***“Creating Strong Futures Through Compassion and Wellness”***

***18th Annual Superintendent’s Day Conference***

***Friday October 10,2025***

Whitney Point High School; 10 Kiebel Road, Whitney Point, NY

Registration Deadline October 3, 2025

This annual conference is hosted by the Agency, CPS, and School Liaison’s committee of the Family Violence Prevention Council of Broome County. This year’s conference was planned in collaboration with the Family Violence Prevention Council’s Professional Education Committee and Binghamton University, SUNY, College of Community and Public Affairs, Department of Social Work.

Registration - $25 for attendees who do not want social work contact hours, includes lunch

Registration - $75 for those who want 5 or 6 (depending on workshop choices) social work contact hours, includes lunch

*The Social Worker Contact Hours are available and provided by Binghamton University, SUNY, College of Community and Public Affairs, Department of Social Work who is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0143. Binghamton University, SUNY, College of Community and Public Affairs, Department of Social Work is a CSWE nationally accredited MSW program.*

Registration begins 8:00am - Event ends at 3:00pm

**8:00- 8:30am:** **Registration** and morning refreshments provided to attendees

**8:25am- 8:30am**: **Welcome**

Dr. Jo-Ann Sexton, Superintendent Whitney Point School District, Janette Cyganovich Brush and Jonathan Wanglund, Coordinators for the Broome County Family Violence Prevention Council

**8:30 - 10:30 am:** **Keynote:** (2 contact hours)

***"Everything You've Ever Wanted to Know About Social Work, But Were Afraid to Ask"***

Dr. Barry Chaffkin, LCSW – Co-Founder and CEO of Fostering Change for Children

*Barry will focus on how to best understand mandated reporting in the current environment; How to use a trauma-informed lens in social work activities and management; How to work in a setting where social work is not the primary focus.*

Barry Chaffkin has worked in child welfare for over 36 years, directly supervising the reunification of over 900 children with their families as well as finalizing adoptions of over 900 children from the New York foster care system. He is the co-founder and CEO of Fostering Change for Children, as well as the co-creator of Children’s Corps, a program that looks to strengthen the child welfare workforce.

A person in a suit

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Barry is a nationally recognized speaker and trainer having presented over 100 keynotes and workshops in 18 states and Canada. He was named Adoption Activist of the Year in 2005 by the North American Council on Adoptable Children (NACAC). Barry also served as an Adjunct Lecturer at Columbia School of Social Work in New York City and has guest-lectured in family counseling at St. Joseph’s College in Patchogue, NY. Barry strongly believes that every child deserves a safe and permanent family and has dedicated his life to finding new and creative ways to achieve this. Barry has two wonderful children of his own with whom he loves to spend time.

**10:30 - 10:45am**: **Movement Break**:

***This or That?*** Join us for a fun movement break where you pick your favorite option and show it through quick, easy movements right from your seat facilitated by Brooke Goosman, MPH public health educator from the Broome County Health Department.

**10:45 -11:45 am: Agency Presentations**: (1contact hour)

This agency discussion is facilitated by Melissa Martin, LCSW-R SUNY Broome and Amy Bennett, LCSW-R, Vestal School District

Agencies presenting: Broome County Office for Aging, Rise-NY, 211Susquehanna River Region/United Way of Broome County, Broome County SPOA, Get There, Visions Federal Credit Union, Family Planning of South-Central New York, Mental Health Association of the Southern Tier, Nathan’s Butterflies, Fidelis Care, Family & Children’s Counseling Services, Crime Victims Assistance Center, Truth Parm

**11:45- 12:45: Lunch / Networking**

Tabling by above presenters as well as BU Community Schools, UHS, ACHIEVE

**AFTERNOON BREAKOUTS**

**1st Breakout Session 12:45 – 1:45pm (one contact hour for each)**

**Choose 1**

1. ***“What To Do When You Are Sick of Hearing About Self-Care”*** – Ann Zumawtzak, LCSW-R /Deena Dement, LMFT - SUNY Broome Counseling Services

Participants will discuss common self-care myths. Learn how to be “in-tune” with oneself and will develop self-care strategies.

1. ***"Talking to Kids About Tough Stuff"*** - Barry Chaffkin, LCSW - Fostering Change for Children

This workshop will break down ways to talk to kids about difficult subjects like domestic violence, divorce, substance abuse, incarceration, etc. based on their developmental stage.

1. ***"FERPA & Confidentiality While Practicing in the School Setting"*** - Frank Miller Esq. – The Law Firm of Frank W. Miller

This workshop will provide information regarding the unique legal issues pertaining to social work practice in a k-12 school setting, specifically exploring the Federal Education Rights & Privacy Act and how it relates to communication within schools, the sharing of information between professionals and how it applies to communication with families.

1. ***“Neuroscience of Memory and Bias: How Our Brains Shape Reality”* -** Jen Musa, PhD CASAC-II, SUNY Broome and ACBC

This workshop will discuss the neural mechanisms associated with memory and bias; how genes, environment, experience, core beliefs, and expectations impact the formation and interpretation of our memories.

1. ***“Vicarious Trauma and the Role of Self Care”*** – Courtney Shoemaker, PhD and Jessica Thompson, PhD - Greater Binghamton Health Center

This workshop will include information on the continuum of empathy-based stress, psychological/neuroscience theories of emotional contagion, symptoms of empathy-based stress, and strategies to manage symptoms through self-care.

1. ***“Move Your Mind: The Link Between Physical Activity and Mental Health in* *Schools*” -** Brooke Goosman, MPH, Public Health Educator - Broome County Health Department This presentation explores how regular physical activity supports the mental well-being of both students and educators. We’ll discuss how movement can reduce stress, improve mood, boost focus, and build resilience in the school environment. Practical strategies for incorporating physical activity into the school day will be highlighted, showing how wellness for students and teachers can go hand-in-hand.
2. ***“Changing Minds About Stress: Stress Mindset, Resilience, and Well-Being” –*** Jennifer Weggman, PhD, BU Senior Faculty - Decker College of Nursing and Health Science

This presentation delves into the transformative power of altering our perceptions of stress, in a world where stress is often seen as the villain. It seeks to challenge the traditional narrative of stress as purely negative. This presentation will explore the science behind stress mindset, offering practical strategies to reframe stress as a catalyst for growth and productivity. Discover the psychology behind resilience and learn how to harness it as a tool for personal empowerment.

1. ***“On the Front Line of Health: Nursing Care for the School-Age Population” -*** Yvonne

Johnston, DrPH, MPH, MS, RN, FN - Associate Professor and Founding Director of the Division of Public Health at Binghamton University. The purpose of this session is primarily two-fold: to discuss current challenges that school nurses face in caring for the school-age population and to explore strategies for promoting their health and well-being. The session will examine various best practices designed to address the many issues that school nurses face in caring for children and their families. The session will also provide participants with a compilation of local, state, and federal resources to support their work.

**2nd Breakout Session 2:00 – 3:00 (one contact hour for each)**

**Choose 1**

1. ***“What To Do When You Are Sick of Hearing About Self-Care”*** – Ann Zumawtzak, LCSW-R /Deena Dement, LMFT - SUNY Broome Counseling Services

Participants will discuss common self-care myths. Learn how to be “in-tune” with oneself and will develop self-care strategies.

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This workshop will break down ways to talk to kids about difficult subjects like domestic violence, divorce, substance abuse, incarceration, etc. based on their developmental stage.

1. ***“Family Educational Rights and Privacy Act”* (FERPA)** - Frank Miller Esq. – The Law Firm of Frank W. Miller

This workshop will provide information regarding the unique legal issues pertaining to social work practice in a K-12 school setting, specifically exploring the Federal Education Rights & Privacy Act and how it relates to communication within schools, the sharing of information between professionals and how it applies to communication with families

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