



15th Annual Early Childhood Mental Health Conference – We Can't Wait
We Don't Wait: Nurturing and Healing in Action

Detailed Conference Schedule
Thursday, September 26

09/24/2024
 SUBJECT TO CHANGE

All Times are PDT

Up to 12.75 Contact Hours CME/CE (depending upon which sessions you attend)

Thursday Total: Up to 6.75 contact hours

Friday Total: Up to 6.0 contact hours

ACCME, APA, ASWB, CA BRN Approval as noted per session

7:00 – 8:00 AM	<p>Live Registration Open Zoom Help Desk Open – Sign in early if you have questions or need assistance!</p>
8:00 – 8:30 AM	<p>{Live + Virtual} Opening Remarks and Memorial Address Honoring Deb Stolz <i>Pradeep Gidwani, MD, MPH, FAAP</i></p> <p>Deb Stolz was a Founding Mother of the We Can't Wait Conference and a Grounding Mother for literally hundreds in the San Diego community. She will continue to be a Guiding Mother for thousands through her legacy of teaching and being with others in exquisite compassion. We continue to miss her.</p>
8:30 – 8:45 AM	Break
8:45 – 10:15 AM	<p>{Live + Virtual} Bridging the Gap Between Families and Systems Designed to Serve Them <i>Rahil Briggs, PsyD, National Director of Zero to Three's HealthySteps Pediatric Primary Care Program, and Clinical Professor of Pediatrics, Psychiatry, and Behavioral Sciences at Albert Einstein College of Medicine</i></p> <p>Families are children's most impactful teachers, advocates, and nurturers. Positive parenting and strong family engagement are at the core of healthy development and wellness for young children. How do we foster meaningful family engagement with the systems designed to support families as they navigate this critical period, especially with warning signs of decreasing engagement?</p> <p>Drawing on research, clinical experience, and field-level insights from across the HealthySteps national network of pediatric primary care sites, Dr. Briggs will discuss barriers to family engagement and potential solutions on both micro and macro levels. Learn about challenges, innovations, and best practices related to family engagement, including clinical behavior and documentation, billing policies and procedures, as well as intentional strategies for workforce development, public investment, and integration of family voices.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Examine the importance of family engagement for ensuring equitable health outcomes • Recognize barriers to family engagement within the systems designed to serve them • Identify potential solutions and best practices for improved family engagement across early childhood systems
10:15 – 10:45 AM	Break and Visit Exhibits and Bookstore
10:45 – 12:15 PM	<p>{Live + Virtual} 15-Year Perspective: Where We Were and Where We Are Now <i>Pradeep Gidwani, MD, MPH, FAAP, Medical Director, Healthy Development Services (HDS) and First Steps, American Academy of Pediatrics, California Chapter 3, and Jeff Rowe, MD, Child and Adolescent Psychiatrist, ECMH We Can't Wait Conference Co-Chair</i></p> <p>The field of Early Childhood Mental Health (ECMH) has grown in the last 15 years, and more changes are needed over the next decade. Changes include understanding of trauma and neglect in young children, developmental arrests, methods to understand the complex needs of our most challenging children. In addition, presenters will discuss the role of compassion, nurturance, and repair in our efforts to promote healing in those who have suffered difficulties.</p>

1.5
ACCME, APA,
ASWB, CA BRN

IF-ECMH
Competency
Domain A

1.5
ACCME, APA,
ASWB, CA BRN

IF-ECMH
Competency
Domain C,D,F

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	<p>Attendees will be able to:</p> <ul style="list-style-type: none"> Identify perspectives and techniques learned over the past 15 years to better diagnose and treat complex problems in very young children. Explore the importance of the parent/caregiver's role in child development and early childhood mental health Examine newer developments in language, methods, and techniques that facilitate the healing of our children and families
12:15 – 1:30 PM	<p>Lunch and Visit Exhibits and Bookstore</p>
<p>12:30 – 1:15 PM</p> <p>.75 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency</i> <i>Domain None</i></p>	<p>Lunch and Learn: Continuing the Conversation About Bridging the Gap Rahil Briggs, PsyD, National Director of Zero to Three's HealthySteps Pediatric Primary Care Program, and Clinical Professor of Pediatrics, Psychiatry, and Behavioral Sciences at Albert Einstein College of Medicine</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> Discover innovative ways to apply the learning from the morning keynote presentations Identify specific solutions and best practices for improved family engagement across early childhood systems
1:30 – 3:00 PM	<p>Breakout Sessions A 1.5 Contact Hours per session as noted</p>
<p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency</i> <i>Domain D,G</i></p>	<p>A-1 {Live + Virtual} Got HOPE? Bringing the Future into Focus Using a Strength-Based Lens Natalie Elms, MA, Manager, KidSTART, Rady Children's Hospital San Diego, and Amy Isiaho, MSW, Policy Analyst, Child and Family Well-Being Department, Office of Child and Family Strengthening, County of San Diego Health and Human Services Department</p> <p>Many organizations in San Diego are interested in taking steps to learn more about the Healthy Outcomes from Positive Experiences (HOPE) framework. This session will share the journey that KidSTART Center, a program supporting young children with complex developmental and behavioral health needs, has taken toward the goal of being a HOPE inspired program. KidSTART collaborates and partners with different systems in San Diego to support the best outcomes for young children and their families. This includes collaboration with the Child and Family Well Being (CFWB) Department, which is also taking steps toward integrating the HOPE framework. As more providers are trained in the HOPE framework, thus shifting the narrative to focus on protective instead of risk factors, San Diego can build a HOPE inspired system and elevate the experiences of families accessing services across organizations.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> Review the HOPE framework and identify the building blocks of HOPE Explore effective integration of the HOPE framework and how this can elevate the systemic changes county-wide Identify actions that can be taken by organizations to integrate a more HOPEful lens with families
<p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency</i></p>	<p>A-2 {Live + Virtual} Oh, the Places We Could Go! Navigating Complex Cases Charmi Patel Rao, MD, Co-Medical Director, Vista Hill Foundation, and Kelly Curtis-Hughes, LMFT, RPT, Early Childhood Mental Health Therapist, Rady Children's Hospital San Diego KidSTART Clinic and BrightConnections</p> <p>The intention of this session is to discuss pathways to approach complex cases. Many of the young children and families we work with present with complexities related to mental health, development, medical concerns, family systems and parental mental well-being. These cases can often be difficult to tease apart, and our hope is to provide methods that have served us</p>

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<p><i>Domain C,E,F,G</i></p>	<p>well to conceptualize an understanding and develop successful treatment plans for complex cases. We will weave case examples through the presentation for the audience to have the opportunity to interactively practice these strategies.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Define transdiagnostic symptoms • Explore approaches that can help with conceptualizing complex cases • Review and practice strategies for developing successful treatment plans for complex cases
<p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain N/A</i></p>	<p>A-3 Heal the Healer: Recognizing and Preventing Burnout and Overwhelm <i>Honor Medina, LMFT, Advanced Clinical Hypnotherapist, Equus Master Facilitator, and Certified Transpersonal Coach in Private Practice</i></p> <p>Working with clients who have experienced trauma is rewarding and emotionally weighty for providers (secondary trauma). Attendees will explore the stages of overwhelm and burnout, identify symptoms to watch out for, and learn how to adjust boundaries and self-care to mitigate the potential impact of secondary trauma.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Differentiate between overwhelm and stages of burnout • Identify risk factors for secondary trauma • Identify protective/mitigating factors related to secondary trauma • Develop their own conscious oversight of current stress symptoms, risk factors, protective factors, and coping tools
<p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain G</i></p>	<p>A-4 Creating Spaces for Community Collaboration: Moving from Community Input to Community Action <i>Brandi Paniagua, MEd, Program Director, Partners in Prevention, Community Engagement and Well-Being, YMCA of San Diego County</i></p> <p>The purpose of this workshop is to demonstrate how to shift engagement from <i>input</i> to <i>active participation</i>. Typically, community engagement is a top-down process, where non-profit organizations and academic institutions use standard (old) ways of operating (such as surveys and focus groups) to gather input from clients and consumers. Though convenient for providers, these measures don't always build lasting relationships or encourage sustained input over time. Recently, funders and grant-makers are asking for community voice in projects and research, and organizations are actively and authentically involving community members in the development and implementation of our shared work. During this presentation, attendees will hear from both professionals and community members about the success and impact of these efforts.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify strategies for community inclusion in funded projects in an authentic way • Explore new strategies and concepts alongside the community members working within current community-based projects
<p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency</i></p>	<p>A-5 Utilizing Play to Support the Nurturing and Healing of Young Children <i>Denise VonRotz, LMFT, RPT-S, IF-ECMHS, RPF II, Therapist/Owner, Hope and Healing Child and Family Therapy, Inc.</i></p> <p>What if we were to join children in their play in ways that promote a sense of being cared for and nurtured so that they may heal from past hurts and thrive as they learn and grow? This workshop will identify the power of play in a young child's life and explore strategies for engaging in positive experiences to support a young child's social-emotional development.</p>

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<i>Domain A,B</i>	<p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Explore the Circle of Security as it relates to nurturing a young child • Identify two ways that play can be therapeutic in a child’s development • Identify fun activities which support a young child’s social-emotional development
3:00 – 3:30 PM	Break and Visit Exhibits and Bookstore
3:30 – 5:00 PM	Breakout Sessions B <i>1.5 Contact Hours per session as noted</i>
<p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency</i> <i>Domain D</i></p>	<p>B-1 {Live + Virtual} Amplifying All Voices: Augmentative and Alternative Communication (AAC) Shannon Jeng-Lin Apel, MA, CCC-SLP, Bilingual Mandarin-English Speech-Language Pathologist, Rady Children’s Hospital San Diego</p> <p>This session's purpose is to provide an overview of what Augmentative and Alternative Communication (AAC) is and is not. Presenter will review and address concerns frequently raised by caregivers when AAC is introduced. Participants will get to observe AAC in action through different access modalities. There will also be an opportunity to explore and experience through trial different AAC devices.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Describe what Augmentative and Alternative Communication (AAC) is and why it is used • Identify and debunk frequent AAC myths • State when and how to implement AAC
<p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency</i> <i>Domain C,E,G</i></p>	<p>B-2 {Live + Virtual} Integration Matters! Coming Together, Keeping Together, Thriving Together: Transdisciplinary Clinical Care Makes a Difference Lauren Gist, MD, MPH, Associate Health Sciences Professor of Pediatrics, Developmental-Behavioral Pediatrics, UC San Diego and Rady Children’s Hospital San Diego, Joy Brewster, MEd, SLP, Speech Language Pathologist, Rady Children’s Hospital San Diego KidSTART, Cinnamon Harper, LCSW, Early Childhood Mental Health Therapist, KidSTART, Chadwick Center for Children and Families, and Hannah Kenny, MSW, Social Worker, KidSTART Center, Rady Children’s Hospital San Diego</p> <p>This session will use case examples to illustrate how a transdisciplinary approach can be successful in supporting families with young children who have complex behavioral, developmental, psychosocial and medical needs.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Define Interdisciplinary, Multidisciplinary and Transdisciplinary care • Identify the benefits of a Transdisciplinary approach • Describe examples of roles within the Transdisciplinary team • Apply a Transdisciplinary lens to your work
<p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency</i> <i>Domain C,D</i></p>	<p>B-3 Let’s Get Rooted: Movement + Mindfulness for the Early Childhood Professional Monica Rollins, MA, Education Manager and Wellness Consultant, Vista Village</p> <p>There is a caregiver burnout epidemic in early education. This interactive workshop explores the impact of stress and trauma on the nervous system and highlights simple mindfulness tools that help disrupt the stress cycle. By the workshop’s conclusion, participants will be equipped with easy-to-integrate wellness strategies for their daily routines that promote self-regulation and resilience.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Review the data on caregiver burnout • Examine personal hierarchy of needs • Explore the stress response system • Practice simple and effective strategies to combat stress and burnout

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<p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency</i> <i>Domain C,D</i></p>	<p>B-4 Climate Change and the Impact on Our Children <i>Vi Thuy Nguyen, MD, Fellow of Environmental Health, American Academy of Pediatrics, California Chapter 3, and Eleanor Jung, Pre-Med, University of CA San Diego</i></p> <p>Prenatal and early childhood exposure to air pollution is well known and well publicized to be causal for asthma and atopic diseases. Less well understood are the links of prenatal and early childhood air pollution effects on early childhood developmental and mental health. This session explores the most current research on air pollution PM2.5 and NO2 and other pollutants, and its associations with higher rates of psychiatric disorders including depression and anxiety. The session also reviews the research on air pollution exposure and effects on childhood IQ and increased developmental disorders such as ADHD and Autism Spectrum Disorder.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify common air pollution exposures/hazards that put most pregnant women and young children at risk • Identify the health consequences of air pollution exposure during pregnancy and early childhood and the impact on higher rates of psychiatric disorders, including depression and anxiety, lower childhood IQ, and increased developmental disorders such as ADHD and Autism Spectrum Disorder • Practice effective counseling methods and community advocacy methods to decrease exposure to air pollution for pregnant women and young children
<p>No CME/CE Credit</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency</i> <i>Domain F</i></p>	<p>B-5 Somatic Practice: Incorporating the Body’s Wisdom to Strengthen Community Engagement <i>Ariane Porras, SEP, Community Collaborative Director, Child Resource Center, YMCA of San Diego County</i></p> <p>This session will explore how language and the body’s stress response system contribute to the way we present ourselves in our work and affect the results we experience. Learning and reflecting on the way we tend to favor or react to the nature of our work will help us to not only be more self-aware and attuned to our needs, but will also help us to be more present and connected to the needs of those whom we interact with in and out of the office.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify nervous system stages of activation and rest • Explore the ways our bodies react to stress and work situations • Examine how we can better engage and shift our nervous system state • Practice scanning our bodies for sensation, activation and regulation signals
<p>5:00 – 7:00 PM</p>	<p>Networking Event, Appetizers, No Host Bar Entertainment by The Resonators (Classic Rock & Blues)</p> <div style="display: flex; justify-content: space-between;"> <div data-bbox="418 1591 571 1822"> </div> <div data-bbox="1192 1381 1425 1516"> </div> </div> <p>An acoustic duo featuring guitar/vocalists, John January and Bruce Wexler have played together for years. The duo originated as an acoustic remedy to the pandemic-crushed band scene at the time and continue to bring their guitar and vocal harmony work to their classic rock and blues inspired repertoire.</p> <p>John is a <i>Billboard Magazine</i> Award Winning Songwriter and is honored as a great Blues artist in the Blues Hall of Fame. He has performed with notables such as Curtis Salgado, The Bayou Brothers and Sue Palmer. Bruce, a diehard San Francisco classic rock era enthusiast, is a founding member of several local bands. He has been entertaining audiences on guitar and vocals since a young teen on the County Fair circuit.</p>

Conference Schedule: Friday, September 27

All Times are PDT

Up to 12.75 Contact Hours CME/CE (depending upon which sessions you attend)

Thursday Total: Up to 6.75 contact hours

Friday Total: Up to 6.0 contact hours

ACCME, APA, ASWB, CA BRN Approval as noted per session

7:00 – 8:00 AM	<p>Live Registration Open Zoom Help Desk Open – Sign in early if you have questions or need assistance!</p>
8:00 – 8:30 AM	<p>{Live + Virtual} Opening Remarks and Memorial Address Honoring Chris Muecke Ali Freedman, PsyD, MBA, ECMH Conference Co-Chair</p> <p>Chris Meucke was a Founding Member of the We Can't Wait Conference and a passionate advocate for infant and early childhood mental health. She worked in early intervention and infant/parent education for the San Diego Unified School District for 26 years and served as a faculty member at San Diego State University. We will miss her.</p>
8:30 – 8:45 AM	Break
8:45 – 10:15 AM	<p>{Live + Virtual} Wholeness, Oneness, and Early Childhood Well-Being Richard Knecht, MS, Managing Partner, Integrated Human Services Group, Inc. and Integrated Services Advisor, State of California</p> <p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH</i> <i>Competency</i> <i>Domain G</i></p> <p>For decades, health and human service agencies, both public and private, have embraced the ideal of a seamless and effectively integrated delivery of care, while largely implementing government-supported reform efforts that far too often dis-integrate the delivery system and further estrange patients, families and their natural supports. While policy makers wrestle with this ongoing adaptive challenge, healers, healthcare managers and patients cannot wait for “one system” to appear. We can and must seek now to put an authentic whole person approach into practice. The purpose of this session is to support an expanded vision of Whole Person (Child) healing efforts, and inspire both practitioner and leader to see and experience the opportunities to strive authentically for whole child service delivery.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify how the concept of wholeness informs and supports an integrated system of care • Explore how critical leadership behaviors can be leveraged to build an integrated and singular system • Examine the role of personal relationships as a necessary factor in aligning a vision, a structure and a common set of care delivery functions
10:15 – 10:45 AM	Break and Visit Exhibits and Bookstore

<p>10:45 – 12:15 PM</p> <p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency</i> <i>Domain D,F</i></p>	<p>{Live + Virtual} Reconnecting Services to Our Humanity: An Approach to Nurturing Staff and Increasing Service Quality <i>Aimee Zeitz, LMFT, Executive Director, Community Well-Being, YMCA of San Diego County, Miriah de Matos, MPH, MA, Training and Technical Assistance Senior Manager, American Academy of Pediatrics, California Chapter 3, and Ariane Porras, SEP, Community Collaborative Director, Child Resource Center, YMCA of San Diego County</i></p> <p>Share the journey and relational strategies that our organizations have taken to prepare our staff to partner with families in a strengths-based and family centered approach. Utilizing the parallel process, we ground staff in the values around why we do this work and why our approach matters to ensure that we intentionally see each family we serve as unique in their needs, desires and cultures. We will share our processes that allow us to achieve our scope of work and still provide the nurturing our staff requires to offer relationship-based and trauma-informed services.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify the steps taken to responsively equip staff with frameworks that will foster genuine connection with the families they serve • Explore ways to implement relational strategies in their organizations that nurture better community engagement • Examine the strengths their agencies have to build on and implement relational approaches to strengthen service delivery
<p>12:15 – 1:30 PM</p>	<p>Lunch and Visit Exhibits and Bookstore</p>
<p>1:30 – 3:00 PM</p>	<p>Breakout Sessions C 1.5 Contact Hours</p>
<p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency</i> <i>Domain A,B,C,D</i></p>	<p>C-1 {Live + Virtual} Relationships and Neurobiology: The Art and Science of Child Development <i>Pradeep Gidwani, MD, MPH, FAAP, Medical Director, Healthy Development Services (HDS) and First Steps, American Academy of Pediatrics, California Chapter 3</i></p> <p>Children develop in the context of relationships (art) and their relationships impact their neurobiology (science). This session focuses on the key concepts (i.e., attachment, attunement, regulation, co-regulation) in early childhood mental health. How stress, trauma, and positive experiences impact a child’s brain, body, behavior, and relationships will be discussed.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Examine the importance of the parent/caregiver’s role in child development and social emotional development • Identify at least three practical skills that can be applied to improve child development • Explore how to improve attachment relationship through the Circle of Security framework
<p>1.5 ACCME, APA, CA BRN *No ASWB Credit</p> <p><i>IF-ECMH</i> <i>Competency</i> <i>Domain A,C</i></p>	<p>C-2 {Live + Virtual} Reflective Practice Supervision in Early Childhood Mental Health <i>Jeff Rowe, MD, Child and Adolescent Psychiatrist, ECMH We Can’t Wait Conference Co-Chair, and Christopher Walsh, LMFT, Clinical Director, Community Resource Center</i></p> <p>The purpose of this session is to discuss and articulate the process of using Reflective Practice principles and methods in the supervision of therapists who work with young children and their families. Terms will be defined, examples of methods will be given, and issues relating to how the therapist holds the client in mind and vice versa—how the client holds the therapist in mind—will be presented. Special emphasis will be given to discussing diversity, equity, and inclusion as it relates to supervision and clinical work through the lens of Reflective Practice.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify how Reflective Practice supervision differs from other types of supervision

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	<ul style="list-style-type: none"> • Review types of questions that can be used by the therapist and supervisor to facilitate the Reflective Process in our clients and in ourselves as we do this important and sometimes arousing clinical work • Demonstrate how Reflective Practice can be used to help us understand our own feelings and responses to our clinical work and how it can be used in a supervision process as a tool to reduce secondary traumatization
<p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain B</i></p>	<p>C-3 Talking to Parents and Caregivers About Screen Time and Social Media <i>Francisco Castillo, BA, Developmental Services Specialist, Healthy Development Services, Palomar Health, Brynn Knight, DPT, Pediatric Physical Therapist, Healthy Development Services, Palomar Health, Heidi Leininger, MS, CCC-SLP, Speech Language Pathologist, Healthy Development Services, Palomar Health, Caroline Loretan, LMFT, Bilingual Mental Health Clinician and Behavior Specialist, Healthy Development Services, Palomar Health, and Angeles Flores, MEd, Developmental Services Specialist, Healthy Development Services, Palomar Health</i></p> <p>This session will explore how early childhood providers and educators are talking to parents and caregivers about screen time and social media (or not). Discussion will focus on practical conversations to have in order to help parents and caregivers be more thoughtful about screen time and social media. While parents might not be bringing up screen time and social media, we know they are using it - and our youngest children are exposed to it! Join us in an interactive session and discover ways to bring these discussions into our practice to help children and families make informed decisions about screen time and social media.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify what makes us reluctant to talk about screen time and social media • Outline what conversations are effective with parents • Examine the important role parents play in children’s exposure to screens and social media platforms
<p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain G</i></p>	<p>C-4 Synergy Unleashed: Mastering Whole System Alignment and Integration <i>Lori Clarke, MA, Director/Principal Investigator, Social Policy Institute, San Diego State University, Clorinda Merino, MA, Integrated Learning Director, Social Policy Institute, San Diego State University, and Richard Knecht, MS, Managing Partner, Integrated Human Services Group, Inc. and Integrated Services Advisor, State of California</i></p> <p>The purpose of this session is to follow up to the morning keynote by Richard Knecht. Presenters will engage in a deeper dive and highly conversational exchange with panelists into what authentic, outcomes-focused, relationship-based collaboration across systems looks like in practice. This most often involves moving beyond the rhetoric to create meaningful space at collective tables where diverse perspectives are welcome, transparency is the norm, and a sense of shared community and belonging is fostered.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Discover how to approach shared goals and outcomes for collaborative work • Explore how to develop inclusive practices • Examine trust and relationship focus with collaborations • Outline processes for managing sustaining engagement
<p style="text-align: center;">1.5 ACCME, APA, ASWB, CA BRN</p>	<p>C-5 Centered Parenting: Kids Are Falling Apart Because Their Foundations Are Shaky <i>Ania Boyd, MPH, Community Engagement Lead, BrightLife Kids</i></p> <p>Children and youth mental health rates have risen dramatically over the past decades, reaching an all-time high post-pandemic. Parents aren't doing well either. In August 2024, the U.S. Surgeon General issued an advisory on the mental health and well-being of parents, highlighting an "urgent need to better support parents, caregivers, and families." California</p>

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<p><i>IF-ECMH</i> <i>Competency</i> <i>Domain A,B,C,D</i></p>	<p>recently launched a statewide initiative aimed at improving children and youth mental health with a focus on strengthening families from the inside out through virtual behavioral health coaching for the whole family. This presentation will explore how California is leading the way in Centered Parenting and get a first glimpse at results of the new statewide initiative.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Explore the evidence-based link between children and caregiver mental health • Discover a new statewide initiative focused on supporting the whole family through centered parenting • Examine a centered parenting real-life program example and get a glimpse at first-year results
<p>3:00 – 3:30 PM</p>	<p>Break and Visit Exhibits and Bookstore</p>
<p>3:30 – 5:00 PM</p>	<p>Breakout Sessions D <i>1.5 Contact Hours</i></p>
<p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency</i> <i>Domain N/A</i></p>	<p>D-1 {Live + Virtual} Reimagining a Child and Family Well-Being System of Care <i>Alfredo Guardado, MSW, Assistant Director, and Sarah Glass, MSW, Deputy Director, County of San Diego Child and Family Well-Being Department, Office of Child and Family Strengthening</i></p> <p>In July 2023, San Diego County Health and Human Services Agency embarked on a journey of redesigning child safety and family strengthening work in San Diego County. This presentation provides an overview from local leadership of the process of reimagining what is now the Child and Family Well-Being Department and how all community partners can be part of this transformation. We will focus on the shift from mandated reporting to community supporting, the integration of First 5 San Diego and Child Welfare Services to establish the Child and Family Well-Being Department, and the creation of the new Office of Child and Family Strengthening to support prevention work in San Diego County.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Discover how change management techniques that include staff at all levels, as well as community partners and those with lived experiences, were utilized to support family strengthening work • Be informed of the local and statewide shift from mandated reporting to community supporting and learn how attendees can be involved • Explore San Diego’s child and family well-being system of care at all levels
<p>1.5 ACCME, APA, ASWB, CA BRN</p> <p><i>IF-ECMH</i> <i>Competency</i> <i>Domain A,C,D,E,F</i></p>	<p>D-2 {Live + Virtual} Children have layers..like an onion!: Young Children with Complex Cases <i>Jeff Rowe, MD, Child and Adolescent Psychiatrist, ECMH We Can’t Wait Conference Co-Chair</i></p> <p>This session will lead the audience through a case discussion of a child who presents with complex difficulties. The audience will participate in thinking about the decision points this case presents, see what the presenter did, and compare how they might have handled the situation. This presentation should “feel” like a clinical supervision session, with Dr. Rowe being supervised by the audience.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify the complex areas of difficulty a child can present with even if they are not exposed to serious prenatal or infancy risk factors • Explore ways to prioritize treatment options given areas of functional impairment in the child • Examine the various options available when trying to match treatment choices with symptoms profiles
	<p>D-3 The Deb Stolz Memorial Workshop – CAAVE – Compassion, Acceptance, Awareness, Validation, and Empowerment: An Embodied Approach</p>

Conference Schedule: Friday, September 29

<p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain A,B</i></p>	<p><i>Krysta Esquivel</i>, MSW, Vice President Social Services, YMCA of San Diego County, and <i>Kristina Halmai-Gillan</i>, LMFT, Director of Service Innovation, Youth and Family Services, YMCA of San Diego County</p> <p>This presentation will explore human connection as a basic and critical need for growing young brains, how meaningful relationships support positive youth development, and how stress can frustrate the development of self-regulation skills. Attendees will learn the elements of co-regulation, and how approaching young clients with compassion, awareness, acceptance, validation, and empowerment will improve engagement in the therapeutic processes.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify two ways relationships nourish positive child development • Outline the ways in which stress can impact neurodevelopment in children • Identify the three factors that contribute to co-regulation
<p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain F</i></p>	<p>D-4 The Spirit of Motivational Interviewing and the Path to MI Proficiency <i>Renee Sievert</i>, RN, LMFT, PCC, Member of the Motivational Interviewing Network of Trainers (MINT)</p> <p>Motivational Interviewing (MI) is often recommended as an evidence-based approach to engage clients to consider behavior change. Although the full framework of MI is a complex skill set that requires time and practice, the principles of MI have “intuitive” and “common sense” appeal, and the Spirit of MI can be immediately applied as you practice this approach. This fun, interactive MI workshop will be a first step toward the path to proficiency.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify the processes and principles of Motivational Interviewing (MI) • Demonstrate MI Spirit and use of OARS • Explore ways to learn and practicing MI to ensure a path to proficiency
<p style="text-align: center;">1.5</p> <p style="text-align: center;">ACCME, APA, ASWB, CA BRN</p> <p style="text-align: center;"><i>IF-ECMH Competency Domain F</i></p>	<p>D-5 But First, the Art: An Art-Based Directive for Families and Groups (*Limited to 25 participants) <i>Melanie Morones</i>, LMFT, ATR, ECMHS, Early Childhood Mental Health Clinical Program Director, YMCA of San Diego County, and <i>Liz Sizemore</i>, AMFT, AT, San Diego Center for Children</p> <p>This session is intended to provide participants with a knowledge base in the benefits of art-based therapeutic interventions as well as some practical applications of art directives that they can immediately use in sessions with families. The presentation will help participants to explore process versus product as it relates to the art making experience and the ways in which providers can use this as a tool to support therapeutic goals.</p> <p>Attendees will be able to:</p> <ul style="list-style-type: none"> • Identify the wholistic benefits of art-based interventions • Explore how both process and product relate to the healing aspects of art making • Practice applying two novel and evidence-informed ways of connecting and processing through art, in ways that support clinical goals
<p>5:00 PM</p>	<p>Friday Sessions End</p>

