

JOIN US FOR THE

24th Annual Statewide Training Event

MARCH 14-15, 2023 – JUMP • DOWNTOWN BOISE

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STRENGTHENING FAMILIES
TRAINING INSTITUTE

The Building Blocks of HOPE: Prevention in Partnership

The building blocks of the HOPE framework—Relationships, social and civic engagement, safe, stable, and equitable environments, and opportunities for social and emotional growth—lay the foundation for thriving families.

Building that foundation will take all of us. None of us can do this work alone. None of us has all the answers. That's why we need partners.

Partners will be on display throughout this year's (and every year's) Strengthening Families Training Institute. We couldn't do it without them...and you. Dr. Sege and his crew at Tuft's University in Boston, our national affiliations with Prevent Child Abuse America and the Children's Trust Fund Alliance are crucial national partners in our efforts to prevent child abuse and neglect in Idaho.

Even more important though, are the day-to-day partnerships we have with colleagues in our communities. These are the people and organizations we depend on for ideas, for support, and for rolling up our sleeves together to get the work done. And we partner with parents whose stake in our work to strengthen families is the deepest.

This year's Strengthening Families Training Institute will highlight lots of work going on throughout the state in addition to a national expert who has helped us shape the work on the ground. We are planning time to learn from each other, and I hope you will find new partners.

Join us in March for the 24th annual Training Institute. Let's partner to build prevention!

– Roger Sherman, Executive Director



CONFERENCE AT A GLANCE

This year's conference offers professionals the opportunity to earn up to 9 Continuing Education Units (CEU's) and 1.5 Ethics Credits.

TUESDAY MARCH 14, 2023

8:45-9:00Welcome, Introductions and Housekeeping
9:00-10:30Keynote Address: The Building Blocks of HOPE! Dr.Robert Sege, MD, PhD
Tufts University School of Medicine
10:30-10:45Break
10:45-12:15Plenary Workshop: Dr. Sege and Idaho HOPE facilitators
12:15-1:15Lunch and Networking
1:15-2:30Workshops Session 1
2:30-2:45Break
2:45-4:15Workshops Session 2
Evening Presentation TBD

WEDNESDAY, MARCH 15, 2023

8:45-9:00Welcome Back and Reflections
9:00-10:30Workshops Session 3
10:30-10:45Break
10:45-12:15Workshops Session 4
12:15-2:30Awards Luncheon and Closing Panel

*All times are listed in Mountain Standard Time



PLENARY SESSIONS

DAY ONE KEYNOTE:

The Building Blocks of HOPE

TUESDAY, MARCH 14

Robert Sege, MD, PhD



HOPE - Healthy Outcomes from Positive Experiences provides a new framework to work with children and families. Based on years of research, HOPE puts the positive childhood experiences that children need to thrive at the center. By identifying, honoring, and promoting family and personal strengths, HOPE creates the conditions for trust and respect that help providers, parents, and children address challenges. In this keynote address, Dr. Sege will discuss new knowledge of the scientific basis of HOPE, offer examples of HOPE in practice from far and wide, and help attendees take the leap and put HOPE into practice!

The keynote and accompanying workshop will offer the knowledge and skills needed to bring HOPE into practice.

Robert Sege, MD, PhD is a Professor of Pediatrics and Medicine at Tufts University School of Medicine, where he directs the Center for Community-engaged Medicine and is a core faculty member of the Tufts Clinical and Translational Science Institute. Dr. Sege is part of the Leadership Action Team for Massachusetts Essentials for Childhood Team, and serves on the boards of the Massachusetts Children's Trust and Prevent Child Abuse America. He has received several national awards for his work, including the prestigious 2019 Ray E. Helfer award from the Children's Trust Fund Alliance and the American Academy of Pediatrics.

He has led teams that developed a new model for primary care for infants in low-income communities (DULCE) and a new framework for working with children and families, (HOPE). His extensive speaking and publication list include contributions to the prevention and treatment of child maltreatment and youth violence. He is a graduate of Yale College and received his PhD in Biology from MIT and his MD from Harvard Medical School. Bob lives in the Boston area, where he and his wife Karen have raised three young adult children.



PLENARY SESSIONS

ALL-INSTITUTE WORKSHOP:

Following the keynote there will be an all-institute workshop to continue the discussion of HOPE from the keynote address, focusing on organizational transformation into HOPE-informed practice. The presenter will be joined by Idaho HOPE trainers with a focus on the four steps to transformation: (1) Leadership support, (2) examination and revision of key policies and practices, (3) staff training, and (4) Continuous quality improvement.

Attendees will have the opportunity to engage in small group discussions to share ideas and experiences and will leave with 30- and 90- day goals to bring HOPE into practice.

DAY TWO CAPNOTE:

What I Wish You Knew

WEDNESDAY, MARCH 15

We will close this year's SFTI with a facilitated youth panel that will highlight the challenges teenagers face today and what they wish adults and caregivers knew to help better support them and their needs.

The last few years have been especially difficult for many Idaho youth. A recent Kids Count report shows 12.6% of Idaho children ages 3 to 17 were diagnosed with anxiety or depression, and 10% of high school students in Idaho attempted suicide.

Parents and caregivers want to help but often find it difficult to communicate with the teens in their lives. This "What I Wish You Knew" panel will provide some insight.

Teens are telling us that sometimes they might just want to vent as opposed to looking for feedback, advice, or solutions. They want adults to be present and to hear them even when they don't always understand. Given how different the world is from when parents were teens, panelists in a similar forum said they would prefer parents refrain from saying they have been through the same thing.

"What I Wish You Knew" will surely challenge us to become more aware, to listen more than talk and to be our best selves. When we know better, we will do better.



WORKSHOP SCHEDULE

Session 1: Tuesday, March 14

1A: Stewarding the Journey: Practical Ways to Serve Families Using a Strengths-based Approach

Katie Simmons and Taryn Molitor

As a child abuse prevention program using evidence-based strategies, we strengthen families in North Idaho. One family at a time, we are blessed with being invited into their lives- their actual houses in some cases- to learn their stories and come alongside them in their parenting journey. Truly connecting with each parent is of utmost importance because it then creates a safe space for the parents and children to share their struggles. Join us for some practical skill-building activities that will help you apply a strength-based approach in your agency or business.

1B: Harnessing the Power of the Voices that Matter the Most

Jane Zink, MA, Heather Lee, M. Ed. and Chelsea Krema

The beneficiaries of our work are our most important allies and stakeholders. As people who use our services, their lived experiences – their voices – need to inform our processes, policies, and procedures. Beneficiaries can interact with us from outside our organizations (customers or clients) or from within (people who work in the system itself). When people freely share their lived experience, we learn how systems are working, and how they are falling short. Join us to learn how local organizations are using beneficiary voice in continuous quality improvement cycles. Hear from partners at varying stages of the work as they share their processes, outcomes and challenges of using beneficiary voice back at the center of their decision making.

1C: Artists Unite to Create a Village

Ruta Casabianca, Josh Pohlman and Kaitlyn Johnson

SIXES Creative gathered a group of like-minded artists, musicians, & skateboarders concerned about the lack of positive activities for youth in Pocatello and Chubbuck. Our team introduces would-be artists to glassblowing, photography, relevant computer tools, as well as STEM and related skills which make sense and are fun. The key word is “relevance.” Too often bright, creative students do not engage, or they become disengaged from the system of learning provided by schools. “How is it all relevant to their futures?” they ask. They decide to spread their wings in what society considers “anti-social” behavior. A first step is to draw them in. Therefore, SIXES opened their studio space to create social and creative space. They started by having indoor skateboarding classes during the winter. We organized a Youth Advisory Committee, and we listen. Another crucial step in family strengthening is allowing parents to become engaged in community systems, the school board, the city government, parks, and recreation programs, not as outside observers, but as advocates and leaders for change. Therefore, Sixes Creative is leading a 12-week, Parent-Shared Leadership Training Academy to allow parents to become involved and advocate for their family’s needs. They meet their city leaders, learn how the system works and how they can get their voices heard.

1D: Finding Safety in your nervous system

Janelle Stauffer, LCSW

There are a million reasons why no one should come to the breakout. You’ve got far too much work to do. Someone else needs your attention elsewhere. You just don’t have enough time. Sounds familiar, right? The urgency that rules our culture is one that our nervous system just isn’t designed to adequately respond to. As a result, we end up sick and nervous and anxious. There are ways to remedy this! This workshop will share a bit about the science of calm, play, and rest and then will move into a number of guided practices that help your body retrain itself back into its safe and playful state, which is where we are supposed to be most of the time. Janelle will be sharing the skills identified in the Hope Lives Here Training Guide as well as some Heart Math exercises!

WORKSHOP SCHEDULE

Session 2: Tuesday, March 29

2A: Being Human in Our Prevention Work

Shannon Fox

Let's be honest, trying to move forward in the work for prevention is often overwhelming. Thinking about the possibilities of functional prevention system is important and exciting. However, it is also true that the upstream battle can become fatiguing. There is also the real impact of the last few years. This presentation will cover the how a prevention program navigated challenges, successes, and opportunities over the last 3 years while also tapping into the human aspect of prevention work. Come to this presentation ready to engage in practicing personal development, participate in growth mindset discussion, and energized for making personal/professional plans for preventing ACE's and promoting HOPE!

2B: Engaging Parents as Leaders

Angela Lindig

This interactive workshop will give participants the tools they need to be engaged in systems advocacy as parents as well as tools for professionals to effectively engage parents in their systems. Participants will learn how to craft their personal stories to impact policies as well as learn how and when to use those stories. Participants will also explore formal and informal decision-making groups and how to be effective team members. Professionals will learn how to engage parents as decision-making partners and avoid "tokenism."

2C: Neglect Prevention: An ecological perspective of strengths and challenges

Taryn Yates, LMSW and Kim Hemmert, LMSW

This workshop uses the ecological model to identify the various protective influences and challenges children and families have at the individual, community and societal level. The facilitators will define types of neglect, lead an ecomap activity, and end with a group discussion analyzing influences that can either contribute to or prevent the different forms of child neglect.

2D: Ethical considerations of an asset-based framework to empower families

Jessica Lecertua, MA, LPC and Alejandro Zamora, MSW, Ph.D. (ethics certificate available)

Many helping professionals are referred to families and clients amid a personal crisis. Through the lens of the struggle, many options may seem bleak and unmanageable. Nevertheless, as helping professionals, our ethical obligations are many, including promoting autonomy and non-maleficence. These ethical guidelines mandate an asset-based framework for practice; as anything less may perpetuate deficit-based responses. In this workshop, participants will explore practitioners' ethical obligation to centralize clients' internal and external assets in goal-setting and supports. From this perspective, practitioners are well equipped to align with clients/client-systems as they navigate systemic and personal challenges with resilience. Participants will explore how to develop asset-based strategies through case examples, discussion and reflection; and will be equipped to empower clients to move toward a more grounded path of self-trust and reliance.



WORKSHOP SCHEDULE

Session 3: Wednesday, March 15

3A: Building a STRONG Foundation and Beyond: Behind the scenes of Family Advocates' Family Strengthening Education Program

Jill Trumble, M Ed. and Lola Riley

This workshop will feature a short lesson on creating friendships and lasting relationships as adults. The lesson will springboard a discussion on how to create a preventative family strengthening program involving community members, stakeholders, agencies, caregivers, parents, youths, and children. Our focus will explore the keys to a successful, thriving program: positive healthy relationships.

3B: This Book Is Going to Change the Way You See Your Life

Liz Paul

What Happened to You? by Oprah Winfrey and Bruce D Perry, MD, PhD is a deeply personal conversation between Oprah Winfrey and renowned brain and trauma expert Dr. Bruce Perry. It offers a groundbreaking and profound shift from asking "What's wrong with you?" to "What happened to you?" We'll examine some of the key take-aways from the book and discuss how the book can spark conversation, increase understanding and support healing. Together, we'll develop ideas for using this book and its powerful stories during Child Abuse Prevention Month.

3C: Assessment Centers

Holly Walund

Highlighting the new services for youth in Idaho, we will discuss the Youth Assessment and Crisis Centers, how they work, their role in the community and how they will work with youth and families.

3D: The Narrative 4 Story Exchange: Empathy into Action (this workshop is limited to 20 people and will be offered twice)

Sharon Hanson, M Ed and Jane Zink, MA

Narrative 4, a global nonprofit led by artists, educators and students, uses an experiential storytelling methodology to help individuals connect across differences and build empathy that allows for deeper understanding, positive communication, and clearer roads to problem solving. During this workshop participants will be introduced to the methodology and experience an abbreviated story exchange, and witness first hand the effect it can have on individual lives and the ability to create action-oriented communities. The N4 Story Exchange offers an authentic experience in curiosity, listening, imagination, and positive action. Other than courage and an open mind, the only thing you need to bring with you to this session is a story from your life based on one of the prompts below, a writing utensil, and paper. We ask that, in the interest of time, please limit your story to 3-5 minutes. Please consider others when choosing your story.

1. Think about someone in your life who believed in you. What impact did that have on your life?
2. Tell a story about when you felt your most authentic self – when you felt most comfortable in your own skin. What allowed you to feel that way?
3. Tell a story of a time when you overcame an obstacle and eventually found hope.

This workshop is capped at 20 participants.



WORKSHOP SCHEDULE

Session 4: Wednesday, March 15

4A: Bringing Social and Emotional Learning to Rural Idaho

Patrick Reagan, JD, MBA, Johnna Baer, and Pam Martinez

Join The Mahoney House staff as we discuss our success in bringing Social and Emotional Learning into the Salmon School District, as well as challenges we have faced. We will be providing fun and interactive SEL lessons to show attendees examples of what we are teaching in our schools and how they impact students, staff, teachers, and our community!

4B: Children's Champions in Action: Becoming an Effective Public Policy Advocate

Christine Tiddens, LMSW

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

4C: Libraries, Laundromats, and Learning in Community Spaces

Staci Shaw, M Ed., Kristina Taylor

Libraries are critical to the early learning process and play an important role in helping children be ready to begin school. Libraries offer many free resources and programs on-site, but they also work to reach families with programs and services out in the community. Spaces where families gather, such as laundromats, are prime locations to install resources that allow parents and caregivers to read, play, and learn together with their young children in spaces where they feel safe and comfortable. Join us to learn how you can partner with your local library to reach more children and families through the use of community spaces.

4D: The Narrative 4 Story Exchange: Empathy into Action (this workshop is limited to 20 people and will be offered twice)

Sharon Hanson, M Ed and Jane Zink, MA

See description in 3D on page 7.



REGISTRATION

REGISTRATION RATES:

REGISTRATION TYPE	EARLY BIRD RATE	REGULAR RATE
Full 2-day Conference	\$125/person	\$145/person
Workshop Presenters & ICTF Board /Staff	Complimentary	Complimentary
Students and Organizations with 10 or more participants	\$90/person	\$90/person

ACCESS ONLINE REGISTRATION:

Everyone who is attending must register for the conference through our online registration portal, Access. To register: go to: www.idahochildrenstrustfund.org and click on Training > Registration.

GROUP: If you are part of a group, it will require the names of everyone in your group, each person's selection of 2 workshops, and a payment method to complete the registration. ***It will be easier if you have collected all this information before registering.***

PAYMENT METHODS

Your online ACCESS registration will only be completed when you have chosen a payment method. Here are the types that are accepted:

- You can pay via a credit card or state-issued P-Card through the ACCESS site.
- We can invoice your agency for payment.
- If you are an Idaho Department of H&W employee, select "DHW Employee/PCA Transfer"> The system will prompt you to have us invoice your department or if you want to do an interagency transfer, it will prompt you for your PCA code.

Please call the Idaho Children's Trust Fund office with any questions:
(208) 386-9317 or email taber.martin@ctf.idaho.gov



NEW CONFERENCE LOCATION:

JUMP BOISE

1000 W. MYRTLE ST. BOISE, ID 83702

JUMP was created as a place for everyone to discover new possibilities and explore their potential. This takes gumption, a combination of vision and courage. JUMP is an invitation to look at things in new ways, including ourselves, and to try things for the first time. JUMP is our underlying metaphor since “to jump” is to part with stability (leaving the ground beneath our feet) and experience something new. When we JUMP we expand our lives, enrich our communities, and push the human story forward.



Jack's Urban Meeting Place

LODGING:

BOOKING YOUR LODGING AT HILTON GARDEN INN BOISE DOWNTOWN

The Hilton Garden Inn Boise Downtown is holding a discounted block of rooms for Strengthening Families Training Institute guests. Please call the hotel at 1-800-HILTONS by February 11, 2023. Mention that you are attending SFTI to reserve your room at the special room rate of \$134.00 for a single or a double. You can also book online using the code: SFT2

