

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

# 2015 Strengthening Families Training Institute

Two Days of Hope and Resilience



Strengthening Families Training Institute

**March 17th and 18th**

LOCATION

BOISE HOTEL AND CONVENTION CENTER • 3300 S. VISTA AVE., BOISE, IDAHO

## Two Days of Hope and Resilience

We talk a lot about resilience because we see it as one of the essential components of building strong families. Resilient families have the ability to weather the difficulties that inevitably face all of us. And according to the Center for the Study of Social Policy, resiliency must develop in response to those challenges. Without the challenge there is no resiliency.

So we need the challenges. We need the stress. But there is a difference between normal stress and chronic or toxic stress. Toxic stress can lead to major physical and emotional problems and illness. The Adverse Childhood Experiences (ACE) Studies have told us much about the negative consequences. A colleague in Oregon says it like this: "When our stress levels are healthy, we can think 'me and others' and 'me and the future' but when we have toxic stress we can only think 'me and me.'" This of course makes it hard to be the kind of parent, or person for that matter, any of us wants to be.

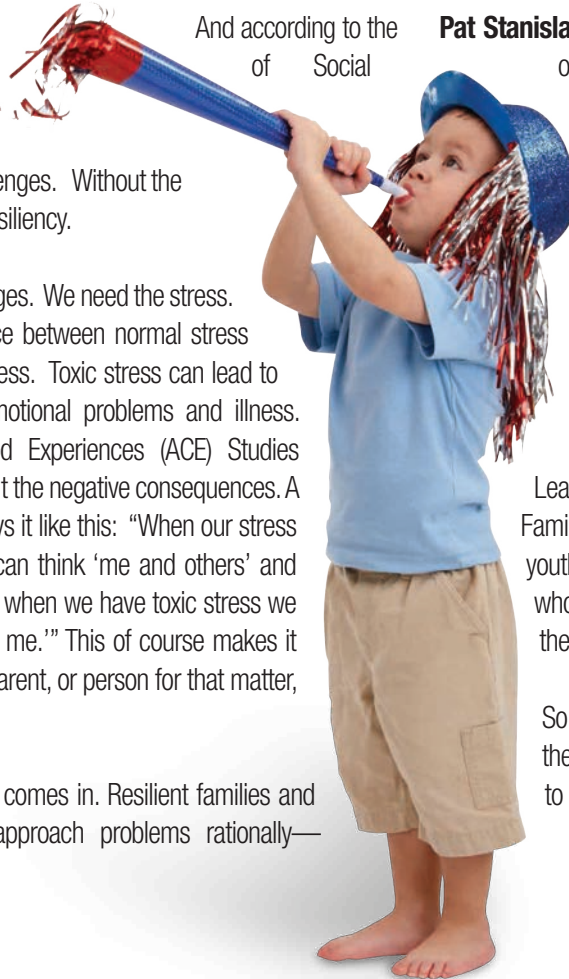
That's where resiliency comes in. Resilient families and resilient people can approach problems rationally—

without violence. But even better than that, we know that resilience is more than getting over it. It's about growth and change.

**Pat Stanislaski and Reverend Darrell Armstrong**, who will open our session on Tuesday, are experts in resiliency from their lived and professional experience. Pat is going to talk about resiliency as "Psychological Teflon" and how we build it in ourselves and the people with whom we work. Reverend Armstrong will talk about hope as an extension of what it means to be resilient. He will also deepen our understanding of how the ACE study can be used as a tool to build resiliency rather than a predictor of bad things to come.

Leave inspired! We will end this year's Strengthening Families Training Institute with a panel of foster care youth from the **Idaho Foster Youth Advisory Board** who will inspire us with their own message of hope as they speak about building a new future.

So join us March 17th and 18th. You don't want to miss the keynotes or the Tools workshops. We look forward to seeing you in Boise!



PRESENTED BY:



# Conference at a glance



## **MONDAY, MARCH 16, 2015**

1 to 4 pm Pre-Institute Work Session on Preventing Shaken Baby Syndrome

## **TUESDAY, MARCH 17, 2015**

8:00 a.m.....Registration and Breakfast

8:45--9:00.....Welcome

9:00—10:15 .....Keynote Address

10:15—10:30 .....Break

10:30—12:00 .....Community Workshop (all attend)

12:00—1:00 .....Lunch

1:00—2:15 .....Second Keynote

2:15 -2:30 .....Break

2:30 -4:00 .....Tools to Build the Prevention Movement (Workshop session 1)

### **Dinner on your own**

6:30.....Concurrent Evening Sessions for SFTI Participants and Community Members

## **WEDNESDAY, MARCH 18, 2015**

8:00 a.m.....Registration and breakfast

8:45--9:00.....Welcome

9:00—10:30 .....Tools to Build the Prevention Movement (Workshop session 2)

10:30—10:45 .....Break

10:45—12:15 .....Tools to Build the Prevention Movement (Workshop session 3)

12:15—2:30 .....Luncheon: Youth Panel, Presentation of Ed Van Dusen Award and Closing

# Presentation: Monday



## **Pre-Institute Work Session**

**- MONDAY, MARCH 16TH**

### **Third Annual Call to Action**

to Prevent Shaken Baby Syndrome/Abusive Head Trauma

**1:00 to 4:00 p.m.**  
**Boise Hotel and Convention Center**

In October 2014, the working group that was set in motion by the first Call to Action in 2013, rolled out Cryingbabyplan.org and a crying plan brochure that was introduced to hospitals statewide, early childhood educators and family violence preventionists.

What's next?

Come learn about the crying plan and help develop next steps for moving this forward. A good tool is only as good as it gets used!

Join us on March 16th at the Boise Hotel in Boise.

RSVP to Lisa Newhouse at [newhousl@dhw.idaho.gov](mailto:newhousl@dhw.idaho.gov)

# Presentations: Tuesday



*Pat Stanislaski and the Reverend Darrell Armstrong are long term colleagues and former co-workers. They are also two of the most eloquent speakers in the country on child abuse prevention and the power of resilience in mitigating the impact of abuse. Both are abuse survivors and carry with them the wisdom that “without hope, the people will perish.” Join us for:*

## Two Days of Hope and Resilience!



### **KEYNOTE 1 – TUESDAY, MARCH 17**

Pat Stanislaski, Director, Partnering for Prevention, LLC, New Jersey

#### **Resilience: Six Keys to Building “Psychological Teflon” in Ourselves and in Our Children**

This presentation will highlight the emergent field of resilience, focusing on how it develops, why it is important and how it can be created and nurtured.

Pat is the Director of her own consulting firm: Partnering for Prevention. Prior to that, she served as Administrator of the Office of Early Childhood Services at NJ’s Department of Children & Families. While there, her duties included managing prevention programming for the most vulnerable children – 0 to 6 years old. For much of her career, she served as the Executive Director of the New Jersey Child Assault Prevention (CAP) Project and the Executive Director of the National/International Center for Assault Prevention. Pat has conducted trainings in child abuse prevention for more than 4,000 people across the United States as well as 16 countries outside the US.

A frequent presenter at national and international conferences, she is the recipient of several awards including the prestigious Commissioner’s Award from the US Department of Health and Human Services, awarded to one person from each state for outstanding contributions in the field of child abuse prevention. A longtime member of the International Society for Prevention of Child Abuse and Neglect (ISPCAN), she has served as a member of their Expert Faculty and is also an active member and former Membership Chair of the National Coalition to Prevent Child Sexual Abuse and Exploitation.

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Following her keynote, Ms. Stanislaski will hold a skill building session for all conference participants to present practical, hands-on activities, materials and resources which participants can use in helping children and families look at the issue of resilience and, as a result, strategize ways to work toward developing and nurturing that skill.

# Presentations: Tuesday



*And the riches continue as the Reverend Darrell Armstrong leads us in a workshop on...*

## ACES Score & Interpretation: It's Not Fate!



### KEYNOTE 2 - TUESDAY, MARCH 17

Reverend Darrell Armstrong. Shiloh Baptist Church, Trenton, NJ

### Fostering Hope, Fostering Prevention

The focus of the Reverend Darrell Armstrong's life is helping families by making them stronger. As he sees it people invested in him and now he sees his role as investing in them. "I'm an example of someone else's investment. And if we can look at the fact that, here's what true authentic investment can bring if we all do it, then the question is, why don't we all do it? Can we all do more of it?"

Darrell Armstrong was born in 1968 in South Central Los Angeles to a 15-year-old single mother who later became addicted to drugs and was unable to raise him. After witnessing the brutal scalding of a younger brother at the hands of his mother's boyfriend, the young Darrell was taken into the foster care system for three years. Eventually he lived with his maternal grandfather. His mother, Genice Armstrong, died of a drug overdose at the age of 45, although she was alive to see him graduate with a bachelor's degree in public policy from Stanford University. He later went on to receive his master's in divinity from Princeton Theological Seminary. He is the pastor of the Shiloh Baptist Church in Trenton, NJ and the former director of prevention for the state of New Jersey.

In his afternoon keynote, The Rev. Armstrong will revisit the A.C.E.'s. Score results and continue to explore various definitions and interpretations of hope through the lens of multiple academic disciplines including Medical, Theological and Psychological. Reverend Armstrong's hope is that our work with families can change the trajectory that an ACE score seems to predict.

"I want to address the problems that children face before they become tragedies. That's my hope. That's what I'm driving towards. How do I keep families intact? How do I keep babies from being dropped in a tub of scalding water? The only way I can do that is by making families stronger. And the only way you can make them stronger is to give them the resources they need so they can be stronger."

"Every family is going to meet crises and stress. It is how we meet those points of stress before they become crises. So I am evangelical now about prevention. The only way you can prevent something is by strengthening something."

Reverend Armstrong will offer practical ways and methods of fostering hope to individuals and families facing seemingly hopeless situations and circumstances.

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One of the great advancements in resiliency research was the publication of Dr. Vincent Felitti's research on "Adverse Childhood Experiences" popularly known as "A.C.E.S." However, one of the main critiques of this research is that it leaves many who take the test in a negative space in interpreting their score. Some believe their score is prescriptive, predictive, and too limiting in their overall ability to move beyond their trauma. In short, how do we leave people in a positive or hopeful space?

In the time afforded in this session, the Rev. Armstrong will lead all participants to (1) take the A.C.E.S. Test, and (2) interpret their score in a more hopeful, positive, and resilient way, and (3) facilitate how they too can do the same in their respective settings.



# Presentations: Wednesday



*On Wednesday afternoon, we will close with a panel of foster youth who will talk about their experiences with the foster care system and what we as practitioners can be doing to improve all of the systems that serve families from the perspective of people who have lived it recently. This group of youth will ground us in why we do this work. Falen LeBlanc LMSW, is coordinating.*

**WEDNESDAY, MARCH 18**

## **Youth Voice: The Importance of Youth Perspective in Child Welfare Practice**

Idaho Foster Youth Advisory Board empowers youth by uniting their voices to provide leadership, gain trust, and create youth-informed change that will improve the quality of life for future youth. As they say “ We are young



leaders collaborating to make a difference for the foster youth who will one day follow in our footsteps.” The Idaho Foster Youth Advisory Board aims to empower the voice of youth in child welfare policy and practice.

## **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 nominated by the prevention community and selected by the Idaho Children’s Trust Fund Board of Directors. Last year the award was presented to Giraffe Laugh Early Learning Centers for all of their work to integrate the Strengthening Families approach and child sexual abuse prevention into all of their work.

We are seeking nominations now so if you feel that your organization or another Idaho organization is doing exemplary work to prevent child abuse and neglect, please nominate them using the form on the ICTF website [www.idahochildrenstrustfund.org](http://www.idahochildrenstrustfund.org). Deadline is February 13.

The Award will be presented at the luncheon on Wednesday (March 18) of the conference.

# Institute Schedule



## TUESDAY, MARCH 17, 2015

8:00 a.m.	Registration and Breakfast
8:45-9:00	Welcome
9:00—10:15	Keynote Address
10:15—10:30	Break
10:30—12:00	Community Workshop (all attend)
12:00—1:00	Lunch
1:00—2:15	Second Keynote
2:15 -2:30	Break
2:30 -4:00	Tools to Build the Prevention Movement (Workshop session 1)
Dinner on your own	
6:30	Concurrent Evening Sessions for SFTI Participants and Community Members

### Session 1 Workshops, Tuesday, March 17, 2:30-4:00

Tools to Build the Prevention Movement

#### **1A Development and Implementation of a Family Wellness Program for Parents with Adverse Childhood Experiences, Veronica Bonilla-Pacheco, MA**

This workshop aims to present the development and implementation of a new non-clinical program for parents with adverse childhood experiences. This program has been created as a system of support with the purpose of helping parents develop knowledge and skills in the following areas: self-sufficiency, stress management, parenting, emotional regulation, financial planning/management and healthy relationships.

#### **1B Three Effective Ways to Strengthen Parents and Staff, Maureen Durning, BS, BA, Deya Osgood, MA**

During the workshop, participants will practice three effective ways to strengthen parents and staff of the agencies they represent on a daily basis. They will put the Strengthening Families Parent Workshop Manual into action as they learn about the Five Protective Factors, examine their Culture and participate in Active Listening exercises. Participants will have an opportunity to reflect about their daily interactions with colleagues and constituents and identify small steps they can take that will promote strong families and communities.

#### **1C Historical Trauma and the Indian Child Welfare Act, Jeanette Pinkham, MSW**

The workshop will look at the impact that historical trauma, specifically related to boarding school and removal and adoption of Indian children, has had on the lives of Indian families and how it plays a role in Indian Child Welfare today. The presenter works for Child Protection Services on the Nez Perce reservation and is a certified trainer on historical trauma. She will share experiences and work they are doing to assist families in healing the wounds of historical trauma on the Nez Perce reservation.

#### **1D Reaching the Tipping Point! Building a Campaign to End Child Sexual Abuse in Idaho, Heather Kemp, BS, Norma Pintar, Roger Sherman, BA, Katie Simmons**

Malcolm Gladwell's research on the "tipping point" tells us that when ideas and practices get picked up by enough community influencers they can spread like viruses. Using the evidence informed curriculum Stewards of Children, many organizations throughout the state are working to reach the tipping point of 5% of the adult population trained to prevent and respond appropriately to child sexual abuse. The presenters are building local campaigns in the Treasure Valley, Pocatello and Coeur d'Alene. Learn how you can get involved as we work to train 57,000 Idaho adults!

# Institute Schedule



**TUESDAY, MARCH 17, 2015**

**Concurrent Evening Sessions: Tuesday, 6:30 to 8:00 p.m.**

**Session 1: Survivors Workshop with Pat Stanislaski**

This workshop discusses some of the prevailing myths associated with survivors of child abuse and neglect and offers a comprehensive look at some of the theories on which those myths are based. The objective of this session is to help promote positive attitudes toward survivors and the many enriching contributions they have made to our field.

**Session 2 : A Meeting with Community Faith Leaders Facilitated by Reverend Darrell Armstrong**

Reverend Armstrong has worked to incorporate building protective factors into the work of his congregation and denomination. For example, similar to christenings and bar mitzvahs, blessings take place in his church when a child is about a year old to welcome them formally into the church fold. Prior to those occasions, Rev. Armstrong enrolls parents in an eight-session program designed to focus attention on the scale of their responsibility. He recently convinced his denominational convention in New Jersey to adopt Strengthening Families for its work with families. We are inviting clergy and lay leaders to have a conversation about what can be done in their congregations to strengthen families.





# Institute Schedule



## WEDNESDAY, MARCH 18, 2015

Wednesday, March 18, 2014

8:00 a.m.	Registration and Breakfast
8:45--9:00	Welcome
9:00—10:30	Tools to Build the Prevention Movement (Workshop session 2)
10:30—10:45	Break
10:45—12:15	Tools to Build the Prevention Movement (Workshop session 3)
12:15—2:30	Luncheon: Youth Panel and Presentation of Ed Van Dusen Award

### Session 2 Workshops, Wednesday, March 18, 9:00-10:30

Tools to Build the Prevention Movement

#### **2A Do WE have a plan! Sherry Iverson, RN, BS and Lori Fascilla, BS**

This past autumn, a workgroup of public and private organizations rolled out [cryingbabyplan.org](http://cryingbabyplan.org) as a new approach for preventing incidents of shaken baby syndrome. But approaches to prevention are only as good as they are used! In this workshop the presenters will discuss their experience with implementing the plan at birthing hospitals and child care programs. They will also facilitate a conversation around how to implement the plan in your venue.

#### **2B Emerging Science on the Epigenetic and Neurologic Consequences of Toxic Stress; Tools for Practice, Noreen Womack, MD**

Dr. Womack is a practicing pediatrician in the Treasure Valley who understands first-hand the impacts of toxic stress on the developing brain. She has given multiple presentations throughout the state on this topic to non-physician audiences. She will provide participants with a brief overview of early brain development and toxic stress, discuss how toxic stress in childhood has lifelong implications and suggest some tools for practitioners to use.

#### **2C Are You Using the Media Effectively? (Or is the Media Using You?) George Prentice, BA**

How well are you prepared to deal with the media, in good times and bad? If the media called you tomorrow to ask for a comment about your organization or about an item of consequence, would you dodge the call or would you be prepared to represent your mission in a relevant, engaging fashion? We'll talk about real-world examples and examine the minefields of dealing with 21st century media outlets.

#### **2D Strengthening Families Through Parents Anonymous., Diane Demarest, M.Ed**

This workshop will discuss the alignment of the national Parents Anonymous program with the Strengthening Families Framework and the research that qualifies it as an evidence-based practice; explore the experience that one organization has had implementing the program and share anecdotes of early successes we have seen.

# Institute Schedule



## **WEDNESDAY, MARCH 18, 2015**

### **Session 3 Workshops, Wednesday, March 18, 10:45-12:15**

#### **3A Building Nurturing Families for the Prevention of Child Abuse & Neglect, Heather Kemp, BS**

The Nurturing Parenting Programs are family-based programs with a proven track record of preventing the recurrence of child abuse and neglect. The Idaho Department of Health and Welfare has chosen this evidence-based program as part of their IV-E waiver project to support a limited number of Idaho families they work with in their efforts to increase nurturing parenting skills. This workshop will explore the different family programs available and the fundamentals of the Nurturing Parenting Programs.

#### **3B “The Stitch”: Sewing the Protective Factors Together with Ingenuity, Honesty and Collaboration to Build CSA Awareness, Support and Prevention, Matt Pipkin and Wickes MacColl, M. Ed.**

Wickes is an instructor and facilitator of Strengthening Families based parenting and child sexual abuse (CSA) prevention training. Matt is a CSA survivor and social entrepreneur. This workshop will blend their talents to tell a story about how to build awareness of CSA and how to prevent it. Wickes uses training. Matt uses social media and some innovative ideas to help heal and prevent. Be ready to do a little sewing!

#### **3C Tools and Strategies to Foster Resilience for Families who Have Experienced Violence, Melissa Ruth MS, LCPC**

How can we make the most of protective factors to foster resiliency with families who have experienced violence or trauma? This workshop will explore trauma informed approaches and available resources and tools that can foster wellbeing for children and their families – whether through prevention or response-based efforts.

#### **3D Cultural Humility, Alyssa Reynolds, LCSW**

This workshop will introduce you to the concept of cultural humility utilizing segments of the documentary film People, Principles and Practices by Vivian Chávez. Through small and large group discussion we will connect the principles of life-long learning, critical self-reflection and recognizing and changing power imbalances with NASW code of ethics principles and standards and the Idaho Bureau of Licenses social workers code of professional conduct.

**12:15 Lunch will be followed by presentation of the Ed Van Dusen Award and a post lunch panel.**

# To Register

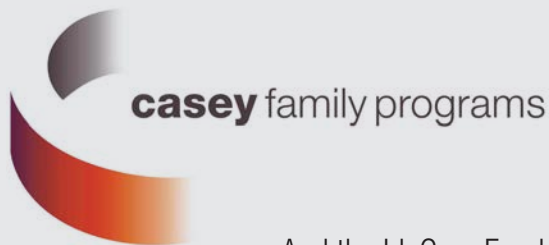


To register: go to [www.IdahoChildrensTrustFund.org](http://www.IdahoChildrensTrustFund.org) and click on Training > Registration.  
Please call the Idaho Children's Trust Fund office with any questions: (208) 386-9317

REGISTRATION TYPE	PRICE
Full Conference on or before 3/2/2015	\$95.00
Full Conference after 3/2/2015	\$105.00
One Day Only on or before 3/2/2015	\$55.00
One Day Only after 3/2/2015	\$80.00
Student on or before 3/2/2015	\$60.00
Student after 3/2/2015	\$80.00

\*discounts available for groups of 10 or more

T H A N K   Y O U   T O :



For their many contributions of time, talent, and financial resources to the 2015 Strengthening Families Training Institute

And the IdaCorp Employees for their generous donation

## **NEW LOCATION:** (for those of you who have attended in the past) **THE BOISE HOTEL AND CONFERENCE CENTER**

An ideal location, conveniently located off I-84 and next to the airport, **The Boise Hotel & Conference Center** provides a complimentary shuttle to and from the Boise airport, a full-service restaurant (Castle Ranch Steak House), and the largest indoor hotel pool & recreation center in the Treasure Valley. From I-84, take exit 53 (Vista Ave) and turn north to 3300 S. Vista Ave.

The Boise Hotel & Conference Center is holding a block of rooms for Strengthening Families Training Institute guests. Please call the hotel at 208-343-4900 by March 2, 2015. Mention the Strengthening Families Training Institute to reserve your room at the special rate of \$77.00.

