### DRAFT Schedule at a Glance

#### Wednesday, June 6, 2018

<table>
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<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>4:30 – 6:00 p.m.</td>
<td>Conference Registration and Check in at the Ware Center (3rd Floor Atrium) 42 North Prince Street, Lancaster</td>
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<tr>
<td>6:00 – 8:30 p.m.</td>
<td>Special Event: “Resilience” Documentary Screening with Discussion (Refreshments and popcorn provided) (Ware Center – 3rd Floor Atrium)</td>
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#### Thursday, June 7, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>8:00 – 10:00 a.m.</td>
<td>Conference Registration and Check in at the Ware Center (3rd Floor Atrium) 42 North Prince Street, Lancaster</td>
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<tr>
<td>8:45 – 9:00 a.m.</td>
<td>Welcome and Opening Remarks from George P. Drake, Jr., PhD, Dean, Millersville University College of Education and Human Services; Karen Rice, PhD, Associate Professor and Chair, Millersville University School of Social Work (Ware Center – 3rd Floor Atrium)</td>
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<tr>
<td>9:00 – 10:00 a.m.</td>
<td>Keynote Speaker (Sara S. Bachman, PhD) Eliminating Health Inequities to Promote Well Being: Advancing Meaningful Change (Ware Center – 3rd Floor Atrium)</td>
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<tr>
<td>10:10 - 11:10 a.m.</td>
<td>Concurrent Sessions throughout the Ware Center (Ware Center – 3rd Floor)</td>
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**Title:** Multidimensional Wellness Promotion: An Effective Approach to the Well-Being of a Multicultural Society  

**Presenter(s):** Abdelhadi Halawa, PhD, Associate Professor, Department of Wellness and Sport Sciences, Millersville University  

**Abstract:** Wellness can be tracked to Aesculapius, the 2nd century Greco-Roman God of medicine. He treated illnesses to promote lifelong healing and positive habits of living as a prophylactic against diseases. Hettler (1984) defines wellness as “an active process through which people become aware of, and make choices toward a more successful existence.”
Title: Community Attachment and Psychological Well-being in Older Adults

**Presenter(s):** Sheri Boyle, PhD, MSW, Associate Professor and MSW Program Director/Chair of the Social Department at California University of PA

**Abstract:** Discuss findings from research that examined the relationship between community attachment and psychological well-being in older adults. Examine practical applications and techniques that support community attachment for older adults. Participants will also reflect upon the definition of community and think about community attachment in relation to case management and assessments.

Title: It Takes a ‘Ville-age to Save a Child: Practicing Sustainability at MU

**Presenter(s):** Nadine Garner, Ed.D, LPC, M.Ed., M.S., Associate Professor of Psychology, Millersville University; Coordinator of the Supervisor of Guidance Services certificate, Millersville University; Director of the Center for Sustainability, Millersville University; Ms. Emily Frantz; Ms. Emily Forry; Ms. Hannah Bittner; Ms. Malorie Sassaman

**Abstract:** Come see how the Center for Sustainability engages students to TerraCycle everyday waste items like energy bar wrappers and shampoo bottles, proving that together we can fund children’s life-changing cleft lip and palate surgeries through the SmileTrain for free! Meet MU and elementary students who are making a difference.

11:20 a.m. – 12:20 p.m. Concurrent Sessions throughout the Ware Center
(Ware Center – 3rd Floor)

Title: Wellness in Social Work Education: Exploring Burn Out Among Students and Instructors

**Presenter(s):** Selina Matis, LCSW, PhD, Faculty, California University of Pennsylvania; Sara Strayer, LSW, PhD Candidate, Adjunct Instructor, Center for Social Work Education at Widener University

**Abstract:** Burn-out and compassion fatigue are well documented hazards of helping. However, there is a gap in the literature as it relates to students and instructors and their experience of these same phenomenon. This presentation will share research and promote discussion of the presence of these hazards in social work education.

Title: Assessing and Understanding the Food Insecurity of College Students

**Presenter(s):** Jennifer M. Frank, PhD, LSW, Instructor of Social Work, Millersville University School of Social Work; Karen Rice, PhD, Associate Professor and Chair, Millersville University School of Social Work; Ms. Ayla Torchia

**Abstract:** This presentation will share the preliminary results and implications from our study of food insecurity among college students. The purpose of our study is to examine the levels of food security of the students who
utilize the Campus Cupboard for food and the mechanisms by which the utilization of the Cupboard becomes necessary.

12:20 – 1:30 p.m.  
**Lunch is on Your Own**

1:30 – 2:30 p.m.  
Concurrent Sessions throughout the Ware Center  
(Ware Center – 3rd Floor)

**Title:** Utilizing Expressive Arts to Promote Well-Being

**Presenter(s):** Karen Rice, PhD, Associate Professor and Chair, Millersville University School of Social Work; Heather Girvin, PhD, Associate Professor, Millersville University School of Social Work; Dr. Jennifer M. Frank, LSW, Instructor of Social Work, Millersville University School of Social Work

**Abstract:** Expressive arts, used to promote healing, is applicable to many populations, scenarios, and settings. This workshop will explore various expressive arts modalities and provide participants with an opportunity to engage in various forms of expressive arts as we identify ways to utilize the modalities with specific populations and social issues.

**Title:** Managing Everything but the Kitchen Sink: Collaborative Solutions to Social Work Management Obstacles

**Presenter(s):** Allison Gosch, MSW, LCSW, School Social Worker, Northern Lebanon School District; Sirae Sprecher, MSW, LCSW, School Social Worker, Annville Cleona School District

**Abstract:** This session will allow professionals the opportunity to work through management obstacles and various challenges in the field that have the potential to spill into other areas of our lives. Practical, creative, and energy-refocusing solutions will be offered as professionals work collaboratively together to enhance our tools for improving wellness.

2:40 – 3:40 p.m.  
Concurrent Sessions throughout the Ware Center  
(Ware Center – 3rd Floor)

**Title:** DIY Aromatherapy: Utilizing Essential Oils to Promote a Healthier Well-Being

**Presenter(s):** Vanessa Barnes-Bey, Walden University; founder/CEO, Aumi Resource Coalition and Earths Retreat Empowerment

**Abstract:** In life, there is everyday pain, stress, anxiety, and depression that can result in a burnout, physical, and mental injuries (Miller-Graff & Graham-Bermann, 2016; Smith, Collins, & Crowther, 2011). According to Sánchez-Vidaña, Ngai, He, Chow, Lau, B, and Wing-Hong Tsang (2017), depression is reported as the largest health concern in the 21st century (WHO, 2014). More than 50% of all persons suffer from depression, domestic stress,
pain, and abuse (Steflitsch, 2015). Aromatherapy, using essential oils is a natural way of healing a person's mind, body and soul (Gnatta, 2016; Huang & Capdevila, 2016; Steflitsch, 2015). There are many things aromatherapy can be used for. In this workshop, I will demonstrate the uses of essential oils topically, inhalation, and through a diffuser.

**Title:** Responding to Structured Sources of Stress in Social Work Undergraduate Students

**Presenter(s):** Jon Talebreza-May, PhD, LCSW, Assistant Professor of Social Work, Pacific University

**Abstract:** Demographics of students entering higher education are changing. This study examines the vulnerable student statuses relative to questions of stress in their lives at school and in their communities. The workshop will explore how social work programs can meet the challenge of educating students as levels of stress increase.

3:50 – 4:50 p.m. Concurrent Sessions throughout the Ware Center (Ware Center – 3rd Floor)

**Title:** Mindfulness-Based Stress Reduction Tools for Self-Care

**Presenter(s):** Kevin Lally, LCSW, Doctoral Candidate, Kutztown-Millersville Doctor of Social Work Program

**Abstract:** Mindfulness can be defined as purposeful awareness to the present moment. Research indicates that mindfulness can have a positive effect on mental and physical health. Mindfulness-based stress reduction (MBSR) is an evidence-based intervention that can be applied by social workers and their clients to enhance self-care.

**Title:** The International Classification of Functioning, Disability, and Health to Global Wellness

**Presenter(s):** Patricia Saleeby, PhD, MSSA, Associate Professor at the Southern Illinois University-Carbondale School of Social Work

**Abstract:** The WHO’s International Classification of Functioning, Disability and Health (ICF) focuses upon health and health-related domains. With its biopsychosocial framework and comprehensive classification, the ICF provides a useful mechanism for assessing an individual’s physical, mental, and social well-being. This presentation will address the ICF and its usefulness in addressing wellness.
8:00 – 9:00 a.m. Concurrent Sessions throughout the Ware Center
(Ware Center – 3rd Floor)

**Title:** A Line in the Sand: How Defining Disability Impacts Wellness

**Presenter(s):** Tyler P. Gehman, MSW, Program Specialist, Friendship Community

**Abstract:** Ability and disability are socially constructed concepts and are defined in many different ways and are often tied to services and perceptions of disability. This interactive workshop will be an incubator for exploration, discussion, and growth relating to the impact a definition has on the wellness of individuals with disabilities.

**Title:** Community-based Social Group Work for Promoting and Facilitating Active Aging: An Analysis of the Role of Senior Citizens Committees (Wadihity Samithi) in Rural Localities

**Presenter(s):** Dr. Riddley Jayasinghe, Director General, National Institute of Social Development; C.M. Munasingharachchi, Lecturer, School of Social Work

**Abstract:** The last two national censuses in Sri Lanka demonstrate a transformation in the population structure of the country. The current proportion of elderly population in Sri Lanka is higher than the proportion in other South Asian countries. Therefore, predictions of future trends confront the prospect of a further steadily aging population (Department of Census and Statistics, 1993; 1997). In 2001, 9.2% of Sri Lanka’s population was 60 years of age and older, which is a relatively large elderly population for a developing country (Department of Census and Statistics, 2001). This was projected to be 12.5% by 2011, and will be 24.8% by 2041, almost a quarter of the total population of the country. It is an increase of over 100%. Population experts say that this increase is due largely to two reasons: (1) Increasing longevity and (2) declining birth rate. According to some accounts, both direct and indirect effects of international migration have also been significant reasons. Sri Lankan government, along with the private and community sectors, has already taken some initiatives to address issue. The concept of senior citizens’ society implemented by the government under the “Act no 09 in 2000” is, among few, one such initiative planned and implemented by the government with the active participation of the community sector. The government encourages community to form the Senior Citizen Committees (SCC), facilitate with a range of logistical support including some financial assistance, and enable the community to create a socio-culturally conducive environment to help enhance the well-being of the elderly people.

9:10 – 10:10 a.m. Concurrent Sessions throughout the Ware Center
(Ware Center – 3rd Floor)

**Title:** “Mindfulness is for white people Miss!” Trauma & Mindfulness in an Urban Environment

**Presenter(s):** Sylvia Bekele, MSW, LSW, School Social Worker, School District of Lancaster, Reynolds Middle
Abraham M. Eliazar, Ph.D., Professor, School of Social Welfare, University of California, Berkeley

**Abstract:** The main challenge is to provide the best possible support to homeless adults with untreated mental health issues, which can contribute significantly to homelessness. This workshop will explore these challenges, review case examples, and outline promising practices for treating mental illness in homeless adults. Approaches from Milwaukee and Madison, WI will be compared and contrasted.

**Title:** The Complexity of Providing Mental Health Support to Homeless Adults

**Presenter(s):** Debbie Minsky-Kelly, LCSW, Field Director/Clinical Assistant Professor, Carthage College

**Abstract:** Untreated mental health disorders are a significant contributor to homelessness, which then increases challenges in accessing treatment. This workshop explores these challenges, reviews case examples, and outlines promising practices for treating mental illness in homeless adults. Approaches from Milwaukee and Madison, WI will be compared and contrasted.

**Title:** Child Maltreatment Effects on Health Outcomes


**Abstract:** A current “catch word” in behavioral health treatment services seems to be “trauma-informed,” but there may be a gap between the science of how trauma affects individuals and implementing this information into practice that has meaningful benefit in treatment. This proposed presentation will show the impact of childhood trauma on the brain and offer some practical strategies for practitioners and family members to support individuals who experienced childhood trauma.

Title: With Liberty and Justice for All: Gender, Leadership, and the Veterans Administration

**Presenter(s):** Meredith Moore, LCSW, ACSW, C-SWHC, MT-BC

**Abstract:** The Veterans Administration (VA), the nation’s largest healthcare system, employs over 12,000 social workers. Its executive leadership displays a sharp gender disparity when compared to its predominantly female workforce. Research utilizing a mixed methodological approach and implicit leadership theoretical framework will examine factors influencing female ascent to VA leadership.

11:30 – 1:30 p.m. **Lunch & Plenary Speaker:** Nani Cuadrado, PA-C
Acting Director Lehigh Valley Hospital Street Medicine Program
Board Member & Speaker, Valley Against Sex Trafficking (VAST)
Adjunct Professor DeSales University's Physician Assistant Program

**Presentation Topic:** Small Steps to Global Social Change: Street Medicine - Tackling Homelessness & Human Trafficking

1:30 – 2:30 p.m.
Concurrent Sessions throughout the Ware Center
(Ware Center – 3rd Floor)

**Title:** A Co-facilitative Approach to Poetry Therapy and the Healing Arts

**Presenter(s):** Scott Sorensen, Program Coordinator, University of Utah; Dr. Danielle Dubrasky, Associate Professor, Southern Utah University

**Abstract:** The presenters will demonstrate a flexible co-facilitative approach to group work that can be used by both therapists and educators. This approach is comprised of an innovative use of poetry therapy, primarily involving veterans with PTSD; however, the presentation will show the efficacy of this approach within several of the healing arts.

**Title:** Risks of Extreme Drinking to Women’s Wellness: Building Awareness in Social Work

**Presenter(s):** Natasha W. M. Bragg, MSW, LCSW, Doctoral Candidate, Research Assistant, Adjunct Professor, Indiana University School of Social Work

**Abstract:** Extreme drinking among women in the U.S. involves psychosocially complex behaviors associated with a variety of wellness risks to women’s mental and physical health and safety. Social workers are called to be aware of why women engage in binge and heavy drinking, and its implications for personal and public wellness.

2:40 – 3:40 p.m.
Concurrent Sessions throughout the Ware Center
(Ware Center – 3rd Floor)

**Title:** The Social Work Role in Supporting Collegiate Recovery

**Presenter(s):** Amber Holbrook, PhD, Assistant Professor of Social Work at West Chester University; Adam Sledd, Program Coordinator for The Council of Southeast PA

**Abstract:** Young people in recovery who pursue higher education face multiple challenges in balancing developmental and recovery-related tasks. Collegiate recovery programs are one approach to improving academic and recovery outcomes. The recovery and peer support models of these programs are a natural fit for social work ethics, theories, and practice approaches.

**Title:** When Poverty Becomes Boring: A Paradigm Shift to End Homelessness
Presenter(s): Dieuveut Gaïty, PhD, MSW, former consultant at the United Nations/UNDP and at the International Organizations for Migrations/IOM

Abstract: This presentation addresses the notion of homelessness at a paradigmatic and conceptual level. Such an approach will challenge social workers to deconstruct and reconstruct their worldviews on individuals who are in situations of homelessness in order to design effective interventions, and elaborate transformative policies to eradicate homelessness.

3:50 – 4:50 p.m. Concurrent Sessions throughout the Ware Center (Ware Center – 3rd Floor)

Title: Using motivational interviewing in health care settings: Making a difference in obesity

Presenter(s): Ruth E. Davis, D.Ed., CRNP, NP-C, Professor of Nursing, Millersville University

Abstract: Obesity affects over one third of the US population (2017) and is a risk factor for morbidity in this country. Using obesity as an example, this round-table presentation will allow participants to learn and practice motivational interviewing techniques as a method of assisting clients in achieving a healthy lifestyle.

Title: Building A Community Hygiene Bank; Filling a Current Gap of Basic Wellness

Presenter(s): Scarlett A. Ackerle, LMSW, Doctoral Candidate, University of South Carolina

Abstract: The “Community Hygiene Bank” is a model for creating awareness and offering needed hygiene items to families and individuals across the US. Current SNAP policies disallow their purchase. Lack of this basic need has led to decreased attendance at school and work, decreased health, and isolation across the age spectrum.

*XXTBAXX CEUs will be earned over the two and half day conference.  
*There will be Fair Trade and Local Artisans throughout the conference