



FOR THOSE WHO

CARE

VERNON COLLEGE PRESENTS
THE 42ND ANNUAL NORTH TEXAS
REGIONAL TRAINING CONFERENCE
MAY 13, 14 & 15, 2025

VERNON COLLEGE, 4105 MAPLEWOOD AVENUE, WICHITA FALLS, TX

The multi-disciplinary conference is designed to meet the continuing education needs of the professional in the area of mental health, family and protective services, juvenile probation services, adult probation services, criminal justice, addiction counseling and social work.

THE FOLLOWING ACCREDITATIONS HAVE BEEN REQUESTED FOR THIS CONFERENCE:

- International Association for Continuing Education and Training (CEU), 20 hours
 - Texas Certification Board of Addiction Professionals (LCDC/TAAP), 20 hours
 - Texas Juvenile Justice Department (TJJD), 20 hours
 - Texas State Board of Examiners of Professional Counselors (LPC), 20 hours
 - Texas State Board of Examiners of Marriage and Family Therapists (LMFT), 20 hours
 - Texas State Board of Social Worker Examiners (SW), 20 hours
 - TCOLE certificate may be available when turned in to your own law enforcement department
- 20 Continuing Education Hours provided by Vernon College

REGISTRATION

FORM

Please print, complete form and email to asanchez@vernoncollege.edu or fax to 940-689-3871. Forms and payment can be delivered to Vernon College 4105 Maplewood, WF, TX 76308 or payment can be made over the phone 940-696-8752 ex. 3213.

Registration opens March 21, 2025. **No online registration this year.**

NAME: _____

DATE OF BIRTH: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

EMAIL: _____

SOCIAL SECURITY NUMBER (needed for CEUs): _____

Please check appropriate box below:

☐

3 DAY REGISTRATION, \$185
(Includes luncheon on Tuesday, 5/13/2025)

☐

1 FULL DAY ONLY, \$90 (Place a check mark on the day you are attending.)
_____Tuesday _____Wednesday

☐

1/2 DAY ONLY, \$50 (Write "AM" or "PM" on the day you are attending.)
_____Tuesday _____Wednesday _____Thursday AM

Check type of credit requested:

☐ CJAD ☐ TJJD ☐ SW ☐ LPC ☐ LMFT ☐ CEU ☐ LCDC

Payment Information (Checks can be made payable to Vernon College)

CREDIT CARD NUMBER: _____

EXPIRATION DATE: _____


SECURITY CODE ON BACK: _____

Please sign below:

CONFERENCE

SCHEDULE

TUESDAY, 5/13/2025

7:30am-8:00AM	8:00am-12:00PM	12:00pm-1:00pm	1:00pm-5:00pm Option 1	1:00pm-5:00pm Option 2
<p>Registration opens</p> <p>Coffee & light breakfast provided by 2INgage</p> <p>Location: Atrium Hallway Vernon College</p>	<p>Jeni Janek</p> <p>1st Session "I Had No Idea" Cyber Empowerment</p> <p>Location: Room 302</p>	<p>Lunch provided by Red River Hospital</p> 	<p>Jeni Janek</p> <p>2nd Session "I Had No Idea" Cyber Empowerment</p> <p>3pm-5pm Job Stress Management</p> <p>Location: Room 302</p>	<p>Tracy Derr</p> <p>Understanding Eating Disorders & Co-occurring Mental Health Issues</p> <p>Location: Room 309</p>

WEDNESDAY, 5/14/2025

7:30am-8:00AM	8:00am-12:00PM	12:00pm-1:00pm	1:00pm-5:00pm Option 1	1:00pm-5:00pm Option 2
<p>Optional breakfast</p> <p>Coffee & light breakfast provided by 2INgage</p> <p>Location: Atrium Hallway Vernon College</p>	<p>Eduardo A. Chavez</p> <p>Combating the Fentanyl Crisis, Cartels & Other Drugs in Texas</p> <p>Location: Room 302</p>	<p>Lunch on your own</p> 	<p>Brian Arias</p> <p>Human Trafficking 1-2pm Mental Health Unit & Local Drug Trends 3-5pm</p> <p>Location: Room 302</p>	<p>Kevin Boring</p> <p>I have 400 'friends' and yet I'm lonely. The effects of social media, healthy development & the loss of self</p> <p>Location: Room 309</p>

7:30am-8:00AM	8:00am-12:00PM
<p>Optional breakfast</p> <p>Coffee & light breakfast provided by 2INgage</p> <p>Location: Atrium Hallway Vernon College</p>	<p>Jason Shaw</p> <p>Ethical Self-Care for Licensed Professionals</p> <p>Door Prize Drawings</p> <p>Location: Room 302</p>

THURSDAY,
5/15/2025

CONFERENCE

SPEAKERS

TUESDAY, 5/13/2025

"I HAD NO IDEA" CYBER EMPOWERMENT

BY JENIPHER JANEK, M.ED., LPC

Jenipher (Jeni) Janek is a certified school counselor and licensed professional counselor (LPC) with over twenty years of experience in public education. Jeni has been the Coordinator for School Counselors at ESC Region 12 for the past 13 years and also serves as the ERC Region 12 School Crisis Response Team Leader, with a catchment area of 77 school districts and 11 charter schools in the 12-county service area of ESC Region 12. She has served on TEA committees such as the SB 460 Mental Health Task Force, is a current school board member for the Texas Center for Student Support and has participated in several projects with the Texas School Safety Center, including statewide training on laws and mandates for student safety. Jeni is also a passionate advocate for student online safety, working with students, educators and parents to help share best practices, and evidence and research-based information about helping youth be safe while exploring the digital world, having recently launched the "I Had No Idea: #CyberEmpwerment" website as a tool for adults to learn more in order to keep kids safe online.

Jeni is nationally published in the ESEA Prespectives Blog for "Tenets of Care: A Perspective from a School Crisis Responder" in March of 2020 and co-authored the textbook: "Administrative Leaders and School Counselors: Building on Theories, Standards and Experience for Optimal Mental Health Collaboration".

JOB STRESS MANAGEMENT

BY JENIPHER JANEK, M.ED., LPC

Now more than ever, our ability to persevere in our work and careers is dependent on the degree to which we take the time to ensure longevity in our livelihoods. In this session, we will discuss the connection between our eight spheres of wellness, warning signs for when we are not in-balance, crucial indicators of extreme stress and the symptoms of burnout and strategies to intervene for resilience and recovery: not only relaxation and temporary respite.

UNDERSTANDING EATING DISORDERS & CO-OCCURRING MENTAL HEALTH ISSUES

BY TRACY DERR, LCDC

Tracy Derr, LCDC is a dedicated Licensed Chemical Dependency Counselor with extensive experience in addiction recovery, mental health, and co-occurring disorders. With a passion for education and advocacy, Tracy specializes in the intersection of substance use and eating disorders, helping individuals and families navigate the complexities of these conditions.

In this presentation, Tracy will explore eating disorders, covering their onset, key symptoms and warning signs, available treatment options, and the crucial role of family dynamics in recovery. Additionally, the discussion will highlight the common mental health disorders that often correlate with eating disorders, providing valuable insights for both professionals and loved ones seeking to support those affected. Tracy's expertise offers a compassionate and informed perspective on understanding and addressing eating disorders holistically.

CONFERENCE

SPEAKERS

WEDNESDAY, 5/14/2025

COMBATING THE FENTANYL CRISIS, CARTELS AND OTHER DRUGS IN TEXAS

BY EDUARDO A. CHAVEZ

Special Agent in Charge Eduardo A. Chávez leads the Dallas Field Division, overseeing DEA operations in North Texas to include offices in Dallas, Irving, Midlothian, Fort Worth, Lubbock, Amarillo, and Tyler, as well as the entire state of Oklahoma, with offices in Oklahoma City, Tulsa, and McAlester. SAC Chávez' career includes multiple years conducting undercover operations, infiltrating Mexican criminal organizations along the Southwest and leading enforcement groups that focused on destroying networks that primarily trafficked methamphetamine, heroin, and synthetic cannabinoids (spice). During his assignment at DEA Headquarters, SAC Chávez acted as a DEA national spokesperson and oversaw a multi-million-dollar budget designated specifically for organized crime drug enforcement. His career spans over 25 years with assignments in Bakersfield, California; Mexico City, Mexico; Albuquerque, New Mexico; and Washington, DC. SAC Chávez was transferred to the DEA Dallas Field Division in 2017 as an Assistant Special Agent in Charge and was subsequently promoted to the position of Special Agent in Charge in December of 2019. SAC Chávez is originally from Southwestern New Mexico. He holds a Bachelor of Science in International Politics and a certificate in Latin American Studies from the Walsh School of Foreign Service at Georgetown University in Washington, D.C.

HUMAN TRAFFICKING, MENTAL HEALTH UNIT & LOCAL DRUG TRENDS

BY BRIAN ARIAS

Officer Brian Arias has served with the Wichita Falls Police Department for nearly 11 years. Throughout his career, he has gained extensive experience in both day and night patrol for nearly eight years, with a brief tenure as a Misdemeanors Detective. Currently, he serves as a Public Information Officer in the Community Services Division. Officer Arias has earned his Master Peace Officer license, Instructor certification, and Negotiator certification, and is currently a proud member of the Honor Guard.

I HAVE 400 'FRIENDS' AND YET I'M LONELY. THE EFFECTS OF SOCIAL MEDIA, HEALTHY DEVELOPMENT AND THE LOSS OF SELF.

BY KEVIN BORING, M.A.

Borderline Personality Disorder resulted from the recognition that some people had thought patterns that were not insane but not normal either; they were 'borderline'. The disorder seems to be the interplay of a genetic predisposition to hypersensitivity and a traumatic upbringing. We understand how our home of origin plays a role in developing the disorder but there is a new player, social media. We will look at what the disorder is, how it develops and some approaches to treatment that have a broader implication on mental health for anyone. BPD is a member of the "Cluster B" personality disorders. These are disorders affecting normal inter and intra-personal interaction. The disorder begins appearing at the developmental stage where social influence is high. The question new to these disorders is how might social media play a role in disrupting normal development with a specific focus on the development or exacerbation of BPD?

Kevin Boring's experience is in public mental health settings starting in community clinics and then to North Texas State Hospital where he retired after 26 years. His clinical experience includes assessment and treatment of persons with severe psychiatric disorders across the lifespan. He has been an adjunct instructor at Vernon College for much of the last 35 years.

CONFERENCE

SPEAKERS

THURSDAY, 5/15/2025

ETHICAL SELF-CARE FOR LICENSED PROFESSIONALS

BY JASON SHAW MED, LPC-S

Self-care is not merely a personal preference but an ethical obligation for Licensed Professionals. The ACA Code of Ethics (2014) and NBCC Code of Ethics (2020) emphasize that counselors must maintain their well-being to ensure competent and effective care for their clients. Ethical self-care involves spiritual, emotional, physical, and professional renewal to prevent burnout, maintain boundaries, and uphold ethical integrity in counseling practice. This training explores the intersection of ethics and self-care, addressing the professional responsibility of LPCs to recognize and respond to signs of compassion fatigue, emotional exhaustion, and impaired functioning. Participants will examine how poor self-care can lead to ethical violations, including boundary breaches, diminished competency, and harm to clients. Through biblical wisdom, ethical case studies, and practical strategies, this training equips counselors to develop a sustainable self-care plan that honors both their personal well-being and professional integrity.

Key topics include:

- ✓ Ethical codes related to counselor self-care
- ✓ Recognizing burnout, impairment, and ethical risks
- ✓ Biblical principles for renewal and resilience
- ✓ The role of supervision, peer support, and accountability
- ✓ Case studies on ethical dilemmas in self-care
- ✓ Developing a personalized, biblically grounded self-care plan

By the end of this training, participants will understand that self-care is not selfish—it is a professional and ethical necessity that ensures LPCs can continue to serve their clients with wisdom, compassion, and excellence.

Jason Shaw is a Licensed Professional Counselor- Supervisor and has been in the professional field for over a decade. Jason has been working on his doctorate in Biblical Counseling through Bob Jones University. Jason has a teaching background and taught in early childhood for 8 years. He began to work with youth in a mentoring role which led to his pursuit of a Master's degree in Counseling and Human Development from Hardin Simmons University. Jason began to work with youth in crisis which led to counseling youth in foster care and post adoption. Jason is a practitioner of TBRI and has certification in TF-CBT. Jason enjoys spending time with his family, working on his farm, reading and studying, and doing art.

Thank you for joining us!

Disclaimer:

The views and opinions expressed in this conference are those of the speakers and do not necessarily reflect the views or positions of the North Texas Regional Training Conference committee or Vernon College



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MISCELLANEOUS INFO

Refund Policy: 70% refund if cancellation is made at least 24 hours prior to day of conference. Refunds will be mailed within 30 days.

Satisfactory Completion: Participants must attend the entire session and complete the evaluation form for satisfactory completion of the session.

Cancellation: In case of cancellation, every effort will be made to contact registered participants at the number provided on the registration form.

Complaints: Complaints about provider or workshop content may be directed to Andrea Sanchez, Director of Continuing Education at Vernon College or to the TCBAAP Standards Committee, 1005 Congress Avenue, Suite 460, Austin, Texas 78701, Fax (512) 476 -7297.

Local Hotel Accommodations:

Baymont by Wyndham - 1.5 miles, (940) 247-2820
Best Western Plus University Inn and Suites - 0.7 miles (940) 687-2025
Comfort Inn Near University - 0.6 miles, (940) 691-1066
Hampton Inn Wichita Falls Sikes Senter Mall - 0.2 miles, (940) 692-1999
Home2 Suites by Hilton Wichita Falls - 0.4 miles, (940) 400-1050
Homewood Suites By Hilton Wichita Falls - 0.3 miles, (940) 691-4663
La Quinta Inn and Suites by Wyndham - 0.4 miles, (940) 468-3107
Staybridge Suites Wichita Falls - 0.6 miles, (940) 228-5741
Tru by Hilton - 0.4 miles, (940) 400-1050
(Please contact hotels for information.)

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