

Wisconsin Nursing Home Social Workers
Association Inc.

Fall Workshop 2022

Social Service

Wisconsin Nursing Home Social Workers Association, Inc.

FALL CONFERENCE 2022

Patient Centered, Trauma Informed Care, Ethics, and Diversity
OCTOBER 6-7, 2022

Hilton Appleton Paper Valley

333 W College Ave

Appleton, WI 54911

920-733-8000

The Wisconsin Nursing Home Social Workers Association, Inc. Annual Fall 2022 Conference is planned for **Wednesday October 5 through Friday October 7, 2022** at the Hilton Appleton Paper Valley in Appleton Wisconsin. The **ANNUAL** board meeting is planned for **WEDNESDAY OCTOBER 7, 2021 at 6:30 p.m.** All association members are invited and encouraged to attend.

Audience

Wisconsin Nursing Home Social Workers Association is designed for social workers, social work staff, and other long term care professionals.

Continuing Education Credits

The Wisconsin Nursing Home Social Worker Association, Inc. maintains responsibility for the program. This program has been approved by NASW-WI for up to ten (10) continuing education clock hours.

Hotel Information

Hilton Appleton Paper Valley
333 W College Ave.
Appleton, WI 54911
920-733-8000

Reservation Information

A block of rooms has been set aside for participants October 5 and 6, 2022. Room rates are \$109.00 single/double occupancy per night. Room reservations **MUST** be made by **September 5, 2022** to confirm room availability and rate. Room reservations/fees are the responsibility of the participant. Please contact the Hilton Appleton Paper Valley directly and mention that you will be attending the Wisconsin Nursing Home Social Workers Association, Inc. Annual Fall Conference 2022.

Conference Information

Registration fee to attend this workshop is as follows:

WNHSAW MEMBER

- Both Days (\$180.00)
- Thursday Only, October 14 (\$150.00)
- Friday Only, October 15 (\$125.00)

NON-MEMBER

- Both Days (\$225.00)
- Thursday Only, October 14 (\$175.00)
- Friday Only, October 15 (\$150.00)

STUDENT

- Both Days (\$50.00)
- Thursday Only, October 14 (\$30.00)
- Friday Only, October 15 (\$30.00)

The fee covers registration for the workshop, materials, break, refreshments, and lunch. Participants are responsible for their individual workshop fees. The full fee should be sent with your registration either by a check, money order made payable to the Wisconsin Nursing Home Social Workers Association Inc. OR online via payment link on our website.

Please complete the enclosed registration form and return, with appropriate remittance no later than **September 16, 2022:**

WNHSAW
P.O. BOX 1781
Appleton, WI 54912

Deadline for registration is September 5, 2022. A \$20.00 cancellation fee will be charged. Fees are not refundable after September 5, 2022

If you have any questions about registration or cancellation, contact Julie Severin at 920-213-9965.

For program information, please contact Krissy Jaloszynski at 920-225-1999 or Nichole Duchow at 920-379-6733.

If you require special accommodations as specified under the Americans with Disabilities Act, or have any concerns with lunch, please advise us when you register.

Conference agenda

PARTICIPANTS ARE RESPONSIBLE FOR PRINTING OUT CONFERENCE MATERIALS. MATERIALS WILL BE FOUND ON OUR WEBSITE.

Wednesday October 5, 2022

6:30p.m. ANNUAL BOARD MEETING

All Association members are invited to attend.

Thursday October 6, 2022

7:30a.m.-9:00a.m.

Registration and Continental Breakfast

8:45a.m.-9:00a.m.

Opening Remarks

9:00a.m.-10:00a.m.

Brain Fitness

Kim Patterson

As we age we all worry about our future and loss of memory. What is normal? If we lose our keys...is that normal or not? What can we do to prevent early memory loss? How are diet and exercise a part of increasing our memory capacities? Learn about exercises and activities that promote brain development as we age.

- 1) Quick review on Brain development
- 2) What happens to our brain as we age?
- 3) As we age many of us worry about memory. What is normal in the aging process?
- 4) How can we keep our brain healthy and fit? **STARTER KIT Wellness Wheel**
- 5) By using the wellness wheel we take care of our brain which in turn gives us a healthier and happier life.

Thursday October 6, 2022 cont.

10:00 a.m.- 12:00 p.m.

Finding Your Fingerprint: The Impact of an Authentic Life

Heather Whittaker

Focusing on three key principles of *Passion, People, and Purpose*, participants discover the secrets to a fulfilled life. It's about being authentic, building connections, bringing joy to the world around you, and continuing to grow in all you do. When incorporating these principles into your life, it leads to living at your personal and professional best. Within this program, your audience will...

- Understand how the three elements of 'Passion, People, and Purpose' support each other and work together resulting in a happy life
- Be able to identify and apply these elements in both their personal and professional worlds
- Discover the one, single most important word that promotes engagement in themselves and others

12:00-12:45 p.m. Lunch

Italian Chicken Senese

Boneless breast of chicken crusted with parmesan cheese and topped with an herbed marinara sauce, vegetable and side salad.

1:00-2:30 p.m.

Breakouts

1) Breaking Down the Boundaries

Timothy Neuman- NHA Brewster Village

This session will highlight how one long term care community gained success in reducing ageism and promoting person-directed, care by incorporated blended roles, removing the "hidden restraints" of secured doors for clients with dementia, emphasizing teamwork and communication and places an emphasis on the social model of care. Join us for the transformation story on how a former county asylum became a leader in person-directed supportive living.

Session Highlights:

- County Asylum / Health Center / Brewster Village History
- Ageism within our homes
- Our Culture
- Communication
- Functions of a Home
- Traditional Roles to Team Roles
- Dignified Living for people that live with Dementia

2) Trauma informed care

Patricia Clason

Trauma is present in everyone's life these days - the pandemic, life changes, and more. So, what does it mean to approach your work from a trauma-informed perspective? We'll explore the principles of trauma-informed care and tools that will help you implement TIC with residents and co-workers, as well as at the organizational level. There are practices you can incorporate into your daily work that will make life better for all.

3) The Question is the Answer

Heather Whitaker

Following a walkthrough of the communication model and the flow of information, the group will complete two activities centered on effective questioning and then learn how clear communication actually comes from questions, not directions. At the end of the session you will:

- *Understand the benefit to using open ended questions ensuring clear communication*
- *Be able to create and utilize open ended questions to clarify and improve the end result*
- *Learn a way to give direction that results in clear understanding of the expected outcome*
- *Discover the one word to eliminate from your vocabulary to strengthen and improve communication*

4) When Culture Affects Decision Making (Ethics and Boundaries ends at 5:15)

Sheng Lee

This course examines how one's culture impacts decision making in various treatment settings. Providers are constantly faced with ethical choices resulting in ambiguous outcomes and difficult decisions that may be morally confusing. Understanding cultural concepts enables providers to bridge the difference between themselves and diverse populations. Participants will acquire a better understanding of the ethical decision-making process when cross-cultural conflicts occur while addressing implications of unconscious biases.

The workshop will address these issues through a combination of interactive dialogue, focused discussion, applied-practice exercises, and small group work.

Learning Objectives

1. Examine personal attitudes, values, beliefs and culture.
2. Recognize and respond to appropriately to cultural differences in conflict resolution.
3. Identify professional and ethical obligations within social work, clinical and human services settings.
4. Utilize James Rest's four components model in ethical decision-making.

2:30-2:45p.m.

Break/Refreshments

2:45-4:15p.m.

Repeat of Breakouts

Friday, October 7, 2022

7:00-8:00a.m.

Registration and Continental Breakfast

8:00a.m.-12:00p.m.

Fundamentals of Equity, Diversity and Inclusion

Sheng Lee

This course examines diversity and inclusion while teaching participants how to evaluate their own diversity and how this shapes their worldview. Participants will acquire a better understanding of cultural competence and identify the importance of it in their professional roles.

Participants will also generate approaches to inclusion strategies, processes, and goals in obtaining competence. The workshop will address these issues through a combination of interactive dialogue, focused discussion, applied-practice exercises, and small group work.

Learning Objectives

1. Summarize the differences between Diversity, Inclusion and Equity and describe why they are important
2. Recognize how cultural concepts, perspectives and intersectionality influence quality of care.
3. Understand the core elements to cultural competence and how it is achieved.
4. How to incorporate respect and inclusion using the ASKED model.

12:00p.m. Closing, Evaluations, Certificates

About the Speakers

Kim Patterson

Stay at home MOM
Early elementary Bachelor of science
Grand Canyon University/ University of Oshkosh
Associate degree NWTC Northeastern Wisconsin technical college

Miss Appleton , Miss congeniality 1987
Preschool Teacher 20 years
Instructor for NWTC Differing Abilities, Development of Early Childhood
Mentor for NWTC Students grant program
Speaker for the Alzheimer's Association
Director of Marketing
Mother of 2 beautiful successful boys, Christopher and Nicholas

Heather Whittaker

Meet Heather Whittaker - Motivational speaker, award winning children's book author, dog lover, licensed school bus driver, lover of vegetables (especially the green ones) and corporate America drop out. Her professional background, a post-graduate education and personal struggles with anxiety and a panic disorder all come together creating a platform that teaches the importance of living an authentic life. Organizations work with Heather because she goes beyond just humorous, inspiring stories, but also provides practical strategies that can be applied both personally and professionally resulting in engaged lives with more happiness and less anxiety. She helps people make their happy happen.

Patricia Carlson

Patricia Clason, RCC, CPS, has over 35 years of experience with trauma survivors, guiding their emotional healing through emotional intelligence (EQ) intensive programs. A professional speaker, trainer, consultant, and coach, Patricia has led weekend retreats for military veterans, Healing Warrior Hearts, and Renewal for sexual abuse survivors since 1993. In addition, she has led over 500 EQ intensive weekends Taking It Lightly since 1983, as well as teaching EQ classes in universities and corporations. In 2007, Patricia developed the Trauma Recovery Facilitation Training in alternative modalities for trauma healing for retreat facilitators, counselors, bodyworkers, and others. She is currently instructing the Trauma Counseling Certificate program and other trauma-related classes at the University of Wisconsin Milwaukee School of Continuing Education.

Timothy Neuman NHA Brewster Village

Tim Neuman, LNHA is the Administrator of Brewster Village, Outagamie County's Short-Term and Long-Term Care Community. Tim has previously presented for the Pioneer Network, is actively involved in numerous LeadingAge Wisconsin efforts and has a passion for person-directed living in long-term care.

Sheng Lee

Sheng Lee Yang is a first-generation, Hmong American refugee who immigrated to the U.S. at a young age and has remained in the Fox Valley since. On paper, she holds many titles: Licensed Clinical Social Worker, Founder, Executive Director, and Professor; but rather, and more importantly, she is a pioneer and catalyst for a simply complex principle, "humanity". After many years in various professional roles and lived experiences, she cultivated a vision to integrate social justice and cultural humility into mental health. On September 3rd, 2019, Sheng led the opening of Us 2 Behavioral Health Care, a nonprofit dedicated to advancing health equity for Wisconsin.