self-confident young woman. Among the way, critical figures in her life play important roles in an education revolution that’s about empowering—not overpowering-students with emotional/behavioral disabilities.

**Maple Dogwood**

*Travelin’ Shoes: Stepping from Deficit to Resilient Determination Against Poverty*  
Benton K. Johnson II, PhD, LCPC, Illinois Early Intervention Training Program

Families in poverty often are faced with multiple challenges that can inhibit their children’s growth and development across the lifespan. This workshop will engage the provider-helper in identifying the challenges, discovering effective anti-poverty tools, combating learned helplessness via humor, lecture, self-discovery, group activities, and video.  

EI Credit approved in the area of 1.5 WWF.

2:45 to 4:15 PM Breakout Sessions

**Maple Dogwood**

*Our Lives Have Trauma: There is Hope*

Judy Hutchinson and Penny West, Family Consumer Specialists, Division of Mental Health

The presentation defines trauma and its impact on the lives of children and families. The signs and symptoms of trauma for children at various ages and developmental stages will be presented along with tips for helping children process trauma. Woven vignettes enable participants to empathize with Antonio, a father who has experienced trauma and his young daughter, Ava. Participants learn how to help children heal through the positive steps taken by Ava’s mother. The presentation closes with a discussion on strategies for implementing the best practices.

**Oak Redbud**

*Who Cares About Kelsey? Part 2*

Deb Einhorn, Director, Family Matters

This session is a continuation with facilitated discussion of the film that was just viewed and a presentation on best practices for educational services for students with emotional/behavioral disorders.

**Hackberry Hickory**

*It’s All About the Relationship*  
Bryan “Jake” Jacob, LCPC, Jacob Psychotherapy

Success in life depends on relationships. Kids do best in loving, accepting, nurturing relationships. This discussion recognizes the importance of these relationships and how we can support them. Whether you are a child, parent, family member, teacher, direct staff, or supervisor, all of our relationships matter. Our happiness and the happiness of others is directly and inextricably tied to how we are with the people around us. Jake will discuss how we can use our relationships to support the mental health of children through basic principles and everyday examples. Addressing challenges for all types of relationships will be done through case illustration as a family therapist and consultant.  

EI Credit approved in the area of 1.5 WWF.
The Illinois Children’s Mental Health Partnership (ICMHP) was created through the Illinois Children’s Mental Health Act of 2003.

The Partnership is a statewide group of more than 250 dedicated individuals working together to build a coordinated and comprehensive system that will better meet the mental health needs of all Illinois children and their families.

The ICMHP works from a public health approach using prevention, promotion, early intervention, and treatment strategies and seeks to impact policies and services for children, youth, and families in Illinois.

Conference Sponsors

Chestnut Health Systems
Children’s Home + Aid
Family Matters
Illinois Children’s Mental Health Partnership
Madison County Mental Health Board
SIUE School of Education, Health and Human Behavior
St. Clair County Mental Health Board

Counseling, Psychiatric Services, Substance Abuse Services, Crisis Services, Mental Health support, and more in one convenient location.
St. Clair County Mental Health Board

wishes to commend all parents, youth, educators and professionals who have collaborated and invested time in the planning and coordination of this annual children’s mental health conference. This conference continues to be inspiring and successful in providing education on current, innovative mental health practices and treatments and evolving changes in children’s mental health.

Family Matters
Parent Training & Information Center

Providing resources and information, referral, workshops, and individual consultation to parents of children and youth with all disabilities in the 94 counties of Illinois outside of Chicago and the collar counties. Sign up for the newsletter or check out the training schedule on the website:

www.fmptic.org

Call the toll-free help line:
1-866-436-7842
to talk with an Information Specialist about special education concerns or for resources.
Visit our Exhibit Area and Win!!!

Every time you visit an exhibitor you will receive a ticket to enter into our drawing...so be sure to check in with the following exhibitors frequently.

Caregiver Connections
Cebrin Goodman Teen Institute
Chestnut Health Systems
Child & Family Connections Early Intervention
Early Intervention Clearinghouse/Illinois
Early Learning Project
Equip for Equality
Gateway Alcohol & Drug Treatment Centers
Genesee Lake School
Illinois Assistive Technology Project
Illinois Association for Infant Mental Health
Illinois Association Of School Social Workers
Illinois Center for Autism
Illinois Children's Mental Health Partnership
Life's Plan Inc
Molina Healthcare of Illinois
NAMI Southwestern Illinois
UCP Heartland Center for Autism
WellSpring Resources

SIUE Book Store

The Southern Illinois University Book Store will be available and selling various books of interest to PIAT attendees.

They are located right outside of the registration area.
SERVICES PROVIDED IN THE METRO EAST AREA

- Mental Health Services: Individual and Group, Office or Community-Based, Children, Adolescent and Adult
- Affordable Housing for Persons with a Mental Illness and/or a Substance Abuse Problem
- Alcohol and Drug Services for Teens and Adults
- Credit Counseling Services
- Problematic Gambling Treatment

For more than 30 years, Chestnut Health Systems has offered a broad array of behavioral healthcare services to residents in Southern Illinois.

50 Northgate Industrial Drive
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2148 Vadadabene Road
Maryville, IL 62062

12 North 64th Street
Belleville, IL 62223

Programs and services vary by location. We do not lend money.

www.chestnut.org

Call us…WE CAN HELP.   (618) 877-4420

Conference Committee

Amanda Marti, Autism Center Director, UCP Heartland and TAP

Deb Einhorn, Director, Family Matters

Jenna Kelly, Chestnut Health Systems

Jessica Gruneich, Executive Director, NAMI Southwestern Illinois

Judy Hutchinson, Family Consumer Specialist, Division of Mental Health

Linda Forbringer, Associate Professor, Southern Illinois University Edwardsville

Lynn Barts, Social Emotional Consultant, Child & Family Connections 21 Early Intervention

Susy Woods, Public Policy and Education Liaison, Illinois Assistive Technology Program

Tenley McHarg, Program Director, Refuge
PIAT Youth Track
Session Descriptions

Registration Getting to Know You
Meet and connect

8:30—9:00 am
Illinois/Mississippi

Keynote Speaker, Ron Glodoski
Ron Glodoski is the leading National Expert on Bullying, Substance Abuse, and Resiliency. The authenticity of Ron’s message is embodied in his own life. He survived an abusive childhood by escaping to life on the streets. The choice to change his life led Ron on a path of personal growth and transformation. Youth will hear Ron’s story and have an opportunity for Q&A at the end of the session.

9:00—10:00 am
Illinois/Mississippi

Break out Session 1 Beyond Bullying
Positive focus on life after bullying; three sisters share tips on resiliency, highlighting their success stories of overcoming bullying. They will share ways to look beyond the past to make a better future.

Presenters: Katrina, Stacy, and Amber, Southern Illinois Youth Move Chapter

10:15—11:00 am
Illinois/Mississippi

Break out Session 2 Friends of MHINDS
Friends of MHINDS (Mental Health Interest Needs Dedicated Students) is a volunteer student group interested in learning more about mental health and reducing the stigma associated with seeking help. Their goal is to create a better understanding of mental health and how it affects everyone’s well-being. The presentation will focus on using social media in an interactive format and will emphasize reducing stigma and stereotyping.

Presenters: April Scales, Facilitator, CLC & Youth Coordinator, Project Connect, Egyptian Health Department, Eldorado, IL, Southern Illinois Youth Move Chapter and Jennifer Johnston

11:00—11:45 am
Illinois/Mississippi

LUNCH Noon—1:00 pm

Break out Session 3 The Tree of Positivity
This youth made, adult-size "tree" bears leaves that represent positive progress youth have made in mental health services for over the course of one year within their community. Youth attending the conference will be invited to share inspiring messages on blank leaves and to see the leaves "blossom" from the "Tree of Positivity."

Presenters: Emmaloye, April Scales, CLC & Youth Coordinator, Project Connect, Egyptian Health Department, Eldorado, IL, Southern Illinois Youth Move Chapter, and Jennifer Johnston, MS, St. Clair County/ Madison County Redeploy Illinois Case Manager, Children’s Home + Aid, St. Clair County Youth Move

1:15—2:00 pm
Illinois/Mississippi

Break out Session 4 Yoga: Spirit, Mind, & Body
How can Yoga help you? Learn more through an interactive yoga session.

Presenters: Lynn Dean, Studio Gaia, Edwardsville.

2:00—2:45 pm
Illinois/Mississippi

Break out Session 5 Turn it Around!
Learn how to manage your mental health in a positive way—discussion includes seasonal depression and other mental health issues.

Presenters: Joe, St. Clair County Youth Move Chapter.

3:00—3:20 pm
Illinois/Mississippi

Break out Session 5 Turn it Around—Part II!
Young adults of Southern Illinois Youth MOVE will share their personal stories of triumph and resilience as they utilized services and support from family and peers to find purpose in their journey. Each youth will share how even in "darkness" they were preparing and hoping to find their purpose and happiness. These young adults will encourage others to remain focused and determined while seeking out their own peace, happiness, and recovery.

Presenters: Ariel, Caleb and Victoria, Southern Illinois Youth MOVE Chapter

3:20—3:45 pm
Illinois/Mississippi

Conclusion Wrap up & Sharing
Time to let us know what you thought about the conference and to share your stories and messages.

3:45—4:15 pm
We are about people...

- people who care
- people who understand
- people who teach
- people who learn
- people who want a better life
- people who want to fight mental illness and WIN!

NAMI Illinois has affiliates throughout Illinois. Call today and learn about what is happening in your area!