

WELCOME TO HEARTLAND JUVENILE SERVICES ASSOCIATION'S 23rd CONFERENCE

The Heartland Juvenile Services Association is pleased to welcome you to its 23rd Conference! This conference provides juvenile justice professionals and service providers with an excellent opportunity to receive training and information from nationally recognized speakers.

CONFERENCE FEATURES,

Welcome and Opening Session
3 Keynote Sessions
Heartland Luncheon
Heartland Networking Reception

10 Concurrent Workshops
Vendor Exhibit Hall
Refreshments/Breaks
Pre-conference Workshop

COOPERATING AGENCIES AND ORGANIZATIONS

The Heartland Juvenile Services Association would like to express its gratitude to the following cooperating agencies and organizations that have generously contributed funding, assistance, and support for this year's conference:

Nebraska's Multi-Tiered System of Support
Nebraska Department of Education
Southern Peaks Regional Treatment Center
Motivate 2 Communicate, LLC
Nebraska Children and Families Foundation
Cathedral Home for Children
Brain Injury Alliance
Keystone Treatment
Roger Garcia, Douglas County Commissioner District 1
Nebraska Department of Health and Human Services
Sarpy County Juvenile Justice Center
Northpoint Recovery
CEDARS Kids
Nebraska Family Hotline
Goodwill Industries Youthbuild
Nebraska Supreme Court Judicial Branch Education
Administrative Office of the Courts and Probation
Sarpy County Department of Corrections
Grace Abbott Training and Supervision Academy- UNO
University of Nebraska at Omaha- Juvenile Justice Institute
Brandee Nice

Smart Gen Society
Pathfinders Support Services
Provo Canyon School
Omni Inventive Care
University of Nebraska Medical Center
Boys Town
Astute Coffee
Dane Wysocki
Nina Catalano
Ashley Bendiksen
Acadia Healthcare
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Nebraska Correctional Youth Facility
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Northeast Nebraska Juvenile Services
Metro Community College
Nebraska Department of Corrections
Sarpy County Defenders Office
Tommie DeLeon & Josey Tiemeyer

**SAVE THE DATE:
NEXT YEAR'S CONFERENCE
APRIL 10-12, 2024 at HILTON OMAHA**

**THE HEARTLAND JUVENILE SERVICES ASSOCIATION WANTS YOU
TO BE PART OF OUR ORGANIZATION
Your Attendance at the Heartland Conference Entitles You To
Free Membership in the Association**

HEARTLAND JUVENILE SERVICES ASSOCIATION

Jeremy Hugins, President
700 Fourmile Parkway
Canon City, Colorado 81212
Phone (719)-318-6495
Email: jhugins@abraxasyfs.org

April 13, 2023

Dear Conference Participants,

On behalf of the Heartland Juvenile Services Association's (HJSA) Board, it is my pleasure to welcome you to our 2023 Conference! I commend and thank all of you who have dedicated your careers to the field of youth services. We hope that you will take advantage of this excellent opportunity to meet and establish new friendships with other professionals working in this field.

The next day and a half will provide an excellent opportunity to learn and grow professionally through keynote speakers, training workshops, vendors, and by networking with other professionals. Please feel free to attend the training workshops of your choice. Please join us for lunch on Thursday and a light breakfast on Friday. There will also be a networking reception on Thursday afternoon, immediately following our last speaker session. This is an informal event where you can network with other conference attendees and vendors as well as enjoy a beverage and appetizers. We will also be drawing for prizes throughout the conference. Please take a moment to visit with our vendors to learn about the services they provide. The Vendor Exhibition Hall is open throughout the conference with refreshments being served in the morning and afternoon.

The overall mission of the Heartland Juvenile Services Association is to enable juvenile service providers, members of the justice system, and personnel of juvenile detention centers, correctional facilities, staff secure programs, group homes, emergency shelters and other facilities/institutions throughout the heartland region of the United States to join together in mutual efforts to strengthen and improve residential and community-based services for youth and their families through the implementation of best practices. The Heartland Juvenile Services Association continues to be committed to providing affordable, up-to-date training and information relevant to our profession. At the end of the conference, we hope you walk away refreshed and energized to serve youth and their families.

Please help us thank our platinum sponsors Omni Inventive Care and Provo Canyon for their continued support and resources. We also want to thank our premium sponsors, Boys Town, CEDARS, and Southern Peaks Regional Treatment Center, and all our other sponsors for helping us to make this another great experience.

We encourage you to relax and enjoy the national and local experts who will be speaking to you. Please fill out the surveys for each session and tell us how we can provide you with the skills and tools you need to improve outcomes for our youth here in the Heartland. It is our pleasure to help people, help young people! It is great to see you all again! Welcome back everyone!

Sincerely,

Jeremy Hugins, President
Heartland Juvenile Services Association

**ON BEHALF OF THE HEARTLAND JUVENILE SERVICES ASSOCIATION
STEERING COMMITTEE,
THANK YOU FOR ATTENDING THIS YEAR'S 23rd CONFERENCE!
WE APPRECIATE YOUR SUPPORT AND PARTICIPATION**



**Please join us for
HJSA'S Networking
Reception!**

Thursday, April 13th

4:15-5:30 P.M.

Vendor Exhibit Hall

**Enjoy complimentary
refreshments, prizes, and fun!**

Must be present to win

CONFERENCE SCHEDULE AT A GLANCE

WEDNESDAY, APRIL 12, 2023

6:30 p.m. to 8:30 p.m. PRE-CONFERENCE WORKSHOP-Nina Catalano *Hill*
How Early Onset Trauma Impacts Addictions in Individuals
2 hrs (JS, SA, ABHS)

THURSDAY, APRIL 13, 2023

7:00 a.m. to 4:00 p.m. CONFERENCE REGISTRATION

7:30 a.m. to 6:00 p.m. VENDOR EXHIBITION *Vendor Exhibition*

8:15 a.m. to 8:45 a.m. WELCOME *Ballrooms A/B/C*
 OPENING REMARKS – Roger Garcia

8:45 a.m. to 10:15 a.m. KEYNOTE SESSION: Ashley Bendiksen *Ballrooms A/B/C*
“Be a Life Line: Empowerment to Intervene!”
1.5hrs (JS)

10:15 a.m. to 10:30 a.m. BREAK

10:30 a.m. to 12:00 p.m. CONCURRENT WORKSHOPS

T-1 *Supporting the Transition from Victim to Thriving* *Ballroom D*
 1.5 hrs (JS, ABHS)

T-2 *Navigating the Complexity of Social Media with Youth* *Ballroom E*
 1.5 hrs (JS)

T-3 *Using Positive Behavioral Interventions and Supports to Achieve Positive Student Outcomes* *Hill*
 1.5 hrs (JS)

T-4 *When Kids Aren’t Alright: Adolescent Development, Juvenile Antisocial Behavior, and the Brain* *Merchants*
 1.5 hrs (JS, SA)

T-5 *Where in the World are Evidence-Based Practices...for my Population* *Herndon*
 1.5 hrs (JS)

12:00 p.m. to 1:00 p.m. LUNCHEON: Provided By HJSA *Ballrooms A/B/C*

1:00 p.m. to 2:30 p.m. CONCURRENT WORKSHOPS

T-6 *Bystander Intervention as a Proven Violence Prevention Tool* *Ballroom D*
 1.5 hrs (JS, ABHS)

T-7 *Reducing Stigma: How to Support Someone After a Suicide Attempt* *Ballroom E*
 1.5 hrs (JS, ABHS)

T-8 *Centering Youth Voices in Mental Health Treatment: Keys to Engagement, Momentum, and Allyship* *Hill*
 1.5 hrs (JS, SA, ABHS)

T-9 *Understanding Promotive and Protective factors of At Risk Youth* *Merchants*
 1.5 hrs (JS, SA, ABHS)

T-10 *The Impact of Brain Injury on Justice-Involved Youth*
1.5 hrs (JS, ABHS)

Herndon

2:30 p.m. to 2:45 p.m.

BREAK

2:45 p.m. to 4:15 p.m.

CLOSING SESSION:

“What happens when they grow up?: Engaging young people in social enterprise -The Astute Coffee Experience!”

Ballrooms A/B/C

Miah Sommer, Astute Coffee, Omaha, NE with Tommie DeLeon and Josey Tiemeyer

1.5 hrs (JS, SA ABHS)

4:15 p.m. to 5:30 p.m.

Heartland Networking Reception

FRIDAY, APRIL 14, 2023

7:30 a.m. to 8:30 a.m.

CONFERENCE REGISTRATION

7:30 a.m. to 8:30 a.m.

CONTINENTAL BREAKFAST

8:00 a.m. to 12:00 p.m.

VENDOR EXHIBITION

8:30 a.m. to 12:00 p.m.

KEYNOTE SESSION: – Dane Wysocki

Ballroom A/B/C

“Surviving Change, Chaos, & Confusion / Take what you Do Seriously While Taking Yourself Lightly”

3.5 hrs (JS, ABHS)

Criminogenic Continuing Education Credits in ()

JS = Juvenile Justice Services; SA = Standardized Model for the Delivery of Substance Abuse

ABHS = Adult Behavioral Health Services for Probation

CEUs: 2 for Wednesday; 6 for Thursday and 3.5 for Friday

VISIT THE VENDOR EXHIBITION HALL

EXHIBITOR HOURS

THURSDAY 7:30 A.M. TO 6:00 P.M.

FRIDAY 7:30 A.M. TO 12:00 P.M.

ALL REFRESHMENT BREAKS

TO BE SERVED IN THE VENDOR EXHIBITION HALLWAY

WEDNESDAY, APRIL 12, 2023

6:30 P.M. TO 8:30 P.M.

PRE-CONFERENCE SESSION

How Early Onset Trauma Impacts Addictions in Individuals

2 hrs (JS, SA, ABHS)

Nina Catalano

Ballrooms A/B/C

When an individual experiences trauma, early in life, their propensity to gravitate towards addiction tendencies and behaviors are heightened. Through education, and information we will be discussing what this looks like as well as do an activity to have more experience in the process. As a result, each attendee will gain more insight to the ACES assessment, the neurological impact of early onset trauma, an understanding of what populations are more susceptible to addiction, and be able to understand and explain the "Window of Tolerance".

- OFFICIAL NOTICE -

**2023 ANNUAL MEETING OF THE MEMBERSHIP
HEARTLAND JUVENILE SERVICES ASSOCIATION**

Friday, May 12th, 2023 10:00 a.m. via Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/88172442316?pwd=enU4bSthcE1zSmowaXhkZ3NuRkRsUT09>

Meeting ID: 881 7244 2316

Passcode: 350679

- AGENDA -

- 1. Call Meeting To Order / Introductions**
- 2. New Business**
 - Election of Officers
- 3. Old Business**
 - Conflict of Interest Policy
 - NAM Requirements
- 4. Heartland Juvenile Services Association 23rd Conference**
- 5. Heartland Juvenile Services Association 24th Conference**
- 6. Adjourn Meeting**

Please Note: The Heartland Juvenile Services Association's Bylaws will be available for inspection at the Annual Meeting of the Membership. To receive a copy of the Bylaws, please see a Steering Committee Member.

THURSDAY APRIL 13, 2023
8:45 A.M TO 10:15 A.M.
KEYNOTE SESSION: Be a Life Line: Empowerment to
Intervene!
GRAND BALLROOMS A/B/C

Ashley Bendiksen

Ashley Bendiksen is a national speaker and award-winning activist, leading change in the areas of domestic violence and sexual assault prevention, as well as resilience, empowerment, and leadership development.

Ashley graduated as Valedictorian of Salve Regina University with a B.A. in Administration of Justice, and has built an accomplished career in the criminal justice, victim services, advocacy and prevention fields. She is known as a top speaker for youth, educators, and schools, in addition to women's events, advocacy forums, and trainings for first responders, victim services professionals, and workplaces.

When she isn't speaking, Ashley works one-on-one with individuals as a Certified Life Empowerment Coach and Victim Advocate. Additionally, Ashley actively serves on numerous executive boards and has founded diverse social change initiatives. This includes her present work as Founder of the Blue Hearts Project, a storytelling platform for survivors, and the SouthCoast Women's Network.

This presentation helps adults understand the prevalence and secondary impact of dating violence on students, and their role to help a student in need. Participants will discover red flags for abusive relationships as well as intervention strategies and tactics. **1.5 hrs (JS)**

BREAK 10:15 A.M. – 10:30 A.M.

THURSDAY MORNING WORKSHOPS
10:30A.M. TO 12:00 P.M.

SESSION T-1

BALLROOM D

Supporting the Transition from Victim to Thriving
Ashley Bendiksen

This presentation unfolds the complexities of abuse and teaches best practices. Participants will learn trauma-enforced advocacy skills and empowerment based coaching models while hearing Ashley's personal experiences and real cases from her work.

1.5hrs (JS, ABHS)

SESSION T-2

BALLROOM E

Navigating the Complexity of Social Media with Youth
Amie Konwinski

Amie is the founder and CEO of Smart Gen Society, a nonprofit providing proactive educational and restorative justice services to students, caregivers, and educators impacted by the effects of a 24/7 digitally connected

society. This workshop will discuss protective factors associated with online digital technology including healthy boundaries toward screen time, limitations for specific media, and account restrictions. Amie will work through the developmental, emotional, and psychological impact of social media as well as an in-depth exploration of trending applications and how to implement digital family plans.

1.5 hrs (JS)

SESSION T-3

HILL

Using Positive Behavioral Interventions and Supports to Achieve Positive Student Outcomes Katie Barmettler, Mackenzie Riedel, and Jill Guenther

Positive Behavioral Interventions and Supports (PBIS) is an evidence-based practice which develops a systematic process to increase academic and social-emotional success and decrease challenging behaviors. Participants will receive an overview of the key features of PBIS as well as the essential elements of multi-tiered systems of support (MTSS).

1.5 hrs (JS)

SESSION T-4

MERHCANTS

When Kids Aren't Alright: Adolescent Development, Juvenile Antisocial Behavior, and the Brain

Dr. Stuart White

Family engagement in services planning and intervention with youth who are justice involved is important and is often difficult to achieve. Workshop participants will be provided practical and interactive opportunities to consider better family engagement in team meetings with justice involved youth. This workshop will offer learning experiences targeted at recognizing and at taking advantage of empirically based core elements of family engagement.

1.5 hrs (JS, SA)

SESSION-T5

HERNDON

Where in the World are Evidence-Based Practices...for my Population Anne Hobbs and Monica Miles-Stefens

This workshop will discuss the constant evolution of evidence based work. Programs must be open to exploring new techniques and responses. Even if the research remained the same, which it does not, our populations change. Either the grant regulations get revised, or you begin operating under a new funding source. Or, in the case of Covid-19, everything changed: our priorities, our service delivery, and even how we felt about our work!

How can you consistently achieve good outcomes? How can you adapt evidence-based principles if you must constantly change? The answer is in following the risk-need-responsivity framework. In the presentation, participants will travel around the world in search of best practices, we will start our journey in Risk where there are dozens of opportunities-across various disciplines. Then we will travel to needs, where you will learn to match services to risk levels. Finally, this workshop will conclude in responsivity, where we delve into the individual factors, like race, culture, gender, socio-economic status, and personality. Throughout the journey, you will need to be flexible, and potentially adopt some new customs.

1.5 hrs (JS)

**JOIN US IN BALLROOMS A/B/C FOR LUNCHEON
12:00 P.M. – 1:00 P.M.**

**THURSDAY AFTERNOON WORKSHOPS
1:00 P.M. TO 2:30 P.M.**

SESSION T-6

BALLROOM D

**Bystander Intervention as a Proven Violence Prevention Tool
Ashley Bendiksen**

Bystander intervention is a proven tool to reduce and prevent violence and power-based harms. This includes but is not limited to the common issues of domestic/dating violence, sexual assault, bullying, peer pressure, and hate speech. This workshop will provide enhanced awareness of gender based and hate based violence and it's prevalence among teens and even colleagues/peers.

1.5 hrs (JS, ABHS)

SESSION T-7

BALLROOM E

**Reducing Stigma: How to Support Someone After a Suicide Attempt
Ciara Warden**

Ciara Warden is a Licensed Independent Social Worker in the State of Iowa. She is currently employed by the University of NE – Omaha in the Grace Abbott School of Social Work and co-owns a private practice while working on her PhD in Gerontology. Ciara will walk participants through myths and stigma surrounding he issues of suicide and suicidal attempts. In this session Ciara will discuss the complexity of supporting a person and/or family after a suicide attempt and returning to a sense of normalcy. Attendees will develop effective support and suicide prevention skills from a compassionate and strengths-based perspective.

1.5 hrs (JS, ABHS)

SESSION T-8

HILL

**Centering Youth Voices in Mental Health Treatment: Keys to Engagement, Momentum, and Allyship
Dr. Alison DeLizza**

This workshop will discuss how to engage youth to become active participants in their mental health care and to build motivation and improve outcomes. Key concepts of Identity, the use of values, and rapport-building will be used as lenses to understand a framework of working with youth. Adolescents are often not given a choice about their health care, especially their mental health care. This workshop will address how we can empower youth to become active participants in their own mental health.

1.5 hrs (JS, SA, ABHS)

SESSION T-9

MERCHANTS

**Understanding Promotive and Protective factors of At Risk Youth
Lara Swerczek, NE DHHS Northern Service Area Services Administrator and Brandee Nice**

In this workshop Lara will take participants through each of the promotive and protective factors and discuss developmental experiences of children and adolescence as well as their abilities to develop resilience and recognize needed supports. Through this process, Lara will also discuss positive social connections and their link to social-emotional competencies developed in teenage years.

1.5 hrs (JS, SA, ABHS)

The Impact of Brain Injury on Justice-Involved Youth

Peggy Reisher, Brain Injury Alliance and Dennis Marks, Sarpy County Defenders Office

A lifetime history of brain injury can result in impairments in physical, emotional, and/or cognitive functioning. This session will discuss the impact of brain injury on the juvenile justice system. This workshop will provide an overview of brain injury signs and symptoms, the prevalence of brain injury in justice involved youth, and simple tools and strategies you and the justice involved youth can utilize to minimize the effects of brain injury once it is identified through a screening process.

1.5 hrs (JS, ABHS)

THURSDAY CLOSING KEYNOTE

What happens when they grow up? Engaging young people in social enterprise -The Astute Coffee Experience!

2:45 P.M. TO 4:15 P.M.

GRAND BALLROOMS A/B/C

Miah Sommer, Astute Coffee and Tommie DeLeon and Josey Tiemeyer

Astute Coffee connects young adults to the workforce and supports their self-sufficiency through personal and professional development programming. When you purchase your coffee from Astute, you are supporting an organization with a purpose – an organization that gives right back to our community.

Opportunities for young adults impacted by the foster care system. Programming, which includes financial literacy, cooking and nutrition, mindfulness meditation, academic tutoring, and more. There will be an overview of the program offered by Astute Coffee, and youth participant panel will share how this social enterprise has prepared them for real life experience and support they would otherwise not have had.

1.5 hrs (JS, SA, ABHS)

HEARTLAND NETWORK RECEPTION

4:15 P.M. TO 5:30 P.M.

VENDOR EXHIBITION HALLWAY

Breakfast Friday Morning

FRIDAY MORNING KEYNOTE

**Surviving Change, Chaos, & Confusion / Take what you Do Seriously
While Taking Yourself Lightly**

8:30 A.M. TO 12:00 P.M.

BALLROOMS A/B/C

Dane Wysocki

During this workshop Dane will highlight aspects of team building and cohesion essential to an overwhelmed workforce who may not be fully engaged in joyful work. He will guide participants to challenge themselves and their own personal barriers to achieving more joy in the workplace, through small group exercises and discussions. Because of the field we work in, many of us experience seemingly never ending stress and anxiety and when we let that affect us we are not our best. Dane will guide participants through activities that will challenge us to take what we do seriously while taking ourselves lightly.

3.5 hrs (JS, ABHS)

2023 HEARTLAND JUVENILE SERVICES ASSOCIATION STEERING COMMITTEE

Jeremy Hugins, President
Southern Peaks Regional Treatment Center-Canon City, CO

Jerid Wedige, President Elect
Office of Probation Administration; NE Judicial Branch-Lincoln, NE

Ryan Mahr, Immediate Past President
Sarpy County Department of Corrections-Papillion, NE

Tami Steensma, Secretary
Sarpy County Juvenile Justice Center-La Vista, NE

Jesse Jensen, Treasurer
Northeast Nebraska Juvenile Services Center-Madison, NE

Ashley Dancy, Board Member
Goodwill Industries YouthBuild- Omaha, NE

Dr. Julie Garman, Board Member
University of Nebraska at Omaha- Omaha, NE

Brenda Jennings, Board Member
Motivate 2 Communicate, LLC – Omaha, NE

Julie Kinder, Board Member
Pathfinders Support Services-Fremont, NE

Lisa Patterson, Board Member
Omni Inventive Care-Omaha, NE

Loretta Wells, Board Member
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HJSA is growing and looking for new Board members throughout the Heartland region!

Our mission is to strengthen and improve residential and community-based services for youth and their families through the implementation of best practices.

If you are interested in the opportunity to become an HJSA Board Member, please send an email with your information to hjsaonline@gmail.com.



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Southern Peaks Regional Treatment
700 Fourmile Parkway, Canon City, CO
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General Vendors



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1010 E. 2nd St., Canton, SD
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