

# FORWARD MARCH

TRAINING SEMINAR AND SYMPOSIUM  
OCTOBER 24 - 25, 2017



**MOVING FAMILIES FORWARD**  
**DURING CHALLENGING TIMES**

Southern Regional  
**AHEC** | Area Health  
Education Center



**The Barry Robinson Center**  
*A Behavioral Health System for Youth*



# PROGRAM INFORMATION

**OCTOBER 24 - 25, 2017**

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

## LOCATION

Iron Mike Conference Center  
2658 Reilly Road, Fort Bragg, NC 28310

## FEE

Both days: \$169 Student (w/current ID): \$84.50  
Single day Registration: \$99 Student (w/current ID): \$49.50

## DESCRIPTION

Welcome to the 8th Annual Forward March Training Seminar and Symposium. We are proud of the innovative nature of Forward March in bringing together over 75 different organizations to educate, train, and enhance the professional practice of over 1500 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: Mary F. Sonnenberg, M.Ed., Government & Military Affairs Liaison with the Partnership for Children (910) 826-3102 / msonnenberg@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



## Special VIP Dinner Option

Limited Availability

October 24th, 6 p.m. - 8 p.m.  
Cost: \$30

Partnership for Children  
351 Wagoner Drive, Fayetteville, NC 28303

personnel, military community group, veteran services, government, 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 2 business days (Monday - Friday) before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 2 business days (Monday - Friday) before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 2 business days (Monday - Friday) 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.

*Please bring a light jacket or sweater for your own comfort; the temperature of the rooms are controlled by thermostat and we are unable to make any adjustments.*



# EXHIBITORS

## **American Foundation of Suicide Prevention - AFSP North Carolina Chapter**

afsp.org  
PO Box 25536  
Winston-Salem, NC 27114

## **Army Community Service**

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

## **The Barry Robinson Center**

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

## **Brynn Marr**

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

## **Fayetteville VA Medical Center**

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

## **Fayetteville Vet Center**

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

## **First Health of the Carolinas**

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

## **Holly Hill**

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

## **National Military Family Association**

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

## **Neuro Community Care**

neurocc.com / (919) 210-5142  
LLC 853A Durham Rd.  
Wake Forest, NC 27587

## **Old Vineyard Behavioral Health Services**

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

## **University of Minnesota ADAPT (After Deployment Adaptive Parenting Tools)**

adapt.umn.edu  
1100 S. Washington Ave. # 101  
Minneapolis, MN 55415

## **UNC Spark**

sparkforautism.org / (919) 966-6795  
PO Box 1806  
New York, NY 10159

## **Southern Regional AHEC**

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

## **Springbrook Behavioral Health**

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

## **Strategic Behavioral Center: Psychiatric Behavioral Hospital**

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

**THANK YOU TO OUR EVENT HOST SPONSOR**



# 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**

# PROGRAM AGENDA

**TUESDAY, OCTOBER 24, 2017**

- 8 a.m. **Opening Remarks**, *John Freudenberg, M.B.A.*  
**Presentation of Colors**, *Westarea Elementary School "Men of Promise"*  
**National Anthem**, *The 82nd Airborne Division's All American Chorus*
- 8:05 a.m. **Defining Moments Video Presentation**
- 8:10 a.m. **Fort Bragg Community Welcome**, *Colonel Lance Raney, Commander, Womack Army Medical Center*
- 8:20 a.m. **Greetings and Introduction of Opening Plenary Speaker**, *Mary Sonnenberg, M.Ed*  
**Opening Plenary - Preservation of the Force and Family Task Force (POTFF-TF)**  
*Mark Philips, USASOC's Assistant Chief of Staff*  
This plenary will provide an overview of the United States Special Operations Preservation of the Force and Family Task Force.
- Objective:
- The POTFF-TF will identify and implement innovative, valuable solutions across the USSOCOM Enterprise aimed at improving the short and long-term well-being of our Special Operations Forces (SOF) warriors and their families.
- 9:20 a.m. **The Barry Robinson Center**, *Rob McCartney*
- 9:30 a.m. Break
- 9:40 a.m. **Plenary**  
**Enhancing Behavioral Treatment with PTSD and Addiction and Working with Veterans**  
*Dr. Zach Rosenthal, PhD.*  
Dialectical Behavior Therapy (DBT) was developed for civilians as a treatment for borderline personality disorder (BPD). However, it also has been studied and implemented in military populations. DBT has been shown to reduce self-injurious behavior (e.g., cutting), suicidal ideation, depression, anxiety, anger, hospitalization, substance use, and a range of other outcomes associated with BPD. Because BPD co-occurs with many other psychiatric diagnoses and behavioral problems, it is a treatment designed to be comprehensive across patient presenting problems, including those commonly found among military populations. For example, DBT provides a framework to change symptoms of BPD as well as PTSD, major depression, and substance use. In this presentation, the structure, modes, and functions of DBT will be briefly introduced, followed by a discussion of the ways in which DBT treatment strategies can be used when treating active duty military personnel and veterans. The goal of this presentation is to provide the audience with an overview of DBT and several considerations when using DBT with military populations.
- Objectives:
- Identify at least two reasons why DBT strategies may be useful for military populations; and
  - Identify at least two considerations when adapting DBT strategies for use with military populations
- 11:10 a.m. Networking Break, Visit Exhibit tables and Lunch (provided)
- 11:50 a.m. **Lunch Plenary**  
**Integrated Medicine: What? Why? How?**  
*Dr. John Lesica, MD*  
This session will delve into the best practices of both national and regional endeavors. This speaker will identify strengths that are being implemented on Fort Bragg for integrated health.
- Objectives:
- Discuss current state of behavioral health locally and nationally
  - Define integrated behavioral health;



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- Review indications for this change including examining possible barriers to change and expected outcomes;
- Explore possible applications in our community; and
- Identify current efforts of behavioral health at Fort Bragg.

12:55 p.m. **Defining Moments Video Presentation**

1 p.m. Break

1:15 p.m. **Breakout Sessions**

## **A) Understanding the Learning Style of Autism Spectrum Disorder**

*Celeste Carter, M.S., M.Ed.*

This breakout session will discuss the different learning styles for someone diagnosed with ASD.

### Objectives:

- Learn core symptoms of autism and how autism affects the learning style of individuals on the spectrum;
- Identify why learning style differences may result in challenging behaviors;
- Explore the structured TEACCHing intervention as it relates to learning styles of ASD;
- Learn about the UNC TEACCH Autism Program statewide service model; and
- Discuss the UNC TEACCH Autism Program statewide service model.

## **B) Innovation in Collaborative Relationships: The Military Student Transition Consultant (MSTC) Program**

*Jenny Haigler, M.S., Jacqueline Matlock, M.A., Ashlee Ivy, M.Ed. and MSTC Representatives*

Do you need tools that will help you transition military connected students? An MSTC program directly addresses school-related challenges associated with moving and adjustment. An MSTC program focuses on maximizing the well-being of students to increase their success in schools and beyond. Pillars of the program include problem solving, making connections, advocacy and education. MSTC collaborations improve student outcomes in social, emotional, behavior, and academics through data and collaboration. The session will start with a brief learner assessment, transition into new content explained by differing roles, the audience will join in a case study and activity before transitioning to smaller groups and Q&A. Join this session to learn how MSTC + Innovative Collaboration = a Network of Support for Military Connected Students. Learning outcomes will be measures via smart-phones through tech aps for participation.

### Objectives:

- Learn tools to transition military connected students (what an MSTC is and how they work to support military connected students, families, schools and communities);
- Discuss strategies for moving and adjustment;
- Review pillars and the foundational 8 MSTC objectives;

## **C) Mindfulness Based Interventions for Children and Adolescents**

*Rob Schooley, MSW, LCSW*

Many mental health professionals understand the importance of incorporating mindfulness into practice; however, children need to be taught the components of the mindfulness before they can be expected to practice this skill. This program will focus on techniques used to teach this population the core components of mindfulness practice. Participants will be able to engage in activities that will help further their understanding of mindfulness practice. With this knowledge, participants can begin to teach their clients how to establish a strong mindfulness practice.

### Objectives:

- Examine the skills necessary for children and adolescents to establish a mindfulness practice;
- Demonstrate the skills to effectively teach children and adolescents mindfulness practice; and
- Discuss how to incorporate these methods into practice.

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## **D) Dialectical Behavior Therapy (DBT) and Care for those with Borderline Personality Disorder (BPD) and their Family Members**

*Dr. Zach Rosenthal, PhD.*

Dialectical Behavior Therapy (DBT) is widely considered to be the gold standard treatment for borderline personality disorder (BPD). Studied across the world for several decades, DBT has been shown to reduce self-injurious behavior (e.g., cutting), suicidal ideation, depression, anxiety, anger, hospitalization, substance use, and a range of other outcomes associated with BPD. Because BPD co-occurs with so many other psychiatric diagnoses and behavioral problems, DBT is a long and comprehensive approach with multiple components. Lasting one year, DBT includes weekly group skills training, weekly individual therapy, weekly therapist team meetings, and ad hoc telephone consultation between therapist and patient. In addition, family members commonly are involved in treatment in an effort to help ensure treatment gains maintain and generalize. In this presentation, the structure, modes, and functions of DBT will be reviewed, with an emphasis on ways in which family members can be involved and integrated into treatment. The goal of this presentation is to provide the audience with an overview of DBT for those with BPD and their family members, and to contrast this approach with other treatments commonly used to help adults with BPD.

### Objective:

- Identify the modes of DBT and their functions
- Contrast DBT with other treatments commonly used to help adults with BPD
- Describe at least two ways in which DBT can integrate family members into treatment

## **E) Alzheimer's Dementia in the Military: A Path Forward**

*Dr. Len Lecci, PhD.*

The incidence and cost of dealing with dementia of the Alzheimer's type has been growing rapidly, and military personnel are especially susceptible to this diagnosis later in life because of experiences such as traumatic brain injuries, PTSD, and depression. An understanding of the risk factors and a proactive focus on early detection and treatment can have a significant impact on the lives of our retired veterans.

### Objectives:

- Identify the risk factors for Alzheimer's dementia (AD), and how military personnel are at a heightened risk.
- Discuss and understand the role of early detection and its potential impact on AD and mild cognitive impairment (MCI).
- Identify and name the intervention options available for those with AD and MCI.

2:45 p.m.

Break

3 p.m.

## **Closing Plenary**

### **The Effects of PTSD, Depression, and Anxiety on the Whole Family**

*Jill E. Palmer, LCSW*

This breakout session will identify and summarize the impact of PTSD, Depression, and Anxiety from the perspective of the family including the developmental impact on children.

### Objectives:

- Discuss a brief overview of PTSD, Depression, and Anxiety from the perspective of the family;
- Demonstrate an understanding of the developmental impacts on children; and
- Apply effective strategies and coping skills in working with military-connected families.

4:30 p.m.

**Closing Remarks / Adjourn Day 1**



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## WEDNESDAY, OCTOBER 25, 2017

8 a.m. **Opening Remarks, *John Freudenberg***

8:05 a.m. **Defining Moments Video Presentation**

8:10 a.m. **Veteran Affairs Community Welcome, *Dr. Gregory Antoine, Chief of Staff, Fayetteville Veteran Affairs***

8:20 a.m. **Greetings and Introduction of Plenary Speaker**

*Dr. Deborah Teasley, PhD., RN, FACHE*

### **Opening Plenary - Challenges in Working with Military Families**

*Dr. Patricia Lillquist, MD*

Military families offer great diversity in their composition as well as their challenges with frequent changes and adjustments. We will review the basic demographics, common changes and adjustments for each family member. This session will discuss my transition as a provider in the community to working on base in a Naval Health Clinic while learning to work with the different Commands. We will review ways to decrease stress and support strengths in military family members.

#### Objectives:

- Discuss the variability among military families (family structure, family members, involvement of extended family);
- Identify differences in working on base vs. in the community with service members; and
- Review ways to decrease stress and support resiliency with many changes facing our military families

9:20 a.m. Break

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

### **A) PCIT – Parent-Child Interaction Therapy**

*Dr. George Ake, PhD.*

Parent-Child Interaction Therapy (PCIT) is a strong evidence-based treatment for young children (2-7) and their parents/caregivers. Originally developed for children with significant disruptive behaviors, its effectiveness has been shown with children with adjustment disorders, anxiety disorders, ASD, FASD, and children with a history of maltreatment. Recent adaptations of PCIT include helping military families cope with deployment stressors. This workshop will provide an overview of PCIT and examine how PCIT may fit into the service array of programs serving children and families in North Carolina. State-wide dissemination efforts will be discussed. Finally, this is a program based on PCIT and other evidence-based parenting programs (CARE) for use with all adults interacting with children of any age.

#### Objectives:

- Define at least 3 populations appropriate for PCIT;
- Identify the core components of the two phases of PCIT;
- Review at least 3 positive outcomes for families completing PCIT; and
- Discuss how PCIT can be implemented in services for children and families.

### **B) Education Transitions & Understanding the Interstate Compact**

*Panel – Kristen Curran, MEd., Cathy Hurley, Gretchen Walker, MEd., and Joyce Raezer, M.A.*

All transitions and moves can be difficult, but adding the challenges of changing schools is even worse. For our military families who tend to move as often as every two years, these educational transitions can potentially negatively impact a child's graduation and schools. Fortunately, there is now a process in place using the Military Interstate Compact that helps make military moves and

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education/school transitions easier. During this session, a panel of experts will review what the Compact entails, how to help advocate for a military child's education, discuss best practices, and answer questions. It will be interactive, informative, and open to any individual that deals with military families.

## Objectives:

- Review the details of the Military Interstate Compact;
- Discuss how to help advocate for a military child's education; and
- Identify best practices for the Military Interstate Compact.

## **C) Behavioral Sleep Medicine – Sleep across the Life Span**

*Dr. Cindy Swinkels, Ph.D.*

Behavioral Sleep Medicine (BSM) encompasses several empirically supported behavioral interventions to help improve sleep. This session will review basic sleep principles and sleep need across the lifespan to give a foundation to the underlying concepts in BSM. There will also be a review of how to evaluate the various sleep disorders in children and adults. Finally, this session will discuss the most prominent sleep disorders by age and possible treatment options based on best clinical practice.

## Objectives:

- Define and introduce Behavioral Sleep Medicine (BSM);
- Identify key areas for assessment in both children/adolescents and adults; and
- Describe treatment options for most common sleep disorders.

## **D) Increasing Effective Communication Strategies for Military Couples: Using Research Driven Tools to Promote Respect, Affection, Bonding and Connection**

*Nichole Johnson, LCSW, LCAS*

This session will discuss how the high demands of military life impact military couples creating feelings of distance, disconnection, and disengagement.

## Objectives:

- Learn the impact of trauma and attachment on marriage and couples' relationships;
- Explore behaviors that contribute to disconnection and separation; and
- Apply research-proven strategies that increase closeness, bonding, and communication

## **E) Learning From the Strength of Military Families: A Trauma Informed Approach**

*Julia Yeary, ASW, LCSW*

Military families are remarkably resilient, and cope daily with challenges their civilian counterparts may never have to face. And yet, they are not invulnerable. As they deal with the very real challenges in their lives, it is important to remember their strength. As practitioners, we can learn from this strength. Using a reflective practice model, professionals will find they not only engage military-connected families more readily, they also learn a great deal from these families' experiences. This session will focus on strategies for using Protective Factors and a strength-based approach for honoring the strength of the families you serve.

## Objectives:

- Learn the reflective practice model;
- Identify strategies for using protective factors; and
- Review a strength-based approach for honoring the families served.

11 a.m.

Networking Break, Visit Exhibitor Tables and Lunch (provided)

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11:45 a.m.

## **Lunch Plenary**

### **The Opioid Crisis: Turning the Tide**

*Dr. Vera Reinstein, PharmD, BCPS*

This plenary will help attendees understand the impact of the opioid overdose epidemic in the United States and in North Carolina. The attendees will appreciate the added risk of coingestion of polysubstances, especially involving benzodiazepines, on the risk of opioid overdose and death. Multiple initiatives, from national to local, intended to stem the tide of this opioid overdose epidemic will be presented; the focus will be on the role, availability, and appropriate use of naloxone for those most at risk for overdose.

#### Objectives:

- Review the opioid overdose epidemic in the US and North Carolina;
- Identify cutting edge psychopharmacy and clinical updates on relevant medications and approaches to psychiatric treatment; and
- Describe effective clinical practice guidelines and interventions to serve the populations in North Carolina.

1:20 p.m.

Break

1:30 p.m.

## **Breakout Sessions**

### **A) Changing the View – PTSD and Military Families**

*Dr. Greg Perkins, Ed. D*

This breakout session will review the previous bodies of research that points to the presence of secondary trauma in military families. This presentation will further the discussion by providing current perspectives on post-traumatic stress disorder beyond service members with a focus on the entire family.

#### Objectives:

- Review symptomology and autonomy of stress trauma and related stressful events
- Discuss empirical evidence that suggest a linkage between the experiences of the service member and the projection of stress and trauma on the family

### **B) Difficult Conversations - Helping Families Find Resilience in Challenging Times**

*Julia Yeary, ASW, LCSW*

You suspect a young child may be in need of early intervention services; or a young child has witnessed something traumatic, or a parent is dealing with an illness. How do you have that tough conversation with parents or with a young child? This session will explore opening difficult conversations with families to ensure they are connected with the support and services they need. We will also explore how we help parents move through accepting their child may have a special need that needs their attention.

#### Objectives:

- Learn to learn to explore difficult conversations; and
- Identify how to help parents move through accepting their child may have special needs that needs their attention.

### **C) Coaching Into Care - A National VA Call Center for Family and Friends of Veterans**

*Dr. Cindy Swinkels, Ph.D.*



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Coaching Into Care (CIC) is part of a collaborative project between the Mental Illness Research, Education, and Clinical Care Center (MIRECCC) in Durham, West Los Angeles, and Philadelphia VA Medical Centers. This project focuses on engaging veterans in VA services, particularly for addressing behavioral health needs, through outreach to veterans who may have not accessed VA care, but many veterans are reluctant or may not recognize their need to access care. Family members and friends of military veterans, however, are very aware of veterans' mental health difficulties and seek to play a positive role in helping veterans seek help that they need. This project seeks how to reach out to family members and help them use the most supportive and effective strategies to empower their veteran to seek help. This session will provide an overview of the CIC program, those who have been helped, and preliminary outcome data that has been collected. This session will also discuss reasons why veterans may refuse care and communication strategies that may assist in having more productive conversations around mental health.

## Objectives:

- Describe Coaching Into Care;
- Define at least 3 reasons people refuse to seek care; and
- Identify at least 2 ways to improve communication when talking about seeking care.

## **D) Overview of EMDR and Working with Military Families**

*Chris Floro, LMFT and Bethany Matheson, M.Ed.*

EMDR has been empirically validated as an effective treatment not only for PTSD but also for maladaptive beliefs associated with many psychological disorders. This session will seek to give an overview of EMDR and make caregivers aware of the different applications and outcomes for service members, their spouses and their children.

## Objectives:

- Learn an overview of EMDR;
- Define how EMDR is effective with warriors;
- Identify how to utilize EMDR with spouses of the military; and
- Describe how to use EMDR with children

## **E) Resilience**

*Faith Boehmer, BS*

Researchers have recently discovered a dangerous biological syndrome caused by abuse and neglect during childhood. As the new documentary "Resilience" reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. "Resilience," however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress — and the dark legacy of a childhood that no child would choose.

## Objectives:

- Learn about the ACE (adverse childhood experience) study that was conducted in the mid-90's and how the findings are considered one of the biggest public health threats of our lifetime;
- Review examples of trauma-informed initiatives across the country that are working to break the cycle of ACEs; and
- Discuss action steps you can take in your community and learn more about the Community Child Abuse Prevention Plan initiative in Cumberland County

## **3F) Congress & the New Administration: What's Their Focus on Military Families and Veterans?**

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*Joyce Raezer, M.A.*

From the new “Forever GI Bill” to VA accountability to changes in military health care, to military pay raises and commissary store brands, Congress and the new Administration are moving ahead on many issues affecting military families and veterans, enacting more than 10 laws so far dealing with military and veteran issues.

## Objectives:

- Describe the status of legislation affecting our military members and their families, to include changes in health care and pay;
- Discuss the rollout of the new Blended Retirement System and what troops and families need to know;
- Describe how the Forever GI Bill will improve education support for veterans and family members, to include survivors; and
- Review what policies or benefits might be changing in the Departments of Defense and veterans.

3 p.m. Break

3:10 p.m. **Closing Plenary - Enduring Warrior**

## **Falling Forward**

*Karl Holt*

In 2009, Karl was involved in a traumatic helicopter crash wherein ten fellow Americans were killed while serving in support of Operation Enduring Freedom. As the sole medic, he provided life-saving care to the surviving wounded, but healing from his own wounds has proved challenging. The initial estimation of time needed for recovery was two years. Today, Karl is eight years into recovery and still not complete. However, he believes trauma can be a gift if one learns to use it as an impetus for progress.

4:15 p.m. **Closing Remarks**

# PLANNING COMMITTEE

**Ronald Buryk**, Womack Army Medical Center

**Kristy Curran**, Cumberland County Schools

**Crystal Dunn**, FORSCOM

**Whitney Felkl**, USASOC

**Norma Fraser**, Fayetteville Veterans Affairs Medical Center

**John Freudenberg**, Steven A. Cohen Military Family Clinic at Cape Fear Valley

**Christine Ganis**, Psychologist

**Susan Graham**, VET Center

**Ann Hamilton**, National Military Family Association

**Cathy Hurley**, Community Volunteer

**Mary Lanier**, Barry Robinson Center

**Howard Lattimore**, Cumberland County Schools

**Deanne Lindsay**, Springbrook Behavioral Health

**Daniele Malvesti**, Partnership for Children of Cumberland County, Inc.

**Mark Marquez**, Fayetteville State University, Dept. of Social Work

**Sharon Moyer**, Partnership for Children

**Siobhan Norris**, UNC Wilmington

**Greg Perkins**, Walden University

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

**Marla Schroeder**, FORSCOM

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

**Meg Wilkins**, Sandhills Community College Continuing Education Division

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

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### Expect Compassion.

Old Vineyard Behavioral Health Services, located on a beautiful, spacious campus in Winston-Salem, North Carolina, provides intensive, individualized mental health and behavioral health treatments for rehabilitation of adolescents and adults. Our facility provides a relaxing, comforting environment to our patients, families, staff and visitors.

**OldVineyardBHS.com**  
(855) 234-5920



For over 30 years, Springbrook Behavioral Health has existed for one sole purpose: to bring vital, immediate care to those who need it most. Originally designed for individuals suffering from post-traumatic stress disorder, Springbrook's range of services expanded over time to include children and adolescents, as well as adult clients.

Springbrook Behavioral Health strives to provide compassionate Adult and Adolescent mental health care for individuals with unique and critical needs. We are ready to work with people with immediate challenges, and to help create a structure for success.

**(864) 834-8013**

One Havenwood Lane • Travelers Rest, SC 29690

Admissions@Springbrookbhs.com



# SPEAKER BIOGRAPHIES



**George (Tripp) Ake, PhD** is a Licensed Psychologist and Associate Professor in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center. He also is an Adjunct Assistant Professor in the Department of Psychiatry in the UNC-Chapel Hill School of Medicine. Dr. Ake

is currently the Associate Director of Training at the Center for Child and Family Health and the Director of the Training and Implementation Program at the UCLA-Duke National Center for Child Traumatic Stress (NCCTS). He and his team at NCCTS work to assist National Child Traumatic Stress Network members obtain needed training and consultation on the implementation of evidence based treatments including the use of Breakthrough Series Collaboratives and Learning Collaboratives. Dr. Ake has served as learning collaborative training faculty for over 10 Learning Collaboratives on evidence-based treatments including Trauma-Focused Cognitive Behavioral Therapy and Parent-Child Interaction Therapy. Dr. Ake also provides trauma treatment services at the Center for Child and Family Health in Durham, NC. He has extensive experience in the delivery of trauma treatment services for civilian and military families. In his 13 years at Duke, he has provided supervision to over 30 doctoral level psychology interns from Duke University Medical Center and UNC-Chapel Hill Medical Center and over 10 psychology postdoctoral fellows from Duke. He also oversees the internship program for social work and counseling at the Center for Child and Family Health. Dr. Ake is a Level II PCIT International Trainer as well as a NCTSN Resource Parent Curriculum Trainer. He also serves on the PCIT-International Task Force on Policy and Advocacy, the Child and Family Evidence-Based Practice Consortium, and the National Child Traumatic Stress Network Implementation Advisory Committee.

Dr. Ake's clinical and research interests have been in the area of trauma, interpersonal violence, implementation science and trauma-informed child welfare practice.



**Faith Boehmer** is a graduate of Gardner Webb College (now University) in 1987. Previously she worked as a Social Worker with the Department of Social Services in Cumberland County in a variety of different roles. Faith has been with the Child Advocacy Center since 2009. She manages

around 100 volunteers as well as coordinates all the Prevention and Awareness efforts through the CAC. She is certified to lead several different workshops that pertain to Child Abuse as well as skills for improving marriage and parenting. She is a Certified Trainer for Stewards of Children as well as a facilitator for the workshop. She is married and has two daughters: Hannah is a senior in college and Morgan is a Senior at Massey Hill Classical High School.



**Celeste Carter, M.S., M.Ed.** is an Autism Specialist and Clinical Instructor with the UNC TEACCH Autism Program of the University of North Carolina at Chapel Hill. Ms. Carter conducts diagnostic assessments, implements individual and group sessions for individuals with Autism Spectrum Disorders,

and trains teachers and professionals. Her work with families and individuals with ASD spans over 25 years within the United States and internationally. Ms. Carter received her professional training from UNC-Chapel Hill and East Carolina University.



**Kristy Curran, M.Ed.** graduated from Colgate University with her B.A. in Psychology. From there she worked at Duke University Medical Center as a research assistant in the ADHD department.

This work led to her earning a Masters in Education in School Counseling from

University of North Carolina Chapel Hill. Kristy started her school counseling career as the lead counselor at Westover High School (2010- Dec 2014) and is now the Counseling Coordinator for Cumberland County Schools. She is responsible for helping principals supervise CCS School Counselors at the K-12 level as well as provide professional development. In addition to making sure all CCS students have a positive impact from their school counselor, she also works alongside the CCS Military Family and Child Liaison and the Ft Bragg School Liaison Officers to ensure that our military students' needs are being met. Kristy is an adjunct faculty member at UNCP, teaching future school counselors through their first experience in internship. Kristy has been a member of the Living In the New Normal (LINN) Committee that helps plan the Forward March Conference since January of 2015. She has a passion and love for kids and believes that it is the relationship educators create with their students that makes the biggest difference in their lives. Kristy is married to Scott Curran, has two step-children, Jack and Allie, and two labs, Anya and Sally.



**Christopher Floro, MA, LMFT** is a Marriage & Family Therapist specializing in trauma treatment as well as individual, couples, and family therapy. He has over 21 years' experience as a pastoral counselor and marriage and family therapist. His areas of expertise are treating marital conflict, those

at risk for suicide, post-traumatic stress, acute stress, and sexual and physical abuse. Chris retired from the US Army in 2013 after 29 years of active and reserve service. With numerous combat deployments within special operation forces and classified environments, he understands the complexities of combat, security, control, and need for confidentiality. He has

# SPEAKER BIOGRAPHIES

Master Degrees in Theology and Pastoral Counseling from Covenant Theological Seminar and a Masters of Counseling from Webster University, and is currently working on his PhD in Counseling & Psychology at Regent University. . He is an AAMFT Approved Supervisor, EMDR Trainer, and EMDR Approved Consultant. After retiring, Chris established Thrive Counseling and Consulting. With the significant involvement of his family, Thrive has grown to 11 therapists with an active Student Intern Program where each semester 4 rising therapists are trained to incorporate trauma work into their professional development. He also recently founded The SALT Project, a non-profit dedicated to developing Christian therapists and supervisors while providing quality psychological care and practical resources to under serviced population groups in the community of Fayetteville. Chris has been married for over 30 years to his wife Holly and together they have 6 children.



**Jenny Haigler M.S.** DoDEA Grants Project Director graduated from York College of Pennsylvania with a Bachelor of Science degree in Psychology and a Minor in Special Education. She married into the army and discovered her love of working with students with special needs as a teaching assistant.

While stationed in Hawaii, her career expanded to teaching after completion of a Post-Baccalaureate Certificate Program with a certification in Mild/Moderate Disabilities K-6 from the University of Hawaii at Manoa. With time spent in the classroom, the desire to help students on a deeper level was still there. She completed her Master of Science degree through Capella University, Council for Accreditation of Counseling and Related Educational Programs (CACREP) school counseling program, Minneapolis, Minnesota. Jenny is the current Department of Defense Education Activity (DoDEA) Grants Project Director for Cumberland County Schools. Her major role is to support the ongoing implementation of grant project goals.



**Cathy Hurley** is a former educator and has worked in a variety of positions that have supported military children. Most recently, she was the Military Family & Youth Liaison in Cumberland County Schools. Cathy taught elementary school in four different states, moved twenty times and her two children

both attended ten different schools before attending college. She understands how hard it is to move, both academically and emotionally. Cathy has previously served the military community as Director of the Army Community Service at Fort Irwin, CA, so she is also very knowledgeable about services that are available on Army posts. She has received several awards for her involvement within the military

community including the Family Readiness Medallion from the 1st Armored Division, the Commander's Award for Public Service from the Department of the Army, the Dr. Mary E. Walker award and the Keeper of the Flame from the Ordnance Corps Association. She currently resides at Ft. Lee, VA.



**Ashlee Ivy, M.Ed.,** is committed to improving the educational experiences and outcomes of all children. She holds a Bachelor's Degree in Special Education and a Master's Degree in Educational Psychology from Texas A&M University. Her experience includes working with students with moderate

to severe disabilities in various classroom settings and as teacher in the Preschool Program for Children with Disabilities (PPCD). Ashlee also served as a resource teacher aiding students with severe behavior issues. She has been recognized with several awards throughout her career including "The Kids First Award" from Cypress Fairbanks ISD in Texas for her work as a PPCD teacher. Ashlee has a passion for research. She has presented at staff development meetings as an expert on a variety of behavior management topics and has presented research projects on behavior at national conferences. Ashlee currently serves as a DoDEA grant External Evaluator through Fidelity Consultation and Evaluation, LLC for Cumberland County Schools.



**Nichole L. Johnson, LCSW, LCAS,**

is a social work scholar, researcher, psychotherapist, and military consultant. She has an extensive practice background in mental health, working with families and

children experiencing severe emotional, mental, and physical trauma, and with military behavioral health within Special Forces Command. Ms. Johnson has provided behavioral health services for the Army, Navy, Air-Force, and Marines, both CONUS and OCONUS. She is trained in many evidence-based treatments for trauma and specializes in trauma-informed care. Ms. Johnson is a certified Gottman Seven Principles of Making Marriages Work Educator and a 2017 honoree of the Top 40 Under 40 Leaders in Fayetteville, North Carolina. Ms. Johnson holds a Bachelor of Social Work and Master of Social Work Degree from Winthrop University. She is also completing doctoral studies at the University of North Carolina, Wilmington.

Ms. Johnson is the Co-Chair of the Fayetteville Local Program Unit for the North Carolina Chapter of the National Association of Social Workers, a member on the NASW-NC Ethics Committee, and a Board Member with the Sandhills Chapter of the Red Cross.

# SPEAKER BIOGRAPHIES



**Dr. Len Lecci, PhD** is a Professor of Psychology at the University of North Carolina Wilmington and is Director of Clinical Services for MARS Memory-Health Network, a memory clinic that focuses on the early detection of Alzheimer's disease. He received his Ph.D. from Arizona State

University and interned at Harvard Medical School. He specializes in the assessment of memory and clinical disorders, and over the last 12 years has been involved in a project to maximize the early detection of memory problems. Dr. Lecci has published extensively in the top journals in psychology and medicine, written a textbook, received grant funding from the National Science Foundation and Alzheimer's NC, briefed congress, and has been awarded numerous teaching awards from UNCW and the UNC Board of Governors. He has served on the Board of Directors for the Eastern NC chapter of the Alzheimer's Association and was on the Board for the non-profit Alzheimer's North Carolina, Inc. Dr. Lecci also served on the 2015 North Carolina Institute of Medicine Task Force on Alzheimer's Disease and Related Dementia.



**Dr. John J. Lesica, MD** serves as a Child and Adolescent Psychiatrist at Womack Army Medical Center. 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.



**Dr. Patricia A. Lillquist, M.D., DFAPA** is a Board Certified Psychiatrist and Master Clinician at Naval Health Clinic Cherry Point. Dr. Lillquist has worked at Cherry Point Marine Corps Air Station for more than 4 years providing care for Marines, Sailors, Coast Guardsmen and Soldiers and

their families. Prior to working at Cherry Point, Dr. Lillquist worked with service Members, their spouses and children in the surrounding communities for over 4 years. She has worked in psychiatry for over 30 years treating all ages in a wide variety of settings. – home visits, clinics, hospitals, JD facility, group homes, schools and a private office.

Dr. Lillquist graduated from Robert Wood Johnson Medical School – UMDNJ and completed her training as intern, resident and Chief Resident at Albany Medical Colleges in New York. She was on the faculty there for 25 years and an active member of the American Psychiatric Association.

She has spoken to many audiences including National and Regional meetings for Physicians, Physician Assistants, Nurse Practitioners, many Grand Rounds and has done several radio shows and appeared on television. She particularly enjoyed talks in the community to parents, volunteers and children in school settings. She is the proud mother and mother in law of two American Army Soldiers.



**Bethany Matheson, M.Ed.** has her Master of Education from Vanderbilt University in Human Development Counseling – Clinical Mental Health track. The wife of an Army officer, she completed her practicum placement providing crisis intervention services and brief counseling with domestic

violence survivors at the Jean Crowe Advocacy Center. She completed her clinical internship at Nurture House, a child, adolescent, and family counseling center in Franklin, TN. While at Vanderbilt, she worked as a research assistant for the Vanderbilt Center of Excellence for Children in State Custody (COE). She completed EMDRIA-approved EMDR basic training in Franklin, TN, and passed the National Counselor Examination in 2017. Bethany is passionate about working with children and adolescents around issues of trauma, anxiety, divorce, and grief. She has received training in different play therapy techniques, including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Trust Based Relational Intervention (TBRI), Theraplay, and Child-Directed Play Therapy. Bethany uses an integrative approach to provide treatment for children and adolescents, and has additional experience providing attachment-based family therapy, therapy for adoptive families, and group therapy with children. She plans to pursue her full certification in EMDR and her credential in Registered Play Therapy while working towards her full license as a Licensed Professional Counselor.



**Jacqueline Franks Matlock, M.A.** is the Military Student Transition Consultant (MSTC) program manager for the Military Child Education Coalition. She grew up learning about and loving multiple cultures as she moved from home to home in an active duty military family. She graduated from The

George Washington University and has a B.A. in Elementary Education, a M.A. in Human Resource Development, and an Educational Specialist Degree in Educational Leadership and Administration. Jacqueline is a certified school administrator in Washington, D.C.

Jacqueline is a seasoned educator and military family program advisor. For more than 20 years and through 13 military moves, Jacqueline has transported her career building skills and relishing cultural experiences with each new opportunity.



# SPEAKER BIOGRAPHIES

Recognized as a military spouse advocate, she dedicates volunteer time to building military connected student academic and social emotional awareness and advancing networks, which enable military families to engage, connect, and grow within their local communities. Jacqueline is married to Patrick Matlock, a career Army soldier; together they have three children.



**Jill E. Palmer** is Clinic Director for the Steven A. Cohen Military Family Clinic at Cape Fear Valley where she oversees the clinical, administrative and outreach operations. Ms. Palmer's combined clinic operations and psychotherapeutic experience spans more than 20 years in the military, government, private practice, and non-profit sectors. As a Navy veteran, Palmer has provided evidence-based treatment for sailors, veterans, children, and families.

Prior to joining the Navy in 2010, Palmer worked for over 12 years providing social work services to at-risk youth, domestic violence survivors at the Naval Fleet and Family Support Services. She directed a children's bereavement camp at Hospice of Northeast Florida, conducted mental health evaluations and psychiatric social work in the emergency department and in-patient unit at Baptist Medical Center in Jacksonville, FL. Jill has also directed a boy's juvenile justice program. She is currently a doctoral candidate student at the University of Tennessee where she is focusing on evidence based practices, leadership and research.



**Dr. Gregory E. Perkins, Ed.D., MSW, ACSW, LAPSW**, is a Contributing Faculty member in the College of Social and Behavioral Sciences at Walden University. As a Licensed Advanced Practice Social Worker and Master Addictions Counselor, Dr. Perkins has extensive training and

experiences working with individuals, families and groups with co-occurring disorders specializing in trauma-focused interventions; working with court involved youth, adults and families; at-risk and high risk youthful offenders and their families; has provided parent education and advocacy on behalf of family systems; and consistently engages community organizations to promote change to reduce stigma towards access to behavior healthcare. He has served in consultation, collaboration, and training with local, state and national agencies and organizations. These include detention and prison facilities, provider agencies, consultant and trainer to the National Resource Center for Children and Youth Services at the University of Oklahoma, Tulsa and visiting lecturer at the North Carolina Justice Academy, Salemburg, North Carolina. Dr. Perkins is a member of several statewide

workgroups and task forces on mental health. At the national level, he is a member of the Council on Social Work Education Military Social Work Track Committee, the Historically Black Colleges and Universities Emergency Management Consortium Committee. Dr. Perkins has facilitated learning at the undergraduate and graduate levels. He is a combat veteran having served more than 22 years in the US Army.



**Mark Phillips** is the Assistant Chief of Staff of the United States Army Special Operations Command, Fort Bragg, North Carolina. In this capacity he is the principle advisor to the commander on all matters relating to the management of the 1,800 Department of the Army Civilians in the command. He provides

direct supervision of the Knowledge Management Directorate, Command Safety Office, Internal Review Office, and the Office of the Command Historian. As directed by the commander, his focus is serving as USASOC Program Manager for the Preservation of the Force and Family Program as integrator of the Army Ready and Resilient Campaign. He has served in this position since October 2010. Previously he served in the Office of the Deputy Chief of Staff G-4 (Logistics) as both interim Director and Deputy Director. He supervised a diverse logistics staff with responsibilities for equipping, maintaining, sustaining, and transporting Army Special Operations Forces which include Soldiers assigned to the 1st Special Forces Command (Airborne), US Army Special Operations Aviation Command, 75th Ranger Regiment, and the John F. Kennedy Special Warfare Center and School.

Mr. Phillips possesses a broad background in military logistics ranging from the operational to the strategic level that spans a career of more than 40 years. He has served with the 2nd Infantry Division in Korea; 5th Infantry Division (Mechanized) at Fort Polk, Louisiana; 2nd Armored Cavalry Regiment in Nurnernberg, Germany; 24th Infantry Division (Mechanized) at Fort Stewart, Georgia; 10th Mountain Division at Fort Drum, New York; and the 1st Cavalry Division at Fort Hood, Texas and Operation DESERT STORM. In addition, he has served with the Army Materiel Command, the United States Special Operations Command, 19th Theater Sustainment Command, Joint Special Operations Command-Korea, and the U.S. Army Aviation Missile Command.

Mr. Phillips possesses a Bachelors Degree in Political Science (Pre-law) from The Citadel and a Masters of Management Degree from the Florida Institute of Technology. He holds certificates in Physical Distribution Management from the Army Logistics Management College and Supply Chain Management from Penn State University. Mr. Phillips completed his fellowship in Strategic Policy and Decision-Making from the Harvard University John F. Kennedy School of Government.

# SPEAKER BIOGRAPHIES

He resides in Pinehurst, North Carolina with his wife, the former Mary Ann Doiron of Franklin, Louisiana.



**Joyce Wessel Raezer, M.A.**, 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. A nationally-recognized advocate

for military families, she leads a dedicated team working to ensure the Association's programs and initiatives promote the strength and resilience of the families of the seven uniformed services. Joyce has represented military families on several committees and task forces for Department of Defense agencies. 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*. She currently serves on the DoD Millennium Cohort Study Strategic Board. 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, 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. Follow her on Twitter: @NMFAJoyce



**COL Lance C. Raney, MD**, became the commander of Womack Army Medical Center on Jan. 8, 2016. He got his Bachelor of Science at Ouachita University, and his MD at University of Arkansas School of Medicine. He completed his residency in Family Medicine at Eisenhower Army

Medical Center, Fort Gordon, GA. Prior to his assignment to Womack, he was the Chief of Consultants and Clinical Policy for the Army Surgeon General in Falls Church, VA.



**Dr. Vera Reinstein, PharmD, BCPS** is the Clinical Pharmacist with Alliance Behavioral Healthcare, the public behavioral health services managed care organization (MCO) for Medicaid and uninsured consumers in Wake, Johnston, Cumberland and Durham counties. Dr. Reinstein is a proud Gator,

having earned her Doctor of Pharmacy degree at the University of Florida, and completed her pharmacy residency at the Moses H. Cone Memorial Hospital in Greensboro. She earned her credentials as a Board Certified Pharmacotherapy Specialist first in 1994 and proudly maintains that certification. Dr. Reinstein has practiced in various settings including academia, industry, and hospitals, which included Ambulatory Care in

the VA in Florida. Just prior to working at her current position with Alliance, Dr. Reinstein worked with Community Care of North Carolina (CCNC) at Duke University's Division of Community Health where she became interested and involved with CCNC's Chronic Pain Initiative, Project Lazarus as well as the Community Pharmacy Enhanced Services Network and recognized the need to enhance pharmacy awareness and support for the use of naloxone and other harm reduction strategies to help save lives. Prior to joining Alliance in August 2016, Dr. Reinstein also assisted with Alliance Behavioral Healthcare's Opioid and Benzodiazepine Task force which, among other recommendations resulted in educational programming for all local providers on Safer Opioid Prescribing in October 2016, for which Dr. Reinstein served as a course developer. At Duke, Dr. Reinstein developed a continuing education program in early 2016 for physicians, nurses and pharmacists around naloxone use and presented to nursing and pharmacy groups locally, as well as statewide to the NC Association of Pharmacists (NCAP) annual meeting in November 2016. She presented at Southern Regional AHEC's 2017 Clinical Update and Psychopharmacology Review in March on the Opioid Epidemic. In October 2016, Dr. Reinstein helped develop a continuing pharmacist education webinar for NCAP on naloxone and the statewide standing order, now on NCAP's website, and is working with the NCAP education committee to expand on this first webinar with a series of webinars and workshops planned for 2018 for pharmacists statewide to better serve their populations' risk related to opioid overdose and death.



**Dr. M. Zachary Rosenthal, Ph.D.**, is an associate professor with a joint appointment in the Duke University Medical Center Department of Psychiatry and Behavioral Sciences and the Duke University Department of Psychology and Neuroscience. He is director of the

Sensory Processing and Emotion Regulation Program and the Duke Cognitive Behavioral Research and Treatment Program (CBRTP). Within the Department of Psychiatry & Behavioral Sciences, he is the vice chair for clinical services. Dr. Rosenthal is a licensed clinical psychologist in North Carolina trained in contemporary cognitive behavioral therapies (CBTs), and is an expert in the treatment of BPD using dialectical behavior therapy (DBT). Additionally, he provides educational training to community mental health and substance abuse professionals through a partnership between Duke University, AHEC, and the NCEBP Center.



**Rob Schooley, MSW, LCSW**, graduated with a Master of Social Work from the University of Illinois at Urbana-Champaign in 2004. He currently serves as a Behavior Specialist for

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the Chatham County Schools where he provides direct services to children and adolescents displaying academic, social and/or emotional difficulties. In addition to conducting functional behavior assessments and developing behavior intervention plans, Rob utilizes cognitive-behavioral techniques as well as mindfulness-based interventions to address the needs of the population he serves. Rob is a certified trainer for Nonviolent Crisis Intervention, a Field Instructor for the University of North Carolina at Chapel Hill School of Social Work, and a Faculty Advisor for the Boston University School of Social Work.



**Dr. 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.



**Gretchen Walker, MEd** has a Bachelor of Social Work Degree from North Carolina State University. In addition, she earned her Master's of Education Degree in Professional School Counseling from UNC Pembroke and is a member of the North Carolina School Counselor Association. Gretchen moved from Jacksonville NC to Fayetteville NC in early 2004. Gretchen

worked for several years as a Social Worker with Child Protective Services and Adult Protective Services with the Department of Social Services. She also has experience as a Long Term Care Social Worker

having worked at Autumn Care Nursing Home and Britthaven Nursing Home. In 2008, Gretchen began working as a high school counselor with Cumberland County Schools. Her first assignment was at Jack Britt High from 2008-2011 and presently she is at EE Smith High School as the Lead School Counselor. Gretchen has attended the Military Child Education Coalition Conference in Washington DC, is on the Fayetteville Technical Community College Transfer Advisory Board and is the Student 2 Student Advisor at EE Smith High School. She has provided professional development training to the counseling staff to Asheville High School in Asheville, NC. Gretchen is married to Isaiah (Ike) Walker Jr and she is actively involved in public service through her sorority, Delta Sigma Theta Sorority Inc.



**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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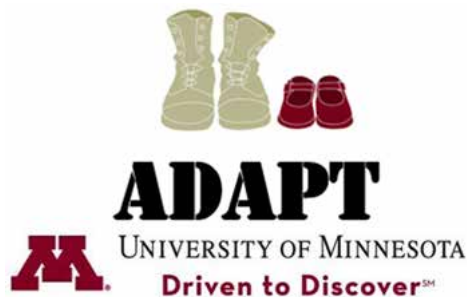
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# BREAKOUT SESSIONS

## BREAKOUT SESSION 1 - OCTOBER 24 AT 1:15 P.M.

- 1A) Understanding the Learning Style of ASD - *Room 6*
- 1B) Innovation in Collaborative Relationships: The Military Student Transition Consultant (MSTC Program - *Room 1*
- 1C) Mindfulness Based Interventions for Children and Adolescents - *Room 7*
- 1D) DBT and Care for those with BPD and their Family Members - *Room 3*
- 1E) Alzheimer's Dementia in the Military: A Path Forward - *Room 4*

## BREAKOUT SESSION 2 - OCTOBER 25 AT 9:30 A.M.

- 2A) PCIT - Parent-Child Interaction Therapy - *Room 3*
- 2B) Education Transitions & Understanding the Interstate Compact - *Room 7*
- 2C) Behavioral Sleep Medicine – Sleep Across the Life Span - *Room 4*
- 2D) Building More Effective Communication in a Military Family - *Room 6*
- 2E) Learning From the Strength of Military Families: A Trauma Informed Approach - *Room 1*

## BREAKOUT SESSION 3 - OCTOBER 25 AT 1:30 P.M.

- 3A) Best Practices and Evidence Based Research for Assessing and Treating PTSD: Focus on Families - *Room 1*
- 3B) Difficult Conversations- Helping Families Find Resilience in Challenging Times - *Room 7*
- 3C) Coaching Into Care - A National VA Call Center for Family and Friends of Veterans - *Room 3*
- 3D) Overview of EMDR and Working with Military Families - *Room 4*
- 3E) Resilience - *Room 6*
- 3F) Congress & the New Administration: What's Their Focus on Military Families and Veterans? - *Hodge Room*

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