

***Reclaiming Youth International presents***  
**2009 Autumn Seminars**  
**Reclaiming Youth Conference**  
**Nashville, Tennessee**  
**October 10-12, 2009**

<b><i>Saturday, October 10 “Circle of Courage: A Framework for Being with Kids”</i></b>
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|---------------|---|--------------------------|
| 8:30 ó 10:00  | <b><i>Opening Community Session &amp; Keynotes</i></b><br>Hosts: Martin Brokenleg and Steve Van Bockern   | [Entertainment District] |
| 10:00 ó 10:30 | <b>Refreshment Break</b>  | [Mezzanine]              |
| 10:30 ó 12:00 | <b><i>Breakout Sessions</i></b>   |                          |
|               | <ol style="list-style-type: none"> <li>1. <b>Ready, Set, Go! Creating an Organizational Atmosphere for Embracing the Circle of Courage</b> <span style="float: right;">[Ent. District]</span><br/> <i>Raquel Hatter, President/CEO, Family &amp; Children’s Service, Nashville, TN</i><br/> <i>Shalonda Cawthon, Vice President/COO, Family &amp; Children’s Service, Nashville, TN</i><br/>           This workshop presents tools for assessing organizational and individual readiness for embracing the Circle of Courage, a step-by-step guide for implementation, tips on removing barriers, avoiding pitfalls, and celebrating the process. Join us for transparent dialogue and discussion. You will leave with some òHow Toö information.         </li> <li>2. <b>Kid Whispering: Strength-Based Interventions to Address Pain-Based Resistance</b> <span style="float: right;">[Amphitheater]</span><br/> <i>Mark Freado, MS, Trainer/Consultant, Cal Farley’s Boys Ranch; Vice President, Reclaiming Youth International</i><br/>           Participants will examine the impact of trauma and disappointment on our youth. Defiant youth outwit adults with strategies of fight, flight and fool. The presenter will describe how to understand the òprivate logicö of adult-wary youth, thus helping participants decode their troubling behavior and begin replacing hostile, resistant encounters with respectful alliances.         </li> <li>3. <b>The Youth Centered Culture Model: Developing Intentional Cultures in Schools and Youth Settings</b> <span style="float: right;">[Arts District]</span><br/> <i>Erik Laursen, PhD, Vice President Learning &amp; Program Development, UMFS, Richmond, Virginia</i><br/>           People are social beings and rely on interactions with others to survive and thrive. Getting along with and communicating with others is learned through experience and requires the development of social norms to act and respond to others. Immature brains of youth demand strong ecologies through adolescence in order to arrive at an autonomous adulthood. Therefore, those concerned with children and youth must deliberately design the culture in schools and other youth settings to meet universal developmental needs. The Youth Centered Culture Model blends organizational theory ó what it is, how it is created, how it evolves, and how it can be changed ó with positive psychology, youth development, strengths-based practice, and neuroscience. The workshop will present an overview of the Youth Centered Culture Model that assists adults in designing rich and nurturing cultures where children and youth can thrive and maximize their experiences.         </li> </ol> |                          |
| 12:00 ó 1:00  | <b>Lunch</b> (provided)   | [Restaurant]             |

1:00 6 2:30

### **Breakout Sessions**

- 1. Introduction to RAP and LSCI** [Ent. District]  
*Steve Van Bockern, PhD, Augustana College; President, Reclaiming Youth International*  
These complimentary models use problems as teaching opportunities. Traditional behavior management relies on punishment or exclusion to manage disruptive behavior. Such methods may create temporary compliance but do not help youth develop responsible pro-social behavior. This session overviews RAP and LSCI, both of which turn problem behavior into opportunities to learn and grow. Response Ability Pathways (RAP) is a Circle of Courage training giving mentors the ability to respond to needs rather than react to problems. Life Space Crisis Intervention (LSCI) provides specialized therapeutic interventions for students who are involved in chronic patterns of self-defeating behavior.
- 2. NeuroRelational Retraining: The Positive Repair and Strengthening of Youth** [Amphitheater]  
*Paul Baker, PhD, Regional Program Director, NorthStar Educational & Therapeutic Services, Georgia*  
This exciting session introduces participants to the essential skills helping adults need to work effectively with troubled children and youth. NeuroRelational ReTraining is centered on the idea that "we are our experiences and our experiences shape our brains". Relational ReTraining provides much needed insight and support to helping professionals by blending the most current information about brain science and relational practice into one dynamic, strength-based model so that experiences can be re-shaped and youth transformed into empowerment. This unique approach provides helping adults with critical knowledge and practical skills that address how positive brain states can be encouraged through the basic understanding of how we react and think within our various ecologies. The A.C.T. Q.U.I.C.K Model of de-escalation and immediate support to troubled youth will be introduced as a framework for support.
- 3. A Journey from Coercion to Re-Building Courage** [Arts District]  
*Gino DeSalvatore, MS, Director of Residential Treatment, Centerstone, Nashville, TN*  
Historically, behavior management in treatment settings was focused on external controls such as points, tokens and level systems. This presentation will describe one program's transformation where troubled youth develop internal controls and become active participants in their own change without points or levels. This session will show how the parts of the program correlate to the use of the Circle of Courage.

2:30 6 3:00

### **Refreshment Break**

[Mezzanine]

3:00 6 4:30

### **Breakout Sessions**

- 1. Building a Successful Re-ED Program** [Ent. District]  
*Mark Freado, MS, Trainer/Consultant, Cal Farley's Boys Ranch; Vice President, Reclaiming Youth International*  
*Gino DeSalvatore, MS, Director of Residential Treatment, Centerstone, Nashville, TN*  
This presentation provides details of essential areas of concern in developing and leading programs that effectively serve troubled youth and their families. Five areas are addressed to provide services that are targeted and value-based. The targeted areas are as follows: Safety and Containment, Staff Skill Supports, Organization and Structure, Youth Participation and Involvement, Validation of Individual Worth. Each area is presented in detail including theory, principles expressed and examples from program operation. Activities that bring Circle of Courage Values and Re-ED Principles to life will be highlighted.
- 2. Reaching Deeper: Touching a Student's Inner World** [Amphitheater]  
*Martin Brokenleg, PhD, Vice President, Reclaiming Youth International*  
The inner world of our students can be nurtured using ancient and modern activities that open a deeper level of awareness. Using Native North American practices such as the talking circle and other contemplative activities will enhance your work with youth.
- 3. Relational Practice** [Arts District]  
*Thom Garfat, PhD, President, TransformAction Consulting & Training, Quebec, Canada*  
For years we have known that effective helping involves attending to the relationship between the young person and the helper. More recently the field has developed to consider that the characteristics of the in-between between us (the relational arena) are where we should be focused. This presentation will explore and develop the participants' ability to understand and work relationally.

Evening

Dinner is on your own

<b><i>Sunday, October 11 “What Works: Lessons Learned”</i></b>
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7:45 ó 8:15 AM **Optional: All Faiths Worship** [Ent. District]

8:30 ó 10:00 **Community Session & Keynotes** [Entertainment District]  
 Presenters: Mark Freado, Paul Baker, Thom Garfat

10:00 ó 10:30 **Refreshment Break** [Mezzanine]

10:30 ó 12:00 **Breakout Sessions**

1. **Culture in the Classroom** [Ent. District]

*Martin Brokenleg, PhD, Vice President, Reclaiming Youth International*

In this session, the presenter defines culture, summarizes research on problems in education that are culture related, and suggests multicultural strategies for responding to problems.

2. **Trouble Letting Go: Addiction and the Adolescent Brain** [Amphitheater]

*Frank Kros, MSW, JD, President, The Upside Down Organization; Exec. VP, The Children’s Guild, Maryland*

Because of key brain development phases that begin occurring after puberty, the adolescent brain is particularly vulnerable to addiction. This workshop reveals why adolescent brains become addicted faster and why adolescent addictions are stronger. In addition, the five critical strategies for prevention and treatment are discussed in the context of impact on the teen brain.

3. **Do You Believe in Me? Your Belief System and Its Effect on Student Success** [Arts District]

*Jeffrey McCombie, Educational Consultant, Sojourn, Pennsylvania*

This session will explore your belief system, and how it affects student success. Based on the amazing speech given by Dalton Sherman, a sixth-grade student in Dallas, Texas, it will explore what you believe about yourself, about your students and about your colleagues. Self-efficacy and collective efficacy are powerful concepts in creating a positive school culture. This will be an introductory level workshop demonstrating the power of the Circle of Courage when examining academics, student behavior and school climate ó building blocks to student success.

12:00 ó 1:00 **Lunch** (provided) [Restaurant]

1:00 ó 2:30 **Breakout Sessions**

1. **Reclaiming Youth in Elementary Schools: The Circle of Courage in Action** [Ent. District]

*Steve Van Bockern, PhD, Augustana College; President, Reclaiming Youth International*

*Michael McKnight, Education Program Development Specialist, Cape May County, New Jersey*

The Circle of Courage (Brendtro, Brokenleg, Van Bockern) is a powerful model that presents a unifying theme for creating schools that meet the needs of youth. When children experience belonging, mastery, independence and generosity ó the four values or needs expressed by the Circle of Courage ó they thrive. This workshop will present how those values, validated by research, can be translated into best practice teaching and learning. We will explore practical ways to actualize Belonging, Mastery, Independence and Generosity within any classroom. This workshop introduces the new, comprehensive, professional training for elementary schools that wish to become Circle of Courage Elementary Schools.

2. **Working in Their World** [Amphitheater]

*Thom Garfat, PhD, President, TransformAction Consulting & Training, Quebec, Canada*

In this workshop, participants will explore the characteristics of a Child and Youth Care approach to working with families. A morel for understanding the process of intervention (B.I.D.) will be introduced.

3. **Struggling with Power: The Resilient Supervisor** [Arts District]  
*Mark Freado, MS, Trainer/Consultant, Cal Farley's Boys Ranch; Vice President, Reclaiming Youth International*  
*Lisa Shepard, MA, LPC, Independent Trainer/Consultant, Pennsylvania*  
 Development of skills, teamwork and coordination among direct care staff does more to impact the quality of services we provide than anything else. Of course there are many areas of organizational operation that are essential but without effective leadership and supervision, our missions get diffused and our interventions are haphazard. This presentation will focus on the development and support of effective program supervision based on values and a proven model of supervision. Re-ED Principles, Circle of Courage Values and Situational Leadership II will be highlighted in this interactive workshop.
- 2:30 ó 3:00 **Refreshment Break** [Mezzanine]
- 2:45 ó 3:00 ***Interested in College Credit? This informational meeting will explain the course options and answer your questions. Course syllabus and registration forms will be available.*** [Ent. District]
- 3:00 ó 4:30 ***Breakout Sessions***
1. **Mindfulness and At-Risk Youth** [Ent. District]  
*Travis Winter, LCSW-R, Franziska Racker Centers, Ithaca, New York*  
*James Haines Burnham, LCSW-R, Franziska Racker Centers, Ithaca, New York*  
 This workshop will explore the power of mediation and mind-body techniques to help at-risk youth, and those that care for them, to enhance personal well-being. In this culture, which emphasizes work, productivity and speed, it is easy to overlook the importance of taking care of ourselves. This workshop is an opportunity to learn how to teach and practice simple and effective skills to enhance personal well being. When we take care of ourselves, we are better able to serve others and positively affect the environment around us. You will learn and practice techniques that are easy, fun and surprisingly powerful. A video of students talking about their experiences and practicing these techniques will also be presented.
2. **Positive Peer Culture: Origins, Basic Tenets and Values** [Amphitheater]  
*Erik Laursen, PhD, Vice President Learning & Program Development, UMFS, Richmond, Virginia*  
 From its origins, the Positive Peer Culture model challenged many of the principles held dearly by adults serving populations of troubled children and youth. The model's revolutionary approach serves to redirect the misguided thinking and behaviors of troubled youth, with the goal of transforming each youth's values, self-concept, and behaviors. The presenter will discuss the philosophical underpinnings of the model, and suggest strategies for implementation.
3. **Creating Cultures of Respect in Our Public Schools** [Arts District]  
*Jeffrey McCombie, Educational Consultant, Sojourn, Pennsylvania*  
 This session is a story told of one school administrator as he led a large rural public school from a punishing culture to a strength-based approach of dealing with children. He will describe his journey including his interest in creating change, the opportunities that were created and the support that it took. The session will describe how the Circle of Courage philosophy was incorporated into trainings and everyday operations of the school district. The DuBois Area School District in Pennsylvania has reduced discipline referrals by over 50% and nearly ended expulsions. Visitors to the school agree with a three-year study that states this public school became a place of respect for children and adults alike.
- Evening Dinner is on your own

<b>Monday, October 12 “Theory into Practice: Walking the Talk”</b>		
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8:30 – 9:30	<b>Community Session &amp; Keynotes</b> Presenters: Steve Van Bockern, Gino DeSalvatore, Raquel Hatter	[Entertainment District]
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9:30 – 10:00	<b>Refreshment Break</b>	[Mezzanine]
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10:00 – 11:30	<b>Breakout Sessions</b>	
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1. <b>Introduction to The PersonBrain™ Model: Using Neuroscience to Connect with Youth</b>		[Ent. District]
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*Paul Baker, PhD, Regional Program Director, NorthStar Educational & Therapeutic Services, Georgia*  
Created by developmental neuropsychologist, Dr. Paul Baker, The PersonBrain™ Model is a program designed to empower adults with critical supportive skills needed to transform troubled children and youth. This overview session provides an introduction to the use of modern neuroscience and the best of positive, ecological and relational psychology, this innovative program teaches the essentials of how the brain, body, culture and relational ecology function together to impact one’s overall life experience through the Eco-Relational Funnel™. Through incorporating NeuroDynamic Interactions™ helping professionals learn to use brain-preferred interactions that support positive socio-cultural behaviors and transform the lives of troubled children and youth.

2. <b>What it Takes: Leadership, the Brain and Transformation</b>		[Amphitheater]
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*Frank Kros, MSW, JD, President, The Upside Down Organization; Exec. VP, The Children’s Guild, Maryland*  
Getting others to change their thinking and behavior is the most important and challenging job of any leader. Recent research in neuroscience illuminates how brains learn and change and, equally important, how and why brains resist change. Leaders who have this knowledge can more effectively practice leadership and better achieve transformation in their organizations.

3. <b>Relatives Raising Grandchildren, Siblings, Nieces, Nephews, Cousins: Our Unsung Heroes</b>		[Arts District]
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*Shalonda Cawthon, Vice President/COO, Family & Children’s Service, Nashville, TN*  
*Aimee Brake, Program Director of FACES Program, Family & Children’s Service, Nashville, TN*  
*Lacrecia Dangerfield, Clinical Services Director, Family & Children’s Service, Nashville, TN*

Relative caregivers are keeping children out of the system. Increases in substance abuse, abuse and neglect, AIDS, and incarceration have resulted in more children being raised by relatives. This workshop presents challenges, solutions, and strategies aligned with the Circle of Courage for serving these unsung heroes.

11:30 – 12:00	<b>Closing Community Session “Opening the Circle”</b> Hosts: Steve Van Bockern and Mark Freado	[Ent. District]
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