



**2<sup>nd</sup> Annual Critical Issues in Child & Adolescent  
Mental Health Conference**  
*Plasticity and Possibility in Youth, Families and Community*  
**Saturday, March 11, 2017**  
**Crowne Plaza Hotel, San Diego**

**02 13 17**  
**Subject to Change**

**Conference Agenda**

8:00 - 8:30 am Registration and Bookstore in Foyer  
Continental Breakfast in Exhibit Hall

8:30 - 09:00 am Opening Remarks and Setting the Context  
**Jeff Rowe, MD**  
CICAMH Conference Chair  
**Nick Macchione, MS, MPH, FACHE**  
Director and Deputy Chief Administrative Officer, San Diego County Health and Human Services Agency

9:00 - 10:00 am **Children, Teens, & Suicide: Who Is Most at Risk and 10 Ways We Sometimes Get It Wrong**  
**Lisa Boesky, PhD**, Author, Consultant, Expert Witness

Suicide has increased among both children and teens, therefore the need to better identify youth at high-risk for taking their own lives is ever more urgent. This session covers new information related to key factors impacting youths' risk for suicide. Plus, TEN ways we sometimes get it wrong – and the deadly tragedies that can occur when we do. Attendees will also hear important information about legal liability if a youth on your caseload makes a suicide attempt or dies by suicide. This engaging presentation delivers practical information with visuals and multiple case examples.

Attendees will be able to:

- Identify which youth are most likely to move from “thinking” about Suicide to actually making a Suicide “attempt”
- Discuss how “children” who are Suicidal may differ from “teens” who are Suicidal
- Examine key factors impacting young people’s risk for Suicide
- Explore four essential issues that can help you identify a youth’s potential risk of suicide
- Review liability and legal issues when working with young people who are suicidal

10:00 - 10:15 am Break

10:15 - 11:15 am **Substance Abuse, Relationships and the Family**  
**Kara Bagot, MD**, Assistant Professor, UCSD Department of Psychiatry

Annual prevalence of illicit substance use among adolescents is 15-40%, with older adolescents demonstrating greater use. Adolescent substance use is associated with deleterious psychosocial and mental health outcomes, including externalizing behaviors which may lead to juvenile justice involvement, conflict with parents/caregivers, and academic disengagement. Parental and intergenerational use, familial culture of use, genetic predisposition for use, and cultural/community norms around substance use may also negatively impact adolescent mental

health, and further reinforce substance use among adolescents. Indeed, adolescent substance use has been shown to be rooted in multi-level social contexts from interpersonal relationships with family and peers, to societal structural boundaries. In this session, we will examine relationships between adolescents, families, the social, cultural and academic communities in which adolescents belong, and substance use.

Attendees will be able to:

- Explore Psychiatric Comorbidity among Adolescents with Substance Use Disorders
- Examine the Impact of Comorbid Psychiatric Illness & Substance Use on Families
- Identify Community Interventions for Families with Substance Using Teens
- Explore reciprocal relationships between substance use, adolescents and their families and communities

11:15 - 12:15 pm **Youth Perspectives on Challenges and Opportunities of Growing Up**

SD High International Baccalaureate Program Students:

**Maya Salameh**, 2016 National Student Poet Awardee

**Jacob Allan Dadmun and Lillian Shallow**, Panelists

This panel will feature youth presentations about the challenges they experience in life (at home, school, jobs and in the community). Panelists will explore some of the ways that they cope with the pressure and challenges, and highlight some of the factors that have helped support their resilient natures and make positive changes in their lives. The panel will highlight for providers and clinicians the very real influence of ongoing support, the impact of community resources, the critical role of caring and credible mentors, and the remarkable resiliency of these young people.

Attendees will be able to:

- Identify the current challenges youth face in their homes, school and communities
- Examine how education, support and interventions can support youth resilience and facilitate positive outcomes
- Demonstrate the influence that school and community resources provide
- Examine the unique impact that credible mentors with lived experience have in modeling and facilitating change for youth

12:15 - 1:30 pm **Lunch and Networking**

1:30 - 2:30 pm **Sexting, Texting and Social Media — the New World of Teen Communications**

**Janet Rosenzweig, PhD**, Author, National Child Health, Safety & Welfare Expert

As if learning to navigate sex, love, lust, affection, relationships, honor, morality, and trust weren't already difficult enough for a teen to do in private, kids now have to do all that living in a world where one stupid text message or email can become public, permanent, and prosecutable. Errors can include accidentally sending a photo to the wrong number, to adolescent squabbles uploaded to cyberspace, to pedophiles and pornography mongers targeting adolescents whose profiles showed exploitable vulnerabilities. This presentation will provide a view into the new world of teen communication and implications for child safety, prevention and interventions that can and should be done at home, school and in the community.

Attendees will be able to:

- Examine the youth's world of texting, sexting and social media
- Review statistics and case examples of sexting incidents and exploitation and what to do about them

- Discover effective preventative and educational measures
- Explore implications for parents, mental health providers, child welfare services, and schools to moderate the influence of social media on children and youth

2:30 - 3:30 pm **Organizing Communities for Success: Lessons Learned at Gompers School**  
**Cecil Steppe**, Chair, Gompers Preparatory Academy, Board of Directors Gompers School; Former President and CEO of the Urban League of San Diego County

This presentation will allow professionals to explore the critical preventative and progressive value of community building strategies as a vehicle in the protection and advancement of vulnerable at-risk populations. The Gompers School project revealed the need for enhanced social and educational supports for the students in the community so an alternative charter school setting was developed that has proven successful in meeting the needs of the community. The evolution of the Gompers School project will be reviewed and outcomes of the project will be explored with attendees. Implications for mental health providers, advocates and community leaders will be discussed.

Attendees will be able to:

- Recognize the importance of community resources in the emotional and developmental progress of its youth
- Explore foundational strategies for implementing pro-active child-serving and family-serving social action and community development
- Evaluate the efficacy of inter-agency and in-the-community collaboration to improve the lives of children and their families

3:30 - 3:45 pm **Break**

3:45 - 4:45 pm **Twenty One Years of Teaching Restorative Thinking and Peace Through Forgiveness in Schools**  
**Tasreen Khamisa**, Executive Director and **Benita Page**, Program Manager of Tariq Khamisa Foundation (TKF)

Violence and harm are learned behaviors that can be changed. Presenters will explore how school instruction in restorative thinking concepts provide youth with the vision, skills, and support needed to be resilient and heal from trauma, punitive practices and other complex issues. Attendees will review restorative thinking components that educate and empower at-risk youth to be peacemakers. The Tariq Khamisa Foundation (TKF) is a San Diego nonprofit conducting interventions that provide youth strategies to develop health social-emotional behaviors and relationships. TKF programs demonstrate that teaching peace, encouraging growth from mishaps, and inspiring healing generates youth who know that from conflict, love, hope and unity are possible.

Attendees will be able to:

- Explore the role of forgiveness in conflict resolution
- Examine restorative practices and how this differs from a shame-based, punitive disciplinary model
- Identify and describe proven, effective components of restorative thinking and practices
- Discover the implications of fostering hope and resiliency in youth to create healthy social behaviors

4:45 - 5:00 pm Wrap Up, Sign Out for CME, CE

5:00 – 7:00 pm Networking Reception, Appetizers, No Host Bar - in the Courtyard