

## SESSION A

### **A-1: Expressive Art Craft**

Presenters: Emmelyn Hernandez, MSW, Prevention Educator, Riverside-San Bernardino County Indian Health, Inc.

Julie Andrews, LCSW, Licensed Clinical Social Worker, Riverside-San Bernardino County Indian Health, Inc.

The purpose of this workshop is to explore vicarious trauma within professionals through art and creative expression. This workshop is intended to positively influence mental health by addressing the thoughts and feelings that arise through the work environment. The canvas is intended to be a creative outlet where participants are heavily encouraged to channel the feelings that arise in the workplace as a result of caring for the general population. We will begin the segment with an overview of what vicarious trauma is and the impact it can have on professionals. The beginning of the workshop will consist of a creative activity on the vinyl part of the canvas, where participants will design a visual representation of an obstacle that has been stressful or negatively impacted their mental health in some shape or form. The reverse side of the canvas will be intended for participants to follow up on the visual representation by creating a positive affirmation through writing, drawing or some art form in which they feel they can actively express their message. This workshop serves as an outlet to aid in self-awareness, alleviate stress, and create a way for participants to practice self-care through art and expression.

### **A-2: Neonatal Abstinence Syndrome (NAS) Intervention and Infant Care**

Presenters: Kiti Freier-Randall, Ph.D., Pediatric Neurodevelopment Psychologist, Director of Psychological Services for the Department of Pediatrics at Loma Linda University Health Care

Jackie Pavloski-Carter, M.S., CCC-SLP Speech and Language Pathologist, Inland Empire Autism Assessment Center of Excellence

This course is designed for allied health, behavioral health and medical care providers who may come in contact with or provide services for infants who present with Neonatal Abstinence Syndrome (NAS) and/or Neonatal Neurotoxic Effects (NNE). This course will provide information/training on the needs of prenatally substance exposed infants. This course will focus on information and tools for caregivers, including parents, grandparents, family members, or foster parents, that are providing care to an infant impacted by NAS. Dr Kiti has, with colleagues, developed a virtual kit that provides caregiving strategies for caregivers of infants with NAS. The NAS Care Resource Toolkit is a free resource and will be highlighted during this session. We will: provide insight into the neurodevelopmental impact of NAS , discuss the need for better identification and treatment of affected infants in order to improve their trajectory in life both in the short and long-term, discuss the effectiveness of a multi-disciplinary approach to treatment of NAS affected infants and some of the resources available to address specific needs and improve their outcomes, and provide information, education, resources and support for health care providers and caretakers of NAS infants.

### **A-3: No strings attached - how CASA volunteers serve as protective factors amidst broken bonds and trauma faced in the child welfare system.**

Presenter: Kristi Chastain, Advocate Supervisor, CASA of San Bernardino County

CASA volunteers (Court Appointed Special Advocates) are designated by the Juvenile Dependency Presiding Judge as officers of the court to advocate for youth bound to the child welfare system.

Through training and supervision, CASAs walk alongside youth during their journey, observing and identifying their needs. Through collaboration with community agencies, CASAs submit court reports, providing recommendations to the judge on behalf of the youth. CASAs serve a vital role, often being the only consistent piece remaining in a youth's life. This presentation will focus on the experiences of youth and provide an interactive display of how CASA supports youth, their families, and community partners.

#### **A-4: Current Trends in Suicide Prevention for Children and Adolescents**

Presenters: Timothy Hougen, (need his letters), San Bernardino County Department of Behavioral Health, Deputy Director

Rishi Parikh, MD, Associate Medical Director for Children's Services, Department of Behavioral Health

The presentation on "Current Trends on Suicide Prevention in Children and Adolescents" will delve into the latest research and developments surrounding the pathophysiology, diagnosis, and treatment of suicidal behavior in this vulnerable population. This comprehensive overview aims to equip mental health professionals with the knowledge and tools needed to effectively address and prevent suicide in children and adolescents. We will cover: Understanding the Pathophysiology of Suicidal Behavior, Diagnosis and Early Detection, Current Trends in Child and Adolescent Suicide, Evidence-Based Treatments and Interventions, Suicide Prevention Programs, Technology and Suicide Prevention, and Equipping Mental Health Professionals.

The presentation will conclude by emphasizing the urgent need for a multi-faceted and comprehensive approach to combat child and adolescent suicide. By staying up-to-date with the current literature, embracing evidence-based practices, and utilizing innovative technologies, mental health professionals can play a pivotal role in preventing suicides and fostering a supportive environment for the well-being of children and adolescents.

#### **A-5: TBD**

### SESSION B

#### **B-1: Father Engagement in the Inland Empire: A five year report**

Presenter: Juan Solis, Father Engagement Coordinator, San Bernardino County Children's Network

Rachel Douglas, Senior Parent Partner Training & Education Coordinator

We will be taking a look at the capacity built within the last 5 years of the Father Engagement Program's existence. The collaboration that has been conducted to implement fatherhood programs throughout the Inland Empire and the technical support reach that has been provided to family servicing agencies. You will hear from partnering agencies, Riverside University Health Systems, and fathers that have benefitted from the collaborative work within IEFIC.

#### **B-2: Transitional Age Youth & California Community College Success**

Presenters: Christa Banton, LMFT, Professor/Mental Health Counselor, The Mindful Space at Barstow Community College

In recent years the California Community College system has become a hub for social support for students. Some of these supports include things such as food pantry, homeless services, mental health care, disability services, and specialized support programs for former foster youth. There are some very specific issues that make the transition into the college system more difficult for TAY age youth because of what they have experienced. Issues of lack of stable and positive social connections as well as untreated or undertreated mental health can cause students to drop out or have to retake classes several times. These issues can also interfere with their academic success especially if their history with the educational system was negative, sporadic, or disrupted. This presentation will explore the dynamics between transitional age youth and their success at a California Community College as well as present the specific support programs available through California Community Colleges throughout the state of California. The goal is to provide this information to other professionals so that they can understand that college is not just education, but we have more to offer our young adults and we can provide additional supports that they may not otherwise have access to.

### **B-3: Toxic: A Black Woman's Story**

Presenters: Monique Amis, Public Health, Division Chief

Jasmine Coleman, MD, Founding Board Member, NAEBOR Clinic Medical Group

Participants will watch a special screening of "Toxic: A Black Woman's Story." Meant to raise consciousness about structural racism by shedding light on the faces of parents who deal with infant loss, this short film shows the journey of a successful Black woman who must navigate an unjust world while trying to protect herself and her family. Following the short film, participants will engage with a healthcare expert to explore pregnancy-related health conditions often affecting Black mothers including increased rates of diabetes and hypertension, lack of access to quality care, economic insecurity, the effects of systemic racism, and more.

### **B-4: Building and Strengthening Thriving Communities: Safe Babies**

Presenters: Kim Kimpel, D.Min, Director of Community Programs San Bernardino, Walden Family Services

Sue Evans, Co, Walden Family Services

This workshop addresses the needs to provide equitable access to resources and work alongside families who have or are at risk of becoming system involved. Throughout the workshop we identify the need to be adaptable and meet families where they are, providing services in a culturally humble way and delivering accurate information succinctly and in ways that are sensitive to family's culture, gender identity, religion, and socio-economic status. Every seven minutes a baby or toddler is removed from their family, many due to poverty, high parental ACE's, physical and mental health issues and systematic racism, leading to allegations of neglect. The first three years of a child's life are crucial and supporting families in our communities is essential to building a healthy and thriving community. The Safe Babies Court Team Approach is one way of supporting and connecting families to resources and can lead to creating system change.

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## SESSION C

### **C-1: commercial sexual exploitation of children (CSEC) in the Inland Empire**

Presenters: Angel Magallanes, MSW, CASE Coordinator, San Bernardino County Children's Network

An introductory presentation exploring the commercial sexual exploitation of children (CSEC) in the Inland Empire. Includes a brief overview of: associated risk factors, red flag indicators, where youth are vulnerable, and resources. We will discuss how County organizations work collaboratively to implement the Coalition Against Sexual Exploitation (C.A.S.E.) a multidisciplinary response to Domestic Minor Trafficking throughout the county. The C.A.S.E. Multidisciplinary Team (MDT) process includes intensive case management services to system involved youth demonstrating at-risk behaviors or have been identified as victims of Human Trafficking. C.A.S.E. focuses on a countywide prevention and intervention approach to end Commercial Sexual Exploitation (CSE).

### **C-2: The San Bernardino County Response to Human Trafficking**

Presenter: Angel Magallanes, MSW, San Bernardino County Children's Network, C.A.S.E. Coordinator

An introductory presentation exploring the commercial sexual exploitation of youth in the Inland Empire. This will include a brief overview of the identification of Commercial Sexual Exploited Children (CSEC), what are the risk factors and red flags youth may exhibit in school settings. We will discuss how County organizations, such as, Children's Network, The County of San Bernardino Human Trafficking Task Force, in addition to, The Coalition Against Sexual Exploitation (C.A.S.E.) utilize a multidisciplinary response to Domestic Minor Trafficking throughout the County to combat Minor Domestic Trafficking. The development of the C.A.S.E. Multidisciplinary Team (MDT) process and intensive case management servicing victimized youth. C.A.S.E. focuses on a countywide prevention and intervention approach to end Commercial Sexual Exploitation (CSE).

### **C-3: Fentanyl 101 - Justice Response**

Presenter: Jacquelyn Rodriguez, District Attorney Public Affairs Officer, San Bernardino County Office of the District Attorney

Stuart Cullum, Detective, San Bernardino County Sheriff's Department

Detective Cullum will discuss the history of the opioid epidemic and how fentanyl has become a primary detriment to the fight against drugs. He will explain why fentanyl is so addictive, and the many dangers associated with its usage: addiction, overdose and death. Exploration of why the cartels are driving the fentanyl business and the District Attorney's Office's approach with case filings in conjunction with the legislative aspects.

#### **C-4: The Dual Challenges of MMH and Child Developmental Calls for Collaboration**

Presenters: Arezou Salamat, OTD, OTR/L, Associate Professor, Loma Linda University

Apple Sepulveda, Occupational Therapist, Co-Founder, Nurture Collective

It is critical for early intervention service providers to address the needs of the family holistically to continue supporting their child. Sadly, many young children whose parents experience mental illnesses such as postpartum depression, anxiety disorder, and bipolar disorder, or experience trauma, and substance abuse, may face challenges to provide a nurturing environment that promotes development including cognitive and social-emotional growth. It is critical for all EI providers to be aware of the needs of parents, screen and make appropriate referrals, and consider the unique needs of the families. This workshop will discuss the signs, and symptoms of parents facing mental health challenges and strategies to strengthen their parental skills.

**C-5: TBD**