

Transitional Aged Youth (TAY) Webinar
April 3, 2020 | 1:00 – 4:30PM Eastern Daylight Time



Title: TAY and the Developing Brain

Presenter: Catherine Keech, MA

Presenter Biography: Catherine "Katie" Keech has been working with individuals who struggle with dissociative disorders since 2004. She started working specifically with the TAY population in 2010 when she was fortunate to be at the helm of one of the very first social rehab clinics for TAY. She has continued to enjoy working with TAY in both agency settings and in private practice. She has spent time in various clinical worlds including residential, forensics, crisis management, and sexual exploitation / CSEC.

Currently, she manages a wrap-around community based mental health program that is focused on working with TAY who have a serious mental illness diagnosis and reside in Alameda County in addition to her private practice. She has recently branched out into providing trainings to the community. In her free time she is part of an Oakland collective, Fivetoncrane.org. The projects from this group have been displayed across the U.S.. In addition, she is part of an international queer activist group that engages in fundraising for small non-profits and community support.

Abstract: This presentation will provide an overview of why adolescence (13-18) is a different time from the Emerging Adulthood / TAY experience (18-25) in terms of neurobiology. I will talk about how brain development impacts behavior during these years, why this particular time is of specific importance in the development of human behavior, as well as how trauma is speculated to impact individuals during this specific time. I will also provide some background around sociological impacts and the emergence of TAY as a current and distinct developmental age range worthy of a clinical approach that respects this unique stage of personal growth.

Objectives

Upon completion of this webinar participants will be able to:

- Identify why the TAY brain is unique and can name one advantage and one disadvantage in relation to this
- State at least two ways that trauma impacts brain development for TAY youth
- Identify at least three cultural changes that have impacted the existence of TAY in our current culture
- Identify at least one way in which older TAY (22-25) function differently from younger TAY (18-21)
- Identify at least one reason why TAY are often reward driven

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Title: Active Community Engagement with Transition Aged Youth

Presenter: Regina Cantrell-Kinzfogl, LCSW

Presenter Biography: Regina Cantrell-Kinzfogl, LCSW has been doing trauma work in some capacity for the last ten years. Currently, she is the Clinical Supervisor for a community-based Assertive Community Treatment team in Oakland, CA, USA serving the TAY population (18-24) in northern Alameda County. She has worked specifically with TAY for the last 5 years. Previous to that, Regina facilitated groups and provided individual counseling at a drop-in center with women and children experiencing complex trauma and housing insecurity, was a trauma therapist at a rape trauma center and residential camp for adolescent girls, and inpatient therapist for those diagnosed with Borderline Personality Disorder and adolescent girls at a state psychiatric hospital. Regina is particularly interested in the complexities of generational trauma and systemic impact on the trauma experience, and incorporates this interest and lens into her clinical work with young adults. Regina also has a special interest and passion in supporting new and upcoming professionals in the field, and intentionally supervises Masters-level students in her treatment program.



Abstract: Think back to this time for yourself. What was it like for you? Social pressures to fit in while also trying to find out who you are. Being named an adult, but having limited idea how to do "adulthood." Being excited for the 'here and now' and having a difficult time holding on to 'future-oriented' goals. This time can be exciting, with lots of exploration and potentially lots of rockiness in relationships, work, school, and general day-to-day life. In order to work with TAY and truly connect with them, we must come to our practice with a developmentally appropriate lens, with interventions and engagement strategies which will call them in rather than shut them down or out. This discussion will cover various aspects of connecting with TAY, with a specific focus on working with complex trauma and dissociation in community mental health.

Objectives

Upon completion of this webinar participants will be able to:

- Introduce strategies for engaging Transition Aged Youth in Community Mental Health settings
- Clarify developmental and systemic considerations when working with Transition Aged Youth in Community Mental Health settings
- Identify options for resource and strength building with Transition Aged Youth in Community Mental Health Settings

References

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If your schedule won't allow for you to attend, the webinar will be recorded and made available for purchase approximately three weeks after the live event. The recordings cost is \$25 for ISSTD Members and \$45 for non-members. The webinar recording can be accessed on the CE-Credit.com website or in ISSTDWorld for ISSTD members. Exam fees for Continuing Education credits start at an additional \$10.46.

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