



**36th Annual Conference**

**www.wfbsa.com**

**Preserving our Passion for  
Compassionate Care of our  
Communities, our Clients, Ourselves**

**May 1st-3rd 2024**

**Kalahari Resort, Wisconsin Dells**

**Keynote Speakers:**

**Tamika Hill MSW, LCSW**

**Why Self Care Has to Be Selfishly About You**

**Dr. Loren Michaels**

**Setting The Table for Legacy: A Reservation for One**

**Kelly Bubolz**

**The Silent Stressors Workshop**

**Conference Overview**

**Conference Overview** This conference is designed for practitioners in child and family services, mental health clinics and juvenile justice programs, educators, child protective services workers, case managers, child and family advocates, supervisors, and other human services staff. This conference offers 16 CEUs, attendance certificates, meals, networking opportunities, and the best deals in professional development that you will find anywhere.

# SCHEDULE:

\*Breaks provided during keynote presentations and workshops. Please visit our sponsor and raffle booths.

## Wednesday, May 1, 2024

- 9:00 Registration – Coffee  
9:45 Welcome and Opening Remarks  
10:00–12:00 **KEYNOTE – Tamika Hill MSW LCSW** - Why Self Care Has to Be Selfishly About You  
12:00–1:00 Lunch
- 1:00–3:00 **WORKSHOPS**  
Tamika Hill MSW, LCSW: Living a Life of Mental Wellness  
Cody Butcher: Crisis De-escalation: How to keep suicide crises calm and create a beneficial safety plan  
Crista Dawson: Horses Helping Hearts Heal
- 3:00–5:00 **WORKSHOPS**  
Heather Hainz: The Mind-Body Connection and Easy Ways to Build Self-Care Into Your Life  
Crista Dawson: Horses Helping Hearts Heal  
Olamojiba Bamgbose, Ph.D. NCC: Cultural Diversity Workshop
- 6:00–9:00 **Hospitality Party** – The complimentary hospitality party will be at Nyumba Entertainment Villas  
Unit number will be announced at the conference!

## Thursday, May 2, 2024

- 8:00 Registration – Breakfast  
8:45 Welcome and Announcements  
9:00–12:00 **KEYNOTE – Dr. Loren Michaels** - Setting The Table for Legacy: A Reservation for One  
12:00–1:00 Lunch and Business Meeting  
1:00–5:00 **WORKSHOP** Ethics and Boundaries  
Dana Johnson: Ethics and Boundaries, Embracing the Grey in Post-Pandemic Practice
- 1:00–3:00 **WORKSHOPS**  
Dr. Loren Michaels: How To Protect Your “True Calling” from Becoming “Just a Job”  
Brooks Griffin: OWN IT! - 3 Steps to Nurture Self-Care, Combat Procrastination & Strengthen Mental Health
- 3:00–5:00 **WORKSHOPS**  
Dr. Loren Michaels: How To Protect Your “True Calling” from Becoming “Just a Job”  
Tamika Hill MSW, LSCW: Burnout is Real

## Friday, May 3, 2024

- 8:00 Registration – Breakfast  
8:45 Announcements and Introduction  
9:00–12:00 **KEYNOTE – Kelly Bobolz** - The Silent Stressors Workshop

## About Wisconsin Family Based Services

### Mission Statement

The Wisconsin Family Based Services Association is committed to providing education and support for individuals and agencies, and to advocating for policies and practices which respect the diversity and dignity of families.

# Wednesday Keynote

## Tamika Hill MSW, LCSW

### Why Self Care Has to Be Selfishly About You | 10am-12pm

Why Self-care has to be Selfish. Participants will learn:

1. Understanding what self-care is
2. Why Self-care has to be selfishly about you
3. The benefits of Self-care
4. Ways to give yourself Self-care

#### Tamika Hill Bio:

Tamika Hill, known as “Coach T” or “Your Raw but Real Therapist” depending on which hat she is wearing. In 2017, Tamika walked away from the corporate world to start her consulting agency, T. Hill Consultant LLC which brings mental wellness experiences to individuals in the form of therapeutic events, trainings, and seminars that are fun, engaging, and thought-provoking. She also founded a private group practice, Step by Step - The Spa For Your Mind, that includes multiple staff members with diverse backgrounds at two locations that bring a unique twist on the mindset of therapy.

# Wednesday Workshops

## Tamika Hill MSW, LCSW

### Living a Life of Mental Wellness | 1PM-3 PM

Participants will learn:

1. Understanding what mental health is.
2. Identifying symptoms or signs of mental illness
3. Ways to get help
4. Coping skills to live a lifestyle of mental wellness

#### Tamika Hill Bio:

Tamika Hill, known as “Coach T” or “Your Raw but Real Therapist” depending on which hat she is wearing. In 2017, Tamika walked away from the corporate world to start her consulting agency, T. Hill Consultant LLC which brings mental wellness experiences to individuals in the form of therapeutic events, trainings, and seminars that are fun, engaging, and thought-provoking. She also founded a private group practice, Step by Step - The Spa For Your Mind, that includes multiple staff members with diverse backgrounds at two locations.

# Wednesday Workshops (Continued)

## Cody Butcher

### **Crisis De-escalation: How To Keep Suicide Crises Calm and Create a Beneficial Safety Plan**

**| 1pm-3pm**

Often services and training focus intently on how to handle a crisis situation in the moment, yet neglect the major component of 'repair' that can occur after the situation is calm. In this training, we will detail nuanced ways to manage crises that start with us and our skills and perceptions including major de-escalation principles coupled with managing our own thoughts. Then, we will move into creating lasting change with clients while creating a safety/action plan. **TRIGGER WARNING:** The topic will have conversations surrounding suicidality and death.

### **Cody Butcher Bio:**

Cody Butcher, MA, is the Emergency Services Clinical Coordinator for Northwest Connections. Northwest Connections provides emergency mental health services to 30 counties in the state of WI. Cody has been with Northwest Connections for 2.5 years providing supervision for emergency mental health services, as well as completing state DHS 34 training. He has experience treating and working with trauma informed care, family systems, suicidality, and youth who experience emotional and behavioral disturbances. He also has 4 years' experience providing in depth trauma informed relational based care for family systems, and 2 other years in various counseling programs treating Depression, Anxiety, Bipolar Disorder, Reactive attachment disorder, as well as others.

## **Crista Dawson, BSW, Certified Equine Gestaltist**

**Horses Helping Hearts Heal | 1pm-3pm & 3pm-5pm**

This session will focus on learning about Equine Gestalt Connection. Learn about how horses can help heal human hearts with an up-close experience with Crista's horses.

### **Crista Dawson, BSW, Certified Equine Gestaltist Bio:**

Crista is the owner of Leave it in the Sand, Equine Gestalt Coaching. As a Gestaltist, she believes that everyone has everything they need within them, to heal, but it sits right outside their awareness. Crista partners with her horses to help bring clients awareness of what they need to heal and leave what does not serve them, in the arena sand. A Gestalt session is very experiential, with clients taking an active role in their healing while the horses can provide support, truth, and connection.

# Wednesday Workshops (Continued)

## Heather Hainz

### **The Mind-Body Connection and Easy Ways to Build Self Care Into Your Life | 3pm-5pm**

We will explore how intricately tied the mind and physical body. We will discuss easy EFFECTIVE ways to build self-care into your life – many of which will take absolutely no additional time out of your already over-packed life schedule!

#### **Heather Hainz MA, LPC Bio:**

Heather Hainz is the Director of Northwest Connections, a Wisconsin-based 24-hour Mental Health Crisis Line and mobile crisis response program. Heather has been working in the world of mental health for the past 25 years. Heather has a masters in Clinical Psychology from the Illinois School of Professional Psychology in Chicago. Heather has worked as a case manager, foster care coordinator, psychotherapist, clinical coordinator, and program manager. Heather now helps educate professionals on Chapter 51 and about emergency crisis prevention and intervention.

## Olamojiba Bamgbose, Ph.D., NCC

### **Cultural Diversity | 3pm-5pm**

The workshop will create space for participants to explore their identities as cultural beings, before considering culturally competent and responsive practice with clients. It will address the importance of broaching in client-practitioner spaces. The role of culturally competent and responsive assessments, treatment plans, and interventions. Finally, it will provide a way to engage in reflective practice through cultural auditing.

#### **Olamojiba Bamgbose Bio:**

Dr. Olamojiba (Ola) Bamgbose earned her master's degree in psychology and education for Special Needs, and her doctorate in Counselor Education and Supervision. She is a licensed Professional Counselor in the state of Illinois and a National Certified Counselor. She is an Assistant Professor in the Counselor Education Department at the University of Wisconsin Whitewater, where she teaches graduate-level courses in clinical mental health counseling and school counseling. She is the chair of the Inclusive Excellence and Diversity Committee in the college, having previously served as the co-chair. She is a National Coalition and Building Institute (NCBI) leadership team member with responsibility for co-facilitating college and campus-wide workshops focused on eliminating racism and other forms of oppression. She is also on the editorial board for the Journal of Child and Adolescent Counseling.

# Thursday Keynote

## Dr. Loren Michaels

### Setting The Table for Legacy: A Reservation for One | 9am-12pm

#### Outcomes:

1. Cultivating a Positive Mindset: Encourage a shift from "wall talk" to embracing possibilities and growth.
2. Embracing Resilience: Loren's keynote instills a deep understanding of resilience, demonstrating that challenges and scars do not have to define us. Attendees learn to embrace their inner strength and use past experiences as stepping stones to greater heights.
3. Transforming Scars into Strengths: Loren empowers individuals to shift their perspective on scars, turning them from sources of pain to wellsprings of empowerment. Attendees gain the tools to use their adversities as opportunities for growth and personal development.
4. Healing from Within: Through Loren's guidance, the audience learns the importance of self-compassion and self-healing. Attendees are encouraged to acknowledge their emotional wounds, process them, and foster a sense of inner peace and acceptance.
5. Living with Purpose: Loren's message inspires individuals to discover their life's purpose beyond their scars. Attendees are motivated to channel their past experiences into a driving force for making a positive impact on the world.
6. Empowering Others: Building on Loren's belief in the ripple effect, attendees are encouraged to uplift others who have faced similar challenges. This keynote inspires a community of support and compassion, creating a positive influence that extends far beyond the event itself.
7. Heightened Awareness: Attendees gain insight into the impact of their actions on others and the world.
8. Empowered Accountability: Inspire ownership of choices and actions for positive change.
9. Choosing Love Over Fear: Recognize the power of love-driven intentions and actions.
10. Cultivating Positive Ripples: Motivate creating a ripple effect of kindness and compassion.
11. Lasting Inspiration: Leave with renewed purpose and commitment to be agents of positive change.
12. Transforming Self-Talk: Discover the power of words to remove limiting beliefs and self-sabotage.
13. Awareness of Deceptive Language: Identify and challenge everyday self-talk that blinds us to our blessings.
14. Embracing Opportunities: Recognize the importance of seeing challenges as doors and windows of opportunity.
15. Empowerment through Perception: Understand how our perspective influences our experiences.

## **Dr. Loren Michaels Bio:**

Dr. Loren Michaels Harris strives to motivate, inspire, and uplift every person who crosses his path. Loren vs. an Executive Producer. As a Mentor, Purpose Discovery Coach, Author, and TV Presenter, Loren has been heard on Larry King Live and NPR Radio, and seen on ABC, NBC, CBS, CNN, and FOX. Loren has been featured on the covers of SHIFT Magazine, the first openly gay service member and first African American Man to grace this magazine cover; Heart of Hollywood Magazine; The Global Achievers Magazine; Courageous Men Magazine and PEOPLE Magazine. In December of 2022, Dr. Loren received “The Presidential Lifetime Achievement Award” from The Biden Administration. ” He is the founder of The Power of We Symposium which celebrates underserved kids. Loren works with an elite group of coaching clients to hone their Divine Purpose and then take that purpose into the world. Slam The Hammer Mastermind, The LMH Coaching Rockstars, and his Elevate Masterclass, are all paths where Loren utilizes his gifts through a “paying it forward” mindset. Loren’s motto is: ‘You do the work, and I will provide the stages!’ Loren recently co-starred in the movie *Heathen*, a made-for-television movie that aired on the Peacock Network winter of 2022. Loren’s Goalcast video can be viewed on YouTube. You can connect with Loren through his website: [www.Lorenmichaelsharris](http://www.Lorenmichaelsharris) or on any of his other social media platforms.

## **Thursday Workshops**

### **Dr. Loren Michaels**

#### **How to Protect Your “True Calling” from Becoming “Just a Job” | 1pm-3pm & 3pm-5pm**

Outcomes:

1. Cultivating a Positive Mindset: Encourage a shift from "wall talk" to embracing possibilities and growth.
2. Embracing Resilience: Loren's keynote instills a deep understanding of resilience, demonstrating that challenges and scars do not have to define us. Attendees learn to embrace their inner strength and use past experiences as stepping stones to greater heights.
3. Transforming Scars into Strengths: Loren empowers individuals to shift their perspective on scars, turning them from sources of pain to wellsprings of empowerment. Attendees gain the tools to use their adversities as opportunities for growth and personal development.
4. Healing from Within: Through Loren's guidance, the audience learns the importance of self-compassion and self-healing. Attendees are encouraged to acknowledge their emotional wounds, process them, and foster a sense of inner peace and acceptance.
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# Thursday Workshops Continued

8. Empowered Accountability: Inspire ownership of choices and actions for positive change.
9. Choosing Love Over Fear: Recognize the power of love-driven intentions and actions.
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## **Dana Johnson**

### **Ethics and Boundaries, Embracing the Grey in Post-Pandemic Practice | 1pm-5pm**

Boundaries have been blurred, the landscape of our professional practice has encroached upon our personal lives, and the relationships with our clients and colleagues have changed. The pandemic asked much of us by way of flexibility and adaptation; much of it to best serve our clients, but at what cost? Is virtual practice blending into your home life? Do you feel like the clear and rigid boundaries you once had created to protect dual relationships have crumbled or blurred? Have colleagues gotten a glimpse into your world via the virtual space, perhaps sharing more than what seems comfortable? We will explore all the new gray areas in our practice and collegial spaces. Uniquely, participants in the session will provide examples of ethical dilemmas they have faced and will walk through the challenges to learn how to best embrace, or color the gray, to improve ethical decision-making when circumstances arise.



# Thursday Workshops Continued

## **Dana Johnson Bio:**

Dana Johnson from Wisconsin is a career social worker, practicing in senior-level management in state government, county human services, an educator in higher education, and operating a consulting and professional development firm. His experience includes child welfare practice, policy, and reform; transformational organizational leadership and culture change, supervision of teams, continuous quality improvement, and dynamic equity, diversity, and inclusion efforts across micro, mezzo, and macro systems.

## **Brooks Griffin**

### **OWN IT! - 3 Steps to Nurture Self-Care, Combat Procrastination & Strengthen Mental Health | 1pm-3pm**

In this interactive workshop, we'll delve into the heart of procrastination, offering practical strategies to overcome it while nurturing a culture of self-care and resilience. This workshop is designed & tailored for social workers who are seeking to reignite their passion, conquer procrastination, and prioritize their mental well-being.

Guided by the motto 'OWN IT' and Brooks' signature 3-step approach — Heal.Grow.Lead. — participants will discover how to transform procrastination into productivity, with practical strategies to take ownership of your own happiness, success, and well-being.

Discover how embracing self-care can unleash your full potential, both personally and professionally.

## **Brooks Griffin Bio:**

Brooks Griffin is an Inspirational Speaker & Youth Advocate that delivers empowering presentations, workshops, and trainings on youth success, overcoming adversity and mental health awareness. Growing up in Milwaukee, Wisconsin, Brooks Griffin was faced with many toxic experiences such as having divorced parents, fighting depression and anxiety, and graduating high school by the skin of his teeth. Brooks uses real experiences, learned lessons, and evidence-based approaches to motivate each group to experience their full significance and potential! He has delivered hundreds of presentations and has spoken to over 5,000 young leaders in 5 states through workshops, youth conferences, retreats, assemblies, and other student events. While Brooks loves engaging with our future leaders and inspiring students, he loves traveling, playing basketball, reading and spending time with his two daughters. They live in Milwaukee, Wisconsin.

# **Tamika Hill MSW, LCSW**

## **Burn Out is Real | 3pm-5pm**

1. What is burnout
2. How to identify burnout
3. The negative side effects of burnouts
4. How to treat and prevent burnout

### **Tamika Hill Bio:**

Tamika Hill, known as “Coach T” or “Your Raw but Real Therapist” depending on which hat she is wearing. In 2017, Tamika walked away from the corporate world to start her consulting agency, T. Hill Consultant LLC which brings mental wellness experiences to individuals in the form of therapeutic events, trainings, and seminars that are fun, engaging, and thought-provoking. She also founded a private group practice, Step by Step - The Spa For Your Mind, that includes multiple staff members with diverse backgrounds at two locations.

## **Friday Keynote**

### **Kelly Bubolz**

#### **The Silent Stressors Workshop | 9am-12pm**

The Silent Stressors Workshop: Embark on a journey to overcome behavioral holds, redefine success, and live a life that aligns with your true values and aspirations.

##### **Checkpoint #1 Power of Habits**

Explore the natural tendencies of our brain and why we can't start or sustain new habits contributing to compassion fatigue. Evaluate current work and home lifestyle to begin driving action toward a more focused plan to preserve passion for your community, clients and yourself.

##### **Checkpoint #2 Behavioral Holds**

Dig into behavioral challenges of work validation, productivity guilt, addictive actions, loss of identity and lack of accountability. Evaluate current work and home lifestyle to begin driving action toward a more focused plan.

### **Kelly Bubolz Bio:**

Kelly Bubolz, a 16-year human resources professional now specializing in training and development, empowers and transforms a company's biggest asset, employees! Learn to trust the process and embrace what life is teaching us. Kelly delivers unique training topics including 'burnout' from her own journey that was experienced so that she may train others to prevent it. Learn more at: [www.kbtrainingconnections.com](http://www.kbtrainingconnections.com)

Note: Kelly's recently published book, Leaving the Darkness: A Proven & Practical Burnout Guide will be available to purchase for \$10 (cash or credit card accepted)

# **REGISTRATION INFORMATION:**

## **Pre-Conference Prices:**

\$125 for a single day pass  
\$225 for the full conference  
\$1,000 for full conference for 5

## **Same Day Rate:**

\$150 for a single day pass  
\$275 for the full conference

**For more information regarding the conference and/or registration please see our website [www.WFBSA.com](http://www.WFBSA.com) or contact:**

Mykaela Thompson  
Cell: 715-554-0040  
Email: [MykaelaT@nwcg.com](mailto:MykaelaT@nwcg.com)

**Please visit our website at [www.WFBSA.com](http://www.WFBSA.com) to learn more about our guest speakers, our membership opportunities, sponsors and our WFBSA board. We are also on LinkedIn and Facebook so please follow us if you want routine information about speakers, dates, or have routine questions and/or comments that you would like to share.**

**Kalahari Resorts and Conventions  
1305 Kalahari Dr, Baraboo, WI 53913**

To reserve your room for the 2024 Conference, please use the following link to book as a part of our conference.

**<https://book.passkey.com/e/50706155>**