

northwest conference
ON CHILDHOOD
GRIEF

Tuesday, March 26th, 2019

Puget Sound Educational Service District Conference Center
Renton, Washington

Proudly presented by Safe Crossings Foundation

1402 3rd Ave, Suite 1322, Seattle, WA 98101 // 206.652.4723
safecrossingsfoundation.org



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General Information

Welcome!

Safe Crossings Foundation is proud to present the Fifth Annual Northwest Conference on Childhood Grief. This will be a day of deep learning, sharing best practices, and networking with colleagues. The conference will feature a deep dive into the barriers for children and teens seeking grief support services, aimed at professionals who work with children, teens and their families in dealing with the trauma of grief and death.

Location

The symposium will take place at the Puget Sound Educational Service District (PSESD) Conference Center in Renton, Washington.

PSESD Conference Center
800 Oakesdale Ave SW
Renton, WA 98057-5221

Directions & Parking

Centrally located, the PSESD Conference Center offers ample free parking and easy access to area freeways, transit centers and the airport.

FROM I-5 OR HIGHWAY 518

Follow signs for Hwy 405 to Renton (near Southcenter).

1. Take the first exit (Exit 1) off of 405 to Tukwila.
2. Turn Left/North from the offramp onto West Valley Hwy and move to the right lane, you will pass under Hwy 405. Take the first Right/East onto SW Grady Way.
3. At the next light turn Left/North onto Oakesdale Ave SW.
4. The 800 Building is on your right as you approach the next light at 7th and Oakesdale. Turn right on 7th.
5. Turn right into the first driveway. Main entrance and parking is to the right.

FROM HIGHWAY 405 SOUTH/BELLEVUE

1. Take Exit 1 to Tukwila/West Valley Hwy and move to the right.

2. Turn Right/South from the offramp and move to the left turn lane at the next light.
3. Turn Left/East onto Grady Way.
4. At the next light on Grady Way turn Left/North onto Oakesdale Ave SW.
5. The 800 Building is on your right as you approach the next light at 7th and Oakesdale. Turn right on 7th.
6. Turn right into the first driveway. Main entrance and parking is to the right.

FROM HIGHWAY 167

1. Hwy 167 ends at Grady Way in Renton and becomes Rainier Ave S.
2. Turn Left/West at the second light onto SW 7th Street.
3. The 800 building is approximately 1 mile down on your left at the end of 7th Street. (7th T's into Oakesdale.)
4. Turn left into the last driveway before Oakesdale.

Continuing Education & Clock Hours

CONTINUING EDUCATION

This program is co-sponsored by Safe Crossings Foundation and The Institute for Continuing Education. The program offers 6.50 contact hours with full attendance required. Application forms will be available on site. There is no additional fee to receive continuing education credit. Continuing education verification is mailed to attendees following the Conference. If you have questions regarding continuing education, the program, speakers, learning objectives, or grievance issues, please contact The Institute for Continuing Education: 251-990-5030 or instconted@aol.com.

NOTES: 1) To receive continuing education credit, applicants must complete all CE materials, sign in/out at designated locations, and submit an evaluation form for the sessions attended. 2) It is the responsibility of the attendee to determine if CE credit offered by The Institute for Continuing Education meets the regulations of their state licensing/certification board, including the Ethics Workshops scheduled.

Continuing Education Credit Offered:

Psychology // The Institute for Continuing Education is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling/MFT // The Institute for Continuing Education and Safe Crossings Foundation are co-sponsors of this program. This co-sponsorship has been approved by NBCC. The Institute for Continuing Education is an NBCC approved continuing

education provider, No. 5643. The Institute for Continuing Education is solely responsible for this program, including the awarding of NBCC credit.

Social Work // The Institute for Continuing Education, Provider 1007, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org, through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Approval Period: 04-13-2015 - 04-13-2018. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this Course will receive 6.50 clinical continuing education hours.

Nursing // The Institute for Continuing Education is an approved provider of continuing education in nursing by the California Board of Nursing, Provider CEP 12646. Nurses are responsible for checking with their state board to determine if credit issued through an approved provider of the CA Board of Nursing is acceptable by their state board.

Skills Level // Due to the interdisciplinary nature of this Conference, sessions have not been ranked as to skills level. Participants are urged to review the session descriptions to determine appropriateness for professional and personal needs.

Non-Credit Events // CE credit is not offered for registration, board meetings, meal functions, and breaks.

Completed CE Materials // Please bring your professional license information in order to include on CE application materials. Completed CE packets should be returned at the end of the Conference. There will be a box designed to drop off completed CE packets.

ADA Statement // If you have special needs, please contact Marci Servizi at marci@safecrossingsfoundation.org or 206-652-4723.

CLOCK HOURS

Details // The Puget Sound Educational Service District has approved this conference for 6.5 clock hours. Please visit www.psesd.org for more information.

Cancellation Policy

Refunds will be provided for registrations cancelled in writing and received by March 1, 2019. A cancellation penalty of \$75 will apply. Participant substitutions can be made at any time, but will require advance written notice by March 1, 2019.

Schedule: At A Glance

Please find extended descriptions of sessions and speakers in the next section of this document following the overview.

TIME	EVENT	PRESENTER
7:30–8:00	<i>Registration (continental breakfast to be provided)</i>	
8:00–8:10	Welcome	<ul style="list-style-type: none"> Karen Schrantz Executive Director // Safe Crossings Foundation
8:10–9:50	Session 1 <i>Keynote</i>	<ul style="list-style-type: none"> Dr. David Schonfeld, MD, FAAP Director // National Center for School Crisis and Bereavement
9:50–10:00	<i>Break</i>	
10:00–11:00	Session 2 Structural Racism, Trauma, and the Healing Powers of Collective Grieving	<ul style="list-style-type: none"> Lamont Green, DSW Lead Planner, Youth and Young Adult Homelessness // King County Department of Community and Human Services-All Home
11:00–12:00	Session 3 Harnessing the Power of Mindfulness to Promote Resilience in Youth	<ul style="list-style-type: none"> Emily Irwin, ED. S, M. Ed, LMHCA, NCSP Mental Health Counselor //Private Practice, Seattle
12:00–12:50	<i>Lunch (catered)</i>	
12:50–1:50	Session 4 It All Happens Within the Relationship	<ul style="list-style-type: none"> Darren Wenz, LICSW Family Support Coordinator // Mary Bridge Children’s Hospital/BRIDGES: A Center for Grieving Children, Tacoma
1:50–2:50	Session 5 Treating Historical Trauma in Native Americans: Collected Stories of Practice Based Evidence	<ul style="list-style-type: none"> Seth Studley, M.S., LMFT Clinical Supervisor, Therapist, Program Development Supervisor // Cowlitz Tribal Health, Seattle
2:50–3:00	<i>Break</i>	
3:00–4:00	Session 6 Integrating Learnings: Panel Discussion/ Planning	<ul style="list-style-type: none"> Dr. David Schonfeld, MD, FAAP, Lamont Green, Emily Irwin, ED. S, M. Ed, LMHCA, NCSP, Darren Wenz, LICSW, Seth Studley, M.S., LMFT
4:00–4:15	Closing	<ul style="list-style-type: none"> Karen Schrantz, MPA Executive Director // Safe Crossings Foundation

Please visit our community grief support partners at their vendor tables to learn more about each specific service. Representatives from the organizations listed below will be available during breaks to chat and provide materials.

Art With Heart | Cancer Lifeline | Cancer Pathways | Cedar Tree Counseling Services | Crisis Connections| The Healing Center |Mary Bridge Children’s Hospital |Providence King County | Seattle Children’s Hospital | Virginia Mason | Wild Grief

Symposium Sessions & Presenter Details

SESSION 1 8:10am – 9:50am

Keynote

Description // Presenter will examine the impact of childhood loss and grief experiences and how to prepare school professionals and others to support grieving youth. Presenter will share information about the Coalition to Support Grieving Students materials that could be used by conference participants.

Learning Objectives // This session achieves the following:

1. Cite current literature on the importance of initiating conversations with students related to deaths of family members and friends
2. Explain the role of guilt in impacting adjustment to loss
3. Identify grief triggers and describe strategies that minimize the impact in school settings
4. Identify ways to access the utilize free professional development resources on childhood grief

Presenter // The presenter for this session is:

- **Dr. David Schonfeld, MD, FAAP //** Director, National Center for School Crisis and Bereavement

BREAK 9:50am – 10:00am

SESSION 2 10:00am – 11:00am

Structural Racism, Trauma, and the Healing Powers of Collective Grieving

Description // A discussion including school counselors and parent/guardians. The session will be inspired by members' experience and obstacles acquiring grief support. Will include small group discussion.

Learning Objectives // This session achieves the following:

1. Cite current data on the impact of intergenerational trauma
2. Explain the manifestation of trauma, stigma, shame and undigested grief
3. Analyze both loss and resilience in communities of color, addressing barriers to developing and implementing culturally relevant programming
4. Explain how human centered design uses empathy as the platform/starting place for program design

Presenter // The presenter for this session is:

- **Lamont Green, DSW //** Lead Planner, Youth and Young Adult Homelessness, King County Department of Community and Human Services – All Home

SESSION 3 11:00am - 12:00pm

Harnessing the Power of Mindfulness to Promote Resilience in Youth

Description // When youth are grieving, they need support from the adults in their lives to be resilient. Adults can support the resilience of the youth with whom they work by engaging them in mindfulness practices. Mindfulness has the power to improve, among many things, the emotional regulation, attention, and compassion of those who practice it—all of which are greatly needed when supporting youth in times of grief and loss. In this presentation, you will have an opportunity to learn about the ways that mindfulness practice changes the brain to promote health and well-being as well as participate in a variety of mindfulness practices that you can use immediately. You will leave this presentation with mindfulness tools that you can use to promote resilience in the youth with whom you work (and maybe even yourselves!).

Learning Objectives // This session achieves the following:

1. Participants will be able to define and describe what mindfulness is and what it isn't.
2. Participants will be able to define and describe what neuroplasticity is and how it relates to mindfulness.
3. Participants will understand the ways in which mindfulness practice affects the brain and promotes resilience in youth.
4. Participants will learn and practice a variety of mindfulness practices that you can use with youth (or themselves).

Presenter // The presenter for this session is:

- **Emily Irwin, ED. S, M. Ed, LMHCA, NCSP //** Private Practice, Seattle

LUNCH 12:00pm - 12:50pm

SESSION 4 12:50pm - 1:50pm

It All Happens Within the Relationship

Description // Most of us recognize the importance of relationships in grief work. Yet, why is it that in working with children and teens we get caught thinking about the latest and greatest tools, gadgets, games and tricks? Children and teens need healthy relationships. Grieving children and teens need healthy relationship even more so. Yet, relationships are challenging especially for those who feel isolated and different as a result of a death they have experienced or when a family member is ill. In this interactive presentation both instructional and experiential content will be considered to better equip you to provide a healing relational experience for children and teens who have experienced death or who have a family member who has a life-threatening illness.

Learning Objectives // This session achieves the following:

1. At the completion of this presentation participants will be able to describe components of a grief group which provide connection.
2. At the completion of this presentation participants will be able recognize areas of improvement in their current offering of grief support.
3. At the completion of this presentation participants will be able to articulate the relational effectiveness of their grief program.

Presenter // The presenter for this session is:

- **Darren Wenz**, LICSW // Family Support Coordinator, Mary Bridge Children's hospital/BRIDGES: A Center for Grieving Children, Tacoma

SESSION 5 1:50pm - 2:50pm

Treating Historical Trauma in Native Americans: Collected Stories of Practice Based Evidence

Description // Although small in number, there are emerging evidence-based prevention and intervention practices specifically addressing trauma in a culturally competent manor. There are many child and family mental health programs available in the United States and Canada, however, these programs are continually failing to provide culturally competent counseling, all the while assuming that they are doing good work. In the practice of mental health and wellness with Native Americans and Alaska Natives, it is important that different measures and approaches are utilized. Many graduate courses and books on multicultural issues simply explain the differences but lack any real depth in application. Truthfully, an awareness of differences does not count for competent counseling. As with any culture, an in-depth understanding is needed to promote and facilitate real change in helpful ways, not just in Indian Country. Often the lessons taught in Graduate school are incongruent compared to what we see as clinicians in real world settings and especially in Indian Country.

Learning Objectives // This session achieves the following:

1. Participants will learn about Tribes and Nations in the United States and Alaska.
2. Participants will understand the impacts of Historical and Intergenerational Trauma, as well as maladaptive reactions to trauma and the state of Indian Affairs.
3. Participants will learn about mental health treatment in Indian Country.
4. Participants will learn what they can do as helpers to grieving youth.
5. Participants will do some "Unlearning" and how to create increased efficacy with Tribal clients.

Presenter // The presenter for this session is:

- **Seth Studley**, M.S., LMFT // Clinical Supervisor, Therapist, Program Development Supervisor, Cowlitz Tribal Health, Seattle

BREAK 2:50pm - 3:00pm

SESSION 6 3:00pm - 4:00pm

Integrating Learnings: Panel Discussion/Planning

Description // We already know the facts: youth from disadvantaged backgrounds have less, sometimes far less, dedicated school time for art that is a valuable tool for processing grief. Some of them are attending schools that are failing in neighborhoods their families were relegated to due to redlining, racial covenants and other systemic injustice. Art is a unique and appropriate tool for young people to use to help understand their own grief experiences, but it goes much further than this. Youth who have dedicated time focused on art and creative expression have better overall outcomes. Art has a universal quality that can reach across cultures and backgrounds. Participants will be introduced to using art as a tool for social justice and practicing trauma-informed care while helping kids on their grief journey. One hands-on activity will be done.

Learning Objectives // This session achieves the following:

1. Participants will integrate learning on trauma, grief support methods, effective relationship building for healing and self-care into a personal development narrative.
2. Participants will share applications of session topics into their professional activities.
3. Participants will collaborate with other session participants to develop short and long-term goals for improving grief support for the region.

Presenters // The presenters for this session are:

- **Dr. David Schonfeld, MD, FAAP, Lamont Green, Emily Irwin, ED. S, M. Ed, LMHCA, NCSP, Darren Wenz, LICSW, Seth Studley, M.S., LMFT**

Conference Sponsors & Partners

Sponsors

An enormous thank you to our generous sponsors, without whom this conference would not have been possible!

CORPORATE SPONSORS



Partners

Safe Crossings Foundation is also grateful for our partners in planning this important event. Huge thanks to the ever-helpful Conference Planning Committee members and organizations.



Thank you to all for being a part of our caring community!