

***Reducing Recidivism through
Successful Reentry
Conference***
YOUTH TRACK



**Tuesday - March 7, 2017
Hotel Captain Cook
Anchorage, AK**

**Sponsored by the Alaska Mental Health Trust Authority and in
partnership with UAA-Center for Human Development.**

Acknowledgements

Sponsorship

This conference is sponsored by UAA's *Center for Human Development (CHD)* from *Alaska Mental Health Trust Authority (AMHTA)* grant funds.

Co-sponsorship

To show support for community providers in rural communities outside of the Anchorage/Mat-Su Borough to attend this invaluable training, the *Disability Law Center of Alaska* graciously coordinated the dispersal of training support funding in partnership with *CHD* and *AMHTA*.

UAA Center for Behavioral Health Research & Services (CBHRS) is co-sponsoring this CE and offering CE credits. CBHRS is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Human Development maintains responsibility for this program and its content. For more information, including prerequisite knowledge, targeted audiences, and learning objectives for these continuing education credits, please see the CE application form and complete the training evaluation survey.

Additional thanks goes to:

- the *NASW-Alaska Chapter* for continuing to offer CE credits for conference participants attending the event;
- all of the community organizations who volunteered their time to participate in the conference's planning committee and exhibit visit; and
- members of AMHTA's *Disability Justice Initiative* who dedicated their time, expertise and leadership support to show their commitment to meet the training needs of community service providers who support Trust beneficiaries who are at risk of, or who are returning citizens. They are:
 - Alaska Commission on Aging
 - Alaska Court System
 - Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse
 - Department of Administration
 - Department of Behavioral Health
 - Department of Corrections
 - Department of Law
 - Division of Juvenile Justice
 - Governor's Council on Disabilities and Special Education

We would also like to give a big **THANK YOU** to all of our conference participants and their agency leadership for continuing to support this conference by taking the time to fully participate in this event.

2017 Reducing Recidivism Through Successful Reentry “Transitioning Through Cross-Collaboration” Conference

Purpose

This event is sponsored by grant funds provided by the Alaska Mental Health Trust Authority in partnership with the Center for Human Development/UAA to help increase the capacity for communities to serve Trust beneficiaries who are returning citizens to reduce recidivism and promote safe and healthy Alaskan communities.

Date

Tuesday, March 7, 2017

Youth Track

7:00am Registration Desk Opens

8:15am Welcome Address

5:00pm End of Day

A *Certificate of Attendance* will be provided participants who request one for the track they attended.

Location

Hotel Captain Cook – Discovery Ballrooms (Street Level)

939 W. 5th Avenue

Anchorage, Alaska 99501

1 (800) 843-1950

www.captaincook.com

Conference Materials

In an effort to go green, all presentations and handouts for this track is available online at <http://bit.ly/SRRR2017> or you can scan the QR Code below:



Accommodation Request

To ensure the best learning environment for all participants, please refrain from wearing scents.

12th Annual “Reducing Recidivism Through Successful Reentry” Conference: Transition Through Cross-Collaboration YOUTH TRACK	
DATE: Tuesday - March 7, 2017	Location: Hotel Captain Cook
7:00-8:15	Open Registration/Coffee Service in the Aft Deck Participants settle into their assigned tables in the Mid & Fore Deck
8:15-8:30	Welcome Address Steve Williams, Chief Operating Officer - The Alaska Mental Health Trust Authority
8:30-9:30	Keynote: Trauma Informed Care within the Division of Juvenile Justice (DJJ) Shannon Cross-Azbill, Shannon Dilley & Vincent Yadao - Division of Juvenile Justice
9:30-10:45	Session 1: The Seven Challenges® – Trauma Informed Care and Strength-based Approach to Substance Abuse Treatment Shannon Cross-Azbill & Tenecia Lockard - Division of Juvenile Justice
10:45-11:00	15 Minute Break
11:00-12:15	Session 2: Trauma Informed Approaches within the Community Barry Andres, MSS, LCSW & Christian Mortenson, LCSW - Anchorage Community Mental Health Services
12:15-1:30	Networking Lunch & Exhibit Visit – Ask the Experts* Use this relaxing opportunity to break bread with other professionals outside of your agency and/or community! Exchange business cards as well as tricks of the trade you use in your community to support individuals you work with. This is a great time to find out “who’s doing what” and “how they’re doing it!” <i>From 12:45pm - 1:15pm Exhibit Visit Open in the Aft Deck</i>
1:30-3:00	Session 3: Occupational Stress: The Impact on You and Your Work with Others Part 1 Wendi Shackelford – Center for Human Development/Alaska Training Cooperative
3:00-3:15	15 Minute Break
3:15-4:45	Session 4: Occupational Stress: The Impact on You and Your Work with Others Part 2 Wendi Shackelford - Center for Human Development/Alaska Training Cooperative
4:45-5:00	Closing and Evaluations**

**Enter the drawing to win a \$20 gift certificate from Target or Kaladi Bros. by visiting all of the informational booths and asking the agency representative a question about their services! To be eligible, get the signature of all of the booth representatives at the conference and turn into the Registration Desk Staff.*

***Enter the drawing to win a \$20 gift certificate from Target or Kaladi Bros. simply by turning in your Conference Evaluation into the Registration Desk Staff!*

YOUTH TRACK SESSION ABSTRACTS AND LEARNING OBJECTIVES

Keynote:

Trauma Informed Care within the Division of Juvenile Justice

In 2009, the Division of Juvenile Justice launched a demonstration project at McLaughlin Youth Center. Training and consultation were provided to staff on two units. As a result of the training, restraints and room confinement declined significantly in detention and treatment units where the demonstration project took place. Staff attributed the decreases to enhanced communication skills and interventions taught during the training, while juveniles reported feeling a greater sense of “safety”. Since the successful pilot project, DJJ has provided Trauma Informed Care Training to all staff throughout the division.

As trauma informed care expanded across the Division, Johnson Youth Center began a pilot program where they implemented a Trauma and Resiliency screening tool. This has involved collaboration between Probation, Detention, and Treatment, as well as partnering with the Office of Children Services. Presenters will outline findings of the pilot project while also explaining trauma champions and the team building process.

Upon completion of this session, participants will be able to:

1. Identify at least three resiliency factors.
2. Define two characteristics of a trauma champion.
3. List at least two steps in developing trauma teams.
4. Identify at least one aspect regarding the importance of building positive, therapeutic relationships with the youth.

Session One:

The Seven Challenges® Model – Trauma Informed Care and Strength-based Approach to Substance Abuse Treatment

The Seven Challenges® model, created and written by Dr. Robert Schwebel, has become increasingly successful in targeting hard to reach and hard to engage adolescents. Seven Challenges is individualized verses one-size fits all, with careful attention given to meeting youth where they are at while providing successful counseling interventions. This helps youth look at themselves, understand what it takes to give up drug abusing lifestyles, and prepare for success when they commit to change.

Division of Juvenile Justice utilizes restorative justice and trauma informed approaches that serve adolescents throughout Alaska by helping them to gain insight into their high risk behaviors.. DJJ provides youth opportunities to increase self-awareness, develop skills, and utilize strengths, enabling them to become healthy, contributing members of their communities and families. Facilitating discussions with community partners about Seven Challenges and the benefits of working with youth where they are at, can further support youth in setting attainable substance abuse goals.

Upon completion of this session, participants will be able to:

1. Identify the different substance abuse goals that a youth may choose from when participating in Seven Challenges.
2. Name at least one way they can work with and support youth who have been working the Seven Challenges program.

3. Identify at least one benefit of harm reduction programs versus traditional ideology of having to abstain from substances.
4. Assist youth in maintaining their progress as well as enhancing their autonomy as they make thoughtful decisions about their use of alcohol and other drugs.

Session Two:

Trauma Informed Approaches within the Community

Throughout Alaska, providing support to Transition Age Youth (TAY) who have experienced complex trauma can be challenging for both youth and service providers. When a youth transitions back into the community from long-term care or ages out of “the system”, there are limited options for treatment, housing and job skill development. To complicate things, many of these youth have experienced traumatic events which make transition success challenging.

This presentation will provide an overview of the challenges faced by TAY who have experienced complex trauma, will identify gaps in support for TAY and explore options needed for future, comprehensive care. Evidenced-based interventions and trauma-informed ways community providers are trying to reach and support our youth will be explored.

Upon completion of this session, participants will be able to:

1. Identify what challenges Transition Age Youth (TAY) face in our system of care and their need to help with successful transitions into adulthood.
2. List current evidenced- based interventions are being utilized in the state and what new approaches are being implemented.
3. Explain how to make any intervention trauma informed by applying the core of trauma-informed care.

Session Three & Four:

Occupational Stress: The Impact on You and Your Work with Others (Part 1 & 2)

Occupational stress can have a significant impact on the personal and professional lives of employees. If we are not well within ourselves we can negatively impact the lives of the clients we serve. We will look at risk factors for developing secondary trauma/compassion fatigue/burnout as well as some common reactions and symptoms that may be present, both individually and organizationally. In addition, we will discuss healthy responses to occupational stress and provide an opportunity to conduct a self-assessment using some specific tools that are available. Finally, I will share a resource list and provide a tool for those who wish to conduct an organizational assessment. Woven throughout this discussion will be considerations regarding the impact of trauma and being trauma-informed service providers and agencies.

Upon completion of this session, participants will be able to:

1. Understand the difference between secondary trauma and compassion fatigue.
2. Recognize some of the common signs and/or symptoms of occupational stress.
3. Create self-awareness of own stress levels using assessment tools.
4. Define what healthy self-care might look like.
5. Share a resource list to address stress.
6. Complete a self assessment to gauge current stress level.

Exhibit Visit

Come and ask our invited agencies that support Alaskan justice involved youth questions about their programs. This is a wonderful opportunity to network with other agencies that can help you with your work as well as a time to get the most current information about their services.

Upon completion of this session, participants will be able to:

1. List who in the community serves youths who are Trust beneficiaries.
2. Describe services provided to youths who are Trust beneficiaries.
3. Explain how criminal behavior can affect youths who are Trust beneficiaries' eligibility for other community provider services.

YOUTH TRACK BIOGRAPHIES

Keynote:

Shannon Cross-Azbill, LCSW, Mental Health Clinician IV - State of Alaska, Division of Juvenile Justice

Shannon Cross-Azbill, LCSW, received her Master in Social Work from Tulane University in New Orleans, Louisiana in 1995, where her emphasis was on mental health. Prior to moving to Alaska, Shannon had over 16 years of experience working in Residential Psychiatric Treatment Centers (RPTCs) where the last 5 years of this experience were spent helping to create and develop RPTC treatment programs specific for individuals who experience FASDs. Shannon's work has focused on being an advocate and as a treatment provider who strives to build on the individual's and family's strengths aimed at helping them find their own success. Much of her focus in RPTCs also revolved around how to successfully transition youth back into their homes, families and communities. Shannon worked part-time as an outpatient therapist for 5 years for children, adolescents and young adults and their families at Good Samaritan Counseling. Shannon worked for Department of Behavioral Health on the RPTC/FASD waiver where she collaborated with community mental health agencies to better serve individuals and families who experience FASDs in the community. Shannon currently works for Division of Juvenile Justice (DJJ) as the Clinical Director, where she supervises the DJJ mental health clinicians across the state. She has played an integral part of training staff and implementing Trauma Informed Care and Seven Challenges Substance Abuse Treatment Program throughout DJJ.

Shannon Dilley, Juvenile Probation Officer III - State of Alaska, Division of Juvenile Justice

Shannon Dilley was born in Fairbanks, Alaska and raised in Juneau. She obtained her Bachelor's Degree in Social Science from the University of Alaska Southeast. Prior to obtaining her degree she began working with delinquent youth at Juneau Youth Services. She went on to obtain a Certification in Chemical Dependency and went to work for the Juneau Recovery Hospital and specifically served as the school counselor for youth in crisis. In 1997 she went to work as a Juvenile Probation Officer for the Division of Juvenile Justice and was later promoted to the Juneau District Supervisor position. She has provided training for the division in the areas of Restorative Justice, Victim Impact and more recently been identified as a Trauma Champion for youth at the Johnson Youth Center.

Vincent Yadao, Juvenile Justice Unit Supervisor - State of Alaska, Division of Juvenile Justice

Vince Yadao was born in Juneau, Alaska and continued his post-secondary education at the University of New Mexico in Sports and Recreation Management. While in Albuquerque, Vince trained in the martial arts at Karate One International and competed nationally at AAU sanctioned events. He holds advanced rankings in the Japanese, Okinawan, and Filipino marital arts. He has also mentored and coached athletes in youth and high school basketball and football programs. For almost 20 years, Vince has been employed with the State of Alaska, Division of Juvenile Justice, at the Johnson Youth Center and manages the Detention Facility.

Session One

Shannon Cross-Azbill, LCSW, Mental Health Clinician IV - State of Alaska, Division of Juvenile Justice

Same as Keynote

Tenecia Lockard, Mental Health Clinician II - State of Alaska, Division of Juvenile Justice

Tenecia Lockard earned a Bachelor's of Social Work from University of Alaska Anchorage in 2007 before going on to earn a Master's of Social Work Degree in 2013. Ms. Lockard has worked in community mental health at Denali Family Services, Providence Medical Center, and Anchorage Community Mental Health. Prior to joining the Division of Juvenile Justice as a Mental Health Clinician II in 2014, Ms. Lockard worked as a Chemical Dependency and Mental Health Clinician and at Volunteers of America from 2011-2014. Ms. Lockard began VOA as a student intern and later became a full-time staff at their residential program, ARCH; a program for adolescents ages 13-18 with severe substance abuse issues. After graduating in 2013, Ms. Lockard took a position at VOA working with at risk youth residing at the Covenant House. There she assessed, diagnosed, and provided individual and group treatment services to youth with co-occurring mental health and substance use disorders. While working at McLaughlin Youth Center for the past two years, Ms. Lockard has assisted in implementing the new state-wide substance abuse treatment program, Seven Challenges for youth who are institutionalized or in the custody of DJJ. Ms. Lockard also works with youth who are on probation in the community providing individual, family, and group therapy to meet their mental and behavioral health needs.

Session Two:

Barry Andres, LCSW, Family and Transition Age Youth Services Director—Anchorage Community Mental Health Services

Barry Andres is a licensed clinical social worker with 15 years experience working with children adolescents and adults. For the past 11 years, Barry has supervised clinical services at Anchorage Community Mental Health Family Services and is currently the Director of Family and Transition Age Youth Services at ACMHS. These programs provide comprehensive mental health, vocational, housing and skills training services to families, children and transition age youth. He also oversees all clinical, vocational and growing operations at Alaska Seeds of Change, a vocational training program operated through a 10,000 square foot vertical hydroponic greenhouse. This program provides employment and job skills training to youth to help them transition into the workforce. Barry is trained in and supervises the implementation of several evidence based practices including ARC (Attachment, Self-Regulation and Competency), PLL (Parenting with Love and Limits), TIP (Transition to Independent Living Process) and TF-CBT (Trauma Focused Cognitive Behavioral Therapy.)

Prior to coming to ACMHS, Barry started Big Brothers Big Sisters in Homer, Alaska and an outpatient clinician at Homer Community Mental Health. This experience allowed him to work with children and families in the clinic, the community and in the backcountry of Alaska through the Kachemak Quest program, a therapeutic wilderness treatment service. For much of his younger life, he worked construction and renovated homes.

Christian Mortenson, LCSW, Family and Transition Age Youth Services Clinical Manager – Anchorage Community Mental Health Services

Christian Mortenson is a licensed clinical social worker with 10 years of experience working with youth and their families in community mental health settings. He has worked for Anchorage Community Mental Health Services (ACMHS) for the past 8 years, and is currently the Clinical Manager of Transition Age Youth Services. These programs focus on providing comprehensive mental health, vocational and housing services to youth and their families. During his time at ACMHS, Christian has filled a number of roles, including working collaboratively with the Transitional Services Unit at McLaughlin Youth Center for 3 years. In this role he provided mental health services to youth exiting the institution and returning to the community. For the past 3 years, Chris has been the program manager with Alaska Youth Advocates, a program that hires youth employees that provide outreach and engagement services to their peers through street outreach, community presentations and operating a drop in center for high risk youth. He is trained in a number of evidenced based practices including ARC (Attachment, Self-Regulation and Competency), TIP (Transition to Independent Living Process), TF-CBT (Trauma Focused Cognitive Behavioral Therapy) and EMDR (Eye Movement Desensitization and Reprocessing).

Outside of his work with ACMHS, Chris has served on the board of the Alaska Association of Play Therapy since 2009. This board has been involved in organizing and hosting, high-quality play therapy training for Alaskan play therapists, including several out of state experts.

Session Three & Four:

Wendi Shackelford, Training Coordinator, University of Alaska Anchorage's Center for Human Development/The Alaska Training Cooperative

Wendi Shackelford obtained her Bachelor of Arts degree in Criminal Justice from the University of Alaska Anchorage in 1994. She also holds Advanced and Instructor Police Certifications from the Alaska Police Standards Council. Wendi is a retired uniformed police officer that served with the Anchorage Police Department for 20 years. She worked within the Patrol division until she transferred to Chugiak High School as one of the first twelve officers in the School Resource Officer (SRO) Program, where she served for ten years. She is an FBI-and LAPD-trained hostage negotiator and served as the Coordinator and lead instructor for the Department's Crisis Intervention Team (CIT) since its inception in October 2001. Currently Wendi is employed at the UAA Center for Human Development Alaska Training Cooperative as the Training Coordinator for Youth Mental Health First Aid.