



KVC Health Systems, Inc.  
21350 W. 153rd St.  
Olathe, KS 66061-5413

THE NYULMC & KVC MIDWEST TRAUMA TRAINING CENTER:  
**Creating Trauma Informed Systems  
in Child Welfare and Mental Health**

Sponsored by:



## *Advancement of Knowledge*

Psychiatrists | Psychologists | Social Workers  
Early Childhood Program Administrators  
Counselors | Therapists | Nurses

*Anyone serving individuals with mental health disorders is welcome to attend.*

*Participants will receive certificates of attendance suitable for CEU verification.  
Visit [www.kvc.org](http://www.kvc.org) for more information on CEUs.*

NON-PROFIT ORG  
U.S. POSTAGE  
**PAID**  
Kansas City, KS  
Permit No. 29

THE NYULMC & KVC MIDWEST  
TRAUMA TRAINING CENTER:

## **Creating Trauma Informed Systems in Child Welfare and Mental Health**

Wednesday, May 20, 2015  
Parsons, Kansas

Sponsored by:



**Register online at: [www.kvc.org/nyukvcseminar](http://www.kvc.org/nyukvcseminar)**

**Questions?** Call 913.322.4900 or email [seminarseries@kvc.org](mailto:seminarseries@kvc.org)

THE NYULMC & KVC MIDWEST TRAUMA TRAINING CENTER:

# Creating Trauma Informed Systems in Child Welfare and Mental Health

Mary Beth English, LSCSW; Brenda Soto, LSCSW; Matt Arnet, LCPC

Wednesday, May 20, 2015

Parsons, Kansas

Parsons City Hall  
112 South 17th St.  
Parsons, KS 57357

## FREE TRAINING

Due to a generous grant, this training is free for participants but seating is limited.  
**RSVP Today**

## Professional Workshop Summary

This workshop is appropriate for professionals serving youth and families who have been exposed to traumatic events. It is appropriate for those working in physical and mental health, child welfare, education, and juvenile justice settings. This workshop will present an overview of the impact of childhood trauma on youth, families, professionals, organizations, and systems. There is an emphasis on definitions, prevalence and the complicated emotional, behavioral, cognitive, interpersonal and systemic ramifications of the “epidemic” that is child traumatic stress. An overview of treatment will be presented, as will the impact of secondary stress on caregivers and child and family-serving staff. Recommendations for self care and organizational strategies to promote employee health will be discussed.

## Learning Objectives

### Participants will:

- Learn to understand the meaning, impact and relevance of childhood traumatic stress on youth, families, systems, and those that provide service to such youth and families
- Learn to recognize the symptoms of childhood traumatic stress
- Learn effective ways to support youth and families coping with childhood traumatic stress
- Learn to recognize signs of secondary traumatic stress, and develop effective ways of coping

## Schedule

8:30-9:00 am	Registration
9:00-9:15 am	Introduction and announcements
9:15-10:00 am	Introduction to child traumatic stress
10:00-10:10 am	Break
10:10-11:00 am	Assessment and intervention strategies
11:00-11:30 pm	Secondary traumatic stress
11:30-12:15 pm	Organizational approaches for helping youth and families
12:15-12:30 pm	Questions and answers, summary and evaluations

Under a partnership agreement with New York University, KVC Health Systems joined The Child Study Center at NYU Langone Medical Center to create the **NYULMC & KVC Midwest Training Center for Coordinated Trauma Services in Child Welfare and Mental Health**. This is a regional training center based in Olathe, Kansas, which serves as a center for the advancement of evidence-based practices within the fields of child welfare and children’s mental health. The NYULMC & KVC Midwest Training Center is connected to the National Child Traumatic Stress Network through a grant funded by the Substance Abuse and Mental Health Services Administration.

## BIOGRAPHIES



### Mary Beth English, LSCSW

is the Director of Family Preservation for KVC Kansas in the Kansas City metro region. Ms. English started her career with KVC in 2003 as part of the Admissions department, while working

on her master’s degree in social work from the University of Missouri - Kansas City. She has held numerous positions at KVC such as Family Service Coordinator, Supervisor of the Leavenworth Permanency Office, and Supervisor of the Missouri and Kansas Outpatient Departments. In 2013, KVC was awarded the Family Preservation contract and Ms. English became the Director of the Kansas City region. She has been trained in Trauma Systems Therapy since 2007 and has used it in therapy settings with children, adults and families. Ms. English provides clinical supervision and guidance to master’s level staff using trauma-based theory in combination with other therapeutic modalities such as Motivational Interviewing and Cognitive Behavioral Therapy.



### Brenda Soto, LSCSW

is the Supervisor of the Outpatient Department for KVC Kansas. Ms. Soto received both her bachelor’s and master’s degrees in social welfare through the University of Kansas. After a close friend entered out-of-home care, she decided to become a child welfare professional and dedicate her life to serving children and families. Ms. Soto was a practicum student with the Kansas Department of Children and Families and worked at Kansas Children’s Service League in Topeka, Kan. She joined KVC in 2004 and provides trauma-informed comprehensive clinical therapy and supervision through a strengths-based approach. Additionally, Ms. Soto is a Certified KVC Trauma Systems Therapy Master Trainer, Eye Movement Desensitization and Reprocessing (EMDR) trained, KVC Parent Management Certified and has 11 years of experience working with the developmentally disabled population through Cottonwood Inc. in Lawrence, Kan.



### Matt Arnet, LCPC

has worked with KVC since 2007, first as a therapeutic case manager before transitioning to the outpatient department in late 2007. He is currently the Director of Outpatient Services for KVC Kansas. Mr. Arnet earned his bachelor of art in psychology from the University of Missouri-Columbia in 2001. In 2007, Mr. Arnet graduated from Avila University with a master of science in professional counseling. He was trained using third wave cognitive behavioral therapies, borrowing concepts from Acceptance and Commitment Therapy, Mindfulness-Based Cognitive Therapy and Dialectical Behavioral Therapy (DBT). Since working with KVC, he has become a certified Master Trainer of Trauma Systems Therapy (TST), and is an agency leader in the treatment of trauma in child welfare. Mr. Arnet is currently licensed by the state of Kansas as a licensed clinical professional counselor.

Register online at: [www.kvc.org/nyukvcseminar](http://www.kvc.org/nyukvcseminar)

Questions? Call 913.322.4900 or email [seminarseries@kvc.org](mailto:seminarseries@kvc.org)



The Child Study Center was founded in 1997 to improve the treatment of child psychiatric disorders through scientific practice, research, and education, and to eliminate the stigma of being or having a child with a psychiatric disorder. The Center has made major strides towards fulfilling this mission: its research, clinical, educational, and community services have expanded and grown in a new direction. In the face of increased threats to security and safety, the Center highlighted the importance of strengthening resilience in all children as a preventive strategy to enhance and protect their psychological well-being.



KVC Health Systems, Inc. represents a continuum of treatment services and supports that address behavioral healthcare issues confronting today’s children and families. KVC

services span five states and range from Home/School-based Family Therapy and Case Management to Acute Inpatient Hospitalization. KVC is acutely aware of the significant impact trauma often plays in the lives of many we serve and is dedicated to the continual refinement of its trauma informed culture. KVC is committed to the use of treatment modalities grounded in research and backed by clear evidence. It is this commitment that drives KVC’s efforts to continually raise the bar in the education of its professionals and others from the communities it serves.