

5th annual
NCIMHA CONFERENCE AND ANNUAL MEETING

SCIENCE OF RESILIENCE:

Building Adult Capabilities to Promote Early Childhood Mental Health



MONDAY
11.7.16

7:30 am – 4:15 pm

William and Ida
Friday Center for
Continuing Education
100 Friday Center Drive
Chapel Hill, NC 27517

The North Carolina Infant and Young Child Mental Health Association was founded five years ago with a mission to “promote a strong foundation for infants, toddlers, young children and their caregivers through public awareness, advocacy and professional development.” This

year’s conference will focus on building adult capabilities – of parents and of the early childhood workforce across all disciplines – to provide a foundation of nurturing relationships and positive experiences. Together, we will celebrate our accomplishments and provide updates on recent initiatives, including the piloting of mental health core competencies for the multidisciplinary early childhood workforce.

We are delighted to announce our keynote speaker, Kathleen (Kate) Gallagher. She will speak on the well-being of early childhood professionals and its importance for working with young children and families. Dr. Gallagher is the newly appointed Williams Endowed Community Chair for Early Childhood Education at the University of Nebraska at Kearney and the Buffett Early Childhood Institute. Known for her dynamic presentations, Dr. Gallagher has delivered two TED talks and presented in the U.S. and internationally on research, practice and policy that support the well-being of children, families and the professionals who work with them.

Break-out sessions will include role specific networking opportunities, as well as a variety of sessions focused on practical skills, evidence-based approaches and resources to promote resilience and emotional well-being in adults and the children they nurture.

SPONSORED BY NORTH CAROLINA INFANT/YOUNG CHILD MENTAL HEALTH ASSOCIATION

Target Audience

Early childhood professionals working across a wide range of roles and settings to promote children’s social and emotional well-being, including child protective services staff, child care workers, teachers, school administrators, early interventionists, special educators, psychologists, physicians, physician assistants, nurse practitioners, nurses, licensed professional counselors, marriage and family counselors, social workers, health department staff and all other interested professionals

Keynote Session

Building Caregiver Resilience to Benefit Children Birth to Five

Kathleen Gallagher, PhD

Caring for young children and families who face challenges of poverty, disability and mental illness can be stressful work. It can wear on the resilience and commitment of dedicated family and professional caregivers. There are various strategies for supporting the caregiver well-being, and creating environments where all can thrive. Furthermore, leaders can set the tone, putting policies and

practices into place that support well-being for themselves, professionals, children and families.

OBJECTIVE: Identify and articulate strategies that can be used to support the well-being of caregivers (familial and professional) in contexts of poverty, stress and mental health challenges.

Plenary Session

Diverse Roles and Common Skills: Working Together for North Carolina’s Children

Gary Ander, MSW and Gene Perrotta, MSW, MEd

What does it mean to be competent in providing services for infants and young children? Who is leading the pursuit of having a competent workforce and how will we know when we’ve gotten there? This plenary will provide an overview of NCIMHA’s initiative to expand and develop a competent early childhood mental health workforce in North Carolina. The challenges of trying to get “buy-in” within many different settings and roles of those who serve very young children and their families will also be discussed.

OBJECTIVE: Discuss NCIMHA’s initiative to expand and develop a competent early childhood mental health workforce in North Carolina.

CONCURRENT NETWORKING SESSIONS A

11:00 am – 12:15 pm

A board member from NCIMHA and one or more state leaders will facilitate each of these role-specific networking sessions. Together, we will explore how early childhood mental health competencies might be included within the professional development activities of each discipline. The state leaders will also provide updates on state initiatives or issues relevant to the discipline.

The “suggested participants” listed below is only a guide for deciding which session to attend and is not a complete listing of roles or disciplines. Participants should select the session they wish to attend based on interest and judgment about what would be most useful to their personal or professional goals.

Group	Suggested Participants	Facilitator, NCIMHA Board
A1 Mental Health Providers	Clinical social workers, psychologists, licensed professional counselors, marriage and family therapists	Ariel Shumaker-Hammond, MPH, MSW, LCSW
A2 Early Intervention	Service coordinators, developmental therapists, OT, PT, and speech therapists	Gene Perrotta, MSW, MEd
A3 Early Care & Education	Providers, teachers, administrators, consultants to child care and early education programs and Head Start	Archana (Anu) Hegde, PhD
A4 Home Visitation & Parent Groups	Parents as Teachers, Nurse-Family Partnership, Healthy Families, Incredible Years, Circle of Parents, other home visiting or parent education professionals	Catherine Joyner, MSW Karen Appleyard Carmody, PhD
A5 Public Health & Medical Settings	CC4C, nurses, pediatricians, NICU staff	Melissa Johnson, PhD Latanya Pender, RN, BSN, MHA

OBJECTIVE: Discuss how early childhood mental health competencies might be included within the professional development activities of this discipline.

CONCURRENT SESSIONS B

1:15 – 2:30 pm

B1 Reflective Supervision: Supporting a Relationship Based Practice

This skill-focused seminar will provide an overview of reflective practice/supervision, as well as discuss and practice skills and strategies to build reflective practice/supervision into our work with staff, young children and families.

TARGET AUDIENCE: Supervisors who support staff working with very young children and/or their families.

OBJECTIVE: Explain the concepts of relationship-based and reflective work and the benefits and challenges in implementing reflective practice/supervision.

SPEAKER: Jodi Whiteman, MEd, CEIM

B2 Self-Care for Early Childhood Professionals

This fun, interactive workshop will identify why self-care is important, and provide opportunities to explore strategies that enhance self-care. Participants will learn mindfulness techniques that are easy to use during the work day. Agency strategies for self-care will also be discussed, and each participant will create a self-care plan to meet their individual needs.

TARGET AUDIENCE: Early childhood professionals who provide service directly to families of very young children, including (but not limited to) home visitors, child care providers, child protective services and early intervention staff.

OBJECTIVE: Discuss practical mindfulness strategies to create an individualized self-care plan in order to prevent burnout and secondary traumatic stress.

SPEAKER: Jan Williams, MEd, LCSW

B3 Collective Action: Promoting Early Childhood Mental Health is Everyone's Business

In this session we will explore a variety of initiatives and approaches that are being used across North Carolina to increase community awareness, and collective action regarding the impact of adverse childhood experiences (ACES), the power of "good enough" parenting and the strategies for success in promoting resilience.

TARGET AUDIENCE: Early childhood advocates who desire an understanding of various models and initiatives being implemented across NC to increase public awareness and action.

OBJECTIVE: Identify ways to help prevent Adverse Childhood Experiences (ACE's), and promote good parenting and other protective factors.

SPEAKER: Ennis C. Baker, MSW, LCSW

B4 Perinatal Mental Health and the Influence on Early Childhood Mental Health

This seminar will provide an overview of mood and anxiety disorders that affect pregnant and postpartum people, as well as briefly touching on effective treatment. In addition, the seminar will bridge the gap between perinatal mental health and how it can adversely affect early childhood mental health and well-being, as well as discuss tools for repair.

TARGET AUDIENCE: Those who work with pregnant woman and with families during the postpartum periods, including (but not limited to) public health nurses, pediatricians, home visitors, early intervention and mental health professionals.

OBJECTIVE: Describe the signs and symptoms of perinatal mood and anxiety disorders, effective treatment and how to repair mother-infant relationship issues.

SPEAKER: Ariel Shumaker-Hammond, MPH, MSW, LCSW

CONCURRENT SESSIONS B CONTINUED

B5 Piloting of “Risk and Resilience” – Training for Frontline Early Childhood Providers, Part 1 (must also attend C5)

This session will provide a “sneak peak” summary of Risk and Resilience: Promoting the Development of Emotional and Behavioral Self-Regulation in Children Birth to Five – a series of three one-hour online training modules that are being developed to address selected Tier 1 (basic) mental health competencies for the early childhood workforce. The training is being developed through a grant to Franklin Porter Graham Child Development Institute (FPG) from the Division of Child Development and Early Education (DCDEE), with support from NCIMHA. NOTE: This is a two-part session.

TARGET AUDIENCE: Stakeholders who plan or provide training to frontline early childhood professionals from all disciplines

OBJECTIVE: Discuss three new Risk and Resilience training modules being piloted to address selected early childhood mental health competencies.

SPEAKERS: Betty Rintoul, PhD & Lanier DeGrella, PhD

CONCURRENT SESSIONS C

3:00 - 4:15 pm

C1 Brain Architecture Game: Exploring Risk and Protective Factors

This tabletop game experience (from the Harvard Center for the Developing Child) was designed to engage policymakers, community and business leaders, health and education service providers and government officials in understanding the science of early brain development—what promotes it, what derails it, and what are the consequences for society. Participants will experience the game, as well as receive information on how to duplicate this experience for others in their communities.

TARGET AUDIENCE: Anyone interested in an active, hands-on group activity for understanding specific risk and resiliency factors that affect children’s social emotional development from birth to five

OBJECTIVE: Understand the impact of protective and risk factors on early brain development, and duplicate the game experience for others in their communities.

SPEAKER: Smokie Brawley, BA

C2 Introduction to the Community Resiliency Model

We will provide an overview of The Community Resiliency Model™ (CRM) of the Trauma Resource Institute, a model which is being used in communities in various parts of North Carolina. The primary focus of this skills-based, stabilization program is to reset the natural balance of the nervous system. CRM’s goal is to help to create “trauma-informed” and “resiliency-focused” communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

TARGET AUDIENCE: Those who would like information about a community-based model for responding to trauma and moderating trauma’s impact on the body, emotions, and behavior

OBJECTIVE: Identify practical skills that anyone can use to help reset and calm the nervous system in order to increase wellness and decrease stress.

SPEAKERS: Ginger Clough, BSN, BA & Suzanne Walker Wilson, LCSW

CONCURRENT SESSIONS C CONTINUED

C3 Family Engagement and Cultural Competency: Meeting Families Where They Are

This session will provide an overview of family engagement and cultural competency in the context of risk and resilience. Participants will explore strategies and best practice methods to understand the challenges and opportunities of serving families with various needs and strengths.

TARGET AUDIENCE: Providers, supervisors, and advocates who support young children and their families with a diversity of backgrounds

OBJECTIVE: Discuss the concepts of family engagement and cultural competency within a risk and resilience framework and explore strategies to support diverse families.

SPEAKERS: Claretta Witherspoon, MS and Holly Sienkiewicz, PhD

C4 Predictors of Preschool Language and Self-regulation in Kindergarten: Household Chaos, Parenting and Teacher/Child Verbal Interactions

Data will be presented from a representative sample of children followed from birth who live in low wealth rural communities. Findings suggest the negative influence of household chaos and the buffering influence of childcare teacher/child interactions on children's language, executive functions and behavioral regulation. Implications for prevention and support for parents and teachers will be discussed.

TARGET AUDIENCE: Those interested in cutting edge research about family and child care influences on social emotional readiness for kindergarten

OBJECTIVE: Understand some challenges of rural families, how household chaos may impact children's executive functioning and behavioral regulation, and possible supports for parents and teachers.

SPEAKER: Lynne Vernon-Feagans, PhD

C5 Piloting of "Risk and Resilience" – Training for Frontline Early Childhood Providers, Part 2 (must also attend B5)

During the second session of the Risk and Resilience overview, participants will be asked to provide feedback and input regarding the content and supplementary activities of the modules, and to brainstorm about possible ways to use the modules in training early childhood providers from multiple disciplines. NOTE: This is a two-part session. Participants must also select B5.

TARGET AUDIENCE: Stakeholders who plan or provide training to frontline early childhood professionals from all disciplines

OBJECTIVE: Discuss feedback regarding the content, applicability and possible uses of the Risk & Resilience training modules.

SPEAKERS: Betty Rintoul, PhD & Lanier DeGrella, PhD

AGENDA

7:30 am	Atrium	Registration and Continental Breakfast Poster Session
8:45	Grumman Auditorium	Welcome/Introductions
9:00	Grumman Auditorium	Building Caregiver Resilience to Benefit Children Birth to Five Kate Gallagher, PhD
9:30	Grumman Auditorium	Diverse Roles and Common Skills: Working Together for North Carolina's Children Gary Ander, MSW Gene Perrotta, MSW, MEd
10:15	Atrium	Poster Session
10:30	Grumman Auditorium	NCIMHA Annual Business Meeting Chris Payne, PhD President, NCIMHA
11:00		Concurrent Networking Sessions A
12:15pm	Trillium	Lunch
1:15		Concurrent Sessions B
2:30	Atrium	Poster Session
3:00		Concurrent Sessions C
4:15 pm		Adjourn

CONFERENCE SPEAKERS

Kathleen Gallagher, PhD

Williams Endowed Community Chair for
Early Childhood Education
College of Education, University of Nebraska at Kearney
Buffett Early Childhood Institute at the University of Nebraska
Kearney, NE

Gary Ander, MSW

NCIMHA Board Member and Chair of the Advocacy Committee
Workforce Development Project Steering Committee Member
Durham, NC

Karen Appleyard Carmody, PhD

Assistant Professor and Licensed Psychologist
Duke University
Center for Child & Family Health
Durham, NC

Ennis C. Baker, MSW, LCSW

Family Partnership Manager/Mental Health Specialist
Orange County Head Start/Early Head Start
Chapel Hill, NC

Smokie Brawley, BA

Statewide Project Manager
Healthy Social Behaviors Initiative
Child Care Resources Inc.
Charlotte, NC

Ginger Clough, BSN, BA

Public Health Nurse/Nurse Home Visitor
Nurse-Family Partnership Program
Buncombe County Health & Human Services
Asheville, NC

Lanier DeGrella, PhD

Independent Early Childhood Consultant
Durham, NC

Archana (Anu) Hegde, PhD, BK

Associate Professor
Department of Human Development and Family Science
East Carolina University
Greenville, NC

Melissa R. Johnson, PhD

Pediatric Psychologist
Raleigh, NC

Catherine Joyner, MSW

Executive Director
North Carolina Essentials for Childhood
North Carolina Department of Health and Human Services
Division of Public Health
Raleigh, NC

LaTanya Pender, RN, BSN, MHA

Clinical Nurse Manager
Guilford County Department of Health and Human Services –
Public Health Division
High Point, NC

Gene Perrotta, MSW, MEd

Consultant for the Region A Partnership for Children
NCIMHA Board Member and Chair of Education and
Professional Development Committee
Workforce Development Project Steering Committee Member
Tuckasegee, NC

Betty Rintoul, PhD

Child Psychologist
Encouraging Connections
Carrboro, NC

Ariel Shumaker-Hammond, MPH, MSW, LCSW

Behavioral Medicine Specialist, MAHEC OB/GYN &
Private Practice Therapist, Porch Light Counseling
Asheville, NC

Holly Sienkiewicz, DrPH

Director, Center for New North Carolinians
Greensboro, NC

Lynne Vernon-Feagans, PhD

The William C. Friday Distinguished Professor
Applied Developmental Science and Special Education
School of Education, UNC
Chapel Hill, NC

Susanne Walker Wilson, LCSW

Behavioral Health Pediatric Care Manager
Community Care of Western North Carolina
Asheville, NC

Claretta Witherspoon, MS

Center for Youth, Family and Community Partnerships
UNC Greensboro
Greensboro, NC

Jodi Whiteman, MEd, CEIM

Director, Professional Development
ZERO TO THREE
Washington, DC

Jan Williams, MEd, LCSW

Clinical Supervisor, Healthy Families Durham
Center for Child & Family Health
Durham, NC

CONFERENCE INFORMATION

Early registration ends October 31, 2016

Registration Fees

\$130; \$155 after October 31, 2016

Fee includes complimentary NCIMHA membership, credit and access to handouts online. Continental breakfast, lunch, and refreshments provided.

Cancellations & Refunds

Refunds will not be issued unless we are notified by 5 pm, Tuesday, November 2, 2016. A \$40 cancellation fee will be deducted from your registration fee if a refund is issued. Substitutes are encouraged.

Credit

Participants must attend 100% of the educational activity to receive credit. Partial credit will not be awarded.

Contact Hours and CEUs: Wake AHEC will provide 0.5 CEU to participants upon completion of this activity. Partial CEU credit will not be awarded.

Wake AHEC will provide up to 5.0 Contact Hours to participants.

Category A NC Psychology Credit: This program will provide 5.0 contact hours (Category A) of continuing education for North Carolina Psychologists. Partial credit will not be awarded.



National Board Certified Counselors Credit (NBCC):

An application for co-sponsorship has been made to the National Board for Certified Counselors. *Approval is pending.*



and Early Education, North Carolina Department of Health and Human Services.

This program has been approved for 5.0 contact hour credits (CHC's) by the Division of Child Development

Certified Health Education Specialists (CHES): Application has been made for up to 5.0 hours total Category I continuing education contact hours. *Approval is pending.*

Public School Personnel Renewal Credit (PSPR): Certificates of attendance will be provided to participants desiring Public School Personnel Renewal Credit.

Wake AHEC is part of the North Carolina AHEC Program.

Hotel Reservations

A block of rooms has been set-up at the Hampton Inn & Suites Chapel Hill with a special rate of \$92 plus tax.

Hampton Inn & Suites Chapel Hill

6121 Farrington Road

Chapel Hill, NC 27517

919-403-8700 phone

www.chapelhillsuites.hamptoninn.com

Reservations by phone: Call 919-403-8700, press 0 and provide the name NCIMHA.

Online Reservations: Visit www.chapelhillsuites.hamptoninn.com and use the Group Code NCI.

Reservations must be made no later than October 22, 2016 to receive the discounted rate.

Inclement Weather

Visit www.wakeahec.org for our inclement weather schedule.

Special Instructions

Please bring a sweater or jacket to ensure your comfort.

Questions?

Contact Kristen Murphy at 919-350-0464 or krmurphy@wakeahec.org.

We are fully committed to the principle of equal educational opportunities for all individuals and do not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act in order to participate in this conference, please call us at 919-350-0464 no later than two weeks before the conference.

POSTER SESSION

Applications due October 14, 2016

The NCIMHA invites educators, community workers, mental health professionals, academic researchers, undergraduate and graduate students to submit applications for the conference poster session. We welcome posters presenting both basic and applied research, as well as innovative programs or program evaluations.

Proposals that address the following topics are strongly encouraged:

- Infant, toddler and preschooler mental health and social/emotional development
- Early health education
- Parent education and support
- Evaluation of programs and practices that promote early childhood development
- Early intervention
- Reports or evaluation of evidence-based practices
- Systematic and empirical research conducted on any closely related topic impacting the well being of young children, their families and communities

The proposal submitted for the poster session should include following information:

- Project title (No more than 20 words)
- Project summary (Describe the project [250 word limit], including the content that will be presented in the poster session.)
- Name of presenter(s)
- E-mail address (be sure to include an e-mail address that is checked regularly.)
- Phone number (include permanent and/or cell phone number)
- Name of the organization or school/university you are representing

If you are a student, you also need to complete the following information listed below:

- Student status (Indicate whether you are an undergraduate or a graduate student.)
- Name of faculty sponsor
- E-mail address and telephone number of faculty sponsor

Note: Any technical equipment used to assist with the poster presentation will be the responsibility of the presenter(s) or the sponsoring institution.

All the applications for the poster session should be received by October 14th, 5 pm. You may email your application to Archana (Anu) Hegde, PhD at hegdea@ecu.edu. A committee will review all proposals and notify those who are invited to present by October 21st, 5 pm. All who submit will be contacted. If no response is received after your proposal has been submitted, please contact Dr. Archana (Anu) Hegde by email hegdea@ecu.edu or call 252-328-5712.

A limited number of proposals will be accepted for this conference, so timely application is encouraged. Poster presenters are expected to register, attend and participate in the entire day of sessions. The luncheon is included in the registration fee. Details about the poster session and the events of the day will be distributed with the acceptance notification.

NCIMHA CONFERENCE AND ANNUAL MEETING

EARLY REGISTRATION DEADLINE: October 31, 2016

\$130; after October 31: \$155

Please select your breakout sessions.

- Session A1 Session A2 Session A3 Session A4 Session A5
 Session B1 Session B2 Session B3 Session B4 Session B5 (automatically enrolled in session C5)
 Session C1 Session C2 Session C3 Session C4 Session C5

All information requested on this form must be completed to be registered for the program. Incomplete forms cannot be processed.

Event 49330km

PID#: _____ (Last name + last 4 digits of Social Security #).

If you have attended a Wake AHEC program in the last 6 months, we only need your Personal ID (PID) number and a phone number. If there are changes to your personal data, please update your information below.

Dr. Mr. Ms. Mrs.

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First Name MI Last Social Security # (last 4 digits only)

Clinical Specialty Degree(s) (e.g., MD, PharmD, MS, BS)

Home Address City ()
State Zip Home County Home Phone

Employer Job Title

Work Address City ()
State Zip Work Fax Work Phone

Department Preferred E-mail (REQUIRED)

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

PAYMENT OPTIONS Payment of check, credit card or supervisor signature must accompany registration.

- Check enclosed. (Make check payable to Wake AHEC.)
 Corporate Card Personal Card | MasterCard Visa AMEX Discover

Card # Exp. Date

Authorized Signature Name as it appears on card

- Employer will make payment. Supervisor complete below and fax registration to 919-350-0470.

Supervisor's Name Printed Title

Supervisor's Signature Phone

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.

WAKEMED EMPLOYEES ONLY

An Education, Meeting & Travel Request Form must be submitted with the registration for processing if your department is paying.

Place a check (✓) if needed.

- Vegetarian meal (if meal provided)
 Lactation room

How did you hear about this course?

- Brochure/Flyer Email Fax Word of mouth MyAHEC

Register Today!

ONLINE

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FAX

919-350-0467

MAIL

Wake AHEC
Attn: Kristen Murphy
3261 Atlantic Avenue
Suite 212
Raleigh, NC 27604-1657

Questions? Contact Kristen Murphy at 919-350-0464 or krmurphy@wakeahec.org.