



Child and Adolescent Mental Health with Amy Levine

March 17, 2022

CFCC Union Station

502 N. Front Street, Wilmington, NC

9:00 AM to 12:15 PM

Child and Adolescent Mental Health
Amid COVID-19: Reflection,
Response, and Resiliency

1:30 PM to 3:30 PM

Let's Get Creative: 25 Brief,
Interactive Strategies to Engage
Children & Adolescents in Therapeutic
Settings

*****These are two separate programs. You may attend one or both programs.*****

Target Audience

Behavioral health professionals including psychologists, social workers, counselors, marriage and family therapists, substance abuse counselors, and others interested in this topic.

Faculty

Amy Levine, MSW, LCSW, is a Clinical Assistant Professor at the UNC-Chapel Hill School of Social Work, where she teaches courses in child welfare and mental health and serves as a faculty member in the field education program. Amy has a practice background in both public and private child welfare services as well as mental health and worked for 12 years as a child, adolescent, and family therapist. Amy is also a North Carolina Certified Clinical Supervisor, providing supervision and consultation to LCSW-A's in North Carolina. Amy's practice and research interests include trauma-informed models of care, child and adolescent mental health, and the intersection of child welfare and behavioral health services. Amy enjoys providing training on a variety of practice topics and appreciates learning from and further supporting the important work carried out by our human service professionals.

This presenter is being supported through a partnership between the UNC-CH, School of Social Work and the NCAHEC Program.

Child and Adolescent Mental Health Amid COVID-19: Reflection, Response, and Resiliency March 17, 2022 | 9:00 AM to 12:15 PM

Program Description

Without question, the global pandemic of 2020-2022 has had a significant impact on children, adolescents, and families across North Carolina. Key indicators of mental health and well-being suggest that children and adolescents, in particular, are experiencing declines in mental health and academic performance and have inadequate access to services to support their complex needs. But how can we best understand how children and youth have experienced the effects of the pandemic, and how do we respond effectively as human service professionals?

In this presentation, we will review what we know about the current state of child and adolescent mental health in North Carolina and will link this to policy and practice applications for our everyday work. We will explore how the pandemic highlighted existing health disparities for children and families with marginalized identities and link this to a need for advocacy work within North Carolina. We will also underscore the importance of remaining resilient as professionals amid a challenging practice landscape and will discuss how to implement lessons learned from the pandemic to drive practice innovations aimed at supporting child and family well-being.

Learning Objectives

Upon completion of this workshop, participants should be able to

- Describe the current research on mental health outcomes for children and adolescents in North Carolina amid the COVID-19 pandemic.
- Explore human service policy and practice implications for responding effectively to impacts of the pandemic on children, youth, and families.
- Examine "lessons learned" from providing human services to children and families over the past two years and identify innovations in policy and practice that may serve youth and families in the coming months.
- Discuss the strain on human service professionals navigating changing practice landscapes and highlight strategies for supporting personal and professional well-being

Education

This program is approved for **up to 3.0** continuing education hours.

Let's Get Creative: 25 Brief, Interactive Strategies To Engage Children & Adolescents in Therapeutic Settings March 17, 2022 | 1:30 PM to 3:30 PM

Program Description

Research has demonstrated that one of the most important aspects of effective therapeutic work is engaging a client and building positive rapport and trust in the therapeutic relationship. In establishing and maintaining a positive relationship with children and adolescents, clinicians must find creative and innovative ways to make therapeutic work engaging and interactive. It is through this interactivity that children and adolescents are often most comfortable in expressing their thoughts and feelings in a way that feels natural and affirming for them.

In this presentation, we will explore 25 brief strategies and techniques that can be used in a variety of therapeutic settings to engage children and adolescents and address some common sources of distress such as anxiety, stress, and emotional dysregulation. The presentation itself will be interactive, and participants will be encouraged to engage in the activities and consider how these may be translated to their practice settings. The goal of this presentation is to broaden the therapeutic tool box for practitioners and encourage thought and discussion on strategies that may be engaging and effective in supporting child and adolescent well-being.

Learning Objectives

Upon completion of this workshop, participants should be able to

- Explore overall framework for using interactive techniques with children and adolescents in therapeutic settings.
- Describe 10 interactive strategies to aid in engagement and assessment work with children and adolescents.
- Explain 15 interactive activities to target anxiety and emotional dysregulation in children and adolescents.
- Review multiple resources for clinicians to use in practice with children and adolescents in therapeutic settings.

Education

This program is approved for **up to 2.0** continuing education hours.

REGISTER NOW

Credit

Child and Adolescent Mental Health Amid COVID-19: **3.0 Credit Hours**

Let's Get Creative: **2.0 Credit Hours**

Category A NC Psychology Credit: up to 5.0 hours

This program will provide up to 5.0 contact hours of (Category A) continuing education for North Carolina Psychologists. No partial credit will be given.

National Board for Certified Counselors Credit (NBCC): up to 5.0 hours

SEAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5597. Programs that do not qualify for NBCC credit are clearly identified. SEAHEC is solely responsible for all aspects of the programs.



NCASPPB: up to 5.0 hours

North Carolina Addictions Specialist Professional Practice Board has approved this workshop for up to 5.0 hours, APPROVAL # (21-500-G).

Contact Hours: up to 5.0 hours

Registration Fee

Includes cost of education and credit.

Child and Adolescent Mental Health Amid COVID-19: **\$45**

Let's Get Creative: **\$30**

Both Programs: **\$60**

Cancelation/Refund Policy

- Registrants cancelling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) are welcome (notify us of this in advance of the program)
- Cancellations must be in writing (fax, email, or mail)

Important Information for in-person programs

If you have had a fever, cough, congestion, or sore throat within the last 24 hours or are exhibiting any other symptoms of COVID-19, do not attend. If you or a close contact have tested positive for COVID-19 within the last two weeks, please do not attend. Please contact our office for further instruction.

- Vaccinations are strongly encouraged.
- You must wear a mask at all times in the building, regardless of vaccination status.
- Please abide by physical distancing guidelines and requirements.
- Food and catering are currently prohibited inside the building. Do not bring in any outside food.
- You may bring a beverage inside.

Due to the surge in cases within the region, understand that this in-person scheduled training may be canceled, rescheduled, or moved to a virtual platform in an effort to keep you, our staff, and our community safe. If this is the case, our team will reach out to you as soon as possible.