



JUNE 26, 2025

CROSS INSURANCE CENTER

515 MAIN ST., BANGOR, ME

KEYNOTE PRESENTATION

Adolescents Under Pressure: Surviving and Thriving in a Changing World

presented by

Mary-K O'Sullivan, LMFT, LADC, LPC



NORTHERN LIGHT HEALTH is an approved provider of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited Approver of nursing continuing professional development by the American Nurses Credentialing Center Commission on Accreditation.

6.5 Contact Hours will be provided.

6.5 Continuing Legal Education credits have been approved, including 1.0 Harassment and Discrimination credit.

The Hanley Center for Health Leadership and Education designates this conference for a maximum of 6.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in this activity.

Approval for Continuing Professional Education credits for Guardians ad Litem, and Continuing Education Credits for psychologists is being sought.

CONFERENCE AGENDA

- 7:15 - 8:00 Registration
- 8:00 - 8:15 Opening Remarks - Mark Moran, LCSW
- 8:15 - 9:45 Keynote: Mary-K O'Sullivan, LMFT, LADC, LPC
"Adolescents Under Pressure: Surviving and Thriving in a Changing World"
- 9:45 - 10:00 Break
- 10:00 - 11:30 Morning Breakout Sessions
- Workshop A: Mary-K O'Sullivan, LMFT, LADC, LPC - "The Impact of Social Media on Socialization, Self-Image, Depression, and Self-Harm"
- Workshop B: Noelle Deckman, PhD and Denise Vagt, PsyD- "Youth Transitions to Adulthood"
- Workshop C: Emma Hill, LCSW - "Opening the Can of Worms: Sex Education for Adolescents with Intellectual and Developmental Disabilities and Autism" *
- Workshop D: Alexis Petterson, LCSW and Elliot Moya, BA, MA - "When Law Enforcement and Crisis Services Intersect"
- 11:30 - 12:30 Lunch
- 12:30 - 12:50 OCFS Director Updates- Bobbi Johnson, LMSW
- 12:50 - 1:00 Transition Break
- 1:00 - 2:30 Afternoon Breakout Sessions
- Workshop E: Mary-K O'Sullivan, LMFT, LADC, LPC - "Adolescent Decision-Making and Engagement Strategies"
- Workshop F: Sheila Nelson, MSW, MPH - "Youth Suicide and Self-Harm: What We Know and What We Can Do"
- Workshop G: Anna Mayo, PsyD - "Motivational Interviewing with Adolescents or Engaging the Disengaged"
- Workshop H: Gabriel O'Neil and Adrienne Carmack, MD, FAAP - "Caring for Adolescents with Substance Use"
- 2:30 - 2:45 Break
- 2:45 - 4:15 Plenary: Mary-K O'Sullivan, LMFT, LADC, LPC - "Promoting a 'Surviving' Versus 'Thriving' Approach to Adolescent Development"
- 4:15 - 4:30 Closing and Evaluation

* Approved for CLE Harassment and Discrimination credit.

KEYNOTE ADDRESS

Adolescents Under Pressure: Surviving and Thriving in a Changing World

Mary-K O'Sullivan, LMFT, LADC, LPC

Adolescence, as the developmental bridge between childhood and adulthood, has always posed some of the most challenging developmental goals. Each generation and time period in history created new expectations with regard to the accomplishments necessary to become well-grounded and skilled adults. In today's world, and American culture, the challenges continue to grow and become more complicated. Given the age range of adolescence, including young adulthood, the pressures and challenges are far reaching. Some prevalent issues include social media influences and the reduction of person-to-person skills, the new and much more dangerous substances and drug culture, worldwide concerns such as climate change, prevalent quality of life concerns such as the changing job spectrum and work environment and living authentic lives in an environment that is not necessarily welcoming of their individuality. The keynote will set the groundwork for the information and learning available throughout the rest of the conference.

Learning Objectives:

1. Participants will be able to describe two developmental tasks of adolescents.
2. Participants will be able to describe two unique challenges today's adolescents are facing that complicate normal developmental tasks.
3. Participants will be able to describe at least two ways the current American and world cultures are impacting adolescents' transition to young adulthood.

MORNING BREAKOUTS

WORKSHOP A

The Impact of Social Media on Socialization, Self-image, Depression, and Self-harm in the Adolescent and Young Adult Development Stages Mary-K O'Sullivan, LMFT, LADC, LPC

This presentation will review the development of social media and its impact on the socialization process in these maturation phases. The issues of "present" relationships versus "virtual" relationships and their impact on psychological development will be addressed. There will be a specific focus upon the "social media generation" and bullying, the virtual definition of "friend", and impacts upon depression and social isolation related to being alone with multiple virtual "friends".

Core Concepts:

1. Overview of the History, Etiology, Purpose, and Structure of the Development of Social Media in Current Research and Literature
2. The Platforms and Their Risk Levels
3. The De-socialization of Individuals: Screen Presence Versus Actual Presence and Their Impact on Loneliness and Depression
4. The Compulsion, FOMO, Loss of the True Identity Through Photo Shopping, Updating Profiles, Catfishing
5. Seeking Balance: Skill Development for a Healthy Relationship With Social Media in These Maturation Phases and Beyond

Learning Objectives:

1. Attendees will be able to clearly articulate the impact of social media on creating isolation.
2. Participants will be able to verbally differentiate between physical presence and screen presence on human connection.
3. Attendees will be capable of accurately reiterating the impact of compulsive behaviors developed based upon social media.
4. Attendee will be able to state the implications of self-reported increase of depression commensurate to social media usage.

WORKSHOP B

Youth Transitions to Adulthood Noelle Deckman, PhD and Denise Vagt, PsyD

The transition from teenage years into adulthood can widely vary. However, there are clear guideposts support persons can look for. This workshop will review key areas of successful transition, as well as highlight potential risk factors along the way. Participants will learn clear, actionable interventions that can be used in a variety of settings to build resiliency in this transitioning population.

Learning Objectives:

1. Participants will be able to describe successful vs. unsuccessful resolution of typical adolescent developmental stages.
2. Participants will be able to identify three ways trauma impacts the transition to adulthood.
3. Participants will be able to identify at least two strategies to build resiliency.

WORKSHOP C

Opening the Can of Worms: Sex Ed for Adolescents with I/DD and Autism Emma Hill, LCSW

Sex education is a lightning-rod topic. As discussions happen on a societal level about the acceptable breadth of sex ed curricula in schools, young people with I/DD and Autism are frequently excluded entirely from both formal and informal sex education due to false understandings of human development, harmful stereotypes, and societal discomfort with the idea of a "protected" group of people being sexually active. The truth is that healthy sexuality is a natural, integral aspect of the human experience, regardless of diagnoses or

ability. Alarming, in the U.S., people with intellectual disabilities are sexually assaulted at a rate at least seven times higher than those without disabilities, making inadequate preparation for self-advocacy and self-protection even more devastating. In this workshop you will learn more about why comprehensive and accessible sex education is so important for young people with I/DD and Autism, how to open up challenging conversations with guardians who may be concerned about opening "this particular can of worms", and, vitally, how to build your own skills and confidence in having sex education conversations that could hold the key to young people having safer, happier, and more fulfilling futures.

Learning Objectives:

1. Participants will be able to articulate why sex education is especially important for adolescents with I/DD or Autism.
2. Participants will be able to identify at least two skills they have learned to have productive conversations about sex education with adolescent learners with I/DD and Autism.
3. Participants be able to list at least two ways in which they are better prepared to advocate for adolescents with I/DD and Autism to have access to sex education.

WORKSHOP D

When Law Enforcement and Crisis Services Intersect Alexis Peterson, LCSW and Elliot Moya, BA, MA

When severe mental health conditions worsen, creating safety issues beyond what an adolescent and their families can manage, who do they reach out to? Often, the answer is Crisis Services or Law Enforcement. This workshop will discuss how the crisis system and law enforcement work in the State of Maine. We will discuss how these two systems work together to manage crisis and emergency situations. This workshop will address successes and challenges in the system, lessons learned, as well as current pilot programs and new programs coming. Questions from participants will be welcomed.

Learning Objectives:

1. Participants will be able to identify at least two ways crisis service professionals can be helpful during a mental health crisis.
2. Participants will be able to identify two ways law enforcement officers can be helpful during a mental health crisis.
3. Participants will be able to identify two ways law enforcement officers and crisis services are collaborating in their response to crisis and emergency situations.
4. Participants will be able to identify two emerging programs and how to access information about them.

OCFS Director Updates Bobbi Johnson, LMSW

Maine's Director of the Office of Child and Family Services will provide an update on the state of Maine's child welfare program, including relevant metrics, progress toward system-improvement goals, and initiatives being undertaken by OCFS to enhance the safety, permanency, and well-being of Maine's children.

Learning Objectives:

1. Participants will be able to identify at least two ways in which OCFS is making progress toward its system-improvement goals.
2. Participants will be able to describe at least one of OCFS' current initiatives to enhance the safety, permanency, and/or well-being of Maine's children.

AFTERNOON BREAKOUTS

WORKSHOP E

Adolescent Decision-making and Engagement Strategies

Mary-K O'Sullivan, LMFT, LADC, LPC

This presentation will cover the developmental stages and the goals of each with clients in the adolescent and young adult stages focusing on effective engagement. The information presented will include the influence of brain development and chemistry on the decision-making and behaviors of individuals in these developmental phases. In addition, learning styles will be covered to assist in interactions with clients that are more effective and based upon the manner in which they process information.

Core Concepts:

1. Definition of the Life Stages of Adolescence and Engagement Strategies For Each Phase.
2. Progression From Concrete to Abstract Thinking and How This Impacts Decision-making.
3. Brain Chemistry Development During Adolescence Related To Decision-making.
4. Maturation Behaviors Through Adolescence Into Young Adulthood Related To Engagement and Learning New Behaviors.
5. Peer Acceptance and High-Risk Behaviors.
6. How to Approach, Set Limits and Boundaries, and Support Adolescents.

Learning Objectives:

1. Participants will be able to state the developmental stages, and goals of each, for adolescent and young adult clients
2. Participants will be able to state how brain development and brain chemistry contribute to the adolescent and young adult decision-making.
3. Participants will be able to articulate an overview of the learning styles that impact the engagement and decision-making processes.
4. Participants will be able to list the major diagnostic categories, and environmental factors, that can impact and complicate the maturation, engagement, and decision-making processes.
5. Participants will be able to identify at least two ways that substance use impacts development, engagement, and decision-making.

WORKSHOP F

Youth Suicide and Self-Harm: What We Know and What We Can Do

Sheila Nelson, MSW, MPH

Suicide is a leading cause of death for young people in Maine. All adults who work with and care for youth have a role to play in identifying and supporting young people who have an increased risk of suicide, including strategies for working with families and caregivers to promote safety and healing.

Learning Objectives:

1. Participants will be able to identify populations of young people in Maine who experience a disproportionate burden of poor mental health, suicidality and self-harm.
2. Attendees will be able to identify at least three skills they have learned for identifying, intervening and supporting youth at risk of suicide.
3. Attendees will be able to provide at least two ways that their increased comfort and competency on working with families and caregivers to improve safety for youth at risk of suicide, including strategies to reduce access to lethal means can result in reducing such risk.

WORKSHOP G

Navigating Conversations about Risky Behavior: Motivational Interviewing Techniques to Foster Change in Teens

Anna Mayo, PsyD

Substance use, risky sexual activity, experiences of violence, mental health problems, and suicidality are key factors affecting adolescent health and well-being. How do you approach conversations about risky behavior while maintaining rapport and fostering change? This workshop will focus on the process of recognizing an adolescent's stage of change and using motivational interviewing techniques for increase their motivation to change and co-developing a plan of action.

Learning Objectives:

1. Participants will be able to identify at least 3 stages of change
2. Participants will be able to describe at least 2 elements of motivational interviewing techniques
3. Participants will be able to identify at least 2 necessary steps to co-develop a plan of action with an adolescent

WORKSHOP H

Caring for Adolescents with Substance Use

Gabriel O'Neil, MPH and Adrienne Carmack, MD

This breakout session will provide participants with essential knowledge to address adolescent substance use disorder (SUD). It will cover Maine-specific data on substance use trends, what is in the drug supply, rates of overdoses, and how substance use can impact the family. Participants will learn evidence-based treatment approaches, and referral pathways. The session will also highlight some of the adolescent SUD work happening throughout the State of Maine's Department of Health and Human Services and community resources that are available to participants. Maine-based experts will enhance the learning experience, followed by a Q&A session.

Learning Objectives:

1. Participants will be able to describe adolescent use rates in Maine and general trends related to adolescent substance use nationally.
2. Participants will be able to describe approaches for managing care, including treatment options, and educational opportunities.
3. Participants will be able to describe various community resources that are available to help support adolescents who are impacted by substance use.

AFTERNOON PLENARY

Promoting a "Surviving" Versus "Thriving" Approach to Adolescent Development

Mary-K O'Sullivan, LMFT, LAPD, LPC

Individuals can be in survival mode both physically and psychologically and this combination can have an extreme impact on their quality of life both during that developmental phase and after. Survival mode entails a prediction that they will survive to take their first breath the next day. Thriving mode is the capacity to make increasingly more skillful decisions each day to increase the quality of life. Survival equals quantity. Thriving equals quality.

Often the mistakes made in assisting adolescents with this dynamic is the idea that "coping skills" are the answer. While they are certainly a foundation of the skill sets necessary for thriving, there are many other factors which need to be incorporated in our interventions and teaching. Those include resources ranging from accurate information to supportive individuals, acknowledging unique learning styles, incorporating personality styles and emotional intelligence, as well as the range of their lifetime experiences.

Each of these will be addressed with a focus upon how to effectively integrate new focus areas, as well as how to measure their effectiveness, in assisting the adolescent in "the moment" as well as in building skills for their future maturation.

Learning Objectives:

Upon completion of this workshop:

1. Participants will be able to describe the difference between survival mode and thriving.
2. Participants will be able to describe at least two ways that they can help adolescents thrive.
3. Participants will be able to describe at least one way in which they can measure the effectiveness of their work to help adolescents thrive and be prepared for adulthood.

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**FOR HELPING TO MAKE THIS
YEAR'S CONFERENCE POSSIBLE**

PRESENTER BIOGRAPHIES

Mary-K O'Sullivan, LMFT, LADC, LPC

Mary-K has been working as a Clinical Manager and Clinical Trainer for over 30 years. She has worked in both the private and public sectors in the fields of criminal justice, substance use disorders, co-occurring disorders and clinical supervision in both inpatient and outpatient programs. She has worked as a trainer for the Department of Corrections, the Judicial Department, the Department of Children and Families, the Department of Social Services, UCONN Medical School, the Department of Education, and the Department of Mental Health and Addiction Services in the State of Connecticut as well as working as a Clinical Preceptor for the SARP program at the Groton Naval Submarine Base. She has trained both Nationally and Internationally including spending 10 years training with David Powell, PhD. and spending time in Singapore assisting their treatment system leaders in developing skills in co-occurring disorders treatment. She currently provides training and/or clinical supervision and oversight to Private Non-profits, DOC staff, DCF staff, DOL staff, CSSD staff including adult and juvenile probation officers, parole officers, juvenile residential services staff, bail staff, women's and family matters staff, clinicians, case managers, and medical staff.

Anna Mayo, PsyD

Dr. Mayo is a clinical child psychologist with eight years of experience in the field of pediatric psychology. She is an integrated behavioral provider in Northern Light Health's Pediatric Specialty Care. She has developed expertise in understanding and navigating the complex interplay of biopsychosocial factors that impact child and adolescent

health. She provides consultation and short-term intervention for children and adolescents with chronic medical conditions and other health problems. She focuses on improving the emotional and behavioral well-being of her patients while addressing the unique challenges posed by their physical health issues. In addition to her clinical responsibilities, she serves as a clinical supervisor for UMaine's psychology graduate program.

Emma Hill, LCSW

Emma is a licensed clinical social worker with over 15 years of experience working for adults with intellectual and developmental disabilities, and many more as a community organizer and rabble-rouser. She believes that a facet of a socially robust, equitable, and joyous world is unfettered and non-judgmental access to information about our bodies, our options, and our rights. She believes that accessible, high quality sex-education promotes not only safety, but a rich and fulfilling life. Emma is currently a clinical supervisor in a case management program in central Maine who drinks too much coffee and struggles not to adopt every animal she sees.

Alexis Petterson, LCSW MHRT/CSP

Alexis is the Manager of Crisis Services at Community Health and Counseling Services (CHCS). She has worked in the field for 9 years serving acute populations, with a passion for providing support to those experiencing or having experienced complex trauma. Prior to her work in crisis services, she worked

with children and families connected with the foster care system. Her entry into the field of crisis services included completing safety assessments for individuals in a corrections facility and providing mental health education to officers, including being a mental health liaison for regional Crisis Intervention Training (CIT). She now provides clinical oversight to the mobile crisis services and crisis stabilization units within CHCS. health education to officers, including being a mental health liaison for regional Crisis Intervention Training (CIT). She now provides clinical oversight to the mobile crisis services and crisis stabilization units within CHCS.

Sheila Nelson, MSW, MPH

Sheila oversees the Adolescent Health, Injury and Suicide Prevention Program at the Maine Center for Disease Control and Prevention. Throughout her career, Sheila has worked to support the health and well-being of youth and adults, by promoting access to care, positive youth development, and evidence-based prevention interventions.

Elliott Moya, BA, MA, Chief of Police, Veteran, Leadership & Wellness Advocate

Elliott Moya is the Chief of Police for the Eliot Police Department, where he has served in that position since 2016. A leader passionate about officer wellness, mental health policing, and crisis intervention, he has been instrumental in reshaping his agency's law enforcement culture to prioritize resilience, well-being, and operational excellence.

As a military veteran, Elliott brings a unique blend of service, leadership, and firsthand experience in high-stress environments. He has led initiatives to reduce officer burnout and integrate wellness-focused policies that strengthen individuals and teams.

In addition to his leadership in law enforcement, Elliott is the co-host of The Conversations We Should Be Having, a podcast that fosters candid discussions on policing, leadership, and community trust. Committed to lifelong learning, Elliott holds a Master of Public Administration (MPA) from Norwich University and is a graduate of the Northwestern University School of Police Staff and Command and the Department of Homeland Security Leadership Academy. These advanced programs have honed his expertise in executive leadership, reinforcing his ability to drive meaningful change.

Elliott delivers compelling presentations on officer wellness, leadership, crisis intervention, and organizational change. His approach combines practical experience with innovative strategies, equipping agencies and individuals with tools to build stronger, healthier, and more effective teams.

Elliott provides lectures and trainings on topics such as Officer Wellness and Mental Health Policing, Leadership and Organizational Change in Law Enforcement, Crisis Intervention and Community Engagement, and First Responder Resilience and Post-Traumatic Growth.

PRESENTER BIOGRAPHIES

Noelle Deckman, PhD

Dr. Deckman is a licensed clinical psychologist and the owner of OCD, Anxiety, & Trauma Psychological Services P.C., which serves residents of California, Maine, and people living in PSYPACT participating states. She specializes in cognitive behavioral therapy (CBT) to treat individuals aged 10+ with OCD and Related Disorders, Anxiety Disorders, Trauma- and Stressor-Related Disorders, and Somatic Symptom Disorders. Dr. Deckman attended the California School of Professional Psychology in San Deigo, CA, and has received formal training treating patients suffering from a range of psychological disorders through the VA system, Family Justice Center, North County Lifeline, and San Clemente Psychological Services.

Adrienne Carmack, MD, FAAP

Dr. Carmack began serving as the Medical Director of the Office of Child and Family Services of the Maine Department of Health and Human Services in March 2020. In this role she offers clinical support to the state Child Welfare system, as well as Children's Behavioral Health,

and Early Care and Education. Dr. Carmack continues to work part time at Pediatrics, part of Penobscot Community Health Care (PCHC), an FQHC in Bangor, Maine, where she has worked since 2007.

Dr. Carmack graduated with a BA from the University of Notre Dame, received her medical degree at Columbia University College of Physicians and Surgeons, and completed Pediatric Residency at University of Texas Health Science Center in San Antonio. Dr. Carmack and her husband enjoy travelling to visit with their children in various parts of the country, and spending time with family and friends at their camp in Downeast Maine.

Gabby O'Neil, MPH

Gabby O'Neil graduated with a master's in Public Health from the University of Southern Maine in 2020. Gabby currently works as a Youth Substance Use Disorder Specialist with the Office of Behavioral Health, Children's Behavioral Health Services. In this role she facilitates stakeholder groups, helps connect providers to trainings, and works on other projects with the goal to improve prevention, treatment, and recovery supports for youth with an SUD or

impacted by SUD in Maine. Before this role she worked as a local Tobacco Prevention Partner for two years, providing presentations to schools and worked with schools, municipalities, and workplaces to strengthen their tobacco policies.

Denise Vagt, PsyD

Dr. Vagt completed her Doctorate in Psychology at Florida Institute of Technology and spent the beginning of her career serving as an Active Duty Air Force Psychologist. She has experience with both inpatient and outpatient populations, as well as with population health initiatives designed to improve substance and family safety outcomes. She now works in the private sector as the owner of Maine Psychological Services, serving teens and adults who are struggling with anxiety, trauma, or OCD related concerns.

Bobbi Johnson, LMSW

Bobbi Johnson has served as the Director of the Office of Child and Family Services since January 2024. In her role, she is responsible for the overall leadership and strategic direction of child welfare and early care and education services in Maine.

Director Johnson holds a master's degree in social work from the University of Maine and has a demonstrated commitment to Maine children and families, as reflected in her 30-year career in social work and public service. She has supported countless children and families, brings experience as a kinship resource parent, has mentored many dedicated social workers, has been recognized for her leadership, and is deeply knowledgeable about Maine's child welfare system.

Director Johnson has experience with community building at both the local and statewide levels and has been instrumental in moving the work of child welfare from an agency responsibility to the shared responsibility of families, OCFS, and community partners. She has been active on several committees, including the Overdose Review Panel, the Council of Chief State School Officers and chairs the New England Association of Child Welfare Commissioners and Directors. These efforts bring together partners both statewide and regionally and are focused on improving the system of care, maximizing resources, and promoting the voices of the individuals we serve.

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Take Exit 182A to I-395.
Follow to Exit 3B (Main Street).
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From Route 1A:

From Ellsworth, travel I-395 West.
Follow to Exit 3 (Main Street).
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ABOUT THE VENUE

- *No outside food or drink is permitted inside the Cross Insurance Center. Any food or drink must be consumed before entering. This includes coffee and bottled water.*
- *Visitors to the Cross Insurance Center are subject to security checks, including metal detectors.*
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JUNE 26, 2025
8:00 AM - 4:30 PM

(Doors open at 7:15am)

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\$119

Note: You must be pre-registered to attend.

Registration deadline June 13, 2025.

Registration fee is non-refundable, but is transferable.

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This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Hanley Center for Health Leadership and Education and Maine Child Welfare Education. The Hanley Center for Health Leadership and Education is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide continuing medical education for physicians.

HANDOUTS AND REFERENCE MATERIALS

Will be available on the Wings website one week prior to the conference. Please print them if you'd like a hard copy.

www.wingsinc.org