

FORWARD MARCH

TRAINING SEMINAR AND SYMPOSIUM
NOVEMBER 17 - 18, 2016



MOVING FAMILIES FORWARD DURING CHALLENGING TIMES



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



The Barry Robinson Center
A Behavioral Health System for Youth



PROGRAM INFORMATION

NOVEMBER 17 - 18, 2016

8 a.m. - 4:30 p.m. both days

LOCATION

Snyder Memorial Baptist Church
701 Westmont Drive • Fayetteville, NC 28305

FEE

Student (w/ current ID): \$64 when registration and payment are received before November 10; \$74.50 thereafter.

Individual: \$129 when registration and payment are received before November 10; \$149 thereafter.

DESCRIPTION

Welcome to the 7th Annual Forward March Training Seminar and Symposium. We are proud of the innovative nature of Forward March in bringing together over 60 different organizations to educate, train, and enhance the professional practice of over 1400 professionals from across our region in order to improve outcomes for veterans, service members, and their families.

So many aspects of veteran and military family life have changed dramatically since the major world conflicts of the early 20th century yet those who have sacrificed so much for our nation continue to experience challenges that require the support of their community to help them overcome. This is why the work of Forward March is so critically important. Military culture is a culture of community, and Forward March is so powerfully impactful due to the way in which it joins together forces from every facet of the community touching the lives of these families. We thank you for your being an integral part of Forward March and the larger support system. We are all dependent upon the work you do every day.

Forward March is not just a 2-day seminar and symposium. It's a grassroots movement to continuously improve the way we support those who have and those who continue to defend our freedom and way of life. Beyond this focus, Forward March enhances the overall resiliency of the entire community, both civilian and military, as it helps to form collaborations and improves professional practice.

For more information about Forward March or Military Initiatives, please contact: La-Lisa Hewett-Robinson, MA, Southern Regional AHEC (910) 678-7293
la-lisa.hewett-robinson@sr-ahec.org

For more information about Living in the New Normal, please contact: John Freudenberg, MBA, Government & Military Affairs Liaison with the Partnership for Children (910) 826-3122 / jfreudenberg@ccpfc.org

TARGET AUDIENCE

This Training Seminar and Symposium will be beneficial to substance abuse professionals, psychologists, social workers, case managers, counselors, school personnel, clergy, military personnel, groups working in or around military communities, veteran services, government, school systems, faith-based and community resources, non-profit, and private organizations. Other interested mental health or human service professionals are welcome to attend.

CREDITS/REFUNDS

CEU: 1.2

Contact Hours: 12.0

Credit will be awarded to participants who attend 100% of the program. SR-AHEC adheres to NAADAC Education Guidelines Provider #843 (Substance Abuse Credit). The program will provide 12.0 contact hours (category A) continuing education credit to NC Psychologists. This program does not provide specific NBCC Credits.

However, per LPC licensure guidelines, you may submit up to 15.0 contact hours of continuing education per renewal period, by attending programs by affiliates of the National Area Health Education Center Education (NAO). NBCC credit will not be offered at this Training Seminar and Symposium.

As part of the NC AHEC system, SR-AHEC is an NCBPTE approved provider of continuing competence with regards to activities directly related to physical therapy. The program will award 12.0 contact hours for NCBPTE.

No partial credit will be given. Individuals arriving 15 minutes or more after the program has started will not receive credit.

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 48 business hours before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

EXHIBITORS

Acadia Healthcare/Children's Behavioral Solutions

www.acadiahealthcare.com / (704) 702-1807
6100 Tower Circle, Suite 1000
Franklin, TN 37067

Army Community Service

www.fortbraggmwr.com/acs
Soldier Support Center
4-2843 Normandy Dr.
Fort Bragg, NC 28307

Army One Source

www.myarmyonesource.com
236 Interceptor St.
Pope Army Air Field
Fort Bragg, NC 28309

The Barry Robinson Center

www.barryrobinson.org / (800) 221-1995
443 Kempsville Rd
Norfolk, VA 23502

Brynn Marr

www.brynnmarr.org / (910) 577-1400
192 Village Dr
Jacksonville, NC 28546

Cape Fear Behavioral Health

www.capefearvalley.com / (910) 615-3600
1638 Owen Drive
Fayetteville, NC 28304

Fayetteville VA Medical Center

www.fayettevillenc.va.gov / (910) 488-2120
2300 Ramsey Street
Fayetteville, NC 28301

Fayetteville Vet Center

www.goo.gl/m9F34L / (910) 488-6252
2301 Robeson St. #103
Fayetteville, NC 28305

First Health of the Carolinas

www.firsthealth.org / (910) 715-3370
2605 Fort Bragg Road
Fayetteville, NC 28303

Holly Hill

www.hollyhillhospital.com / (919) 250-7000
3019 Falstaff Rd
Raleigh, NC 27610

New Hope Treatment Center

www.newhopetreatment.com / (910) 604-1702
7515 Northside Drive, Suite 200
N. Charleston, SC 29420

National Military Family Association

www.militaryfamily.org / (703) 931-6632
3601 Eisenhower Avenue, Suite 425
Alexandria, VA 22304

Old Vineyard Behavioral Health Services

www.oldvineyardbhs.com / (855) 234-5920
3637 Old Vineyard Road
Winston-Salem, NC 27104

Partnership for Children Cumberland County

www.ccpfc.org / (910) 867-9700
351 Wagoner Drive
Fayetteville, NC 28303

PsychArmor

www.psycharmor.org / (858) 755-3006
11199 Sorento Valley Rd., Suite 203
San Diego, CA 92121

Southern Regional AHEC

www.sr-ahec.org / (910) 323-1152
1601 Owen Drive
Fayetteville, NC 28304

Springbrook Behavioral Health

www.springbrookbehavioral.com / (864) 834-8013
One Havenwood Lane
Travelers Rest, SC 29690

Strategic Behavioral Center: Psychiatric Behavioral Hospital

www.sbcraleigh.com / (919) 800-4400
3200 Waterfield Dr.
Garner, NC 27529

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The Barry Robinson Center

A Behavioral Health System for Youth

The Barry Robinson Center (BRC) was established over 80 years ago as The James Barry Robinson Home For Boys, an orphanage and school built under the terms of a charitable trust left by Norfolk businessman Frederick J. Robinson. It is a residential treatment center serving boys and girls, including community-based services for children of all ages.

The center is located on the beautiful, modern residential campus with several of the original colonial-style buildings dating from when it was established. This combination makes it one of the most beautiful and unique residential treatment centers in the region. The sprawling 32-acre wooded campus, conveniently located on the border of Norfolk and Virginia Beach.

The Barry Robinson Center provides a serene setting for programs designed to help at-risk youth and their families overcome emotional and behavioral difficulties.



TRICARE Accepted

BarryRobinson.org

443 Kempsville Road • Norfolk, VA 23502 • (800) 221-1995

FEATURED SPEAKERS

THURSDAY, NOVEMBER 17, 2016



Marjorie Morrison, LMFT, LPCC, CEO & Founder of PsychArmor, President of American Psychiatric Association (APA), is a California Licensed Marriage Family Therapist, a Licensed Professional Clinical Counselor, and a PPS-credentialed school counselor and School Psychologist. She is the author of the book, *The Inside Battle: Our Military Mental Health Crisis*, and has written numerous editorials on the field of military mental health featured in *TIME*, *Newsweek*, *The Daily Beast*, *Huffington Post*, and several others. Morrison is often featured as a subject matter expert, speaking publicly throughout the country and has been interviewed on several local and national television and radio programs, including BBC, NBC, FOX, CBS, and NPR.

Despite having no military background, Morrison understands the civilian-military divide and how a better understanding of military culture and the veteran community can alleviate many of the challenges service members and veterans face when returning from war or transitioning into civilian life. She has become a passionate advocate for the education of civilians on how to work effectively and confidently with military populations, specifically through PsychArmor Institute.



Gregory Collins, M.D., is a board certified addiction psychiatrist who has dedicated his entire professional career to the treatment of alcohol and drug problems of all types. He graduated from the Ohio State University College of Medicine in 1970 with honors in surgery and psychiatry, and remained at Ohio State to complete his psychiatric residency in 1973. He subsequently entered the U.S. Navy, and became the Medical Director of the Alcohol Rehabilitation Unit at the National Naval Medical Center at Bethesda, Maryland. There his practice included both servicemen and many top government officials. In 1975, after leaving the Navy, he moved to Cleveland, Ohio, to take a faculty position at Case Western Reserve University College of Medicine, while operating the Alcohol Rehabilitation Center at Cleveland's Metropolitan General Hospital. At that time, he became a frequent industry consultant for the treatment of alcoholic executives.

In 1980, Dr. Collins moved his growing chemical dependency practice to the Cleveland Clinic Foundation, and founded the Clinic's Alcohol and Drug Recovery Center, which he led for 35 years. Shortly after coming to the Clinic, Dr. Collins became co-founder of the Cleveland Browns Inner Circle Drug, Alcohol, and Player Development Program. Dr. Collins headed the Browns' Inner Circle for 17 years, achieving widespread recognition for his treatment of professional athletes. Dr. Collins has served as the Drug Abuse Consultant for the new Cleveland Browns, the Cleveland Indians, and the NBA. Dr. Collins is also a drug abuse consultant to ABC News.

Dr. Collins has also been very involved with advanced biochemical research in alcoholism. He has written numerous articles and book chapters in professional publications, and lectures widely on substance abuse and psychiatric topics. He has treated over 45,000 patients with substance abuse and substance dependency problems. Dr. Collins has been the recipient of several local and national awards for his work.

FEATURED SPEAKERS

THURSDAY, NOVEMBER 17, 2016



Sharon Cooper, MD FAA is the CEO of Developmental & Forensic Pediatric, PA, a consulting firm that provides medical care, research, training and expert witness experience in child maltreatment cases, as well as medical care for children with disabilities. She works regularly with numerous national and international investigative agencies on Internet Crimes against Children cases. She recently served as Executive Producer of Not Just Pictures, a documentary about the victim impact of the production and distribution of child sexual abuse images on the web and social media sites.

Dr. Cooper spent 21 years in the Armed Forces, retiring as a colonel. She continues to work in both civilian and military arenas, concentrating on child abuse and developmental pediatrics. She holds a faculty position at the University Of North Carolina Chapel Hill School Of Medicine, and the Uniformed Services University of Health Sciences in Bethesda, Maryland. She is an instructor at the Army Medical Education Department Center & School in Ft. Sam Houston, Texas, where she provides multidisciplinary training in all forms of child maltreatment to health care providers, members of law enforcement, attorneys, judges, therapists, chaplains and social workers.

For the past several years, Dr. Cooper has served as a consultant to the National Center for Missing and Exploited Children, where she teaches about the victim aspects of internet crimes against children and sexual exploitation through prostitution of children and youths. Recently, she joined the training team for the International Center for Missing & Exploited Children to provide similar information in international venues. Dr. Cooper has lectured both nationally and internationally in well over 300 conferences for the US Department of Justice, the FBI, the NC District Attorney's Association, Attorney General's conferences across the US, the American Academy of Pediatrics, the Royal Canadian Mounted Police and Interpol, among many others. She has published chapters in texts, and is the lead author of the first comprehensive textbook on the medical, legal and social science aspects of child sexual exploitation and internet crimes against children.

Dr. Cooper has provided congressional testimonies regarding compliant victimization of youths who are exploited through internet technology. She is also a member of an international Expert Working Group on Children and Young Persons with Abusive and Violent Experiences Connected to Cyberspace, hosted by the Council of the Baltic Sea States and the Swedish Children's Welfare Foundation.

Dr. Cooper is a Board Member of several organizations, and is a member of several professional groups, including The American Academy of Pediatrics, The American Professional Society on the Abuse of Children, The International Association of Forensic Nurses, and the International Society for the Prevention of Child Abuse and Neglect.

FEATURED SPEAKERS

FRIDAY, NOVEMBER 18, 2016



Stephanie McCladdie, MPA has spent the past 10 years as the Director of Prevention Services for the Alabama Department of Mental Health in Montgomery, Alabama. In her capacity as Director of Prevention Services, she served as the National Prevention Network representative and as the Co-Chair of the Multicultural Committee for the past six years. She also has served as a past Co-Chairman of the National Prevention Network Research Conference. As Director of Prevention Services she had direct responsibility for the twenty percent set aside for primary prevention services.

Additionally, she had responsibility to ensure the tenets of the Strategic Prevention Framework be utilized in state and community service provision for sixty-seven counties. She brings extensive experience from the fields of community mental health for over 25 years.

Prior to joining the Department of Mental Health, she worked for Auburn University, University of Hawaii, three state governments and the Department of Defense in the areas of Community Mental Health, Education, Planning/Development & Evaluation and Human Services. She has developed a combination of work experience and education to facilitate interests in health disparities, poverty, substance abuse prevention, HIV/AIDS, community mobilization, cultural integration, faith-based issues, family advocacy and military families.

Her professional career outside of state government includes being a board member for the Central Alabama Fair Housing Board whereas she works toward the education of fair housing practices for citizens of central Alabama. Ms. McCladdie has been an ongoing grant reviewer for several federal agencies in the areas of mentoring, violence, substance abuse prevention, health disparities, behavioral health and community education.



Stephanie Brooks Holliday, Ph. D. is an Associate Behavioral Scientist at RAND Corporation and licensed clinical psychologist. Her research interests include veteran post-deployment health, including physical, mental, and cognitive health; novel interventions and service utilization among military and veteran populations; and veterans involved in the criminal justice system. More recently, she has engaged in research related to the health and wellbeing of the spouses of military service members and veterans.

Dr. Brooks Holliday completed her graduate training at Drexel University. She completed her predoctoral internship and postdoctoral fellowship at the Washington D.C. VA Medical Center. During her time at the DC VA, she specialized in neuropsychology. She also contributed to research on a range of topics related to post-deployment health through the War Related Illness and Injury Study Center, including sleep disturbances, chronic pain, and the utilization and effectiveness of complementary and integrative health services.

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Since 1983, Brynn Marr Hospital has specialized in providing quality behavioral health services through a comprehensive, integrated system of inpatient treatment and residential programs.

We offer high quality acute and residential treatment services for children, teens and adults struggling with a mental illness or substance use disorder.

BrynnMarr.org

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Our ability to individualize care is further enhanced through the separation of our Adult and Children's Campuses. Each campus is designed with features specific to providing top-quality treatment for the age group it houses. We invite you to choose a campus to explore.

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(800) 447-1800

PROGRAM AGENDA

THURSDAY, NOVEMBER 17, 2016

- 8 a.m. **Welcome and Housekeeping**
LTC (Retired) Ronald H. Buryk, MSW
- Presentation of Colors**
Terry Sanford High School
- National Anthem**
Rachel Townsend, Jack Britt High School
- 8:05 a.m. **Welcome to Snyder Memorial Baptist Church**
Rev. John Cook, M.Div., MS, Pastor
- 8:10 a.m. **Fort Bragg Community Welcome**
CSM. Scott C. Schroeder
- 8:20 a.m. **Greetings and Introduction of Plenary Speaker**
Mary Sonnenberg, President, Partnership for Children
- Opening Plenary - Developing Cultural Competency in Military and Veteran Families**
Enhancing Culturally Competent Modalities in Military and Veteran Families
Marjorie Morrison, CEO & Founder, PsychArmor
- This training provides all Americans with the military cultural competency necessary to effectively work with, live with, and care for our veterans. This session will give the learner a more in depth look at military culture.
- Objectives
Describe positive and negative effects that impact the military and veteran families
- 9:20 a.m. **The Barry Robinson Center**
Rob McCartney, Executive Director
- 9:40 a.m. **Cohen Veterans Network**
Anthony M. Hassan, Ed.D, LCSW, CEO and President
- 10 a.m. **Fayetteville State University, Department of Social Work**
Dr. Terri Moore-Brown
- 10:10 a.m. **Break**
- 10:20 a.m. **Defining Moments**
- Military Child and Family Leadership Award Presentation**
- 10:30 a.m. **Plenary**
Military Resource Session
Community resource providers from various focus areas will provide a brief overview of their organization.
- 11:05 a.m. **Networking Break, Visit Exhibit Tables and Lunch (provided)**
- 11:50 a.m. **Introduction of Plenary**
- Lunch Plenary**
PTSD and Addiction with Military Servicemembers and Veterans
Gregory Collins, M.D., First Health
- This session will discuss the scope of the opiate epidemic, locally and nationally, with references to active duty and veteran populations. This session will discuss the connection between PTSD and addictive disorders where this epidemic came from, and what happens to service members when they

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become addicted. This session will also cover the impact of opiate involvement on family members, the barriers to treatment, and essential elements of successful recovery.

Objectives

- Describe the impact of the opiate epidemic on the nation and on the military community;
- Discuss the complex role of opiates in pain management in civilian and military cases;
- Identify the role of opiates in the development of chronic pain syndromes;
- Describe chronic pain dynamics and the path to overcoming reliance on opiate medications in recovery; and
- Discuss evidence-based treatment methods in opiate dependence disorders, and their applicability to PTSD situations.

12:55 p.m.

Defining Moments Video Presentation

1 p.m.

Break

1:15 p.m.

Breakout Sessions

A) Let's Talk... About Military Families

Gerhard Guevarra, Shevelle Godwin, and Iris Pierce, School Liaison Officers, Fort Bragg

Laurie Salafia, School Liaison Officer, Pope Army Air Field

Cathy Hurley, Cumberland County Schools

This session will provide an overview of resources and state laws that are available to military connected families. This presentation will also define the culture of military connected families.

Objectives

- Describe the culture of the military-connected child and their family, including their strengths and challenges; and
- Identify the state laws and resources available to assist educators working with military-connected children and their families.

B) Building Educational Support for Children and Families

Marjorie Morrison, LMFT, LPCC

This presentation will provide an overview of an array of applications, educational resources, and supports for military families.

Objectives

- Discuss different applications to apply in working with Military Children and Families; and
- Identify education resources and supports to enhance resiliency.

C) Evidence-Based Practices with VA

Dr. Mark Basquill, Wilmington HCC and Fayetteville VA Medical Center

Problem-Solving Therapy (PST) is an evidence-based, cognitive-behavioral intervention geared to help individuals cope more effectively with stressful life events by teaching adaptive problem-solving and emotional regulation attitudes and skills.

Objectives

- Describe the PST cognitive-behavioral approach;
- Demonstrate the PST cognitive-behavioral approach by completing role plays of techniques learned during the training; and
- Define three major variables that help Veterans and AD Service members explain and change their emotional stress response.

D) Traumatic Grief among Military Youth: Implications for Treatment

Brenden A. Hargett, PhD, LPC, LCAS, NCC, MAC

Generally, adolescents are resilient to unfortunate circumstances that occur in their lives. Family protective factors and family structure have been associated with assisting adolescents through difficult situations to include their response to loss. When youth are faced with untimely loss, the

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effects can impact them academically, socially, and interpersonally. Treatment providers working with military families must be familiar with the trauma response associated with loss and how to guide youth through the therapeutic process. This session seeks to equip professionals with insight and strategies to work with youth who are experiencing trauma.

Objective

- Discuss the impact of trauma among children from military families;
- Describe typical traumatic grief responses in youth; and
- Identify treatment strategies and techniques.

E) Integrated Care in working with Military Families

Mark Marquez, Ed.D and Greg Perkins, Ed. D

This session will define integrated care, how to implement integrated care and what are considered the best practices in integrated care.

Objectives

- Discuss how to to implement Integrated Care; and
- Describe best practices in Integrated Care.

2:45 p.m.

Break

3 p.m.

Closing Plenary

Empowering Military Families

Sharon Cooper, MD FAA

The main focus of this plenary session will be on ways to empower military families and to provide resources in enhancing positive family relationships.

Objectives

- Discuss techniques for integrating post-deployment family members; and
- Provide resources for enhancing the positive growth & development of family relationships.

4:30 p.m.

Closing Remarks/ Adjourn Day 1

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Our team of reporters cover Fayetteville, Fort Bragg and the 10-county Cape Fear region, which includes Robeson, Moore, Harnett and Hoke counties. We're North Carolina's oldest newspaper still being published, tracing our roots to 1816. We also the state's largest independent newspaper and one of the largest family-owned papers in the country.

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FRIDAY, NOVEMBER 18, 2016

8 a.m. **Welcome and Housekeeping**
Ron Buryk

8:10 a.m. **Greetings and Introduction Plenary Speaker**
Dr. Deborah Teasley, SR-AHEC

8:15 a.m. **Opening Plenary**
SAMHSA Support of the Military Past/Present
Stephanie McCladdie, MPA, SAMSHA

The main focus of this plenary session will be to provide an overview of the SAMSHA objectives in supporting military families and strategic outcomes. This presentation will include community/regional mobilization supports for substance abuse including opioids, health/wellness, cultural, faith-based and family advocacy initiatives.

Objectives

- Describe an overview of SAMSHA;
- Discuss military outcomes for service members, veterans and their families; and
- Identify initiatives to support military communities.

9:15 a.m. **Defining Moments Video Presentation**

9:20 a.m. **Break**

9:30 a.m. **Breakout Sessions**

A) Substance Abuse and Adolescence: Military and Civilian Perspectives For Treatment
Brendan Hargett, Ph.D., LPC, LCAS, NCC, MAC

Adolescents who abuse drugs/alcohol have unique characteristics that involve a number of difficulties in their day to day living. These difficulties often include behavioral problems, mental illness, school problems, family problems and others. These problems generally have been shaped by social and environmental vulnerabilities that began as children. Growing research indicates treatment is most effective when psychosocial problems are addressed simultaneously with the substance abuse.

Treatment providers working with military families and civilian families alike, experience significant challenges and must be totally equipped with treatment interventions and strategies to combat impulsiveness, poor frustration tolerance and oppositional behavior that often exist in adolescents who use substances. The challenges that are associated with typical adolescence and the family system can be challenging. This session seeks to equip professionals with insight and strategies to guide adolescents away from this problem behavior.

Objectives

- Describe the nature of adolescence and implications for substance use;
- Discuss engagement strategies to combine with treatment elements;
- Identify treatment components and techniques; and
- Explain the relationship between SA and MH issues in adolescents.

B) Spiritual Resiliency

Capt. Eric Burmahl, U.S. Air Force

This session presentation will provide an overview of the comprehensive wellness and spirituality foundations. The military culture, spiritual resiliency factors and family dynamics will be discussed from a Chaplain's perspective. The presenter will describe how faith-based organizations can more

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effectively serve those who serve.

Objectives

- Discuss strategies to enhance military and family spiritual resiliency; and
- Describe different approaches for faith-based organizations to reach military members and their families.

C) Building Healthy Relationships

Elizabeth Heaney, MA LPC

Relocations and separations present challenges for everyone in military families. Roles and responsibilities change, disagreements become more complicated and communication emerges as the crucial key for both resolving the difficulties and building greater intimacy in the family. While we all know communication helps the absent parent stay connected, high stress creates hurdles and pitfalls for everyone: from increased anxiety to flaring anger, from deep disappointments to confusing emotions. This session will offer insights (and specific tools) for supporting couples and families who are navigating the challenges of separation and who aim to communicate better.

**Since many workshop attendees may have extensive backgrounds with the military, the discussion is intended to cover new material and information.*

Objectives

- Discuss the complexity of staying connected as a family;
- Identify key relational challenges for both the service member/veteran and their loved ones; and
- Discuss specific ways to support intimacy and growth in couples and families.

D) Behavioral Health Workforce... Where Are We

Stephanie McCladdie, MPH, SAMSHA

This presentation will provide an overview on research findings in Developing and Building an Equip Behavioral Health Workforce to Support Military Communities”

Objectives

- Describe the current workforce and shortages;
- Identify the strategies to build the workforce; and
- Describe research findings and funding for the behavioral health workforce.

E) Using Inside Out to Facilitate a Group that Helps Children Identify Feelings and Create a Toolbox of Coping Skills

Megan Numbers, MA, LPC

Inside Out has not only won awards for best animated film, but it has also won the hearts of children all over the world. The Characters of Inside Out give children a way to identify their basic feelings and start a dialogue about the complexities of their emotions. This presentation will discuss a 6-week group format that introduces each character week by week and helps children build a toolbox of coping skills to handle emotional challenges. It includes a dynamic learning format with hands-on experiential activities.

Objectives

- Identify coping strategies for basic feelings and emotions; and
- Describe how to craft coping skills for each feeling by engaging in experiential discussion and hands-on activities.

11:00 a.m. **Networking Break, Visit Exhibitor Tables and Lunch (provided)**

11:45 a.m. **Lunch Plenary**

Sleep in the Military – Promoting Healthy Sleep among U.S. Service Members

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Stephanie Holliday, Ph.D., RAND Corporation

This presentation will provide an overview of sleep problems in service members and their spouses. The research study is titled “Sleep in the Military – Promoting Healthy Sleep among U.S. Service members”

Objectives

- Discuss the sleep problems that correlates and consequences of sleep problems in military service members;
- Describe the policies, procedures, and programs related to sleep in the military;
- Identify barriers to health/sleep in military service members; and
- Describe actions to be taken to promote sleep health among service members.

1:15 p.m.

Defining Moments Video Presentation

1:20 p.m.

Break

1:30 p.m.

Breakout Sessions

A) Parental Resiliency Effects & Resources for Infants and Toddlers

Julia Yearry, ASW, LCSW, Zero to Three

Research shows that when parents are having a tough time emotionally, young children in that family are affected, too. It also shows when children are having a tough time, with an increase in challenging behaviors, it directly impacts a parent’s stress level. Military life is inherently stressful, with multiple family transitions, as well as the potential for physical and psychological injury. How can professionals working with military-connected family members support both parents and children and work with them to promote parental and family resiliency? What resources are available to help parents buffer their young children from the impact of stress, and deal with those challenging behaviors? Join this interactive workshop to learn more!

Objectives

- Discuss the impact of stress and trauma on young children;
- Describe the interplay between parental well-being and child well-being;
- Explain how the Strengthening Families™ Protective Factors Framework can be used to think about promoting family resilience and reduce child maltreatment; and
- Identify ZERO TO THREE resources to support their work with military-connected families.

B) Military Spouse Mental Health Professionals: Challenges and Opportunities

Joyce Raezer, MA, National Military Family Association

Our nation faces a shortage of mental health professionals. Communities serving military families and veterans often suffer from the lack of behavioral health services, especially those provided by professionals with an understanding of military life and culture. Military spouses who want to enter mental health fields understand the challenges of military life and, because of that understanding, want to give back to their community. But, the challenges of mobility and varying state and professional licensure requirements often make their education and employment journey a long and costly one. This presentation will feature data from the National Military Family Association military spouse scholarship program, as well as the personal stories of military spouse mental health professionals, to illustrate the challenges military spouses face in entering the field and the opportunities available to address these challenges and tap into this talented and willing pool of professionals.

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Objectives

- Discuss challenges facing military spouses entering behavioral health fields; and
- Identify an understanding of various state and professional license roadblocks faced by military spouses.

C) Using Game Theory/Gamification As A Means To Effectively Communicate In A Digital Age

MSG Mike Konito, CMD, Joint Special Operations Command

Social media and digital communication offer unique challenges and have us looking “down and in” rather than “up and out”. This presentation will show you how to game the game so we authentically connect with family, friends, co-workers, subordinates and leaders in our fast paced, digital lives. Join us as we discuss how to be consumers and not consumed.

Objectives

- Identify the game theory/gamification and roles in our current environments;
- Review the use gamification/game theory in our daily lives and with helping others;
- Discuss gamification/game theory to teach, train as a means to further enhance your effectiveness;
- Apply gamification/game theory into organizational priorities/mission;
- Demonstrate 3 exercises introducing gamification/game theory.

D) Sleep Disturbances and Military Spouses

Stephanie Holliday, Ph.D.

This presentation will provide an overview of the research findings for “Sleep Disturbances and Military Spouses”.

Objectives

- Describe aspects of the military experience that may impact the sleep of spouses;
- Discuss the prevalence of sleep problems among military wives;
- Describe the impact of sleep disturbances on psychosocial health in military wives; and
- Identify supports and resources that assist with developing better sleep patterns.

E) Factors of Resilience in Military Marriages

Dr. Shenae Whitehead, Ph.D., M.A., LPC

To facilitate knowledge of how to enhance marital relationships and implement effective therapeutic interventions with military couples.

Objectives

- Describe the military structure, culture, and identify related stressors;
- Review literature on relevant factors of resilience in military marriages;
- Discuss past/present theoretical research;
- Explain presenter’s research model; and
- Identify clinical interventions pertinent to military couples.

3 p.m.

Break

3:10 p.m.

Closing Plenary - Enduring Warrior

John “Joe” Brazzle, MA

4:15 p.m.

Closing Remarks

PLANNING COMMITTEE

Mary Sonnenberg, Partnership for Children of Cumberland County, Inc., President

Michelle Hodge, Community Advocate

Anna Hurst, Brynn Marr Hospital Accounts Manager

Angela Abernethy, USASOC

Suzanne Tovo, USASOC

Alison Anderson, XVIII ABN Corps and FB Health Promotion Assistant

Jessica Johns, XVIII ABN Corps and FB Health Promotion Officer

Whitney Felkl, USASOC

Christine Ganis, Psychologist

Shadia Young, XVIII Airborne Corps and Fort Bragg Child Advocate Trainer

Meg Wilkins, Sandhills Community College Continuing Education Division - Program Associate, College and Career Readiness Department

Marla Schroeder, FORSCOM

Ronald Buryk, Womack Army Medical Center

Adrian Reeder, Community Volunteer

Greg Perkins, Alliance Behavioral Healthcare & Fayetteville State University Dept. of Social Work

Siobhan Norris, UNC Wilmington

Maureen McNeill, Community Volunteer

Mark Marquez Fayetteville State University, Dept. of Social Work

Daniele Malvesti, Partnership For Children Of Cumberland County, Inc.

Cathy Hurley, Cumberland County Schools Military Family & Youth Liaison

La-Lisa Hewett-Robinson, Southern Regional Area Health Education Center

Ann Hamilton, National Military Family Association

Norma Fraser, Fayetteville Veterans Affairs Medical Center Chief, Voluntary Service

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SPEAKER BIOGRAPHIES



Dr. Mark Basquill received his Ph.D. in Psychology from Hahnemann University and his B.A. in Psychology from the University of Pennsylvania. He is the lead psychologist at the Wilmington Health

Care Center (HCC) assisting in day-to-day operations in the Outpatient Mental Health clinic and continues to be the liaison for 5 Primary Care and Outpatient Mental Health clinical psychologists. Dr. Basquill is also the Clinical Psychologist for both the Wilmington HCC and the Fayetteville VA Medical Center. As the Clinical Psychologist, he uses evidence-based cognitive behavioral, social problem-solving and mindfulness approaches to treat a full range of emotional, behavioral, and adjustment problems experienced by veterans. Dr. Basquill is certified in ACT Therapy (Evidence-Based Practice) for Depression through VA. He is a certified trainer for Moving Forward Program Problem-Solving Training (Evidence-Based Practice). He is a National Consultant for Moving Forward Program part of national VA rollout and part of VA/DoD coordinated dissemination effort, and is also a Master Trainer for Moving Forward Program - Problem-Solving Training (Evidence-Based Practice).



John "Joe" Brazzle MA, is a licensed marriage and family therapist in North Carolina. He is retired from the U.S. Army and brings his unique military experiences into the counseling room to help address PTSD, anxiety, depression, family stress and military transition. He is also passionate about working with military families,

children, and adolescents with life challenges, divorce and behavior issues.



Chaplain (Captain) Eric P. Burmahl serves as Chaplain at the 916th Air Refueling Wing, ministering to approximately 2000 Reserve and Active Duty personnel. Chaplain Burmahl is a 2011 graduate of the Southeastern Baptist Theological Seminary in Wake Forest, N.C. where he earned a Master of Divinity and he also received his

Bachelor of Business Administration, from Campbell University, Buies Creek, N.C. in 1996. He previously served as IMA Chaplain, 4th Fighter Wing, Seymour Johnson AFB, North Carolina. In his civilian occupation, Chaplain Burmahl serves as Lead Pastor of Braggstown Baptist Church in Durham, North Carolina. Prior to his ministry calling, Chaplain Burmahl was a Manufacturing Manager specializing in plastics processing.



LTC (Retired) Ronald H. Buryk, MSW received his undergraduate degree in Philosophy/Psychology from St. Peter's College, a master's degree in Philosophy from Fordham University, and a Master of

Social Work (MSW) from the University of Washington. Mr. Buryk completed advanced graduate work at the Catholic University of America. Simultaneously, he completed a social work fellowship program in Child and Family Studies at Walter Reed Army Medical Center. Mr. Buryk served a total of 27 years in the U. S. Army, 24 of which were as a social worker officer. During his career, he served in a variety of positions, both in the United States and Europe, to include substance abuse, mental health, medical social work, domestic violence, and combat stress control. He has extensive experience supervising civilian and military personnel. Mr. Buryk retired from the Army in 1999 as a Lieutenant Colonel. After retirement, Mr. Buryk worked as a civilian social worker at Womack Army Medical Center. In 2001, he assumed his present position as Behavioral Science Coordinator for the Family Medicine Residency Program at Womack. There he teaches and supervises residents in the psychosocial dimensions of medical diseases and also works with military families, retirees and veterans. He is a part-time instructor in the Department of Social Work at Fayetteville State University. His research interests include families, especially military families, and the sociology of medicine. He is a licensed social worker and a clinical diplomate.



Shevelle Godwin, MA is a native of Portsmouth, Virginia and a school liaison officer with Fort Bragg Garrison Command. She is a U.S. Army veteran and a proud alumnus from Fayetteville State University with a MA in Sociology, where she teaches sociology.

Gerhard Gueverra has been a School Liaison Officer for Fort Bragg for the last nine years where he assists families transitioning in and out of the local school systems, builds and creates partnerships between the installation and local education agencies and assists parents and students to navigate the education system. He served on the Tiger Team that helped develop the Army Family Covenant and the Army School Support Services Strategic Plan. Gerhard is a graduate of UNC-Chapel Hill and is also a former Army brat, Army Reservist and North Carolina teacher. He now has four children, three of whom are in public schools.

SPEAKER BIOGRAPHIES



Brenden A. Hargett, PhD, LPC, LCAS, NCC, MAC, Brenden is Consultant/Trainer with the North Carolina Evidenced Based Practices Center based in Fayetteville, NC and has extensive clinical experience in a variety of behavioral health settings. He holds a Ph.D in Rehabilitation Counseling and Rehabilitation Counselor Education

from North Carolina Agricultural and Technical State University in Greensboro, NC. He is a Licensed Professional Counselor, (LPC) a Licensed Clinical Addiction Specialist (LCAS), and a Nationally Certified Counselor (NCC). Brenden serves on the Board of Directors for the North Carolina Foundation for Alcohol and Drug Studies and has served in many capacities on various committees aimed to improve health outcomes. He has served as Adjunct Faculty at Winston Salem State University and North Carolina A&T State University. Brenden has acquired knowledge and expertise in trauma informed care, social and emotional development, and multicultural proficiency. Additionally, he has vast experience in program development, clinical supervision, and co-occurring disorders for adolescents as well as adults. Brenden works tirelessly on workforce development strategies with the intent to bridge the gap between research and practice while creating more comprehensive behavioral health service systems.



Elizabeth Heaney, MA, LPC, was a counselor for over twenty-five years before she began working on military bases counseling combat veterans, their spouses and loved ones. Her years on bases gave her insight and compassion for the concerns unique to military families. Elizabeth

continues to work with service members, veterans and spouses through her private practice in Asheville, NC, and is the author of *The Honor Was Mine: A Look Inside the Struggles of Military Veterans*.



Cathy Hurley is the Military & Family Youth Liaison for Cumberland County Schools (CCS). Cathy taught elementary school in four states, moved nineteen times and her two children both attended ten different schools. She currently resides at Ft. Bragg, NC with her dog Katie, while her husband is deployed.



MSG Mike Kontio, CMD, Program Manager/Sexual Assault Response Coordinator (SARC), Joint Special Operations Command. MSG Kontio is currently serving on active duty in the Army.

He has had a wide array of experience in the field of communications; working on the ground in tactical environments, managed entire theatre communication operations and research and development for emerging technology. For the past three years, Mike has been serving as the Sexual Harassment/Assault Program Manager for Joint Special Operations Command.



Mark Marquez, Ed.D., is an assistant professor of social work at Fayetteville State University and has been a Licensed Clinical Social Worker (LCSW) in North Carolina for over 25 years. He presents locally, regionally and nationally on a variety of subjects including the military, disasters and ethics related. His recent publications include a collaborative publication entitled, *The Military and Intimate Partner Violence-A Call for Open Discussion*, as well as a sole author publication entitled, "A Perspective on Global Disaster Behavioral Health," in the *International Journal of Science, Commerce and Humanities*.



Megan Numbers, MA, LPC is a doctoral student at Adams State University. She works as a counselor with military families at Fort Bragg and specializes in working with children and adolescents. Her interests include group counseling with military families; complex childhood trauma; supervision and counselor education; and counseling military children.



Iris D. Pierce, M.A., is a School Liaison Officer with XVII Airborne Corps. Ms. Pierce has worked with youth for over 30 years. During the span of her career, she has worked with military children and families stateside and abroad in the capacity of Assistant Director, Family Child Care Outreach Worker, School Age Director and, Training and Curriculum Specialist. In addition to working with military families off military installations, Ms. Pierce served as the Director of United Cerebral Palsy Developmental Day Center where she worked with children with severe disabilities.



Dr. Gregory E. Perkins, Ed.D., has more than 15 years of experience as a mental health practitioner, program services manager and quality assurance and community integration specialist in the field of mental health, intellectual developmental disabilities and substance abuse services. He

SPEAKER BIOGRAPHIES

is a veteran having served more than 22 years in the U.S. Army. As a social work educator, his research has focused on military families and secondary trauma, ethics in social work practice, and as an advocate for behavioral health services for veterans. Dr. Perkins is a community relations specialist with Alliance Behavioral Healthcare and currently serves as an assistant professor and the assistant department chair for the Department of Social Work at Fayetteville State University. He is also a faculty scholar to the Center for Defense and Homeland Security.



Joyce Wessel Raezer, M.A., became the executive director of the National Military Family Association in 2007 after serving in various staff positions in the Government Relations Department since 1995. 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. Joyce has represented military families on several committees and task forces for Department of Defense (DoD) agencies and currently serves on the DoD Millennium Cohort Program Strategic Board. In 2004, she authored a chapter on "Transforming Support to Military Families and Communities" in a book published by the MIT Press, *Filling the Ranks: Transforming the U.S. Military Personnel System*.

On May 29, 2012, she was honored as a Daily Point of Light by the Points of Light Foundation and in 2014 received the Community Hero Award from the PenFed Foundation. The spouse of an Army retiree and long-time military family advocate, Joyce earned a B.A. in History from Gettysburg College, and a M.A. in History from the University of Virginia. She is a former teacher and served on the Fort Knox Community Schools Board of Education from 1993 to 1995.



Laurie Salafia has been working for the Air Force for over 16 years. She began her career in the Air Force as a caregiver in child development moved to an assistant director for child development/family childcare programs. Ms. Salafia has been a School Liaison Officer overseas and in the states for the past five years. Her driving passion

includes assisting military-connected students and their families with transitional and educational concerns. She comes from Massachusetts, has two children, one grandchild and one on the way.



Command Sergeant Major Scott C. Schroeder graduated in 1979 from King George High School, King George, Va. He enlisted in the United States Army in May of 1983. He received his Basic and Advanced Individual Training as an Electronics Mechanic at Fort Bliss, Texas. After his first enlistment he reclassified as an Infantryman.

During his 33 years of service, CSM Schroeder has held numerous leadership positions to include: Fire Team Leader, Squad Leader, Platoon Sergeant, Operations Sergeant, First Sergeant, and Command Sergeant Major.

His previous command sergeant major assignments include: Command Sergeant Major, III Corps & Fort Hood, Texas; Division Command Sergeant Major, 101st Airborne Division (Air Assault) and Fort Campbell, Ky.; Command Sergeant Major of the 2nd Brigade Combat Team, 101st Airborne Division and Command Sergeant Major of 3rd Battalion, 502nd Infantry, and 1st Squadron, 75th Cavalry.

Command Sergeant Major Schroeder's other assignments include: 2nd Battalion, 5th Infantry, Schofield Barracks, Hawaii; 1st Battalion, 50th Infantry, Fort Benning, as a drill sergeant; 3rd Battalion, 75th Infantry, Fort Benning, Ga.; 2nd Battalion, 505th Parachute Infantry Regiment, Fort Bragg, N.C.; and 5th Group, USAAD, in the Federal Republic of Germany.

Command Sergeant Major Schroeder has deployed to Sinai, Egypt, and participated in Operation Desert Shield/Desert Storm in 1991 while assigned with the 82nd Airborne Division. He deployed to Afghanistan in 2001 with the 101st Airborne Division as a First Sergeant. He deployed to Operation Iraqi Freedom in 2003-2004 and 2005-2007 as a battalion command sergeant major with the 101st Airborne Division. He served as the 2nd Brigade Combat Team, 101st Airborne Division Command Sergeant Major during Operation Iraqi Freedom in 2007-2009. As the division command sergeant major for the 101st Airborne Division he also served as the Command Sergeant Major for Combined Joint Task Force 101 in Regional Command-East, Afghanistan for Operation Enduring Freedom X & XI 2010-2011. As the III CORPS and Ft. Hood CSM he deployed as the International Security Assistance Force International Joint Command Senior Enlisted Leader, Kabul, Afghanistan, 2013-2014. Command Sergeant Major Schroeder is a graduate of all the Noncommissioned Officers' Education System courses including the United States Army Sergeants Major Academy (Class 53), the National Defense University Keystone Course, the Force Management Course, and Ranger School. He has a Bachelor's Degree from Thomas Edison State College.

SPEAKER BIOGRAPHIES



Mary Sonnenberg is the president for the Partnership for Children of Cumberland County. She began her position in July 2016. Mary has 37 years of experience in the field of early childhood care and education, and has led efforts across the country including in Virginia, Texas, Delaware, and North Carolina.

Mary served as faculty in the Department of Human Development and Family Studies at the University of Delaware and as part of the Delaware Institute for Excellence in Early Childhood from 2009-2016. While at the university, Mary was the Deputy Director of Delaware Stars for Early Success, Delaware's QRIS, and taught undergraduate courses and developed teaching strategies, training and technical assistance opportunities for early care and education providers in community-based programs across the state of Delaware.



Deborah Teasley, Ph.D. in Health Administration from Texas A&M University and Bachelor's and Master's degrees in Nursing from The University of Texas Medical Branch in Galveston, TX. She is the president and chief executive officer (CEO) of Southern Regional AHEC in Fayetteville and adjunct assistant dean at Duke University

Medical Center. She has extensive experience in health care management including CEO of an urban hospital and corporate senior vice president and chief operating officer of a large healthcare system. As adjunct faculty, Dr. Teasley teaches health policy and strategic management. Her special interests are in leadership and organizational development including appreciative inquiry. Dr. Teasley is a Fellow in the American College of Healthcare Executives and has served as a regent for the college. She has authored or co-authored nine publications.



Dr. Shenae Whitehead received her Ph.D. in Clinical Psychology from Fielding Graduate University and her M.A. in Professional Counseling from Liberty University. She is currently owns a private practice in the Fayetteville area. Dr. Whitehead is an Army Veteran and current Army spouse, with research interests that are

heavily grounded in the military population. She has both published and presented research on military life stressors and her dissertation examined resilience factors that support military marriages among military spouses. Her clinical interests

include forensics, domestic violence, sexually reactive behaviors, trauma, and military families. Dr. Whitehead is also a Licensed Professional Counselor and is currently awaiting Provisional Psychologist licensure with extensive experience providing individual and family therapy across diverse populations and age groups. She is also a Certified Juvenile Sex Offender Treatment Provider and Certified Trauma Focused Cognitive Behavioral Therapist. Her goals are to increase assessment and intervention among juvenile sex offenders and abuse victims, as well as implement interventions to help strengthen military families. Dr. Whitehead has three children and enjoys spending time with her family and traveling in her spare time.



Julia Yeary, ACSW, LCSW is the Director of Training and Resources for Military Family Projects at ZERO TO THREE: the National Center for Infants, Toddlers and Families. In this role she works to establish stronger support for families and their very young children experiencing stress and

trauma. Julia provides training and consultation for communities throughout the country, and has facilitated numerous webinars and distal trainings for multi-disciplinary professionals. She has worked extensively to help professionals in supporting military-connected parents as they deal with the multiple anticipated stressors associated with military life. Julia has authored several articles including "When a Parent is Away: Promoting Strong Parent-Child Connections During Parental Absence" (ZERO TO THREE Journal, April 2012) and the e-book, "A Professional's Guide to Creating Activities for Strengthening Parent-Child Connections". Recently she served as the project manager in the development of a mobile app for military-connected families called "Babies on the Homefront." Julia received her Masters in Social Work in 1980 from the University of Hawaii. She is a graduate fellow of the Infant, Early Childhood, and Family Mental Health Capstone Certificate Program, University of Wisconsin. Julia is the daughter of a 3-war Navy Veteran, the spouse of a Marine Veteran, and has parented her own children through multiple military transitions.

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SESSION LOCATIONS

ALL PLENARY SESSIONS WILL BE IN THE FELLOWSHIP HALL

BREAKOUT SESSION 1 - NOVEMBER 17 AT 1:15 P.M.

- 1A) Let's Talk....About Military Families - *Classroom B1044*
- 1B) Building Educational Support for Children and Families - *Chapel*
- 1C) Evidence-Based Practices with VA - *Classroom B1045*
- 1D) Traumatic Grief among Military Youth: Implications for Treatment - *Fellowship Hall*
- 1E) Integrated Care in Working with Military Families - *Parlor*

BREAKOUT SESSION 2 - NOVEMBER 18 AT 9:30 A.M.

- 2A: Substance Abuse and Adolescence: Military and Civilian Perspectives for Treatment - *Chapel*
- 2B: Spiritual Resiliency - *Classroom B1044*
- 2C: Building Healthy Relationships - *Parlor*
- 2D: Behavioral Health Workforce...Where Are We - *Classroom B1045*
- 2E: Using Inside Out to Facilitate a Group that Helps Children Identify Feelings and Create a Toolbox of Coping Skills - *Fellowship Hall*

BREAKOUT SESSION 3 - NOVEMBER 18 AT 1:30 P.M.

- 3A: Parental Resiliency Effects & Resources for Infants and Toddlers - *Classroom B1044*
- 3B: Military Spouse Mental Health Professionals: Challenges and Opportunities - *Parlor*
- 3C: Using Game Theory/Gamification as a Means to Effectively Communicate in a Digital Age - *Fellowship Hall*
- 3D: Sleep Disturbances and Military Spouses - *Classroom B1045*
- 3E: Factors of Resilience in Military Marriages - *Chapel*

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