



2022 ZARROW MENTAL HEALTH SYMPOSIUM

# EXPLORING

family constructs

September 28 - 30, 2022

SYMPOSIUM GUIDE



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# KEYNOTE SPEAKERS

## STUART ABLON, PHD

Stuart Ablon, PhD, is Founder and Director of Think:Kids in the Department of Psychiatry at Massachusetts General Hospital. An award-winning psychologist, Dr. Ablon is Associate Professor and the Thomas G. Stemberg Endowed Chair in Child and Adolescent Psychiatry at Harvard Medical School. He is the author of three books, *Changeable*, hand-picked by Malcolm Gladwell, Adam Grant, Dan Pink, and Susan Cain for their Next Big Idea Club, *The School Discipline Fix*, and *Treating Explosive Kids: The Collaborative Problem Solving Approach*.

Dr. Ablon received his doctorate in clinical psychology from the University of California at Berkeley and completed his training at Massachusetts General Hospital and Harvard Medical School. One of the world's top-rated thought-leaders and keynote speakers, Dr. Ablon teaches educators, parents, clinicians, managers, and leaders a very different approach to understanding and addressing challenging behavior of all types and in all people.



## CLAUDIA BLACK, PHD

Claudia Black is the clinical architect and actively involved in the Claudia Black Young Adult Center at The Meadows. She serves as a Senior Fellow and has been a clinical consultant at The Meadows Treatment Center in Arizona since 1998.

Claudia Black's seminal work with children impacted by substance abuse in the late 1970s created the foundation for the adult child movement. Today Claudia is a renowned author and trainer internationally recognized for her pioneering and contemporary work with family systems and addictive disorders.

She sits on the Advisory Board for the National Association of Children of Addiction, and the Advisory Committee for Camp Mariposa®, The Eluna Foundation's national addiction prevention and mentoring program. Her work, her passion has been ageless and offers a foundation for those impacted by addiction to recover, and gives our professional field a library of both depth and breadth.

## ELENA JOY THURSTON

Elena Joy Thurston is an inspirational LGBTQ+ speaker, trainer, author, and founder of the nonprofit Pride and Joy Foundation, which is dedicated to reducing the rate of suicide and homelessness in the LGBTQ+ community.

A Mormon mom of four who lost her marriage, her church, and her community when she came out as a lesbian, her viral TEDx talk on surviving conversion therapy has been viewed more than 45,000 times and landed her media and speaking opportunities with ABC, CBS, FOX, Penn State, University of North Texas, Michael's, Logitech, and more.

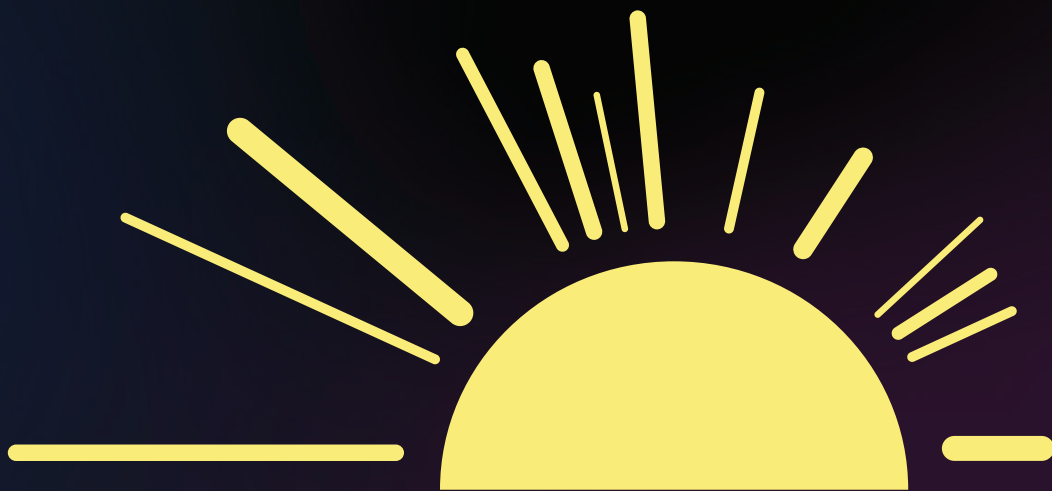


## ALIFEE M. BRELAND-NOBLE, PHD

Dr. Alifée Breland-Noble (aka Dr. Alifée) is a pioneering psychologist, scientist, author, mental health correspondent, and the founder of the million-dollar nonprofit, The AAKOMA Project. A thought leader in her field, Dr. Alifée focuses on mental health and suicide prevention for intersectional youth and young adults of color (including LGBTQ youth and those with disabilities). Beginning in 1999, Dr. Alifée envisioned and built The AAKOMA Project from an academic medicine research lab in major teaching hospitals (at Duke and Georgetown) into the thriving Woman of Color led, million-dollar mental health nonprofit it is today.

A sought-after mental health expert, she hosts the video podcast "Couched in Color with Dr. Alifée" and is a regular broadcast, digital and print correspondent for media giants like CNN, MSNBC/Peacock, the New York Times, the Washington Post, and the Breakfast Club nationally syndicated show among dozens of others.





# NEW HORIZONS IN BRAIN SCIENCE

29th Annual Zarrow Mental Health Symposium  
Coming Fall 2023

[zarrowsymposium.org](http://zarrowsymposium.org)





FOR INSTRUCTIONAL VIDEO VISIT [ZARROWSYMPIUM.ORG/FAQ](https://zarrowsymposium.org/faq)

## 1. HOW WILL CEUS BE TRACKED?

As long as you are logged in and watching keynote and breakout sessions in the Virtual Attendee Hub, the system will track your time spent and calculate your CEUs, up to the maximum allowed per session. We will email your certificate to you by Friday, October 7.

If you have not received your CEU certificate by that date, please contact us at [info@mhaok.org](mailto:info@mhaok.org) or 918.585.1213. If you would like an estimate of how many CEUs you have received, reference the “Agenda at a Glance” to see how many CEUs sessions are worth.

## 2. HOW DO I KNOW WHAT SESSIONS ARE HAPPENING?

Log into the Virtual Attendee Hub - at the top of your screen, click “All Sessions”. You can also navigate to the Home page and scroll down to “Upcoming Sessions” to view which sessions are about to take place.



**PRO TIP:** Click on the breakout sessions to learn more about the session and the speaker(s). You can also add the session to your schedule by clicking “Add Session”.

## 3. DO I ATTEND ON MY PHONE OR ON MY COMPUTER?

You must be on the Virtual Attendee Hub to view the virtual sessions - you can open this site on a computer or mobile device. The Virtual Attendee Hub does not have a mobile app - to access on a mobile device, navigate to your internet browser and log in. To log into the [Virtual Attendee Hub](#) [click here](#).

## 4. HOW DO I ATTEND A BREAKOUT SESSION?

To watch breakout and keynote sessions, navigate to the session item in the Virtual Attendee Hub and click the “Join Session” button, which will appear 5 minutes prior to the start time of that session.

## 5. HOW DO I WATCH SESSIONS AFTER THE EVENT?

Live sessions will be recorded during the event and uploaded to the agenda after the Symposium. Those recordings will be available no later than Monday, October 10. To watch a session recording, navigate to the session item in the Virtual Attendee Hub and select the session you want to watch.

## 6. HOW DO I COMPLETE MY SESSION EVALUATIONS?

Your feedback matters, so it's important to complete your evaluation after each session! To fill out a breakout session evaluation, navigate to that session in your schedule, make sure the session is added to your agenda by clicking the “Add Session” button and then select “Surveys” on the right hand side of your screen. For the overall conference evaluation, navigate to the Home Page and “Take A Survey”.

## 7. HOW DO I CONNECT WITH SPONSORS AND EXHIBITORS?

In the Virtual Attendee Hub, use the menu at the top of your screen to navigate to “Expo” where you will find drop down selections to view the sponsor and exhibitor listings for contact information, as well as to visit virtual exhibit booths, watch videos, download information and connect with the booth staff through messaging or video appointment.



FOR INSTRUCTIONAL VIDEO VISIT [ZARROWSYMPIUM.ORG/FAQ](https://zarrowsymposium.org/faq)

## **8. HOW LONG ARE VIDEO SESSIONS AVAILABLE AFTER THE EVENT IS OVER?**

To receive CEUs for a session, content must be viewed on or before November 15, 2022. To request an updated CEU certificate and listing of sessions you attended, please email [info@mhaok.org](mailto:info@mhaok.org). Conference content, including keynote and breakout session recordings, will be accessible via the Virtual Attendee Hub for 3 months post event. In addition to session recording, this includes access to the contacts you make at the Symposium, as well as conference and session materials posted in the Hub.

## **9. HOW DO I MEET WITH OTHER ATTENDEES?**

In the Virtual Attendee Hub, navigate to “Community” in the menu at the top of your screen - select “Attendees”. Here you can search through attendees. Once you’ve found the attendee you want to meet with, click “Schedule appointment” next to their name. Choose a time and date, select “Virtual” under location, enter a subject, and then click “Confirm”. Once your invitation is sent to them, you can then see your appointment with them added to your schedule. To join the meeting, navigate to the calendar icon in the top right of your screen, click on the appointment and select “Join” to launch the Zoom meeting.

You can also join “Discussions” where you can participate in a video meeting with up to five other people at a time, or a chat conversation with as many other attendees who want to join. Find the “Discussions” under the “Community” tab in the menu at the top of your screen.

## **10. WILL YOU PROVIDE CLOSED CAPTIONS?**

We will be able to provide live captions through the Virtual Attendee Hub. Transcriptions can be made available after the event upon request.



# ANNOUNCEMENTS

## POWERPOINTS ONLINE NOW!

Access speaker presentations in the Virtual Attendee Hub. Head to the agenda, and click on the session you're interested in. To access any related documents or presentations, click "Add Session" to activate viewing and downloading session attachments. Session files will be uploaded to the system as they are made available by the presenter(s).

## JOIN THE SOCIAL CONVERSATION WITH #ZMHS2022

Help people experience the Symposium through your social media. Use **#Zarrow2022** to join the conversation and follow along on social media. We also recommend using other relevant hashtags in your posts such as **#ExploringFamilyConstructs #ZMHS2022**

## EVALUATIONS

Many thanks in advance for your feedback — It's important! Tell us what we are doing well and what we can do better. You can fill out both breakout session evaluations as well as the overall conference evaluation through the Virtual Attendee Hub.

**In the Virtual Attendee Hub:** To fill out a breakout session evaluation, navigate to that session in your schedule, make sure the session is added to your agenda by clicking the "Add Session" button and then select "Surveys" on the right hand side of your screen. For the overall conference evaluation, navigate to the Home Page and "Take A Survey".

## BECOME A SPEAKER IN 2023

We hope you join us in September 2023 for the 29th Annual Zarrow Mental Health Symposium as we explore **New Horizons in Brain Science**. Mental Health Association Oklahoma will seek workshop proposals from presenters around the globe who are interested in sharing information about emerging knowledge, innovations, new treatment modalities, promising programs, and best practices. Sign-up for conference updates at [zarrowssymposium.org](https://zarrowssymposium.org) to receive more information, and watch the website for the official Call for Presentations, COMING SOON!



# ANNOUNCEMENTS

## YOGA AND MEDITATION SESSION INFO

Join Oklahoma City based meditation teacher, Lauree Dash, for a relaxing mindfulness session on Thursday, 9/29 at 3:40pm during the afternoon break! To find this session, navigate to “All Sessions” and find the session “Mindfulness Break with Lauree Dash”.

During the lunch break on Friday, 9/30, join certified yoga instructor, Adi McCasland, for a short gentle yoga practice. To find this session, navigate to “All Sessions” and find the session “Gentle Yoga with Adi McCasland”.

These sessions are not CEU eligible.

## JOIN A DISCUSSION

Network with peers and discuss your experiences through the Virtual Attendee Hub “Discussions” and “Instant Networking” features! With Discussions, you can join a video chat or chat room to engage on a variety of topics, or use “Instant Networking” to join a 5-minute video call with a randomly selected fellow attendee! You can find both of these engagement features under “Community” in the Virtual Attendee Hub.

## SPANISH LANGUAGE SESSIONS

Three of the breakout sessions during this year’s Symposium will be presented in Spanish. To find these sessions, click “All Sessions” in the menu at the top of your screen in the Virtual Attendee Hub, and click “Category” to open a drop down menu where you can select “Spanish Language Session” to filter the agenda to view these sessions.

## EMBARK ON THE TRAILHEAD & WIN A PRIZE

As an attendee, engage and earn points for your conference participation through the Virtual Attendee Hub. In addition to attending sessions, participating in session chat and Q&A, and completing session surveys, points can also be earned by engaging exhibitors and sponsors. The attendees who earn the most points will be entered into a drawing to win prizes, including a 2023 Zarrow Symposium conference registration! You can view what actions earn you points and view the Leaderboard by navigating to the Trailhead under “Community” in the Virtual Attendee Hub.

## THE MENTAL HEALTH DOWNLOAD PODCAST

Listen to interviews with Symposium keynote and breakout session speakers. Listen now via your favorite podcast listening app or online at [zarrow Symposium.org/media](https://zarrow Symposium.org/media).





## **WEDNESDAY, SEPTEMBER 28**

4.5 CEUs available for Wednesday, September 28, including Ethics

**Breakout Session 1: 9:00 - 10:30 a.m. (1.5 CEUs)**

**Breakout Session 2: 11:30 - 1:00 p.m. (1.5 CEUs)**

**Breakout Session 3: 2:00 - 3:30 p.m. (1.5 CEUs)**

### **WED 9:00 - 10:30 a.m.**

**ETHICS: Divorce Ethics - When the Needs of the Child Conflict with the Needs of the Parents**

Daniel M. Stockley, PhD

**Bridge Drawings With a SUD Population**

Michael Hanes, LPC-ATR-BC

**Family Connection: Healing the Impacts of Loss & Trauma in Children**

Leslie Keenan, LMFT-S, RPT-S

Jimmy Clare, LMFT-S, RPT

**Making Meaningful Amends with a Therapeutic Apology**

Stephanie Glickman, LCSW, CCTP

Laura Boyd, Doctorate in Psychology

**Strengthening Tulsa Families: Bringing Fathers Home**

David C. Phillips, JD

Lindy C. Myers, BHCM1

F. Daniel Duffy, MD, MACP

### **WED 11:30 - 1:00 p.m.**

**ETHICS: Counseling Predicaments - The Family Edition**

Keylee Tesar, MS, LPC-S

**Blurring the Lines: IDD and Mental Health**

Crystal Hernandez, PsyD, MBA

DJ McMaughan, MsEd, PhD

**Nobody Wants to Work Anymore? How Leaders Can Make or Break the Workforce**

Mackenzie Masilon, MSW

Samantha Wade-Jenkins, MHR



### **Shared Language Erosion Among Immigrant Families**

Ronald B. Cox Jr., PhD

Maritza Leon Cartagena, BS

Hua Lin, PhD

Alma Arredondo Lopez

### **Trauma's Impact on the Mother-Daughter Dyad**

Adrianna N. Taylor, LCSW, BCD, CCTP, DSW Candidate

Rebecca Farley, LMSW, DSW Candidate

### **Youth Sexual Health: A Holistic Approach**

Jennifer Briggs, LMSW

Heather Duvall, MA

## **WED 2:00 - 3:30 p.m.**

### **ETHICS: Solemn Secrets: To Keep or Not?**

Kathy Hoppe, LMFT

Michelle Taylor, EdD

### **Beyond Boundaries: Treating Addiction within the Family**

Andrew Ahles, LMFT, ICGC-I

### **Child Protective Services: Rethinking, Reframing, Relanguaging**

Michael W. Brose, MSW, LCSW

Jessica Roberson, MSW, LCSW U/S

### **Community After Displacement**

Kaitlyn Ritchie, MHR

Sang Rem

Hooria Suhaib, LPC

### **Creating Resilience**

Cheryl Step, MS, LPC, NCC, NCSC

### **Exploring Parent/Caregiver-Child Relationships in Adolescence**

Carly M. Dunn, MPH

Brooke McQuerry Tuttle, PHD

Hilary Jespersen, BS

## THURSDAY & FRIDAY, SEPTEMBER 29 - 30

5.5 CEUs available each day for Thursday & Friday, September 29 - 30

**Welcome Message & Keynote: 9:00 - 10:30 a.m. (1.25 CEUs)**

**Breakout Session 1: 11:00 - 12:00 p.m. (1 CEU)**

**Breakout Session 2: 12:45 - 1:45 p.m. (1 CEU)**

**Keynote: 2:15 - 3:30 p.m. (1.25 CEUs)**

**Breakout Session 3: 4:00 - 5:00 p.m. (1 CEU)**

### THURS 9:00 - 10:30 a.m.



#### **KEYNOTE: Rethinking Challenging Behavior: It's About Skill not Will**

Stuart Ablon, PhD

### THURS 11:00 - 12:00 p.m.

#### **Attachment Style & Stalking: When Attachment Turns Extreme**

Jessica Johnson, MS

Jason Beaman, DO, MS, MPH, FAPA

#### **Breaking Cycles Through Diversion**

Shiann M. Copeland, MA

Jenna Morey

#### **Nurturing Children through Family Changes**

Amy Newberry, PsyD, LPC

#### **PCAP: Supporting Families Affected by Addiction**

Susan A. Stoner, PhD

Erin J. Maher, PhD

Angela D. Harnden, PhD

#### **Promoting Cultural Humility Using Family Systems Theory**

Nicolle Moore, LMFT, IMH-E

#### **Who Cares for the Caregivers?**

Margaret (Maggie) Shaffer, MPA

## **THURS 12:45 - 1:45 p.m.**

### **Addressing Racial Disparities in Tulsa's Juvenile Justice System**

Beth Edwards Svetlic, LCSW  
Tim Newton, MDiv  
Joshua Knowles

### **Introducing "AJ's Story": The First Book for Children Who Give NOT OK Touches**

Roy Van Tassell, MA, LPC

### **Lessons from Rwanda: Forgiveness, Reconciliation & Hope**

Kathy Hoppe, LMFT

### **Over the Rainbow: Celebrating Pets as Families**

Rachel Marie Schmitz, PhD

### **Sharing Power to Empower Families**

Emma "Gerri" Mullendore  
Isela Perez, MS

### **The Generational Impacts of Emotional Abuse**

Jyotsana Sharma, LCMHC(NH), NCC, ACS  
Kimberly Osborn, MSW  
Gillian Jenkins

## **THURS 2:15 - 3:30 p.m.**



### **KEYNOTE: Unspoken Legacy: Reverberations of Trauma in the Addictive Family**

Claudia Black, PhD

## **THURS 4:00 - 5:00 p.m.**

### **Clinic to Classroom: Navigating Post-Diagnosis**

Brit'ny Stein, PhD, NCSP, HSP  
Sara Rich, PhD, NCSP, HSP  
Mika Shelton, EdS, NCSP

### **Hope Within the Nightmare: Empowering Families When SUD Hits Home**

Ann C. Benson, MSW

## **Individual and System Approaches to Wellness**

Alicia Ito Ford, PhD

Brian L. Goetsch, PsyD

Vivian Stevens, PhD

## **Lifespan Development in Play Therapy**

Lea May, MS, LMFT, RPT-S

## **Recipe for a Heart-Healthy Divorce**

Judith M. Weigle, LDA, Mediator, Paralegal

## **Tapping Into a Mindset: Fatalismo and Diabetes Management in Latinx Families**

Fran Trujillo, DNP, APRN, FNP, BC-ADM

Blanca Charles, RN, CDCES

## **FRI 9:00 - 10:30 a.m.**



### **KEYNOTE: Belong or Perish**

Elena Joy Thurston

## **FRI 11:00 - 12:00 p.m.**

### **“Pasito a pasito” Grupo de Apoyo para Padres Latinx con Hijos con Habilidades Diferentes/ “Step by Step” Support Group for Latinx Parents with Children with Special Needs**

**\*This session will be presented in Spanish\***

Xareny Quijada, Promotor Comunitario (Peer Educator)

Silvia B. Arana Garcia

Tania Membrilla, CMII

### **Addressing Indigenous Family Systems**

Cian L. Brown, PhD, LPC, NCC, BCN

Evan C. Smarinsky, PhD, LPC-S, LMHC, NCC

Karis Poafpybitty, MA, LMFT

### **How to Improve Adolescent Body Image within the Family System**

Mackenzie Jantsch, MS, LMFT

### **Connecting Families and School-Based Mental Health**

Audra K. Brulc, MA

Joi-Michelle Rhodes, BSW



## **Oklahoma Veteran Family Life & Wellness**

Aaron Ashworth, MDiv, MA, LPC-S, CMIII

## **Resilience in Polyamorous Parenting**

Ryanne Mitchell, LPC

### **FRI 12:45 - 1:45 p.m.**

#### **Obstáculos que impiden buscar ayuda a las mujeres latinas inmigrantes que son víctimas de violencia doméstica/Barriers Preventing Latina Immigrant Victims of Domestic Violence from Seeking Help**

*\*This session will be presented in Spanish\**

Angelica Reina, PhD

Irais N. Cortez-Cruz, BA

Blanca Delgado, Promotora (Peer Community Educator)

#### **Boundaries That Make Room for Family**

Ryan Villagran, LSW

Rob Wetherington, MA

#### **Families of Choice: LGBTQ+ Relational Networks**

Cole Milton, MA

Dannie Klooster, MS

Douglas Knutson, PhD, LHSP Assistant Professor

#### **Social Media, Mental Health, and Families**

Caleb Demarais, MS, LPC-S

#### **Strengthening Families Program (SFP) in Faith Communities**

Kat Romero, MSW

Alisha Pickett

#### **Traumatic Grief: What Every Helper Needs to Know**

Kiva Harper, LCSW-S

### **FRI 2:15 - 3:30 p.m.**



#### **KEYNOTE: For Young People Who Have Considered Alternatives when the System is too Much**

Dr. Alfiee Breland-Noble

## **FRI 4:00 - 5:00 p.m.**

### **“Aprender y Escribir para sanar” - Formación en Trauma y Duelo para Promotores/ “Learning and Writing that Heals” - Trauma and Grief Training for Promotores**

**\*This session will be presented in Spanish\***

Tayrin Saldivar Hernandez, LPC-S

Veronica Perez, Promotora Comunitaria (Community Peer Educator/CHW)

Mayleth Arcia, Promotora Comunitaria (Community Peer Educator/CHW)

Xareny Quijada, Promotor Comunitario (Peer Educator)

Nancy Juarez, Promotora (Peer Educator)

### **The Connect: Working in Collaboration to Serve the Most Vulnerable Communities**

Norman Markland, LPC

Karen Martinez

### **Bringing Back the Village: Co-creating a Village of Healing & Support**

Shannon Hawkins, MEd

### **Child Traumatic Loss In The Wake Of The Pandemic**

Roy Van Tassell, MA, LPC

### **Family Wellbeing Through Oklahoma Adventure Therapy**

Cian L. Brown, PhD, LPC, NCC, BCN

Evan C. Smarinsky, PhD, LPC-S, LMHC, NCC

Karis Poafpybitty, MA, LMFT

### **Strengthening Families and Building Communities of Hope**

Ashley Melson, LCSW

Tiffany Ramirez



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**918.585.1213  
405.943.3700**

Mental Health Association Oklahoma is a partner agency of the Tulsa Area United Way and the United Way of Central Oklahoma and an affiliate of Mental Health America.

