Sponsored by: The North Dakota Supreme Court, the Children and Family Services Division of the ND Department of Human Services, and the UND Children and Family Services Training Center.

NORTH DAKOTA CHILDREN'S JUSTICE SYMPOSIUM

Ramkota Inn
Bismarck, ND

July 26th-28th, 2016
Preconference July 25th
2016 North Dakota Children’s Justice Symposium  
Registration Form

Please register on-line at www.cfstc.und.edu. If you are unable to register on-line you can:

Mail or fax to: ND Children’s Justice Symposium  
Children and Family Services Training Center  
400 Oxford Street, STOP 7090  
Grand Forks, ND 58202  
OR: Fax: (701) 777-0789

Name:

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Email: ____________________________

*Registration Fee: There is no registration fee for this conference.

Please indicate all events you plan to attend during the conference:

Monday, July 25, 2016  
Pre-Conference Workshops  
9:00 am – 4:00 pm Human Trafficking 101 & 201  
1:00 pm – 5:00 pm The Cost of Caring: Secondary Traumatic Stress  
7:00 pm – 9:00 pm The Ethics of Child Welfare Practice in Challenging Times

Tuesday, July 26, 2016

1:30 – 3:00 pm  
Workshop A (Please Circle choice): 1 2 3 4 5 6 7

3:30 – 5:00 pm  
Workshop B (Please Circle choice): 1 2 3 4 5 6 7

5:00 – 7:00 pm  
Reception in Courtyard

Wednesday, July 27, 2016

8:30 – 10:00 am  
Workshop C (Please Circle choice): 1 2 3 4 5 6 7

10:30 – 12:00 pm  
Workshop D (Please Circle choice): 1 2 3 4 5 6 7

Thursday, July 28, 2016

8:30 – Noon  
Thursday Plenary

- The conference brochure and registration are available on-line at www.cfstc.und.edu.
- **Lodging** is available at the Ramkota Inn (701-258-7700). Please call to reserve your room before July 1, 2016 to ensure the special rate. Please inform the Ramkota that you are attending the Children’s Justice Symposium.
- Continuing education credits will be available for social workers. Approval for continuing education credits for licensed professional counselors, attorneys, judges and law enforcement officials are pending at this time. Questions about continuing education credits can be directed to the Children and Family Services Training Center at (701) 777-3442.
- A display area will be available in the Courtyard of the Ramkota Inn. The cost of a display table will be $50. If you are interested in providing a display, please contact the Children and Family Services Training Center at (701) 777-3442 or reserve your table on-line at www.cfstc.und.edu.
Monday, July 25, 2016

8 am – 7 pm  Registration

Pre-Conference Workshops

9 am – 4 pm  Human Trafficking 101 & 201 – Erin Wirsing
Objectives for HT101: Commercial Sexual Exploitation of Children (CSEC) include:
1. To gain a broad understanding of what CSEC is (dispel myths, definitions, demand, facts).
2. To be able to identify pathways and precursors to CSEC.
3. To be able to identify survivors of CSEC and their needs.
4. To gain an understanding of effective service provision.
Objectives for HT201: Commercial Sexual Exploitation of Children include:
1. Review relevant ND and Federal Laws
2. Learn more about how CSEC impacts youth development and how to meet survivors where they are.
4. Incorporate trauma informed care and victim centered approaches into interactions with survivors.
5. Discuss trauma triggers and advanced safety planning.
6. Suggest how to deal with vicarious trauma and take care of yourself.

1 pm – 5 pm  The Cost of Caring: Secondary Traumatic Stress – David Conrad
In this interactive workshop the presenter will define secondary trauma including how it is similar to and different from burnout, vicarious trauma and PTSD. Using an interactive exercise, the trainer will work with participants to identify potential risk factors. As part of the training, the trainer will ask participants to reflect on the important role that awareness, balance and connection play in restoring and renewing professionals working with traumatized clients. Participants will be asked to complete a self-care survey exploring their success in utilizing physical, emotional, spiritual and workplace strategies to protect themselves from the secondary trauma they are exposed to at work. The presenter will also identify personal, organizational and professional strategies participants can use to protect themselves.

7 pm – 9 pm  The Ethics of Child Welfare Practice in Challenging Times – Deb Dewitz

Conference Agenda

Tuesday, July 26, 2016

7:30 am  Registration

9:30  Welcome: North Dakota Supreme Court and the Department of Human Services

10:00  Plenary Workshop: "Use the Force, Luke!" Staying Motivated to do the Job – Charlie Appelstein
Working day after day with at-risk children and youth elicits difficult feelings that can compromise a professional’s performance. This presentation examines the major triggers and provides strategies for self-management that keep enthusiasm alive. Focal points include: how to stop taking things personally, the pivotal role of support, and a new definition for success in working with at-risk populations.

12:00 pm  Lunch on Your Own

1:30 – 3:00 pm  A Workshops

A-1  Understanding and Responding to Children and Youth with Emotional and Behavioral Challenges Using a Positive, Trauma-Informed, Strength-Based Approach and Creating a Positive, Strength-Based Culture in Your Setting, Part I – Charlie Appelstein (3 hour)

A-1 continued on next page
A-1 continued

Strength-based practice is an emerging approach to guiding at-risk children, youth, and families that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. It begins with the belief that every young person has or can develop strengths and utilize past successes to mitigate problem behavior and enhance functioning. This two-part workshop will highlight many of the key principles and techniques of this transforming modality. Areas covered include: What is strength-based practice & the power of a positive attitude & culture; the effects of trauma and positive emotions on the brain; strength-based communication principles and techniques - including reframing, using solution-focused questions, positive predicting and inspirational metaphors; self-esteem building & activities for at-risk children and youth; how to help cognitively inflexible young people; the importance of being family friendly; why, how, and when to use incentive plans; respectful limit setting; and a host of creative cognitive behavioral strategies. Continued in B-1.

A-2 Growing Up Abnormal - Redefining 'Normal' in Foster Care, Part I – Michael Meyers

What is it like to be perceived by others as being abnormal? More importantly, how do you feel when you see yourself as abnormal? This thought-provoking workshop will delve into these issues and focus on what you can do to mitigate the associated negative feelings in the children with whom you work. Learn how The Reasonable and Prudent Parenting standard can be effectively applied to increase normalcy for foster children and thus reduce ongoing trauma. This workshop will also address how to view the problematic behaviors of foster children in a different light, thus creating a feeling of acceptance for, and empowerment of, youth in foster care. Repeated in C-2.


Once CPS has determined children are unsafe, we are charged with intervening in the least intrusive manner that will shield them from danger. What a difficult balance! Now, let’s do that in crisis circumstances with others poised to second guess our decision making. Negotiating and implementing in-home safety plans is a challenging, high stakes endeavor. In this workshop, we’ll examine two tools to support workers and supervisors in this critical aspect of practice: 1) an analytic process that results in stronger, more creative safety plans; 2) a review tool that holds safety plans accountable to qualities critical for successful implementation. Use of these tools helps workers think about safety planning more expansively, helps supervisors focus on the things that matter and allows CPS to articulate the basis for our decision making more effectively. Develop a habit of thought that will strengthen your practice and help you sleep at night! Continued in B-3.

A-4 Preventing Delinquency among Child Welfare-Involved Youth - Andrea Bogie

The National Council on Crime and Delinquency (NCCD) recently partnered with multiple agencies to develop and evaluate a program to improve outcomes for children at highest risk of crossing over from the child welfare system to the juvenile justice system. In 2010, the NCCD partnered with the Los Angeles County Department of Children and Family Services (DCFS) and Georgetown University’s Center for Juvenile Justice Reform (CJJR) to develop a Delinquency Prevention Model. NCCD used predictive analytics to develop the Delinquency Prevention Screening Assessment (DPSA), which classifies child welfare-involved youth by their likelihood of subsequent juvenile justice involvement. In 2012, NCCD worked with four DCFS offices to develop and pilot a practice model that delivered targeted services to children at highest risk of system crossover from child welfare to juvenile justice. In partnership with DCFS and CJJR, NCCD conducted short-term process and monitoring evaluations of the practice model with promising results. This presentation will provide an overview of the 2010 DPSA design and evaluation study as well as a discussion about the strengths and challenges of the prevention model pilot implementation and how results of the 2014 evaluation can be used to strengthen and continue this exciting work. Repeated in B-4.

A-5 Critical Role of Families in Preventing Risk and Promoting Well-Being and Permanency for LGBTQ Youth - Caitlin Ryan

Compelling research on LGBT youth and families from the Family Acceptance Project at SF State University has found that family acceptance helps promote well-being and protects against risk, while family rejection is related to serious health and mental health concerns, including suicidality, depression, illegal drug use and HIV. Family rejection and conflict also lead to homelessness and placement in custodial care. Dr. Caitlin Ryan and her team at SF State University have developed the first research-based family support model to help prevent risk and promote well-being and permanency for LGBT young people. Continued on next page.
**A-5 continued**

people – in the context of their families, cultures and faith communities. This session will provide an overview of key research findings, resources, and approaches to help families to support their LGBT children, including socially and religiously conservative families. In this workshop you will:

- Discuss the role of family acceptance and rejection in promoting risk for suicide, substance abuse, depression, HIV, homelessness, custodial care and other serious health risks and promoting well-being for LGBT young people.
- Identify specific family rejecting behaviors that are related to risk and family accepting behaviors that help protect LGBT youth from risk and promote well-being.
- Discuss Family Acceptance Project strategies and resources to help ethnically and religiously diverse families and caregivers to support their LGBT children to prevent risk and to promote positive outcomes and increase permanency for LGBT children and youth. **Repeated in B-5.**

**A-6 Post-Traumatic Growth: Exploring Our Potential for Growth as a Result of Exposure to Traumatic Events, Life Crises or Extremely Stressful Events – David Conrad**

In this session, the facilitator will introduce attendees to the concept of post-traumatic growth. He will also share research findings which confirm examples of post-traumatic growth including: a change in the relationship with others and a change in the sense of self and a change in the philosophy of life. In the session, Mr. Conrad will introduce attendees to the post-traumatic growth inventory which they can use to determine if they have experienced post-traumatic growth. **90 minutes.**

**A-7 Active Efforts in ICWA – Eldena Bear Don’t Walk**

This workshop will look at active efforts and who has to make them. Discussion will center on placement, tribal court transfers and what “good cause” to set aside ICWA regulations really means. The workshop is intended for social workers, lawyers and other professionals who play a part in the reunification of Indian children with their Indian families. **Repeated in B-7.**

**3:00 Afternoon Break**

**3:30 – 5:00 pm  B Workshops**

**B-1 Understanding and Responding to Kids with Emotional and Behavioral Challenges Using a Positive, Trauma-Informed, Strength-Based Approach and Creating a Positive, Strength-Based Culture in Your Setting, Part II – Charlie Appelstein**

Continuation of A-1.

**B-2 Growing Up Abnormal - Adopting a 'Normal' Mindset in Your Agency, Part II – Michael Meyers**

How do you create an environment of normalcy in your practice and/or agency? Are you motivated to make a lifelong difference in the lives of vulnerable children and youth? In this workshop you will learn ways to adopt a “normal” mindset about Reasonable and Prudent Parenting and improve outcomes for youth. Practical steps and tools will be presented that you can use to eliminate barriers and create an atmosphere where change is encouraged and rewarded. You will leave feeling empowered and motivated to implement the necessary changes in your practice and/or agency to ensure a better and more normal life for the youth with whom you work. **Repeated in D-2.**

**B-3 Safety Planning: An Analytic Approach to Effective Intervention, Part II – Jan Breidel**

Continuation of A-3.

**B-4 Preventing Delinquency among Child Welfare-Involved Youth - Andrea Bogie**

Repeat of A-4.

**B-5 Critical Role of Families in Preventing Risk and Promoting Well-Being and Permanency for LGBTQ Youth - Caitlin Ryan**

Repeat of A-5.
B-6 Practicing Gratitude and Positive Thinking – David Conrad
In this training attendees will expand their understanding of gratitude including how they can benefit from identifying that which they feel grateful for. It is Mr. Conrad’s intention to encourage participants, following the session, to utilize some of the discussed strategies to regularly identify that which they feel grateful for.

B-7 Active Efforts in ICWA – Eldena Bear Don’t Walk
Repeat of A-7.

5 pm Hospitality Reception in Courtyard

Wednesday, July 27, 2016

8:30 – 10:00 am  C Workshops

C-1 Understanding and Responding to Children and Youth with Emotional and Behavioral Challenges Using a Positive, Trauma-Informed, Strength-Based Approach and Creating a Positive, Strength-Based Culture in Your Setting, Part I – Charlie Appelstein (3 hour)
Strength-based practice is an emerging approach to guiding at-risk children, youth, and families that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. It begins with the belief that every young person has or can develop strengths and utilize past successes to mitigate problem behavior and enhance functioning. This two-part workshop will highlight many of the key principles and techniques of this transforming modality. Areas covered include: What is strength-based practice & the power of a positive attitude & culture; the effects of trauma and positive emotions on the brain; strength-based communication principles and techniques - including reframing, using solution-focused questions, positive predicting and inspirational metaphors; self-esteem building & activities for at-risk children and youth; how to help cognitively inflexible young people; the importance of being family friendly; why, how, and when to use incentive plans; respectful limit setting; and a host of creative cognitive behavioral strategies. Continued in D-1.

C-2 Growing Up Abnormal - Redefining 'Normal' in Foster Care, Part I – Michael Meyers
What is it like to be perceived by others as being abnormal? More importantly, how do you feel when you see yourself as abnormal? This thought-provoking workshop will delve into these issues and focus on what you can do to mitigate the associated negative feelings in the children with whom you work. Learn how The Reasonable and Prudent Parenting standard can be effectively applied to increase normalcy for foster children and thus reduce ongoing trauma. This workshop will also address how to view the problematic behaviors of foster children in a different light, thus creating a feeling of acceptance for, and empowerment of, youth in foster care.

C-3 Safety Planning: An Analytic Approach to Effective Intervention, Part I – Jan Breidel (3 hour)
Once CPS has determined children are unsafe, we are charged with intervening in the least intrusive manner that will shield them from danger. What a difficult balance! Now, let’s do that in crisis circumstances with others poised to second guess our decision making. Negotiating and implementing in-home safety plans is a challenging, high stakes endeavor. In this workshop, we’ll examine two tools to support workers and supervisors in this critical aspect of practice: 1) an analytic process that results in stronger, more creative safety plans; 2) a review tool that holds safety plans accountable to qualities critical for successful implementation. Use of these tools helps workers think about safety planning more expansively, helps supervisors focus on the things that matter and allows CPS to articulate the basis for our decision making more effectively. Develop a habit of thought that will strengthen your practice and help you sleep at night! Continued in D-3.

C-4 Drug Exposure During Pregnancy: How to Evaluate and Interpret Findings – Arne Graff
Much confusion about drug exposure and the unborn child exists. This workshop is going to review the concerns regarding drugs used during pregnancy, how to evaluate and what information you should consider for working with the caregiver or the courts.
Objectives:
1) Develop an understanding of common drugs used during pregnancy and what effects on pregnancy or the infant are known.

C-4 continued on next page
C-4 continued

2) Develop a care plan for evaluation for drug use during pregnancy (testing and interpretation).

Repeted in D-4.

C-5 It’s Not Just a CPS Thing—It’s a Whole System Thing: The Role of Differential Response in Wraparound Services, Part I - Courtney Smith and Lindley Meyers

During this interactive session, we invite representatives from all perspectives; law enforcement, child protection, judicial, and others, to join in the discussion about how cross-system collaboration can be enhanced to benefit North Dakota’s most vulnerable families. We will use the information from national and state data to provide education and guide our consensus process so that participants will leave with specific strategies that can be put into place immediately to advance the quality of collaboration in their partnerships. We will also highlight national data that demonstrates how implementing Differential Response can benefit each representative in the safety-net system. Providing a wraparound approach to families involves coordination across all systems within a jurisdiction. Collaboration across the community is critical in order to achieve the positive outcomes that are possible. Differential Response can play an important role in wraparound services by increasing the options available when approaching families about child protection. There is a growing body of research evaluating the outcomes that jurisdictions experience when they implement Differential Response. This data illustrates outcomes one might expect like improved engagement and satisfaction for both families and workers, increased use of informal supports in service planning, and an increase in periods of time with no agency involvement needed to ensure child safety; but some of the outcomes have been unexpected and welcomed surprises. For instance, cooperation and information sharing among the public CPS agency, law enforcement agencies, schools, court system and private providers improved. Differential Response shifts the emphasis of investigations where it is highly likely that criminal activities are taking place, legal pursuit of perpetrators of the most serious types of child abuse and neglect increases. Further, the most unexpected payoff was that the availability of services increased in all communities implementing Differential Response. Participants will leave this workshop having participated in experiential consensus-building planning and will leave with a plan to implement in their own community and jurisdiction. Continued in D-5.

C-6 Managing Domestic Violence Across Multiple Court Systems – Gabrielle Davis

Different court systems approach domestic violence in very different ways depending upon the nature and function of the case. Domestic violence is viewed as an alleged crime in misdemeanor and felony court. It is viewed as a potential form of child abuse, neglect or dependency in the child welfare system. It is viewed as a possible safety concern in PFA proceedings. And, it is viewed as a best interest consideration in child custody disputes. What happens when domestic violence is viewed in all of these different ways all at the same time? This presentation explores the difficulty of managing domestic violence when different government systems simultaneously apply different standards and expectations to parents and their relationships with children. It offers an approach to child-related decision-making that accounts for the nature, context and implications of abuse across practice settings. Repeated in D-6.

C-7 Building Cultural Responsiveness and Resiliency, Part I – Sandra Bercier and Ronya Hoblit

As human beings we want to ensure that we treat one another with respect. This session is about being culturally responsive to all children and families served in our systems, yet focuses on North Dakota’s Native Americans. We will talk about each reservation; giving a brief history and touch on some aspects of working with Native families. Sandra and Ronya will also talk about resiliency and building it within ourselves and those we work with. Continued in D-7.

10:00 am Morning Break

10:30 – 12:00 pm D Workshops

D-1 Understanding and Responding to Children and Youth with Emotional and Behavioral Challenges Using a Positive, Trauma-Informed, Strength-Based Approach and Creating a Positive, Strength-Based Culture in Your Setting, Part II – Charlie Appelstein

Continued from C-1.

D-2 Growing Up Abnormal - Adopting a 'Normal' Mindset in Your Agency, Part II – Michael Meyers

D-2 continued on next page
D-2 continued
How do you create an environment of normalcy in your practice and/or agency? Are you motivated to make a lifelong difference in the lives of vulnerable children and youth? In this workshop you will learn ways to adopt a “normal” mindset about Reasonable and Prudent Parenting and improve outcomes for youth. Practical steps and tools will be presented that you can use to eliminate barriers and create an atmosphere where change is encouraged and rewarded. You will leave feeling empowered and motivated to implement the necessary changes in your practice and/or agency to ensure a better and more normal life for the youth with whom you work. This is a repeat of B-4.

D-3 Safety Planning: An Analytic Approach to Effective Intervention, Part II – Jan Breidel
Continuation of C-3.

D-4 Drug Exposure During Pregnancy: How to Evaluate and Interpret Findings – Arne Graff
Repeat of C-4.

D-5 It’s Not Just a CPS Thing- It’s a Whole System Thing: The Role of Differential Response in Wraparound Services, Part I - Courtney Smith and Lindley Meyers
This is a continuation of C-5.

D-6 Managing Domestic Violence Across Multiple Court Systems – Gabrielle Davis
Repeat of C-6.

D-7 Building Cultural Responsiveness and Resiliency, Part II – Sandra Bercier and Ronya Hoblit
Continued from C-7.

Lunch on your own

1:30 – 5:00 pm

Plenary Workshop: An Exploration of Differential/Alternative Response
Over the past year, the Children and Family Services Division of the North Dakota Department of Human Services has begun studying differential response and the impact it may have on children and families in North Dakota. Differential response is a system reform that enables child protective services (CPS) to differentiate its response to reports of child abuse and neglect based on several factors. The CPS system selects the initial response (investigation or assessment) based on a number of factors. Differential response is an area of CPS reform also referred to as dual track, multiple track, or alternative response. The afternoon session will focus on different aspects of differential response, what it would take to employ such a response and the role that child welfare, the courts, law enforcement and other partners would have in successful implementation. Information will be presented from a variety of experts and you will have the opportunity to ask questions, as well as, provide feedback.

Managing in a Differential Response Environment – Eric Fenner
Eric Fenner Managing Director of Strategic Consulting with Casey Family Programs will speak to his experience of implementing Differential Response in Franklin County Ohio where he served as the Executive Director of Children Services. Eric will address the phases of implementing Differential Response, the cultural shifts within the workforce environment that are needed to support a vision driven organization committed to serving children and families. He will bring to light the challenges and the opportunities that were presented to him as Franklin County implemented a multiple response system that ensured children were safe, understanding that "one size does not fit all" when working with families. Eric led this organization to reduce the number of children in the child welfare system and support innovation by using a holistic approach that is strengthened by a safety and family assessment. He will address the importance of a multi-disciplinary approach to differential response which includes key partners in the juvenile court system, law enforcement and service delivery.

Lessons from a Three-Pronged Partnership of Alternative Response – Courtney Smith & Serena Breining
This presentation will focus on how the state of Wisconsin has implemented and is still implementing an alternative response system.
3:00 – 3:30 pm   Afternoon Break

Panel Discussion on Differential/Alternative Response – Kerri Klein, Moderator
Panelists:  Eric Fenner, Casey Family Programs; Courtney Smith, Blue Spiral Consulting; Serena Breining, Wisconsin Department of Children and Families; Helen Lehman, Ohio; Toni Rozanski, Colorado (invited)

Thursday, July 28, 2016

8:00 am   Continental Breakfast Provided

8:30 am

Though prevalence estimates vary widely for specific substances and geographic regions of the country, there is no doubt that prenatal substance exposure is a significant public health problem. Studies have long shown alcohol and tobacco exposure present significant health risks to the developing fetus. The incidence of neonatal abstinence syndrome (NAS) for infants prenatally exposed to opioids, including heroin, prescription pain medication and medications to treat opioid dependence, has grown nearly fivefold since 2000. While the use of legal or illegal substances during pregnancy does not in and of itself constitute evidence of abuse or neglect in North Dakota, communities across the State—and the country—are struggling to respond to the needs of these infants and their families. It is clear that child welfare agencies cannot be charged with the sole responsibility for responding to prenatal substance exposure and infants born affected by prenatal substance use. During this plenary the speaker will discuss national and state trends for infants with prenatal substance exposure, the impact on hospitals, child welfare and the courts and the need for a two-pronged, multi-agency response to prenatal exposure, including:
  1) A state level strategic plan that sets forth broad system policies and practices across five-points of intervention for women and their infants; and
  2) Local level implementation plans that ensure pregnant women and infants are identified and plans of safe care are developed and services provided to ensure the safety of the infant and the well-being of the family. This approach is consistent with North Dakota’s Senate Bill No. 2367 which provided for the creation of a task force on substance exposed newborns.

10:30 am

Plenary Workshop:  Finding Fish – Antwone Fisher
In Antwone’s moving, yet humorous keynote addresses, he shares his conviction of the importance of facing challenges of life head on and how to overcome or accept those challenges that you cannot change. He explains the significance of self-reliance, literacy, and building a life of consequence that improves oneself, the community and the society at large. He tells of the necessity, no matter what the age, of making good personal choices, no matter how inconvenient the choice may be, and of the importance of reinventing oneself and preparing for every chapter of life. He also expounds on why it is essential to do these things in order to attain a successful and happy life. Antwone details the philosophy he developed over his lifetime and explains how that philosophy brought him to the extraordinary success he enjoys today. It is the consummate, illuminating event.

12:00 pm   Conference Ends