

Thursday, March 12th

2026 InterCourt Conference

(Hilton at Easton)

7:30 – 9:00 a.m. Breakfast and Conference Check-in

9:00 - 9:15 a.m. **Conference Opening and Welcome** **Easton Ballroom**

9:15 - 10:15 a.m. **Opening Session: Jon Sanchez – REAL Leadership in Juvenile Justice** **Easton Ballroom**

10:15 - 10:45 a.m. Break - *Refreshments Available* **Vendor Area**

	Easton A	Easton B-E	Regent 1 <i>Innovative Practices Track</i>	Regent 2	Regent 3	Juniper Room <i>Supervisor/Leadership Track</i>
Breakout 1 10:45 – 12:15 p.m.	Session 1A Diversion Best Practices CEU/CLE: 1.50	Session 1B Adolescent Development and Substance Abuse CEU/CLE: 1.50	Session 1C <i>Innovative Practices 1</i> Parental Engagement & Stronger Families, Safer Futures: Positive Parenting Program CEU: 1.50	Session 1D Using Mediation to Address Chronic Absenteeism and Promote School Attendance CLE: 1.50	Session 1E Probation 101: Your Keys to Success as a Juvenile Probation Officer	Session 1F Legislative and Caselaw Update CLE: 1.50

12:15 - 1:15 Lunch **Vendor Area**

	Session 2A	Session 2B	Session 2C	Session 2D	Sessions 2E	Session 2F
Breakout 2 1:15 - 2:45 p.m.	Burners, Gats and Straps: Unpacking Youth Gun Violence	Delinquency and Trauma in Youth CEU/CLE: 1.50	Session 2C <i>Innovative Practices 2</i> PP2C program, Clark County The Trades Initiative Program Greene County CEU: 1.50	Recovery Capital CEU/CLE: 1.50	Wired for Survival: Understanding Youth Through Neuroscience CEU/CLE: 1.50	Maximize Your Leadership and Engagement

2:45 - 3:15 p.m. Break – *Refreshments Available* **Vendor Area**

	Session 3A	Session 3B	Session 3C	Session 3D	Session 3E	Session 3F
Breakout 3 3:15 – 4:45 p.m.	Field and Office Safety: Staying Safe Wherever You Serve	Closer to Home: Familial Human Trafficking CEU/CLE: 1.50	Session 3C <i>Innovative Practices 3</i> Breaking the Cycle Before It Begins: A New Path for Juvenile Domestic Violence Intervention & Navigating the Tough Stuff: The Power of Belonging CEU: 1.50	Truth in the Tox: Decoding Toxicology Testing for Probation CLE: 1.50	Effectively Working with Victims and Marsy’s Law CLE: 1.50	Less Burnout and Stress = Greater Success!

Friday, March 13th

7:00 – 8:15 a.m. Breakfast **Vendor Area**

	Easton A	Easton B-E	Regent 1 <i>Innovative Practices Track</i>	Regent 2	Regent 3	Juniper Room	Lilac Room
Breakout 4 8:15 - 9:45 a.m.	Session 4A UNARMED: Gun Violence Education Program	Session 4B Developmental Trauma: The Hidden Epidemic CEU/CLE: 1.50	Session 4C <i>Innovative Practices 4</i> How Mobile Crisis Stabilization Can Reduce Juvenile Justice Involvement & Licking County Juvenile Justice Program CEU: 1.50	Session 4D Problem Sexual Behavior Treatment Curriculum for Youth CEU/CLE: 1.50	Session 4E Changing the Story: Supporting Youth with Disabilities in the Justice System CEU/CLE: 1.50	Session 4F 5 Pillars of Officer Wellness	Session 4G Judicial Roundtable CLE: 1.50

9:45 - 10:15 a.m. Break

10:15 – 11:45 a.m. **Closing Session: Karen Vadino – All Stressed out and No One to Choke** **Easton Ballroom**

11:45 - 12:00 p.m. Evaluations, Prize Giveaways and Conference Closing **Easton Ballroom**



2026 InterCourt Conference Session Descriptions

Approval has been requested for 6.00 total general CLE credit hours and 6.00 CEU credit hours for Counselors and Social Workers.

Opening Session - REAL Leadership in Juvenile Justice (9:15 – 10:15 a.m.)

Jon Sanchez, President, Team Performance Institute

Jon Sanchez, Founder and CEO of Team Performance Institute and former Navy SEAL, will discuss the challenges he faced graduating first in his class as a Navy SEAL and then going on to be the leader of SEAL Team 3, deploying around the world on dangerous missions. His time up front taught him many things about leading teams through challenges, and he will share his strategies with us. Particularly his REAL Leadership.

REAL is an acronym for:

- **R**esilience - Perseverance, tenacity, grit, and the power of purpose in your life.
- **E**volution - The ability of an individual, team, and organization to adapt and overcome. Innovation is an expectation.
- **A**ttitude - The only choice you get to make every day. A positive attitude is a force multiplier.
- **L**egacy - Setting the bar high for long lasting significance.

Participants don't want to miss this inspiring story from one of Ohio's most dynamic speakers.

Breakout Session 1 (10:45 a.m. – 12:15 p.m.)

1A - Diversion Best Practices

Brittany Neal, JDAI Administrator, Ohio Department of Youth Services

Eddie Parker, Community Engagement Liaison - OPOTA, Ohio Attorney General's Office

CLE/CEU: 1.50 Hours

Juvenile Diversion programs are as diverse as the communities they serve—across the country and within the State of Ohio. This session, hosted by the Ohio Juvenile Diversion Association, will explore best practices for implementing effective diversion strategies statewide. Topics include identifying appropriate candidates for diversion, timing of intervention, program goals, levels of involvement, compliance monitoring, and defining successful completion. Attendees will also learn about the role of screenings and assessments, and the wide array of diversion program models available. The session will feature insights from Diversion Officers across Ohio, sharing real-world examples of how diversion is practiced in their counties. Faculty will examine how these programs offer meaningful alternatives to traditional justice processes by redirecting youth toward rehabilitative and supportive services that foster long-term success.

1B – Adolescent Development and Substance Abuse – Substance Abuse Track

Paul Bowen, LSW, Project Director, AllRise Treatment Court Institute

CLE/CEU: 1.50 Hours

This session will introduce practitioners to the importance of understanding adolescent development in the context of continued substance use. In addition to the obvious physical changes, there are significant cognitive, emotional, social, and behavioral developments that occur in adolescence. This session will review the research on the most commonly used substances by teens and consider the recommended practices to reduce usage. This session will also focus on building a more responsive juvenile justice approach by unpacking and understanding the research.

1C - Innovative Practices Track - *This Innovative Practices session will include two 45-minute sessions.*

CEU: 1.50 Hours

Parental Engagement and the Positive Parenting Program Empathy in Action

Tammy Hogsett, *Infant & Early Childhood Mental Health Consultant, Hopewell Health Centers Inc.*

Welcome to “Empathy in Action” - a training session designed to add real heart to participant’s work with parents in juvenile court! Participants will get a lively, hands-on experience where they’ll hear stories, share ideas, and try out practical strategies. We promise: no dry lectures, no complicated jargon, just real talk, real learning, and some real fun.

Stronger Families, Safer Futures: The Role of Evidenced-Based Parenting in Court

Decisions

Lisa Golden, LISW-S, *Implementation Consultant, Triple P America, Inc.*

Equipping parents to confidently navigate the daily challenges of parenting is a critical strategy in preventing entry into the juvenile justice system and reducing further involvement. Triple P is an evidence-based program that provides parents with effective, concrete tools for promoting positive behavior in youth and managing problem behaviors at home and in the community. The multi-level system of intervention allows parents to access information and resources individually, in a group, or online. The Ohio Children’s Trust Fund, in partnership with the Ohio Department of Children and Youth, provides opportunities for all Ohio parents and caregivers to access Triple P at no cost. This session will provide a brief overview of the Triple P model and how participants can connect parents in their community with this valuable resource.

1D - Using Mediation to Address Chronic Absenteeism and Promote School Attendance

Patrick Hickman, *Ohio’s Attendance Advisor, Office of Whole Child Supports, Department of Education and Workforce*

Marya Kolman, Esq., *Manager, Dispute Resolution Section, Supreme Court of Ohio*

Hon. Lori Reisinger, *Champaign County Family Court*

Mindy Yocum, Esq., *Yocum Law Office*

CLE: 1.50 Hours

Using Mediation to Address Chronic Absenteeism and Promote School Attendance Chronic absenteeism can negatively impact a student’s school performance and entire future and is a major challenge in many Ohio schools. School attendance mediation is a program to address a student’s absences in a supportive, non-judgmental and non-punitive way that can be incorporated into a court and school’s collaborative absence intervention strategy. The presenters will discuss a pilot project that has helped reduce chronic absenteeism and truancy in a rural county and share information and resources for courts considering starting a school attendance mediation program.

1E - Probation 101: Your Keys to Success as a Juvenile Probation Officer

Anthony Goff, *Director of Administration, Lake County Juvenile Court*

Rachel Young, *Chief Probation Officer, Clinton County Court of Common Pleas, Juvenile Division*

This interactive session, taught by experienced juvenile justice practitioners, will offer a framework for success with youths and families. After decades of research and experience, there has been a realization that successful practices start with some basic key concepts: understanding the difference between compliance and change, expressing empathy, understanding the role of detention, the importance of family engagement, and skill building. Identifying risks but also building on natural support and strengths. Faculty will facilitate exercises to help attendees gain insights into how to work “smarter not harder” while gaining more compliance and less resistance from their families and avoiding common pitfalls that confound new officers.

1F – Legislative and Case Law Update

Hon. David A. Hejmanowski, *Delaware County Probate/Juvenile Court*

CLE: 1.50 Hours

This lively and informative session will review major changes in the law related to legislation passed since the last Inter-Court Conference in March 2025. A review of major Ohio court decisions in the areas of juvenile justice, child custody, child support, abuse, neglect, and dependency cases will also be provided.

Breakout Session 2 (1:15 – 2:45 p.m.)

2A - Burners, Gats, and Straps: Unpacking Youth Gun Violence

Anthony President, *CEO & Founder, Presidential Consultants, LLC*

Every day, 13 young lives are lost to homicide in the U.S. In Ohio, firearms are involved in 83% of homicides among older teens and 70% among younger teens (CDC). This session will dive deep into the deadly dynamics of youth gun violence, highlighting the warning signs, root causes, and the emotional and social impact on individuals and communities. Learn to recognize risk and protective factors—and discover effective strategies to help youth put guns down and embrace peace.

2B - Delinquency and Trauma in Youth

Karen Guerrieri, *LPCC/S, LICDC, SWA, Clinical Supervisor, Mahoning County Court of Common Pleas, Juvenile Division*

Kim Kehl, *Consultant, Kehl Partnership Group, LLC*

CLE/CEU: 1.50 Hours

A history of abuse and neglect is common among youth seen in juvenile courts. Early trauma can account for many behavioral and cognitive issues, including lack of empathy, impulsiveness, anger, acting out, and resistance to treatment. This session will provide information to assist probation officers and court staff in understanding the youth and families they serve in juvenile court who have a history of trauma and abuse. Faculty will provide concrete tools to allow staff to help steer these youth toward successful outcomes.

2C – Innovative Practices Track - This Innovative Practices session will include two 45-minute sessions.

CEU: 1.50 Hours

The Trades Initiative Program (TIP)

Noelle Diller, *Community Outreach Coordinator, Miami Valley Juvenile Rehabilitation Center*

Josh Hazelrigg, *Juvenile Justice Outreach Coordinator, Green County Juvenile Court*

The Trades Initiative Program is designed for adjudicated juveniles who will be released as adults from the Department of Youth Services and are placed at the Miami Valley Juvenile Rehabilitation Center. Through a partnership with The Trades Institute, participants receive hands-on training in

a skilled trade while developing essential life skills. Outreach Coordinator Noelle Diller provides guidance in areas such as financial literacy, goal setting, and personal development. Youth also participate in the Greene County Work Experience Program, allowing them to earn and save money during their stay. This program focuses on preparing each individual for a successful and sustainable reintegration into the community.

From the System to the Solution: Credible Messengers in Action

Magistrate Nichol Smith, *Court Administrator, Clark County Juvenile Court*

This initiative seeks to develop a sustainable pool of Certified Peer Supporters in Ohio drawn from youth and young adults with lived experience in the child welfare and juvenile justice systems. The program recognizes that those who have successfully navigated these systems are uniquely positioned to serve as credible messengers—trusted mentors who can build authentic relationships with youth currently involved in the system. Through structured training aligned with Ohio’s Peer Recovery Support certification standards, participants will gain the skills, credentials, and supervision needed to serve as professional peer supporters within courts, community programs, and service agencies.

2D - Recovery Capital – Substance Abuse Track

Paul Bowen, *LSW, Project Director, AllRise Treatment Court Institute*

CLE/CEU: 1.50 Hours

This session will assist juvenile justice practitioners in applying the principles of recovery capital to improve operations and enhance positive youth development. There is emerging research about the importance of assessing, supporting, and building individual recovery capital in youth to ensure long-term success. While there are several models, recovery capital generally refers to the varied internal and external resources that a person needs to build and maintain recovery for the long term. For most youth, the recovery process requires a range of support across multiple domains to reduce risk.

2E - Wired for Survival: Understanding Youth Through Neuroscience

Leslie Drummond, PhD., *Research Manager, University of Cincinnati Corrections Institute*

CLE/CEU: 1.50 Hours

This session will explore the powerful intersection between brain science and criminogenic risk. Participants will gain a foundational understanding of adolescent brain development and how trauma reshapes neural pathways, often driving behaviors labeled as “risky” or “defiant.” Through engaging visuals, case examples, and evidence-based insights, faculty will unpack how the brain’s survival mechanisms influence decision-making, emotional regulation, and relationships. The session will also highlight the role of resilience, neuroplasticity, and trauma-informed care in promoting healing and growth. Ideal for professionals working in juvenile justice, education, mental health, and youth services, this presentation reframes youth behavior through a compassionate, neuroscience-informed lens.

2F - Maximize Your Leadership Engagement

Sherene McHenry, Ph.D., LPC, *Author and Professional Speaker*

According to Gallup, only 33% of US employees report being actively engaged and committed to their work and workplace, 50% report being passively disengaged, and a terrifying 17% admit to being actively disengaged and trying to cause problems.

While it would be wonderful if everyone showed up, got along, and performed at the highest levels, lackers, slackers and hackers exist and negatively impact organizational culture, engagement, and performance.

Based on her book “Navigate: Understanding the Five Types of People,” Dr. Sherene McHenry will introduce a simple yet powerful framework for recognizing the five key people types that shape workplaces. Participants will learn to bring out the best in themselves and others, halt disruptive behaviors before they destroy morale, and protect high performers from burnout.

Breakout Session 3 (3:15 – 4:45 p.m.)

3A - Field & Office Safety: Staying Safe Wherever You Serve

Anthony President, *CEO& Founder, Presidential Consultants, LLC*

CEU: 1.50 Hours

Whether walking to a car in a dimly lit lot, navigating unfamiliar neighborhoods, or working behind a desk, vigilance is key. This session will teach tactical awareness and safety protocols for diverse settings – offices, homes, and everything in between. Participants will learn how to anticipate risks, assess their surroundings, and implement everyday practices that ensure they arrive safely and get home safely.

3B - Closer to Home: Familial Human Trafficking

Christi S. Bartman, MPA, JD, PhD, *Founder, Eyes Up Appalachia*

Alicia Ley, *Survivor Alliance*

CLE/CEU: 1.50 Hours

Human trafficking exists in our community and is often missed, especially among youth. This session will build on information participants may already know about human trafficking but will focus on trafficking within families, including situations where a family member facilitates exploitation, sometimes linked to substance use, housing insecurity, or other pressures. Faculty will explore how the typology of family trafficking differs from other patterns, what signs to look out for, and practical steps participants can take in their role. Participants will leave this session with a better understanding of familial facilitated trafficking as it relates to their profession and community.

3C – Innovative Practices Track - *This Innovative Practices session will include two 45-minute sessions.*

CEU: 1.50 Hours

Breaking the Cycle Before It Begins: A New Path for Juvenile Domestic Violence Intervention

Nicole Bachman, *Clinical Supervisor, Summit County Juvenile Court*

Katie Good, *Domestic Violence Case Manager, Summit County Juvenile Court*

Domestic violence involving juveniles presents unique challenges that demand early, trauma-informed, and rehabilitative interventions. The Summit County Juvenile Court Domestic Violence Diversion Program is a newly launched, trauma-informed, proactive initiative designed to interrupt the cycle of violence involving juvenile offenders through education, accountability, and early intervention. Led by trained mental health professionals, this program integrates psychoeducation, cognitive-behavioral techniques, and creative expression to promote empathy, emotional regulation, and conflict resolution. Rooted in restorative justice principles, the initiative aims to reduce recidivism, strengthen family relationships, and foster long-term behavioral change. This session will explore the program’s structure, implementation, and early successes, offering a model for other jurisdictions seeking to address juvenile domestic violence through rehabilitation rather than punishment.

Navigating Tough Stuff: The Power of Belonging

Steve Pelton, *Advisory Board Chair, All Choices Matter*

Everyone faces challenges, but true strength comes from knowing you belong. Every choice you make takes you closer to, or farther from, your goals and dreams. Learn about two programs that help youth overcome life's tough stuff and provide them with the opportunity to have fun, connect with peers, and make new friends. The session will feature a resource library of over 700 short-duration, vetted videos covering the following topics: career, character, life skills, tough stuff, and workforce readiness. It will also cover new virtual after-school clubs to connect with peers on topics including, but not limited to, art, tech, entrepreneurship, real talk, life hacks, community service, advocacy, leadership, and more. Together, these initiatives help youth develop grit by combining passion and perseverance toward long-term goals and remind them that none of them are ever alone.

3D - Truth in the Tox: Decoding Toxicology Testing for Probation – Substance Abuse Track

Amy Miles, *Program Project Manager, Wisconsin State Laboratory of Hygiene, University of Wisconsin School of Medicine and Public Health*

CLE: 1.50 Hours

For probation officers, toxicology can be a powerful tool or a perplexing puzzle. This session will demystify the science behind toxicology testing, guiding judges through the types of biological matrices used (blood, urine, oral fluid, and more), the strengths and limitations of each, and how results are interpreted in a legal context. Participants will gain insight into detection windows, false positives, confirmatory testing, and the nuances that can impact the reliability and admissibility of toxicology evidence. Whether participants are presiding over an OVI case, a complex criminal matter, or a treatment court, this session will equip them with the knowledge to evaluate toxicology reports and expert testimony critically.

3E – Effectively Working with Victims and Marsy's Law

Edwin Bibler, Esq., *Morrow County Prosecutor 1st Assistant, Morrow County Prosecutor's Office*
Richelle Ettel, *Director of Crime Victim Services, Morrow County Prosecutor's Office*

CLE: 1.50 Hours

Marsy's Law for Ohio was passed by voters in November of 2017. This law gives crime victims meaningful and enforceable constitutional rights equal to the rights of the accused. This discussion will be a guide that covers the constitutional and statutory rights afforded to all victims of crimes, and the responsibilities of local entities and the court to help ensure victims' rights are upheld. The Morrow County Prosecutor's Office will discuss the bridging of the gaps between law enforcement and other resources in the community, as well as how participants must continue to improve communication with their partners to reach their goals.

3F - Less Burnout and Stress = Greater Success!

Sherene McHenry, Ph.D., LPC, *Author and Professional Speaker*

The world is changing, and people are being asked to do more with less, which means burnout is calling. How do participants decrease stress, reclaim their energy, and thrive under pressure? Participants will learn research-backed strategies designed to help stressed-out leaders and teams recharge their batteries, fill up their tanks, and weather any storm with energy, motivation, and focus. Participants will walk away with strategies to minimize self-inflicted stress, science-backed methods for regulating their emotions so they can build bandwidth and resilience and also practical tips to tap into moments of joy every day.

Breakout Session 4 (8:15 – 9:45 a.m.)

4A - UNARMED: Gun Violence Education Program

Katie Sillup Ettore, MS, *Director of Clinical Services, Research & Development, UNARMED: Gun Violence Education Program*

This program is designed to create facilitators within courts to facilitate a curriculum for youth involved in gun violence. Faculty will share how it was developed, from research to focus groups to pilots and facilitator trainings. She will outline the program length, participant demographics and initial outcomes. Court staff will also share their experience of the impact on their youth.

4B - Developmental Trauma: The Hidden Epidemic

Dave Paxton, *Chief Learning Officer, The Village Network*

The development of a child is profoundly influenced by experience. Experiences shape the organization of the brain which, in turn, influences emotional, social, cognitive and physiological activities. Early traumatic experiences, even in utero, can have profound impact on the developing child. This session will introduce participants to developmental trauma. Largely unrecognized, children experiencing the impact of developmental trauma are increasingly challenging our country's educational, mental health, child welfare, and juvenile justice systems.

4C – Innovative Practices Track – Both programs listed below will present during this session.

CEU: 1.50 Hours

Licking County Juvenile Justice Program

Wade Kirk, *Family Support Coordinator, National Youth Advocate Program*

Joel McArtor, *OPBH Program Manager, National Youth Advocate Program*

Cassie Oliver, *Director of Clinical Programs, National Youth Advocate Program*

Anthony Wedemeyer, *Director of Court Services, Licking County Probate-Juvenile Court*

The Licking County Probate-Juvenile Court has improved access to services for youth in Licking County through the Licking County Juvenile Justice Program (JJP), a partnership with the National Youth Advocate Program (NYAP). Through a referral process from The Court Services Department, Court involved youth may receive the full range of services NYAP has to offer, including family support services, medication management, and home-based services. Court-referred youth are not waitlisted, but rather receive first priority in scheduling to ensure services are initiated quickly in the hour of need. This collaboration has allowed court staff to focus on a youth's criminogenic needs, while NYAP staff empower families with community resources and provide youth with positive connections, trust, accountability, and advocacy.

How Mobile Crisis Stabilization Can Reduce Juvenile Justice Involvement

Jenifer M. Fraioli, LISW-S, *Deputy Director, Office of Community and Family Resiliency, Ohio Department of Behavioral Health*

Dawn Puster, *Deputy Director, OhioRISE Program*

Mobile Response Stabilization Service (MRSS) is a no cost mobile crisis service available to all Ohioans ages 20 and under that responds to family or youth defined crisis including school refusal, behavioral concerns. Faculty will share the Ohio Mobile Response and Stabilization Services (MRSS) Regional Model and discuss how MRSS can play a role in reducing juvenile justice involvement.

4D - Problem Sexual Behavior Treatment Curriculum for Youth

Paula Smith, Ph.D., *Associate Director and Assistant Professor, University of Cincinnati Corrections Institute*

CLE/CEU: 1.50 Hours

Initially, treatment for youth with sexually maladaptive behavior was based on adult treatment models, however, research demonstrates that there are important developmental, motivational, and behavioral differences between the two populations. This curriculum considers the needs of youth and focuses specifically on impulse control and identity formation. The model includes lessons in cognitive restructuring and cognitive coping skills, structured skills building, emotion regulation, problem solving, mindfulness, and relapse prevention. This session will describe the theoretical model, eligibility criteria, format, and implementation requirements of the I Decide program.

4E - Changing the Story: Supporting Youth with Disabilities in the Justice System

Marbella Cáceres, *Assistant Director/Statewide Accessibility Director, OCECD*

Nancy Crabtree, *Information Specialist/Trainer, OCECD*

Amy Freeman, *Statewide Transition-to-Adulthood Program Coordinator, OCECD*

Lisa Hickman, *Executive Director, OCECD*

CLE/CEU: 1.50 Hours

Research finds that youth with disabilities are more likely to be juvenile justice involved than youth without disabilities- and that learning disabilities is one of the most common disability types for these youth. Yet, knowledge that a youth has a disability that may affect learning, behavior, and their futures may not be known until they have moved their way significantly through the system. Attendees in this session will learn about the work of the Ohio Coalition for the Education of Children with Disabilities (OCECD), Ohio's Parent Training and Information Center (PTI), as a resource and support for parents, families, youth, and professionals across all counties. This session will equip juvenile justice professionals with essential knowledge about the populations that the OCECD serves, and the resources, materials, trainings, and direct support available to assist Ohio parents, families, youth and professionals. In this session, attendees will also gain knowledge about IDEA disability categories and about youth-focused self-advocacy and self-determination trainings, parent engagement and family empowerment.

Through information, resources, materials, real-world examples, and impact stories, this session will help probation officers, detention staff, intake workers, judges, administrators, and more, better understand the intersection of disability and juvenile justice—and how collaboration with families, youth, and organizations such as OCECD, may help create pathways to long-term success.

4F – The Five Pillars of Officer Wellness

Steven M. Click, *Director, First Responder Wellness, Ohio Department of Public Safety*

Work and lives outside of work can cause stress, anxiety, and issues that people must deal with to be healthy and happy. Often, their own self-care takes a backseat to taking care of others, completing their work responsibilities, and just making it through the day. This session will remind participants that to take care of others, they must first take care of themselves. The various possible physical, emotional, mental, spiritual, and behavioral effects will be discussed. Faculty will also cover techniques and strategies for dealing with these effects in a healthy and safe way. Concepts and techniques for family and friends will also be covered. Lastly, participants will receive resources for additional assistance.

4G - Judicial Roundtable

Magistrate Michelle Edgar, *Fairfield County Probate & Juvenile Court*

CLE: 1.5 Hours

This session will be an informal meeting with judges and magistrates to share information.

Closing Session: Workplace Culture: No Laughing Matter (10:15 – 11:45 a.m.)

Karen Vadino, MSW, LPCC, OCPSII, Professional Speaker

Appropriate workplace humor is essential to a healthy, productive work environment. Humor is becoming increasingly recognized as a vital part of problem solving, conflict resolution, creativity, boosting morale and strengthening team bonds. Perhaps most importantly, humor reduces stress. Sometimes people need a little humor to gain perspective and get a break from the seriousness of their reality, especially in courts.