

**Niagara County Family Violence Intervention Project
19th Annual Conference**

**Safe at Home:
Seeking Solutions for Adults & Children
Experiencing Family Violence**

**Sexual Assault: Brain, Experience,
Behavior and Memory
James Hopper, Ph.D.**

**PTSD The History, Current Statistics &
Incident Rates in First Responders
Sheriff Timothy Whitcomb,
Cattaraugus County**

October 12, 2017 . 8:00 am—4:00 pm

**The Conference & Events Center Niagara Falls
101 Old Falls Street, Niagara Falls, NY**

SPONSORED BY:

Child Advocacy Center of Niagara, Niagara Falls Memorial Medical Center

Niagara County Department of Social Services

Niagara County Department of Mental Health

Buffalo Bills

Catholic Charities of Buffalo, Inc., Niagara County Service

Parking courtesy of the Seneca Niagara Resort & Casino

Keynote –James Hopper, Ph.D.

Dr. Hopper is an independent consultant and Teaching Associate in Psychology at Harvard Medical School, and teaches nationally and internationally. For over 25 years his research, clinical, and consulting work has focused on the psychological and biological effects of child abuse, sexual assault and other traumatic experiences. He was a founding board member of 1in6, an organization that serves men with histories of sexual abuse, and served on the US Peace Corps Sexual Assault Advisory Council. Dr. Hopper is a long-time mediator and coeditor of Mindfulness-oriented interventions for trauma: Integrating contemplative practices. As a clinician, he has worked with adults who have experienced assault or were abused as children. In his forensic work he testifies on short-and long-term acts of child abuse and sexual assault.



Plenary – Sheriff Timothy Whitcomb, Cattaraugus County

Sheriff Whitcomb has been in Law Enforcement for 28 years. He has Masters in counseling psychology and is a certified police instructor in the areas of interview interrogation, basic and advanced juvenile officer training, investigation of sex crimes, and law enforcement response to school violence. Sheriff Whitcomb's powerful and thought provoking presentation on "Trauma, PTSD & Suicide Prevention" addresses the reality of the incidence rate of Post Traumatic Stress Disorder within the ranks of our law enforcement and provides recommendations for administrative training to prepare, insulate, protect and treat the expected exposure to trauma.



Other Outstanding Faculty

Garra Lloyd-Lester, Associate Director for the Suicide Prevention Center of NYS works with State and County partners and departments, local governmental units, local coalitions and other systems to build capacity to help reduce the burden of suicide across the lifespan. This work is accomplished through systems level planning, coalition building and training. Garra is an instructor for a number of programs including; ASIST, SafeTALK, Lifelines, QPR and others. He has 30+ years of experience in the field of social services working with individuals with developmental disabilities, the child welfare system, at risk youth & families and prevention services within the mental health system with a primary focus on youth.



Jennifer Shimer, MS is a Rapid Response Facilitator for Love146 where she provides one-time response interventions that deliver information and safety planning to victims of child sex trafficking. Love146 is an international human rights organization working to end child trafficking through survivor care, prevention education and professional training. With over 17 years of experience evaluating behavior and risk indicators, Ms. Shimer has spent the last 10 years focusing on high-risk children and families and the past 5 years on sexual exploitation and trafficking prevention. She is a lead trainer for Love146's prevention program, and has co-developed Love146's Rapid Response Training Program and the Connecticut Department of Children and Families Domestic Minor Sex Trafficking Foster Parent Training Program. Ms. Shimer is also a co-founder of ABOVE the Path, providing training and support to organizations helping high-risk children. Ms. Shimer holds a Master's Degree in Criminal Justice.



Morning Program

- 8:00 a.m. **Registration/Continental Breakfast**
- 8:30 a.m. **Keynote:** *Sexual Assault: Brain, Experience, Behavior and Memory*
James Hopper, Ph.D.
- 10:00 a.m. **Break**
- 10:15 a.m. **Plenary:** *PTSD—History, Current Stats & Incident Rate in First Responders*
Sheriff Timothy Whitcomb
- 11:45 p.m. **Lunch (Included)**

Workshops Session 1 , 12:45-2:15 PM

A. *Effects of Sexual Abuse on Males* (James Hopper, Ph.D.)

The sexual abuse of boys is under-estimated and often ignored, but about one in six boys are sexually abused and they suffer from unique consequences and face great obstacles to finding healing and justice. These harms and challenges are based in deeply-ingrained images of masculinity and how boys and men are socially conditioned to experience and express their emotions and sexuality. This workshop presents research on the sexual abuse of males, including its prevalence and consequences in our society, and provides key knowledge for professionals who serve boys and men who've experienced sexual abuse.

B. *Changing Perspective from Devastating Tragedy to Learning Opportunities* (Sheriff Timothy Whitcomb)

A dynamic, powerful and emotional presentation regarding the reality of the incident rate of Post-Traumatic Stress Disorder within the ranks of our Law Enforcement community. Emphasis is placed on the history of PTSD, with a specific focus on police suicide, as well as recommendations for administrative training to prepare, insulate, protect and treat the expected exposure to trauma.

D. *Preventing Human Trafficking and Exploitation through Youth Empowerment and Caregiver Engagement* (Jennifer Shimer, MS)

To increase success in the prevention of human trafficking and exploitation, providers will benefit from encompassing youth skill building and education with caregiver empowerment and engagement. Recognizing caregivers as the first line of defense in the prevention of youth victimization, successful prevention will provide caregivers the skills to engage with youth, strengthen relationships, and support successful communication while making the connection between healthy relationships and the foundation for risk prevention. Providing caregiver education, while concurrently providing youth the skills to identify vulnerabilities, recognize grooming tactics used by perpetrators, and address existing exploitative situations will create a powerful barrier in the defense of exploitation. This presentation will utilize components of Love146's youth prevention and caregiver empowerment curricula.

D. *Suicide Prevention, Bullying and Cyberbullying: What Do We Know and What Can We Do?* (Garra Lloyd-Lester)

This workshop will teach participants how to recognize if a child or adolescent may be struggling with thoughts of suicide and what they can do with those suspicions based on the current research around bullying, cyber bullying and suicide. Impacts on both the bully and victim will be discussed.

Continuing Education—Social Workers, Mental Health Counselors

This training has been approved for 6 live contact hours. Certificates will be distributed upon completion. **Full attendance is required:** no partial credit will be awarded.

Catholic Charities of Buffalo, NY SW CPE is recognized by the NYS Education Department State Board for Social Workers as an approved provider of continuing education for Licensed Social Workers 0191.

Catholic Charities of Buffalo, NY is recognized by the NYS Education Department State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors MHC 0047.

Workshops Session 2 , 2:30-4:00 PM

A. *Contemplative Methods in Trauma Treatment: Brain Bases and Interventions* (James Hopper, Ph.D.)

This workshop provides theoretical and practical approaches to key brain and psychological processes involved in trauma and recovery, particularly in interventions that cultivate mindfulness, compassion, and bodily awareness. Dr. Hopper provides a theoretical framework that draws on knowledge from many scientific, clinical and contemplative traditions, especially neuroscience and Buddhist psychology. The framework clarifies how the brain circuitries of seeking, satisfaction and embodiment can be harnessed to cultivate healing and recovery in traumatized people. Experiential exercises and discussion are included, and participants are provided with information about emerging and empirically supported interventions for trauma that incorporate practices for cultivating mindfulness, compassion and bodily awareness.

B. *Engaging and Working with Survivors of Child Sex Trafficking* (Jen Shimer, MS)

The increased awareness and education around human trafficking and commercial sexual exploitation has expanded law enforcement and service providers' abilities to recognize red flags and identify potential victimization. However, professionals often encounter barriers in successful engagement - youth who do not see themselves as victims of a crime, youth who may have formed a bond with the perpetrator, youth who internalize blame for their victimization. This presentation will examine the language and strategies necessary to provide opportunities for engagement. Participants will learn best practices for engaging youth and helping them make the connection between vulnerabilities and a trafficker's manipulative tactics, while normalizing a youth's need for relationship and connection.

C.. *Question, Persuade, Refer (QPR)* — Suicide Prevention Gatekeeper Program (Garra Loyd-Lester)

With this workshop, you will glean a basic understanding of the scope and scale of suicide as a public health issue; learn about the common myths associated with suicide; and how to identify when someone may be having thoughts of suicide and what to do next.

About the Conference

Safe at Home: Seeking Solutions for Adults and Children Experiencing Family Violence

addresses emerging trends and practical issues in the field of family violence. Violence and trauma affecting children and adults can take many different forms. Conference participants will better understand the effects of trauma in many forms including sexual assault, commercial sexual exploitation of children, bullying and suicide. Participants will gain knowledge and perspective on prevention, intervention and engagement utilizing trauma -informed approaches. This conference will benefit professionals in law enforcement, child welfare, education, medicine, law, social work, victim advocacy, mental health counseling and other roles serving children and families affected by interpersonal violence.

Student Scholarships are available. For more information , visit our website at www.cacofniagara.org or call (716) 285-0045.

Visit www.cacofniagara.org for information and updates.

Thank you for making this conference possible.



Department of
Mental Health
Department of
Social Services



Office of Children
and Family Services



THE
CHILD ADVOCACY CENTER
OF NIAGARA



NIAGARA FALLS
Memorial Medical Center
Exceptional care, exceptionally close.

Registration

Registration: General conference registration is **\$65** per person and includes **course materials, continental breakfast, lunch and afternoon snacks**. A discounted rate of **\$60** will apply to paid registrations for **5 or more** individuals from the same agency. For the discount group rate, registrations must be submitted together. For additional information, contact the Child Advocacy Center of Niagara at (716) 285-0045.

Hotel Information: A special conference rate of **\$89** is available for a limited number of rooms at **The Sheraton at the Falls, 300 Third Street, Niagara Falls, NY**. This rate does not include a facility fee of \$19.95 per night that includes free parking. Please note that hotel reservation is not included in the conference registration. Participants must contact the hotel directly to reserve a room. **Call (716)285-3361 and ask for the Child Advocacy Center group block.** This block of rooms is on a first come basis depending on room availability, so please book your room in advance. The cut-off date is 9/11/2017.

Parking: Free parking is available in the self-park lot at Seneca Square, courtesy of the **Seneca Niagara Resort & Casino**. **You will be responsible for parking fees if you park elsewhere.**

Please print or type. Provide your e-mail address to receive an emailed confirmation.

Name: _____ Title _____
Agency: _____
Address: _____
City/State/Zip: _____
Phone: _____ Email: _____

Registration:

- General Registration (by October 2, 2017) **\$ 65.00**
- Group Registration (5 or more) **\$60.00**
- NYSED Social Work/Mental Health Counselor Contact Hours—additional cost of **\$20.00**

Payment:

- Check enclosed** for \$ _____ payable to **NFMMC Foundation/ CAC**
- Charge to:** MasterCard Visa American Express
Account # _____ Exp _____
Name on Card _____
Signature _____
- Purchase order/ voucher**
Name of issuing organization: _____

To register and pay online visit the Classes and Events section at www.nfmmc.org.

Payment is non-refundable. Registration can be transferred to another participant. Your registration is not confirmed until payment is received.

Please forward registration & payment by **October 2, 2017** to:

Child Advocacy Center of Niagara • 533 Tenth Street, Ste 200A • Niagara Falls, NY 14301

Fax: (716) 278-4493

For more information visit www.cacofniagara.org