



VIRGINIA COMMUNITY
CRIMINAL JUSTICE
ASSOCIATION

HOTEL MADISON

.....
HARRISONBURG, VA

NOVEMBER 16 - 18

**SUPERVISION &
SELF-CARE**

20

22

WEDNESDAY

➤ NOV. 16

REGISTRATION 10:00 AM - 4:30 PM

12:00 PM - 12:45 PM Welcome Session - SHENANDOAH B & C

SESSION 1

1:00 PM - 2:30 PM

APPALACHIAN BALLROOM

*Beneath the Iceberg:
Building BridgeS of
Understanding*

Ruth Micklem &
Cortney Calixte

What do we need to know about the lives of marginalized offenders that can help to support their efforts towards reintegration and rehabilitation? This workshop will discuss the challenges faced by LGBTQ, African American and Latinx individuals in achieving success and how Community Corrections Officers can better support them in this journey.

ALLEGHENY BALLROOM

*Woosah T.O.F.U
(Time Out For You)*

Sue George & Cultural
Awareness Committee

Yoga is a practice for the mind, body, and spirit that originated in ancient India. Since then, it's become something done by people all around the globe. In this workshop, you'll learn about the history of yoga, it's benefits, and some of the many different contemporary styles of practicing. You'll also get to try it yourself with some basic movement, breathing exercises, and meditation. Come as you are - no special clothing or equipment needed.

SHENANDOAH A

RISE Against Conflict

Chuck Flick

We will explore conflict in the workplace and ways to address it using basic communication techniques. Our specific objectives are to define conflict, identify the most common causes of conflict in an organization, learn the RISE approach to conflict resolution and lastly identify resources for conflict resolution.

WEDNESDAY

NOV. 16

REGISTRATION 10:00 AM - 4:30 PM

2:30 PM - 3:00 PM Break

SESSION 2 3:00 PM - 4:30 PM

APPALACHIAN BALLROOM

Harm Reduction 101

Tiffani Wells

According to SAMHSA, harm reduction is a proactive and evidence-based approach to reducing the negative impact caused by behaviors related to alcohol and substance use. The harm reduction model acknowledges the risk and negative impact to the community as well as to the individual, and uses a multi-faceted approach of prevention, treatment, and recovery to lessen this impact. The ultimate goals of harm reduction programs are to save lives and create a safer community. Comprehensive harm reduction programs are not meant to enable an individual's harmful behavior, rather, the purpose of these programs are to reduce the impact of harmful behavior to the individual and to the community.

ALLEGHENY BALLROOM

Diversion & Specialty Dockets in VA and Community Corrections Role Within Them

Training Committee

Panelist: Christopher Mayers, Timothy Martin, Anna Hefferon, Jen Scott & Susan Marrow

The VCCJA Training Committee hosts a panel of stakeholders, Community Corrections Directors, and supervising Officers for a candid discussion on diversion and specialty dockets. The panel will discuss the triumphs and challenges that these dockets present as well as the future of these dockets in Virginia.

SHENANDOAH A

Recognizing & Overcoming Pandemic Fatigue

Julie Edmonds

This workshop will explore and identify the signs of pandemic fatigue and will provide techniques on how to overcome this fatigue. It will teach both leaders and colleagues on how to recognize signs with themselves and with others. Lastly, the workshop will provide a way to suggest assistance to others with such a difficult conversation.

EVENING
8:00 PM - 10:00 PM



DESSERT BAR
SHENANDOAH A

THURSDAY
➤ NOV. 17

REGISTRATION 8:00 AM - 5:00 PM

SHENANDOAH B & C

8:30 AM - 9:45 AM Membership Breakfast & Meeting

Gary Hughes , VCCJA President & Tomaudrie Thomas, VCCJA President Elect

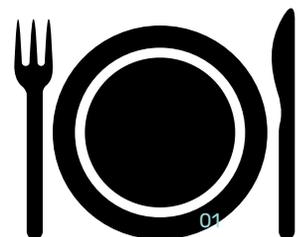
10:00 AM - 12:00 PM

Mindfulness Matters: Your body is here, but where is your mind?

Dr. Karen M. Sheffield-Abdullah, PhD, RN, CNM

Stress and anxiety abound as we navigate everyday life in the workplace and today's society. So many of us find ourselves operating on "automatic pilot". We often go throughout our day doing our daily routines without truly paying attention to our actions. How many times have you driven to work and not paid attention to how you even got there? In today's plenary session, we will explore how we engage in our day to day activities at home and at work. We will bring attention to how we respond to the stressors in our lives. We will introduce the idea of mindfulness and how it may be applied to our everyday living in meaningful ways that increase mental clarity, self-care, and resilience. Come prepared to laugh, stretch, and engage in meaningful and thought provoking dialogue that will enhance your awareness of how to live your life in authentic ways that you may not have considered before. Truly, mindfulness matters. I will tell you why and provide practical tips for how to incorporate it into your work and home life in simple ways. Let's go!

LUNCHEON
12:00 PM - 1:15 PM



THURSDAY
NOV. 17
REGISTRATION 8:00 AM - 5:00 PM

SESSION 1

1:30 PM - 3:00 PM

SHENANDOAH A

Stress and Anxiety in the Workplace for Women of Color: An Exploration of Authentic Self-Care During Stressful Times

Dr. Karen M. Sheffield-Abdullah, PhD, RN, CNM

Stress and anxiety abound as we navigate everyday life in the workplace and today's society. According to the World Health Organization, 264 million adults cope with anxiety, with 63% being female. In the United States, 48 million adults or 20% of the population have anxiety with women being twice as likely to have an anxiety disorder. So, what do we do to address mental health concerns in ways that optimize our well being and quality of life? How do we normalize the conversation surrounding mental health, live authentically, and engage in self-care so that we enhance our overall health.

APPALACHIAN BALLROOM

Using MAT in the Criminal Justice System

George Nipe

The purpose of this workshop is to increase awareness and understanding of addiction and the role Medication Assisted Treatment can play in the care of clients who struggle with opioid related illness in particular.

ALLEGHENY BALLROOM

Situational Awareness & Civilian Response to Active Shooter Events

Keith Campbell

The Civilian Response to Active Shooter Events (CRASE) course, is designed and built on the Avoid, Deny, Defend (ADD) strategy developed by ALERRT (Advanced Law Enforcement Rapid Response Training) in 2004. This program provides strategies, guidance, and a proven plan for surviving an active shooter event. Topics include the history and prevalence of active shooter events, civilian response options, medical issues, and considerations for conducting drills.

THURSDAY
NOV. 17

REGISTRATION 8:00 AM - 5:00 PM

SESSION 2 3:30 PM - 5:00 PM

SHENANDOAH A

Leaders Open Doors

Jules Myers

An "open-door leader" opens all kind of doors for colleagues, direct reports, and even complete strangers. This often over-looked leadership characteristic sets a tone that is welcoming and inclusive. Want to take opening doors to the next level? Then come to this workshop and learn about the skills that open-door leaders possess so that you can take your leadership to the next level.

APPALACHIAN BALLROOM

Introduction to Abnormal Psychology

George Nipe

The purpose of this workshop is to increase awareness and understanding of mental illness in the hopes of improving the relationships between our community partners in law enforcement and the clients we serve who struggle with their mental health. The core of this presentation was designed as part of our local CTT 40 training curriculum.

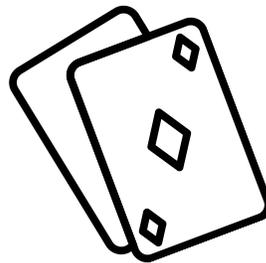
ALLEGHENY BALLROOM

Assess and Success

Probation
Advancement
Committee

In the Assess and Success workshop, participants will work in groups to figure out the Success Plan for their client. The probation scenarios will be challenging... Whose client will be successful?

EVENING
VCCJA FUNDRAISER
7:00 PM - 10:00 PM



A NIGHT IN VEGAS
SHENANDOAH B & C

SESSION 1 8:30 AM - 10:00 AM

SHENANDOAH A

Fostering Organizational Well-Being in a Post-Pandemic World

Tara Kunkel & Kris Bryant

As reports of “quiet quitting” and the Great Resignation have shown, the COVID-19 pandemic has changed the relationship some workers have with their jobs. This is a critical time for pretrial and probation agencies to invest in the mental health and well-being of their workforce. This session will highlight approaches to developing, institutionalizing, and updating policies and practices that foster positive interactions and relationships in the workplace, assure work-life harmony, and create a culture of mattering at work.

ALLEGHENY BALLROOM

Foundations of DEI & Unconscious Bias

Jacqueline Johnson

Research on unconscious bias (also referred to as implicit bias) shows how the brain takes shortcuts that can be informed by socialized biases. By better understanding the reality of unconscious bias, individuals can then work to create inclusive and equitable environments. This session will provide practical tips and approaches that institutions can implement to help participants make better, bias-free decisions.

APPALACHIAN BALLROOM

Self Care: Lowering Stress Through Expressive Writing

Valley Haggard

Science shows that writing about our personal experiences lowers our stress hormones, allowing our bodies to heal more quickly, both psychically and emotionally. In this workshop, you will be given a toolbox of prompts and best practices for setting up a simple writing routine that you can take with you anywhere.

FRIDAY

NOV. 18

REGISTRATION 8:00 AM - 12:00 PM

SESSION 2 10:30 AM - 12:00 PM

SHENANDOAH A

Supportive Services for Pretrial Clients

Dr. Kevin Banks

Justice system and community partners increasingly recognize that most people released on pretrial appear for their court hearings and remain law-abiding. Accordingly, many pretrial services agencies have wisely shifted their supervision model to prioritize and focus on supportive services rather than surveillance. This training will provide pretrial services staff (directors, supervisors, officers) with evidence-based and practical ways to support people with need-based services.

ALLEGHENY BALLROOM

Creating a Sense of Belonging

Jacqueline Johnson

Belonging is a key component of diversity, equity, and inclusion initiatives. Having a sense of belonging helps individuals feel socially connected and makes each person better able to reach their full potential. In this session, participants will engage in reflective and interactive exercises, and further explore unconscious bias and the concept of microaggressions, to help them understand characteristics for creating a sense of belonging. Participants will also explore tangible strategies to build belonging, including policies, programs and practices.

APPALACHIAN BALLROOM

I Hear You: Cultivating Empathy Through Storytelling

Valley Haggard

As long as civilization has existed, the human brain has been hardwired for story. When we read, write, and share in a community, we are able to access new parts of ourselves and connect more deeply with our humanity. In this workshop, we will use simple prompts to write our own stories and practice actively listening to the stories of others.

AWARD LUNCHEON

12:00 PM - 1:15 PM
SHENANDOAH B & C

