



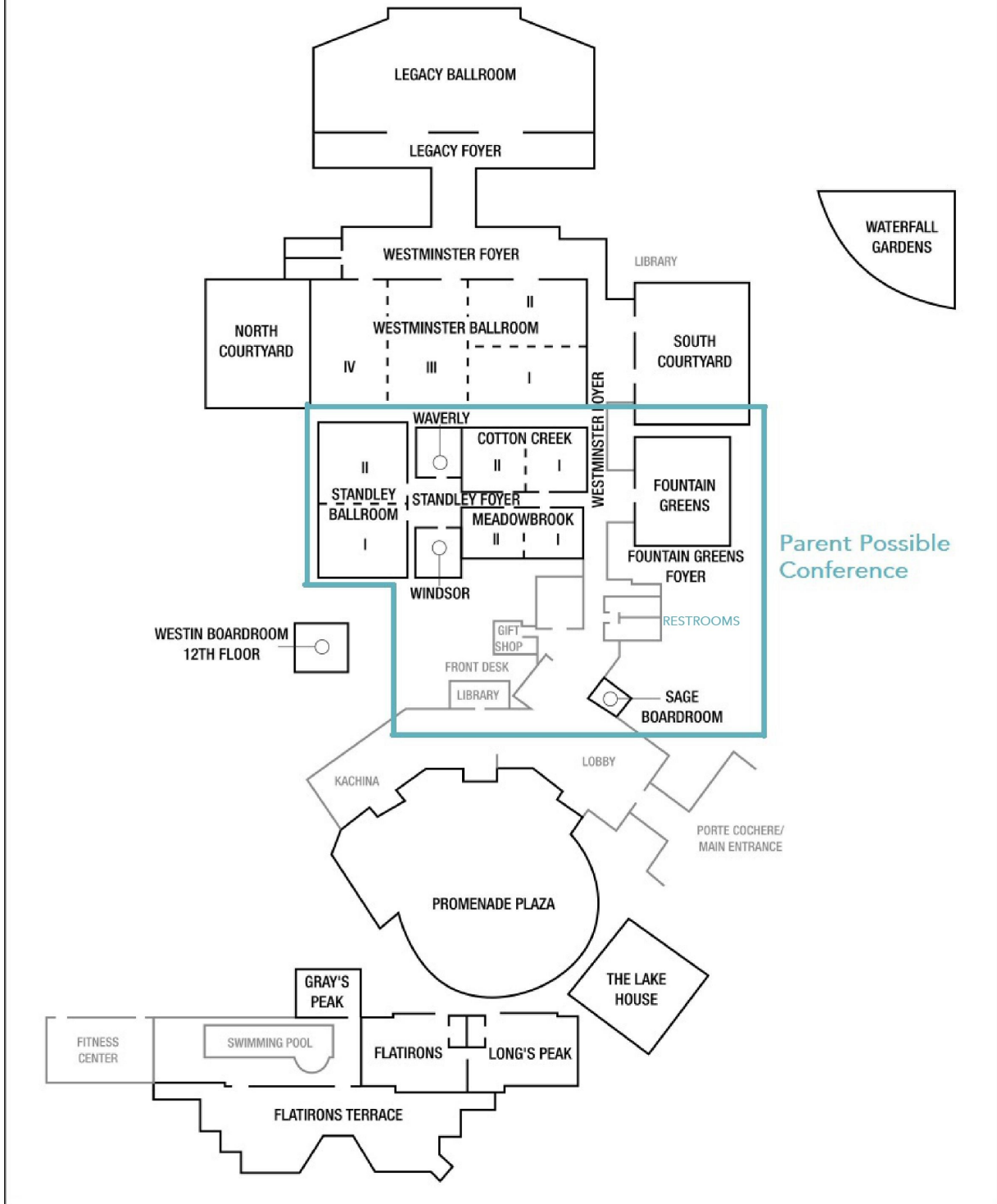
# Parent Possible Home Visiting Conference

Creating Community Through Connections

April 16-17, 2019  
The Westin, Westminster CO



## MEETING ROOMS



Parent Possible  
Conference

Wifi Network: Westin\_Conf

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**Welcome** to the Third Annual *Parent Possible Home Visiting Conference: Creating Community Through Connections*. We hope that this conference provides you with the time and opportunity to learn, share ideas, and connect with others in the field of home visiting all with the common goal to make stronger families, today and tomorrow.

As home visitors, every day you strive to meet parents of young children where they are with programs that inspire parents and lead to long-term impact on young children's lives. You play a critical role in the lives of families and communities, where small actions have the potential to create big changes. We **thank you**, for your continuous dedication to these families and your hard work.



Thank you to our PAT National Center Representatives, Donna O'Brien and Phyllis McLafferty, our Bezos Family Foundation Representative for Vroom, Marissa Kaiser and our HIPPY USA Representatives, Staci Croom-Raley and Jennifer Henk for traveling to join us for the conference!

## THANK YOU TO OUR CONFERENCE COMMITTEE

**Deborah Butkus**, Parents as Teachers National Trainer

**Trisha Halencak**, The Piñon Project

**Kathy Kennedy**, Starpoint

**Olga Lopez**, Growing Home

**Emelin Medina**, Catholic Charities Diocese of Pueblo

**Lesla Nesbit**, Families First

**Sherry Price**, Hilltop Resource Center

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Creating Community Through Connections

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## TUESDAY APRIL 16TH

Registration & Breakfast — 7:30-8:45 am

Opening Remarks — 8:45-9:15 am

Workshop Session 1 — 9:30-10:30 am

Workshop Session 2 — 10:45-11:45 am

Lunch & Awards — 11:45 am-1:15 pm

Workshop Session 3 — 1:30-2:30 pm

Workshop Session 4 — 2:45-3:45 pm

Workshop Session 5 — 4:00-5:00 pm

Happy Hour — 5:30-6:30 pm

## WEDNESDAY APRIL 17TH

Breakfast & Networking — 8:00-9:00 am

Workshop Sessions 1 & 2 — 9:00-11:15 am

Workshop Session 3 — 11:30 am-12:30 pm

Lunch & Keynote — 12:30-2:00 pm

Workshop Session 4 — 2:15-3:15 pm

Workshop Session 5 — 3:30-4:30 pm

Closing Remarks — 4:30-5:00 pm

## Tuesday Workshop Session 1 9:30-10:30 am

### Vicarious Resilience: Building resilience as helping professionals

Cotton Creek I

**Laura McArthur, Resilient Futures**

Do you support people who have or are currently experiencing trauma? Do you have a trauma history of your own? When you work with others who have experienced trauma and/or you have a trauma history of your own, you may be more likely to experience burnout or vicarious trauma in the course of caring for others. However, inherent in this work and in our own lives is also the potential for vicarious resilience. In this workshop we will identify key steps to take to promote resilience and mitigate the impact of vicarious trauma and burnout, including: identifying three evidence-based strategies to improve overall well-being, understanding and building up vicarious resilience, and developing a resilience plan for your future. Resilience research makes it abundantly clear we all have our own resilience inside of us, sometimes we just need help connecting to it.

### Creating Well Being from One Generation to the Next

Cotton Creek II

**Mary Alice Cohen, Colorado Department of Human Services, OPSO**

In this session, participants will learn how to help families with young children break the cycle of intergenerational poverty through a twogeneration (2Gen) approach. How can we design programs that bundle and sequence services so that families can navigate their way to the middle class? Come learn about the 2Gen Model, including the five core components (Early Childhood Development, Postsecondary and Employment Pathways, Economic Assets, Health and Well-being, and Social Capital) and how to effectively engage family voice. We will also explore Colorado's 2Gen pilot projects around the state, as well as successful 2Gen innovations happening around the country. You will leave this session with a solid foundation in the 2Gen approach so that you can help families on a path toward economic mobility.

### Motivational Interviewing (MI) Refresher

Meadowbrook I

**Teri Haymond, Family Resource Center Association**

Motivational Interviewing is a counseling technique used in partnership with parents/caregivers to assist in identifying their need for change and their readiness to make changes. This session will provide previously trained participants, a brief recap of MI client-centered skills (open-ended questions, affirmations, reflections, summaries, evoke change talk, and reinforce commitment language) and offer applied exercises to practice.

### Increasing Social Connections

Meadowbrook II

**Jennifer Richardson, Families First**

Home Visitation Programs meet many needs of high risk families from child development and parenting information to activities for parents to help their children grow socially and emotionally. However, many families remain isolated. This interactive workshop will explore the importance of social connections as a key protective factor to build strong families. Families who have strong social networks are less isolated and able to provide for their families and for others. We will look at how to make meaningful connections between families so they can serve as resources and sources of support for each other.



## Baby Teeth Matter: Understanding the Five Basics of Early Childhood Oral Health

Waverly

**Becky Edwards & Taran Schneider, Healthy Child Care Colorado**

This workshop will provide you with information, resources, and tools to have increased knowledge and skills necessary to promote optimal oral health from pregnancy through early childhood. This includes a variety of resources, activities, stories, and songs that actively engage children and their families about the five basics of oral health.

1.) Baby Teeth Are Important! 2.) Water for Thirst 3.) Tooth Healthy Foods 4.) Brush, Floss, Swish 5.) Going to the Dentist

You will have a deeper understanding of the importance of oral health and strategies you can use to educate and support parents/caregivers with their own child's health.

## Can Texts Nudge Parenting Behavior and Improve Child Developmental Outcomes?

Windsor

**Demie Fultz & Rebecca Levy, Bright by Three**

*Materials will be available in English and Spanish / Los materiales estarán disponibles en inglés y español.*

To support today's caregivers, Bright by Text (BBT) was developed to deliver bite-sized and developmentally appropriate doses of research-based curriculum right to their cell phone. These are targeted to the age of the child (prenatal to eight years). Each message contains a concept, resource, or activity; and links to a landing page, containing additional context and examples of interaction. Messages have been incorporated from expert content partners including Vroom, Sesame Street, Delta Dental, and PBS. Additionally, BBT provides the unique service of sending customized local messages; a tool that has the power to transcend technology to support community building, which in turn, drives real-world connections for families. In 2018, Marzano Research concluded that parents and caregivers are actively turning to, and relying on, modern channels of communication and technology like BBT to guide their parenting behaviors. Learn more about how you can improve child developmental outcomes through this free, innovative program.

## Tuesday Workshop Session 2 10:45-11:45 am

**the Impact Postpartum Depression Has on Families**

Cotton Creek I

**Beyond the First Year: Exploring**

**Naomi Segel, Boulder County PAT**

Postpartum depression (PPD) typically does not arrive one day and then suddenly end after the child's first birthday. PPD can linger and have a lasting impact on families, which is rarely talked about. This presentation will explore what the research says, how PPD affects attachment, and the impact it can have on the parent, child and family dynamics. How do home visitors continue to support parents with PPD beyond the first year? What might home visitors notice during visits? Participants will acquire strategies to empower parents to recognize and heal from the lasting effects of PPD.

**Advocacy 101: Become an Advocate for Kids**

Cotton Creek II

**Laura Knudtson, Parent Possible & Jennifer Spires, Save the Children**

In this session participants will learn how to use their personal and professional experiences to effectively advocate for kids. Participants will gain new skills, practice specific advocacy tools, and will be provided with information that will allow them to participate in the policy process (at the state and federal level) to bring about change for children in Colorado and across the U.S. The workshop will include the "when, where and how" to participate in the policy process, the chance to join a state-wide network of advocates, and the chance to practice practical skills and engage in immediate actions to begin advocating for children. This is a hands-on and participatory workshop.



## Tuesday Workshop Session 2 10:45-11:45 am

### Group Connections Panel

Meadowbrook I

**Meg Griffin Donaldson**, Energy Outreach Colorado, **Amber Troutman**, Cooking Matters Colorado & **Debbie Butkus**, Colorado Humanities

This panel will provide attendees with ideas and resources for future group connections meetings with families. The panel is comprised of Meg Griffin Donaldson from Energy Outreach Colorado, Amber Troutman from Cooking Matters and Debbie Butkus from Colorado Humanities with Motherhead/Fatheread.

### Supporting Home Visitors with the Infant Mental Health Endorsement

Meadowbrook II

**Jean Cimino**, Colorado Association for Infant Mental Health (CoAIMH) & **Alejandra Lopez**, Roots Family Center

*This workshop will be presented in English but some components will be offered in both English and Spanish . Este taller se presentará en inglés, pero algunos componentes se ofrecerán tanto en inglés como en español.*

The Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant Mental Health (IMH-E®) is a verifiable competencies-based professional development program available to a wide variety of professionals who work with infants and toddlers and their caregivers. The purpose of the IMH-E® is to support infant and early childhood professionals in the development of the skills and knowledge needed to provide quality services to young families. This workshop will include a presentation of information and details about the IMH-E® (specific to home visitors) with the opportunity for questions woven throughout. Additionally, each participant will be given the time to consider and preliminarily determine which IMH-E® category is the best fit given their education, work experience, infant mental health training, and reflective supervision/consultation experience, if applicable. Participants will be given the opportunity to work in pairs or small groups during this portion of the workshop to facilitate a supportive peer process.

### An Overview of the Standards of Quality for Family Strengthening & Support

Waverly

**Teri Haymond**, Family Resource Center Association & **Kathy Kennedy**, Starpoint

What is a quality Family Strengthening and Support Program? The National Family Support Network's Standards of Quality for Family Strengthening & Support integrate and operationalize the Principles of Family Support Practice with the Strengthening Families 5 Protective Factors. The Standards are designed to be used by all stakeholders – public departments, foundations, community-based organizations, and families – for planning, providing, and assessing quality practice across different kinds of Family Strengthening & Family Support programs such as Family Resource Centers, home visiting programs, and child development programs. Participants will learn about the Standards, hear a local perspective on its application in program planning, and reflect on the Standards potential application in their work.

### Lactation Environments for Thriving Families

Windsor

**Marius Nielsen**, Jefferson County Public Health & **Paulina Erices**, Jefferson County Health Department

*This workshop will be presented in Spanish / Este taller será presentado en español.*

The benefits of breastfeeding have been well-established and in many communities, the initiation of breastfeeding has become the norm. Babies who receive human milk through their first year receive many benefits stretching throughout the lifespan. However, rates of breastfeeding fall off sharply after the initiation to less than half of all babies receiving only human milk by 12 weeks. What causes this sharp decline? What efforts can be made by home visitors, medical providers and other parental supports to help parents continue to provide human milk for their babies?

## Tuesday Awards Luncheon 11:45 am-1:15 pm

### Erin Binford Social Justice Award



This award is named in honor of Erin Binford, who was the Senior Program Officer at Temple Hoyne Buell Foundation and passed away in 2017. Erin oversaw the grantmaking team, contributed to strategy development and assisted in the management of the Foundation's ongoing grantmaking and initiatives, working closely with the Parent Possible team, and HIPPY & PAT sites across the state for years. Active as a professional in philanthropy, Erin served on the Denver Foundation's Inclusiveness Project Committee, the Denver Great Kids Head Start Policy Council, and on the Colorado Statewide Fatherhood Council. With a passion for social justice, Erin was a founding member and served on the leadership team of Colorado Funders for Inclusiveness and Equity, a voluntary effort of local funders who have an interest in advancing and promoting inclusiveness and equity.

### Vroom Champion Award



This year we are presenting our first Vroom Champion Award. This award is meant to honor an individual or organization that has made outstanding contributions to the effort to share Vroom in Colorado. Recipients of this award embody the spirit of Vroom and its inspirational messages that remind parents that they already have what it takes to be a brain builder.

### Bernice Frieder HIPPY Home Visitor of the Year Award



This award is named in honor of Bernice Seldin Frieder, both a co-founder and leader of HIPPY in Colorado, who passed away in 2015. Bernice's passion in advocating for Colorado children and families led her to play a vital role in the creation of Parent Possible (formerly Colorado Parent & Child Foundation). She worked tirelessly to establish new program sites and create strategic alliances, constantly engaging in efforts to improve and expand services to at-risk families. This award honors Bernice's diligence in beginning the work that Parent Possible and HIPPY Home Visitors across the state continue today.

### Thomas A. Fitzgerald PAT Parent Educator of the Year Award



This award is named in honor of Thomas A. Fitzgerald, who originally introduced Parents as Teachers to Colorado in 1989 as the Dean of the Lower School at Colorado Academy. Thomas has dedicated his career to improving education for children in Colorado, having been recognized numerous times for his innovation. He has continued his contributions to PAT by serving on the Parent Possible (formerly Colorado Parent & Child Foundation) Board since 2004. This award honors Thomas' passion and commitment to the work that Parent Possible and PAT Parent Educators across the state continue today.

### 2019 Parents as Teachers Blue Ribbon Affiliates



Parents as Teachers  
Model Affiliate

Boulder County

La Familia/The Family Center

The Family Development Center's Newborn Network

Focus Points Family Resource Center

## Tuesday Workshop Session 3 1:30-2:30 pm

### Now what? Starting Conversations & Making Referrals for Perinatal Mental Health Concerns

Cotton Creek I

**Kelly Stainback-Tracy, MPH, Denver Public Health & Jennifer J. Paul, Ph.D., UC School of Medicine**

Perinatal mood and anxiety disorders (PMADs) impact the wellbeing of the mother, infant, and family. Home visitors are well-positioned to recognize the signs and symptoms of perinatal mental health challenges within families. However, starting conversations about this sensitive topic can be challenging. This workshop will help home visitors understand their role in supporting perinatal mental health, and build their confidence and skills to start conversations with families and act as a bridge to additional services when necessary. A brief overview of PMADs along with resource and referral options will be provided. This will be an interactive workshop, providing ample time for discussion about prepared case studies. Home visitors will be encouraged to provide examples of both frustrations and successes with addressing this issue from their own experience. Presenters will facilitate conversation and encourage participants to learn from each other as well as the presenters. This is an intermediate level workshop.

### ACEs and BCEs: Balancing the Scale

Cotton Creek II

**Elaan Brudno, Boulder County PAT**

Everyone's talking about Adverse Childhood Experiences. We know the value of this information but how do we make it meaningful, relevant, and most importantly, strength based for use with the families with which we work? Integrating Benevolent Childhood Experiences is a part of the answer, as is helping participants understand not just the value of the ACEs but how to use the information. This workshop introduces an experiential technique to help participants utilize the information gleaned from ACE's, integrate BCEs, and what to do next. This activity will help participants understand their own ACEs and BCEs and provide a technique to use with families.

### Vroom Panel: How to Infuse Free Brain-Building Activities for Children into your Work

Meadowbrook I

**Shelby Jones, Parent Possible; Marissa Kaiser, Bezos Family Foundation; Kathy Kennedy, Starpoint; Cory Gorton, Community Partnership Family Resource Center & Jenn Stephens, New Legacy Charter School**

Vroom is a national initiative that educates caregivers on the early brain science of 0-5-year-olds and equips them with over 1,000 brain-building activities that improve children's executive functioning skills and facilitate positive parent-child interactions. Our expert panelists will cover Vroom basics for those unfamiliar with the initiative, exciting updates to our materials for current partners and the creative ways Vroom is being used to support families across CO & beyond. Marissa Kaiser joins us from Vroom's headquarters in Seattle, WA to share exciting ways Vroom is being used in diverse settings in the US and abroad. We will hear success stories about using Vroom in the home visiting and family resource center contexts from Kathy Kennedy at Starpoint (Canon City, CO) and Cory Gorton with the Community Partnership Family Resource Center (Divide, CO). Jenn Stephens also joins us to share about the impact of using Vroom to educate and support pregnant and parenting teens at New Legacy Charter School (Aurora, CO).

### Excel Tips and Tricks: Simple Tools to Make Your Life Easier

Meadowbrook II

**Rachel Breck, Parent Possible & Stuart Sims, Family Resource Center Association**

This hands-on training will cover different ways to organize, sort, and examine spreadsheets in Excel. We will use real reports from Visit Tracker to demonstrate how you can turn a boring CSV file into a quick way to see which of your families are on track, among other things. The training will be geared toward program coordinators and managers, though anyone interested in Microsoft Excel is welcome. *Please bring a laptop if you are able.*

## Benchmarks, C-Stat, and Fidelity - Oh My! How We Do It.

Waverly

**Olga Lopez & Lilianna Fresquez, Growing Home**

Lilianna will present her system for tracking data and reminding parent educators proactively of upcoming data that is due on each family. She will show the spreadsheet she uses and how she uses it. She will show a spreadsheet she created to evaluate staff performance based on caseload size and number of visits conducted in a month. Olga will present strategies she has implemented in order to help the program maintain fidelity measures.

## How English Learners Learn & How Family Literacy Programs Can Contribute to Their Success

Windsor

**Adriann Wycoff & Marc Rodriguez, Metropolitan State University of Denver Family Literacy Program**

*This workshop will be presented in English but some components will be offered in both English and Spanish. Este taller se presentará en inglés, pero algunos componentes se ofrecerán tanto en inglés como en español.*

This workshop will examine family literacy program design and how successful implementation can promote positive educational outcomes for English language learners. Strategies and current research on working with English learners will be discussed, and information on how their brains best process information will be highlighted. Time will be allowed for questions and answers in both English and Spanish.

## Tuesday Workshop Session 4 2:45-3:45 pm

## An Introduction to Mindfulness for Young Children

Cotton Creek I

**Arpita Kishen, Boulder County PAT**

Mindfulness or paying attention to the present moment in an accepting manner is known to improve focus, increase concentration, reduce stress, and promote self-awareness in adults and children. This workshop is for people who want to learn about what mindfulness is and the importance of teaching children mindfulness and its impact on children. Participants will be guided through a mindfulness practice and learn a few simple practices to use with young children.

## Visit Tracker, Look What's New!

Cotton Creek II

**Jen Kuchyt, Data-Keeper Technologies**

There have been a lot of changes to Visit Tracker in recent months, and this workshop will cover those changes. We will discuss proper input of data and how these changes will impact reporting. PAT Affiliate report will also be covered.

1. Discuss Visit Tracker changes regarding multiple guardians.
2. Discuss Report of PAT APR and PMR.
3. Discuss how changes to Visit Tracker will impact and change reports.

## Tuesday Workshop Session 4 2:45-3:45 pm

### Social Determinants of Well-Being for Children and Families: HIPPY's Role in Supporting Outcomes

Jennifer Henk, HIPPY USA

Meadowbrook I

The social determinants of health and well-being (e.g., income, education, transportation, housing, food, community safety) have a profound impact on child and adult health and mental health. The research on adverse childhood experiences (ACEs) and early brain development has demonstrated that psychosocial stressors are "toxic" to the developing brain and metabolic systems of the young child, resulting in poor mental health, cognitive disability, chronic disease and poor school readiness. Home visitors and home visiting programs are uniquely positioned to address these challenges. HIPPY and HIPPY home visitors can buffer the impact of stressors on the brain through promoting responsive, nurturing relationships and connecting families to services. Using a strengths perspective, we will examine how HIPPY's evidence-based home visiting model facilitates in partnership a continuum of interventions directly addressing this challenge. Following the presentation, we will discuss with participants how the approaches used can be applied in other home visiting settings.

### Reflective Practice a Tool for Professional and Personal Growth

Meadowbrook II

Katherine Bair, National Parents as Teachers Trainer

Reflective Practice will be explored as an important part of any professional's life, both as a home visitor or a supervisor. The origins of Reflective Practice will be explored as well as an opportunity to explore how we learn to use reflective practice both as a partner at work, and as an individual tool for growth. This interactive session will allow you to reflect on reflection.

### Home Visiting? What's That? How to Talk About Home Visiting

Waverly

Heather Tritten, Parent Possible

Being able to easily share basic information about home visiting isn't always easy, but it is important to be able to boil down your work to a few quick sentences that convey both the work and its importance. Whether you are thinking about better ways to recruit families, creating community presentations, or developing a fundraising message, clear communication is critical. In this workshop we will explore the best ways to communicate our work – so whether you are talking to a friend, meeting with a stakeholder, or developing messaging for your program you will have the tools you need to deliver a simple and compelling message about home visiting.

### Lista para una Nueva Relación!

Windsor

Encarni Gallardo, Children's Service Society

*This workshop will be presented in Spanish / Este taller será presentado en español.*

Los primeros minutos de la visita son cruciales para crear una relación basada en la confianza. Entrena tu cerebro a enfocarse en lo positivo, y aprende como conectar de una manera efectiva y sincera, y como plantar la semilla para una colaboración de éxito con cada familia.

**Stuart Sims**, Family Resource Center Association

The Colorado Family Support Assessment 2.0 (CFSA 2.0) is a family-centered assessment tool focused on identifying the strengths and goals families identify in order to become more self-sufficient. The CFSA 2.0 incorporates 14 different areas of overall well-being, the protective factors survey, and goal setting portions that capture family progress towards self-sufficiency. The diversity of these data points represent a wealth of evaluation potential for a broad spectrum of interested parties. Similarly, the tool can be used longitudinally for longer-term tracking of progress among families. As a newly-approved family-centered assessment by PAT National, this workshop will focus on a brief overview of the tool itself, effective evaluation approaches, and successful messaging strategies that have resonated with legislators, funders, communities, and families.

## Tuesday Workshop Session 5 4:00-5:00 pm

### 3 Keys to Empowered Discipline

Cotton Creek I

**Mary Dravis-Parrish**, Simple Strategies for Family Living

In this presentation, participants will learn 3 key concepts to apply when responding to discipline that empower both adult and child. Participants will also experience and apply these concepts to situations that participants encounter in their daily connection with children. During this presentation, the 3 keys will be demonstrated and practiced offering greater comfort and ease in taking the concepts and using them with children of all ages. Included in the presentation is an opportunity to create a plan that will encourage and support participants once they return to the work place and encounter child behaviors.

### Beyond Freeze Dance: Movement, Trauma, and Learning

Cotton Creek II

**Elise Silva**, Boulder County PAT

This workshop explores new science about the relationship between movement and the capacity for learning in young children, especially among those affected by trauma. Together we will identify and engage in practices that support healthy cognitive, physical, and social/emotional development, as well as deepen our understanding of the effects of trauma and its healing. No movement experience necessary.

### Improving Visit Frequency and Parent Connections: Tools, Strategies, and Lessons

Meadowbrook I

**Cory Gorton**, Community Partnership Family Resource Center; **Michele Provost**, Parent Possible & **Jessica Ruch**, Colorado Department of Public Health and Environment

This workshop will present strategies and lessons learned in improving visit frequency and parent connections within the state and across the country. Presenters will provide a brief overview of continuous quality improvement (CQI) and common tools used in quality improvement projects including hands-on practice of quality improvement tools in small groups. The Community Partnership Family Resource Center will present on how they identified, planned, and met their CQI goal of increasing Group Connection participation.

## Tuesday Workshop Session 5 4:00-5:00 pm

### How to Make Visit Tracker Your Friend: Reports for Parent Educators

Meadowbrook II

**Rachel Breck**, Parent Possible & **Lilianna Fresquez**, Growing Home

So you've entered all of your family and visit data into Visit Tracker—now what? This hands-on workshop will go over some of the most useful reports for home visitors in Visit Tracker. You will learn how to see each family's address, who is missing goals, who has had all of the required visits so far, and more. The training will be geared toward PAT Parent Educators, though PAT program coordinators and managers are welcome. *Please bring a laptop if you are able.*

### Data, Evaluation and Reporting

Waverly

**Jen Drummond**, Community Partnership Family Resource Center

Home visitors and supervisors spend quality time with families and want to ensure the work they do is effective. How this work is evaluated leads to program improvements. As organizations improve the level of quality programming, this drives increased family outcomes and perpetuates a strong and successful program. If data is synthesized and analyzed in a non-biased way, much more can be done with program-level results. While measurement tools of evidence based programs are well-defined, what an organization does with the data collected is not. Innovative teams will synthesize program data collected during program delivery and use it to improve not only programs, but also organizational processes and systems. Grantors want to know the impact that their funding has on a community. Reporting results at the family, program, organizational and community-wide level are all important facets of a grantee's responsibilities in transforming data and evaluation into clearly articulated results.

### Construyendo Resiliencia en los Padres de Familia

Windsor

**Maria Soto**, Families First

*This workshop will be presented in Spanish / Este taller será presentado en español.*

La resiliencia es la habilidad de recuperarse de experiencias difíciles de vida, y frecuentemente para fortalecernos y aun para salir transformados de aquellas experiencias. Padres resilientes tienen empatía por ellos mismos y por otros son capaces de mantener una actitud positiva, resolver problemas de una forma creativa y tomar los eventos de la vida que se ponen a su paso. La resiliencia no se trata de que tan mal son las cosas que experimentamos, sino que se trata de cómo respondemos ante ellas. Cada vez que enfrentamos un reto su resiliencia se pone a prueba. Puede llegar a desarrollar una mayor resiliencia a través de la experiencia, o tener un revés en su resiliencia. Este curso examina las formas de promover la resiliencia en niños y familias.

## Happy Hour 5:30-6:30 pm

### Happy Hour & Networking

Please join us in the Standley Foyer for a Happy Hour & Networking event. There will be a cash bar and light hors d'oeuvres. We hope to see you there!



## Wednesday Workshop Sessions 1 & 2 9:00-11:15 am

### Increase the Positives, Changing Parent Practice

Cotton Creek I

(Los padres pueden mejorar sus modos de hablar a sus hijos con palabras optimistas y felicitandolos)

Virginia Kile & Clea Willow, Bright Futures

*This workshop will be presented in English and Spanish / Este taller será presentado en inglés y español.*

During this engaging and interactive session participants will learn evidence based practices for increasing positive descriptive praise. Educators will learn how to increase the positives for families and children and learn how increasing the positives can reduce challenging behavior. Teach parents to tell their children what the child does well! Participants will practice skills and receive props to track the use of these practices. Increase the positives; change the brain!

Este evento no va ser aburrido porque habra mucha participacion de ejemplos que funcionan y que estan comprobados ser eferctivos. Cuando cambiamos nuestra comunicacion negativa (notar y hablar solamente lo malo), los hijos con problemas de comportamiento empiezan a actuar mas apropiado. Tendras oportunidad de practicar y recibir herramientas que podras utilizar en casa para incrementar lo bueno de tu familia y darles mejor direccion a su manera de pensar con el cerebro.

### Promoting Childhood Resilience Through Trauma-Sensitive Yoga & Mindfulness

Cotton Creek II

Jessica Gershwin, LCSW, Med., The Denver Children's Advocacy Center

Current research in the field of education, psychology, and healthcare suggests that yoga and mindfulness practices are valuable tools that promote resilience and mitigate the effects of childhood trauma. This training is designed for educators, home visitors, social workers, mental health clinicians, and other professionals who are interested in learning more about how to incorporate yoga and mindfulness into their work with traumatized children and families.

### Promoting Maternal Wellness Among Latina/o/x Mothers

Meadowbrook I

(Promoviendo el Bienestar Maternal en las Mamas Latinas)

Yajaira Johnson-Esparza, Salud Family Health Centers; Sonia Cabrales & Maria Nuñez, Clayton Early Learning; Shivani Bhatia & Phuonglan Nguyen, Colorado Department of Public Health & Environment & Luisanna Chavez

*This workshop will be presented in English but some components will be offered in both English and Spanish. Este taller se presentará en inglés, pero algunos componentes se ofrecerán tanto en inglés como en español.*

Pregnancy-related depression is the most common complication of pregnancy, affecting as many as one out of seven women in Colorado and as many as one in three women of color. However, treatment and support modes are often inadequate to address the social, cultural and linguistic needs of Latina/o/x families. Science and practice have repeatedly pointed to the need to address both the physical and mental health aspects of a healthy pregnancy to ensure the well-being of mothers, fathers, children, and whole families. This workshop provides a forum for discussion and hands-on practice to address the social, cultural and linguistic implications of working with Latina/o/x mothers and families who struggle with pregnancy-related depression.

La depresión relacionada con el embarazo es la complicación más común del embarazo, que afecta a una de cada siete mujeres en Colorado y una de cada tres mujeres de color. Sin embargo, los modos de tratamiento y apoyo son a menudo inadecuados para abordar las necesidades sociales, culturales y lingüísticas de las familias latinas/o/x. La ciencia y la práctica han señalado reiteradamente la necesidad de abordar los aspectos de salud física y mental de un embarazo saludable para garantizar el bienestar de las madres, los padres, los niños y las familias enteras. Este taller proporciona un foro para el debate y la práctica para abordar las implicaciones sociales, culturales y lingüísticas del trabajo con las madres latinas/o/x y las familias que luchan con la depresión relacionada con el embarazo.

## Wednesday Workshop Sessions 1 & 2 9:00-11:15 am

### Implementation of Reflective Practice in a Home Visitation Program: Considerations for Personal, Professional, and Organizational Transformation

Meadowbrook II

**Emily McNeil**, The Mariposa Center for Infant, Child, and Family Enrichment & **Keri Morgan**, Family Star

When an organization supports its employees in receiving reflective supervision or consultation, the organization is investing in long-term practice change that can be beneficial to the employees, the families the employees serve, and also the organization as its own entity. This workshop will provide an overview of the Parents as Teachers Home Visitation Program's implementation of reflective practice at Family Star Montessori School and Head Start in Denver, Colorado. It will include testimonials from home visitors about the relationship between reflective practice and positive self-care and burnout prevention. It will provide observations about how families benefit from home visitors receiving reflective supervision/consultation. It will discuss the ways that organizations, as a whole, improve when all employees are supported to adopt a reflective stance. The workshop will provide resources for adopting reflective supervision and consultation for home visitation programs. There will also be time reserved for participants to create personalized plans to increase reflective practice in the workplace.

### Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-5): An Overview for Home Visitors

Waverly

**Alexandra M. Alfonso, Psy.D.**, University of Colorado School of Medicine

Children's earliest experiences—positive and negative— impact their brain formation and in turn, their social-emotional, physical, cognitive, communication, sensory and motor development. While positive experiences influence healthy development and outcomes, certain negative childhood experiences can result in mental health challenges. Understanding infant mental health is the key to preventing and treating the mental health problems of very young children and their families. The DC:0-5™ Diagnosis and classification of mental health and developmental disorders of infancy and early childhood (DC:0-5™) is an empirically-based, diagnostic classification system of mental health disorders for infants and young children. This tool guides assessment, clinical conceptualization, and treatment planning for mental health disorders in very young children. This workshop provides Home Visitors with a brief overview of the DC:0-5™ . The concept of mental health in infants will be explored, including pros and cons of mental health diagnosis for young children.

### Facilitating Attuned Interactions: An Introduction to the FAN Approach to Engaging Families

Windsor

**Kelly Stainback-Tracy, MPH**, Denver Public Health & **Susan Huebner, BA**, Fussy Baby Network Colorado

This workshop will describe the Facilitating Attuned Interactions (FAN) approach developed at the Erikson Institute and utilized at Fussy Baby Network Colorado. The FAN is a model that supports early childhood professionals to engage with families by recognizing the family's emotional state and offering time and space for family members to communicate their needs based on "where they are" emotionally. In this workshop, participants will be introduced to each core process in the FAN model: Empathic Inquiry, Mindful Self Regulation, Collaborative Exploration, Capacity Building, and Integration. Presenters will discuss how application of the processes enhances attunement between the provider and the family. Participants will learn to recognize when to use each process over the course of a visit to work effectively with families. Case examples will be provided to increase understanding of the FAN approach. Participants will also be given time to practice applying their knowledge using a video example.

## Wednesday Workshop Sessions 3 11:30 am-12:30 pm

### Strength Based Relationship Approach for Families and Those Who Work with Families

Cotton Creek I

**Elaan Brudno**, Boulder County PAT

When we bring the Strength Based Relationship Approach into the parent child relationship, we support parents in recognizing the wisdom and resilience of their children. We help parents to reframe negative and deficit based language and beliefs into Strength Based concepts and techniques. Strength Based Professional Development Training was developed by Cynthia J. Geissinger, LCSW in 2011 and is a requirement for professionals working for Boulder County. In this workshop we've adapted those concepts to fit the parent child relationship and the relationship between families and their home visitors.

### Innovations in HIPPY

Cotton Creek II

**Jennifer Henk**, HIPPY USA

Decades of well-constructed research studies have shown how HIPPY has a substantial impact on the lives of children, families & communities at large. From its programmatic inception in 1968 in Israel, HIPPY now serves families in 20 states and the District of Columbia, and 15 countries around the world. Currently, HIPPY USA is working to meet the needs of families today and into the future with innovations that expand the reach of HIPPY and enhance HIPPY's impact. We will discuss the latest initiatives in development at HIPPY USA in the context of a reflection on the changing needs of families.

### How Authentic Family Engagement Strengthens Families Voice in Health, Safety & Wellness

Meadowbrook I

**Princess Mack, Angela Vizzi, Katherine Casillas, Melisa Ruiz & Ray Washington**, Project Launch - YCWC

This family & partner panel will discuss health, safety and well-being in relation to the 5 protective factors. Attendees will watch a 3 minute video and participate in a café style break out session. Participants will brainstorm innovative ways to apply appreciative inquiry, learn about what programs currently exist, discuss ideas to create programs for families and think about ways to continue filling the cup of self advocacy and resiliency with partners and families.

### Addressing Infant Safe Sleep in Metro Denver

Meadowbrook II

**Gloria DeLoach**, Denver Public Health & **Kate Jankovsky**, CO Department of Public Health and Environment

*Materials will be available in English and Spanish / Los materiales estarán disponibles en inglés y español.*

Sleep-related death is the third leading cause of infant mortality in the state of Colorado. More Colorado infants die in their sleep than children ages 0-17 in car crashes. Because sleep related deaths are preventable, several Denver metro area public health teams partnered with CDPHE to address sleep related deaths. Using local and state-level data, partners developed resources to address safe sleep & the sleep death disparity identified in the African American population.

### PAT Quality Endorsement and Improvement Process

Sage Boardroom

**Michele Provost**, Parent Possible

*This session is exclusively for Cohort 4 and 5 PAT sites that would be eligible to submit the QEIP self-study in April 2020.*

The PAT Quality Endorsement and Improvement Process (QEIP) can be overwhelming for many PAT affiliates. This workshop will introduce the process, provide an overview, and help attendees develop their next steps to successfully complete QEIP and earn the PAT Blue Ribbon endorsement.

## Wednesday Workshop Sessions 3 11:30 am-12:30 pm

### Making Colorado Kids Count in 2020

Waverly

Rosemary Rodriguez & Gillian Winbourn, Together We Count

Together We Count will present a workshop about the upcoming 2020 Census and the importance of promoting a fair and accurate count. A complete census count is critical to Colorado getting its fair share of federal funding to support a variety of imperative community needs, and an undercount would result in severe funding gaps for our state. Attendees will learn about what the census is and why it's important, a 2020 Census timeline (including new changes to census methods), and ways that their organizations can play a role in the 2020 Census. This workshop will also cover potential ramifications of an undercount in Colorado, the federal funds at stake, and how this will impact all sectors ranging from nonprofit, philanthropic, business and government. We will concentrate on the undercount of children, due to the fact that the Colorado Children's campaign estimates that 18,000 children from 0-5 were uncounted in the 2010 census, resulting in the loss of millions of dollars to programs designed to meet their needs.

### Cuentacuentos y Canciones: Aprendizaje en Forma de Diversión

Windsor

Lupita Ramos, Denver Public Library

*This workshop will be presented in Spanish / Este taller será presentado en español.*

La repetición y el movimiento son cruciales en el aprendizaje y el desarrollo temprano del cerebro. Esta presentación se enfocará en cómo incorporar libros, canciones, y movimiento en su cuentacuentos. También tendrán la oportunidad de explorar libros ilustrados publicados recientemente y practicar sus habilidades de lectura en voz alta.

## Keynote Speaker Luncheon 12:30-2:00 pm

### Keynote Speaker: Brad Montgomery



Brad teaches how to Embrace Your Awesomeness to boost productivity, creativity, innovation & profits. He turns typical meetings into transformational events using humor & story. Oh, and he's pretty funny.

Brad has transformed audiences in all 50 states and on four continents. He's spoken to dozens of banks, insurance companies, associations, hospitals and Fortune 500 businesses. His past clients include Microsoft, Verizon, the FBI (yes, that FBI) the CIA (yes, that CIA) and the IRS (where he withheld 30% of his best strategies).

Brad specializes in using humor, interactivity, sound, music and visuals to ignite audiences so that they can get more out of themselves and those people around them improve their lives and their jobs. Audiences and meeting planners describe Brad as "authentic." He's a real guy on stage and off. Thinking of a canned and over-polished motivational speaker? Brad is the polar opposite.

Other speakers TALK about engagement. But Brad SHOWS you how to harness the power of your own AWESOMENESS in hands-on, experiences that you'll remember and implement. It's the difference between a "speech" and an "event."

Brad lives in Centennial, Colorado with his wife, three kids and one neurotic dog. Although he is proud of his many awards and national credits, he's convinced that his best feats so far are his kids.

## Wednesday Workshop Sessions 4 2:15-3:15 pm

### Love and Logic Toolbox

Cotton Creek I

**Amy Cobb, Families First**

As a certified Love and Logic facilitator, Amy will present on the basic tenets of Love and Logic; diving into how and why Love and Logic is an effective parenting technique. Love and Logic offers many different strategies that build strong parent/child relationships. When parents learn they can set limits in healthy, calm ways and follow through – children learn, parents feel more confident and the entire family unit is more successful. Many parents are looking for ways to better connect and discipline their children and by sharing this information with home visitors, they can better assist the families they serve.

### The Home Visitor's Role in Toilet Teaching

Cotton Creek II

**Brenda Shover & Iliana Palacios, North Range Behavioral Health, Family Connects PAT**

This workshop is an encore from 2018, enhanced and expanded by the addition of how to be culturally aware throughout the process when working with Latino communities. We will look at the theory behind current best practice, explore what supports home visitors can offer parents to support their little one, and how to help them deal with barriers and setbacks along this journey. We will end with tips on making toilet teaching a celebration of this important milestone and a simple written plan to set everyone up for success!

### LAUNCH Together Panel

Meadowbrook I

**Lindsay Reeves, Catholic Charities Diocese of Pueblo; Jennifer Anton, Jefferson County Public Health; Lisa Schell & Sindy Pelayo, Jeffco HIPPIY**

LAUNCH Together is a cross-community collaborative effort to better align early childhood systems with a focus on social-emotional development. Jefferson County and Pueblo are two communities currently implementing the LAUNCH Together framework focused on five key strategy areas: screening and assessment, mental health consultation, integration of behavioral health into primary care, enhanced home visitation and family strengthening. In this session, you will learn about how home visitation programs in Jefferson county and Pueblo are working to improve access to resources for families with young children. You will be introduced to Early Childhood Jeffco, a pilot project with Aunt Bertha's online directory of social service organizations, so that you can support families in your programs with the resources they need. You will also learn how Pueblo has implemented an online resource directory, Early Minds Matter, and how the partnerships created through this community collaborative has led to an increase in social-emotional knowledge, screening and referrals across the community.

## Wednesday Workshop Sessions 4 2:15-3:15 pm

### Strengthening Communities to Prevent Child Maltreatment: Lessons from Colorado's New State Framework and Community Planning Process

Meadowbrook II

**Kendra Dunn**, CDHS Office of Early Childhood & **Vani Tangella**, Early Milestones Colorado

State and local partnerships can be powerful forces in ameliorating the risks for child maltreatment by strengthening communities and supporting families. This session will allow participants to hear state and local perspectives on the new approach to prevention planning. Participants will learn how community champions have developed local prevention plans by engaging in an eight-month community planning process working with a non-profit intermediary organization and a peer learning community. Participants will have an opportunity to discuss the concrete steps of community planning and explore how to apply those concepts and action items within their local realities. This session will allow professionals to further develop their knowledge of prevention planning and learn how communities can mobilize action to promote strong families and nurturing environments.

### The Power of Data: Understanding and Communicating Program Results

Waverly

**Julia Simhai**, OMNI Institute

This workshop will use the PAT and HIPPIY site reports to explore basic evaluation concepts, including what it means when results are statistically significant and what it means when they aren't. Participants will also learn how to use the data in the site reports to craft messages about how to communicate findings to funders and other stakeholder groups. This will be an interactive session, during which participants will use components of the site reports to practice applying evaluation concepts, interpreting data, and sharing results. The workshop is appropriate for attendees with a beginner or intermediate level understanding of evaluation.

### Niños y Pantallas: Tecnología en la Primera Infancia

Windsor

**Alberto Pellicer**, Denver Public Library

*This workshop will be presented in Spanish / Este taller será presentado en español.*

En un mundo tan cambiante, los niños se ven expuestos a pantallas y tecnología a edades mucho más tempranas. Venga y aprenda sobre las recomendaciones de los expertos y cómo crear un equilibrio entre su uso y la vida familiar. Hablaremos también sobre las últimas aplicaciones y cada educador saldrá con un plan específico para el uso de dispositivos en el entorno escolar y familiar. Se recomienda que traigan sus computadoras o teléfonos para poder explorar ciertos recursos.

## Wednesday Workshop Sessions 5 3:30-4:30 pm

### THIS KID! Strategies for Caregivers to Improve Relationships with Challenging Children

Cotton Creek I

**Rebecca Dunn**, CDHS - Office of Early Childhood

Participants will learn about challenging behavior: what it is, why children use it, and what we can do as prevention and treatment. Learning about how behavior is used as a form of communication allows professionals and parents to focus on teaching more appropriate replacement behaviors as opposed to continually disciplining young children. Discussions will center on real-life examples of challenging behavior used by infants, toddlers, and preschoolers with group input about what strategies have worked in the past, and what strategies have not. Participants will receive detailed information about challenging behavior resources and will leave the session with a group-discussion plan to use as a discussion tool for home visit discussions.

**Gladis Ibarra, Colorado Immigrant Rights Coalition**

*Materials will be available in English and Spanish / Los materiales estarán disponibles en inglés y español.*

Presented by the Colorado Immigrant Rights Coalition, come learn the difference between local police and federal agencies. What should you do or not do if you ever come in contact with ICE? Learn practices that can help protect families from the overreach of a federal agency.

**Are Dads Important Too?**

Meadowbrook I

**Bert Singleton & Bridget Cunningham, Families First; Tom Valand, Routt County Colorado & Jennifer Bellamy, University of Denver Graduate School of Social Work**

Fathers and Mothers bring different skills, experiences and strengths to child-rearing. Despite this fact, often Dads are missing from Home Visits. This panel will look at why it's important to make the effort to engage fathers in home visits. Our panelists will share success stories and challenges from personal experiences.

**Kids and Screens**

Meadowbrook II

**Alberto Pellicer, Denver Public Library**

In our ever-changing world, kids are being exposed to screens and technology at a young age. Learn what experts recommend and how to create a balance for your family. The latest apps will also be explored and each attendee will leave with knowledge on best practices, latest research a personalized family media plan.

**Using Appreciative Inquiry to Invest in Infant-Caregiver Relationships**

Waverly

**Lisa Matter, Expanding Quality in Infant Toddler Care**

Appreciative Inquiry is a process used to figure out what is going well in order to preserve and enhance those positive experiences. Infants and toddlers are learning who they are in the context of their relationships. In this session, we will practice strategies for helping adults see through the eyes of the infants and toddlers in their lives--and notice all the ways that those adults are already good at this important role! Supports for identifying positive relationship experiences in other contexts will also be identified.

**AmeriCorps: National Service & Life After**

Windsor

**Jackie Rader & Danny Fisher, Serve Colorado**

*This session is required for all HIPPYCorps Members and new HIPPYCorps Coordinators.*

Brief overview of AmeriCorps and the options available to AmeriCorps members after their term of service has ended.

1. Learn about AmeriCorps & national service
2. Options after term of service
3. Segal Education Award information



# The Westin Westminster

## Nearby Dining

Rock Bottom Restaurant & Brewery

Hacienda Colorado

Bonefish Grill

Nothing Bundt Cakes

Tuk Tuk Thai Bistro

Twenty Brew Taphouse

Kachina Southwestern Grill

## Local Attractions

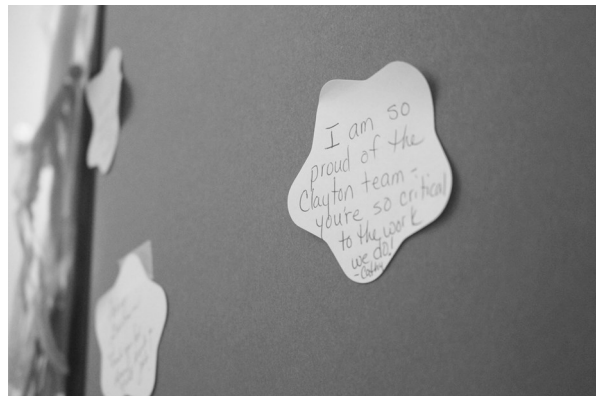
Butterfly Pavilion & Insect Center

AMC Movie Theater

Dave & Buster's

Westminster Promenade

Ice Centre at the Promenade



# CREATING COMMUNITY THROUGH CONNECTIONS

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2019

