

# THE GREATEST PREVENTION CONFERENCE



# APRIL 10th & 11th

## DAY 1 – Tuesday, APRIL 10<sup>th</sup>

### Creating Safe Space for Children from Hard Places: Understanding Complex Developmental Trauma

#### KEYNOTE SPEAKER

8:30 AM – (Foundation) 10:00 AM – (Application)

Individuals who have experienced complex developmental trauma have brains that have developed differently. It is critically important that those who care for these children (and adults) have a thorough understanding of how to interpret behaviors and use evidence-based interventions that not only reduce negative or unwanted behaviors, but rewire the brain in healthy ways. This presentation uses humor, research, and real-life examples of how Trust-Based Relational Interventions (developed by Dr. Karyn Purvis) can bring hope and healing to children from hard places.

Participants attending this session will be able to: 1.) understand 6 types of developmental trauma and how it fundamentally effects a person's neurological development; 2.) understand why traditional interventions don't work for persons who have experienced developmental trauma; 3.) learn practical intervention strategies that heal the brain and increase positive behaviors, while reducing problem behaviors.



**Angie Winkler** has worked in the field of mental health for the past fifteen years. She has expertise in crisis assessment and stabilization, complex developmental trauma, child and adolescent therapy, child welfare and adoption. Angie is passionate about connecting with vulnerable individuals in our community to offer hope and eliminating the stigma of mental illness and addiction. She currently lives in Kansas City with her three sons.

# CONFERENCE

### Trauma 101

1:00 PM

Participants will learn about the various types of trauma including how perception of events can lead to differing reactions to stressful events. Participants will learn the basic tenants of trauma informed care including: what it is, what it looks like daily, and how everyone can help. Individuals will learn interventions that can be used to help decrease trauma responses in others.



**Aubrey Dos, EdS LPC**, has worked with youth and families with mental health difficulties for the past 8 years. She has worked in the area of trauma for the past 6 years and has been trained in multiple evidenced based practices for trauma. Aubrey is currently a Project Coordinator for the SOCCCESS Grant through Ozark Center and is passionate about decreasing the stigma surrounding mental health and increasing awareness of various mental health issues in the community and area.

## **Toddlers and Challenging Behaviors: Why they do it and how to respond**

**1:00 PM**

Have you ever been frustrated or even angry when your toddler bites or hits another child or your child is the victim of such toddler-aged behaviors? Have you witnessed a toddler "meltdown," and wonder now what do I do? Then, this is the session for you!

Participants attending this session will be able to: 1.) Identify many of the reasons toddlers bite other children. 2.) Identify many of the reasons toddlers hit other children. 3.) Become more familiar with how to effectively work with meltdowns in toddler's behavior. 4.) Walk away from the session with more behavioral strategies and interventions to better manage toddler biting, hitting and meltdowns. 5.) Better understand why toddler aged children may feel frustrated and unable to communicate effectively using words. 6.) Communicate more effectively with toddler aged children.



Larry Beckett, is a Licensed Professional Counselor. He owns and operates his own private practice, Beckett's Counseling Services, located in Carthage, Missouri. In his private practice he provides diagnostic work, career exploration and psychological testing. He also provides counseling for children of all ages, couples and adults. Larry is a certified as a behavioral specialist. He is also a Registered Play Therapist Supervisor and a Certified Autism Specialist. Larry teaches Psychology and developmental skills at Crowder College and he is an Adjunct Professor in the Master's degree counseling programs at Missouri State University. He is a past president of the Missouri Association of Play Therapy. And, he serves as a member on several boards that fight against child abuse and neglect. Larry has been teaching this parenting enrichment course, CPRT, for 15 years and was trained in Child parent Relationship Training by the program's founder, Dr. Garry Landreth.

## **Families: The Problem or the Solution in Prevention and Treatment? YES!**

**1:00 pm**

Maybe you've heard professionals who encounter family members of treatment participants and quip, "The family's the problem." Often fear, shame and anger create a web of longstanding, unhealthy family responses we sometimes call "codependency. It's not enough to tell a client in treatment, "Stop using." Neuroscience tells us effective treatment demands we use treatment to support those who live with substance use disorders to identify and practice new behaviors. Neither is it enough to announce to families or parents, "Stop enabling." Learn to identify these traits in family member a loved ones and offer positive, caring solutions and resource for families to embrace new ways of thinking and acting. Of special use will be approaches utilized with motivational interviewing and the Adolescent Community Reinforcement Approach model to treatment. Are families part of the problem or part of the solution? For most, the answer is a resounding YES!

Participants attending this session will be able to 1.) define codependency and list out at least three characteristics that may indicate codependency in an individual 2.) list out three actions family members can take to initiate healthier interactions while weakening codependency attributes; 3.) list out three resources for families who have a loved one living with a SUD or co-occurring disorder.



**Heather Harlan** has been on the front lines offering resources and treatment to adolescents and their families for nearly 20 years in Illinois Missouri. As a Certified Reciprocal Prevention Specialist, she's been active in community coalitions. As Treatment Engagement Specialist and Adolescent Counselor at Phoenix Health Program in Columbia, she's worked with youth, young adults and their loved ones to create positive family relationships and encourage healthy interactions necessary for family recovery.

Missouri professionals recognize Heather as one who grasps effective prevention and treatment. She is a co-facilitator for NAMI (National Alliance on Mental Illness) in Columbia and a professional storyteller.

## Active Shooter Training

1:00 PM

The Active Shooter presentation will provide the attendees with functional methods of reacting to an active shooter event whether they are at work or out for fun. This program is based on the Run, Hide Fight principal and is a universal approach. I will encourage questions and open discussion at the end of the program.

Participants attending this session will be able to understand 1.) An active shooter event is survivable.; 2.) The worst thing you can do is to do nothing at all.; 3.) The Run, Hide, Fight principal is universal.



Missouri State Highway Patrol, Troop D  
Public Information and Education Officer, Carthage

In July 1995, **Sergeant Lueckenhoff** began his career with the Missouri State Highway Patrol and was initially assigned to Troop D, Barry County. He was promoted to the rank of Corporal in August 2005 and remained in Barry County as the Assistant Zone Supervisor. In June 2015, Lueckenhoff was assigned as a Public Information and Education Officer for Troop D, working from the Carthage Service Center. He was promoted to the rank of Sergeant in December 2015 and remains assigned to the Public Information and Education Division.

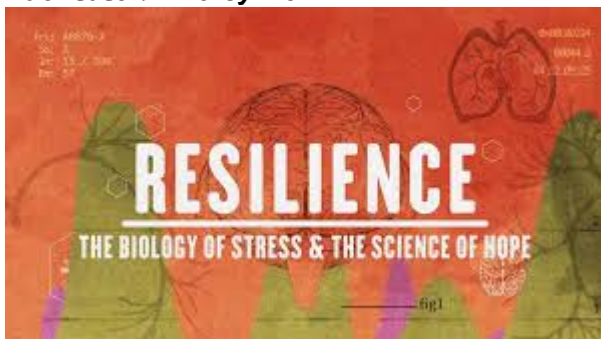
Sergeant Lueckenhoff served as a United States Marine from 1989 through 1995 and completed his Associate in Science degree through Mineral Area College, Park Hills, Missouri in 1999.

John is married and the father of three adult children.

## Resilience: The Biology of Stress & the Science of Hope (film screening)

2:45 PM

Facilitator: Aubrey Doss



"The child may not remember, but the body remembers." The original research was controversial, but the findings revealed the most important public health findings of a generation. **RESILIENCE** is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACE's) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance use and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. However, as experts and practitioners profiled in **RESILIENCE** are proving, what's predictable is preventable. These physicians, educators, social workers and communities are daring to

talk about the effects of divorce, abuse and neglect, and they're using cutting edge science to help the next generation

break the cycles of adversity and disease.

Participants attending this film screening will be able to: 1) better understand the link between Adverse Childhood Experiences (ACEs) and negative health outcomes and drug use later in life; 2.) view the positive impacts a trauma informed school and community can have on youth; 3.) be equipped with resources to help build resiliency in the youth and families in their lives.

## Keeping Kids Safe Online

2:45 PM

In today's ever changing technology world, our children are at risk every day while online. Our children are exposed to the dangers of internet use, social media drama, and online predators seeking to meet and exploit our young people. You will learn ways to keep kids safe online and how cell phone apps can put children's identity at risk. We must protect our children from others while they are using the internet as well as protecting our children from their own actions while they surf the web. Matt will provide ways to educate your children on how to navigate the internet safely as well as learn from your children about what they are doing online.

We will discuss social media, online gaming, and how predators search out young victims.



**Detective Matt Smith** has worked in law enforcement for over 17 years and is a member of the Jasper County Sheriff's Office. Matt is assigned to the Southwest Missouri Cyber Crimes Task Force and the Missouri Internet Crimes Against Children Task Force. His primary job is to investigate crimes that occur through use of the internet that result in children being effected by those crimes. Many of the crimes investigated through the task forces involve child exploitation and child pornography. Matt has had experience working with troubled youth as School Resource Officer and DARE instructor. Through community outreach programs offered by the task force, Matt provides presentations to schools and community groups about the risks of children using social media apps and sharing too much about themselves while online.

## Relapse Prevention or Reducing Recidivism-Learning the Ropes

2:45 PM

Mark McDonald

This training will address several questions such as:

How do you know who is at the highest risk for relapse/recidivism?

What are the needs that have to be addressed to reduce risk and how will they respond?

What is the best intervention that addresses the best use of resources, engages the client, and matches the needs the client has?

As a result of these questions we will develop the Network that supports their addiction, work to dismantle it, and create the Network of Recovery



**Mark McDonald, MS, CRADC, CGDC, MARS, MRSS-P** Professional in the field of Substance Use Disorders since 1988. Presently working as the Program Director for the Ascent Recovery Residences in Joplin, MO. previously, having worked for the Northeastern Oklahoma Council on Alcoholism and Ozark Center/New Directions. Involved in program development, professional development and readiness, supervision, clinical team building, training staff, and service delivery. Also provides training statewide, a trainer of trainers, and a presenter for the ATTC's. Presently serving as the Vice President, Ethics Chair, and Southwest Missouri Representative for the Missouri Credentialing Board. Mr. McDonald also serves on the MCRSP Housing Task Force and is a board member with Missouri Recovery Network.



# THE GREATEST PREVENTION CONFERENCE



# APRIL 10th & 11th

## Day 2, Wednesday, APRIL 11th

### "Supporting Teens in Reducing Their Stress (and Ours) and Finding 'A Better High'"

#### Keynote Speaker

8:30 AM – (Foundation) 10:00 AM – (Application)

You're not going to want to miss this keynote! Dr. Bellace uses stand-up comedy and audience interaction to convey his powerful message of how natural highs (e.g. meditation and laughing) and other techniques can reduce stress and improve mental health. During the past decade, a tremendous amount of research has emerged demonstrating how the brain produces natural highs. This program will focus on this research, but also practical solutions, such as cognitive reframing, practicing empathy, setting boundaries with screen time, and many more to help support you in your important work. Dr. Bellace has been involved in substance abuse prevention efforts since he was in high school. In fact, his speaking career began at a youth prevention conference in New Jersey.

Participants attending this session will be able to: 1.) Participants should better understand how to more effectively communicate with teens around sensitive issues. 2.) Participants gain a better understanding of brain development during the teen years. 3.) Participants should gain a better understanding of how screen time, sleep deprivation and substance abuse can impact mental health. 4.) Participants should learn about the science behind healthy coping mechanisms, such as positive social support, meditation, exercise and other natural highs.



**Matt Bellace, Ph.D.** is a clinical psychologist and stand-up comedian. He's been traveling throughout the United States and Canada for over two decades motivating audiences to be pursue natural highs (e.g. meditation, laughter) and be more resilient in the face of pain. Dr. Bellace has a subspecialty in clinical neuropsychology and trained at both the National Institutes of Mental Health and the traumatic brain and spinal cord injury units of The Mount Sinai Medical in New York City. He's the author of the book, *A Better High*, contributing author for *National Geographic Kids* and was a recurring comedian on truTV's hit show *World's Dumbest*. As a college student at Bucknell University, he founded a student prevention group that is still thriving over 24 years later! He currently lives in Princeton, NJ with his wife and two very talkative children.

### Current Drug Trends and Opioid Epidemic

1:00 PM

Illegal drugs are not new to our communities, but they are ever changing. Although they are very dangerous, opioids are not the only drugs affecting our children. In this session we will explore many different kinds of illegal drugs, many of which are well known, and some maybe not so much. Parents, teachers, and child caregivers all need to be aware of the warning signs and the dangers of experimenting with many of the drugs readily available to our youth. Communicating with our children, recognizing the warning signs, and the willingness to be proactive are all essential to winning this fight.

Our audience should leave with a basic understanding of 1) current drugs available in our country, 2) signs and symptoms of users, and 3) ways to protect our children from falling into drug use



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#### **Co –Presenter Sergeant Danielle Heil**

Missouri State Highway Patrol  
Division of Drug and Crime Control, Narcotics/Vice Unit

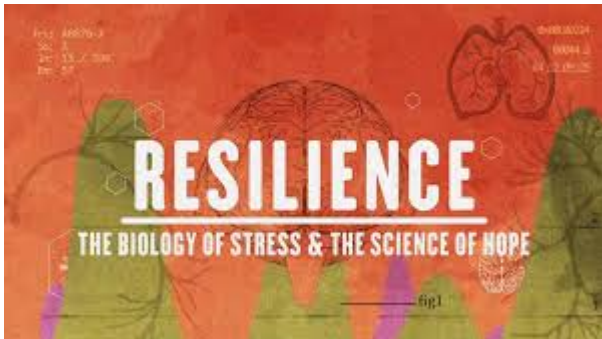
July 01, 1997, I began my career with the Missouri State Highway Patrol and assigned to Zone 06 in Scott, New Madrid, and Mississippi counties in Southeast Missouri and later transferred to Christian County in Southwest Missouri. In May 2007 I was assigned to the Division of Drug and Crime Control as a Narcotics Investigator. In my 11 years in Narcotics, I have investigated numerous methamphetamine laboratories, marijuana grow operations, and federal drug distribution cases. I have also participated in undercover drug transactions, murder for hire investigations, and prostitution stings.

I am married to Chad Heil, who is also a Trooper with the Missouri State Highway Patrol. We have three beautiful teenaged daughters.

### **Resilience: The Biology of Stress & the Science of Hope (film screening)**

1:00 PM

Facilitator: Aubrey Doss



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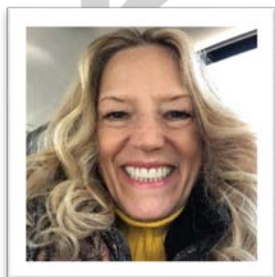
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## Addiction: The Science of the Behavior

1:00 PM

The co-presenter will describe his path to addiction and the presenter will follow each stage of addiction: dependence, tolerance, withdrawal, and addiction with the brain science behind his behaviors, thoughts and emotions at each stage. This tag team approach will be interactive with the audience and at each stage a multiple-choice question will be asked to which audience members will hold up their answer choice with A, B, C and D cards handed out at the beginning of the session. The tag team approach of the behavior throughout addiction being expressed by a person once addicted, now in recovery; followed by the brain changes associated with each behavior, is a powerful way to drive home the message that addiction IS a disease and not a lack of willpower or some fault in personality. The interactive multiple-choice Q&A ensures attention and learning.

Participants attending this session will be able to: 1.) know addiction is physical and chemical brain changes associated with a disease; 2.) know addiction is a physiological process that proceeds through predictable stages allowing appropriate interventions at each stage to arrest the process. Similar to diet change arresting cholesterol build up and reducing coronary risk 3.) know addiction stages are associated with recognizable behaviors that all parents, all members of society interacting with people, should learn to recognize in order to offer intervention and reduce addictions, and risk factors associated with addiction including overdose deaths.



**Anita Jurkowski** has earned a BA in Psychology from University of North Carolina-Charlotte, and MA in Psychology from Wake Forest University, and a PhD in Psychology from University research on Parkinson's Disease, a switch to the pathway of addiction was made when her daughter developed a dependency on opioids. She now devotes her life to educating parents on, mobilizing communities around, and encouraging youth on the scientific facts of abuse and the mechanisms of action on the brain of addictive substances.



Co-Presenter **Michael Boeger** is a MAADC11 and MRSSP. He works for Preferred Family Healthcare as an associate counselor. He is in long term recovery since 5/26/11.

## Beyond Repair: From Dealing Dope to Dealing Hope

1:00 PM

An inspiring story that shows no one is beyond repair. David experienced abuse at a very young age that unaddressed led to several decades of problems. Today he will talk about how he went from a victim to a thrived and from dealing dope to dealing hope.

Participants attending this session will be able to see: 1.) Trauma can lead to substance misuse 2.) Trauma and Substance Use Disorders can be overcome and people can find a better life in recovery. 3.) There is a difference between a victim, a survivor and a thriver.

**David Stoecker** is a person in long-term recovery after almost 25 years of substance misuse. He has 4 college degrees including a Master's degree in Social Work and his LCSW, all of which he earned after getting his GED in prison. For 8 years he was a therapist working with primarily residential and treatment court populations. He is now the Advocacy and Education Outreach Coordinator for the Missouri Recovery Network. He is a co-founder of the Springfield Recovery Community Center as well as the founder and Director of Better Life in Recovery. He sits on the State Advisory Council for Substance Use, Prevention and Recovery and was the 2017 Missouri Mental Health Champion due to his passion for helping others through his recovery. He loves many things, but the top of that list are his wife, two children and dealing hope by educating people on substance use, treatment and recovery.

## Toddlers and Challenging Behaviors: Why they do it and how to respond

1:00 PM

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