

AGENDA
Fourth Judicial Circuit Juvenile Justice Council
Common Ground: Community, Kids, Courts & Education
March 21, 2024, 8:00 AM - 4:00 PM
Castle Ridge Conference Center
Centralia, Illinois

REGISTRATION/WELCOME

8:00-8:30 AM

RESET AND THRIVE AMIDST CHAOS: THE COMEBACK CAN BE GREATER THAN THE SETBACKS!

GINA BIEGEL, MA, LMFT/Grand Hall

8:30-10:00 AM

Gina Biegel will share her decades of experience working with youth, families, and professionals. She will share how she has woven together her evidence-based program MBSR-T (Mindfulness-Based Stress Reduction for Teens) with Positive Neuroplasticity to help youth and their families cope, thrive, and move beyond existing to living. She will also share how her own personal journey of adversity and trauma has assisted her in creating interventions that are not only evidence-based but rooted in a deep understanding and desire to help those free themselves from intergenerational pain, trauma, and suffering.

BREAKOUT SESSION 1 10:15-11:15 AM

Adversity and Trauma Breakout Part I: Teach Youth How to Respond Instead of React

Presented by: Gina Biegel, MA, LMFT

Core interventions from MBSR-T will be taught to provide foundational tools to work with youth who have experienced adversity and trauma. You'll explore this evidence-based protocol with a three-prong guide to mindful well-being-1. self-care, 2. taking in the good, and 3. resourcing yourself for hard times that can help youth navigate chronic toxic stress, adversity, and trauma in their lives. With practical tools, you can provide them with the survival gear and compass to personal health, growth, and well-being.

CASA Across the Fourth Judicial Circuit

Presented by: Associate Judge Ericka Sanders and Libby Moeller, Executive Director, CASA of Effingham County, CASA of South Central Illinois

Join Judge Sanders and Libby Moeller for a deep dive into the CASA mission and vision across the circuit, updates on where CASA is currently operating, how CASA operates and the future outlook of serving more children and youth who have experienced abuse and neglect in our region.

Level Up Your Individualized Education Program (IEP) and 504 Knowledge

Presented by: Shelley Kenow, IEP Consultant

This session will be an overview of what special education is and is not, how someone gets an IEP or 504, what should be in an IEP, where the information comes from, and how a student in the Redeploy program with an IEP should be handled.

BREAKOUT SESSION 2 12:30-1:30 PM

Adversity and Trauma Breakout Part II: Adverse Youth Experiences and the Adversity Response

Presented by: Gina Biegel, MA, LMFT

Learn a new way to assess adversity and trauma with the Adverse Youth Experiences (AYEs) Inventory. This inventory examines 30-different risk factors that can cause significant difficulty in every aspect of someone's life. The impact of adversity and related trauma especially early in life can, and often does, have long-term effects. Learn how the adversity response provides a framework to change and shift the trajectory toward health and well-being. You will walk away with 100 healthy and positive coping skills to help youth navigate their adversity coming from a place of health, wellness, and positive action. Utilizing these resources can positively impact and change youth's stress, physical, and mental health while decreasing negative coping behaviors.

Juvenile Law 101

Presented by: Susan Barker, DCFS Deputy General Counsel

This session will provide a general overview of juvenile court and the timelines that impact funding, provide an overview of the types of hearings, the impact of reasonable efforts findings, and a general overview of the Qualified Residential Treatment Placement orders.

Understanding Behaviors: Lessons for a Lifetime

Presented by: Shelley Kenow, IEP Consultant

Every day our interactions are based on lots of different bits of information. Our behaviors are the communication of those bits of information. Not just our behaviors, but the behaviors of every person with whom we interact. Every behavior, whether wanted or unwanted, positive or negative, is communicating something. How we respond to that communication will determine the outcome of the conversation. This session will teach you how to recognize your own communication as well as those around you.

BREAKOUT SESSION 3 1:45-2:45 PM

Show Up for Yourself. Self-Care Isn't Selfish, but Necessary!

Presented by: Gina Biegel, MA, LMFT

Taking care of yourself is more than self-care, it is knowing when you need mindful downtime, healthy distractions, or a recalibration. Learn how to rise through burnout, limit vicarious traumatization, and decrease exhaustion. Self-care is more than going on a long vacation or having a 'spa day'—both are great, but the reality is if you only save self-care for big moments, you will frequently be on empty. You can't pour from an empty water bottle. Learn ways to fill up your bank of well-being and bring self-care into your life 24/7. We will explore strategies for both macro and micro moments of Self-CARE—Compassion, Acceptance, Respect, and Empathy.

Custody Relinquishment Prevention Act

Presented by: Susan Barker, DCFS Deputy General Counsel

This session will provide an overview of the Department's role in the multi-agency initiative to address the mental health needs of youth and prevent unnecessary entry into the foster care system.

The Intersection Between Drug Endangered Children and Familial Human Trafficking

Presented by: Liesl Wingert, SIU School of Medicine-Center for Rural Health and Social Service Development

The National Alliance for Drug Endangered Children (DEC) defines drug endangered children as children who are at risk of suffering physical, mental or emotional harm as a result of parent or caregiver legal or illegal substance misuse. Children are often the first affected but can be the last recognized as being affected by substance misuse, often subjected to adverse childhood events that put them at risk for negative long-term challenges. In addition, drug endangered children are often the same children who are at risk for Familial Human Trafficking (FHT). Familial Human Trafficking involves children who are trafficked by their parents or caregivers, often inside the family home, many times involving illegal drug use issues. Identifying these children as early as possible, intervening appropriately, and providing much needed services to the children and their family members is critical in order to break the generational cycle of substance misuse.

DROP BELOW THE STRESS WAVES TO YOUR CALM AND STILL PLACE

3:00-4:00 PM

Presented by: Gina Biegel, MA, LMFT

Use your story, your why, your training and experience to flourish. Grace and gratitude are two often overlooked tools to ground you to find calm despite tumultuous lives around you. We will explore the use of mindfulness practice and ways to be in an attitude of gratitude that will not only help those you work with but will impact you.

CERTIFICATES OF ATTENDANCE/EVALUATIONS/CEU CERTIFICATES

4:00 PM