

Solihten Annual Conference(s)

37th Annual, 1st Ever Hybrid

Balance of Care

All Virtual,
August 2-6, 2021

Balance of Care



Monday: August 2: Pre-Conference Offering

**Building Organizational Equity at The Speed of Trust:
Where are we and where are we going?**

***Brought to you by the Equity and Inclusion Taskforce of the Solihten Institute
National Board of Directors***

Monday, August 2:
2:00 – 7:00 pm, EDT;
1:00 – 6:00 pm, CDT;
12:00 – 5:00 pm, MDT;
11:00 am – 4:00 pm, PDT;
8:00 am – 1:00 pm, HDT

Click [here](#) to review an expanded description of our proposed agenda. Currently talks are proceeding with a number of area experts to join as co-facilitator (s) for the workshop. Their names will be announced after the 4th of July holidays.

There are ***TWO CALLS TO ACTION***

PLEASE

1. Begin recruiting your Center's Cohort with representatives from Board of Directors, Center Leadership, Clinical Staff and Administrative and Support Staff, and have them put the workshop in their calendars:
2. Plan to have all Center Cohort members register for this workshop, as well as anything else on the Solihten Annual Conference agenda that they would like to attend.

The taskforce hopes you will join together to make the long-term commitment, to apply the dedication and discipline necessary to transform our Centers into authentic spaces of equity, inclusion, and justice.

Tuesday, August 3: Come Together in this (Virtual) Space

Session One: *Three-Part Breath/Disidentification Meditation*

2:00 – 2:30 pm, EDT;

1:00 – 1:30 pm, CDT;

12:00 – 12:30 pm, MDT;

11:00 – 11:30 am, PDT;

8:00 – 8:30 am, HDT

Robyn Lambert is a Certified Yoga Teacher who has been teaching yoga and meditation classes, as well as running her yoga business, Eye on Health LLC, for the past 20 years. Robyn teaches yoga at several Lutheran churches in the Denver Metro area and more recently has been teaching classes online. Her personal yoga practice has spanned over 25 years now. Additionally, Robyn teaches various styles of yoga including Restorative, Iyengar, Ashtanga, Vinyasa and Kundalini. Robyn also holds a Bachelor's degree in Business Administration and a Master's Degree in Marriage and Family Therapy from Regis University. She enjoys teaching yoga, mindfulness techniques, and meditation practices to her students.

Session Two: *State of the Solihten Institute: Balance of Care*

2:45 – 4:45 pm, EDT;

1:45 – 3:45 pm, CDT;

12:45 – 2:45 pm, MDT;

11:45 am – 1:45 pm, PDT;

8:45 – 10:45 am, HDT

Together with **Kelli Walker-Jones, MDiv**, Center Director of the Triangle Pastoral Counseling Center in Raleigh, North Carolina, **Robert Johnson, MS**, President/CEO will lead the State of the Solihten Institute: Balance of Care.

As we begin to see the light at the end of the tunnel of the last 15+ months, the need to care for our organizations, our staff, our clients, and our communities remains great. Plan to join Kelli and Bob in a time of reflection and restoration as **we take time to care for ourselves in an effort to ensure we may continue to be there for others.**

Wednesday, August 4: Care for the Organization

Session One: *Fundraising in the New Normal*

2:00 – 3:15 pm, EDT;

1:00 – 2:15 pm, CDT;

12:00 – 1:15 pm, MDT;

11:00 am – 12:15 pm, PDT;

8:00 – 9:15 am, HDT

As we think about our Center's organizational practices in the post-Pandemic world, one of the most profound impacts may be the way in which development and fundraising is done in the "new normal." It is with this thought in mind that a presentation and panel dialogue will begin our conversations around *Caring for the Organization*.

Gary Dollar, partner with EMD Consulting, will provide attendees with an overview of the current development landscape, as well as offering tactical advice that has been honed over more than 30 years of practical, successful hands-on management. As a senior leader of United Way of Greater St. Louis, including 12 years as President and CEO, Gary helped build the organization into the 5th largest (by revenue) United Way in the nation.

Gary will then facilitate a panel conversation with personnel from around the Solihten Network:

- **Linda Calvert**, Associate Executive Director, Samaritan Counseling Services of the Gulf Coast, Sarasota, Florida;
- **Jane Frantz**, Development and Communications Director, Samaritan Counseling Center of the Fox Valley, Inc., Menasha, Wisconsin;
- **Mark Heinbockel, MSW**, Director of Development, Anchorpoint Counseling Ministry, Pittsburgh, Pennsylvania
- **Rachel Newcomer, M.S., Director of Development**, Summit Counseling Center, Johns Creek, Georgia;

Session Two: *Emergency Succession Planning*

3:30 – 4:45 pm, EDT;
2:30 – 3:45 pm, CDT;
1:30 – 2:45 pm, MDT;
12:30 – 1:45 pm, PDT;
9:30 – 10:45 am, HDT

It is best practice for organizations to have an emergency succession plan in place to safeguard the mission and work of the nonprofit when faced with the unplanned departure (or unexpected long-term absence) of *key personnel throughout the organization*. While no one wants to think about this possibility, the Pandemic was a very clear reminder of the need for this type of plan.

Carla Denison-Bickett, CPA, MBA and **Katie Popp, MA** of **Mission Capital** in Austin Texas, will share succession planning models, facilitated small group, and large group conversations, and an opportunity for reflection and/or self-assessment of your own Center, along with a resource list for tools and more information.

Mission Capital (MC) has provided consulting services to nonprofits and social sector organizations since 2001. They are the go-to social sector resource and leader for Central Texas and beyond. MC is an objective, and innovative partner for nonprofits seeking to making strategic decisions. Both Carla and Katie bring proven experience and a range of relevant expertise to these conversations.

Session Three: *Solihten Centers' Annual Statistical Report: What to do with It?*

5:00 – 6:00 pm, EDT;
4:00 – 5:00 pm, CDT;
3:00 – 4:00 pm, MDT;
2:00 – 3:00 pm, PDT;
1:00 – 2:00 pm, HDT

Each year your Center provides data to the Solihten Institute for the *Solihten Centers' Annual Statistical Report*. A couple months later, you receive a copy of the report with data and a (riveting) cover letter from **Laurie K. Pechie, MBA**, Executive Vice President. *But then, what?* This session intends to show the myriad of valuable information that exists within the report, as well as answers to those burning questions about why certain subjects end up in the report, and ultimately why the whole process matters.

Thursday, August 5: Care for the Staff

Session One: *Long-Term Succession Planning*

2:00 – 3:15 pm, EDT;
1:00 – 2:15 pm, CDT;
12:00 – 1:15 pm, MDT;
11:00 am – 12:15 pm, PDT;
8:00 – 9:15 am, HDT

Katie Popp, MA and Carla Denison-Bickett, CPA, MBA of **Mission Capital** will join us once again to share *long-term* succession planning models, facilitated small group, and large group conversations, and an opportunity for reflection and/or self-assessment of your own Center, along with a resource list for tools and more information.

Long-term succession planning, when done well and with intentionality, can strengthen the overall capacity of the Center by identifying critical positions and highlighting potential vacancies; selecting key competencies and skills necessary for continuity of care; and focusing on the development of individuals to meet the future needs of the Center.

In the session, Mission Capital, will also introduce the option for a deeper-dive into succession planning for Solihten's Centers through a four-day In-Depth Succession Planning Workshop.

Session Two: *Employee Engagement: Center Culture, Staff Recruitment and Retention*

3:30 – 4:45 pm, EDT;

2:30 – 3:45 pm, CDT;

1:30 – 2:45 pm, MDT;

12:30 – 1:45 pm, PDT;

9:30 – 10:45 am, HDT

For better or worse, the COVID-19 has impacted the way in which our world works, and that includes the way a Center needs to operate. Whether it be the option for providing teletherapy, or a reflection on work-life balance, many people are rethinking how they want to do their jobs. In this time together, **Steve Duson**, Vice President will moderate a conversation around Employee Engagement and how to think about a Center's culture as it relates to both recruitment of new staff, while also retaining current employees.

Solihten Network Center Leaders Participating include:

- Rev. Becky Glass, LPC, LMFT, Executive Director, Peninsula Pastoral Counseling Center, Newport News, Virginia;
- Jim Hayes, D.Min., Executive Director, Des Moines Pastoral Counseling Center, Urbandale, Iowa;
- Robin McCutcheon, MEd, Samaritan Counseling Center of Southeast Texas, Port Arthur, Texas

Session Three: *Brown Bag Session... Bring a Snack or Meal and Pull up a Screen*

5:00 – 6:15 pm, EDT;

4:00 – 5:15 pm, CDT;

3:00 – 4:15 pm, MDT;

2:00 – 3:15 pm, PDT;

1:00 – 2:15 pm, HDT

One of the many benefits to the Solihten Annual Conference, is the opportunity to gather with the larger Network community from around the country. It provides an opportunity to connect, commiserate, and seek comfort in knowing that there is someone else who understands the joys and difficulties of the important work we do. In an effort not to lose that in this virtual shift, there will be multiple gatherings held concurrently for various positions within a Solihten Affiliated Center. If you would like to participate pick your group, bring food appropriate to your time zone, and pull up a screen so we can come together in this virtual space

- Clinical and Training Directors, facilitated by Doug Stephens and Fonda Latham
- Development Personnel, facilitated by Steve Duson
- Board President/Chairs/Members, facilitated by Bob Johnson
- Anyone else who wishes to connect, facilitated by Laurie Pechie and Kaye Hinkie

Friday, August 6: Care for the Clients

Session One: Change Through Compassion: An Introduction to Mindfulness and Self-Compassion

2:00 – 3:00 pm, EDT;

1:00 – 2:00 pm, CDT;

12:00 – 1:00 pm, MDT;

11:00 am – 12:00 pm, PDT;

8:00 – 9:00 am, HDT

Collectively, we have undergone a period of tremendous change. It has shaken our sense of certainty and control and made us more aware of how much change is a constant. The practices of mindfulness and self-compassion can help us navigate change by being more attentive to our experience and to what we need given this reality. In this presentation, Lesley will discuss the research regarding the practices and their impact on our well-being, how these practices can be integrated into therapy, as well as provide an opportunity for hands-on experience.

Lesley Huff, PsyD is a licensed psychologist and certified teacher in Mindful Self-Compassion, an evidence-based psychoeducational program. She has been leading the *Change Through Compassion* program at the Samaritan Counseling Center in Lancaster, Pennsylvania, since 2013, and continues to offer classes, presentations, and free online meditations and videos.

Session Two: The Integration of Neurofeedback and Therapy

3:15 – 4:15 pm, EDT;

2:15 – 3:15 pm, CDT;

1:15 – 2:15 pm, MDT;

12:15 – 1:15 pm, PDT;

9:15 – 10:15 am, HDT

Lacey Carroll MSW, LCSW, BCN of the Samaritan Counseling & Growth Center in Bartlesville, Oklahoma became Board Certified in Neurofeedback. She has provided Neurofeedback services to those experiencing a variety of symptoms including anxiety, autism, and attention deficit.

During the pandemic, about 4 in 10 adults in the U.S. have reported symptoms of anxiety or depressive disorder, a share that has been largely consistent, up from one in 10 adults who reported these symptoms from January to June 2019 (KFF- Kaiser Family Foundation published February, 2021). As Solihten Centers prepare for an anticipated/ongoing increase in mental health services, increased options for the treatment of anxiety will be needed. Lacey's passion around the integration of therapy and Neurofeedback to assist clients in making positive life changes will be evident in this offering.

Session Three: Parents of Estranged Adult Kids

4:30 – 5:45 pm, EDT;

3:30 – 4:45 pm, CDT;

2:30 – 3:45 pm, MDT;

1:30 – 2:45 pm, PDT;

10:30 – 11:45 am, HDT

Keli Rugenstein, PhD, LCSW-R, LMFT, has nearly 30 years of clinical experience working with individual, families, and groups as a psychotherapist and marriage and family therapist. She works from an integrated perspective of Family Systems Theory and psychodynamics. **Fe Anam Avis** is the Founder of PEAK (Parents of Estranged Adult Kids) Support Network. Fe is an Ohio native and graduate of The Ohio State University with a degree in engineering physics. He worked in research at the Eastman Kodak company for three years in the area of optics and electrostatic control systems before leaving to attend seminary and served as a Pastor for 20 years. Together Keli and Fe will explore the pain and difficulty when one or more children has severed relationship with their parents. The trauma is as deep and debilitating as injuries from a car accident, but shame and embarrassment make it difficult to seek help. Yet, estrangement is common. It is estimated that nearly one out of every eight parents are estranged from an adult child. One in every five older adults is considered an “elder orphan” with no one to turn to in a time of need.

Let's End our Week Together with a *Virtual Happy Hour at the Fire Pit*

5:45 pm, EDT;

4:45 pm, CDT;

3:45 pm, MDT;

2:45 pm, PDT;

11:45 am, HDT

A true highlight of each *Solihten Annual Conference* are the evenings spent around the hotel's fire pit. It is a time to informally gather, process the day (or the week or the month), and laugh with dear colleagues who share in this important work that we do. Please plan to

drop in for the virtual happy hour around the fire pit. You do have to bring your own drink of choice, but we can certainly provide some laughs.