



NYS Coalition
for Children's Behavioral Health



Office of
Mental Health

Best Practices and Workforce Development Training

November 28 & 29, 2023 The Saratoga Hilton, Saratoga Springs, NY

Strengthening, Sustaining and Supporting Children and Families

Tuesday, November 28th, 2023

8:00am

Registration

10:00am - 11:30am

Concurrent Pre-Conference Sessions

1) Courageous DEI Conversations in the Workplace

- *Edna Muhammad, LCSW, Certified Case Manager and Psychotherapist, Program Clinical Supervisor, Astor Services*

This session will discuss key DEI definitions and related terms and explore methods and strategies for creating an environment that nurtures and promotes diversity in the workplace. Learn how to explore strategies for workplace experiences using a DEI lens and participate in exercises that foster appreciation and self-development for all.

Full Coalition Meeting

This meeting is for members of the NYS Coalition for Children's Behavioral Health

11:30am - 1:30pm

Awards Luncheon and Keynote Address

Keynote: Culturally Responsive Care for Children and Families

- *Melanie Funchess, CEO, Ubuntu Village Works, LLC*

1:45pm - 3:00pm

Concurrent Sessions

2) Family Finding: Helping youth find a sense of belonging.

- *Jami Millson, LMSW, Program Manager, Hillside*
- *Darcie Fleming, BS, Permanency Specialist II, Hillside*
- *Carol Tirado, AA, Supervisor, Hillside*
- *Reinette Mullenix, MSPH, Program Manager, Hillside*

The Family Finding Model promotes a change management approach to advance the theory that every child needs a sense of belonging through permanency. The presentation teaches methods and strategies to locate and engage birth families and natural supports of children who are disconnected from their families through out-of-home living environments. Research has shown that the evidenced-informed Family Finding Model is effective in helping youth achieve emotional/relational and legal permanency.

3) A System of Care Framework for Leveraging Change: Two County's Journeys

- *Michael Orth, MSW, Commissioner, Westchester County Department of Community Mental Health*
- *Tori Shaw, LCSW, Program Coordinator, Children's Mental Health Services, Westchester County Department of Community Mental Health*
- *John Befus, First Deputy Commissioner, Westchester County Department*
- *Brooke Pate, NA, Director of Maternal and Infant Health, NCPPC*
- *Mary Compo, NA, CPSE / CSE Chairperson, LACS*
- *Lamanda Cook, NA, Lewis County Administrative Assistant/Lewis County Family Support Team Leader, NRCIL*



Keynote Speaker

Melanie Funchess

Ubuntu Village Works, LLC



- Wyatt Wagner, NA, Youth Peer Advocate, NRCIL
- Jamie Roberts, Lewis County SPOA/Coordinator, Transitional Living Services of Northern New York

During periods of rapid change, county-wide leadership teams are uniquely positioned to support, sustain, and enhance local systems of supports. Both Lewis County and Westchester County have responded to systemic change, community needs, and to the priorities of youth and families through a System of Care approach to strategic planning and partnership with local stakeholders.

In Lewis County, the System of Care model has transformed into the main hub to connect community members to services to improve continuity of care. A strategic plan was developed to instill the System of Care (SOC) philosophy into the Single Point of Access (SPOA); including implementing data collection, outcomes monitoring, streamlining the referral process, educating referral sources about SPOA/ SOC, expanding representation on the SPOA committee, encouraging parents and guardians to be active members of the SPOA process, and implementing utilization review to follow-up on referral outcomes. Lewis County also demonstrates the importance of stakeholder relationships through an annual training initiative in collaboration with Families Together in the North Country, a local nonprofit chapter of Families Together in New York as well as targeted efforts to improve relationships between school districts and community-based organizations. The outcome of these efforts have tailored changes to our processes, enhanced our relationships with new entities and ensured that we are meeting the needs of our families.

Presenters will share Lewis County's timeline of the first steps taken to today's model. Including barriers that were encountered and how they were overcome through SOC implementation. Best practices for engagement with participating SPOA members will also be shared.

Westchester County has an over 30 year history developing and sustaining a robust children's System of Care. In that time Westchester has been able to sustain and expand the children's System of Care infrastructure through strategic partnerships, cross-systems collaboration, blending/braiding funding, and leveraging county-wide resources to meet the complex needs of children and families. The last five years have marked immense change across child-serving systems - the Children's Medicaid Redesign and establishment of Health Homes Serving Children and the CFTSS/HCBS models, Raise the Age Legislation and PINS Reform, and the Families First Prevention Services Act have had a massive impact on the children's mental health, juvenile justice, and child welfare systems. While Westchester County's robust System of Care infrastructure has had a stabilizing effect on service delivery and cross-systems collaboration - renewed efforts amongst county partners were required to strategically plan a coordinated response to these system-wide shifts.

Presenters will share how Westchester County employs a System of Care framework to respond to systemic change including; launching of a County Children's Cabinet, cross-system coordination and leveraging of new funding streams, and strengthening and expanding key partnerships with schools, providers, and local stakeholders.

4) Beyond Coping: A Trauma Informed Approach to Supporting Recovery From Loss

- Ibet Hernandez, LMSW, Administrative Director of Knowledge Management and Innovation, Cardinal McCloskey Community Services
- Patricia Newman, MS, CBIA, Director of Clinical Programs and Evidence Based Initiatives, Cardinal McCloskey Community Services

When an event occurs that has the emotional power to overwhelm typical coping methods, how can we put it into perspective and effectively move toward recovery? This presentation will provide a review of Powerful Event Group Support (PEGS); an evidence-based, wholly inclusive, trauma informed strategy to support groups of people affected by a traumatic event. Using S.E.L.F. as a framework, participants will learn how to establish a safe space for group members to express reactions to a traumatic event, develop skills to regulate significant emotions, discuss the loss in an objective yet meaningful way, and re-orient an impacted group's focus toward the future.

5) Refocus Community Residence

- Sophia Shaw, LMSW, VP of Residential and Housing Programs, HeartShare St. Vincent's Services
- Norma Forde, LMSW, Associate VP of Housing and Residential Services, HeartShare St. Vincent's Services
- Ann Macklin-Bethea, MSW, Program Director, HeartShare St. Vincent's Services
- Kety Brown, Senior Data Analyst, HeartShare St. Vincent's Services

Introducing Refocus Community Residence a three-year pilot project authorized by OMH and operated by HeartShare St. Vincent's Services. It uses Children's Community Residence program model to provide services to older children ages 14-21 in New City Region, who have complex needs and an extensive history of multi-system involvement such as child welfare, foster care, juvenile justice and other mental health programs. The presentation will review data and lessons learned.



6) NYS Implementation of Youth Assertive Community Treatment

- Michelle Wagner, Program Co-Lead Youth ACT, Division of Integrated Community Services for Children and Families, NYS Office of Mental Health
- Jessica McGinn, Program Co-Lead Youth ACT, Division of Integrated Community Services for Children and Families, NYS Office of Mental Health
- Deborah Layman, Co-Director, Bureau of Program Research and Evaluation Office of Population Health and Evaluation, NYS Office of Mental Health
- Laura Elwyn Co-Director, Bureau of Program Research and Evaluation Office of Population Health & Evaluation, NYS Office of Mental Health
- Youth ACT Teams:
 - Paul Hirsch, LCSW-R, Director Youth ACT, Hope for Youth
 - Kadidiatou Keita, LMSW, Director of Youth ACT, Team Leader, Children's Home of Wyoming
 - Dante Mastronardi, MSN, FPMH-NP, Nurse Practitioner Psychiatry, Children's Home of Wyoming
 - Marianne La Calamito, LCSW, Team Lead, MHA Westchester
 - Hannah Enquist, LMSW, Licensed Mental Health Professional, MHA Westchester
 - Caitie Barry, MHC-LP, Licensed Mental Health Professional, MHA Westchester
 - Lydia Franco, PhD, LMSW, Education and Innovation Officer, YTAC
 - Jayson K. Jones, Learning Design & Innovation, YTAC

Youth Assertive Community Treatment (Youth ACT) is designed to support children with complex mental health needs, and their families, so that they may remain in their homes and communities. Participants will learn about the model, preliminary outcome data and hear from Youth ACT teams via a panel discussion.

3:00pm – 3:30pm

Break

3:30pm – 5:00pm

Concurrent Sessions

7) The Uptown Hub: Empowering Youth to Discover Personal Achievement

- Hugh Love, PhD, Psychologist, Uptown Hub at New York-Presbyterian Hospital
- Idniel Paula Reyes, Youth Advocate, Uptown Hub at New York-Presbyterian Hospital
- Athena Matos, Youth Advocate, Uptown Hub at New York-Presbyterian Hospital
- Lenox Cedeno, Youth Advocate, Uptown Hub at New York-Presbyterian Hospital

The Uptown Hub at the New York-Presbyterian Hospital (Hub) is a space for young people to act, create, and inspire growth within themselves and their communities. By promoting positive and healthy futures, the Uptown Hub empowers members to develop self-advocacy and pursue their dreams by connecting with holistic and culturally-affirming services and resources. The panel presentation will detail how the Uptown Hub supports young people in their launching process by cultivating a community that facilitates the engagement in employment and educational opportunities, as well as participation in health/behavioral health and wellness, creative youth development, and recreational programming and activities.

8) Improving Outcomes, Compliance, and Payment with Data Analytics: "I Just Built What You Told Me to; It's Not My Fault How It Turned Out."

- Dan Korovikov, Psy.D., Director of Analytics, Astor Services

Too often, analytics departments rely on their users to know exactly what they need built and how it should be implemented. This hands-off approach results in suboptimal products and unhappy users. This session will explore a different approach to Analytics rooted in problem-solving and seeing solutions all the way through. As we talk through a few of Astor's Analytics projects, participants will see how maintaining focus on the problem paves the way to building dashboards that directly impact a wide range of domains from client outcomes to staff productivity and claims billing.

9) Compassion Fatigue: Recognizing the Impact and Strategies for Resiliency

- Kristina Ciesielski, LMHC, Program Manager, Hillside

As natural helpers and caregivers we use our empathy and compassion to engage and hold space with others and sometimes this can become overwhelming and have negative consequences, both personally and professionally. This presentation will look at understanding what Compassion Fatigue is, the intersection with Burnout, Moral Injury, and Vicarious Trauma, how it presents itself in our day-to-day lives and work, Contributing Factors, Strategies for Prevention and Resiliency, and Protective Factors to use to create a plan for success.



10) Systems Literacy

- Shannon Fortran, Kim Heffner, Angela Keller, Erin Williams, Kathy Wright - Unit Directors, Division of Integrated Community Services for Children and Families, NYS Office of Mental Health

The children's mental health system is comprised of many programs and services. Given this system is ever evolving, systems literacy is an ongoing and critical priority to understand program/service interconnections, purpose, and scope. A comprehensive understanding of the children's mental health system informs appropriate referrals and supports the process of holistically engaging with a youth and family to identify the most appropriate service(s) to meet their needs. This presentation will examine many of the programs and services that comprise the children's mental health system and consider possible pathways to support an individualized approach to system navigation.

11) Navigating the Children's Waiver & HCBS for SED Children

- Nicole Bryl, CEO, CHHUNY

Since the transition of waiver programs in 2019, there has been a tremendous amount of policy change and need for further understanding of the program requirements. Although Health Home Care Managers are responsible for completing the HCBS Level of Care assessment, it is dependent upon a child's mental health provider sharing information to properly complete the assessment. This session will focus on a high level overview of HCBS eligibility, enrollment, and redetermination processes and the mental health providers role within this process to ensure the child and family receive the community based services they need.

Wednesday, November 29th, 2023

9:00am - 10:00am

Opening Plenary Session

Inspiring America's Future

- Wayne Winsley, Founder & CEO, Brave Enough to Fail, Inc.

10:15am - 11:30am

Concurrent Sessions

12) The Importance of Communication on a Youth ACT Team

- Marianne LaCalamito, LCSW, Youth ACT Team Leader, MHA of Westchester
- Caitie Barry, MHC-LP, Youth ACT, MHA of Westchester
- Hannah Enquist, LMSW, Youth ACT, MHA of Westchester

Communication is an invaluable tool for any program and this presentation will dive into the many ways in which consistent, efficient, and direct communication can enhance the functioning of a Youth ACT team. There are many layers of collaboration that can help to promote the success of a Youth ACT team including but not limited to communication amongst team members, with youth, & with collateral supports. This presentation will explore various means of communication that can strengthen rapport with children & families, as well as increase coordination of care within a Youth ACT team.

13) SPOA Meeting

- Davia Plusch, MS Statewide C-SPOA Coordinator, Division of Integrated Community Services for Children and Families, NYS Office of Mental Health

This year's Annual SPOA meeting will focus on touchpoints for SPOAs throughout the Children's Continuum of Care. Topics for discussion will include local current trends, Systems of Care, and opportunities for collaboration within the Child-Serving System.

14) Social Work Residency: An innovative solution to complex workforce challenges

- Karen Greenbarg, LMSW, Social Work Residency Manager, The Jewish Board
- La'Shonta Thomas, LCSW, Director of Student and Post-Graduate Learning, The Jewish Board
- Juliana Stevenson, LCSW, Social Work Residency Supervisor, The Jewish Board

In order to address challenges with workforce recruitment, retention, and clinical competency, The Jewish Board has launched an innovative Social Work Residency program designed to attract new talent, retain behavioral health providers, and advance the professional development of early career social workers. During this workshop, attendees will be provided with an overview of the Social Work Residency program, including its development, launch, structure, and benefits.



15) Youth and Family Substance Use Listening Session

- *Brigette Hartman-DeCenzo, LCSW, Director, Bureau of Adolescent, Women, and Family Services, NYS Office of Addiction Services and Support*
- *Sam Kawola, LMSW, Youth & Young Adult Services Coordinator, Bureau of Adolescent, Women, and Family Services, NYS Office of Addiction Services and Support*
- *Jamie del Rosario, Youth Service/Recovery Support Coordinator, Bureau of Adolescent, Women, and Family Services, NYS Office of Addiction Services and Support*

This is an opportunity to inform OASAS about the substance use/misuse/addiction needs of the youth and families in your community.

16) Suicide Prevention and the Zero Suicide Initiative

- *Sandy Essington, LCSW-R, Clinician, Astor Services*

This presentation will give an overview of suicide epidemiology, risk factors, warning signs, risk assessment, safety planning, protective factors, treatment and relapse prevention in clinical work with suicidal youth. It will also review how the Zero Suicide initiative has been crucial in Astor's effort to address the mental health crisis and improve suicide prevention and treatment on a system wide level.

17) Embodying a Culture of Care: Exploring Individual and Organizational Strategies for Workplace Well-being

- *Jaydn McCune, LCSW, From Here to There Consulting*
- *Denise Quamina, M.Ed., CAS, MSW, Senior Consultant, Coordinated Care Services, Inc.*

This workshop will build upon the newly released video training series, created in partnership with the NYS Office of Mental Health and funded by the Research Foundation for Mental Hygiene, accessible at no cost through the New York State System of Care project website. Attendees will explore strategies at the individual, peer, supervisory, and organizational level that support and promote the well-being of staff, including an overview of reflective supervision. Embodying a culture of care means that we embrace the significant responsibility of organizational leadership in creating environments that promote safety, cultural humility and trust. No matter the role you play in an organization, you will walk away from this workshop equipped with skills to support your own and others' resilience.

11:45am – 1:00pm

Concurrent Sessions

18) Seeing and Supporting Children of Incarcerated Parents

- *Allison Hollihan, LMHC, Director, New York Initiative for Children of Incarcerated Parents, Osborne Association*
- *Tanya Krupat, LMSW, VP Policy and Advocacy, Osborne Association*

One in 14 children experience the incarceration of a parent, and children living in rural areas as well as children of color experience the incarceration of a parent at even higher rates. Although parental incarceration is the fourth most common Adverse Childhood Experience (ACE), children and families often go unsupported because families are hesitant to disclose due to the stigma associated with incarceration. Attendees will learn about common experiences shared by children of incarcerated parents and gain tools to better support children in order to mitigate the potential negative outcomes associated with this ACE. An overview of the criminal legal system from the point of arrest through reentry and tips for creating inclusive, affirming spaces for families affected by incarceration will also be shared. Video featuring youth are weaved into the presentation.

19) Soulful Connections: Harnessing Empathy & Energy

- *Leah Gooch, MS, RYT500, Teacher/ Facilitator, The Gooch School / DOCCS*

Leah Gooch offers a unique workshop that combines various artistic and contemplative practices to cultivate creativity and empathy. Incorporating music, poetry, movement, and meditations can be powerful tools for self-expression and connecting with others on a deeper level. By engaging in these exercises, participants explore their own creative potential while also developing empathy and understanding for others. The combination of contemporary and traditional practices provide a rich and dynamic experience for participants. Scaffolding the physical and visual exercises to meet every level of experience ensures that participants of different backgrounds and skill levels can engage and benefit from the program. This inclusive approach allows individuals to participate at their own pace and comfort level, creating a supportive environment for growth and exploration. Overall, a holistic and innovative approach to nurturing creativity and empathy can be particularly valuable for those who serve others in their work. By incorporating



these practices into their lives, participants may enhance their ability to connect with and understand the needs of others, ultimately improving their service and impact.

20) Roots & Rhizomes: Using Systems Ecology to Drive Sustainable Outcomes in Healthcare

- *Alex Baer, MA, Training Coordinator, CHHUNY*

How is healthcare like a meadow? Do we manage the Medicaid 'ecosystem' in a sustainable way? This presentation will introduce attendees to the basics of understanding ecological theory of systems and connect it to the complexity of day-to-day work of a Health Home Care Manager, as well as the complexity of supporting Medicaid programs using traditional budgeting. Members, Care Managers, providers, MCOs - all stakeholders have their own niches defined by unique needs, selection pressures, and adaptive strategies. Participants will process through how this can apply to their own work, and how to best collaborate across systems and silos.

21) Preferred View: Using curiosity to engage family members in helpful conversation

- *Michael Johnan, BS, Mindful-ones, LLC*
- *Barbara Callahan, FPA, Supervisor, Family Ties of Westchester*
- *Trish Luchnick, FPA, Director, Astor Services*
- *Kerry Whelan-Megley, MS, LMSW, Executive Director, Family Ties of Westchester*
- *Tori Barnes, FPA Program Director, Family of Woodstock*

This interactive workshop will present the Preferred View approach and provide useful tools to assist any person in a supportive role to remain strength-based and solution-focused thereby helping to prevent "problem chorus drift" This process builds positive relationships as the foundation for mindful healing. Preferred View is a component of the Family Peer Support model recently defined by a coalition of Family Peer support providers in NYS.

22) Sharing Strengths: 2023 RTF/CCR Success Stories

- *Samuel Rucker, LMSW, Mental Health Program Specialist 2, NYS OMH*
- *Emily Bancroft, Mental Health Program Specialist 1, NYS OMH*
- *Meghan Baxter, LCSW, Mental Health Program Specialist 2, NYS OMH*
- *Erin Williams, Unit Director, Children's Residential and Hospital-Based Services, NYS OMH*

This session for RTF and CCR providers will focus on the successes and lessons learned over the past year. Though the times are challenging, providers are not without success stories. We invite all CCR and RTF providers to come and focus on those positives, learn what changes other agencies have made, and build a sense of community with one another. Participants will be divided into small groups for discussion, with a report out to the larger group. Let's celebrate the wins together!



Don't Miss This Event!

Register today at
ccbhny.org