

Families Together in New York State 2019 Annual Conference

Sunday, May 5 & Monday, May 6, 2019

Marriott Hotel, Albany, NY



Building Strong Roots for Success: Integration for Family Wellness

REGISTRATION BROCHURE



**A Message from
Paige Pierce, FTNYS CEO:**

Dear Friends:

You are invited to join us for the 2019 Families Together in New York State Annual Conference, *Building Strong Roots for Success: Integration for Family Wellness*. As our theme suggests, we have built a family tree with strong roots that will sustain any winds of change that come our way. In this important time of significant change, we can rely on our strong roots.

This year's conference agenda shows our continuing efforts toward growing a movement of empowered family peer support providers, family advocates, family members, youth and professionals in the children's behavioral health field. The sessions offered during this statewide event offer the most up-to-date information about the many challenges and opportunities facing children, youth and families as health and behavioral health services continues to move toward an integrated system of care.

We encourage you to attend and receive timely and pertinent education and information on services, collaborations and practices in our children's behavioral health system.

**We look forward to
seeing you there!**

Paige A. Pierce

**"Families are like
branches on a tree.
We grow in different
directions yet our
roots remain as one."**

Building Strong Roots for Success: Integration for Family Wellness

CONFERENCE AT A GLANCE

SUNDAY, MAY 5, 2019

10:00AM-12:00PM

Registration / Visit Exhibitors

10:00AM-5:00PM

The FTNYS Basket Raffle

12:00-1:45PM

Luncheon: Opening Speaker, Kelvin Young & Keynote Speaker: Rohan Murphy

2:00-3:15PM

Session I

3:30-4:45PM

Session II

5:00-5:30PM

Membership Meeting

5:30-7:00PM

Awards Reception

Dinner On Your Own

7:00-8:30PM

Fire Pit

8:30-11:00PM

The Family Party

MONDAY, MAY 6, 2019

8:00-10:00AM

Leadership Meeting (Pre-registration required)

8:30-10:00AM

General Breakfast

10:15-11:30AM

Session III

11:45-12:45PM

14th Annual Youth Speak Out

12:00-2:00PM

Lunch

2:00PM

Closing

Sunday, May 5

STATE ROOM

10:00AM-12:00PM

Open for Wellness Activities

2:15-3:00PM

Sound Healing

3:15-4:00PM

Reiki & Chair Massage

4:00-5:00PM

Zumba and Zumba Pound

Monday, May 6

STATE ROOM

9:00AM-12:00PM

Open for Wellness Activities

**WELLNESS
ACTIVITIES**

**throughout the
conference**

CONFERENCE HIGHLIGHTS

THE FTNYS BASKET RAFFLE Assorted gift baskets from all across New York State! Raffle tickets are \$1.00 each and the raffle will be available from 10:00AM-5:00PM in the Exhibit Area on Sunday, May 5. Winners will be posted Monday morning and prizes will be available for pick-up after breakfast.

YOUTH POWER! RAFFLE The popular YP! 50/50 raffle will be offered once again this year. Winner will be called at lunch on Monday.

EXHIBITORS Visit our exhibitors coming from across New York State just for you!

THE 14TH ANNUAL YOUTH SPEAK OUT The youth voice is strong! On Monday at 11:30AM, listen as youth from across the state step up and speak out!

ABOUT THE CONFERENCE

The 2019 Families Together in New York State Annual Conference features interactive and educational workshops, an empowering keynote address, networking opportunities, exhibitors and more. The Annual Conference gives attendees of all ages the chance to meet new people and gain valuable information to bring back to their communities.

CONFERENCE TRACKS:

The Family & Advocate Track (FT) is a great track for parents, caregivers, educators, staff and advocates and is developed based on what is important to you, the youth in your life, your family and network.

The Youth Track (YT) planned in partnership with the YOUTH POWER! network, this track offers workshops that are selected and delivered for and by young people to help build self-help and advocacy skills. The Youth Track is created for young people ages 12-25.

The Family & Youth Track (FT & YT) for parents and youth to attend and learn skills together that can be implemented at home within the family, etc.

The Workforce Development Track (WDT) is designed for FPAs and YPAs to address specific workforce issues in the Peer Advocacy field.

The Leadership Track (LT) is created to address the needs of individuals who are in leadership roles and who work in the local, regional and statewide networks.

The Special Events Working Group of the **YOUTH POWER!** network has put together a Youth Track that will help young people build their self-help and advocacy skills. YOUTH are the future. Your voice matters.

Workshops marked **YT** are specifically designed for **young people ages 12-25** and are intended for educational and empowerment purposes. Young people are invited to choose from the YT workshops or any of the other workshops offered at the conference. The goal of youth participation is to empower young people and provide them with tools for self-advocacy and information to bring back and share with their peers, schools and communities. **All youth attending the track must be there by their own choice.** Youth under the age of 21 are expected to attend workshops and notify their parent or guardian of their whereabouts at all times including the Youth Track. **YOUTH POWER!** Facilitators and FTNYS staff are not responsible for monitoring the whereabouts of youth and young adults.

*Please Note: There will be no child care or programming for any children under the age of 12. Youth ages 12 and up who would like to attend the conference must be registered for the Youth Track only.

SUNDAY EVENING EVENT | 8:30-11:00PM

The Family Party!

Fun for all ages! Join friends at the Annual Family Party and dance, laugh, talk and celebrate! Food, Dancing, Games, Fun, Photo Booth & Giveaways!

LUNCHEON SPEAKERS

SUNDAY, MAY 5, 2019

12:00-1:45PM

OPENING SPEAKER:

Kelvin Young

Kelvin is a Sound Practitioner and a person in long-term recovery since March 6th 2009. The first time he was exposed to sound healing, Kelvin discovered the sounds of the crystal and Tibetan singing bowls and gongs calmed his mind, relaxed his body and nourished his soul. He went on to study sound healing with Master Sound Healers, Paul Hubbert of the Holographic Sound and Inner Balance and Satya Brat Jaiswal of the International Academy of Sound Healing, Kelvin has also studied with Brian Luke Seaward of Inspiration Unlimited, a renowned international expert in the field of holistic stress management and received his recovery coach certification from CT Community for Addiction Recovery.



KEYNOTE SPEAKER:

Rohan Murphy

At the age of four, Rohan's rare physical disability forced doctors to amputate both of his legs. Doctors told the Murphy family that Rohan would never be able to take care of himself and would require 24 hour care each day of his life. Rohan instead went on to become a championship wrestler at Penn State, an award winning American Paralympian, a featured athlete by Nike, and currently is a well-known professional motivational speaker that speaks on overcoming adversity, accepting people's differences, and bullying. Murphy has been featured in media such as ABC News, Sports Illustrated and 20/20, as well as Nike's "No Excuses" campaign.



SESSION INFORMATION

SUNDAY, MAY 5, 2019 SESSION I: 2:00-3:15PM

LT: ME “THE COMMUNICATOR”

Brian Barr, *Volunteer, Senior Hope - United Way*

Workshop focuses on the one person in the equation we can immediately improve regarding getting our message across be it to a school district, principal, boss, co worker, school assembly, legislature, judge, child, family is ourself. In this session we will together work on skill building to more powerfully deliver knock out communications to move our listeners to action.

FT: PARENTS PERSPECTIVE ON BARRIERS TO REUNIFICATION

Jeanette Vega, *Training Director, Rise*

Nancy Fortunato, *Senior Parent Leader, Rise*

This workshop highlights how hard it is for parents to overcome child welfare mandates when the system does not understand everything parents are going through- all the adversity that come along with child welfare involvement that effects parents ability to move forward. The system sees it as non compliance but itâ€™s just too much for parents to get a grip on services and other obstacles that come up.

FT: NAVIGATING ADDICTION TREATMENT FOR FAMILIES

Lynn Gilbert, *Director of Outreach and Research, St. Joseph’s Addiction Treatment and Recovery Centers*

Laurie Quinn, *Certified Addiction Recovery Coach*

Tina Buckley, *Director, Rose Hill Adolescent Residential Facility*

Laurie Quinn is a Certified Addiction Recovery Coach and provides training for the NYS recovery peer certifications; but her most important role is being the mother of two adult sons in recovery. She will share her family’s experience navigating the treatment system (private insurance and Medicaid) and provide an overview of the OASAS treatment system and resources. Lynn M. Gilbert is the Director of Outreach and Research for St. Joseph’s Addiction Treatment and

Recovery Centers. Lynn’s research concentrates on the focus of GenZers in the 17-21 year age bracket, their transition from high school into college, and poor college retention rates in the second year specifically for students who experienced childhood trauma impacted by substance abuse. Tina Buckley, Program Director of Rose Hill, will join us to share her experience running an adolescent rehabilitation facility for nearly 25 years.

FT: STAYING THE COURSE: THE IMPORTANCE OF EMOTIONAL REGULATION FOR FAMILIES

Sharon Sorrentino, *Vice President of Transitional Services, ICL*

John O’Keefe, *Experienced Foster and Adoptive Parent*

This workshop will provide information on the importance of emotional regulation for all members of the family, particularly those parenting children with special needs or who have come from hard places; causes of dysregulation; and a variety of tools and strategies for fostering emotional regulation and building tools for self-regulation.

FT: SUPPORTING TRANSGENDER, GENDER NON-CONFORMING AND NON-BINARY FAMILIES AND YOUTH

Danielle Skelly, *Family Support Specialist, AFFCNY*

Rosie Williams, *NOA Advocate for You Gotta Believe*

An open dialogue about the specific need of families and youth within the LGBTQ+ continuum that identify as transgender, non-binary and gender non conforming, with an emphasis of supporting and understanding of the unique needs of this population.



YT: YOUR EXPERIENCE HAS POWER!

Azaria Georger, Youth Peer Services Training and Credentialing Coordinator, YOUTH POWER!

Do you have experience with a disability, mental health challenge, substance use disorder? Do you have experience in juvenile justice, special education, and/or foster care? Are you interested in helping other young people who are facing some of the same challenges you once faced? If your answer is yes, this presentation is for you! Here we will share the role, the benefits, the process for becoming a Youth Peer Advocate and answer any questions you may have.

YT: BRINGING PRIDE TO WELLNESS

Ashley Rivera, Youth Wraparound Implementation Coordinator, YOUTH POWER!

Imari Wilson, Hudson River Regional Youth Partner, YOUTH POWER!

Please note this activity is best suited for teens, young adults, and adults
Using the wellness wheel model to self-identify areas of our personal lives that are well balanced, but might need some attention. There will be prompts under the six overall topics of wellness tailored specifically to LGBTQIA+ and allies topics of health, relationships, workplace balance, social life, and spirituality.

SESSION II: 3:30-4:45PM

LT: BREAKING BARRIERS: BUILDING RELATIONSHIPS IN UNDER-SERVED COMMUNITIES

Alfonso Guzman, Manager of Family and Parent Services, IncludeNYC

Discuss barriers under-served communities face in accessing services. Explore creative models and best practices to reach families that have historically been under-served. Learn strategies for bridging cultural, racial, and linguistic differences as well as approaches for overcoming challenges faced by diverse communities including immigrant and refugee families. Identify potential practices for reaching under-served communities in your region.

FT: NEW YORK PAID FAMILY LEAVE: SUPPORT FOR CAREGIVERS

Tiffany Battles, LMSW, Empire State Fellow, NYS Workers' Compensation Board

Jaclyn Sheltry, Senior Attorney, Office of General Counsel, NYS Workers' Compensation Board

Launched in January 2018, New York's Paid Family Leave provides millions of New Yorkers with job-protected, paid time off to care for a family member with a serious health condition, bond with a new child or assist loved ones when a spouse, domestic partner, child or parent is deployed abroad on active military service. Eligible employees can be there for their loved ones when they're needed most without putting their financial security at risk. In this session, attendees will learn: Paid Family Leave basics, including: the three uses of Paid Family leave, who is eligible, and how you take it; Important health outcomes that may result from having access to paid family leave to care for a loved one; Updates for 2019; Helpful resources for attendees to share with their networks.



Join us around the fire pit from 7:00-8:30PM on Sunday night!

SESSION INFORMATION

FT: TOGETHER INCLUDING EVERY STUDENT (TIES)

Kathy Costello, TIES Program Director, Starbridge

Sarah Salamone, TIES Program Manager, Starbridge

Together Including Every Student (TIES), developed in 1997 by two parents of children who have developmental disabilities, promotes the participation of students and young adults in inclusive, organized extracurricular and community activities through the support of trained peer volunteers.

Participants who have developmental disabilities are able to join activities of their choice in their school and/or community with the support of a trained peer volunteer where previously they may have not been attending activities or attending with the support of an adult such as a parent or paraprofessional and were not included.

FT: LOSS, GRIEF, AND ADJUSTMENT FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS

Dianne O'Connor, Regional Coordinator, Parent to Parent of NYS

Come join Dianne O'Connor, Regional Coordinator for Parent to Parent of NYS, as she presents this workshop. Powerful and intense feelings are natural and common responses to parenting a child with exceptional needs. This training will provide an overview of common emotions experienced by parents and discuss how by sharing and acknowledging these emotions parents can find the inner strength needed to face and embrace their role as a parent of a child with special needs.

FT & YT: I WONDER HOW MY CHILD FEELS, I WONDER HOW MY MOM FEELS: CONSOLIDATING MENTAL HEALTH DYNAMICS USING PARENT/YOUTH ADVOCATE TEAMS

Maria Garritt, Mother

Charles Leyte, Maria's Son & Youth Peer Advocate, Mental Health Advocates of Western New York

How as a mother/son team we have provided consolidated points of view between youth and family members both topical and as a whole. Families and youth benefit not only by receiving support from a peer, but also by learning and understanding how "the other part of the family" feels. An example is: when a youth is going through situations of anger and anxiety, the youth receives support from a peer, and also have the opportunity to learn how a parent feels about his/her situation. Also parents can have a "peek" of what youth feels by having the feedback of a young adult that has experienced similar circumstances when growing up. We will cover topics such as: mental health services, suicidal ideation, drug abuse, bullying, difficulties with education, divorce, and others.

YT: MENTAL HEALTH JEOPARDY!

Carly DelVecchio, Central Regional Youth Partner, YP!

DJ Wilkerson, NYC Regional Youth Partner, YP!

Alex Frisina, Long Island Regional Youth Partner, YP!

Imari Wilson, Hudson River Regional Youth Partner, YP!

A fun and interactive presentation in which youth engage in a game of Jeopardy to grow in their knowledge (and demonstrate their understanding of) of youth peer advocacy, self-advocacy, systems advocacy, community supports, self-care, coping skills, and more!



[Click Here to Register Today!](#)

MONDAY, MAY 6, 2019 | SESSION III: 10:15AM-11:30PM

YT: FINDING EMPOWERMENT THROUGH POETRY

*Joseph Munisteri, Best Selling Author and Publisher
Representative/Agent, Local Gems Press*

Alexis Kennedy, Author of "This is what it feels like"

Two Authors Journeys of Empowerment! Both wrote books in 30 days together, and both have had personal journeys with mental health. Hear an inspiring story of mentorship, mindfulness and the power of challenging ourselves to be our best selves. This workshop is themed around poetic and artistic journeys, however the information learned in this workshop will apply to so much more. This workshop is designed to be interactive and will have publisher representatives who will also do portfolio review upon request, as well as maybe even have a few surprises for everyone in attendance to take home with them. This workshop will explore the power of writing poetry, journaling emotions, mentorship (proving there really is "No Distance Between Us" as they did this all while being on opposite side of NYS!) Come get inspired and Empowered and Learn how to harness your true hidden abilities you might not have known you had hidden within!

FT: PROFESSIONAL BOUNDARIES: CREATING A SAFE AND SUPPORTIVE ENVIRONMENT

Colleen Carroll-Barbuto, Director, Prevention and Quality Improvement, NYS Justice Center

Additional Presenter TBA

The presentation will offer a brief overview of Justice Center focus on abuse prevention and detailed information and discussion on professional boundaries. Topics will include: definition and types of professional boundaries; importance of professional boundaries in a care setting; complexity of the caregiver role; red flags; how to develop and maintain boundaries; and what agencies can do to support this goal.

FT: IT WAS HARD BECAUSE I NEVER WENT THROUGH NOTHING LIKE THIS: CAREGIVERS' EXPERIENCES WITH YOUTH RESIDENTIAL TREATMENT

Raquel Derrick, PhD, NYS Division of Criminal Justice Systems

This presentation will discuss findings from interviews conducted with 101 caregivers of youth who were placed in a residential treatment center (RTC). The interviews were conducted within 4-6 weeks of the youth's placement and were analyzed to explore caregiver engagement in mandated youth treatment from the caregivers perspective. Existing research has often overlooked the caregivers experiences and perspective in relation to caregiver engagement. The construct of caregiver engagement was defined as motivation and expectation of treatment, bond with staff and behavior in treatment (See Cunningham et al., 2009). Findings will be used to generate discussion around caregivers' perspectives and experiences that might either contribute to or detract from their willingness to engage in their child's treatment process. Implications for agency practices and procedures to promote greater family engagement will be developed.

WDT: WHY YOUTH PEER ADVOCATES?

Azaria Georger, Youth Peer Services Training and Credentialing Coordinator, YOUTH POWER!

Ruth Lindenfelser, Senior Research Support Specialist, Center for Human Services Research

Why would my agency want to hire Youth Peer Advocates? How does a Youth Peer Advocate benefit young people? Come have your questions answered! In this interactive presentation, we will share with you information on the Training and Credentialing requirements for Youth Peer Advocates. Youth peer advocates have the potential to enhance the Wraparound process. But much is unknown about how to harness their unique skills. The NYS SOC initiative

in which peers work with care managers on a care management team provided an opportunity to examine peers' role in Wraparound to identify their unique value as well as challenges.

WDT: THE “LITTLE T” OF TRAUMA: TOXIC STRESS AND RAISING CHILDREN WITH SPECIAL NEEDS

James Rodriguez, Senior Research Scientist, McSilver Institute for Poverty Policy and Research

Renee Hettich, LMSW, Adoptive & Foster Family Coalition

Raising children with mental healthcare needs is a chronic stressor for the entire family. Children in the mental health system are at high risk for exposure to chronic stress. Likewise, their parents or caregivers can be equally exposed to chronic stress. This workshop will focus on trauma informed practices in the context of family support in children's mental healthcare. It will focus on strategies to provide information to families on trauma and chronic as a critical step towards building resilience.

YT: YOUTH VOICES HAVE POWER!

Lori Teaney, Youth Recovery Program Specialist, Youth Voices Matter-NY

Youth Voices Matter-NY, Youth Recovery Program Specialist Lori Teaney, will be presenting, Youth Stories Have Power training to all youth and young adults, as well as, anyone interested in learning how to effectively voice their recovery story through positive recovery messaging. This training will teach individuals how to develop their message to various groups, how to shift their usage of language, and what words to elevate and celebrate! This training will also teach individuals different messaging strategies, the key parts of messaging and will provide ways to practice the use of their recovery message. By learning how to voice your recovery story you can contribute to breaking down stigma, advocate to change policies, and assist in building a strong national recovery movement.

THE 14TH ANNUAL YOUTH SPEAK OUT

YT: SPEAKOUT PREP

10:00AM-11:30AM, Monday, May 6, 2019

The Annual Speak-Out will take place at the closing ceremony of the conference. Youth must attend this workshop to participate in the Speak-Out. Come to this workshop to design a poster, prepare to speak and support your peers. **Make sure your voice is heard!**

EVENT:

On Monday, May 6 at 11:45AM, listen as youth from across the state share what is important to them.

YOUTH POWER!

FT & YT: WHAT UNHEALED PLACE INSIDE OF YOU DID YOU INHERIT?

Deborah Faust, Director of Family Engagement & Support Services, MHANYS

Natalie Smarro, WRAP Facilitator and Consultant, Three Generations of Wellness: A Transformative Approach to Health and Healing

Isabella Smarro, Student

This workshop will involve a discussion about the healing force that lives within us all. Three generations will share insight about the process involved in transforming inherited family trauma. Living with intention and purpose involves choice and when a mother and her daughter and granddaughter become intentional and tap in to the healing force within, it becomes the catalyst for changing some unhealthy coping skills passed down from one generation to the next. This workshop will explore how intergeneration trauma influences our parenting, and the presenters will connect the audience to the process involved in achieving mental health and healing.

REGISTRATION INFORMATION

Visit www.ftnys.org for hotel reservation information and sponsorship / exhibitor opportunities.

REGISTRATION FEES:

ADULT:

Both Days (May 5-6):	\$290.00
Sunday ONLY (May 5):	\$150.00
Monday ONLY (May 6):	\$150.00

YOUTH (12-25):

Both Days (May 5-6):	\$225.00
Sunday ONLY (May 5):	\$150.00
Monday ONLY (May 6):	\$150.00

[Click Here to Register Today!](#)

CONFERENCE COMMITTEE

Pauline Gordon, *Chairperson*
Brian Barr
Geraldine Burton
Erica Leonard
Lynn Rogers
Michelle Zuk



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Olivia Fried , <i>Communications Associate</i>	Laurie Rivera , <i>Program Manager for the Community Systems Engagement Team</i>
Alexander Frisina , <i>Long Island Regional Youth Partner</i>	Heather Tafuro , <i>Long Island Regional Parent Advisor</i>
Azaria Georger , <i>Youth Peer Services Training & Credentialing Coordinator</i>	Cheryl Williams , <i>Long Island Regional Parent Advisor</i>
Brianna Gower , <i>Director of Youth Power!</i>	'DJ' Wilkerson , <i>New York City Regional Youth Partner</i>
Brad Hansen , <i>Public Policy Director</i>	Imari Wilson , <i>Hudson River Regional Youth Partner</i>
Zack Kilmer , <i>NYISA Coordinator</i>	

Families Together in NYS

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Families Together is a non-profit, family-run organization that strives to establish a unified voice for families of children and youth with social, emotional and behavioral challenges. Our mission is to ensure that every family has access to needed information, support and services. Families Together in New York State, Inc. is a 501(c)3 not-for-profit organization.