

*The Community Health Council of Lebanon County and
Community Wide Wellness Committee
Presents...*



ANNUAL
CULTURAL
DIVERSITY
EVENT

First Wednesday of August
8am - 4pm

CEUs and ACT 48 credits available
Variety of speakers, entertainment,
& vendors

FOR MORE INFORMATION, INCLUDING REGISTRATION,
CALL 270-2423

**THE 11TH ANNUAL CULTURAL
DIVERSITY WORKSHOPS**

Wednesday, August 7, 2013

Registration begins at 7:30 am

Lebanon Valley College
101 North College Avenue
Annville, PA 17003

Keynote Speaker



Douglas Etter, MA

Douglas Etter is the manager of the Public and Community Relations at the Lebanon VA Medical Center and holds a Bachelor of Arts in History and Religion (Cum Laude) from Grove City College and a Master Degree in Divinity (Magna Cum Laude) from Princeton Theological Seminary. He is also an Ordained Presbyterian minister and a state certified paramedic. While serving as a Lieutenant Colonel for the United States Army National Guard he went on two combat tours for Operation Iraqi Freedom in 2005 and 2008. Doug was the recipient of the Combat Action Badge, received two Bronze Star Medals and 20 other Military Decorations. He is the Division Chaplain of the 28th Infantry Division for 12,000 soldiers. Doug is also a graduate of Chaplain Officer Basic Course, Chaplain Advanced Course, Chaplain Lieutenant Colonel Course and Command and General Staff College. He is currently enrolled in the US Army War College. He has published several articles, book chapters and is working on his first book, *Into the Mouth of the Wolf: A Shepherd and His Flock Go to War*. Doug has an impressive list of honors including the Eagle Award, Marine Corps League Distinguished Citizen Award, Rotary International Service Award, Phi Alpha Theta, Omicron Delta Kappa, Pi Gamma Mu, The Mortar Board, and Who's Who in American Colleges and Universities. Furthermore, Doug holds membership in following organizations; Life Member of the Veterans of Foreign Wars, the American Legion and the Military Officers Association of America, National Guard Association of the United States, The Pennsylvania National Guard Associations, The Honorable Order of St. Barbara Field Artillery Association and the Pennsylvania State Police Chaplain.

Keynote Topic:

"Silent Cries and Secret Wounds: Coming Home to Fight Once More"

8:30-9:30 AM

This lecture will incorporate the training that LTC Etter has delivered to federal, state and local law enforcement officials, as well as, families and supporters of members of the United States military. It discusses the experience of an Army Chaplain during some of the fiercest fighting in Iraq's Al Anbar province. It reveals the depravities and indignities of life in a combat environment, as well as, some of its triumphs and victories. It also poignantly describes how the war is carried back home and the ramifications it has for families and communities. This is a must hear lecture for anyone who has never served in the military or those who have served in combat.

Workshop Presenters & Breakout Sessions

Participants whom attend presenters in Red are eligible for CEs

Ben Keener

Dr. Ben Keener earned his doctorate in clinical psychology from Baylor University in 2005. He currently works in the Plain Communities Outpatient Clinic of Philhaven Behavioral Healthcare providing group and individual psychotherapy interventions and assessment to the Old Order Amish, Old Order Mennonite and Conservative Mennonite population. Dr. Keener has been with the Plain Communities Outpatient Clinic since its opening in 2005. His areas of interest include integration of faith and psychotherapy, Acceptance and Commitment Therapy and psychological assessment.

SESSION #1: TWO 2 HOUR SESSIONS; MORNING 10:15-12:15 and AFTERNOON 1:30-3:30

“Working Effectively with Members of the Plain Communities: Clinical Issues and Cultural Appreciation for Mental Health Providers”

The Plain Communities make up a unique subset of the broader culture, but within that group there are many unique groups. Their historical formation influences how they view the broader society and access to care. It is important to understand the unique ways of determining truth and intervening in problems if you are going to effectively work with this community. Understanding the community and the levels of acculturation of the individuals within the communities can help you adjust interventions and effectively utilize helping structures within the community.

Myka Piatt

Myka Piatt has served as the Training Coordinator for the Community Action Association of Pennsylvania since 2009. In this role she coordinates the Family Development Credentialing Program, providing training and technical assistance to local implementation teams throughout the state. She is also a National Master Trainer for Results Oriented Management and Accountability (ROMA) and a certified trainer for Bridges out of Poverty, delivering these trainings to Community Action Agency staff and partners. Myka came to CAAP with over ten years of experience in training and event coordination with nonprofit organizations.

SESSION #2: TWO 2 HOUR SESSIONS; MORNING 10:15-12:15 and AFTERNOON 1:30-3:30

“Strengths-Based Work with People Facing Generational Poverty”

We all make judgments about people who face economic situations different from ours. In this workshop participants will have the opportunity to explore how their experiences, attitudes and beliefs about poverty may affect their work. Direct service workers and supervisors from agencies serving low-income families are invited to attend to learn practical strengths-based techniques and communication tools to improve relationships with their customers. Myka’s workshop will explore the hidden rules or norms that can emerge from the reality of living in different economic situations and will teach you about the fundamental attribution error and acquire strategies for identifying the possible external influences on an individual’s behavior.

Robert Count

25 years of Robert Count's life was spent as an addict and a criminal so he knows, "first hand what people experience in addiction." Robert's criminal history started with armed robbery in 1977 which led to drug possession and trafficking to retail theft to support his drug habit. A crime spree in 1998 brought him to Lebanon County and once he completed his prison sentence he made the decision to stay in Lebanon County. Robert enrolled in classes at HACC and later at Alvernia University where he earned a degree in addictions with a minor in psychology. Robert is the Drug and Alcohol Program Specialist for the Lebanon County Commission on Drug and Alcohol Abuse and has worked as a counselor, TSS and a youth advocate. Robert is married with two grown children along with four grandchildren something that he, "never thought he would live to see."

SESSION #3: TWO 2 HOUR SESSIONS; MORNING 10:15-12:15 and AFTERNOON 1:30-3:30

"Drug Trends 2013"

Bath salts and spice, they caught the headlines and attention of everyone. But, what is being over looked is youth are still using marijuana, alcohol and prescription drugs in record amounts. The latter is killing more people than heroin, alcohol and cocaine combined, according to the CDC. In this workshop you will learn about these substances. Regardless if you feel medical marijuana should be legal, for the time being it is still illegal and people still go to jail for processing, using and selling it. The dangers associated with prescription drugs make the others look less lethal. You will learn what to look for; the physical, mental and emotional signs of substance abuse. Robert Count is the Drug and Alcohol Program Specialist for the Lebanon County Commission on Drug and Alcohol Abuse. He holds a Bachelor's Degree in Addictions and has worked as a counselor, TSS and youth advocate.

Doug Etter

Douglas Etter is the manager of the Public and Community Relations at the Lebanon VA Medical Center. He is also an Ordained Presbyterian minister and state certified paramedic. While serving as a Lieutenant Colonel for the United States Army National Guard he went on two combat tours for Operation Iraqi Freedom, was the recipient of the Combat Action Badge, received two Bronze Star Medals and 18 Military Decorations. Doug is the Division Chaplain of the 28th Infantry Division for 12,000 soldiers. He has published several articles, book chapters and is working on his first book, *Into the Mouth of the Wolf: A Shepherd and His Flock Go to War*.

SESSION #4: ONE 2 HOUR SESSION; MORNING 10:15-12:15

"The Challenges and Stressors in Combat Zone and the Reintegration Home"

Less than one percent of Americans serve in the United States military. Fewer still, serve in combat. While there is a general perception that the numbers of Veterans is increasing – the opposite is true. The number of Veterans is dropping precipitously as members of the greatest generation are lost. The public's connection to the ones who are charged with their defense is virtually nonexistent. There are many misunderstandings about military culture from those who have never been a part of it. Therefore the purpose of this presentation is to educate civilians about military culture, share what it is like to be in a combat zone and finally, to share the reasons some Veterans have difficulty transitioning from the military back into their communities. In this workshop LTC Etter will cover the challenges of reintegrating back into the community and unique stressors in the military culture and combat zone.

Sol Vazquez-Otero

Sol B. Vázquez-Otero has spent more than 40 years as a social justice activist, first as a student at Cornell University and the University of Pennsylvania Law School, and then as a community activist. Sol is currently employed as a Senior Mental Health Advocate at the Disability Rights Network of PA where she works to protect and advocate for the rights of individuals with disabilities. Her passion for helping individuals with mental health issues, especially those who are Spanish dominant, has led her to pursue a Master's Degree in Clinical Mental Health Counseling at Lock Haven University of PA. Through the years, Sol is aware of the mental health challenges being faced by Latino communities and is committed to educating Latinos and their allies in addressing those issues.

SESSION #5: TWO 2 HOUR SESSIONS; MORNING 10:15-12:15 and AFTERNOON 1:30-3:30

¡Ay bendito, está desequilibrado! How can we help?

Latinos represent the largest ethnic minority group in the United States. It is estimated that by the year 2050 Latinos will constitute 30% of the U.S. population. Already, the U.S. has the second largest Latino population in the world (surpassed only by México). This session will address some of the mental health issues Latinos face in the U.S., the cultural significance of having a broad support network, and how individuals (of any racial/ethnic background) can help when this support network is not available. After the completion of this workshop participants will be able to identify the most common mental illness in the U.S. Latino community. You will also be able to describe the importance of support networks in the prevention of mental health problems in the Latino community and define the role of cultural brokers.

Ann King-Grosh

Working and living cross-culturally has been a life enriching experience for me. I have lived and worked briefly in health care in Singapore and Thailand and shared my home with a Cambodian family here in Lebanon. I have worked as a psychiatric nurse in both the US and Ethiopia and have spent 17 years living and 20 years working in East Africa within a variety of roles; health care work in a remote feeding center, development and administrative work, college instructor, and ESL teacher. My husband and I have raised a family of 3 Third Culture Kids while living in East Africa. I have learned how difficult the English language is by volunteering as an ESL teacher both in Lancaster and in Kenya.

SESSION #6: TWO 2 HOUR SESSIONS; MORNING 10:15-12:15 and AFTERNOON 1:30-3:30

“How does Culture Matter? Getting to the Bottom of the Iceberg”

This workshop will help each participant explore the “hidden” components of his/her own culture and develop an awareness, respect, and appreciation for how those same components influence behavior in other cultures. We live in an age of diversity in which we increasingly rub shoulders with people of other cultures and sub-cultures. To build strong, healthily functioning communities we need to understand how our own behavior is influenced by our cultural values, beliefs, and attitudes and then use this knowledge to appreciate, develop and build relationships with those of other cultures. Ann will help you to recognize and develop an appreciation for how these same components guide behavior in cultures unlike one's own. This workshop will help you to identify and understand the components that make up one's culture, using the Iceberg Theory and will provide you with the tools that will enable you to further your journey from ethnocentricity to multiculturalism.

Ruth Donlin, M.S.

Ruth Donlin is a consultant whose private practice is based in New York. She provides consultation to schools, agencies, and home programs that serve children and adults on the autism spectrum. She has completed her course requirements for a Ph.D. in Clinical Psychology at Pacifica Graduate Institute and is completing her dissertation. She presents on a variety of topics such as challenging behaviors, classroom management, using visual supports, team dynamics, and social skill development at conferences regionally, nationally, and internationally. Ms. Donlin is Past-President of the Autism Special Interest Group (SIG) for the Association of Behavior Analysis and she is a Board Member of The Association for Science in Autism Treatment (ASAT).

Session #7 one 2 hour Session – Morning; 10:15am – 12:15pm

“Understanding Asperger’s Syndrome (Part 1)”

This presentation will focus on understanding Asperger’s Syndrome. Assessment of skills and strategies to support students with Asperger’s Syndrome will be discussed with relevance to both school and home settings. Deficits that predispose individuals with Asperger’s to have social and behavioral challenges will be examined. Concrete examples will be provided about selecting appropriate skill goals as well as the common challenges to achieving mastery of those skills. Part One of this workshop will cover the criteria for Asperger’s Syndrome, common social and behavioral challenges, social avoidance and frustration, language development, various teaching strategies and social stories. A list of resources, including books, as well as video and audio will be shared with the audience.

Session #8 one 2 hour Session – Afternoon; 1:30pm – 3:30pm

“Understanding Asperger’s Syndrome (Part 2)”

This presentation will focus on issues common to those with Asperger’s, including teaching and developing friendship social skills in children and young adults with Asperger’s Syndrome. Developing strategies to modify behavior will be discussed, along with specific examples about how to extinguish inappropriate behaviors as well as how to promote and develop appropriate prosocial behaviors. Understanding of and interventions for behavior meltdowns will also be reviewed. Part two of this workshop will cover social skills, social autopies, common challenges to understanding and developing friendships, social stories and the understanding and developing interventions for behavior meltdowns

Workshop Timeline

- 7:30 am – 8:15 am – Registration & continental breakfast (Mund College Center)
- 8:15 am – 8:30 am – Welcome/Introduction (Mund College Center, Leedy Theater)
- 8:30 am – 9:30 am – Keynote Speaker (Mund College Center, Leedy Theater)
- 9:30 am – 9:50 am – Entertainment (Mund College Center, Leedy Theater)
- 9:50 am -10:15 am - Break/Transition to AM sessions
- 10:15 am – 12:15 am – AM Session (includes 10 minute break)
- 12:15 pm – 1:15 pm – Lunch/Networking/Door Prizes (*Lunch is included with paid registration*).(Mund College Center)
- 1:15 pm – 1:30 pm –Break/Transition to PM Session
- 1:30 pm – 3:30 pm – PM Session (includes a 10 minute break)
- 3:30 pm – 4:00 pm – Hand in overall evaluations/Dismissal

TARGET AUDIENCE: These workshops are intended for anyone working with children, adolescents, and adults in any capacity such as: Human Services, Medical Professionals, Child Care Providers, and School Staff.

PURPOSE: The purpose of these workshops is to facilitate improved understanding, compassion, and appreciation for those of various cultures and abilities in our community. Various vendors will be available to distribute information on their agencies and programs available in the community.

OBJECTIVES: Develop cultural awareness in the community; provide practical ideas and information for working with different cultures and abilities, and to initiate development of a local resource network.

- Certificates of Attendance will be provided.
- **ACT 48 CREDITS & 4 GENERAL EDUCATION CEU'S ARE OFFERED. PLEASE NOTE, ATTENDEES THAT ATTEND SESSIONS WITH SPEAKERS WHO'S NAME APPEARS IN RED FONT ARE ELIGIBLE FOR CEUs. THEY WILL BE SUBMITTED THROUGH THE EXTENSION OFFICE OF PENN STATE UNIVERSITY. SIGN UP SHEETS TO OBTAIN THESE CREDITS WILL BE AVAILABLE AT THE CONFERENCE.**
 - * PLEASE NOTE THAT YOU MUST ATTEND THE FULL DAY TO RECEIVE THESE CREDITS!
- **CE/APA CREDITS BEING OFFERED FOR IDENTIFIED PRESENTATIONS FOR PSYCHOLOGISTS, SOCIAL WORKERS, LPC'S & MFT'S. EVALUATION FORMS MUST BE COMPLETED TO RECEIVE CERTIFICATE OF ATTENDANCE. PLEASE SEE THE FOLLOWING WEBSITE FOR INFORMATION RELATED TO CE CREDITS: www.philhaven.org , EDUCATION tab, PROFESSIONAL CONTINUING EDUCATION, CLASS LISTING**

ABOUT THE COMMUNITY HEALTH COUNCIL

The Community Health Council of Lebanon County (CHC) is comprised of a wide array of public and private organizations. The Board's Mission Statement is: to identify the under met health needs, to raise awareness and address the issue of substance abuse among youth and ultimately the community-at-large, and to improve the overall health status of the residents of the Lebanon County, PA area through a cooperative community effort. The Corporation will serve as the catalyst for creating, linking and supporting community-based partnerships that engage in activities to improve the health and quality of life of the citizens of Lebanon County. It is a coalition of individuals and organizations working together to encourage and support a safe, healthy and substance free community for every individual with a focus on youth. These entities have formed a unique partnership to address unmet needs in Lebanon County and improve the community's overall health and wellbeing.



WORKSHOP REGISTRATION FORM

Please place a check mark next to the two workshops (one morning and one afternoon) you would like to attend and complete the bottom portion of the form. Please print legibly!

Session highlighted in Yellow denotes APA/Social Worker CE approved

Sessions Available both AM & PM unless noted with N/A				
AM ✓	PM ✓	Session #	Presenter Name	Presentation Topic
		1	Ben Keener	Working Effectively with Members of the Plain Communities: Clinical Issues and Cultural Appreciation for Mental Health Providers
		2	Myka Piatt	Strengths-Based Work with People Facing Generational Poverty
		3	Robert Count	Drug Trends 2013
	N/A	4	Douglas Etter	The Challenges and Stressors in Combat Zone and the Reintegration Home
		5	Sol Vazquez-Otero	<i>iAy bendito, está desequilibrado!</i> How can we help?
		6	Ann King-Grosh	How does Culture Matter? Getting to the Bottom of the Iceberg
	N/A	7	Ruth Donlin	Understanding Asperger's Syndrome (Part I)
N/A		8	Ruth Donlin	Understanding Asperger's Syndrome (Part II)

Please enter your information below

PAYMENT IS EXPECTED WITH REGISTRATION FORM

Early Bird Registration (prior to July 15, 2013): \$40

Registration after July 15, 2013: \$45

(Checks may be made payable to **Lebanon Community Health Council)**

Name: _____ Phone #: _____

Agency: _____

Address: _____

E-mail: _____

(Registration confirmation will be sent by e-mail)

Please Check box if you would like the following credits:

Act 48

APA & Social Worker CE

ACT 48 CREDITS (4.5) WILL BE SUBMITTED THROUGH THE Capital Area Early Childhood Training Institute OF PENN STATE UNIVERSITY. SIGN UP SHEETS TO OBTAIN THESE CREDITS WILL BE AVAILABLE AT THE CONFERENCE.

Please check here if you would like a vendor registration form

For Questions please contact Jamie Schell at jschell@philhaven.org or (717) 270-2423, if vendor questions please contact Janine English at jenglish@lebcnty.org or (717)274-3415

Please send payments (made payable to Lebanon Community Health Council and registration form to:

Philhaven

Attn: Jamie Schell

***283 South Butler Road
Mount Gretna, PA 17064***

or

Fax: (717) 270-2401

DIRECTIONS TO LEBANON VALLEY COLLEGE Mund College Center

Directions to LVC: <http://www.lvc.edu/information/directions.html>

From Harrisburg: Follow signs to Hershey, Route 322 east to Route 422 east through Hershey to Annville.

From Lancaster: Route 72 north through East Petersburg and Manheim; Route 322 west to Route 934 north into Annville.

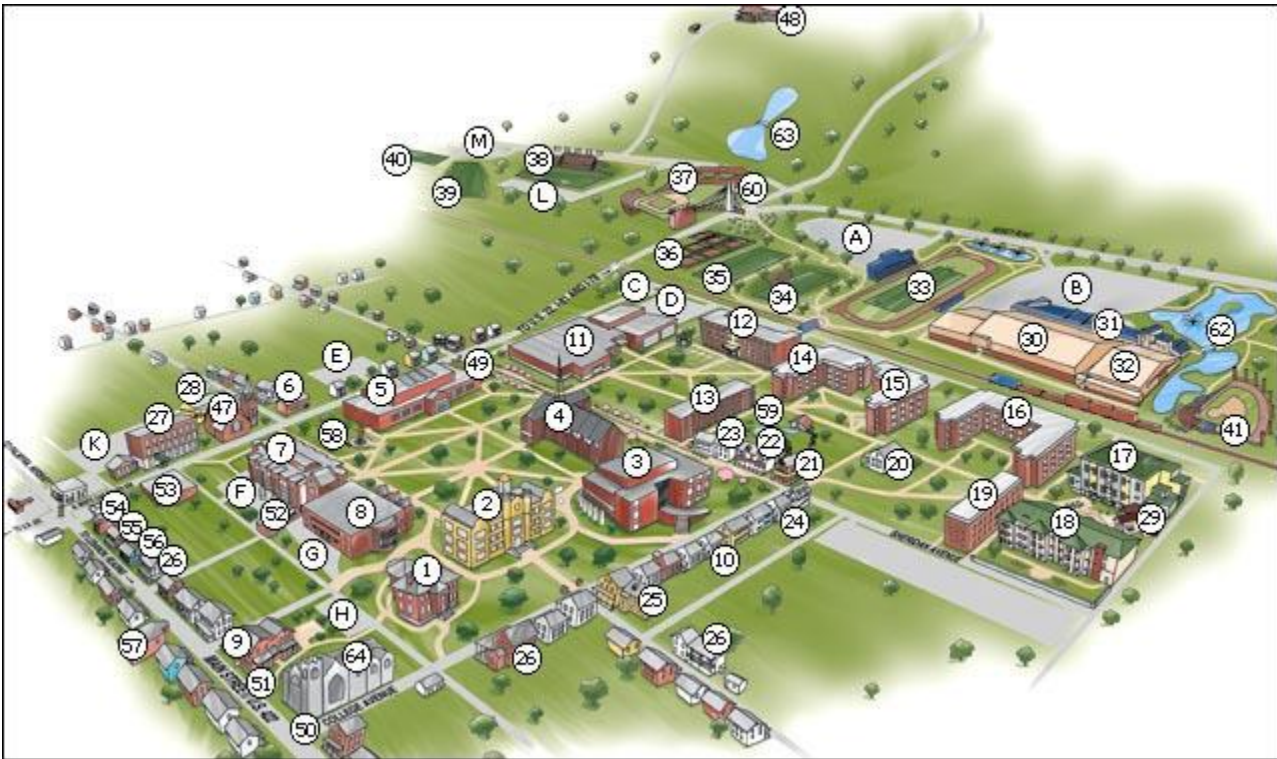
From Philadelphia: Pennsylvania Turnpike west to exit 266/old Exit 20; Route 72 north to Route 322 west to Route 934 north into Annville.

From Reading: Route 422 west through Lebanon into Annville OR Pennsylvania Turnpike west to exit 20; Route 72 north to Route 322 west to Route 934 north into Annville.

Please note, that because of the volume of attendees we have, parking will be at Arnold's sports center. Please continue down Route 934 past the campus and go under the bridge that connects the campus to the baseball field and make your first right. You will see parking lots on your right hand side that you are free to use. You will have walk over the railroad tracks (there is a catwalk) to get back to the campus.



LVC CAMPUS MAP



- 11. Allan W. Mund College Center (Leedy Theater, check-in and registration)**
- 5. Lynch Memorial Hall – Will Pass on 934**
- 4. Miller Chapel – On Sheridan Avenue if you passed Mund**
- 7. Neidig-Garber Science Center**

