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# Juvenile Justice Vision 20/20 Training Event

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## **American Girls: Social Media and the Secret Lives of Teenagers**

Keynote Address: Thursday, October 27, 2016 9:00 a.m.—11:45 a.m.

*Presented By: Nancy Jo Sales, Journalist/Author*

**Nancy Jo Sales, MFA**, is an award-winning journalist and New York Times best-selling author who has written for *Vanity Fair*, *New York*, *Harper's Bazaar* and many other publications. Her book *American Girls: Social Media and the Secret Lives of Teenagers* is an investigation into how social media has changed the lives of girls and presented them with unprecedented challenges. Known for her stories on celebrity, youth culture, and crime, she has done memorable profiles of Damien Hirst, Hugh Hefner, Russell Simmons, and Paris Hilton, among many other pop culture icons.



*Photo credit: Jayne Wexler*

In 1986, she graduated *summa cum laude*, Phi Beta Kappa from Yale, which awarded her its Willet's Prize for fiction writing. She received her M.F.A. from Columbia in 1991. After graduation from Columbia, she became a reporter at *People*, and in 1995, a New York Correspondent. In 1996, she was hired as a contributing editor at *New York*, where she covered a variety of subjects including youth culture. She became a contributing editor at *Harper's Bazaar* in 1999. In 2000, she was hired as a contributing editor at *Vanity Fair*, where she has written profiles of Angelina Jolie, Kimora Lee Simmons and director Brett Ratner, among others.

### Workshop Overview:

One of the dominant forces in the lives of girls coming of age in America today is social media. In the keynote presentation, award-winning writer Nancy Jo Sales will address the effect social media is having on an entire generation of young women. As told by her recent book *American Girls*, Sales will explain what it feels like to be a girl in America today. By sharing the stories she has heard from over two hundred girls, ages thirteen to nineteen, she will describe the shift in the way girls are growing up, a phenomenon that transcends race, geography, and household income.

Ms. Sales will describe the inexorable and ubiquitous experience of a new kind of adolescence—one dominated by new social and sexual norms; where issues of identity and self-esteem are magnified and transformed by social platforms that provide instantaneous judgment. She will engage the audience with what it means to be a girl coming of age online in a hypersexualized culture that has normalized extreme behavior, from pornography to the casual exchange of nude photographs; a culture filled with a new strain of sexism and a sometimes self-undermining notion of feminist empowerment; a culture in which teenagers are spending so much time on technology and social media that they are not developing basic communication skills.

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## **Workshop 1A: Girls in Residential Treatment: Strategies, Risk Factors, and Best Practices**

Session: Thursday, October 27, 2016 1:30 p.m.—2:45 p.m.

*Presented By: Katrina Brock, Director of Clinical and Quality Services, Wolverine Human Services*

**Katrina A. Brock, LMSW, CAADC, CCS**, has experience in practicing both direct clinical services and administrative program development for the past two decades. She has had the honor of working with adults and teens across a range of settings and of diverse cultural, gender, socio-economic and geographic backgrounds. Katrina is currently working with the Beck Institute on a 5-year Change project to implement CBT as the evidence based practice in residential treatment programs. This process includes receiving weekly clinical supervision from a Beck Institute supervisor while earning full CBT certification. Katrina has worked the past five years to successfully integrate PQI (quality improvement), EBP (evidence based practice/CBT) and clinical programming into one dynamic, flexible and integrated system that provides evidence based services to adolescents.



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## Workshop Overview:

Just as with other areas of the juvenile justice system, girls who are placed in residential treatment have unique and different needs than their male counterparts. This workshop will address specific differences in working with girls in residential treatment. Participants will discuss strategies, including hands on activities that will help those who work in or recommend residential treatment for clients. This workshop will provide opportunities to discuss areas in which girls may be especially affected or at risk. For instance, interactions with peers, concerns about victimization and trauma, and awareness to trafficking vulnerability. Participants will be given possible strategies to help girls return to their own communities after treatment concludes.

## **Workshop 2A: Understanding Girls Who Sexually Offend: Research, Assessment, and Intervention Strategies**

Session: Thursday, October 27, 2016 1:30 p.m.—2:45 p.m.

*Presented By: Heidi Kaltenbacher, Therapist, 17th Circuit Court, Kent County*

*Lynn Jackson, Probation Officer/Therapist, 17th Circuit Court, Kent County*



**Heidi Kaltenbacher, LMSW**, earned her bachelor's degree in psychology and a master's in social work. She has been working with children and families for 25 years and specifically with sexual abuse victims and youth with sexual behavior problems for the last 15.

**Lynn Jackson, MA, LLP**, holds a bachelor's degree in psychology from Grand Valley State University and a master's degree in counseling psychology from Western Michigan University. She has worked in the child welfare system for 25 years in the areas of foster care, sexual abuse treatment for victims and offenders, as well as mediation and evaluation for the Friend of the Court. She also provides therapy in a part-time private practice.



## Workshop Overview:

Research about juvenile sexual offenders is increasing, but still understudied. As more information is learned about sexual offenses, the differences between boys and girls is apparent. However, there is still much to be learned about working with girls who offend sexually. This session will provide information on working with adolescent girls who have sexual behavior problems or have offended sexually. Specifically, the workshop will discuss the difference between girls and boys; from motivations behind sexual offending to developing a therapeutic relationship, with examples of actual treatment scenarios and case examples.

## **Workshop 3A: Things Make Sense: Understanding and Treating Adolescent Girls**

Session: Thursday, October 27, 2016 1:30 p.m.—2:45 p.m.

*Presented By: Dr. Kathleen A. Bailey, Director, School of Criminal Justice, Grand Valley State University*

*Dr. Suzanne E. Wolfe, Psychologist*



**Kathleen Bailey, Ed.D.**, is the Director of and Professor in the School of Criminal Justice at Grand Valley State University. Dr. Bailey holds a B.S. in Education from Central Michigan University. Shortly after graduating, she began working with emotionally disturbed youth in residential treatment. In 1982 she was hired by the Kent County Juvenile Court, where she held a number of positions. While at the Court she finished her M.A. in Counseling Psychology from Western Michigan University, and was hired to be part of a team to change the focus from institutionalizing youth to providing community-based treatment services. As an intensive probation officer, she worked with youth aged 11-17, doing probationary casework as well as individual, family and group therapy. As she was completing her Doctorate of Education in Counseling Psychology (Clinical Mental Health), Grand Valley State University's School of Criminal Justice recruited and hired her to fill a tenured-track position designed to develop the Juvenile Justice Emphasis. She has been with GVSU for over 24 years.

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**Suzanne Wolfe, Ed.D.**, is a fully-licensed psychologist who has been in private practice for more than 30 years. At Western Michigan University, her undergraduate Bachelor of Arts degree, *Summa Cum Laude*, included a major in history and dual minors in philosophy and religion. After earning her Master's Degree in Counseling Psychology, she began her career as a private practice therapist, which she continues to this day. She graduated from the same university with a Doctor of Education in Counseling Psychology in 1998. Her dissertation presented her original psychological theory to explain common issues women experience in relationships and their underlying sources. She has collaborated with Dr. Kathleen Bailey to apply her theory to troubled youth in their book, *Relational Treatment for Youth and Families: A Practitioner's Guide to Entitlement Theory*, and has regularly guest-lectured at Grand Valley State University. Dr. Wolfe has provided a number of intensive trainings and presentations, contributed to several articles throughout the years, and supervises other therapists on a regular basis.



## Workshop Overview:

A simple but powerful new approach to understanding and treating depression and other issues in adolescent girls will be presented in an interactive format. From the lens of entitlement theory, developed by Dr. Suzanne Wolfe, depression is an expectable result of a set of deeply-held beliefs about one's place in the world of others. These beliefs can be easily identified, and usually arise from early experiences with caregivers. Based on Dr. Wolfe's 27 years of clinical practice, long-lasting and positive adjustment can be facilitated by providing a "corrective relationship" that changes those core beliefs. Participants will learn what those beliefs are, how they develop, what behaviors are associated with them, and what they can do to help change them.

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## **Workshop 1B: More American Girls**

Session: Thursday, October 27, 2016 3:15 p.m.—4:30 p.m.

*Presented By: Nancy Jo Sales, Journalist/Author*

## Workshop Overview:

This workshop will act as an extension of the keynote presentation. Participants will engage in further discussion about what it means to be a young girl in a social media-driven society. There will also be an opportunity to engage in a much-needed conversation about how to help youth negotiate unprecedented new challenges.

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## **Workshop 2B: Understanding Girls Who Sexually Offend: Research, Assessment, and Intervention Strategies**

Session: Thursday, October 27, 2016 3:15 p.m.—4:30 p.m.

*Presented By: Heidi Kaltenbacher, Kent County*

*Lynn Jackson, Juvenile Probation Officer/Therapist, Kent County*

See Workshop 2A for additional information.

## **Workshop 3B: Things Make Sense: Understanding and Treating Adolescent Girls**

Session: Thursday, October 27, 2016 3:15 p.m.—4:30 p.m.

*Presented By: Dr. Suzanne E. Wolfe, Psychologist*

*Dr. Kathleen A. Bailey, Director, School of Criminal Justice, Grand Valley State University*

See Workshop 3A for additional information.

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## **Seeking to Understand “Our” Girls: Application of the Brain Science in Juvenile Justice and Other Relevant Female-Specific Matters for Increased Effectiveness**

Session: Friday, October 28, 2016 9:00 a.m.—11:45 a.m.

*Presented By: Sandi Metcalf, Juvenile Court Director, 20th Circuit Court*

**Sandra Metcalf, M.S.**, has held various positions within juvenile justice. Currently, she is the Juvenile Court Director in the Family Division for the 20<sup>th</sup> Judicial Circuit Court in Ottawa County. She is also the president of Juvenile Justice Vision 20/20.



Ms. Metcalf is an Institute for Court Management Fellow through the National Center for State Courts and is a member of the Governor-appointed Michigan Committee on Juvenile Justice. She is the vice president and program chair for the Michigan Association of Family Court Administrators and is a founding member of the Michigan Female Responsive Task Force.

Ms. Metcalf is a certified trainer on neurobiological gender differences. She has trained professionals on various topics including neurobiological, brain-based differences between males and females relating to the justice system; female-responsive programming within juvenile justice; grant writing; cutting and self-mutilation; trauma informed care, mental health disorders and substance abuse; school and community-based program development; organizational strategic planning, community collaboration; and justice-specific issues on the local, state and national levels.

Passionate about educating delinquent youth about their bodies, minds and spirits, Ms. Metcalf has co-authored two books for female offenders; authored Michigan’s Female Specific Juvenile Justice Curriculum; and has written a female-specific, HIV/STD, peer-to-peer, educational curriculum. In 1994, she established Pro Ed Services, Inc., and in 2003, she co-founded Integration By Design, a non-profit corporation, offering consultation/technical assistance in organizational strategic planning, court management, curriculum development and community integration.

### Workshop Overview:

The court is designed to program for the majority of youth who come through its doors – boys. Historically, the juvenile justice system has implemented a one size fits all approach; however, one size only fits one, and often, female specific programming is forgotten or left behind because it is such a challenge to know what to do with “our” girls.

Research clearly shows the majority of delinquent girls are primarily status offenders – running away from home, truant from school and incorrigible. They also tend to use more drugs than boys and manifest more mental health disorders than their male counterparts. Compounding this profile even further are the ever increasing dynamics of girls’ behaviors being criminalized in an effort to obtain mental health services and the total disengagement of the family because of extensive histories of trauma. Thus, girls are entering the courts at increasing numbers, and the courts report running “mental health clinics” rather than courts.

Understanding the individual needs of girls – and boys - through the advent of brain science and other approaches can assist in efforts to successfully treat all youth within the system. Further understanding the manifested behaviors can provide staff and stakeholders with more confident treatment approaches and case planning. The results can be an amazing transformation, but it takes a lot of work, commitment, patience and belief in the potential of personal and familial change.

This presentation will provide information on the gender differences between males and females based on brain science and will offer ideas for application in the field of juvenile justice. It will also challenge traditional stereotypes, myths about some common behaviors, and will offer an opportunity to brainstorm approaches to challenging female cases.

Working with youth in the juvenile justice system is complicated, and the lack of resources to address the specific needs of girls makes the job even more difficult. It is imperative the resources are present in the juvenile justice community to address the needs of “our” girls for their sake, their future children’s sake, and the hope of the community at large.