

Join us for the 15th Annual

S

Strengthening

F

Families

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Training



Institute

Presented by the Idaho Children's Trust Fund/ Prevent Child Abuse Idaho
March 11th and 12th, 2014 --The Red Lion Downtowner, Boise, ID

*"It is from numberless
diverse acts of courage and
belief that human history
is shaped. Each time a
[person] stands up for an
ideal, or acts to improve
the lot of others, or strikes
out against injustice, [s]he
sends forth a tiny ripple of
hope, and crossing each
other from a million
different centers of energy
and daring those
ripples build a current
which can sweep down the
mightiest walls of
oppression and resistance."*

Robert F. Kennedy

Sending Forth Ripples of Hope To Take Prevention to Scale

"Each time a [person] stands up for an ideal, or acts to improve the lot of others" as you do every day on behalf of the children of Idaho, you "send forth a tiny ripple of hope" and all of those acts together can create the kind of environment where all children can thrive. We know what to do, so how do we make it big enough to reach all children and families in Idaho? We may not figure that out in a two day institute but we will present some examples of ways that our ripples can build to a mighty current.

We start with a keynote address from Kevin Trapani, social entrepreneur and CEO of the Redwoods Group, that is working to end child sexual abuse through promoting the Stewards of Children curriculum through the YMCA's nationwide. We have trainers working statewide to bring this information and action steps to Idahoans. We look forward to Kevin helping all of us learn how to take the next step so that we can reach the number of people we need to make a difference in all children's lives. This is a big problem that requires a big solution but it starts when we stand up. It starts when each of us sends forth "a tiny ripple of hope."

On Day 2 we begin with a presentation by Page Walley from Casey Family Programs about building Communities of Hope. As Casey CEO, William Bell writes "America's goal should be to keep children safe from harm wherever they find themselves—in their families, in their schools and in their neighborhoods. The way to create that safe environment is to build communities where every child can envision and achieve success." They are calling that vision a "Community of Hope". Bell tells us too that "We have the resources, knowledge, talent and technology to build communities of hope. We just need the commitment of people like you to make it happen." Following the morning's keynote we will join together to start building a strategy for creating communities of hope in the communities where we live in Idaho.

We will also learn more about trauma informed care, adverse childhood experiences, new avenues for preventing shaken baby syndrome and how to build protective factors into the work we do. We will learn about neglect prevention and cultural humility. And more.

Join us March 11 and 12 in Boise. "It is from numberless diverse acts of courage and belief that human history is shaped." Let's build a current!

PRESENTED BY:



Institute Schedule

MONDAY, MARCH 10TH, 2014

Pre Institute Work Session

Second Annual Call to Action Prevention of Shaken Baby Syndrome/ Abusive Head Trauma

March 10th, 2014 — 1:00 to 4:00 p.m.
Red Lion Downtowner, Boise, Idaho

Before last year's Training Institute about 40 people met to talk about what we need to do to make our efforts to prevent shaken baby syndrome or abusive head trauma the most effective possible. Coming out of that summit a steering committee was developed that has been looking at the best approaches around the country. Please join us on March 10th to decide where we go next to develop approaches to:

- Reaching fathers and other men,
- Increasing awareness through social media,
- Reaching middle and high school youth,
- Reaching parents and other caregivers who are responsible for our youngest children.

Hear about how "Coping with Crying " Plans are being used and how we can adapt them for our own use in Idaho.

Be part of the prevention solution!

Join us on March 10th at the Red Lion Downtowner in Boise.
RSVP to Roger Sherman at shermanr@dhw.idaho.gov



KEYNOTE — TUESDAY, MARCH 11TH, 2014

Kevin Trapani
The Redwoods Group

Being appalled is not enough:

Developing community-wide commitment to Child Sexual Abuse Prevention



How many times have we each said, "Enough is enough", or "What will it take?" All we want is for all kids to be safe from sexual predators, yet progress has been slow -- despite our best efforts. In his remarks, Mr. Trapani will inspire us and share with us an evidence-based approach to move our prevention efforts, finally, to a scale adequate to solve the problem.

As president and chief executive officer of the Redwoods Group, Kevin Trapani leads a non-traditional insurance operation. The innovative Redwoods model turns everyday insuring operations into efforts that positively impact society and places "serve others" as its primary mission. In partnership with YMCA's in Idaho and throughout the country, Kevin is leading an effort to bring the Stewards of Children child sexual abuse prevention training to all corners of the U.S. He is a major player in helping this work "Go Big". He is an experienced, practicing social entrepreneur and a powerful speaker. Imprinted at a young age with the teaching that to whom much is given, much is expected, Kevin intentionally thinks and acts in fundamentally different ways, holding up business as a powerful force for positive social change. Redwoods' model puts it in the unique position of "mission partner" -- rather than commoditized insurance provider -- for its customers. And its positive impact has been felt in critical social areas such as child sexual abuse, drowning prevention, and transportation safety, among others.

TUESDAY, MARCH 11TH, 2014

Stewards of Children Training

Following Kevin Trapani's talk, all 200 of us will be trained in Stewards of Children! There is a brand new Stewards program so even if you have been trained before you will learn something new. One thing you'll learn is that we are making progress through prevention. All statistical evidence tells us that fewer children are being abused sexually. Still we know that at least one in ten children will be sexually abused before they turn 18. Our efforts matter but there is still work to be done. We are working to achieve a tipping point where 5% of the adults in Idaho are trained as Stewards. When you join us you become part of the effort that protects all of our children.

Stewards of Children is the only nationally available child sexual abuse prevention program scientifically proven to increase knowledge, improve attitudes and change child-protective behaviors. This revolutionary program is for any responsible adult who cares about the welfare of children. It is also appropriate for youth-serving organizations (sports leagues, day care centers, after school programs, children's clubs, church groups, service providers and more).



Presentations

KEYNOTE — WEDNESDAY, MARCH 12TH, 2014

Page Walley, Ph.D.
Casey Family Programs

Building Communities of Hope

"Hope is an active word. Moving towards hope is a nonstop journey. In supportive communities across America, progress is taking place to keep children safe and make families strong...hope means children growing up believing they can realize their dreams."

Casey Family Programs Annual Report 2012

Page Walley serves as Managing Director of Strategic Consulting for Casey Family Programs, a multi-billion dollar private operating foundation based in Seattle whose mission is to provide, improve and ultimately prevent the need for foster care in the United States. In this role he works with states to reduce the number of children in out-of-home care. Dr. Walley previously served as the Commissioner of the Alabama Department of Human Resources. Prior to that, he served as Commissioner of the Alabama Department of Children's Affairs. During his term as commissioner, Dr. Walley helped advance the Department to national recognition as a leader in providing for the safety, permanency placement, and well-being of children and families in the state. He is a licensed clinical psychologist with over 25 years experience in the field, and is also a licensed minister. Dr. Walley received his bachelor's degree in psychology from Davidson College and received his master's and doctorate degrees in clinical psychology from the University of Georgia. He serves as an Adjunct Professor in the Department of Psychology at the University of Alabama-Birmingham and as a Graduate Faculty Member at Alabama State University. Dr. Walley and his wife Terry have three children.



ED VAN DUSEN AWARD LUNCHEON SPEAKER
WEDNESDAY, MARCH 12TH, 2014

Kaley Sparling
Mrs. World 2013



Kaley Sparling, Mrs. Idaho America, was crowned Mrs. World in China in November 2013. In competition and in life, she is a passionate advocate for the prevention of child sexual abuse. She works closely with many great organizations such as Faces, Cares and Darkness to Light's Stewards of Children community outreach training program. She is truly honored and humbled to have the title of Mrs. World to help spread her passion and message of prevention to even more people throughout Idaho and the world. Kaley resides in Boise with her husband of almost 7 years, Jimmi. The couple has two kids, Madison and Jack Danger. Kaley was born and raised here in the great state of Idaho. Her love for potatoes, snowboarding and water sports are a few of the reasons she loves to call Idaho home. Even though she loves promoting the Mrs. Idaho America program, her platform, professionally wake surfing and hosting ThisIsBoise.com TV, her number one job is being a mom and wife.

The ICTF board will present the annual Ed Van Dusen Legacy Award for Exemplary Practice in Prevention of Child Abuse and Neglect to an Idaho organization nominated by the prevention community and selected by the Children's Trust Board.

TUESDAY, MARCH 11TH, 2014

8:00 am	Registration and Full Breakfast
8:30- 10:00	Welcome and Keynote Presentation
10:00– 10:15	Break
10:15- 12:15	Stewards of Children Training
12:15– 1:15	Lunch (Provided)
1:30– 3:00	Session 1 Workshops
3:00– 3:15	Break
3:15- 4:45	Session 2 Workshops

Session 1 Workshops, Tuesday, March 11th 1:30-3:00

Session 1A: Mike Scholl, ACSW/LCSW

Trauma-Informed System of Care: What is it, and why does it matter?

It's important for our service sectors and communities to be prevention focused by being trauma-informed when working with vulnerable youth and families. Participants will understand how untreated historical trauma can impact parenting and distinctions between acute and chronic trauma will be made. Content will also cover how neglect and abuse have unique consequences for children developmentally and the workshop will also provide information on approaches that are needed to help children heal along with restoring parental capacities compromised by trauma.

Session 1B: Diane Demarest, M.Ed. and Richard Johnson

Using the Strengthening Families Framework to Assess our Agency Directions

The Strengthening Families Framework has inspired Family Advocates in new and exciting ways. We began using the framework to shape a new volunteer home visiting training program but quickly found it a powerful tool to look at volunteer retention – the need for resilience, for conducting effective reflective supervision and for engaging our staff and board in a new vision. We will share our story and provide examples of how the framework supports operational strategies in our organization.

Session 1C: Melissa Ruth, MS, LCPC

Working with Families Who Have Experienced Domestic Violence

This workshop will help participants explore how they can promote violence-free families. As we bring domestic violence out of the shadows, we can prevent and respond in ways that empower families, decrease isolation, and foster protective factors. This workshop is rooted in attachment theory, Strengthening Families' Protective Factors, and best practices for working with families exposed to domestic violence.

Session 1D: Michael C. Wilson, QSUDP, S-PSB, MSW, LCSW

Understanding and Nurturing Healthy Sexual Development in Children and Adolescents

Similar to reaching important physical and emotional milestones in childhood, children achieve principal milestones in how they recognize, experience, communicate and feel about their bodies, as well as how they form attachments to others. The attachment relationships established in these early years help set the stage for bonding and intimacy in their forthcoming adult relationships. This workshop will target an understanding of healthy sexual development and processes in children and adolescents. Understanding that sexual development begins in a child's very first years and acknowledging that adults are designed to be the primary source of support and knowledge for children, this workshop will focus on responses and conditions that foster an emotional, physical and relational foundation for sexuality as our kids mature.



Institute Schedule

TUESDAY, MARCH 11TH, 2014

Session 2 Workshops, Tuesday, March 11th 3:15-4:45

Session 2A: Roberto Bahruth, Ph.D.

Wisdom in Oral Traditions

In this session, two stories will be told to contextualize the importance of our work with children. Extension activities will be conducted so people can make connections with everyday acts of human kindness. Participants will be invited to tell the stories to others to extend the oral tradition back into the community. This session will provide demonstrations of how to employ critical literacy in teaching students of all ages.

Bonus Session! Dr. Bahruth has agreed to extend the Workshop for those who would like to delve deeper into Storytelling.

Session 2B: Bart Klika, MSW

From ACEs to Action: Strategies to Promote Safe, Stable, Nurturing Relationships & Environments

The Adverse Childhood Experiences Study (ACEs) clearly demonstrates the negative long-term consequences of child abuse and neglect in combination with other forms of household dysfunction. Successful prevention of ACEs requires integrated local and national prevention strategies. In this presentation, participants will be introduced to the history and findings of the ACEs study. Next, participants will learn about the 4-stage public health model of prevention outlined by the Centers for Disease Control and Prevention (CDC) as a way to begin thinking about the prevention of ACEs. Finally, participants will be introduced to the CDC's Essentials for Childhood Framework, an integrated child maltreatment prevention strategy which focuses on the promotion of safe, stable, and nurturing relationships and environments.

Session 2C: Brandi Whaley, Sherri Iverson, BS, RN, Daleen Nelson, RN, PHN, CCNC

Learning New Ways to Bring SBS Education and Awareness to Your Community

This workshop will provide the audience with an insight on what each respective presenter does in their field regarding SBS prevention and awareness. The presenters will share with you their experiences of things that worked and what didn't in their communities. They will also be able to help you come up with some strategies that you could use in your community to increase a stronger presence of SBS awareness and education.

Session 2D: Dee Wilson, MSW

Promising Approaches In Child Neglect: Protecting Children and Helping Families in Hard Economic Times

This presentation will consider various approaches for preventing child neglect, including developing clearly articulated social norms regarding parenting standards, reduction of child poverty and provision of poverty related services, widespread use of depression screening, early intervention in families with substance abuse, chronic mental health conditions and domestic violence, and public health programs that disseminate safe sleep guidelines and promote emotionally responsive parenting. Effective strategies and skills for engaging chronically neglecting families in treatment programs will be discussed, as well as the characteristics of trauma informed practice with both neglected children and their parents.



WEDNESDAY, MARCH 12TH, 2014

8:00 am	Registration and Full Breakfast
8:30– 10:00	Welcome and Keynote Presentation
10:00– 11:45	Building Our Own Communities of Hope
11:45– 12:45	Lunch (Provided)
1:00– 2:30	Session 3 Workshops
2:30– 2:45	Break
2:45– 4:15	Session 4 Workshops
4:15– 4:45	Closing

Session 3 Workshops, Wednesday, March 12th 1:00– 2:30

Session 3A: Cailin O'Connor, MS

Promoting Child Well-Being by Strengthening Families

Child welfare systems across the country are looking for ways to increase their focus on child well-being while still ensuring safety and permanence for the children and youth in their care. The Center for the Study of Social Policy's protective and promotive factors framework – Strengthening Families for younger children and Youth Thrive for older children and youth – offers guidance for approaching work with children, youth, and families from a new perspective. Learn about how child welfare systems are using these protective factors approaches to improve child and family well-being.

Session 3B: Dee Wilson, MSW

Substance Abuse and Neglect : CPS Practices and Safety Focused Programs for Young Children

This presentation will discuss the relationship between substance abuse and chronic neglect and elevated rates of entry into foster care for infants and other young children. Safety threats and risks such as violation of safe sleep guidelines, lack of supervision, erratic and non-nurturing parenting, dangerous persons in the home and misuse of limited financial resources will be discussed. Treatment issues for persons with co-occurring substance abuse and mental health disorders will be considered. Elements of sound in-home safety plans and safety oriented reunification criteria will be identified.

Session 3C: Noreen Womack, M.D. and Lorraine Clayton, M. Ed.

Early Brain and Child Development: The Impact of Toxic Stress and Adverse Childhood Experiences

Research tells us that there is a direct correlation between successful early childhood and successful societies. Therefore, when children are adults, the communities they live in will be stronger, the economy they participate in will be healthier, and they will be better parents of the next generation of children. That is the foundation of a successful society. Join us for the latest research on brain and child development and the impact of toxic stress.

Session 3D: Erica Wainaina, LMSW, Falen LeBlanc, LMSW

Youth Speak Out

We all wish for our children to develop psychological well-being and social competence, to develop into contented, well-adjusted adults who are self-assured, able to handle stress, and able to get along with others. This can be difficult for any kid but especially for youth in foster care. A panel of youth will share their experiences growing up in foster care and how they have developed their identities and capacity for well-being and social competence.



Institute Schedule

WEDNESDAY, MARCH 12TH, 2014

Session 4 Workshops, Wednesday, March 12th 2:45– 4:15

Session 4A: Cailin O'Connor, MS **New Tools for Strengthening Families**

Learn about new tools available from the Center for the Study of Social Policy and other partners to support implementation of Strengthening Families at the program, agency, community, and state level. Get a sneak peek at a revised self-assessment for use in child and family-serving programs, see new handouts about each of the protective factors, learn about new resources to engage community members in building protective factors, and find out about other tools to support your work.

Session 4B: Michael Wilson, MSW, LCSW, QSUDP, S-PSB **Parenting Children with Disabilities**

Children with disabilities are vulnerable to abuse and parents often struggle with creating the environments in which they are both protected and given the opportunity to thrive. This workshop will explore issues related to parenting children with disabilities.

Session 4C: Marian Woods, LCSW and Alex Zamora, LMSW **Ethical Responses to the Impact of Institutional Racism***

**Attendees to this workshop earn an Ethics CEU.*

This presentation will delve into the depths of institutional racism which create barriers for minority populations' efforts to secure assistance and attain overall equity. This workshop will review statistics, professional ethical standards, in addition to framing examples of institutional racism to provide an opportunity to view, feel, and discuss the challenges faced by many Americans. Additionally a collaborative component will be utilized to incorporate Strengthening Families approaches to empower participants towards awareness and advocacy.

Session 4D: Diane Demarest, M.Ed., Jane Zink, M.A., and Wickes MacColl, M. Ed. **Building a Volunteer Program**

Is your effective program ready to ramp up and extend its reach? Scaling up often means recruiting and training volunteers to act in a quasi-professional capacity. For educational, home visiting, and other relationship-based programs, volunteers can be the key to sustainability and may feel more approachable to clients. This workshop describes the experiences of two programs that have recruited and trained volunteers to deliver consistent, reliable services using the Strengthening Families Framework. Join us to explore strategies to identify, empower and manage exceptional volunteers who extend the work of your organization and positively impact your community.

An ideal location in the center of everything and conveniently located off I-184 in the core of downtown Boise, The Red Lion Boise Downtowner is just 15 minutes from the airport via complimentary airport transportation. From Interstate 84 take Exit 49 (City Center) to Interstate 184 (the connector) and travel approximately 4 miles to Exit 3 (Fairview Ave). Take Fairview to 18th Street.

The Red Lion Downtowner is holding a block of rooms for Strengthening Families Training Institute guests. Please call the hotel at 208-344-7691 by February 23, 2014. Mention SFTI to reserve your room at the special rate of \$83.00.

1800 Fairview Avenue, Boise, ID 83702 - (208) 344-7691



Registration

To register: go to www.IdahoChildrensTrustFund.org and click on *News and Upcoming Events*.

Please call the Idaho Children's Trust Fund office with questions: (208) 386-9317

Fees:

Full Conference Registration <i>on or before 2/23/2014</i>	\$95.00
Full Conference Registration <i>after 2/23/2014</i>	\$105.00
One Day Only Registration <i>on or before 2/23/2014</i>	\$55.00
One Day Only Registration <i>after 2/23/2014</i>	\$80.00
Student Registration <i>on or before 2/23/2014</i>	\$60.00
Student Registration <i>after 2/23/2014</i>	\$80.00

Thank You to:



casey family programs

fostering families. fostering change.

and

IDAHO POWER EMPLOYEES

*For their many contributions of time, talent, and financial resources to the
2014 Strengthening Families Training Institute.*