

FORWARD MARCH:

Moving Children Forward During Challenging Times



In affiliation with Duke University Medical Center
Part of the NC AHEC Program



PROGRAM INFORMATION

Description

This conference is designed to provide information on how to meet the needs of military families. The topics identified focus on issues related to the military culture, post-deployment issues, child and family issues, and mental health treatments designed to address these issues. Information will be provided on how to access care, systems in place to help families deal with issues, and the impact of technology on children's overall mental health. The speakers represent a blend of national, state, and local expertise in the topics to be covered.

This program has been planned for substance abuse professionals, psychologists, social workers, case managers and counselors working in or around military communities. Other interested mental health or human service professionals are welcome to attend. Additionally, school personnel, clergy, veteran's groups, military personnel, and family focus groups are welcome to attend.

We have invited distinguished dignitaries serving in capacity for North Carolina and the United States of America.

Fees

\$99

Location

Snyder Memorial Baptist Church
701 Westmont Drive
Fayetteville, NC 28305

Featured Speaker

Patricia K. Shinseki

Patty Shinseki was born and raised on the island of Kauai, Hawaii. She earned undergraduate degrees in Biology and Sociology at Pacific University, Forest Grove, Oregon and a Master's Degree in Biological Science Education at Teachers College, Columbia University, New York City. She taught Biology and Physical Science at high schools in Hawaii, and remains committed to education efforts especially for military children.

An Army spouse for 38 years, Mrs. Shinseki devoted herself to volunteer work in the schools and community, the American Red Cross, Family Readiness Groups, The Arlington Ladies, and spouse development initiatives, among other military family programs and priorities. She has served on the Boards of the Armed Services YMCA, The Army Distaff Foundation, Army Emergency Relief.

She currently serves as a member of the Board of Directors of The Military Child Education Coalition, and is the chair of its Living in the New Normal: Helping Children Thrive During Good and Challenging Times initiative. She is a member of the Board of Managers of The Army Emergency Relief and the Board of Advisors of the Hesselbein Global Academy for Student Leadership and Civic Engagement at the University of Pittsburgh. She also serves as an Advisory Board member for Sesame Workshop's Talk, Listen, Connect program, and most recently served on the Panel for the Care of Individuals with Amputations and Functional Limb Loss, a subcommittee of the Defense Health Board.



AGENDA

Thursday, September 16, 2010

9:00 am Welcome to Snyder Memorial Baptist Church

*Rev. John Cook, M.Div., MS, Pastor
(To include recognition of dignitaries)*

Welcome & Housekeeping

*John Bigger, LPC
Administrator of Mental Health CE
Southern Regional AHEC*

9:30 am Welcome and Remarks

*Col. Stephen Sicinski
Ft. Bragg Garrison Commander*

10:00 am Introduction of Mrs. Patty Shinseki

Mrs. Melissa Helmick

10:05 am Opening Plenary (Fellowship Hall)

*Living in the New Normal: Helping Children Thrive through Good and Challenging Times
Patty Shinseki
Board of Directors
The Military Child Education Coalition*

Objectives:

- a) Discuss a personal reflection on military life experiences;
- b) Identify the importance of creating networks of support for military children; and
- c) Describe how to provide resources for fostering resilience in children.

11:00 am Introduction of Joyce Raezer

Tammy Laurence

11:05 am Secondary Plenary (Fellowship Hall)

*Children on the Homefront: A Research Report on Military Families and Deployment
Joyce Raezer
Executive Director
National Military Family Association*

Objectives:

- a) Discuss awareness of recent research on military families and implications for policy and support programs.

12:00 pm Lunch (on site)

12:30 pm Luncheon Plenary: Embracing Comprehensive Soldier and Community Fitness (CSF) (Fellowship Hall)

*Deanna Beech, PhD
Chief, Child and Adolescent Psychology & Psychology Liaison to HHC 173rd V CZ*

Objectives:

- a) Identify key elements of the CSF program;
- b) Discuss the current level of implementation;
- c) Discuss the paradigm shift that is needed to move from a deficit focused model to a wellness model; and
- d) Review several examples of direct application of the CSF concepts in community development.

1:30 pm

Breakout Sessions

- A) Military Culture and Resistance to Seeking Help (*Chapel*)
*Ronald Buryk, MSW
US Army LTC-Retired
Behavioral Science Coordinator
Dept. of Family Medicine Residency Prog.
Womack Army Medical Center
Fort Bragg, NC*

Objectives:

- a) Describe key elements of military culture and how they influence service members' behavior;;
- b) Discuss how some elements of military culture contribute to service members' resistance to seeking help; and
- c) Identify strategies the military is using to address resistance to help.

- B) The Use of Psychopharmacology in the Treatment of PTSD (*B1045*)

*Bruce Capehart, MD
Duke University Medical Center
Durham VA Medical Center*

Objectives:

- a) Participants will describe the central role of SSRI/SNRI antidepressant medication in treating PTSD, the relative contraindication for benzodiazepines in PTSD treatment, and discuss several special situations in the pharmacologic management of PTSD.
- b) Session participants will have the opportunity to ask questions and discuss the presentation material; and
- c) Participants will be exposed to existing professional practice guidelines for PTSD.

- C) Effects of Deployment on Children and Families (*Parlor*)

*John Lesica, MD
Child and Adolescent Psychiatrist
Cumberland County Mental Health Center
Mark Hesselthaler, MD
Child and Adolescent Psychiatrist
Cumberland County Mental Health Center*

Objectives:

- a) Describe the impact of deployment on children and families;
- b) Identify how mental health professionals can assist families with issues of deployment; and
- c) Discuss local resources and supports for children and families.

- D) Everything You Need to Know About Technology Facilitated Victimization of Children... But Were Afraid to Ask (Part I) (*Fellowship Hall*)

*Sharon Cooper, MD
CEO of Development and Forensic Pediatrics*

Objectives:

- a) List the six types of sexual exploitation of children;
- b) Discuss compliant victimization versus self-exploitation;
- c) Discuss the social cost of adult pornography and its impact upon children and youth; and
- d) Review the health care problems associated with domestic minor sex trafficking.

AGENDA

3:00 pm Break

3:15 pm Breakout Sessions

- A) Building Resiliency with Family and Community During Reintegration (*Chapel*)
Deanna Beech, PhD and
Panel of Military Spouses moderated by
Rebekah Sanderlin

Objectives:

- a) Discuss issues common to families related to deployed soldiers returning to the family environment.
- B) Teaching Case Conference (*Parlor*)
John Lesica, MD
Child and Adolescent Psychiatrist
Cumberland County Mental Health Center
Mark Hessenthaler, MD
Child and Adolescent Psychiatrist
Cumberland County Mental Health Center

Objectives:

- a) Discuss cases that provide an opportunity for shared learning;
- b) Learn and discuss best practices and evidence based treatments that can be applied in the real world; and
- c) Identify opportunities for further training in evidence based practices.

- C) Everything You Need to Know About Technology Facilitated Victimization of Children... But Were Afraid to Ask (Part II) (*Fellowship Hall*)
Sharon Cooper, MD
CEO of Development and Forensic Pediatrics

Objectives: Continued from Part I

- D) Working Towards Smooth Transitions and Resilience In Military Families (*B1045*)
Donna Earle, MSW
Manager and Trainer
Parent to Parent Surge Program
Military Child Education Coalition

Objectives:

- a) Provide an overview of transition issues that military families encounter;
- b) Discuss the opportunities for building resilience afforded by the military life style;
- c) Overview of MCEC programs as they relate to building resilience in our military children and their parents.

4:30 pm Adjourn

Friday, September 17, 2010

9:00 am Breakout Sessions

- A) Staying Strong in Tough Times: A New Look at Compassion Fatigue (*Chapel*)
Perry Good, MA

Objectives:

- a) Participants will be able to discuss compassion fatigue; and
- b) Participants will be able to describe preventative measures to combat compassion fatigue.

- B) A Very Brief Introduction to Neurofeedback: What It Is and How It Works (*B1045*)
Kip Patterson, PhD
Clinical Psychologist

Objectives:

- a) Define "neurofeedback";
- b) Explain basic brain activity and how those are relevant to neurofeedback;
- c) Describe how and why neurofeedback works; and
- d) Describe several diagnoses that neurofeedback effectively addresses.

- C) Tricare Services and Overview (*Parlor*)
Pamela McMillan
Tricare Community Representative
Womack Army Medical Center
Fort Bragg / Pope AFB

Objectives:

- a) Describe services provided through Tricare and eligibility requirements for participants.

- D) Putting Clinical Practice Guidelines for PTSD To Work in Your Practice (*Fellowship Hall*)
Harold Kudler, MD
Duke University Medical Center
Durham VA Medical Center

Objectives:

- a) Identify clinical practice guidelines for the treatment of PTSD;
- b) Appreciate the relative strengths and weaknesses of clinical practice guidelines; and
- c) Begin putting clinical practice guidelines to work in their own practices.

10:30 am Break

10:45 am Breakout Sessions

- A) Neurofeedback for PTSD: An Effective (*B1045*)
Alternative to Medication
Kip Patterson, PhD
Clinical Psychologist

Objectives:

- a) Describe the basic behavioral pathologies involved in extreme stress and post traumatic stress disorders;
- b) Describe the basic physiological consequences of extreme stress;
- c) Describe how and why neurofeedback works; and
- d) Describe several diagnoses that neurofeedback effectively addresses.

- B) Families & Faith: How the Clergy Can Help (*Chapel*)
Pastor John Cook, M.Div., MS
Chet Egert, Senior Chaplain at Fort Bragg

Objectives:

- a) Describe the role of military chaplains in ministering to soldiers and families;
- b) Discuss the role civilian clergy and churches play in supporting military families; and
- c) Provide information on other agencies and resources to meet spiritual needs.

AGENDA

C) How to Advocate for Military Families

(Fellowship Hall)

Joyce Raezer

Executive Director

National Military Family Association

Objectives:

- a) Identify proper channel to use when advocating for specific issue; and
- b) Identify potential resources to support advocacy on behalf of military families.

D) Serving Those Who Served Us *(Parlor)*

Prasanthi Myneni, MD

Jackie Jones-Alexander

Clinical Psychologist

Objectives:

- a) Inform health care professionals about the various programs that are available to Veterans through the Veterans Health Administration;
- b) Educate MH professionals on how Veterans can access the programs offered at the Fayetteville VA Medical Center; and
- c) Discuss the role of Mental Health in the treatment of Veterans.

11:45 am **Lunch (on site)**

12:15 pm **Welcoming Remarks** *(Fellowship Hall)*

LTG Frank Helmick

*Commanding General XVIII Airborne Corps
and Ft. Bragg*

12:30 pm **Luncheon Plenary: The CARE Coalition
and Helping SOF Wounded Warriors Q & A**

(Fellowship Hall)

SFC Joseph Healey

SFC Joe A. Serna

1:30 pm **Closing Remarks**

Senator Margaret Dickson and

Representative Rick Glazier

2:00 pm **Adjourn**

Planning Committee

Eva Hansen

Partnership for Children of Cumberland County

Tammy Laurence

Center for Economic Empowerment and Development

John Freudenburg

Partnership for Children of Cumberland County

Shannon Shurko

Cumberland County Schools

Jane Smith

Fayetteville State University

Adrian Reeder

U.S. Army Special Forces Command (Airborne)

John Bigger

Southern Regional AHEC

Robbie Byrd

Snyder Memorial Baptist Church

Nathania Headley

Cumberland County LME

Leonna Byrd

Junior League of Fayetteville

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SPEAKER BIOGRAPHIES



Prasanthi Myneni, MD

Dr. Myneni completed her MD degree at Rangaraya Medical College, India. Dr. Myneni completed General Adult Psychiatry residency program at Maimonides Medical Center, NY and is board certified in Adult Psychiatry with added qualifications in Addiction Psychiatry. She has extensive clinical experience in treating variety of behavioral health problems. She joined the VA family in August, 1999 and is currently holds the position of Chief of Mental Health Service Line.

Jackie Jones-Alexander, Clinical Psychologist

Dr. Jones-Alexander completed her PhD in Clinical Psychology at the State University of New York – University at Albany. Her graduate work focused on assessment and treatment of trauma related psychological disorders. She has research and clinical experience in the assessment and treatment of adult and youthful trauma survivors. She has worked with survivors from a variety of potentially traumatic events such as motor vehicle accident survivors, combat veterans, and physical/sexual assault survivors. She joined the VA family in September, 2009.

Harold S. Kudler, MD, Psychiatrist

Dr. Kudler trained at Yale and is Associate Clinical Professor at Duke. He has received teaching awards from the Duke Department of Psychiatry, the American Psychiatric Association, and the American Psychoanalytic Association. From 2002 to 2010, Dr. Kudler coordinated mental health services for a three-state region of the U.S. Department of Veterans Affairs (VA) and from 2000 through 2005 co-chaired VA's Special Committee on PTSD which reports to Congress. He founded the International Society for Traumatic Stress Studies' (ISTSS) PTSD Practice Guidelines taskforce and serves on the ISTSS Board of Directors. He co-led development of a joint VA/Department of Defense guideline for the management of posttraumatic stress. Since 2006, he has co-led the North Carolina Governor's Focus on Returning Military Members and their Families. Dr. Kudler is Associate Director of the VA's Mid-Atlantic Mental Illness Research, Education, and Clinical Center (MIRECC) for Deployment Mental Health and Medical Lead for the VISN 6 Rural Health Initiative.

Joyce Raezer

A Maryland native, Joyce earned a B.A. in History from Gettysburg College, and an M.A. in History from the University of Virginia. Joyce became the Executive Director of the National Military Family Association in 2007. In that position, she guides the management of the Association's programs and initiatives that serve the families of the seven Uniformed Services and that promote improvements in their quality of life. She joined the staff of the Association's Government Relations Department as a Volunteer in 1995, moved into her first paid position in 1998 and subsequently served as Deputy Associate Director and Associate Director before she was promoted to Director in December 2001.

Ronald Buryk, MSW, US Army LTC-Retired

Ron Buryk received his MSW from the University of Washington in 1975. He is also retired from the US Army. Ron currently serves as the Behavioral Science Coordinator for the Department of Family Medicine Residency Program at Womack Army Medical Center at Fort Bragg, North Carolina. He has over 20 years of experience active duty as an Army Social Worker in a variety of settings. He has ten years experience in the Federal Civil Service working at Fort Bragg, and has taught five years in the Graduate School of Social Work at Fayetteville State University in Fayetteville, North Carolina as a part-time instructor.

John J. Lesica, MD

John Lesica serves as a Child and Adolescent Psychiatrist for the Cumberland County Mental Health Center in Fayetteville, North Carolina. In that role he conducts outpatient assessment and treatment of children and adolescents. He is also an active participant in community education and is the Director of the child psychiatric program. He received his MD from Georgetown University School of Medicine in Washington D.C. and is Board Certified by the American Board of Pediatrics, the American Board of Psychiatry and Neurology and American Board of Psychiatry and Neurology in Child Psychiatry.

Mark Hessenthaler, MD

Mark Hessenthaler received his MD from Central American Health Sciences University in Belize City, Belize in 2001. He has received training in Cognitive Behavior Therapy, Family Therapy Training, and is a Child and Adolescent Psychiatry Fellow from the Department of Psychiatry at the Medical College of Georgia. He is also a co-developer of a start up program for telepsychiatry treating undergraduates from Georgia Southern University. He is also a member of the American Psychiatric Association and the American Academy of Child and Adolescent Psychiatry.

Sharon Cooper, MD

Sharon Cooper is a forensic pediatrician whose area of expertise is child sexual exploitation. She has provided training for thousands of professionals in the area of Internet and communication crimes against children. She is a consultant and member of the board of directors for the National Center for Missing and Exploited Children. She has testified before the United States Congress as well as the European Union and the Russian Duma (Parliament). She has provided education in this area to the American Academy of Child and Adolescent Psychiatry as well as the Department of Justice, the National District Attorneys Association, the Federal Bureau of Investigation, the National Council of Judges and is one of two Americans on the Expert Working Group on Violence against Children in Cyberspace.

SPEAKER BIOGRAPHIES



Donna Earle, MSW

Donna Earle credits the fifty years she has spent as a military family member and her experiences raising two children, who each changed schools nine times, for building the foundation and knowledge she needs in her work with the Military Child Education Coalition. The Masters in social work that she earned at UNC Chapel Hill and her work with military related programs such as Family Advocacy, AFTB, AFAP and a variety of youth groups and spouses' clubs have provided opportunities to develop her experiential approach to working with military families. Donna has worked with the MCEC for four years as a trainer, supervisor and program manager in the Parent to Parent Program.

Bruce Capehart, MD, MBA

Dr. Capehart graduated with a degree in biochemistry from Texas Christian University in Fort Worth, Texas. He went to medical school at the University of Texas Southwestern Medical School. Upon graduation from UT-Southwestern, his eastward trek continued with the start of residency training in psychiatry at Duke University Medical Center. Dr. Capehart enrolled in the MBA program at the University of North Carolina Chapel Hill while a psychiatry resident and completed the program two years later. Dr. Capehart served as a medical corps officer in the United States Army Reserve from 2000 through 2006, including a deployment as theater psychiatrist for Coalition Joint Task Force-180 in Bagram, Afghanistan in 2003. In 2005, he was offered a position with the Durham VA Medical Center to create a program for veterans returning from the conflicts in Afghanistan and Iraq. Dr. Capehart also holds a faculty appointment in the Department of Psychiatry and Behavioral Sciences at Duke University School of Medicine.

John J. Cook III, MDiv, MS

After graduating from West Point in 1979, John served 26 years on active duty as both a line officer and a chaplain. He served as a battery commander in Grenada in 1983 with the 82nd Airborne Division, two additional combat tours as a chaplain in Desert Shield/Storm from 1990 to 1991, and again in Kuwait from 2004 to 2005. He retired in 2009 as the senior chaplain at the United States Military Academy to serve as pastor of Snyder Memorial Baptist Church in Fayetteville, North Carolina. John has ministered for over 20 years to soldiers deployed to combat as well as to their families back home.

Perry Good

Perry Good is a popular speaker, trainer, corporate coach, and author. She received her Master's Degree in educational anthropology from New York University and worked closely for many years with Dr. William Glasser as a senior faculty member of the William Glasser Institute. Perry is a founding member and a senior faculty member of the International Association for Applied Control Theory (IAACT). She has worked extensively with Cumberland County Schools and other school systems across the country as well as with non-profit organizations. In addition she has conducted management seminars for Glaxo Welcome, Wendover Funding, and Mary Kay Corporation.

Kip. E. Patterson, Ph.D.

Kip Patterson received his Doctorate in Psychology from Louisiana State University in 1977. He is currently in private practice in Clinical and Sports Psychology in Southern Pines and Raleigh, North Carolina. He has previously served as a neuropsychologist as well as a Director of Psychological Services in Lake Charles, Louisiana. Kip also has over 35 years as a biofeedback practitioner and has served as a teacher and consultant on a local, national and international level.

Chester Egert, US Army Colonel

In May of 2009 Chaplain Egert became the 18th Airborne Corps Chaplain at Fort Bragg. Prior to this, his service record includes: the Installation Chaplain at Fort Hood, Texas; the Religious Support Observer Trainer for the Battle Command Training Program at Fort Leavenworth, Kansas; the Division Chaplain of the 101st Airborne Division; the Deputy Southern European Task Force Chaplain in Vicenza, Italy; the Brussels American Community Chaplain to NATO in Brussels, Belgium; instructor at the Chaplains Career Course at Fort Jackson, South Carolina; and he served with the 10th Mountain Division at Fort Drum, New York as the brigade chaplain to 10th Aviation Brigade and the Division Artillery. Chaplain Egert has served on operational tours in Somalia, Haiti and Iraq and has served as a battalion chaplain with the 1st Armor Division in Vilseck, Germany and battalion chaplain with the 9th Infantry Division at Fort Lewis, Washington.

SFC Joe A. Serna

SFC Serna joined the Army in 1995. Since that time his career has included: Airborne School, PLDC, BNCOC, SFAS, SFQC (Special Forces Communications Sergeants Course), Special Forces SERE, ANCOC, Protective Service Detail Course, Air Movement Officer Course, Military Free Fall, Advanced Special Operations Technique Course, Modern Army Combative Program LVL I and II, Basic Instructor Training Course, Small Group Instructor Training Course, and Master Resilience Trainers Course. SFC Serna has been deployed to South Korea, Kosovo, Afghanistan and Columbia.

SFC Joseph Healey

SFC Healey is a liaison with the United States Special Operations Command Care Coalition. SFC Healey has over seven years of operational experience as a Special Forces Medical Sergeant with the 3rd Special Forces Group. During his tenure with the 3rd Special Forces Group he has deployed to Guinea, Kyrgyzstan, Pakistan, and five tours to Afghanistan.



IMPORTANT INFORMATION

Credit

0.8 CEUs will be awarded to participants who attend 100% of this program. Southern Regional AHEC adheres to NBCC Continuing Education Guidelines, Provider #5362 (8.0 Contact Hours). This program will provide 8.0 contact hours (category A) continuing education credit to NC Psychologists.

Questions and Suggestions

For information regarding program registration, please call (910) 678-7226. For questions regarding educational content or professional credit, please contact John Bigger, MS, LPC, Administrator of Mental Health Continuing Education at Southern Regional AHEC at (910) 678-7207.

To be added to our mailing list please visit:

https://www.southernregionalahec.org/professionals/mailling_list2.asp

Americans with Disabilities Act

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Our Promise To You

Southern Regional AHEC strives to offer the highest quality educational programming. If, for any reason, this program does not meet your needs, please let us know. We value your feedback and will resolve the issue to your satisfaction.

Mark your calendars!

2011 Clinical Update and Psychopharmacology Review

February 16-17

Pinehurst Resort

FEBRUARY 2011

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