

Presented by the Idaho Children's Trust Fund/Prevent Child Abuse Idaho

2018 Strengthening Families Training Institute:

TOGETHER WE BUILD HOPE



March 6th and 7th, 2018

LOCATION

RIVERSIDE HOTEL • 2900 CHINDEN BLVD, BOISE ID 83714

TOGETHER WE BUILD HOPE

We say that children are our future. And they are. But it is up to us and many others to create a future where children thrive.

Hope is an essential part in building that future. What we hope for makes us restless. It makes us want to work to make what we hope for real. I came across a quote recently that said in part "those who hope...can no longer put up with reality as it is..." It made me think about the reality for too many of Idaho's kids: Over half have had at least one ACE or Adverse Childhood Experience. Nearly one in four have had two or more. Many live in households that are not stable financially. The recently released National Survey of Child Health tells us that parents in Idaho are struggling to cope with parenting more than parents in other states. That makes it hard to "put up with reality as it is."
We have work to do.

That same national survey had some positive news as well. The survey ranked Idaho high when it looked at families living in supportive neighborhoods and families who practice routines like meals together and consistent bedtimes. **These are strengths to build on.**

So we can build hope when we work together. It is the vision of what we want for all the children in our communities. **Our hope is built on a sturdy foundation.**

I know that you are already building hope—every day. Think of SFTI as

a tune up. We always need our batteries recharged. There is always more to learn.

We are fortunate to have speakers and facilitators who will help us feel more hopeful about our work and provide us with more of the tools we need to be effective. I promise you that from start to finish you will be inspired, informed, challenged and more connected than when you came.

The Centers for Disease Control and Prevention (CDC) has given us a blueprint which we will explore throughout the Training Institute starting with the opening plenary by Beverly Fortson, one of the authors of the strategy from the CDC and Bart Klika who in his role with Prevent Child Abuse America has worked closely with the CDC. They tell us that preventing child abuse and neglect means:

- Strengthening economic supports for families
- Changing social norms to support families and positive parenting
 - Providing quality child care and education early in life
 - Enhancing parenting skills to promote healthy child development

So please join us in March to learn and to share what you have learned about what works. Remember, we are the ones we've been waiting for. The ones who work together to build hope...for families and for communities.

– Roger Sherman,
Executive Director



PRESENTED BY:



CONFERENCE AT A GLANCE

TUESDAY, MARCH 6, 2018

- 8:00 a.m.Registration
- 8:45—9:00Welcome, Introductions and Housekeeping
- 9:00—10:15Keynote Address
- 10:15—10:30Break
- 10:30—Noon.....Community Workshop (all attend)
- Noon—1:00.....Lunch
- 1:00—2:30Workshop Session 1
- 2:30 –2:45Break
- 2:45 –4:15Workshop Session 2
- Dinner on your own**

WEDNESDAY, MARCH 7, 2018

- 8:00 a.m.Registration
- 8:45—9:00Welcome Back and Reflections
- 9:00—10:30Workshop Session 3
- 10:30—10:45Break
- 10:45—12:15Workshop Session 4
- 12:15—2:30Capnote Luncheon: Presentation of Ed Van Dusen Award and a panel
of *Fathers Speaking Up and Speaking Out*

PLENARIES: TUESDAY, MARCH 6

KEYNOTE ADDRESS

Five Strategies for Preventing Child Abuse and Neglect

Beverly Fortson, PhD & Bart Klika, MSW, PhD

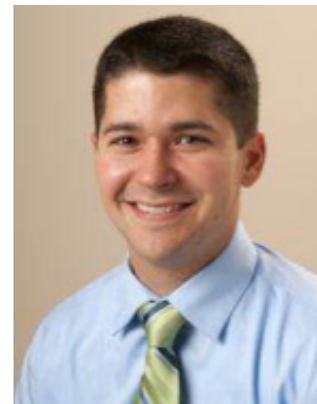
The opening session will highlight the five key strategies identified by the Centers for Disease Control and Prevention in their technical package for preventing child abuse and neglect. Small- and large-group discussions and small group activities will be used to highlight ways the information can be utilized in community-based work. Information will be provided on CDC's background work on each of the strategies, key sectors for implementing each strategy, activities needed to move strategies to action and how the strategies (as a whole) can be used in communities.



Beverly L. Fortson, PhD, currently works as a behavioral scientist on the Child Maltreatment and Sexual Violence Team in the Research and Evaluation Branch of the Division of Violence Prevention (DVP) at the Centers for Disease Control and Prevention. Her research interests are in the primary and secondary prevention of child maltreatment and sexual violence, as well as in the utility of interventions for children with trauma exposure and behavior problems. In her current position, she focuses on research examining the effectiveness of interventions in preventing child maltreatment and sexual violence. She began her career at CDC in 2008 in the Division of Violence Prevention as a behavioral scientist. Prior to joining CDC, she was an assistant professor at the University of South Carolina-Aiken in Aiken, SC where she taught undergraduate and graduate level courses and trained master's level clinical psychologists. Beverly received her B.S. in psychology from the University of Georgia in Athens, GA, and her MA and PhD in Clinical Child

Psychology from West Virginia University in Morgantown, WV. She completed a pre-doctoral internship at the Medical University of South Carolina in Charleston, SC, and a postdoctoral fellowship at Duke University Medical Center in Durham, NC. She has provided clinical services to children and families for over 16 years and is a licensed clinical psychologist.

J. Bart Klika, MSW, PhD, is the Chief Research and Strategy Officer with the national organization Prevent Child Abuse America. His research examines the causes and consequences associated with child abuse and neglect in an effort to prevent its occurrence. On multiple occasions, Dr. Klika served as a research consultant for the Centers for Disease Control and Prevention (CDC) examining issues related to the prevention of child abuse and neglect. In 2011, he was selected for the inaugural cohort of fellows for the Doris Duke Fellowship for the Promotion of Child Well-Being, a national fellowship providing support and mentorship for doctoral students seeking innovations in the prevention of child abuse and neglect. Dr. Klika is on the national Board of Directors for APSAC and is the chair of the APSAC prevention committee. Recently, Dr. Klika served as the senior editor for the APSAC Handbook on Child Maltreatment (4th Ed.).



CAPNOTE: WEDNESDAY, MARCH 7

CAPNOTE

Fathers Speaking Up and Speaking Out

What's it like to be a father in the 21st century? What are the challenges? We'd probably all agree that just as it's not your father's Oldsmobile, or root beer, or ginger ale, today's father is not his father's kind of father. But what does that mean? What is his role with kids? What if the Dad is co-parenting? Are there cultural differences? This closing panel of fathers from throughout the state will explore these questions and inspire us to support and engage with fathers in our own communities.

Presentation of THE ED!

The Ed Van Dusen Legacy Award for Exemplary Practice in Child Abuse and Neglect Prevention, or the Ed for short, is presented each year to a program or person nominated by the prevention community and selected by the Idaho Children's Trust Fund Board of Directors. Last year the award was presented to the Family Services Alliance in Pocatello for their commitment to families in southeastern Idaho.

The Award will be presented at the luncheon on Wednesday of the conference.

INSTITUTE SCHEDULE

TUESDAY, MARCH 6, 2018

8:00 a.m.	Registration
8:45--9:00	Welcome, Introductions and Overview
9:00—10:15	Keynote Address
10:15—10:30	Break
10:30—Noon	Community Workshop (all attend)
12:00—1:00	Lunch
1:00—2:30	Workshop Session 1
2:30 -2:45	Break
2:45 -4:15	Workshop Session 2

Session 1: Tuesday, 1:00—2:30

1A: ALICE, Do you recognize me in you, your friends or family

Erica Rupp, MS & Courtney Keith, MSW

Join us as we engage in a discussion about the ALICE (Asset Limited, Income Constrained, Employed) population viewed through the lens of Strengthening Families. We will talk data, real life examples and engage in a meaningful discussion about how what we do and how we build programming and policy can improve the lives of all Idahoans.

1B: Healthy Outcomes of Positive Experiences (HOPE)

J. Bart Klika, MSW, PhD

Research clearly demonstrates the link between early trauma and later negative outcomes yet less is known about the factors and contexts that support healthy development. This workshop will explore relevant literature on well-being, flourishing, and resilience to highlight the qualities, factors, and contexts that support optimal development. Further, results will be presented from 4 studies that highlight the importance of positive factors and experiences, across the social ecology, in facilitating health and well-being. The session will include didactic presentation in addition to large group discussion.

1C: Trauma Informed Approaches with Families Experiencing Domestic Violence

Melissa Ruth, MS, LCPC

This workshop will help participants understand how the trauma of domestic violence can undermine parenting and the abused parent's relationship with their children. We will also explore how culturally relevant trauma informed approaches can foster healing with families.

1D: Children's Champions in Action: Becoming an Effective Policy Advocate for Idaho's Next Generation

Christine Tiddens, LMSW

Kids are our state's greatest resource, and their interests should be reflected in our leaders' decisions. By coming together as champions in action, we can advance smart policies that improve the health and well-being of children and their families and ensure future generations thrive. This workshop will highlight current issues impacting Idaho's kids while also offering training on how to engage as an effective policy advocate in Idaho



INSTITUTE SCHEDULE

Session 2: Tuesday, 2:45—4:15

2A: Engaging Fathers to Prevent Child Abuse & Neglect

Beverly Fortson, PhD

This workshop will highlight strategies for engaging fathers in child abuse and neglect prevention. Information will be provided on results from CDC research on the types of information fathers look for, where they look for information, and who they trust as sources of parenting information. Other research on engaging fathers will also be discussed. The workshop will consist of small- and large-group discussions and activities to highlight ways to best engage fathers in research and clinical activities.

2B: Proactive Media Relations: Taking Control of Your Story

Brenda Stanley, MBA

Learn how to become the media's information resource and get your "good news" stories out there. Become the one they turn to when news happens and utilize those relationships to your advantage in both good times and bad. Learn story structure and how to prepare for the on-camera interview. Knowing what they need and want will put you in control of your story. Use social media to your advantage as a call to action and as a vital tool in reaching people with your message.

2C: Resiliency Planning

Melissa Bernier, LCSW

Participants attending this workshop will have the opportunity to develop understanding of resilience as a protective factor and take away tools to engage in resiliency planning with clients as a part of a trauma informed approach.

2D: Protect Our Children

Mary Ratliff Beattie, MPA

Protect Our Children, a program to prevent child sexual abuse based in the Darkness to Light model, is a project of the Ford Family Foundation in Roseburg, Oregon. The workshop will highlight program initiation, infrastructure, outcomes to date and highlights from Oregon's evaluation, which is being conducted by the University of Oregon. Research to date has shown considerable progress in creating positive behavior change among the participants in Stewards of Children training. The Ford Family Foundation provides funding across Oregon and in Siskiyou County, CA for Protect Our Children.

INSTITUTE SCHEDULE

WEDNESDAY, MARCH 7, 2018

8:00 a.m.	Registration
8:45--9:00	Welcome, Introductions and Overview
9:00—10:30	Workshop Session 3
10:30—10:45	Break
10:45—12:15	Workshop Session 4
12:15—2:30	Luncheon: Presentation and Ed Van Dusen Award

Session 3: Wednesday 9:00 –10:30

3A: Strengthening Families 2.0: Organizational Transformation

Jane Zink, MA

Your employees and colleagues know about Strengthening Families. They understand how the work they do promotes the Protective Factors. Now what? Organizational transformation means moving beyond education, toward integration and accountability. In this advanced workshop, learn how to move your team to the next level. Explore how to articulate the Protective Factors as outcomes, form new partnerships to reinforce Protective Factors, and identify changes to practices, policies or services to maximize integration. Finally, ensure accountability by deciding how your organization can demonstrate its capacity to build the Protective Factors and evaluate success along the way.

3B: Let's Talk About Neglect, Baby (Parts 1 & 2)

Taryn Yates, LMSW

Part One: This workshop is designed to establish foundational knowledge of neglect including the definition and different types as well as how neglect affects the developing brain and lays the groundwork for behavioral and emotional consequences down the road. Participants will need to have a working understanding of the Strengthening Family approach including the five Protective Factors.

3C: Survive or Thrive: Resilience in Foster Care

Kase Evans, BSW

Participants attending this workshop will have the opportunity to develop understanding of resilience using the Youth Thrive model, a protective factors approach for older youth. Youth Thrive is a companion framework to Strengthening Families that focuses on older children through adolescents and into early adulthood, ages 9-26. Kase will engage participants using interactive training methods, personal experience and storytelling about his childhood/adolescence spent in the foster care system.

3D: Self-Care Is Self-Regulation

Julie Meek, LCSW

This workshop will look at the intersection between the important topics of self-care and self-regulation. This interactive workshop will include rich information and powerful, fun activities to help participants better understand how to care for themselves and teach these skills to their clients of all ages. Workers in the field of child protection and child welfare need to be equipped with self-care information and strategies for their own sake and for the best care of the families and children they serve. Let this workshop re-ignite your passion and understanding of what it really means to care for humans – starting with yourself!



INSTITUTE SCHEDULE

WEDNESDAY, MARCH 7, 2018

Session 4: Wednesday 10:45—12:15

4A: Building Pre-K The Idaho Way

Beth Oppenheimer, BA, & Martin Balben, BA, Idaho Association for the Education of Young Children (Idaho AEYC)

Idaho Association for the Education of Young Children will present on a three-year project to engage communities across Idaho about the importance of investing in high-quality early learning programs. Idaho AEYC will share the results of statewide research. The research included a statewide poll, focus groups, polling childcare providers, and a multitude of ongoing conversations with decision makers and experts. Closing discussion will include information about how the research has spurred action and the plans for the long term in the journey to ensure that all families in Idaho have access to affordable, high-quality early learning programs, regardless of their income.

4B: Let's Talk About Neglect, Baby, Part Two

Taryn Yates, LMSW

Part Two: The workshop expands upon the first to discuss neglect in the ecological context including societal and community levels of neglect. Participants will examine these factors in their own life as well as the lives of the children and families they work with. This workshop will end with a discussion of concrete ideas to prevent neglect whether individually, organizationally, or societally.

4C: The Effects of a Toxic Home on a Child

Dr. Matthew Cox, MD

Childhood exposures to a toxic and unsafe home environment can have a wide range of effects on a child. These toxic exposures can include unsafe living conditions, lack of food and shelter, parental substance use and abuse, and family violence exposure. The effects on a child can range from developmental delays, school performance problems, poor nutrition, and often physical and sexual abuse. This talk will illustrate the physical and emotional consequences of toxic exposures in childhood.

4D: The Ethics of Social Justice

Lori Watson, MSW, LCSW

How can (and should) social justice inform and influence our practice as social workers? What does it mean to ethically hold up the values and standards of social justice in our daily work with clients? How do we enact and advance social justice in micro practice and in work with individuals and families? This interactive workshop will provide participants the opportunity to explore these questions. Participants will be introduced to Social Work Advocacy and Liberation Health practice models which are both firmly grounded in a social justice framework.

12:15 pm – Lunch will be followed by presentation of the Ed Van Dusen Award and a panel on fatherhood

2:30 pm – Closing



TO REGISTER

To register: go to www.IdahoChildrensTrustFund.org and click on Training > Registration.
Please call the Idaho Children's Trust Fund office with any questions: (208) 386-9317

REGISTRATION TYPE	PRICE
Full Conference on or before 2/19/2018	\$105.00
Full Conference after 2/19/2018	\$125.00
One Day Only on or before 2/19/2018	\$60.00
One Day Only after 2/19/2018	\$80.00
Student on or before 2/19/2018	\$60.00
Student after 2/19/2018	\$80.00

*discounts available for groups of 10 or more

Potential CEU's: 11 for non-clinical and 9 clinical



LOCATION: THE RIVERSIDE HOTEL

The Riverside Hotel is conveniently and centrally located just off the connector into downtown Boise and Boise Towne Square Mall.

From Interstate 84 take Exit 49 (City Center) to Interstate 184 (the connector) and travel approximately 4 miles to Exit 3 (Fairview Ave), then down through the traffic light and under the overpass to your first left (Garden St). Continue through the traffic light and around to the hotel on your right.

2900 W Chinden Blvd, Garden City, Idaho 83714.

The Riverside Hotel is holding a block of rooms for **Strengthening Families Training Institute** guests. Please call the hotel at **208-343-1871** by February 9, 2018. Mention that you are attending the Strengthening Families Training Institute to reserve your room at the special rate of **\$91.00 for a single or \$106 for a double.**

