2023 VIRTUAL FALL CONFERENCE

NOVEMBER 13–14, 2023

Conference Brochure
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Registration Information

The National Association of Social Workers North Carolina (NASW-NC) Fall Conference is a meeting for the entire profession! Everyone from the social work student to the LCSW in private practice can benefit from the presentation offerings. After the conference, attendees will take away new ideas, knowledge, and skills to implement them. Past attendees have shared that the workshops offered enhance their practice and area of specialization.

Some of this year’s topics include:
- Intergenerational Trauma
- Artificial Intelligence
- Financial Social Work
- Neurodiversity
- Incarceration & Families
- And Much More!

Because NASW-NC staff is working remotely, there may be a delay in processing registrations that are mailed. NASW-NC is not responsible for lost or delayed registrations by mail. For quicker registration and to be sure you meet all deadlines, please register online at [www.naswnc.org](http://www.naswnc.org) and pay with a credit card. Payment for registration via check or money order should be made to NASW-NC.

**Registration will close on November 7, 2023.** Conference log-in instructions will be sent by email the week before the conference.

**Refunds are NOT available for this conference!** As the conference proceedings will be recorded and available to all registrants until December 18, 2023, NASW-NC will not be issuing refunds of any kind.
CE Credit

Each attendee who participates in the entire live event will receive a transcript of CE reflecting 13 live contact hours of Continuing Education.

Bonus CE! Receive up to 31 Hours of CE Total!

Sessions from the 2023 NASW-NC Virtual Fall Conference will be recorded. If you missed a session due to internet outages, etc, or would like to watch additional breakouts, the recorded sessions will be available beginning November 20 until December 18, 2023. For these sessions, attendees can receive up to 18 additional hours of asynchronous CE. You will receive CE credit for the sessions you attend. The conference platform will track your attendance.

LCAS and LCAS-A holders can count the hours earned through NASW-NC towards the addictions license renewal.

CE Transcript Access

Registrants will receive an email on Wednesday, November 15, 2023 with instructions on how to access your CE transcript for the live hours. For the recordings & bonus CE, instructions will be sent the Monday after the conference on November 20th. After December 18, 2023, access to the sessions will no longer be available. Please print your CE transcript along with saving it on your computer and in a cloud-based service such as OneDrive, Google Drive, or Dropbox. NASW-NC does not keep CE records indefinitely and will not be able to retrieve your CE records.

The North Carolina Social Work Certification and Licensure Board administrative code (https://ncswboard.org/page/administrative-code.html#0401) that governs social work licenses indicates that “live synchronous audio-video broadcasts allowing for real time interaction between the instructor and participants attending through electronic means shall not be considered distance learning activities;”, this means that our event WILL count as in person CE.
Virtual Code of Conduct

NASW-NC is dedicated to providing a harassment-free experience for everyone, regardless of gender, gender identity and expression, age, sexual orientation, disability, physical appearance, body size, race, ethnicity, religion (or lack thereof), nationality, level of experience or technology choices. We do not tolerate harassment of program participants in any form, nor do we tolerate behavior that would reasonably lead to another participant being made to feel unsafe, insecure, or frightened for their physical or emotional well-being. All communication should be appropriate for a professional audience. Program participants, including stakeholders, violating these rules may be expelled from the program without a refund at the discretion of the conference organizers. By registering for the conference, you are agreeing to follow the code of conduct.

The views and opinions expressed in this program are those of the speaker(s) and do not necessarily reflect the views or positions of NASW-NC.
2023 NASW-NC Fall Conference Sessions

MONDAY, NOVEMBER 13 SESSIONS

Monday, 8:30am-10:30am, Keynote Address (2 Ethics CE Hours)
□ KN1: Societal Trauma: Its Threat To Democracy and the Profession of Social Work

Monday, 11:00am-12:30pm Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
□ M1: Neurodiversity In Your Practice: Are You Recognizing It In Your Clients?
□ M2: Supporting Latinx immigrant families: Overcoming Immigration Status, School, & Mental Health Services Roadblocks
□ M3: How Transgender Affirming Care Can Elevate Your Practice for All

Monday, 1:30pm-3:00pm Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
□ M4: Health Tech Social Work: Emerging Opportunities for Individual Practice, Communities, and Policy
□ M5: Empathy Beyond Belief: Holding Space for Nonreligious Clients

Monday 3:30pm-5:00pm, Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
□ M7: Normalizing Joy: How to Beat Burnout At Its Own Game
□ M8: Medical Condition or Anxiety Disorder: Ways to Help You Determine
□ M9: The Trauma of Incarceration and the Impact on Substance Use Disorder Counseling

TUESDAY, NOVEMBER 14 SESSIONS

Tuesday, 8:30am-10:00am Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
□ T1: How Long is Too Long: Understanding Prolonged Grief Disorder
□ T2: Why Your Relationship With Money Matters
□ T3: Invisible Sentence: Recognizing, Supporting, and Advocating for Children of Incarcerated and Returning Parents

Tuesday, 10:30am-12:00pm Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
□ T4: Clinical Care For Challenging Populations: Working With Clients Who Have Committed A Sexual Offense
□ T5: Intergenerational Trauma: The Burdens We Are Not Meant To Carry
□ T6: Macro Vibes Series: Integrating Evidenced-Based Storytelling into Social Work Advocacy

Tuesday, 1:00pm-2:30pm Breakout Sessions (1.5 CE Hours)
Select Only ONE Session from this section.
□ T7: Walk and Talk Therapy: Off the Couch, and onto A New Path
□ T8: Social Workers Needed: Treatment Gaps for Stroke and Traumatic Brain Injury Survivors
□ T9: Creative Expression and Supporting those with I/DD

Tuesday, 3:00pm-5:00pm, Keynote Address (2 Ethics CE Hours)
□ KN2: The Use of Generative AI in Social Work: Applications, Benefits, Challenges, and Ethical Implications
NASW-NC 2023 FALL CONFERENCE
AGENDA AT A GLANCE

MONDAY, NOVEMBER 13, 2023

8:00am-8:30 am: Welcome and Announcements

8:30am-10:30am: Opening Keynote Address (2 Ethics CE Hours)
Societal Trauma: Its Threat to Democracy and the Profession of Social Work

10:30am-11:00am: Break

11:00am-12:30pm: Breakout Sessions (1.5 CE Hours)
M1: Neurodiversity in Your Practice: Are you recognizing it in Your Clients?
M2: Supporting Latinx Immigrant Families: Overcoming Immigration Status, School, & Mental Health Services Roadblocks
M3: How Transgender Affirming Care can Elevate Your Practice for All

12:30pm-1:30pm: Lunch Break — Please visit our sponsors & exhibitors in our LIVE Virtual Exhibit Hall!

1:30pm-3:00pm Breakout Sessions (1.5 CE Hours)
M4: Health Tech Social Work: Emerging Opportunities for Individual Practice, Communities, and Policy
M5: Empathy Beyond Belief: Holding Space for Nonreligious Clients

3:00pm-3:30pm: Break

3:30pm-5:00pm Breakout Sessions (1.5 CE Hours)
M7: Normalizing Joy: How to Beat Burnout At Its Own Game
M8: Medical Condition or Anxiety Disorder: Ways to Help You Determine
M9: The Trauma of Incarceration and the Impact on Substance Use Disorder Counseling

TUESDAY, NOVEMBER 14, 2023

8:30am-10:00am Breakout Sessions (1.5 CE Hours)
T1: How Long is Too Long: Understanding Prolonged Grief Disorder
T2: Why Your Relationship With Money Matters
T3: Invisible Sentence: Recognizing, Supporting, and Advocating for Children of Incarcerated and Returning Parents

10:00am-10:30am: Break

10:30am-12:00pm Breakout Sessions (1.5 CE Hours)
T4: Clinical Care For Challenging Populations: Working With Clients Who Have Committed A Sexual Offense
T5: Intergenerational Trauma: The Burdens We Are Not Meant To Carry
T6: Macro Vibes Series: Integrating Evidenced-Based Storytelling into Social Work Advocacy

12:00pm-1:00pm: Lunch Break — Please visit our sponsors & exhibitors in our LIVE Virtual Exhibit Hall!

1:00pm-2:30pm Breakout Sessions (1.5 CE Hours)
T7: Walk and Talk Therapy: Off the couch, and onto a new path
T8: Social Workers Needed: Treatment Gaps for Stroke and Traumatic Brain Injury Survivors
T9: Creative Expression and Supporting those with I/DD

2:30pm-3:00pm: Break

3:00pm-5:00pm: Closing Keynote Address (2 Ethics CE Hours)
The Use of Generative AI in Social Work: Applications, Benefits, Challenges, and Ethical Implications

= Ethics CE Hours
Times in Eastern Time Zone
KEYNOTE SPEAKERS

OPENING KEYNOTE
MONDAY, NOVEMBER 13, 2023
8:30AM-10:30AM ET

KN1: SOCIETAL TRAUMA: ITS THREAT TO DEMOCRACY AND THE PROFESSION OF SOCIAL WORK

Arabella Pérez DSW, MSW, LCSW

Trauma is as old as time itself, leaving its fingerprints on almost everything we and our ancestors have and will continue to touch. It is at the very heart of justice, diversity, equity and inclusion. It is steeped in repeated acts of marginalization, oppression and racism that overwhelms our individual and collective ability to cope. It threatens our institutions, our communities, and our ability to govern compassionately. The layers of distracting coping skills and comforting narratives that we have wrapped ourselves in, personally, professionally, and societally continue to harm us and others. It threatens our very democracy and our profession. It requires transformational thinking, resiliency informed strategies, and a rethinking of how diversity, equity and inclusion show up in our profession and in our communities. In this workshop we will engage in transformational thinking and describe how resiliency and collective impact can benefit all of us.

CLOSING KEYNOTE
TUESDAY, NOVEMBER 14, 2023
3:00PM-5:00PM ET

KN2: THE USE OF GENERATIVE AI IN SOCIAL WORK: APPLICATIONS, BENEFITS, CHALLENGES, AND ETHICAL IMPLICATIONS

Tina Souders PhD, JD, MSW, LCSW

In this session, we will delve into the diverse applications of Generative AI in various industries, highlighting its significance in social work practice. We will discover the potential benefits of Generative AI while also examining the unique challenges it presents. We will explore ethical considerations surrounding the use of AI for both practitioners and vulnerable populations. Don't miss this opportunity to broaden your understanding of cutting-edge technologies in the context of social work ethics!
M1: Neurodiversity in your practice: Are you recognizing it in your clients?
Helen Hoffses, LCSW

With the latest statistics from the CDC that one in 38 children are being diagnosed with autism and one in 10 children and adults present with ADHD, it is more important than ever that Neurodivergent clients of every age will be presenting in their offices. Treating a neurodivergent client will likely require a different approach than some traditional methods of treatment. This presentation will inform about the statistics around Neurodivergence, the importance of screening for Neurodivergence, and what steps to take if you have a neurodivergent client. It will also include brief overviews of the signs and symptoms of ADHD, Autism, OCD and Tourette’s syndrome.

M2: Supporting Latinx immigrant families: Overcoming Immigration Status, School, and Mental Health Services Roadblocks
Sandra Rettis MSW, LCSW, LISW-CP, TFCBT Certified

The presentation is about how we as social workers can support Latinx immigrant families overcome the trauma they experience due to the fear they are objected to due to their Immigration Status, in society, and institutions such as the he school system, and Medical and Mental Health Services.

M3: How Transgender Affirming Care can Elevate Your Practice for All
Katharine Campbell PhD, LCSW & TJ Stiers, LCSW

This workshop will utilize trauma informed care and concepts of minority stress to educate on gender constructs, illustrate the importance of gender affirming care as well as explore how knowledge of gender affirming care elevates clinical care for all clients. Through clinical examples and personal experiences the presenters will provide a depth of transgender understanding that can be utilized in any setting.
**M4: Health Tech Social Work: Emerging Opportunities for Individual Practice, Communities, and Policy**

Danika Mills MSW, LCSW, CCM, MPS, ATR-BC, LCAT & Kristina Monti, PhD, LCSW

This workshop will discuss advancements in technologies that enable social workers to serve their communities more effectively. The presenters will provide an overview of those advancements and how technologies are increasingly more accessible to service providers that work to support individuals with a wide array of challenges such as mental health and substance use disorders, child welfare issues, legal aid and the management of chronic medical conditions. Technology can be leveraged to generate meaningful data and cast light on systemic inequities that can lead to policy change. While certain barriers to access and training do exist, technology is a unifier.

**M5: Empathy Beyond Belief: Holding Space for Nonreligious Clients**

Helen Dempsey-Henofer, LCSW

Nonreligious people are a steadily growing population in the United States with higher levels of minority stress in more prevalently religious areas, including the Southern U.S. Despite these factors, social workers are often not informed on the impact of religious bias. This training seeks to address this gap in competence, engaging social workers in empathizing with nonreligious perspectives and developing skills for inclusive practice.

**M6: It Takes A Village: A Holistic Approach to Improving Black Maternal Mental Health**

Lakia Downs, LCSW

Black mothers are often regarded as the ‘glue’ that holds the family together; however, many black mothers are struggling to not ‘fall apart’ themselves. Historically, Black mothers have been more susceptible to higher amounts of psychological stress and are at a higher risk of developing perinatal and postpartum mood disorders than other mothers. Factors such as socioeconomic status, racism, and trauma are a few of the factors that impact the maternal mental health of black mothers. This presentation will seek to examine the historical and current experiences of Black mothers in America while identifying holistic approaches to improving their well-being.
M7: Normalizing Joy: How to Beat Burnout At Its Own Game
Desiree Rew, LCSW
Social work practice often leads to burnout, leaving social workers feeling exhausted, unmotivated, and undervalued. This workshop addresses the issue by providing strategies to normalize joy in social work, prioritize self-care, and set boundaries that disrupt the status quo that burnout is part of the job. You will gain practical tips and techniques to incorporate joy into your daily routine and care for your physical, emotional, and mental health, enabling you to be an effective social worker. Whether you're feeling burnt out or seeking ways to prioritize self-care, this workshop is ideal for you.

M8: Medical Condition or Anxiety Disorder: Ways to Help You Determine
Leslie Jones LCSW, LCASA, R.EEG.T
In this workshop, we will discuss:
1) The importance of obtaining a full biopsychosocial.
2) Why obtaining family medical history is an important component of the biopsychosocial.
3) Understanding how anxiety affects the brain and the central nervous system.
4) Identify medical conditions displaying the same symptoms as anxiety.
5) Tips on ways to gather information and gain more insight into anxious symptoms to determine if a medical referral should occur.
6) Understanding the next steps to rule-out medical conditions.

M9: The Trauma of Incarceration and the Impact on Substance Use Disorder Counseling
Kayla Fenty LCSW-A, LCAS-A
People with histories of incarceration can be referred to different outpatient and inpatient SUD treatment facilities and present with unique triggers and symptoms that are important to address while they begin the re-adjustment to society. By looking at the legal origins of the increased criminalization of substances, from the unique gender differences to the different psychological conditions that can arise, this training will examine how individuals can experience trauma from incarceration, how those different symptoms may be present and how they can be treated.
T1: How Long is Too Long: Understanding Prolonged Grief Disorder
Annie Handley, LCSW

All of us will be impacted by grief at some point in our lives. For most of us who suffer a loss, we are able to return to functioning within a few months. For others, the symptoms of the grief get worse, instead of better. Prolonged Grief Disorder is new to the DSM-5-TR and social workers should understand how to recognize and treat it. This session will provide an understanding of Prolonged Grief Disorder, identify ways social workers can help clients with Prolonged Grief Disorder, and differentiate between Prolong Grief Disorder and anxiety/depression.

T2: Why Your Relationship With Money Matters
Constance McConnell LCSW, Certified Financial Social Worker

Ever wonder why the same people who receive the same paycheck spend their money so differently? I was always curious about this. With over 10 years of experience as a social worker and working with individuals to explore their finances, I decided to start a private practice that focuses on those two passions. I believe in client-centered care through supporting clients as they explore their self identity and relationship with money. During our time together, we will go over some financial statistics about Americans, journal your first reflection around your relationship with money, learn what certified financial social workers are, and how we help people make better decisions with their money.

T3: Invisible Sentence: Recognizing, Supporting, and Advocating for Children of Incarcerated and Returning Parents
Eden Avery MA, MSW, LCSWA & Melissa Radcliff, BS, Program Director

On any given day in North Carolina, an estimated 18,000 children have at least one incarcerated parent; an estimated 160,000 have experienced parental incarceration at some point in their lives. The unique needs of these children are often invisible as they contend with shame, stigma and a sense of isolation and loss. This workshop will focus on what we understand about these children’s needs and the impact of parental incarceration; strategies which can be utilized to identify and serve them, both clinically and within community settings; and new ways to collaborate across service sectors to better meet their needs.
T5: Intergenerational Trauma: The Burdens We Are Not Meant To Carry
Terance Dawkins, LISW-CP/LCSW

Intergenerational Trauma is the transmission of trauma from one generation to the next. The behaviors, language, and covert teachings that were once developed for survival, have impacted core beliefs and perceptions. Reducing the impact of intergenerational trauma can assist in breaking this cycle that impacts so many people. In this workshop, we will define and identify intergenerational trauma, explore attachment styles that influence generational cycles, evaluate how behavior and language impact self-beliefs and perceptions of the environment, and learn how to integrate strategies that aid in interrupting generational trauma.

T6: Macro Vibes Series: Integrating Evidenced-Based Storytelling into Social Work Advocacy
Katrice Byrd DSW, LCSW

This presentation will provide a basic storytelling framework to aid social workers in advocacy efforts. Storytelling is a necessity in moving policy issues forward and creating a well-crafted "elevator speech" ensures our social workers are equipped to seamlessly champion on behalf of the profession.
T7: Walk and Talk Therapy: Off the Couch, and onto a New Path
Jennifer Udler, LCSW-C

Have you ever thought about taking a client outside? Walking, sitting in a forest, or wading through a stream? Physical movement and talk therapy in the great outdoors are powerful components in this modality we call ‘Walk and Talk’. How can you do this safely? What are some ways to engage clients in a more natural setting? How will the dynamics of the therapeutic relationship shift? What kind of person might engage in walking therapy? And, how do you address issues of confidentiality while on the trail? Dive into any concerns you may have about being in an open-air office, and prepare how to move forward in this novel approach to therapy. Your journey into a new modality will certainly elicit questions and spike your curiosity.

T8: Social Workers Needed: Treatment Gaps for Stroke and Traumatic Brain Injury Survivors
Javier Gil MSW, ACSW-LCSW & Victoria Newman, D.Div., RMT

Yearly 800,000 Americans have a stroke, and another 1.5 million people sustain a TBI (traumatic brain injury). This workshop will present the under-diagnosed and untreated social and mental health problems common in stroke and TBI survivors, as shared through the experiences of two brain injury survivors living with aphasia. Survivors and their families often struggle with untreated identity loss, grief, and other traumas. Additionally, Aphasia, a language disorder that affects the ability to communicate, is common after a stroke or head injury, and is treated through speech therapy. Head injury survivors with multi-cultural backgrounds face a unique set of challenges.

T9: Creative Expression and Supporting those with I/DD
Suzy Mayberry MSW, LCSW & Kristen Schreiber, MA, LCAT

Research has long shown that art-making can reduce stress and induce positive emotions. There is a notable gap in the mental health support for the IDD population, which could be attributed to a need for further understanding of mental health diagnoses within this population and the need for adapted communication strategies, like expressive art. This workshop will provide a shared understanding of I/DD and how this impacts daily functioning, identify common mental health diagnoses that affect individuals with IDD, and apply creative expression concepts to I/DD functioning and how this improves mental health.
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EXHIBITORS

Methodist Home for Children

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