



*presents:*

34th Annual TNOYS Conference on Services to Youth & Family

# MANY VOICES, ONE SONG.

*When in Harmony, We Are Strong.*

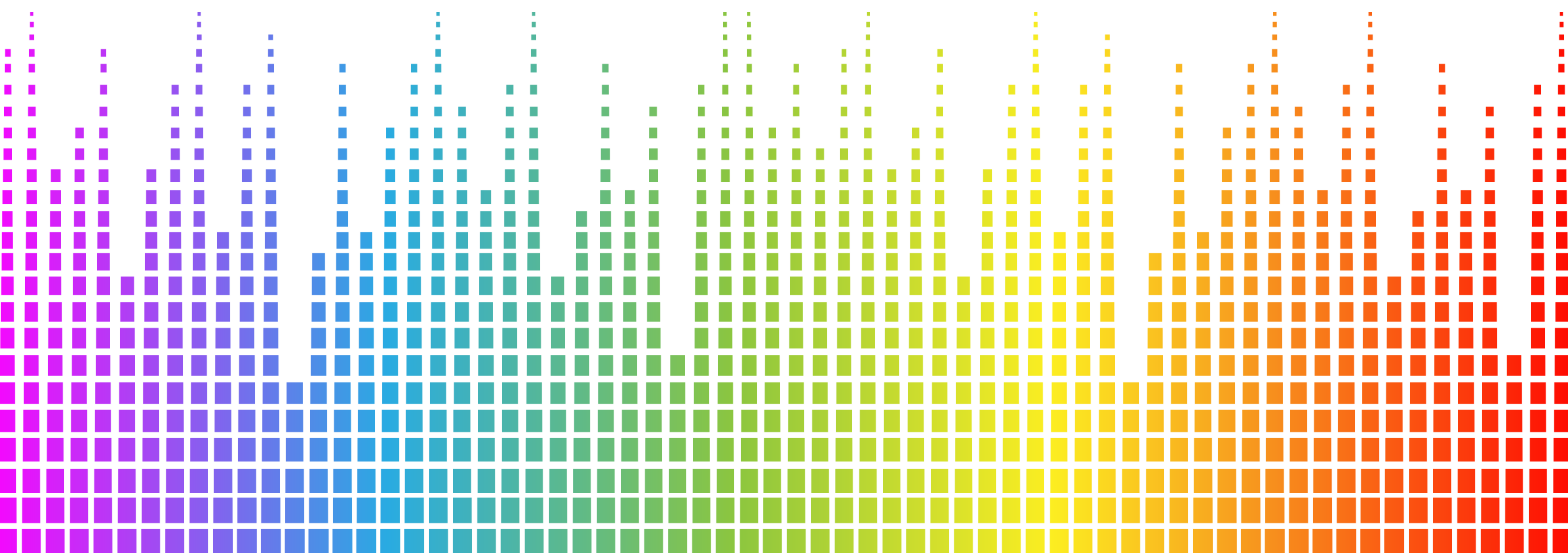


Providers. Youth. Families. Community.

TUESDAY, JUNE 27 - FRIDAY, JUNE 30, 2017

WESTIN GALLERIA. HOUSTON, TEXAS

**#TNOYS2017**



# WELCOME!

## TNOYS' 34TH ANNUAL CONFERENCE ON SERVICES TO YOUTH AND FAMILIES

We are excited to welcome you to Houston for four days of networking, learning, and inspiration. Our theme this year, "Many Voices, One Song," reflects the idea that we each have a critical perspective and voice when it comes to strengthening youth services to ensure positive outcomes for young people. When we all come together – service providers, community members, parents/family, and youth – there is no limit to what we can achieve.

TNOYS is at the cutting edge of the youth services field and our conference is designed to offer you content on best practices for working with youth and families, the latest research on adolescents and issues impacting them, policy and regulatory developments, and innovations in the field. The conference is also designed to offer resources to help you navigate service delivery systems and understand youth and family legal rights. You will have the chance to share your own expertise with other conference attendees and to benefit from the insight of other attendees regarding challenges you are facing.

True to TNOYS' mission and to the missions of our member organizations, our focus continues to be on Texas youth and families, including youth in foster care, unaccompanied homeless youth, youth living with mental health conditions and their families, and youth and families at risk of system involvement. If your organization is not yet a TNOYS member, we encourage you to join this week. Thank you for choosing to spend your week with us.

Sincerely,  
The TNOYS Team

## TNOYS STAFF

TNOYS is excited to welcome Dr. Valerie Zanders to our team! Valerie will be based in Houston and will formally establish operations for TNOYS in Houston.



Christine Gendron  
Executive Director



Lara O'Toole  
Director of Training &  
Program Development



Dr. Valerie Zanders  
Director of Policy,  
Research and Evaluation



Jack Nowicki  
Senior Program  
Development Specialist



Elizabeth Flint  
Programs Coordinator



Beth Duke  
Office Manager

# PROGRAM GUIDE

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The workshops for this year's conference are divided into seven topic tracks. Look for these symbols throughout the program:



BUILDING ORGANIZATIONAL CAPACITY



PROMISING & EVIDENCE-BASED PRACTICES



YOUTH & FAMILY RIGHTS & LEGAL ISSUES



NAVIGATING SYSTEMS WITH PARENTS & YOUTH



GOVERNMENT & COMMUNITY COLLABORATION



CULTURAL COMPETENCY & YOUTH ENGAGEMENT



YOUTH LEADERSHIP DEVELOPMENT (for teens and young adults)

# PROGRAM AT A GLANCE

## TUESDAY, JUNE 27: SPECIAL INSTITUTES AND EARLY CONFERENCE CHECK-IN

9:30 A.M.

Registration for Institutes

10:00 A.M. - 4:30 P.M.

**Protecting Your Organization, Your Staff, and the Young People You Serve - WESTCHESTER**

- Part I: "Are You Prepared? An Interactive Media Crisis Workshop for Child and Youth Serving Organizations" with Anna Geismar
- Part II: "Preventing Abuse and False Allegations of Abuse in Your Organization" with Praesidium and Angelo Peter Giardino, M.D., Ph.D.

10:00 A.M. - 2:30 P.M.

**Recovery through Participation: A Showcase and Introduction to Elevating Youth Voice with Trauma-Informed Practices - SAN FELIPE**

*Featuring Lara O'Toole and Jack Nowicki of TNOYS as well as youth leaders and youth services providers*

2:30 P.M. - 5:00 P.M.

Early Check In/Conference Registration

5:00 P.M. - 7:00 P.M.

TNOYS Board of Directors meeting (invitation only)

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## WEDNESDAY, JUNE 28: FULL CONFERENCE BEGINS

7:30 A.M. Yoga UNITE Class with Janie Cook, RYT 200, RYFT 200 - PLAZA BALLROOM

8:00 A.M. Registration Opens

9:00 A.M. - 10:30 A.M. Opening Keynote Session and TNOYS Updates - GALLERIA BALLROOM

- **HOW TO STAY MOTIVATED AND LEAD A LIFE OF SIGNIFICANCE** with Manny Diotte
  - Special Guests Traceé Black-Fall and Nicole Diotte

10:45 A.M. - 12:15 P.M. Workshops A

12:15 P.M. - 1:45 P.M. Lunch on your own

1:45 P.M. - 3:15 P.M. Workshops B

3:30 P.M. - 5:00 P.M. Workshops C

5:15 P.M. - 7:00 P.M. TNOYS Member Council Meeting (invitation only)

## THURSDAY, JUNE 29: YOUTH TRACK BEGINS

8:00 A.M. Registration Opens

9:00 A.M. - 10:30 A.M. Keynote Session - GALLERIA BALLROOM

- **STORIES OF RESISTANCE AND RESILIENCE** with Cecelia Jordan
  - Special Guest Keith Wallace
  - TNOYS Update with Christine Gendron

10:45 A.M. - 12:15 P.M. Workshops D

12:15 P.M. - 1:45 P.M. Keynote Session and Many Voices, One Song Luncheon - GALLERIA BALLROOM

- **UNDOING RACISM: REFLECTIONS FROM THE CHILD WELFARE SYSTEM** with Alan J. Detlaff, Ph.D., MSW
  - Special Guest Natalia Hazelwood
  - TNOYS Awards

2:00 P.M. - 3:30 P.M. Workshops E

3:45 P.M. - 4:25 P.M. Affinity Groups

4:30 P.M. - 6:30 P.M. Special Performance and Networking Reception - GALLERIA BALLROOM

- **WHEN IN HARMONY, WE ARE STRONG** with Nina Rodriguez and Drum Café South

## FRIDAY, JUNE 30

8:00 A.M. Registration Opens

9:00 A.M. - 10:30 A.M. Workshops F

10:45 A.M. - 12:00 P.M. Closing Keynote - GALLERIA BALLROOM

- **THE POWER OF SIMPLICITY** with Brooke Binstock and Melanie Holst-Collins

# CONTINUING EDUCATION

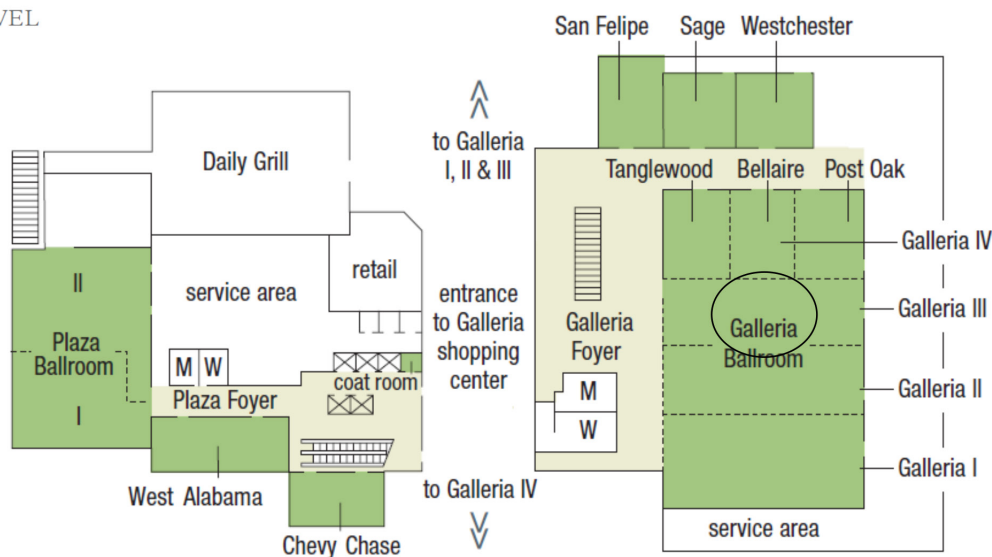
## Social Workers, Counselors, and Child Care Administrators

TNOYS provides continuing education for Social Workers (Provider #6875), Licensed Professional Counselors (Provider #2420), and Licensed Child Care Administrators, as well as training hours credit for all attendees. Please see the Continuing Education (CEU) form to track your attendance and for additional details. The entire conference is worth 16.5 CEU/training hours; Tuesday's special institutes offer additional hours.

# HOTEL FLOOR MAP

## THE WESTIN GALLERIA & WESTIN OAKS HOUSTON

### THIRD LEVEL



# WORKSHOP CHART



BUILDING ORGANIZATIONAL  
CAPACITY

**TANGLEWOOD**



PROMISING & EVIDENCE-  
BASED PRACTICES

**WESTCHESTER**



YOUTH AND FAMILY RIGHTS &  
LEGAL ISSUES

**SAGE**



NAVIGATING SYSTEMS  
FOR PARENTS

**BELL**

WEDNESDAY, JUNE 28

10:45 A.M. - 12:15 P.M.

## Workshop Session A

Understanding your Digital Tattoo  
(Niksch & Gonzales)

Just Do You: A Mental Health  
Group Intervention for Youth  
Aging Out of Foster Care  
(Narendorf, Minot, Martin & Lee)

Supported Decision Making vs.  
Guardianship (Rynders)

Navigating the System  
for Education Placements  
and Footed Success  
(Araguz, Purcell)

1:45 P.M. - 3:15 P.M.

## Workshop Session B

Balancing Power in Supervisory  
Relationships: Understanding the  
Parallel Processes Created  
(Delano and Shah)

Research-Supported Interventions  
for Common Mental Health  
Struggles (Garland & Caldwell)

The Legal Side of Parenting:  
Paternity and Child Support Basics  
for Young Parents  
(Lugo & Sanchez)

Singing the Blues  
for Supporting  
(Bryan & Blaylock)

3:30 P.M. - 5:00 P.M.

## Workshop Session C

Empowering Voices: Building a  
Youth Advisory Board  
(Graham & board members)

Supervision of Youth Peer  
Wellness Specialists: A  
Collaborative Approach  
(Bailey, Fears, & Joy)

Youth's Reproductive Rights  
(Bennett)

Navigating Systems  
for IEP's and 504's  
Providers (Harris)

THURSDAY, JUNE 29

10:45 A.M. - 12:15 P.M.

## Workshop Session D

The Nurturing Program: Evidence-  
Based, Trauma-Informed, &  
Family-Centered Techniques  
(Beck)

Supporting Educational Advocacy  
for Children in Foster Care and  
Homeless Situations (Stamp)

TAY Talk: Empowering  
Keeping it Real  
(Coffee + you)

2:00 P.M. - 3:30 P.M.

## Workshop Session E

Shift and Share: Innovative and  
Promising Programs Serving Texas  
Youth

Youth and Family Legal Rights  
in College and Employment  
(Rynders)

Decoding the System  
to Health Insurance  
Medicaid, CHIP, and  
Marketplace

3:45 P.M. - 4:25 P.M.

## Affinity Groups

Clinician/Manager Affinity Group

Parent/Family/Kin/Foster Parent  
Affinity Group

Leader/Administrator  
Group

FRIDAY, JUNE 30

9:00 A.M. - 10:30 A.M.

## Workshop Session F

Reconnecting Families After  
Trauma through Play-Based &  
Expressive Interventions  
(Aaron & Baskin)

To Disclose or Not to Disclose:  
Benefits and Challenges of  
Sharing Medical/Diagnosis  
Information  
(Berrones, Jones, Wei, Caldwell)

Help, I Need  
Planning vs.  
Support Your  
Conditions (



SYSTEMS WITH  
& YOUTH

LAIRE



GOVERNMENT & COMMUNITY  
COLLABORATION

SAN FELIPE



CULTURAL COMPETENCY &  
YOUTH ENGAGEMENT

POST OAK



YOUTH LEADERSHIP  
DEVELOPMENT

DIFFERENT ROOMS

he Post-Secondary  
athway: Tools for Sure-  
cess  
(swell, & Humphrey)

Child Welfare Boards 101 (Preston)

Promising Practices for Latina  
Youth in Prevention Programs:  
A Toolkit to Support Your Work  
(Leon & Swan)

Same Tune: Strategies  
ng Emerging Adults  
(ck-Fall)

Accessing Local Child Welfare  
Board Funding/Services (Williams)

Cutting Edge Responses to  
Child Sex Trafficking Victims: Un-  
Learning May be the Toughest  
Part (Schonborn & Carter)

Special Education:  
4's for Parents and  
lead and Walker)

Shift and Share: Leaders in  
Government and Community  
Collaboration for Child Welfare  
Part I

LGBTQ Bias/Straight Privilege  
(Cogan)

erging Adults  
eal  
(uth leaders)

Shift and Share: Leaders in  
Government and Community  
Collaboration for Child Welfare  
Part II

From Homelessness to Housing,  
A Compassionate Approach  
(Sarango + YARC staff/youth)

Transition Survival Skills Savvy  
(Gonzales & Niksch)  
**PLAZA BALLROOM**

he System: Access  
urance, Children's  
HIP, & the  
(Farenthold & Wei)

What's Next: Updates from  
Leadership at DFPS  
(Blackstone & Abrahams)

Voices all Around: Navigating  
Power in Youth-Adult  
Collaborations (Moreno and Gray)

Transition Survival Skills Savvy  
continued  
(Gonzales & Niksch)  
**PLAZA BALLROOM**

Administrator Affinity

Child Welfare Board Members/  
Community Affinity Group

Youth Worker Affinity Group

Youth Affinity Group  
**TANGLEWOOD**

d Somebody: Safety  
Crisis Planning to  
th with Mental Health  
(Bryan & Black-Fall)

Shift and Share: 85th Texas  
Legislative Session Recap

Pregnant and Homeless, Now  
What? Tools and Tips for  
Engaging Transition-Age Youth  
(Alexander)

Living Beyond It: Self Advocacy  
and Telling Your Personal Story  
(Davis & Scott)  
**TANGLEWOOD**

# FEATURED SPEAKERS

## MANNY DIOTTE



For more than 20 years, Manny Diotte has been empowering companies and individuals to leave their mark on the world by discovering their strengths and finding their purpose. He is an expert in both professional and personal development and has generated millions for his clients. He is also a world-renowned author of the books, "Happiness is a Pair of Shorts!" "Success is a Journey," and a contributing author to the #1 New York Best Seller "Chicken Soup for the Surviving Soul." He is an experienced and successful businessman, highly respected speaker, consultant, trainer, coach, and cancer survivor. Manny serves as a leader on numerous non-profit boards, and he is also the founder of The Ferrari Kid, an organization that makes kids coping with cancer and other illness a celebrity for the day.

## TRACEÉ L. BLACK-FALL



Traceé L. Black-Fall is the founder and executive director of Tova's N.E.S.T, Inc., which educates and raises awareness of all communities with an emphasis on the African American faith-based community, populations at risk, and various systems of care regarding mental health conditions, co-occurring disorders, and suicide prevention while eliminating stigma and promoting recovery and resiliency.

## CECELIA JORDAN



Cecelia Jordan is an educator of U.S. and World History at Ralph J. Bunche High School in West Oakland. An activist, artist, and 2016 Team Oakland Grand Slam Champ, Cecelia ranked 15th at the 2017 Women of the World Poetry Slam. She moved to The Bay Area in 2015 from Austin, Texas, where she taught elementary and middle school students how to think critically by engaging her school community in Social and Emotional Learning (SEL) and Restorative Justice practices. She works to give youth the tools they need to re-imagine a just and peaceful society.

## ALAN J. DETTLAFF



Alan J. Dettlaff is Dean and the inaugural Maconda Brown O'Connor Endowed Dean's Chair of the Graduate College of Social Work at the University of Houston. Dean Dettlaff's research focuses on improving outcomes for children and youth in the child welfare system through examining and addressing the factors contributing to racial disparities. His research and consultation with state child welfare systems has led to significant policy and practice improvements that have resulted in reductions in the overrepresentation of African American children in these systems.



## KEITH WALLACE



Keith Wallace serves as the Regional Program Manager for the Administration for Children and Families, Family and Youth Services Bureau. His area of management for Team East encompasses 18 states including Texas, Washington D.C., Puerto Rico, and the U.S. Virgin Islands. He has over 20 years' experience as a grant writer, grant reviewer, peer reviewer, and training & technical assistance provider for federally funded programs throughout the nation. He also served as a board member for TNOYS and executive director of the Central Texas Youth Services Bureau, and was a runaway himself at age 16.

## NATALIA HAZELWOOD



Natalia Hazelwood is a senior student pursuing a degree in International Relations. As a former foster child, she has a particular interest in social justice. Natalia aims to use her degree and a knowledge of public policy and diplomacy to effectively advocate for human rights. Currently, she is involved on her campus in the Center for Civic Engagement, the Honors College, and Lone Star College's award-winning National Model United Nations delegation. Outside of campus, she is a Program Facilitator for Ignite National, a nonprofit organization that works to empower young women in political leadership.

## NINA RODRIGUEZ



Nina Rodriguez is a nationally celebrated, Grammy-winning percussionist, musical performer, clinician, and educator. Her extraordinary energy and dedication to the power of music, drumming, and performance have shaped her career as a lead Facilitator with Drum Café and a celebrated independent musician. Through Drum Café, Nina has inspired thousands of Fortune 1,000 employees from all sectors such as healthcare, banking, technology and more, including those from Microsoft, Levis, Gap, Universal Music Group, NBC, Google, and scores of school districts throughout the U.S.

## BROOKE BINSTOCK



Brooke Binstock is a Holistic Health coach, licensed social worker, writer, massage therapist, and certified Kripalu and Dharma Yoga teacher dedicated to cultivating a nonjudgmental approach to being human. She encourages her clients and students to come home to themselves in a gentle, spacious, and loving way. She is the founder of Open Circle Healing.

## MELANIE HOLST-COLLINS



Melanie Holst-Collins is a Conscious Lifestyle Coach, Certified Yoga Teacher, and Founder of Grow Your Lovespace, a movement and platform to inspire, motivate, challenge, and empower men and women to step into The Conscious Life. Through Yoga, one on one and group coaching/programs and positive, uplifting content, this Howard University alumna spreads light and insight to shift her generation towards living present, insightful, mindful, conscious lives.

# TUESDAY, JUNE 27

## Pre-Conference Institute #1 - WESTCHESTER

### Protecting Your Organization, Your Staff, And The Young People You Serve

**10:00 A.M.-1:30 P.M. Part 1: Are You Prepared? An Interactive Media Crisis Workshop for Child and Youth Serving Organizations (includes working lunch)**



Unfortunately, tragedies happen. If a high-profile tragedy or crisis were to happen at your organization, how would you respond?

As a result of social media and other rapidly emerging technologies, communications are moving faster than ever before. When a crisis hits, you must be prepared to respond quickly. TNOYS is offering this workshop specifically for organizations that serve children and youth in foster care and other settings to learn about best practices in handling public crises. The interactive, scenario-based workshop provides a hands-on opportunity to test your own social and traditional media skills and ensure that you are prepared in the case of a crisis or tragic event.

Presented by Anna Geismar of The Comms Shop, LLC, who has over a decade of experience in communications, including supporting Fortune 500 companies and other organizations facing major public crises, and conducting crisis communications trainings for companies and organizations across the country.

**2:00 P.M. - 4:30 P.M. Part II Preventing Abuse and False Allegations of Abuse in Your Organization**

**"The Top 5 Things Leadership Needs to Know to Prevent Abuse and False Allegations in Your Organization" Presentation by Praesidium**



Praesidium, a national leader in abuse risk management, will discuss the role of an organization's leadership in protecting their children and youth from abuse and their staff, caregivers and volunteers from false allegations. This presentation will provide organizational administrators with an advanced understanding of how abuse happens in social service agencies.

**"National Best Practices for Preventing Child Sexual Abuse in Youth-Serving Organizations" by Dr. Angelo Peter Giardino**



Dr. Giardino, a Professor of Pediatrics and Section Chief of Academic General Pediatrics at Baylor College of Medicine (BCM), will discuss policies and practices endorsed by the Center for Disease Control and Prevention for preventing child sexual abuse in youth-serving organizations. He will discuss his experience working with the Catholic Church and Olympic Committee on responding to and creating policies to prevent child sexual abuse.

## Pre-Conference Institute #2 - SAN FELIPE

### Recovery through Participation: A Showcase and Introduction to Elevating Youth Voice with Trauma-Informed Practices

10:00 A.M.-2:30 P.M. Featuring Lara O'Toole and Jack Nowicki of TNOYS as well as youth leaders and youth services providers (lunch included)



One of the key principles of trauma-informed care is to give people being served input into the services and decisions that affect their lives. Youth engagement, peer support, strengths-based practice, and positive youth development are all critical elements of a strong program that is trauma informed. Youth services providers across the state have experienced both challenges and successes when working in partnership with youth and working to incorporate their voices consistently into program design and service delivery.

Please join TNOYS and our partners as we release a new curriculum that integrates youth engagement with principles of trauma-informed care and work to build a network of providers committed to this work. Participants will have the opportunity to network, share their successes and goals with youth engagement, receive guidance from TNOYS and other providers, and hear from organizations that have hands-on experience with meaningful youth engagement. There are many ways to engage youth and elevate their voices within organizations. There are options for all programs looking to begin or strengthen their youth engagement efforts.

This event is appropriate for a diverse audience — administrators, youth care workers, clinicians, educators, youth leaders, and more.

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## WEDNESDAY, JUNE 28

**Yoga UNITE Class with Janie Cook, RYT 200, RYFT 200 - 7:30 A.M. - 8:30 A.M.**  
**PLAZA BALLROOM**

Have you wanted to try yoga but were unsure about it? Wait no more! YOGA UNITE is coming to TNOYS. Start the conference off refreshed and ready to join together in strength and harmony. Join a class that is truly unity in motion without judgement. Wear comfortable clothing and bring your own mat or towel. Open to all levels, no previous experience required.

## **Opening Keynote – 9:00 A.M. - 10:30 A.M.**

### **How to Stay Motivated and Lead a Life of Significance with Manny Diotte - GALLERIA BALLROOM**

*Special guests Nicole Diotte (aka Sunshine) and Traceé Black-Fall, Tova's N.E.S.T.*

Discover the secrets of how to stay motivated and lead a life of meaning and significance. Learn the characteristics that all successful people have in common and how to use them in your everyday life. Learn why having a positive mental attitude is everything and how to stay strong in the midst of challenges. Mr. Diotte experienced challenges and trauma in his childhood and now is an adoptive parent and founder of a creative organization dedicated to helping youth.

At the end of the session, his daughter Nicole will join him for a father-daughter discussion with the audience.

Parent leader and advocate Traceé Black-Fall will discuss her own journey and national leadership to raise awareness about mental health conditions while eliminating stigma and promoting recovery and resiliency.

## **WORKSHOP A 10:45 A.M. - 12:15 P.M.**



### **Understanding your Digital Tattoo**

**Danielle Niksch and Shelley Gonzales, Baylor College of Medicine Community Programs**

#### **TANGLEWOOD**

The world of social media is ever-changing, fast paced, and often unregulated. Service providers, parents, and other caregivers must understand its benefits and risks in order to support youth. Learn the concept of a digital tattoo and explore current social media trends, apps and websites. Understand how social relationships and developmentally appropriate risk-taking come into play online, and learn strategies for having difficult conversations with teens about internet behavior.



### **Just Do You: A Mental Health Group Intervention for Youth Aging Out of Foster Care**

**Sarah Narendorf & Kenya Minot, University of Houston Graduate College of Social Work; Akliah Martin, Harris Center for Mental Health and IDD; Glorious Lee, Houston Alumni Center**

#### **WESTCHESTER**

Research indicates that a high percentage of youth in foster care receive mental health services, but that there is a steep drop in service use once they age out. We will walk participants through a research-based 3 week group model for youth aging out of care and have the opportunity to learn and experience the group activities. We will discuss the evidence supporting this intervention and its preliminary outcomes as well as request your feedback on this intervention.



### **Supported Decision Making vs. Guardianship**

**Dustin Rynders, Disability Rights Texas**

#### **SAGE**

Many caregivers are told to consider guardianship of their adult child without ever really knowing what that means. There are cheaper and less restrictive alternatives such as supported decision making, which is now in Texas state law as an alternative to guardianship. This workshop explains the pros and cons of guardianship and alternatives such as supported decision making, powers of attorney, and representative payee. We will discuss how different options impact youth voice and self-determination and participants will leave the workshop with information to make an informed decision.



### **Navigating the Post-Secondary Education Pathway: Tools for Sure-Footed Success**

**Michelle Araguz, Brandi Purswell, & Sarah Humphrey, BCFS Health and Human Services**

#### **BELLAIRE**

Youth who age out of foster care face unique challenges in the post-secondary education process. It is important for aftercare service providers and institutions such as colleges and community colleges to collaborate to better support youth in reaching their educational goals. We will highlight available education resources for current and former foster youth, such as ETV, and discuss both barriers and possible solutions.



## Child Welfare Boards 101

Nancy Preston, Texas Council of Child Welfare Boards

### **SAN FELIPE**

County Child Welfare Boards provide many resources for children in the foster care system. The Texas Council of Child Welfare Boards will provide information concerning the role of volunteers on Child Welfare Boards and what boards throughout the state are doing to assist the children.



## Promising Practices for Latina Youth in Prevention Programs: A Toolkit to Support Your Work

Cynthia Leon & DeAna Swan, Southwest Key Programs

### **POST OAK**

It is critical to have a keen ear on the voices of Latina youth to provide effective services and care. Even with this population on the rise, research is limited on culturally-specific services. In this workshop, we will share practical recommendations and a toolkit for service providers in the community or juvenile justice system. These come from the findings of a rigorous qualitative participatory action research study on the needs and values of Latina youth involved in Family Keys, an OJJDP designated best practice prevention/intervention program. Attendees will leave with a copy of the toolkit and recommendations for its use.

## **WORKSHOP B 1:45 P.M. - 3:15 P.M.**



## Balancing Power in Supervisory Relationships: Understanding the Parallel Processes Created

Frank Delano & Jill Shah, Professional Package Training

### **TANGLEWOOD**

Strong supervision of staff is a critical part of quality programs. In any collaborative relationship, understanding and balancing real and perceived power dynamics is central to success. Even if it seems uncomfortable at first, it is possible to manage power in proactive and constructive ways. In this highly interactive workshop, we will: identify the many dynamics of power in supervisory relationships; look at the impact on other relationships; and develop research-based strategies so that everyone involved can work together to balance that power. Real life examples and challenges welcome.



## Research-Supported Interventions for Common Mental Health Struggles

Beth Garland & Krista Caldwell, Baylor College of Medicine

### **WESTCHESTER**

Several types of mental health diagnoses can impact teens and young adults, such as depression, anxiety, eating disorders, ADHD, and psychotic disorders. These can impact daily life and success at school, work, or in other relationships. It can feel overwhelming to find therapy or treatment. This presentation will explore the different research-based treatment options. While there is no "one-size-fits-all" therapy, understanding what's out there can help youth, family members, providers, and other caregivers know what to ask and make the best decision for their needs.



## The Legal Side of Parenting: Paternity and Child Support Basics for Young Parents

Noelita Lugo & Lorena Sanchez, Office of the Attorney General of Texas

### **SAGE**

Becoming a parent can be filled with hopes and worries. There are so many decisions to make, including how to pay for it all. Learn about paternity, parenting time (custody/visitation), financial and medical support, the lifecycle of a child support case, and collaborative initiatives designed to support families. You will learn how to develop partnerships in your community that encourage responsible parenting, father involvement, and safety for family violence survivors and leave with practical information for parents of all ages, including teen parents.



## Singing the Same Tune: Strategies for Supporting Emerging Adults

Stephany Bryan, Hogg Foundation for Mental Health & Traceé Black-Fall, Tova's N.E.S.T.

### **BELLAIRE**

Who said parenting and supporting youth is the easiest, most rewarding job you'll ever have? In today's society, there are many influences and distractions that make it challenging to raise healthy, happy young adults! If there is a handbook out there that makes the job easier, we'd sure love to see it. We invite parents and other caregivers, such as youth workers, to participate in this interactive dialogue where you will discuss challenges, as well as identify strategies for surviving the rollercoaster ride with your teens.



## Accessing Local Child Welfare Board Funding/Services

David Williams, Texas Council of Child Welfare Boards

### **SAN FELIPE**

When resources to help children in the foster care system are limited, special county possibilities can fill in the gaps. This workshop will build on the basics of accessing support from your local Child Welfare Board and discuss local options for funding and services. Learn what is available and how to request it for anything from small needs to larger initiatives. No matter its size, your community probably has an influential group seeking to improve the outcomes for children and youth. This workshop can help them achieve more.



## Cutting-Edge Responses to Child Sex Trafficking Victims: Un-Learning May be the Toughest Part

Alan Schonborn, Office of the Governor; Shandra Carter, Arrow Child and Family Ministries

### **POST OAK**

The University of Texas recently calculated that at any point in time there are nearly 79,000 child sex trafficking victims in Texas. Over-represented in foster care, juvenile justice, and in our runaway/homeless youth populations, we're already serving them, but do we really see them? What would happen if we committed to a new collaborative model to meet the unique needs of these severely traumatized children, one to help them embrace their strength as survivors and find stability? The Governor's Child Sex Trafficking Team is bringing funding, training, and technical assistance for innovative best practices from across the country to Texas. In collaboration with CPS, juvenile justice, RHY agencies, medical providers and law enforcement, new integrated continuums of care are in motion across the state. How can you join this movement?

## **WORKSHOP C 3:30 P.M. - 5:00 P.M.**



## Empowering Voices: Building a Youth Advisory Board

Sarah C. Graham & young adult board members, Texas Children's Hospital

### **TANGLEWOOD**

This session covers the step-by-step process of creating a youth advisory board. Programs and organizations often decide to create advisory boards to increase youth voice and input into their service planning and delivery. Learn more about the value and best practices for establishing an effective youth board. Be part of a mock board meeting in this fun and interactive session led by Texas Children's Hospital Transition Youth Advisory Board members.



## Supervision of Youth Peer Wellness Specialists: A Collaborative Approach

Nichelle Bailey, Victor Fears & Peer Wellness Specialists, Houston Health Department; Kamala Joy, Via Hope

### **WESTCHESTER**

Including youth peer specialists on staff is a growing trend that strengthens services to youth and young adults. Houston Health Department's Peer Wellness Specialist (PWS) Training Program provides an entry point into employment for transition-aged youth with lived mental health experiences. We have created tools, resources, and strategies to support youth working in peer support roles. This workshop will cover the history, value, and impact of peer support, including a panel of PWS and partners as well as case studies. We will offer guidance for other organizations that may want to hire and supervise peers, including the importance of training and the critical role of clinical and administrative supervision.



## Youth's Reproductive Rights

Amanda Bennett, Jane's Due Process

### **SAGE**

Anyone serving teens has likely heard questions about pregnancy prevention or the rights of teens who are already pregnant. There is a web of laws in Texas related to a minor's access to birth control and other reproductive health care. We specialize in working with pregnant and parenting teens. This workshop will answer your questions on their legal rights, including on birth control, pregnancy prevention, abortion, emancipation, parenting rights, and adoption. This is a friendly and non-judgmental discussion to help us reflect on our own beliefs, learn about the options, and support youth across the state in all types of situations.



## Navigating Special Education: IEP's and 504's for Parents and Providers

David Head, Communities in Schools of Houston; Tyra Walker, Alief ISD

### **BELLAIRE**

This workshop will cover Individualized Education Programs (IEP's) and 504 accommodations from start to finish. Participants will hear from Houston-area school district personnel and a community advocate to learn how to request an evaluation for



a child, participate in a meeting to discuss accommodations and needs, write SMART goals and objectives, make changes to an IEP, and draft behavioral intervention plans. We will discuss how parents and children can advocate to get their needs met.



## Shift and Share: Leaders in Government and Community Collaboration for Child Welfare Part I

### **SAN FELIPE**

This will be a fast-paced session where you will learn about multiple innovative programs using government and community collaboration to strengthen Texas' child welfare system and improve outcomes for children. The programs will include:

- Fostering Brighter Futures: Reducing Stigma by Reframing Foster Care for the Public Eye, presented by Catherine Earley, Texas Council of Child Welfare Boards
- Family Finding Model, presented by Candice Dosman, Texas CASA
- Our Community, Our Kids (the Foster Care Redesign model in Region 3b), presented by Dr. Linda Garcia, ACH Child and Family Services



## LGBTQ Bias/Straight Privilege

Josh Cogan, Outlast Youth

### **POST OAK**

This workshop takes a look at the prejudices that might cloud someone's view when interacting with LGBTQ youth experiencing homelessness. This includes religious bias and the prejudices providers and first responders might have when interacting with a young person. At the end of the day, no matter one's personal beliefs, no child or youth should be homeless! We will dive into a conversation on how to move past bias to provide supportive care to LGBTQ youth experiencing homelessness.

### **TNOYS Member Council Meeting – 5:15 P.M. - 7:00 P.M.**

TNOYS' work is guided by representatives from our member organizations. This inaugural and invitation-only Member Council meeting will provide an opportunity for leaders at TNOYS member organizations to play a critical role in the strategic direction and the programs of TNOYS.

# THURSDAY, JUNE 29 YOUTH TRACK BEGINS!

### **Keynote – 9:00 A.M. - 10:30 A.M.**

### **Stories of Resistance and Resilience with Cecelia Jordan & Elizabeth Flint - GALLERIA BALLROOM**

*Special guest Keith Wallace and a TNOYS Update.*

Join a conversation on elevating youth voice and providing healing spaces through restorative justice practices. By integrating spoken word and her experiences as a youth services provider and teacher, CeCe brings a new perspective on how to center the voices of our marginalized youth. While exploring our communal values and gifts, we will reflect on how to support each other and the youth we serve. Experience the restorative justice approach, a model that can be applied in any setting or program. Also, hear the latest updates from TNOYS and Keith Wallace's personal story as a teen runaway.

### **WORKSHOP D 10:45 A.M. - 12:15 P.M.**



## The Nurturing Program: Evidence-Based, Trauma-Informed, & Family-Centered Techniques

Natalie Beck, Family Nurturing Center of Texas

### **WESTCHESTER**

Learn about a program model for children, adolescents, and their families that builds empathy, empowerment, and appropriate expectations and roles while reducing abusive and neglectful practices. The Nurturing program is a nationally recognized evidence-based practice. There are over 30 programs and tools to choose from – based on learning styles and abilities, culture and language, and ages of parents and children – and it can fit into a variety of settings. Join us to learn techniques to bring back to your program.



## Supporting Educational Advocacy for Children in Foster Care and Homeless Situations

Jeanne Stamp, Texas Homeless Education Office

### **SAGE**

This workshop will address the federal and state laws that require school districts to remove barriers and provide educational supports to children in foster care and homeless situations. By knowing what districts must do, can do, and should do as best practice, providers, family members, and advocates can support youth. Learn how to access services within school districts, and how to build educational partnerships that ensure successful outcomes for highly mobile students.



## TAY Talk: Emerging Adults Keeping it Real

Vicky Coffee, Hogg Foundation for Mental Health and Houston youth leaders

### **BELLAIRE**

Come hear directly from teens and young adults on what they want and need from parents, caregivers, and service providers to meet their goals, support their mental health, and become independent adults.



## Shift and Share: Leaders in Government and Community Collaboration for Child Welfare Part II

### **SAN FELIPE**

This will be a fast-paced session where you will learn about multiple innovative programs using government and community collaboration to strengthen Texas' child welfare system and improve outcomes for children and youth. Presenting organizations will include:

- Federal Administration for Children and Families, Runaway and Homeless Youth Program, represented by Keith Wallace
- Supreme Court of Texas, Children's Commission, represented by Kristi Taylor.



## From Homelessness to Housing, A Compassionate Approach

Rafael Sarango + youth program staff, The Salvation Army Young Adult Resource Center

### **POST OAK**

This workshop will share a compassionate approach to serving youth experiencing homelessness in practical terms (forms, handouts, tools and assessments). This includes an understanding of culturally and developmentally appropriate trauma-informed care, positive youth development, restorative justice, and youth engagement. Our approach is to engage young adult peers, especially LGBT peers, to support other youth as they enter housing. We analyze and share lessons learned from our program and discuss how to support youth in becoming stable and successful.



## Transition Survival Skills Savvy

Shelley Gonzales & Danielle Nicksch, Baylor College of Medicine Community Programs

### **PLAZA BALLROOM**

Transition Survival Skills is a fun and fast-paced experiential workshop that covers six areas involved in navigating the transition to adulthood: physical health, financial health, mental health, jobs and vocation, self-advocacy, and relationships. The workshop is set up in a dynamic shift & share format, where small groups will learn about and experience strategies to address each of the six areas. Designed for youth, youth workers, and parents/family members.

## MANY VOICES, ONE SONG Luncheon

**12:15 P.M. - 1:45 P.M.**

**Undoing Racism: Reflections from the Child Welfare System with Alan J. Detlaff - GALLERIA BALLROOM**

*Special Guest Natalia Hazelwood and TNOYS Awards*

Based on his experiences as a social worker in the child welfare system, as a researcher on racial disparities, and currently as Dean of the Graduate College of Social Work at the University of Houston, Dr. Dettlaff will share lessons he has learned on understanding and addressing structural racism in our society as well as in the child welfare system. He will discuss the critical importance of becoming an advocate for social and racial justice as well as advocacy strategies and opportunities. Natalia will share some of her experiences growing up in the foster care system and her insight on the importance of "Many Voices" working together to create "One Song." Then, cheer on this year's TNOYS award winners!



## WORKSHOP E 2:00 P.M. - 3:30 P.M.



### Shift and Share: Innovative and Promising Programs Serving Texas Youth

#### **WESTCHESTER**

Join us for a fast-paced session where you will learn about four innovative and promising Texas programs serving young people. The programs will include UpBring's "BeREAL" Supervised Independent Living Program, presented by Stephanie Bernal, LaNisha Bell, and young adult residents; Bikers Against Child Abuse; Building a Community of Support: Dove Springs Proud, presented by Ricardo Zavala; and Creating a Masterpiece: Building Family-Style Community for Youth, presented by Star of Hope.



### Youth and Family Legal Rights in College and Employment

**Dustin Rynders, Disability Rights Texas**

#### **SAGE**

As youth with mental health conditions transition into college and the work place, they are protected from discrimination and entitled to reasonable accommodations. This workshop provides a practical overview of these rights so participants understand when to disclose a mental health condition, how to request and negotiate appropriate accommodations, and how to take action if rights are violated. This includes a discussion of how parents/caregivers can stay involved even as the parent/caregiver-child relationship changes.



### Decoding the System: Access to Health Insurance, Children's Medicaid, CHIP, & the Marketplace

**Emilie Farenthold, Lone Star Legal Aid; Emily Wei, Baylor College of Medicine**

#### **BELLAIRE**

Health insurance and subsidized (public) health insurance programs can be complicated. Developments at the state and federal level may be making it even more complex. This session will help providers, parents, and youth make sense of it all by reviewing information about insurance programs – the benefits of each, who qualifies, and how to apply. We will compare the value of each program and take questions so that the audience leaves knowing the options.



### What's Next: Updates from Leadership at the Texas Department of Family and Protective Services

**Kristene Blackstone, Child Protective Services; Sarah Abrahams, Prevention and Early Intervention Division**

#### **SAN FELIPE**

It has been roughly one year since Hank Whitman took over as Commissioner as the Texas Department of Family and Protective Services and we have spent much of that year involved in the Texas Legislative Session! What's next? Join DFPS leaders to learn about the latest initiatives within Child Protective Services and the agency's Prevention and Early Intervention division and their anticipated impact on the children, youth, and families served.



### Voices All Around: Navigating Power in Youth-Adult Collaborations

**Jessica Moreno, Texas Council on Family Violence; Nicole Gray, TCFV Young Hearts Matter Leadership Board**

#### **POST OAK**

Bringing many voices together to sing the same song requires collaboration built on strong relationships and sharing power. This workshop showcases a partnership between a young activist and adult ally who work together on engaging youth in the movement to end domestic violence. Through play and experiential learning, participants can reflect on the "voices all around" – beliefs youth and adults may carry about one another, how these play out, and how to build strong relationships to reach common goals.



### Transition Survival Skills Savvy (continued)

**Shelley Gonzales & Danielle Niksch, Baylor College of Medicine Community Programs**

#### **PLAZA BALLROOM**

Join part 2 of this fun and fast-paced experiential workshop that covers 6 areas or parts involved in navigating the transition to adulthood.

## AFFINITY GROUPS 3:45 P.M. - 4:25 P.M.

Join your peers in this creative and interactive conference session. Together, you will have the opportunity to network, share ideas, problem solve, and discuss situations that arise in your work or life.

*Please select the group that is closest to your role:*

Youth workers and  
other front-line  
staff

Clinicians  
and program  
management staff

Organizational  
leadership and  
administrators

Parents, kinship  
caregivers and  
foster parents

Youth

Child welfare  
board members &  
other community  
stakeholders

POST OAK

WESTCHESTER

BELLAIRE

SAGE

TANGLEWOOD

SAN FELIPE

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## Special Performance and Reception

**Keynote – 4:30 P.M. - 6:30 P.M.**

**When in Harmony, We Are Strong with Nina Rodriguez and Drum Café South -  
GALLERIA BALLROOM**



Join us to end the day on a high note! Practice collaboration and harmony through the power of music. Light snacks and beverages will be served.

The rhythm session not only serves to enliven, energize and build connections, it also serves to deepen multicultural awareness and expand everyone's ability to embrace and utilize diversity. Imagine the excitement of 300+ drums being played in unison – with everyone participating and feeling the power of their voices, alignment and unique contributions coming together as one.

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# FRIDAY, JUNE 30

## WORKSHOP F 9:00 A.M. - 10:30 A.M.



Reconnecting Families after Trauma through Play-Based & Expressive Interventions

Ragan Aaron & Laura Baskin, San Marcos Treatment Center

### WESTCHESTER

Interventions for children deemed “at-risk” or experiencing significant turmoil can put a crack in the family system, but research shows that family-based interventions can create long-term positive change. We will discuss the impact of trauma on a child, including on brain functioning and relationships with others. Participants will learn about and practice three solution-focused and play-based interventions for children and teens geared toward self-expression, healthy communication, and re-connecting members in a family system.



To Disclose or Not to Disclose: Benefits and Challenges of Sharing Medical/Diagnosis Information

Yesenia Berrones & Antonio Jones, The Voice of Texas Children's Hospital Transition Group; Emily Wei & Krista Caldwell, Baylor College of Medicine

### SAGE

Transition-age youth will lead a conversation focusing on the complexities, pros, and cons of deciding to disclose (share information) about a mental health or medical condition. The workshop is set up so that audience members will review case studies in groups and then discuss them. Youth participants will learn how to make decisions about disclosure. Parent or provider participants will learn how to support youth in making these decisions.

 Help, I Need Somebody: Safety Planning vs. Crisis Planning to Support Youth with Mental Health Conditions  
**Stephany Bryan, Hogg Foundation for Mental Health & Traceé Black-Fall, Tova's N.E.S.T.**

**BELLAIRE**

Crisis can hit you like a storm, sometimes you can see it coming and sometimes it hits before you know what happened. Mindful planning and thoughtful preparation are two strategies that parents, providers, caregivers and youth can use to be avoid a crisis. Join us for this interactive session where we will discuss challenges, possible solutions, and develop a mock safety plan.



Shift and Share: 85th Texas Legislative Session Recap

**SAN FELIPE**

Join us for a fast-paced session where you will hear from multiple speakers regarding outcomes of the 85th Texas Regular Legislative Session. Providers will address state appropriations decisions, as well as legislation and its anticipated impact on youth, families, and the organizations that serve them. Speakers will include Christine Gendron of TNOYS, Knox Kimberley of Upbring, and Sarah Crockett of Texas CASA.



Pregnant and Homeless, Now What? Tools and Tips for Engaging Transition-Age Youth

**Michelle Alexander, Star of Hope**

**POST OAK**

Young adults who are pregnant and homeless often have experienced many traumatic events in their lives. Addressing past hurts, disappointments, loss, and trauma is a vital part of the healing process. This workshop will explore creative ways of working with these young adults to rediscover their abilities on the path to redefine their futures.



Living Beyond It: Self Advocacy and Telling Your Personal Story

**Helen Davis, Special Kids, Incorporated; Thelma Scott, Barbara Jordan Endeavors**

**TANGLEWOOD**

A personal story is a powerful tool for positive change, especially for youth who have faced challenges. In this workshop, learn how to use your personal story to advocate for yourself and others like you. It can help you prepare to be an adult, get and keep a job, and ask for the support you may need to reach your goals. This session is designed for youth – and for anyone supporting youth.

**Closing Keynote – 10:45 A.M. - 12:00 P.M.**

**The Power of Simplicity with Brooke Binstock and Melanie Holst-Collins - GALLERIA BALLROOM**

Join Brooke and Mel in an experiential workshop exploring yoga, meditation and other mindfulness practices and how they can be used practically to counteract trauma and combat burnout for people living in or working in stressful situations. This will be an interactive session that includes the chance to learn about and practice a few simple, seated mindfulness practices as well as hear about their value in everyday life and work.

# ABOUT TNOYS

Texas Network of Youth Services (TNOYS) is a network of members working toward a shared vision of Texas where all young people are valued, their strengths are recognized, and they have access to the resources, support, and opportunities they need to lead healthy and fulfilling lives. Our mission is to strengthen, support, and protect critical services for Texas youth and families in order to ensure their success.

Our work is guided by a comprehensive systems change approach:

- Policy: We advocate for public policies and priorities that benefit young people in at-risk situations, their families, and the organizations that serve them.
- Practice: Our training and program development services ensure that those in the field are fully equipped to meet the complex needs of the youth and families they serve.
- Participation: We work in partnership with young people to demonstrate what youth are capable of when people invest in them.

TNOYS was founded in 1979.

## BOARD OF DIRECTORS

TNOYS is led by a Board of Directors comprised of representatives from member organizations, member regions, and the greater community.

Kellie Stallings, Chair, Connections Individual & Family Services, Inc., New Braunfels

John Bracken, 1st Vice-Chair, Montgomery County Youth Services, Conroe

Richard Singleton, 2nd Vice-Chair, STARRY, Inc., Round Rock

Janie Cook, Treasurer, Boys Town Texas, Inc., San Antonio

Cathey Lowe, Secretary, Cathey Lowe, LLC, Austin

Dr. Julie Strentzsch, Roy Maas' Youth Alternatives, San Antonio

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