



## **Anyone Can Slay A Dragon: Doing It All Over Again**

Kim Kehl

There is a cost to caring. Working with kids, their families and persons with histories of trauma is not easy work. You start to hear the commonality, which makes it feel exhausting to listen to the “same story” over and over. On top of it, the COVID-19 pandemic and recent social unrest has significantly disrupted the norms, expectations, and activities of daily life, and resulted in the potential for widespread community and individual trauma. These threats can feel unpredictable and uncontrollable –the signature of traumatic events. – disrupt a sense of control, connection and meaning. This workshop will highlight the importance of self-care and identify practices that participants can adopt to manage their own self-care.

At the end of this session, participants:

- Will have learned about different types of trauma, including secondary trauma and the physical, cognitive, and social-emotional effects it has on kids, youth, families, community members and staff/care givers.
- Understand the physiological effect of the stress response on thinking and behaviors.
- Have identified the components of self-care and interventions to create a culture of self-care.

## **Staff Burnout**

Jeremy West, LISW, LICDC, Riverside Recovery Services

Session objectives:

- Learn how to decrease staff burnout and increase productivity
- Effectively use evidence-based Maslach's Staff Burnout Tool
- Learn how to develop a self-care plan

## **Impairment in the Workplace**

Nancy Rodway, MD, Knox Community Hospital

Employers will learn the following in this session:

- What is impairment and who can “diagnose” it
- Impairment statistics on the job and their association with injuries
- How to document impairment
- Do drug screening programs decrease impairment and injuries
- Impairment and specific drugs; differentiate impairment and medical conditions
- Impairment cannot be diagnosed on a drug screen
- Impairment and BWC and the concept of rebuttal presumption
- Impairment and marijuana
- Medical marijuana and the employer

## **Safe Zone Training**

Lauren Lochotzki & Lindsey Lamp, New Directions

Participants will:

- Expand knowledge of language and cultural terms of the LGBTQ+ community.
- Understand what privilege and oppression can look like and the effect a lack of privilege may have on an individual.
- Understand how homophobia affects safety for survivors of intimate partner and sexual violence.
- Apply the knowledge that I have gained during the training in real-world situations.

## **Motivational Interviewing 1&2**

Jeremy West, LISW, LICDC, Riverside Recovery Services

Participants will:

- Learn the history of motivational interviewing
- Increase confidence to use motivational interviewing
- Discuss research outcomes



## **Mean Girls Dealing with Drama and Relationships**

Lisa Hinkleman Ph.D, Ruling Our Experiences (ROX)

Ruling Our eXperiences (ROX), is the national nonprofit leader in programming, research and education focused on girls. In a first of its kind, national survey, 'The Girls' Index', ROX asked nearly 11,000 girls "what is the biggest issue going on for girls?" The one word that appeared most often was DRAMA. So what really is drama? Where does it come from, why does it happen and how can we help girls engage in healthy and supportive relationships with other girls. In this 1.5 hour session, ROX Founder and Executive Director, Dr. Lisa Hinkleman, will use data collected from the 'The Girls' Index' to help participants gain a deeper understanding of girls' relationships with one another and the factors that create the relationship challenges we often label as mean girl behavior and girl drama.

Session Objectives:

- Learn what girls say about their friendships with other girls
- Understand the dynamics of girls' friendships and mean girl behavior
- Learn strategies to help girls develop supportive friendships with other girls

## **Restoring Offenders to Productive Citizens**

Chip McConville, Knox County Prosecutor's Office

Participants will:

- Understand why it may be important for some clients to seal or expunge their records and how legislation affect that.
- Have a better understanding of the legal requirements for records relating to substance abuse.
- Understand how to assist clients in reducing the collateral consequences of low-level felony convictions.

## **Youth Suicide Prevention for Trusted Adults**

Melanie Fluellen, LPCC-S, Nationwide Children's Hospital

In this training individuals will learn:

- Signs of depression, anxiety and self-injury
- Warning signs and risk factors associated with youth suicide
- Discuss role of trusted adults in suicide prevention
- How to create a culture that increases safety
- Effective strategies for responding to youth at risk for suicide
- Setting healthy boundaries with youth
- Practice awareness, caring and tending to struggling youth
- Healthy expression of emotions
- Coping and distress tolerance skills
- Impact of social media on mental health

## **Signs of Impairment and How to Protect Your Business**

Ben Albrecht, Fishel Downey; Deputy Joshua Watson and Deputy Nicholas Shuster, Licking County Sheriff's Office

Participants will learn:

- Signs of impairment
- How each drug can affect responses
- How to protect your business
- Roles and responsibilities as a business owner



## **The Dangerous Truth About Today's Marijuana**

Laura Stack, Johnny's Ambassadors

Laura Stack's 19-year-old son, Johnny, died by suicide on November 20, 2019, after becoming psychotic from dabbing high-THC marijuana concentrates. Soon afterward, Laura started a 501c3, Johnny's Ambassadors, to educate parents, teens, and communities about the dangers of today's high-THC marijuana on adolescent brain development, mental illness, and suicide. In this session, Laura will share the story of Johnny's marijuana addiction from a parent's point of view, a poignant chronicle of the shocking descent from innocence to eventual suicide. Before marijuana, Johnny was a computer whiz with a 4.0 GPA and a perfect math score on the SAT. After marijuana, he stole his family dog from the home and threatened to kill it without payment from his mother. With moving candor, Laura traces the first warning signs, their attempts at rehabilitation, and his eventual demise. Three days before his death, Johnny issued his own warning about marijuana usage. Through this tragic tale, Stack hopes to help parents talk to their children about the dangers of using marijuana. Laura's real-life story is backed by recent scientific research on how today's THC products can harm our youth. This presentation is a clarion call for parents across America to educate themselves about the risks of today's high-THC marijuana products and to better understand the potentially devastating effects on their children.

Objectives:

- Learn about the high-potency marijuana products used by today's youth.
- Discover how THC interacts with the adolescent brain to change its formation
- See the results of legalizing Medical Marijuana for 18-year-olds in Colorado
- Understand how adolescent marijuana use can lead to mental illness and psychosis Understand the connection between youth marijuana use and suicidality

## **Sexting: Deviant or Developmental**

Lindsey Lamp, New Directions; Danielle Swendal, Knox County Job & Family Services; Christine Williams, Knox County Prosecutor's Office

During this panel discussion you will learn about:

- Digital abuse and harrassment
- Consequences of childhood sexual assault
- Laws associated with sexting
- How to safeguard your children
- Platforms used by youth

## **Bystander Intervention**

Bella Adornetto & Olivia Crichlow, New Directions

In this training you will:

- Increase your knowledge and skills around bystander intervention and risk reduction.
- Learn terms related to domestic violence, dating violence, sexual assault, stalking, and consent.
- Recognize appropriate and inappropriate behaviors along the continuum of sexual behaviors.
- Become aware of the warning signs of intimate partner violence.

## **Methamphetamine Prevalance and Effects of Use**

Shawn Bain, Ohio High Intensity Drug Trafficking Areas

Participants will learn:

- Terms associated with methamphetamine use
- Current trends
- Effects of methamphetamine use



## Anxiety in Students

Ronni Bowyer, Newark City Schools

Participants will:

- Learn best practices to help students who experience anxiety
- Review current trends among students

## Question, Persuade, Refer (QPR)

Christa Page, Knox County Suicide Coalition

In this training:

- Learn to identify the warning signs and risk factors of suicide
- Understand the best practices on how to approach someone who may be suicidal and ask about wellbeing
- Be able to identify community resources that can be used in safety planning and outside the clinical setting in emergencies

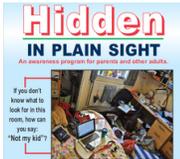
## Human Trafficking

Brande Urban, Delaware County Human Trafficking Coalition

Learn about:

- The prevalence of human trafficking in Ohio
- Warning signs of human trafficking
- How to help someone you suspect may be a victim of human trafficking
- Resources available to organizations and individuals

### **Hidden in Plain Sight (HIPS) and Narcan Education will be provided each day during lunch.**

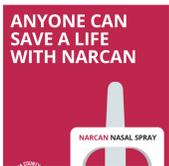


HIPS is a parent awareness program designed to increase knowledge of risky behaviors of youth. The presentation includes alcohol, marijuana, other drugs, suicide, unhealthy relationships and more.

Naloxone (also known as Narcan) is a medication that can reverse an overdose caused by an opioid drug (heroin or prescription pain medication). Naloxone blocks the effects of opioids on the brain and quickly restores breathing.

Key Points:

- Naloxone has no potential for abuse.
- If given to a person who is not experiencing an opioid overdose, it is harmless.
- If administered to a person who is dependent on opioids, it will produce non-life threatening withdrawal symptoms.
- It does not reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (Xanax, Klonopin, Valium), methamphetamines or alcohol.



Thank you for attending.  
Please visit the exhibitor tables and  
complete all session surveys.