

107th Annual TCSW Conference Breakout Sessions

Friday August 28, 2020

Session I—8:35 to 9:50 am

Off The Grid

Dianne Castellano, LCSW, Grief Counselor , Alive Hospice

Let's shake perceptions on accessing emotional guidance. Get on a dirt path, look into the trees, step over bridges. Let's seek immersion with the forest, unplugging, centering. Let's use the tools that are open to us when we step outside. This presentation will touch on support in nature, how to "walk and talk" in a therapeutic manner. Attendees will receive the "Ten Essentials" to use in grief and loss .

Navigating the Dementia Journey

Tawnya Caldwell, LMSW, CMC, CDP—Elder Care Coordinator, Elder Law of Nashville

This presentation is designed to help attendees understand the difference between normal aging and cognitive decline due to dementia. Attendees will learn the important considerations throughout the dementia journey, including care options, paying for care, financial and legal considerations, and working through caregiver stress.

Tracking Social Health Influencers In Criminal Justice: An Approach for Both Staff & Inmates

Adriane Matherne, Manager, Community Resilience, The Family Center

Healthy People 2020 lists social and community context as one of 5 key areas to creating "social and physical environments that promote good health for all". Included in this category is the criminal justice system, which is wrought with toxic stress on both sides of the bars. However, we can begin to shift towards a healthier system through trauma-informed correctional approaches.

Understanding and Measuring the Health and Well-being Benefits of Adequate Housing

Erin Rose, VP of Social Equity, MSSW, LLM Human Rights, Three3, Inc.

Adequate housing and affordable utilities are social determinants of health (SDoH). The research presented will include both quantifiable (survey) and qualitative (in-depth interviews) data to help understand why housing matters for advancing social outcomes. Findings across multiple studies – both across the Tennessee valley and beyond – that have measured the non-energy impacts (e.g., asthma outcomes, resilience indicators) of low-income weatherization and healthy housing programs will be discussed.

HIV/AIDS Content Track - The HIV Trauma Syndemic

Lauren Brown, Ph. D., LCSW, Nashville CARES

Attendees will gain an understanding of the interconnection between HIV and trauma, and how together they represent an under-addressed syndemic. Literature will be presented to explain this syndemic as well as local data to illustrate the HIV-trauma link in the Middle Tennessee area. Attendees will then learn about trauma-informed HIV care and be presented preliminary results on an AIDS Service Organization's adoption of TIC.

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Session II - 9:55 to 11:10 am

The Brain, Mental Health and Addiction

Lindsey O'Connell, LMSW , Mental Health Clinician , Tennessee Association of Alcohol, Drug, and other Addiction Services

What causes addiction? This presentation will delve into how genetics, environments, and adversity each contribute to the development of neural pathways, which lay the foundation for addiction and other mental health disorders. The neuroscience of addiction, mental health, and effective treatment will be explored. The impact of social determinant of health will be analyzed through the lens of epigenetics, ACEs, and trauma.

Service, Therapy or Emotional Support: The Difference Between Assistance Dogs (Animals Will Be Present)

Bethanie Poe, Middle Tennessee HABIT Coordinator, University of Tennessee

Publicity around the use of animal assisted interventions continues to grow. However, as their popularity increases, so does the confusion about what assistance animals are and what they can and cannot do. In this workshop, we'll explore the differences between the types of assistance dogs, when they should be used, and how they fit into social work practice.

Healthy Living for Your Brain & Body: Tips From the Latest Research

Ashley Briggs, Community Educator and Memory Care Director, Alzheimer's Association

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Get Out of the Bubble Bath: Re-thinking Self Care

Tara Watson, LCSW, Light Bulb Wellness

Self-care is vital for all of us, though many think of it as mostly ineffective escapism or luxurious splurges. This workshop will help re-define self-care, discuss evidence-based methods for managing emotional health and reducing burn out, and identify practical ways to incorporate self-care into the busy lives of practitioners and clients.

Language of Addiction

April Mallory , LCSW & Jami Hargrove, LMSW, UT College of Social Work

The language that professionals use has a far reaching impact on clients and outcomes. The stigma feedback loop (Avery & Avery, 2019) demonstrates that negative perceptions about substance use treatment lead to stigma, stigmatizing language, and an ineffective treatment system that people avoid. This workshop will provide up to date information on the research supporting a shift in language about substance use, misuse, and addiction with a goal of reducing stigma.

HIV/AIDS Content Track - How to Incorporate Faith/Religion in HIV Case Management

Rosalind Andrews-Worthy, Executive Director, Gospel Against AIDS (GAA)/Global Research, Education and Training Networks (GREATNES)

This workshop will first unearth and address our "isms" and in so doing help us to understand how our "thoughts," consciously or sub-consciously, fuel our "isms" that can cloud the needs assessment process. We will discuss HIV and Religion and provide simple tools that case managers can use to access the religious/faith needs of their clients. We will explain the differences between faith, religion and spirituality and provide data that supports the effectiveness of this approach (Spiritual Care and Counseling).

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Friday August 28, 2020 Session III - 11:15 am to 12:30 pm

Delegating Your Way Out of Family Dysfunction

Tom Bissonette, Director, YoungAndWiser, Inc.

Family dysfunction is not a problem; it's a solution. It becomes a problem when families get stuck there beyond the initial adaptive phase and their members descend into self-defeating or harmful behaviors. Before that point, I prefer to call them stress-adapted families because they have responded to a crisis with the best resources they have at hand. These families are creative and show a flexibility conducive to survival. My focus is on how family members in flux or crisis delegate responsibilities downward, upward, and sideways as needed. This is a strength-based approach that honors the adaptability and creativity of families.

Safe at Home Address Confidentiality Program

Stacy Scruggs, Safe at Home Program Coordinator, TN Secretary of State

Public Chapter 1004, the Safe at Home Address Confidentiality Program assists victims of domestic violence, stalking, human trafficking, and sexual assault offenses. The innovative program will provide participants with a substitute address that can be used as their legal address of record on almost all state and local government records, with only a few exceptions. By using the substitute address, a participant's actual residential address will no longer appear in public records and will not be subject to public disclosure under the Tennessee Public Records Act, which will provide an additional layer of safety to these victims as they seek to escape further abuse.

Utilities, SDOH, NEIs, and Resiliency - How They Intersect and the Ways We Can Work Together to Make a Difference

Beth Parsons, Program Manager, EnergyRight for the Home, Tennessee Valley Authority

Why is the nation's largest public power provider leading research on the Social Determinants of Health (SDOH)? Learn how non-energy impacts align with the SDOH and more resilient homes, families and communities. Hear stories about how energy efficiency and weatherization have led to those outcomes for participants in TVA's EnergyRight Home Uplift Program. Discuss why everyone should be interested in the SDOH so that we as a society are all working on "effective remedies for social and economic problems" at every level.

Maintaining Our Own Mental Health—The "Inside Job"

Ruth Williams, LCSW, Middle TN Behavioral Health

We are body, mind, and spirit - a complex, amazing conglomeration of our physiological condition, our emotional/mental state (including our history and environment), plus our view of the world, of others, and our place in it (connection to "spirit/spiritual"). The "outer world" can be very confusing and overwhelming. Together, we'll look at and experience a sampling of ways to enhance our own internal health.

The Hidden Faces of Homelessness – Children and Youth in Our Schools

Catherine Knowles, Homeless Education Program Coordinator, MNPS & Callie Fuller, BSW Intern, Trevecca Nazarene University

More than 1.5 million school-age children and youth experience homelessness each year and they come to school each day with unique needs and concerns. This presentation will not only explore the barriers and challenges that students face but it will also highlight the resources that are available to support them.

Social Determinants and Brain Health: A Public Health Update

Amy French, Senior Manager of Programs and Education, Alzheimer's Association

Historically, Alzheimer's disease has been seen as an aging issue; but more and more people are viewing Alzheimer's and Brain health as a public health issue because the burden is large, the impact is major, and there are ways public health can intervene. This session covers the past, present, and future of Alzheimer's disease and brain health and how it is being addressed as a Public Health matter in Tennessee. Additionally, as brain health evolves as a Public Health issue more and more communities are rising to the challenge in creating Dementia Friendly Communities. Current efforts in the Southeast region of the state will be highlighted along with opportunities to continue to grow these efforts state-wide.

HIV/AIDS Content Track—HIV, PEP & PrEP—What You Need To Know

Mario G. Forte, PrEP/PEP Navigator, Cempa Community Care

It's 2020 and roughly 25% of the population do not correctly know how HIV is, and equally important, is not transmitted. This session will outline the facts and actual risk of HIV transmission and the biomedical options that are available to prevent viral infection, along with a discussion on how women, youth, and people of color can be reached and educated in all aspects of HIV prevention.

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Session IV - 1:00 pm tp 2:15 pm

Understanding Our Culture of Contempt (Part A)

Dorothy Gager, LCSW, Retired

The current ideological divisions in this country provide a backdrop of stress for almost everyone. This can affect therapeutic and professional relationships, leaving practitioners at a loss for how to understand and provide high-quality services to clients with whom they vehemently disagree. The first part of the presentation will provide a conceptual framework for understanding how this culture of contempt has evolved, and the second part will focus on specific tools for establishing mutual respect rather than mutual contempt.

Bullying: A Toxicity in the Workplace

Arlene Martin-Norman, HR Consultant, Healthier Future Retail & Consulting Services

The Society For Human Resource Management's recent , Toxic Workplace New Research says that " nearly half of Americans have considered quitting and leaving their jobs for good and more than half who have actually have did so because of their managers". Toxic workplace environment have high turnover and low employees engagement. This is business imperative. Learn about bullying and it's impact on the bottom-line and workplace culture.

Shifting Culture to Onsite Self Care Strategies

Alexia Georghiou, Founder, Knoxville Happiness Coalition

This presentation is for leadership to brainstorm ideas together to foster resilience in front line workers. Addressing staff compassion fatigue, secondary trauma, & the medical condition of burnout needs to be in the forefront of work culture. Experts in culture development in organizations exemplify how putting employee happiness in the forefront benefits the clients they serve as well as investors. Fostering companionate love among teams with relational management is key to building a team that will thrive in times of stress. Includes examples of companionate love at work and it's benefits including increased engagement, productivity with reduced absenteeism in front line staff.

Executive Functioning Deficits and Trauma Informed Discipline Practices in Schools

Emily Partin, Director, Grundy County Family Resource Center

Children exposed to early trauma experience executive functioning deficits that contribute to detrimental classroom behaviors. An inability to concentrate, focus, and keep horseplay in check often leads to "in-school suspension", the discipline of choice for many schools. This exclusionary practice can re-traumatize a child, setting him/her up for failure. The strong correlation between educational attainment and health outcomes makes this a critical social determinant of health.

Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training

Brittany Willis, Suicide Prevention Program Director, Tennessee Department of Health

QPR trainings are designed to teach participants how to recognize the warning signs of someone who may be contemplating suicide and question them about whether or not they are suicidal, how to offer hope to an individual experiencing a suicidal crisis and persuade them to get help, and how to refer an individual having a suicidal crisis to help in order to save their life. QPR trainings are designed for anyone to participate.

HIV/AIDS Content Track - Ending the Syndemic in Tennessee

Amber Coyne, MPH, End the Syndemic Coordinator for the Tennessee Department of Health

Ending the HIV Epidemic plans have been sweeping across the nation for several years and many of these plans started as grassroots movements to make HIV prevention and treatment plans that reflected community priorities. Last year, the federal government announced they too were committing to creating ending the HIV epidemic plans for America. To successfully end HIV in Tennessee, we must also address the overlapping epidemics heavily impacting our communities. As a result, the TDH HIV/STI/Viral Hepatitis program is spearheading a slightly different approach by creating an "End the Syndemic (ETS)" plan, which will be an integrated prevention and treatment blueprint for Tennessee, inclusive of HIV, sexually transmitted infections (STIs), substance use disorder (SUD), and viral hepatitis (VH). From March 2020 through June 2021, TDH HIV/STI/Viral Hepatitis program will be supporting the development of an End the Syndemic plan through meaningful community engagement with local stakeholders affected by and/or working to address one or more of the overlapping epidemics. This workshop will introduce the concept of a syndemic, provide data to illustrate what the syndemic looks like in Tennessee, and engage participants in visionary work to strategize ways to maximize meaningful community engagement and achieve collective impact through collaboration across sectors to achieve a common goal: the end of the HIV/STI/SUD/VH syndemic TN.

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Session V - 2:20 pm to 3:35 pm

Combatting the Culture of Contempt (Part B)

Dorothy Gager, LCSW, Retired

The current ideological divisions in this country provide a backdrop of stress for almost everyone. This can affect therapeutic and professional relationships, leaving practitioners at a loss for how to understand and provide high-quality services to clients with whom they vehemently disagree. Part B will focus on specific tools for establishing mutual respect rather than mutual contempt.

Moving Families from Homelessness to Thriving Through Collaborations

Jennifer Reason, LMSW, Program Director, Safe Haven Family Shelter; Matt Preston, Senior Manager, Family Empowerment, United Way & Kim Demetrio, Supervisor of Housing, Catholic Charities

The Family Empowerment Program is a model of supportive services that exemplifies partnership and collaboration across multiple agencies to address barriers and create opportunities for families in our community to thrive.

The Rise of the Whistleblower

Kyle Eaton, Quality Improvement Officer, Meritan, Inc.

Having whistleblower protocol is vital for the health of an agency. Over the years, there have been some disagreement about what a whistleblower is, what their role should be, and how to properly create an environment which operates in an ethical manner. This presentation will utilize recent events across multiple industries to explore all facets of a whistleblower policy for an agency.

Caregiver Health Literacy Impact on Health Outcomes

Adrienne Newman, LAPSW, Lecturer and Assistant Field Director, Ball State University

Nearly 15% of Tennessee's population cares for an adult relative who experiences self-care limitations. Elders have a higher incidence of illness due to the aging process, lifestyle choices, and environmental determinants. Their healthcare journey is impacted by the choices of their caregivers. We will discuss what impacts sound decision making and ways caregivers can increase their health literacy and both their own and their loved ones' health outcomes.

HIV/AIDS Content Track -

Meeting People Where They're At: Improving Health Outcomes for People Who Use Drugs With Harm Reduction

Kacey Byczek, Capacity Building Manager East, Harm Reduction Coalition & Dr. Orisha Bowers, PhD, Regional Director

In 2019, the CDC declared 40 counties in Tennessee vulnerable to HIV/HCV outbreaks. As fatal overdose rates decline across the country, Tennessee's rates climb. In this diverse state, how do we respond to these intertwined health crises? Harm reduction offers non-judgmental and evidence-based responses to substance use. This presentation will explore harm reduction philosophies and practices that reduce HIV/HCV transmission and overdose rates, and improve community health.

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Session VI - 3:40 pm to 4:55 pm

Combatting the Root Causes of the Stroke Epidemic Among the Aging Population

Shani Collins Woods, Assistant Professor of Social Work, Austin Peay State University

Each year, more than 800,000 Americans are impacted by a stroke. Strokes are most common among individuals over the age of 65. Public health social workers and medical social workers often work directly with stroke patients and their families. They provide resources, referrals and assist with home health and rehabilitation services. Multi-level interventions to prevent strokes among high risk groups such as African Americans, Latanix, women, and the elderly are needed.

Art, Autism and PTSD

Yadira Calderon, Advocate, Parent, Autism: The Happy Kingdom

Bullying is a reality and PTSD is one of its consequences. Lack of social skills, diverse family realities, pressure of social media - all influence negatively the interaction in middle school. Research confirms, a student with a diagnosis may face greater challenges and become an easy target. Join Yadira as she shares her parental approach through Art - her goal is to empower children with disabilities to survive bullying at school.

Nature Deficit Disorder: Implications on Mental Health & How NaturePlay Therapy Can Help

Jamie Lynn Langley, LCSW, RPT-S, President, TN Association for Play Therapy

There is growing research indicating how being in nature improves mental health across the lifespan. However children and their families are spending less time in nature than ever before, sometimes resulting in "Nature Deficit Disorder", a term first coined by Richard Louv in 2003. Incorporating research foundations, NaturePlay Therapy can be utilized to counteract Nature Deficit Disorder and help children and families access the healing and restorative powers of nature.

Youth Services 2020: The JJRA Way

Rebekah Slayton, Youth Services Director, Robertson County Juvenile Court

The Juvenile Justice Reform Act (JJRA) of 2018, has had quite an impact on the Juvenile Court and Child Welfare systems in Tennessee. JJRA implementation has been a slow, and in some instances, difficult process, but Robertson County Juvenile Court/Youth Services has developed programs and procedures to ensure compliance with JJRA mandates. This presentation will include an overview of the JJRA, explanations of the programs and procedures developed by Robertson County Juvenile Court/Youth Services Department in response to JJRA guidelines, and an open forum/brainstorming session for participants to ask questions concerning, and/or share feedback on JJRA.

HIV/AIDS Content Track - The Changing Landscape of HIV

Erin Pickney, LCSW & Kara Rauscher, LMSW, Nashville CARES

As 2018 marked the 30th anniversary of the first reported cases of HIV/AIDS, the changes are plentiful. Many of the things that come to mind when one thinks of HIV might include handfuls of brightly colored pills, men wasting in hospital beds, and false information about how the virus is transmitted. Luckily, those images are often the exception now. Both the WHO and US federal government have a goal of ending the HIV epidemic by 2030. To actualize that goal, there needs to be continued work around prevention, access to healthcare, testing and treatment, and education. In the same vein of education, those who participate in this presentation will learn about advancements and best practices related to treatment, prevention, and testing. This will include exploring the HIV care continuum, inter-sectionalities, and stigma. Participants will walk away with a deeper understanding of HIV and how to best support and advocate for their clients.