

2023 PARENT POSSIBLE CONFERENCE WORKSHOPS

****ALL WORKSHOP TIMES SUBJECT TO CHANGE****

WEDNESDAY APRIL 26TH 2023

MORNING MOVEMENT | 7:00-7:45 am

REGISTRATION & BREAKFAST | 8:00 - 9:00 am

OPENING REMARKS | 9:00 - 9:30 am

WORKSHOP SESSION 1 | 9:45 - 11:00 am

Cavity Free Kids for Home Visitors

Becky Edwards, Healthy Child Care Colorado

Our expert staff is ready to share the importance of good early oral health habits. Attendees will learn simple and fun ways to engage children and families in conversation, songs, books, and activities that promote healthy habits. The session will be focused on learning how to support families during visits with practices related to the 5 Basics of Oral Health: Baby Teeth are Important, Water for Thirst, Tooth Healthy Foods, Brush, Floss, Swish, and Going to the Dentist.

Track: Health, Safety & Resources for Families

Topic: Child Injury Prevention / Home Safety

Language: English

Level: Appropriate for All Levels

Room: Boardroom B

Resources and Rights for Immigrant Families (Spanish)

Cindy Schlosser, Rocky Mountain Immigrant Advocacy Network | **Katherine Valentin**, Rocky Mountain Immigrant Advocacy Network | **Rachel Kelley**, Rocky Mountain Immigrant Advocacy Network | **Daisy Gavarrete**, Rocky Mountain Immigrant Advocacy Network

El 10% de los habitantes de Colorado y el 12% de los residentes del área metropolitana de Denver son inmigrantes. Casi 175,000 (25%) niños en Denver y 276,000 (20%) niños en Colorado tienen al menos un padre o una madre que es inmigrante. 329.000 residentes de

Colorado corren el riesgo de ser detenidxs y deportadxs. Las trabajadoras sociales de Rocky Mountain Immigrant Advocacy Network (RMIAN) analizarán brevemente las leyes y políticas de inmigración que se aplican a nuestrxs pacientes y clientes, cómo el estado migratorio afecta la elegibilidad para los beneficios, y las mejores prácticas al trabajar con clientes y pacientes inmigrantes y refugiadxs. RMIAN es una organización sin fines de lucro con sede en Colorado que brinda servicios sociales y legales integrados y gratuitos a inmigrantes y refugiadxs que enfrentan detención y/o deportación. Son líderes en la región y son reconocidxs a nivel nacional por su experiencia en defensa legal de inmigración para adultos, familias y niñxs, así como en defensa, salud mental informada sobre trauma y provisión de servicios sociales para inmigrantes.

Track: Health, Safety & Resources for Families

Topic: Immigration Resources

Language: Spanish

Level: Appropriate for All Levels

Room: Boardroom C

Don't get this twisted---this is not my melt down! This is your melt down!

Liz Clark, Alvarado Consulting and Treatment Group

Do you find yourself in a melt down when someone close to you melts down? Does their chaos become your chaos? Does their dysregulation become your dysregulation? Are you able to stay calm in the midst of their dysregulation? In order to understand ways to stay regulated in the face of another's dysregulation it is very important that we are able to identify where we are at any moment in our own state of regulation? Are you staying calm and collected as another person is very dysregulated? How am I showing up right now? It is important to be able to look behind behavior for what the behavior is saying. What is this behavior trying to say? Behavior should be seen as a way of saying what someone is not able to say in words. It is important to understand another's trauma history before we label someone's behaviors. What do we know about this child/adult? Is their behavior triggering something in us? Is this behavior telling me something?

Track: Parenting & Child Development

Topic: Parent/Child Relationship

Language: English

Level: Appropriate for All Levels

Room: Aurora Ballroom 3

Family Experiences: What do we know and what do we need to learn about equitable family engagement?

Jessica Stoker, Colorado Department of Public Health and Environment | Tess Clendenen, Colorado Department of Public Health and Environment

Why do families enroll or not? How do families perceive services? What keeps them engaged? What else do we need to know? These are questions we will explore together, examining what we know and what we still need to learn based on studies, lessons learned from other states, Colorado program data and group expertise. We will discuss what engagement means in home visiting and explore individual, community, and system-level barriers to service delivery facing families and programs. For example, what barriers do programs experience and what strategies do they use to serve remote families, linguistically and ethnically diverse families, and parents struggling with depression? We'll discuss what strategies are working in other states and ask participants to share their own experiences with family engagement to explore our strengths and challenges and identify gaps in knowledge to inform future research.

Track: Innovative Program Strategies

Topic: Recruiting Families

Language: English

Level: Appropriate for All Levels

Room: Conference Room V

Talking about Marijuana: Navigating Complexities

Anne Auld, Illuminate Colorado

In this session, learners will take away ideas and tips on how to support children and families in the ever-changing landscape of legalized marijuana. This session will explore what the legalization of marijuana has looked like in one state that has been working through this complicated period of time for nearly 10 years. This session will highlight strategies for prioritizing child safety in multiple ways, focusing on building awareness and providing education for both families and professionals with a non-biased and strength-based lens. The session will provide opportunity for exploring and discussing specific common concerns such as: young children's exposure to edibles and/or secondhand smoke, how to navigate conversations about the use of marijuana on pregnancy and breastfeeding when research is often lagging, and concerns related to impaired judgment while using.

Track: Health, Safety & Resources for Families

Topic: Marijuana Use

Language: English

Level: Appropriate for All Levels

Room: Boardroom A

The Power of Play for Adults

Acey Holmes, BoredLess

As adults, we are taught that play is only the work of children. However, research and neuroscience tell us that adults deserve to play too, especially at work. When play is utilized in professional spaces, leaders and employees alike see improved communication, collaboration, creativity, cohesion, and so much more including mental, physical, and emotional wellbeing. During this fun interactive one-hour workshop, participants will learn what play is and how to incorporate it into their personal and professional routines to improve all aspects of life at home and at work.

Track: Health & Well-Being for Providers

Topic: Home Visitor Well-Being

Language: English

Level: Appropriate for All Levels

Room: Conference Room I

El Fortalecimiento de la Resiliencia

Evelin Gomez, CU Anschutz, The Kempe Center | Angele Fauchier, CU Anschutz, The Kempe Center

Este taller interactivo apoya a los profesionales que trabajan en el ámbito de asistencia a comprender el estrés traumático secundario (STS) y los factores de riesgo relacionados mientras fortalecen su propia resiliencia.

Track: Health & Well-Being for Providers

Topic: Managing Job Stress

Language: Spanish

Level: Appropriate for All Levels

Room: Conference Room II

Home Visiting Programs Across Colorado: An opportunity to learn about other models

Laura Knudtson, Colorado Home Visiting Coalition | Michele Provost, Parent Possible | Jackie Cordova, Parent Possible | Angelica Fox, Illuminate Colorado | Julie Goodman, Kempe Center for the Prevention & Treatment of Child Abuse & Neglect | Marisa Gullicksrud, Invest in Kids

Although you may be very familiar with your own home visiting model, you may be wondering about other models that operate in Colorado. Here is your chance to learn about six home visiting programs that are serving families across the state. This panel discussion will provide information about six home visiting models (Child First, Family Connects, Healthy Families

America (HFA), Home Instruction for Parents of Preschool Youngsters (HIPPY), Parents as Teachers (PAT), and SafeCare Colorado. Program experts will share about the model curriculum, program outcomes, home visitor qualifications, where they operate in the state and how to refer families.

Track: Innovative Program Strategies

Topic: Workforce & Career Development

Language: English and Spanish

Level: Introductory Level

Room: Conference Room III

WORKSHOP SESSION 2 | 11:15 am - 12:30 pm

"How to turn Anxiety into your Superpower" - How to hack your brain with Neuroscience tools and turn stress and anxiety into your friend

Avani Dilger, Natural Highs - Healthy Alternatives to Drugs & Alcohol

These are extraordinary times that are challenging on many levels. Juggling so many unknowns and tasks at once can lead to exhaustion and overwhelm. It can also trigger old trauma and old patterns that can undermine people's well-being even more. In this workshop you will learn the latest science behind stress and anxiety. We will discuss and practice strategies that you can use in your daily life to manage stress and anxiety in productive ways. These strategies will change how you can deal with stress as a professional and how to support your clients with stress and anxiety. It will also support you in your self-care and personal life in order to stay balanced and resilient.

Track: Health & Well-Being for Providers

Topic: Home Visitor Well-Being

Language: English

Level: Appropriate for All Levels

Room: Aurora Ballroom 3

A holistic approach to home health

Ashley Feiertag, Energy Outreach Colorado | Evelin Preciado, Energy Outreach Colorado

Come learn about the programs that Energy Outreach Colorado (EOC) administers and are available to your clients. This workshop will take a look at EOC's multitude of programs while diving into EOC's Healthy Homes program. The workshop will detail program eligibility, the participant referral process, indoor air quality measurements, and potential home improvements. You may even pick up a tip or two on how you can improve your own home's health!

Track: Health, Safety & Resources for Families

Topic: Connection to Supportive Resources

Language: English

Level: Appropriate for All Levels

Room: Boardroom B

Community Connected: Lessons to engage 100%

Zuben Bastani, ReachWell

During this session attendees will be introduced to the methodology of the engagement framework, gain best practices in engaging migrant and low-income families and leave with an actionable plan to reignite their family engagement practices.

Participants will be introduced to ReachWell's framework which is a Family Engagement platform that is used by agencies, non-profits, and educational institutions to increase their staff & family engagement. Utilizing ReachWell, staff and parents are able to communicate in spite of language barriers, and disconnected phone numbers, and keeping working parents informed when there is no time to check in with their children's caretakers.

Participants will hear from Clayton Early Learning which serves in center-based classrooms, home-based settings, and in-home family child care. In 2019 Clayton Early Learning sought to engage staff and families with consistent and inclusive messaging with a managed approach. Partnering with ReachWell, Clayton Early Learning adopted this framework to ensure every family receives and stays connected with what is happening within their organization, Child Development support, Family & Community Wellness, Medical Information, Mental Health Resources, and so much more!

The framework has proven to overcome operational obstacles like family participation and staff turnover. Furthermore, Clayton Early Learning is able to manage and monitor messages across its network.

Track: Health, Safety & Resources for Families

Topic: Connection to Supportive Resources

Language: English

Level: Appropriate for All Levels

Room: Boardroom C

Learn and Succeed: Developing a career path Aprende & Ten éxito: Desarrolla una carrera profesional

Sindy Pelayo, Parent Possible | Panel of Current & Former Home Visitors

Learn and Succeed: Developing a career path will be a session on how to navigate different options to continue your professional career. You will get more knowledge about the Segal Education Award for those who are AmeriCorps members. We will have a panel with HIPPYCorps members who have used their Segal Award and Home Visitors who have obtained different scholarships to advance their careers in early childhood. Panelists will have the opportunity to share their challenges and success. We will also have a panelist talking about career navigation and sharing information about scholarship opportunities.

Aprende & Ten Éxito: Desarrolla una carrera profesional será una sesión sobre cómo navegar por diferentes opciones para continuar con tu carrera profesional. Obtendrás más información sobre cómo acceder al Premio Educativo "Segal Education Award" para aquellos que son miembros de AmeriCorps. Tendremos un panel de discusión con miembros de HIPPYCorps que han utilizado su beca educativa y visitadoras del hogar que han obtenido diferentes becas para avanzar en su carrera profesional en el campo de la educación temprana. Los panelistas tendrán la oportunidad de compartir sus desafíos y triunfos. Tendremos un panelista que nos hablará sobre opciones de carreras y nos compartirá información sobre oportunidades de becas.

Track: Innovative Program Strategies

Topic: Workforce & Career Development

Language: English and Spanish

Level: Appropriate for All Levels

Room: Conference Room III

PAT Records & Visit Tracker: Where to Put What & How

Rachel Breck, Parent Possible | Kristen Cellini, Parent Possible

Have you ever been confused about how or where PAT's records should go in Visit Tracker? This workshop will cover which PAT records can be put into Visit Tracker, where the data should be entered, and how to run reports to make sure it is all there. Rachel and Kristen know a lot about Visit Tracker, however, PAT Parent Educators and supervisors are the experts in the PAT program and requirements. Participants will be encouraged to share tips & best practices on how to manage the data collection and entry requirements throughout the workshop.

Track: Innovative Program Strategies

Topic: Data Literacy & Program Evaluation

Language: English

Level: Appropriate for All Levels

Room: Conference Room V

Strengthening Resilience

Evelin Gomez, CU Anschutz, The Kempe Center | **Angele Fauchier**, CU Anschutz, The Kempe Center

This interactive workshop supports professionals working in a helping field to understand Secondary Traumatic Stress (STS) and related risk factors while strengthening their own resilience.

Track: Health & Well-Being for Providers

Topic: Managing Job Stress

Language: English

Level: Appropriate for All Levels

Room: Conference Room II

Justicia Transformativa y la crianza de los niños/as/es

Elise Silva, Boulder County Parents as Teachers | **Claudia Gordillo Villa**, Boulder County Parents as Teachers | **Eveling Rojas**, Boulder County Parents as Teachers

Este taller explora lo que la Justicia Transformativa en política y filosofía me enseñó sobre la crianza de los hijos, y cómo estos principios pueden apoyar a todas las familias que buscan abordar la "disciplina" de una manera que le quite el enfoque a el castigo.

Track: Parenting & Child Development

Topic: Discipline

Language: Spanish

Level: Appropriate for All Levels

Room: Conference Room I

Infant and Early Childhood Mental Health: Endorsement Is Good For The Babies

Dr. Patrice Brown, CoAIMH

This workshop will discuss the importance of Infant and Early Childhood Mental Health. A detailed description of Endorsement will be provided and why it is good for babies. Lastly, the value and support of DEI in the Infant and Early Childhood Mental Health field will be highlighted and how it contributes to overall wellness of babies and families.

Track: Health, Safety & Resources for Families

Topic: Infant and Early Childhood Mental Health

Language: English

Level: Introductory Level

Room: Boardroom A

LUNCH & AWARDS CEREMONY | 12:30 - 1:30 pm

WORKSHOP SESSION 3 | 1:45 – 3:00 pm

Introduction to Advocacy for Early Childhood

Annalise Romoser, Save the Children Action Network | **Laura Knudtson**, Parent Possible | **Ealasha Vaughner**, Clayton Early Learning

During this interactive training, you will learn how policy affects home visiting and other early childhood programs, and why your voice is vital to securing support and victories for early childhood. You will learn foundational advocacy skills including:

- How to communicate with lawmakers about the importance of early childhood and home visiting
- How to find your lawmakers
- How to contact lawmakers
- How to develop a message for lawmakers based on your lived and/or professional experiences
- How to connect with networks of early childhood advocates in Colorado

This session is for anyone interested in advocacy, but primarily for those who have never engaged with lawmakers, or have limited experience doing so, and want to be part of making change for children. The training will provide time to network with others and practice new advocacy skills, as well as the chance to take one advocacy action together.

Track: Innovative Program Strategies

Topic: Advocacy & Policy

Language: English

Level: Introductory Level

Room: Boardroom A

Let's Bring Dad In: Engaging Fathers and Father Figures to Promote Co-Parenting in Early Childhood Services

Tess McShane, Family Resource Center Association

This is an interactive workshop for providers working with families who want to learn more about recruitment, engagement, and retention strategies for fathers and father figures through a co-parenting lens. Involving fathers and father figures in families, programs, and services can increase positive child developmental outcomes and overall family well-being. This workshop will include successful strategies around the recruitment, engagement, and retention of fathers in early childhood services, and opportunities to peer share successes and challenges. This presentation will also explore the benefits of co-parenting as a strategy to reduce family stress. Join to learn about how these strategies can be supported through the Colorado Fatherhood

Network, a statewide, practitioner-level Network. This workshop is appropriate for all levels, and will offer opportunities to learn together and connect with others in the home visiting field.

Track: Parenting & Child Development

Topic: Father Engagement

Language: English

Level: Appropriate for All Levels

Room: Conference Room I

Part 1: Using Motivational Interviewing for Challenging Home Visits (Presentation)

Parte 1: Usando la Entrevista Motivacional en las Visitas a Domicilio Retadoras (Presentación)

Karin Wilson, Theory to Action | Reyna Puentes, Theory to Action

This workshop, which will alternate between English and Spanish (translations for each language throughout), will focus on how MI can be used in Home Visits for the benefit of the family and for the home visitor. Participants will learn why and how to use MI skills with caregivers to help them become more engaged in the Home Visit and more invested in supportive parenting practices. Participants will learn to help caregivers verbalize why it's important to them to do healthy parenting, how they are already doing it, and how they might do even more of it. Participants will learn through didactics and practice how to apply MI skills to overcome common challenges in Home Visiting, maintain professional boundaries, remain focused and be able to re-focus, and decrease their own burnout.

Este taller, en el que se alternará el inglés y el español (con traducciones para cada idioma), se enfocará en cómo se puede usar la EM en las Visitas a Domicilio para el beneficio de la familia y del visitante de domicilio. Los participantes aprenderán por qué es importante y cómo utilizar las habilidades de la EM con los padres/cuidadores para ayudarles a involucrarse más en la visita a domicilio y a sentirse más comprometidos con las prácticas de apoyo a la crianza de los hijos. Los participantes aprenderán a ayudar a los padres/cuidadores a verbalizar por qué les es importante tener una crianza saludable, cómo lo están haciendo ya, y cómo podrían hacerlo aún más. Los participantes aprenderán a través de la didáctica y la práctica cómo aplicar las habilidades de la EM para superar los desafíos comunes en las Visitas a Domicilio, mantener los límites profesionales, permanecer enfocados y ser capaces de reenfocar la interacción, y disminuir su propio agotamiento profesional.

Track: Innovative Program Strategies

Topic: Motivational Interviewing

Language: English and Spanish

Level: Appropriate for All Levels

Room: Conference Room V

VisitTracker Total Users

Jen Kuchyt, Data Keeper Technoloiges

VisitTracker Total Users workshop is for all users of VisitTracker and will take you through complete setup & all data entry tasks as well as dive deep into the reports system. We will save an extensive time for questions. Users will be “expert” users at the end of this workshop and ready for all data entry & reporting tasks. This workshop is great for all users and a must for anyone who will be expected to train others.

Track: Innovative Program Strategies

Topic: Data Literacy & Program Evaluation

Language: English

Level: Appropriate for All Levels

Room: Conference Room III

Preventing Burnout: Setting Boundaries and Time Management Tips

Christine O'Brien, Parent Possible | Michele Provost, Parent Possible

Do you feel like you have too much work or too many responsibilities? This workshop will help Home Visitors set and maintain professional boundaries and provide time management tips to help mainstream your day.

Track: Health & Well-Being for Providers

Topic: Maintaining Professional Boundaries

Language: English

Level: Appropriate for All Levels

Room: Aurora Ballroom 3

The Basics in Home Visiting Safety

Juanita Puga, North Range Family Connects

Participants will learn about basic "What to do's" before, during, and after a home visit to promote personal safety while working with families in their homes. This will be done using handouts, dialogue, and visual samples.

Track: Health & Well-Being for Providers

Topic: Home Visitor Safety

Language: English and Spanish

Level: Introductory Level

Room: Boardroom B

Un enfoque holístico de la salud en el hogar

Evelin Preciado, Energy Outreach Colorado | **Michel Infante**, Energy Outreach Colorado

Come learn about the programs that Energy Outreach Colorado (EOC) administers and are available to your clients. This workshop will take a look at EOC's multitude of programs while diving into EOC's Healthy Homes program. The workshop will detail program eligibility, the participant referral process, indoor air quality measurements, and potential home improvements. You may even pick up a tip or two on how you can improve your own home's health!

Track: Health, Safety & Resources for Families

Topic: Connection to Supportive Resources

Language: Spanish

Level: Appropriate for All Levels

Room: Conference Room II

WORKSHOP SESSION 4 | 3:15 – 4:30 pm

Advocating for High-Quality Home Visiting Services for Colorado's Dual Language Learner Families

Amanda Bent, Spring Institute for Intercultural Learning | **Khatira Amn**, Spring Institute for Intercultural Learning | **Melanie Collier**, Spring Institute for Intercultural Learning

Over a quarter of children ages 0-5 in Colorado are part of dual language learner (DLL) families where at least one parent speaks a language other than English at home. How do we craft policies and practices for early learning, including home visiting services, that will support them in reaching their full potential? This workshop will highlight Spring Institute's longtime advocacy to improve access to high-quality home visiting services for culturally and linguistically diverse Coloradans, particularly non-English, non-Spanish speaking DLL families. We will share updates and insights from the DLL Early Childhood Education Stakeholder Group we've led over the past four years and formative experiences implementing our innovative Home Instruction for Parents and Preschool Youngsters (HIPPY) program with diverse immigrant and refugee families.

Track: Innovative Program Strategies

Topic: Cultural Responsiveness

Language: English

Level: Appropriate for All Levels

Room: Boardroom A

Spreading HOPE

Missy Berglund, Illuminate Colorado

Join to receive training on how to infuse HOPE into your work and gain a deeper understanding of the health impacts of positive experiences. What is HOPE? HOPE represents a paradigm shift in how we see and talk about the positive experiences that support children's growth and development into healthy, resilient adults. HOPE aims to fundamentally transform how we advance health and well-being for our children, families, and communities.

Track: Parenting & Child Development

Topic: Building Resilience

Language: English

Level: Appropriate for All Levels

Room: Boardroom B

Building Your Mindfulness Toolkit: Supporting Yourself and Others

Emily Maiurro, University of Colorado Anschutz | Priyanka Shreedar, Rocky Mountain Prevention Research Center

This session will present baseline data from the WELL study, which investigates well-being of Head Start providers (home-based and center-based), and provide an overview of the program components. Presenters will highlight the importance of the well-being of providers using reflective practices, discussion, and hands-on activities. Participants will then create a personal well-being path with the opportunity to set personal and/or professional goals related to their well-being. Presenters will provide support during this process using motivational interviewing/reflective practice strategies and provide a menu of best practices related to self-care goal setting. Mindfulness activities will be practiced throughout the presentation to promote thoughtful reflection.

Track: Health & Well-Being for Providers

Topic: Home Visitor Well-Being

Language: English and Spanish

Level: Appropriate for All Levels

Room: Conference Room II

What's New, What's the Same, and What's Changed in Early Intervention Colorado?

Erika Skewes, Colorado Department of Early Childhood - Early Intervention Program | Rachel Karas, Colorado Department of Early Childhood - Early Intervention Program

In this presentation you will see an overview of the Early Intervention program, learn about the referral and intake process including how to access the EI Colorado Referral Line, Eligibility Criteria change, and information regarding the Extended Part C Option that is available to

qualifying families. There are many changes that will help reach more families and provide consistency and equity for the Early Intervention program across Colorado.

Track: Health, Safety & Resources for Families

Topic: Connection to Supportive Resources

Language: English

Level: Introductory Level

Room: Conference Room III

Too Busy to Be Productive: Tools for Time Management and Efficiency Building

Jessica Ehinger, Parent Possible

This workshop will focus on tools and tips for understanding time management and integrating efficiency building into the work of Home Visitors and program staff. We'll discuss the science of efficiency and why more isn't always more when it comes to work, how to understand the different components of productivity, and why feeling busy so often stands in the way of real productivity. The workshop includes several real-world activities, both individual and in breakout groups, including urgency mapping, workflow testing, and efficiency testing, with the intention of making the workshop as tailored to individual experiences as possible. Participants will leave with a clearer understanding of how to define productivity in their own work, new tools for addressing pain points, and ideas for how to work through workflow barriers with their Home Visiting program teams.

Track: Innovative Program Strategies

Topic: Time Management

Language: English

Level: Appropriate for All Levels

Room: Conference Room I

Part 2: Using Motivational Interviewing for Challenging Home Visits (Practice)

Parte 2: Usando la Entrevista Motivacional en las Visitas a Domicilio Retadoras (Práctica)

Karin Wilson, Theory to Action | Reyna Puentes, Theory to Action

This workshop, which will alternate between English and Spanish (translations for each language throughout), will focus on how MI can be used in Home Visits for the benefit of the family and for the home visitor. Participants will learn why and how to use MI skills with caregivers to help them become more engaged in the Home Visit and more invested in supportive parenting practices. Participants will learn to help caregivers verbalize why it's important to them to do healthy parenting, how they are already doing it, and how they might do even more of it. Participants will learn through didactics and practice how to apply MI skills to overcome common challenges in Home Visiting, maintain professional boundaries, remain focused and be able to re-focus, and decrease their own burnout.

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Track: Innovative Program Strategies

Topic: Motivational Interviewing

Language: English and Spanish

Level: Appropriate for All Levels

Room: Conference Room V

Guided Imagery: A Tool for Self Care for Adults and Children

Arpita Kishen, Boulder County Parents as Teachers

This experiential workshop uses guided imagery techniques to teach you how to invite more relaxation and rejuvenation into your life, as well as how to create and manage energetic boundaries when working with people. If you find yourself physically, mentally or energetically exhausted in the helping profession, you may be draining your own resources in order to serve others. Have you created sufficient boundaries in order to support your own self-care? If you feel overwhelmed, drained or simply burnt-out with work or life in general, this workshop will give you tools on how to create and maintain stronger energetic boundaries, enter into a deeper state of relaxation, as well as how to fill yourself with positive affirmations of joy, love, compassion and gratitude. Guided imagery is accessible to both adults and children and we will discuss how to use these tools with young people as well. This workshop is best received by those who are comfortable with mindfulness, meditation, mind-body therapies, yoga and inward attunement.

Track: Health & Well-Being for Providers

Topic: Mindfulness / Self Care

Language: English

Level: Appropriate for All Levels

Room: Aurora Ballroom 3

HAPPY HOUR | 4:30 - 5:30 pm

THURSDAY APRIL 27TH 2023

MORNING MOVEMENT | 7:00 - 7:45 am

BREAKFAST | 8:00 - 9:00 am

WORKSHOP SESSION 5 | 9:00 - 10:15 am

All About Me

Erica Cervantez, Early Childhood Council of the San Luis Valley | **Juanita Maestas**, Early Childhood Council of the San Luis Valley

This workshop is an in-depth conversation about each person's definition of what it means to them to be a home visitor. We will discuss the positive and negative effects of being a home visitor, both personally and professionally, and how at times they conflict with each other leading to what is called moral distress. Each person will learn about their own superpower and their areas of need through a hands on activity. We will discuss different types of self-care strategies that can be helpful in reducing stress. Finally, we will end the session with a relaxation exercise.

Each participant will leave this workshop more aware of their own stress how important they are to those they work with and the start of personalized self-care plans that will help create a healthier work and family balance.

Track: Health & Well-Being for Providers

Topic: Home Visitor Well-Being

Language: English

Level: Appropriate for All Levels

Room: Boardroom B

Bridging Barriers to Diversity, Equity, Inclusion and Access through Virtual Reflective Consultation

Lynn Marie Verhoef Roberts, LPC, IMH-E®, Family Star Montessori | **Tracy Troeger, MA ECSE, MS HDFS, IMH-E®,** Developmental Pathways | **Eva Jankovsky, MA, IMH-E®,** Colorado Department Of Early Childhood | **Vivian L. Tamkin, PhD, IMH-E®,** Santa Clara University

A small reflective supervision group shares their origin story and the work they have done over a year and a half, while supporting attendees' exploration of location of self, integrated identities, multiple stories, and elevated capacity in our work with children, families, and

systems. Attendees can expect to examine their own lived experiences and the histories that shape the lenses through which we view ourselves, each other, our clients and our work. They will leave with motivation for advocating for and finding a reflective supervision/consultation group that is diversity informed and facilitated by a supervisor who can hold space for processing anti-racist practices. They will be led to consider where intersectionality exists in their systems of work and to examine the ways in which learning from others has informed their own understanding of self.

Track: Innovative Program Strategies

Topic: Reflective Supervision

Language: English

Level: Appropriate for All Levels

Room: Conference Room I

Educando Pequeños Gigantes. "Palabras Mágicas, hijos Obedientes"

Kathia Rebeca Sanchez Gallegos, Focus Points

El propósito de mi exposición es brindar conocimiento, apoyo y nuevas formas de fomentar disciplina en el ambiente familiar. Fortaleciendo el desarrollo cognitivo, social, adaptativo, motriz y de lenguaje dentro del hogar y fomentando la calidad familiar dentro del hogar. Creando claves de interés para los educadores y padres de familia estableciendo palabras, frases y actividades que con lleven a la estabilidad emocional de cada miembro del hogar con los que trabajamos, creando un vínculo profesional para el aprendizaje de los niños.

Track: Parenting & Child Development

Topic: Discipline

Language: Spanish

Level: Appropriate for All Levels

Room: Conference Room II

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

Susan Huebner, Fussy Baby Network Colorado | Allison Dart, PsyD, Fussy Baby Network Colorado

This workshop will provide an introduction to the "FAN", Facilitating Attuned Interactions. The FAN is a model of interaction that supports parents in their role and focuses on seeing the baby the parent sees. This model of support increases the confidence and the capacity of the parent, promotes healthy development of the infant, and improves the parent-child relationship. Participants will learn how to use this model in their work, and have an increased understanding of a unique way to support families with infants.

Track: Parenting & Child Development

Topic: Parent/Child Relationship

Language: English

Level: Appropriate for All Levels

Room: Boardroom A

Supporting family economic opportunity: Why are these supports critical for thriving kids and families in Colorado

Laura Knudtson, Parent Possible | Karen Duke, Parent Possible

Parent Possible knows the critical impacts that programs like home visiting make in supporting children's future health and development. We also know that families that have access to economic support opportunities also see tremendous gains for their children. Refundable federal income tax credits, such as the Earned Income Tax Credit (EITC) and the Child Tax Credit (CTC), boost families' incomes, increase the well-being of children and adults, and can help reduce racial, gender, and economic inequities. Regular cash payments to families with infants have demonstrated increased infant brain activity that is associated with higher language and cognitive scores and better social and emotional skills in children as they grow older. This presentation will explain the "why" behind our work in economic opportunity and provide the evidence behind why these supports are so important for families.

Track: Innovative Program Strategies

Topic: Advocacy & Policy

Language: English

Level: Appropriate for All Levels

Room: Conference Room III

Take a Deeper Dive into Understanding and Building Resilience

Gail Mendes, Arapahoe County Early Childhood Council | Kathleen Kennedy, ECHO Early Childhood Council in Fremont County, Colorado.

Parental Resilience, a module of Bringing the Protective Factors Framework to Life in Your Work. Resilience, simply defined, means the ability to recover from difficult life experiences. Resilient parents and caregivers have empathy for themselves and others and are able to keep a positive attitude, solve problems creatively and take life's events in stride.

Track: Parenting & Child Development

Topic: Building Resilience

Language: English

Level: Introductory Level

Room: Conference Room V

Understanding Domestic Violence Dynamics & Interventions

Jelga Emiwo, SafeHouse Denver Inc | **Sarah Budisavljevic**, SafeHouse Denver Inc

In this workshop, the presenter will break down the legal and operating definitions of domestic violence and help the audience to understand its roots in power and control. We will unpack the cycle of violence, its major features, and how this cycle plays out in real case scenarios. The impact of abuse on parenting and children will be discussed. The presenter will offer best practice strategies for empowerment-based and trauma-informed interventions, including basic crisis intervention and working with disclosures of domestic violence.

Track: Health, Safety & Resources for Families

Topic: Intimate Partner Violence

Language: English

Level: Appropriate for All Levels

Room: Aurora Ballroom 3

Resources and Rights for Immigrant Families

Cindy Schlosser, Rocky Mountain Immigrant Advocacy Network | **Katherine Valentin**, Rocky Mountain Immigrant Advocacy Network | **Rachel Kelley**, Rocky Mountain Immigrant Advocacy Network | **Daisy Gavarrete**, Rocky Mountain Immigrant Advocacy Network

Ten percent of Coloradans and 12% of Denver-metro residents are immigrants. Nearly 175,000 (25%) children in Denver and 276,000 (20%) children in Colorado have at least one parent who is an immigrant. 329,000 residents of Colorado are at risk of detention and deportation. Social workers with the Rocky Mountain Immigrant Advocacy Network's (RMIAN) will briefly discuss immigration law & policies as they apply to our patients and clients, how immigration status impacts benefit eligibility, and best practices when working with immigrant and refugee clients and patients. RMIAN is a Colorado-based non-profit that provides free integrated legal and social services to immigrants and refugees facing detention and/or deportation. They are a leader in the region and are nationally renown for their expertise in immigration legal defense for adults, families and children, as well as advocacy, trauma-informed mental health and social service provision for immigrants.

Track: Health, Safety & Resources for Families

Topic: Immigration Resources

Language: English

Level: Appropriate for All Levels

Room: Boardroom C

Burnout Exploration and Prevention

Sydney Jackson-Clockston, Citrine Unlimited LLC.

In 2019, the World Health Organization (WHO) officially classified job burnout, stemming from “chronic workplace stress,” as a diagnosis and included the condition in the International Classification of Diseases. This presentation provides a birds-eye view to the burnout phenomena.

Track: Health & Well-Being for Providers

Topic: Managing Job Stress

Language: English

Level: Appropriate for All Levels

Room: Boardroom A

Elevating Family Voice to Inform Early Childhood Programs, Services and Policy

Amanda Culbertson, Colorado Department of Early Childhood | **Donna Salvador**, CDEC Family Voice Council | **Soad Altaai**, CDEC Family Voice Council | **Sierra Maestas**, CDEC Family Voice Council | **Michelle Denae**, CDEC Family Voice Council | **Namarta Bhasin**, CDEC Family Voice Council | **Elizabeth Greene**, CDEC Family Voice Council

Presenters will share their experiences regarding the recent development of the Colorado Department of Early Childhood (CDEC) Family Voice Council for elevating the voices of Coloradans with lived experience caring for a young child. During the session, presenters will discuss the development of the Council, the importance of family leadership, and discuss leadership training opportunities. They will also discuss the impact the Council has had on Colorado's early childhood systems. This session will engage participants who are interested in learning about effective strategies for engagement and encourage sharing of ideas to strengthen family engagement and leadership. The session will also include a family panel discussion with a question-and-answer portion where participants can ask questions and learn from families on the Council.

Track: Innovative Program Strategies

Topic: Engaging Families & Parent Voice

Language: English

Level: Introductory Level

Room: Conference Room III

Pyramid Model Goes Home: Social Emotional Resources and Strategies for Families

Virginia Kile, Strategies for Learning llc | Rachael Balerio, Bright Futures for Children and Families

This workshop will introduce participants to Pyramid Model strategies that are designed to teach social emotional skills in the home setting. Participants will gain an understanding of the strategies and why they are important to the social-emotional competence of young learners. Each participant will receive family-friendly resources around teaching emotions, self regulation, problem-solving, and developing family rules. The strategies and resources have been specifically designed for use with families and can be adapted as needed to support diverse family needs.

Track: Parenting & Child Development

Topic: Social Emotional Development

Language: English

Level: Appropriate for All Levels

Room: Conference Room V

The 5R's of Collaborative Relationships:Join the HIPPY Movement Serving SC Families

Cheryl Scales-Chavis, South Carolina First Steps

Outlining the relationships based on the 5R's: Rapport, Review, Role-play, Referrals, and Reminders the HIPPY program has been successful with creating an impact in the community from both parent educators and 4K child care centers. HIPPY SC serves families by deploying HIPPY Parent Educators who are also AmeriCorps members as part of South Carolina First Steps two-generation strategy. Executing the 5R's helps to make connections and build relationships which expands beyond just program delivery to parents. This session will outline how partnerships with First Steps four year old (4K) child care centers, AmeriCorps members as a workforce, and HIPPY families were developed to support program implementation. Participants will engage in discussions and activities on how to build a culture around a community to drive it from a program to a movement.

Track: Innovative Program Strategies

Topic: Advocacy & Policy

Language: English

Level: Appropriate for All Levels

Room: Boardroom B

Transformative Justice and Parenting

Elise Silva, Boulder County Parents as Teachers

This workshop explores what Transformative Justice as a politic and philosophy taught me about parenting, and how these tenets can support all families seeking to approach "discipline" in a way that de-centers punishment.

Track: Parenting & Child Development

Topic: Discipline

Language: English

Level: Appropriate for All Levels

Room: Conference Room I

Transitioning to electronic records

Maria Chavez Contreras, Catholic Charities of Southern Colorado | **Heidi Busch**, Growing Home

This workshop will introduce participants to the experience of two Colorado home visiting sites who utilize electronic forms/records. We will cover strategies and tools used to facilitate online enrollment and renewals for families. As well as lessons learned throughout the transition process and feedback from Parent Educators and Home Visitors in the field using the electronic forms.

Track: Innovative Program Strategies

Topic: Data Literacy & Program Evaluation

Language: English

Level: Appropriate for All Levels

Room: Boardroom C

Bringing Trauma-Informed Care to Home Visiting (Spanish)

Patty Hernandez, Clayton Early Learning | **Karla Munoz**, Clayton Early Learning | **Stephanie Garcia**, Clayton Early Learning | **Ealasha Vaughner**, Clayton Early Learning

Trauma in childhood, can affect a child's ability to manage their behavior, emotions, capability to learn, memory, higher cognitive functions, and overall physical and mental health. Implementing a trauma-informed approach in Home Visiting curriculum allows us to recognize the effects of trauma and allows caregivers to work with families in a meaningful way. Trauma-informed Care is a standpoint which organizations understand the impact of trauma and how it effects the families they serve daily. During this interactive training, we will focus on:

- What Trauma-informed approach in organizations may look like
- Why it's needed
- How to recognize the signs of trauma

- How to Engage with Families using a Trauma-informed approach
- How to get started implementing a Trauma informed strategy

This session is for anyone interested in trauma informed practices, but primarily for those who would like to understand why a trauma-informed approach is needed in home visiting and ways to implement it. The training will provide time to network with others and brainstorm tactics to implement, as well as take time to express their own experiences with trauma or using a trauma informed approach.

Track: Health, Safety & Resources for Families

Topic: Trauma-Informed Care

Language: Spanish

Level: Appropriate for All Levels

Room: Aurora Ballroom 3

Build your financial foundation & get rid of money stress

Rob Bertman, Family Budget Expert

It is possible to build wealth no matter what your current financial circumstances are. It starts by figuring out your starting point, learning the simple habits to implement for success, and understanding where each dollar should go. Once you get your financial foundation in place, we go into how to build your wealth within the next 10 years. During this workshop, we'll give you all of the simple tools, tactics, and instructions to build your wealth from nothing.

Track: Health, Safety & Resources for Families

Topic: Family Financial Planning

Language: English

Level: Introductory Level

Room: Conference Room II

LUNCH & KEYNOTE | 11:45 am - 1:15 pm

WORKSHOP SESSION 7 | 1:30 - 2:45 pm

Bringing the Colorado Family Support Assessment 2.0 into your agency.

Anna Drake , Family Resource Center Association

The Colorado Family Support Assessment 2.0 (CFSA2.0) is the primary assessment tool used by the Family Resource Center Association's network to assess family strengths and needs and monitor progress toward family self-reliance and increased conditions that protect children against maltreatment. This session will aim as an introduction to the CFSA 2.0 to agencies and

staff who are not licensed to use the tool, discuss benefits to both providers and participants as well as ongoing training and technical support provided to agencies once licensed to use the tool.

Track: Innovative Program Strategies

Topic: Data Literacy & Program Evaluation

Language: English

Level: Introductory Level

Room: Boardroom B

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Track: Health, Safety & Resources for Families

Topic: Trauma-Informed Care

Language: English

Level: Appropriate for All Levels

Room: Aurora Ballroom 3

Home Visiting State Connections

Rebecca Dunn, Colorado Department of Early Childhood | **Bitel Beyette**, Colorado Department of Early Childhood | **Adey Dimalanta**, Colorado Department of Early Childhood | **Kyra Montgomery**, Colorado Department of Early Childhood

An exciting opportunity for authentic connection with the CDEC Home Visiting team. This will be time to receive updates, ask questions, learn about new initiatives, and share your perspective. We will also share information around a few state processes, including solicitations, state and federal funding, and accessing CDEC resources. Great opportunity for in-person engagement with state program managers!

Track: Innovative Program Strategies

Topic: Advocacy & Policy

Language: English

Level: Appropriate for All Levels

Room: Boardroom A

Looking within: The Power of Reflection

Rebecca Armentrout, Nebula Early Childhood Collaborative

Early Childhood Caregivers are facing challenges of an industry in crisis. Come discover how utilizing reflective practice can empower your voice and build your own strength and resilience. This session is for all levels of the industry from coaches, teachers, directors and industry leaders. In this session we will explore the neurobiology of resilience and learn how utilizing reflective practice will bring new light and meaning to your work.

Track: Health & Well-Being for Providers

Topic: Reflective Supervision

Language: English

Level: Introductory Level

Room: Conference Room I

Who's Ready For Kindergarten? Effective Transitions to Support Family Engagement

Amanda Culbertson, Colorado Department of Early Childhood | **Marika Padilla**, Colorado Department of Early Childhood | **Heather Craiglow**, Colorado Department of Early Childhood

During the interactive session, Who's Ready For Kindergarten? Effective Transitions to Support Family Engagement, participants will learn why early experiences for children matter and how to support children's transitions to Kindergarten. We will provide an overview of why early childhood development is important and how it sets the foundation for success in school and beyond. We will discuss the significance of family engagement as it relates to transitions to Kindergarten and share strategies to create collaborations and connections between families,

schools, communities, and early learning environments. Participants will be provided with examples of how they can partner with schools while encouraging families to become involved in leadership roles. We will share resources that promote school readiness from the Colorado Department of Early Childhood that participants can use at home or in any learning environment. We will have opportunities for participants to share experiences and ideas for building successful transitions.

Track: Parenting & Child Development

Topic: Child Development

Language: English

Level: Introductory Level

Room: Conference Room II

Momentos de Atención Plena para usted y los niños

Natalie Magnatta, Denver Public Library

La práctica de la atención plena y la reflexión tiene muchos beneficios para la salud y el bienestar, como la reducción del estrés, la mejora de la gestión de las emociones, el aumento de la concentración y la atención y la mejora de las relaciones. En esta presentación, hablaremos de la ciencia que hay detrás de la atención plena y de la función y el desarrollo del cerebro para comprender mejor por qué y cómo nos afectan las prácticas de atención plena. A lo largo de la sesión, los asistentes aprenderán técnicas de atención plena fáciles de aplicar que podrán practicar por su cuenta y junto a los niños. Además, se compartirán recursos que ponen de relieve las diferentes maneras de practicar la atención plena de forma culturalmente receptiva, así como formas de adaptarse a las distintas capacidades y necesidades.

Track: Health & Well-Being for Providers

Topic: Mindfulness / Self Care

Language: Spanish

Level: Appropriate for All Levels

Room: Conference Room III

My Future is so Bright: Developing Career Pathways

Sarah Roberts, Colorado Department of Early Childhood | Jennifer O'Brien, Colorado Department of Education | Alison Hargarten, Colorado Department of Early Childhood | Brenda Maes, Colorado Department of Early Childhood

Are you interested in new and different ways to work with families and children? Do you wonder what you can do beyond home visiting? This will be a panel presentation to include; coaching, infant/early childhood mental health consultation and state options for education pathways for becoming an early childhood teacher.

Track: Innovative Program Strategies

Topic: Workforce & Career Development

Language: English and Spanish

Level: Appropriate for All Levels

Room: Conference Room V

Supporting the Home Visiting Workforce: Data Findings, Scholarship Opportunities, and What's Next for the Workforce

Trent Lalonde, Colorado Department of Early Childhood | **Angela Ben-Zekry**, Colorado Department of Early Childhood | **Aaron Leavy**, Parent Possible

This session will focus on sharing results from a recent home visiting workforce survey that was designed to provide a perspective of the current home visiting workforce environment, needs, and preferences. The survey provided guidance on possible updates or changes that could be considered to improve the home visiting workforce and professional experience. This session will also provide information on upcoming professional development scholarship and compensation opportunities for home visitors. Similarly, attendees will hear about how they can engage in a process to recommend future investments to improve recruitment, professional preparation, retention, and well-being through the new Early Childhood Workforce Plan, which is expected to be published in Fall 2023. Lastly, the session will include small table discussions on potential barriers to recruitment and retention, feedback on training and professional development opportunities professionals wish were available, and where could we best invest our resources, if we wanted to build that capacity.

Track: Innovative Program Strategies

Topic: Workforce & Career Development

Language: English

Level: Appropriate for All Levels

Room: Boardroom C

WORKSHOP SESSION 8 | 3:00 - 4:15 pm

Brain-building with Vroom: How to give children the best start in life with free, science-based tips and tools

Lucy Soffer, Parent Possible

Advances in neuroscience confirm what many of us have long known: The first five years of life are critically important to children's future learning and success. Vroom takes the limited time parents have and makes it easy and fun for parents to have a positive impact on their children's brain development. Vroom's FREE resources are available in 19 languages and give caregivers access to over 1,000 fun, easy activities that boost children's brain development and strengthen parent-child relationships. Join us for a lively, engaging discussion about the importance of early brain development and learn how you can use Vroom to support your work

and the families you serve. This session will also feature Vroom's latest collection of Equity Resources that were developed in collaboration with researchers in the field of racial and ethnic identity formation.

Track: Parenting & Child Development

Topic: Brain Development (0-5)

Language: English

Level: Introductory Level

Room: Conference Room II

Caring for the Caregiver

Rebecca Armentrout, Nebula Early Childhood Collaborative | Dr. Janiece Knepe Walter, Red Rocks Community College

Come join us to learn about how we can provide love, care and support for yourself and those in your community who care for young children. This session will explore brain research around the practice of caring. Participants will also experience opportunities to create plans of what they can do for themselves to improve their sense of wellbeing. Caregivers will walk away with tools to allow them to not only care for themselves but create a community of care and wellbeing with those around them.

Track: Health & Well-Being for Providers

Topic: Home Visitor Well-Being

Language: English and Spanish

Level: Introductory Level

Room: Boardroom A

Home Visiting Service Delivery Innovations

Rebecca Dunn, CDEC | Jennifer Bellamy, Ph.D., MSSW, University of Denver

An overview of 2022's Colorado Home Visiting Project Inventory, which examined best practices in home visiting in three areas: 1) virtual home visiting, 2) serving racially and ethnically diverse families and 3) rural home visiting services. This workshop will provide attendees with local home visiting innovations, discussing strategies to improve current practices, and resources that home visitors can use immediately to improve services to families.

Track: Innovative Program Strategies

Topic: Advocacy & Policy

Language: English

Level: Appropriate for All Levels

Room: Conference Room I

Mindful Moments for Children and You!

Natalie Magnatta, Denver Public Library

Engaging in mindfulness and reflective practice has many benefits for health and wellbeing, including reduced stress, improved emotion management, increased focus and attention and enhanced relationships. In this presentation, we'll talk about the science behind mindfulness, and brain function and development in order to better understand why and how mindful practices affect us. Throughout the session, you will learn easy-to-implement mindfulness techniques that you can practice on your own, and alongside young children. We will share resources that highlight the different ways to practice mindfulness in culturally responsive ways as well as ways to adapt for different abilities and needs.

Track: Health & Well-Being for Providers

Topic: Mindfulness / Self Care

Language: English

Level: Appropriate for All Levels

Room: Conference Room III

Parents Thrive Colorado: A year of learning and incorporating community feedback

Kelly Stainback-Tracy, Denver Public Health | **Janelle Jenkins**, Family Advocate | **Kelly Elliot**, DU Graduate School of Professional Psychology | **George Davis**, Family Advocate

Home visitors encounter parents every day and are well-positioned to understand parent stressors and connect families to support. In this session, participants will learn about a web-based resource called Parents Thrive Colorado that connects families with resources to support their mental health and emotional well-being, and will hear about new updates from the last year alongside future opportunities for the website. Parents Thrive Colorado is a no-cost, accessible, and culturally responsive website that is available in English and Spanish. Parents Thrive provides supportive information, relatable peer stories, and well-organized resources that address mental health and related needs. We will explore this valuable tool, discuss ways participants can use it to connect a diverse array of families to resources that will help them feel supported across their parenting journey, and share how we worked alongside community partners this past year to gather feedback about the Spanish language Parents Thrive site to create a supportive space for families.

Track: Health, Safety & Resources for Families

Topic: Connection to Supportive Resources

Language: English

Level: Appropriate for All Levels

Room: Conference Room V

Self-Defense Workshop

Harry Woontner, Z-Ultimate Self Defense Studio

- Learn steps to avoid a confrontation
- Learn ways to protect yourself in the event of a physical altercation:
 - How close is too close, and what to do about it
 - How to break free if someone grabs your wrist or shirt
 - What to do if someone tries to strangle you
 - What to do if someone grabs you from behind
 - How to hit back in a meaningful way if necessary

Track: Health & Well-Being for Providers

Topic: Home Visitor Safety

Language: English

Level: Appropriate for All Levels

Room: Aurora Ballroom 3

CLOSING REMARKS | 4:30 - 5:00 pm