

CALIFORNIA ASSOCIATION OF CHILD LIFE PROFESSIONALS CONFERENCE

Friday, October 25, 2019 4.0 PDU

9:00 a.m. CHECK-IN

10:00 – 12:00 p.m. MORNING ACTIVITIES AND CAMP TOUR

12:00 – 12:45 p.m. LUNCH

1:00 – 1:20 p.m. WELCOME

1:30 – 3:00 p.m. SESSION I

PDH/CEU 1.5

1. Confessions of a Burnt out Child Life Specialist

(Intermediate - Advanced) Domain: Professional Responsibility

Carissa Howard, M.S., CCLS (Assistant Professor, Azusa Pacific University: Dept. of Psychology)

We've all seen the child life memes circling instagram lately . . . you know, the ones that say exactly what you've been thinking/feeling but could never say out-loud without getting in trouble. Burnout can be defined as, "a state of physical, emotional, mental exhaustion caused by long-term involvement in emotionally demanding situations. Result of emotional exhaustion and job stress." If you've been in the field of Child life for 2 years or more, you may be experiencing signs/symptoms of burnout or compassion fatigue. Burnout can affect us physically, emotionally, behaviorally or spiritually.

2. "Playing with Grief"

(Intermediate) Domain: Assessment

Colleen M Cherry, M.S., CCLS, CT (Founder of PlayWell Child Life Services)

Death is a part of life. Unfortunately many modern cultures have difficulty with end-of-life, grief and bereavement and even greater difficulty when children are involved, either as a member of a grieving family or as a child hospice patient. A baseline of knowledge as to typical age-grief behaviors, vocabulary, including play and a means of including the child in the death process are presented.

2:40 – 4:10 p.m. SESSION II

PDH/CEU 1.5

1. Don't be Smarter than a 5th Grader! Applying "Plain Language" standards and strategies to improve accessibility of parent handouts

(ALL) Domain: Professional Responsibility

Hannah Knott, MS, CCLS (Assistant Professor, Azusa Pacific University)

We know how to communicate with children, but sometimes the written information we give adults misses the mark. Stop the guesswork and gain confidence in your ability to create educational materials that are accessible to adults with low literacy. In this interactive workshop you will learn from a former linguist and current CCLS educator what Plain Language standards are and concrete steps to achieve those standards in your written communications.

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2. Navigating Child Life as a New Professional: Placing Yourself First When Caring for Others

(Entry) Domain: Professional Responsibility

LeAnna Lucero, MS, CCLS, CTRS (UC Davis Children's Hospital)

Marisa Martinez, MA, CCLS, Reiki Level II (UC Davis Children's Hospital)

This presentation utilizes a preexisting nursing framework outlining the stages of professional role transition and its parallels to child life competencies. Followed by a discussion of personal narratives and experiences about working in a multidisciplinary team, friction within workplace culture, and how those aspects relate to self-care, burnout, and compassion fatigue.

4:20 -5:20 p.m.

SESSION III

PDH/CEU 1.0

1. Child Life: Communicating through Deaf eye

(Entry – Intermediate) Domain: Assessment / Intervention

Karen Hernandez, MS, CCLS

Around the work, individuals utilize various methods of communication – verbal or non-verbal language, sounds, or gestures. Access to communication is an essential component to everyday life: as child life specialist, we utilize all methods of language with patients and families to provide information. This presentation will explore the benefits of access to communication and provide hands-on experience to American Sign Language for future encounters with non-verbal patients and families.

2. An End-of-Life Care Educational Series to Improve Staff Knowledge and Comfort Levels

(Entry) Domain: Professional Responsibility

Nicole Reese, MSN, RNIII, CPHON (Children's Hospital Los Angeles)

Erin Shields, MA, CCLS II (Children's Hospital Los Angeles)

Current research demonstrates that nursing staff remain anxious and fearful of caring for patients and their families at EOL (Ladd, Grimley, Hickman, & Touhy, 2013). Inadequate education and understanding of how to care for pediatric EOL patients may contribute to suboptimal or ineffective care (O'Shea et al., 2015; Widger et al., 2016). This study was done at Children's Hospital Los Angeles on the inpatient hematology/oncology/ bone marrow transplant (BMT) units. The specific aim of this study was to determine if incorporating a multimodal EOL educational series will increase nursing staff knowledge, and/or increase nursing staff comfort in caring for pediatric EOL patients. The findings suggest that Child Life communication and collaboration can support nursing and care partner staff when working with families at EOL.

6:00 – 6:50 p.m. DINNER

7:00– 10:00 p.m. CAMP ACTIVITIES & ART NIGHT



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Saturday, October 25, 2019 6.5 PDU

8:00 – 9:00 a.m. BREAKFAST

9:00 – 9:20 a.m. WELCOME

9:30 – 12:00 p.m. KEYNOTE

PDH/CEU 2.5

“Mindfulness: Integrating Mind, Soul, and Neuroscience”

(ALL) Domain: Professional Responsibility

Jerome Front M.A., L.M.F.T.

This practical, down-to-earth workshop will blend the latest research on mindfulness, instruction and real-time mindfulness meditation practice and exercises. Topics include: viewing our work as a journey towards wholeness, how to build basic clinical skill with mindfulness for children and their families, and preventing burnout and vicarious trauma in professionals who work with these high stress cases. You will learn practical ways for mindfully dealing with stress that you will be able to practice as soon as today.

12:00 – 1:00 p.m. LUNCH

1:15 – 2:45 p.m. SESSION I

PDH/CEU 1.5

1. Grief and Loss and Child Life

(Entry) Domain: Assessment / Intervention

Dorothy Clark Brooks, M.A., CCLS, BCBF (Loma Linda University Medical Center & Children’s Hospital)

Heather Wolf, M.S., CCLS (Loma Linda University Medical Center & Children’s Hospital)

This presentation will describe the process of a Child Life Specialist’s role with family, patient and siblings around the time of a death. The presentation covers the how to’s and why’s for the conversations a CLS will have with the adults and children facing the death of their loved one. There will also be a description of the follow-up care LLUCH provides for families after a death in our hospital.

2. Confessions of a Burnt Out Child Life Specialist

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2:55– 4:25p.m. SESSION II

PDH/CEU 1.5

1. Increasing Socialization and Normalcy for Children in the Hospital by Incorporating Technology in Play-based Activities

(Intermediate) Domain: Professional Responsibility / Intervention

Joshua Castaneda, M.S., CCLS (Children's Hospital of Orange County)

Bryan Mundia, B.S., Media Programs Coordinator for Seacrest Studios (Children's Hospital of Orange County)

Preparing live television and radio programming focused on play activities can increase socialization and normalcy for patients as well as increase patient satisfaction and engagement. This presentation will explore expanding the basic play activities associated with the child life profession to incorporate technologies associated with radio and television production and broadcasting.

2. Don't be Smarter than a 5th Grader! Applying "Plain Language" standards and strategies to improve accessibility of parent handouts

(ALL) Domain: Professional Responsibility

Hannah Knott, MS, CCLS (Assistant Professor, Azusa Pacific University)

We know how to communicate with children, but sometimes the written information we give adults misses the mark. Stop the guesswork and gain confidence in your ability to create educational materials that are accessible to adults with low literacy. In this interactive workshop you will learn from a former linguist and current CCLS educator what Plain Language standards are and concrete steps to achieve those standards in your written communications.

4:35– 5:35 p.m. SESSION III

PDH/CEU 1.0

1. Out of Our Comfort Zone: Azusa Pacific Child Life Students Share Reflections of a month spent volunteering in Red Cross War Memorial Children's Hospital in Cape Town, South Africa

(ALL) Domain: Professional Responsibility

Rosie English, (Masters Student, Azusa Pacific University)

Hannah Knott, MS, CCLS (Assistant Professor, Azusa Pacific University)

Rosemary Simmons, (Masters Student, Azusa Pacific University)

Ten students from Azusa Pacific University documented reflections on their experiences in Cape Town, South Africa where they served as play volunteers at a government-run children's hospital for a month. The shift in perspectives and lessons learned over that period give child life supervisors and educators of practicum students and interns insight into how we can better prepare our students for work in diverse environments and international contexts.

2. Getting Them Ready: What Families are Thinking About and Doing in Regards to Transitioning

(Intermediate) Domain: Assessment

Jessica Oviatt MA, Med, CCLS (Doctoral candidate, University of California - Irvine)

This presentation will discuss the parental and youth reported worries and important skills as they relate to transitioning and/or managing a chronic illness in adulthood. The findings of a current study on how parents are getting their children with CF ready to transition will be presented and discussed. The general goal of this presentation is to bring to light how parents and youth think about transitioning in the hopes that it informs child life practices around transitioning.

7:00 p.m. DINNER @ Rock Inn (17539 Elizabeth Lake Rd, Lake Hughes)

"Join us off site for dinner and drinks at Lake Hughes' Historic Rock Inn. Just outside the TPT back gates, The Rock is a perfect place for team building, networking, a game of pool and maybe even a little karaoke!"

*No dinner provided at the Painted Turtle. Attendees are responsible for cost of dinner.