



Katey's educational career focus is on student and teacher social and emotional wellness and supports. She has worked diligently on several youth mental health initiatives and laws, delivers professional development to learning communities with a focus on creating adaptive coping skills and resiliency, and speaks to students to increase their awareness and education in digital citizenship/social media responsibility.

Katey currently serves as the Director of Professional Development for Bark for Schools, an artificial intelligence app that protects over 5 million children while they use personal and school issued devices.

Katey has a vested interest in youth mental health and led the ONE GILBERT suicide prevention initiative under Mayor Jenn Daniels of Gilbert, Arizona and currently sits on the Teen Mental Health Ad Hoc Committee under the leadership of Arizona Speaker of the House Rusty Bowers.

Session #1 9:35-10:05a

**Dreaming up a Self-Care Strategy for Grief with Beads of Courage**

Description: Beads of Courage® believes in the power of art, expression, and connection. Our dream is to encourage everyone to draw, reflect, and embrace the healing power of art. This session will provide the opportunity to take a moment from our day to care for ourselves, feel connected to others and engage in the important reflective work that a bead can facilitate when grieving the death of a loved one. The bead strand created during the session is meant to be kept by the participant. It serves as a visual and tangible symbol for reflection on the legacy of and love for the person they are grieving and their strength throughout their bereavement journey.

Domain: Professional Responsibility

.5 PDU

Speaker:

Jean Gribbon, RN, BSN, PhD  
Executive Director and Founder  
Beads of Courage

Break 10:05-10:20a

Session #2 10:20-11:20a

**Communicating with Families in "Hot States"**

Description: Exploring "Hot and Cold Emotional States" as they pertain to patient and family care, communication, and decision making. We will review studies of physiological and psychological states in times of trauma and crisis and how these affect the ability of families to

receive critical information. Understanding these “hot emotional states” improves communication and outcomes for hospital staff and families. Participants will leave with an understanding of the emotional states of families at hospitals and will additionally come away with skills and tools necessary to walk families out of these states. Building on the work of George Loewenstein on *Hot States* and the work of Stephen Porges’ on *Emotions and Self-regulation*, we will specifically address how to re-engage the thinking brain and the parasympathetic nervous system. This will allow for clearer thinking and a regained sense of calm. In essence, we will be speaking of how to have meaningful conversations and communication with families.

Domain: Assessment, Intervention

1 PDU

Speaker:

Marcel E. Pincince, BA, STB

Professional Education Developer

Donor Network of Arizona

Session #3 11:20a-12:20p

**Safely Guiding Patients through Crisis**

Description: Discuss opportunities for connection and family-centered care through crisis. Demonstrate effective interventions to maintain a safe environment for patients, families, and staff. Identify ways to effectively contribute to team interventions during crisis situations. Explore and identify aspects of the crisis cycle. Recognize growth opportunities from recent observations of behavioral health patient scenarios.

Domain: Assessment, Intervention

1 PDU

Speaker:

Matthew Mitchell, CPO, SMIA, CHSS

Commander, Security Services

Phoenix Children’s

Lunch 12:20-1:15p

Session #4 1:15-2:15p

**Things to Consider when a Patient has a Visual Impairment**

Description: Is it ok to use seeing words with a patient with a visual impairment? How do you orient a patient who has a visual impairment to their room or the play room? How can planned activities be adapted for a child with a visual impairment? Participants will have all these questions answered during this session and time will be available for other pertinent questions and resource support available through the Foundation for Blind Children.

Domain: Intervention

1 PDU

Speaker:

Nakeshea Lewis MA, cTVI, COMS

Early Intervention Vision Specialist, Certified Orientation and Mobility Specialist

Foundation for Blind Children

Mary Wilson MC

Family Support Counselor

Foundation for Blind Children

Session #5 2:15-3:15p

**Screening for Eating Disorders**

Description: In this presentation, participants will be provided with an overview of eating disorders, red flags to be aware of, common misperceptions, and treatment and level of care options. In addition, participants will learn of common disorders that coexist among individuals struggling with eating disorders such as anxiety, depression, substance and alcohol use, suicidal ideation and self-harming behaviors.

Domain: Assessment

1 PDU

Speaker:

Grace Melrose RDN

Nutrition Director

Rosewood Centers for Eating Disorders

Break 3:15-3:30p

Closing 3:30-4:30p

**Being Silly to Build Trust: “Improvisation as a Bridge to Empower Positive Patient and Family Imagination”**

Description: Child Life professionals will learn to utilize improvisation techniques to help bridge connection and communication between provider and patient through trust, appreciation, connection and reciprocity. They will understand how the principles of improvisation can enhance everyday communication skills. They will exhibit increased empathy and appreciation for patients and peers through increased capacity for close listening, affirming and problem-solving as a team.

Domain: Intervention

1 PDU

Speakers:

Brian Sweis, Mike Lawler, & Kim Manning  
Partners That Heal Actors  
The Phoenix Theater Company

Evaluations & Certificates 4:30-4:35p

7 PDU

**Conference Registration**

Early Registration Fees:

*Early registration ends February 28th*

Registration Fee - \$60

Speaker – No fee

*Registration after February 28th: \$75*

We are excited to offer this conference virtually for those unable to attend in person. The conference can be viewed live or watched later. Please select attend virtually on registration form and pay registration fee. Login instructions will be emailed the week before conference.

Registration Questions? Call Jessica Bryson CCLS at 602.512.3229

## Conference Handouts

Handouts will not be provided at the conference. Please check back in March to view and print conference handouts. Handouts will be posted as they are received.

## Parking

Conference attendees will park in the LOT 13 parking garage located next to the Conference Center.

