

PRESENTER BIOGRAPHIES

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

Gina M. Biegel

Gina is a California-based psychotherapist, researcher, speaker, and author who specializes in mindfulness-based work with adolescents. She is founder of Stressed Teens, which has been offering mindfulness-based stress reduction for teens (MBSR-T) to adolescents, families, schools, professionals, and the community since 2004. She created MBSR-T to help teens in a large HMO's outpatient department of child and adolescent psychiatry whose physical and psychological symptoms were not responding satisfactorily to a multitude of other evidence-based practices.

She is an expert and pioneer of bringing mindfulness-based approaches to youth. She is the author of the *The Trauma & Adversity Workbook for Teens: Mindfulness-Based Skills to Overcome and Recover from Prolonged Toxic Stress*, *Take in the Good: Skills for Staying Positive and Living Your Best Life*, *The Stress Reduction Card Deck for Teens: 52 Essential Mindfulness Skills*, *The Self-harm Workbook for Teens: Mindfulness Skills to Help Teens Overcome Cutting and Self-harming Behaviors, Thoughts, and Feelings*; *Be Mindful & Stress Less: 50 Ways to Deal with Your (Crazy) Life*; *Mindfulness for Student Athletes: A Workbook to Help Teens Reduce Stress and Enhance Performance*; *The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (first and second edition)*; and *Be Mindful: A Card Deck for Teens*. She also has a mindfulness practice audio CD, *Mindfulness for Teens: Mindfulness Practices to Reduce Stress and Promote Well-Being* to complement the MBSR-T program. She provides worldwide multiday trainings and intensive ten-week online trainings and works with teens and families individually and in groups. Her work has been featured on the Today Show, CNN, Psychology Today, Reuters, the New York Times, US News & World Report, and Tricycle to name a few. For more information, visit her website, www.stressedteens.com.

Susan Barker

Susan obtained her JD from Northern Illinois University in 1992. She worked as a juvenile prosecutor for 10 years and as a Regional Counsel for DCFS for 14 years prior to serving as the Assistant Deputy General Counsel for the Central Region. Susan was the Assistant Deputy General Counsel for four years, at times covering both Central and Northern Regions. Susan has served as the Deputy General Counsel since September 2021. In that capacity, she oversees the legal operations for the Northern, Central and Southern Regions. Susan is involved in multiple initiatives within the Department to continue to improve and grow the Department's mission and service.

Shelley Kenow

Shelley Kenow is a 30-year veteran special educator, author, speaker, IEP Consultant, and Master IEP Coach® from rural southern Illinois. Shelley's mission is to change the world's perspective of people with disabilities. She does this through speaking, training sessions, her book, and her Livestreams #nolimits and Friday with Fran. She has written hundreds, if not thousands, of Individualized Education Programs (IEP), and led as many or more IEP meetings. She has trained thousands of people on Leveling Up the IEP, Understanding Behaviors, Cognitive Bias, and many other topics related to special education. Shelley believes we know who

we are, but not who we will be. With that in mind, she believes it is crucial for all those involved in writing the IEP to have a positive outlook for students and to focus on their abilities rather than their disabilities.

Libby Moeller

Libby Moeller serves as Executive Director for CASA of Effingham County and CASA of South Central Illinois: Clinton and Marion counties. Moeller previously served as Training Manager for Illinois CASA. She is past board president and Executive Director for CASA of Effingham County and has previously served on Fourth Judicial Circuit Family Violence Council and currently the Fourth Judicial Circuit Juvenile Justice Council and Commissioner with City of Effingham.

Ericka Sanders

Judge Ericka Sanders is an Associate Judge from Marion County, Illinois, appointed in 2010. Sanders presides over juvenile abuse, neglect, dependency and delinquency cases, as well as problem solving courts, in multiple counties in the Fourth Judicial Circuit. She serves as the chair of the Fourth Circuit's Juvenile Justice Council and is a member of the Illinois Supreme Court Committee for Juvenile Court.

Liesl Wingert

Liesl Wingert is the Program Coordinator for the eastern region of the SIU School of Medicine – Center for Rural Health and Social Service Development. She holds a Bachelor of Science degree from Indiana University in Human Development and Family Studies, with a minor in Sociology, as well as a Master of Health Administration degree (MHA) from the University of Southern Indiana. She has worked in the medical field in various capacities for the past 35 years. She is a Certified Drug Endangered Children trainer and Advisory Board Member for the National Alliance for Drug Endangered Children. In addition, Ms. Wingert sits on the Board of Directors for Take Action Today, the Illinois Association for Problem Solving Courts, and serves on the Free Methodist Church Ministerial Education and Guidance Board of the Wabash Conference. She is the Co-Chair for the Illinois Alliance for Drug Endangered Children, as well as the Chair for the Richland County Alliance for Drug Endangered Children.