

JOIN US FOR THE **26th Annual Statewide Training Event**
MARCH 13-14, 2025 – THE RIVERSIDE HOTEL • BOISE



Strong Families Need Strong Communities

Dear Friends and Colleagues,

When I first started in the field of prevention, I was introduced to Adverse Childhood Experiences (ACEs) and Protective Factors at the same time. ACEs are the diagnosis; protective factors are the cure. When the protective factors are robust in a family, child abuse and neglect become far less likely. Instead, families equipped with protective factors can create the thriving environment and nurturing relationships all children need.

Everything I know about protective factors, I learned from our keynote speaker, Dr. Charlyn Harper Browne and her colleagues at the Center for the Study of Social Policy (CSSP). Charlyn has also been involved in the development of the HOPE (Healthy Outcomes from Positive Experiences) framework along with Dr. Bob Sege, our keynote speaker two years ago.

The five protective factors identified by Dr. Harper Browne and CSSP are: building resilience for parents and youth, healthy social connections, concrete supports including food, shelter, and other basic needs, knowledge of parenting and child development and social, emotional and cognitive competence. Charlyn's current

research is emphasizing the additional role of social factors and culture in shaping family well-being.

Our workshops are also emphasizing the protective factors and the role of community in supporting families. Three new family resource centers are centering their work in protective factors and will be sharing their progress so far. Communities in the West Central Mountains and in American Falls have adopted full community strategies to support families and their children and will be sharing successes and challenges. The community schools strategy is growing and a workshop will describe how these schools are breaking down the divide between schools and the community. And there's lots more to check out.

This year we will be back at the Riverside Hotel, for those of you who have been with us for a while. I look forward to seeing you at the 26th annual Strengthening Families Training Institute as (hopefully) the ice is melting!

With best regards,

 – Roger Sherman, Executive Director

J A N U A R Y 2 0 2 5



CONFERENCE AT A GLANCE

This year's conference offers professionals the opportunity to earn up to 13 Continuing Education Units (CEU's)

THURSDAY, MARCH 13, 2025

8:45-9:00Welcome, Introductions and Housekeeping
9:00-10:30Keynote Address: Charlyn Harper Browne, PhD.
10:30-10:45Break
10:45-12:15Plenary Workshop: Charlyn Harper Browne and Jane Zink
12:15-1:00Lunch and Networking
1:00-2:30Workshops Session 1
2:30-2:45Break
2:45-4:15Workshops Session 2
6:30.....Community Town Hall

FRIDAY, MARCH 14, 2025

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

Community Town Hall: Join us for a discussion about future directions for the prevention field. We anticipate that there will be many changes coming our way with federal and state policy and funding. What do you want to see happen? How do we get ready for the changes? This is an opportunity to share your perspectives and hear from others.

DAY ONE KEYNOTE

“Expanding Our Understanding of Protective Factors”

Charlyn Harper Browne, PhD

THURSDAY, MARCH 13

Charlyn Harper Browne, PhD



Protective factors are often viewed as conditions that reduce the impact of risk factors and are primarily the responsibility of the individual. This view places the locus of solutions to problems mainly on the individual and exonerates communities and the larger society from their responsibility to deal with adverse social conditions. An expanded understanding of the Strengthening Families protective factors emphasizes the need to consider conditions and circumstances across all levels of the social ecology—societal, community, relational, and individual—that impact the lives of children, youth, parents, and families and help to build or undermine well-being.

Charlyn Harper Browne, PhD is a Senior Fellow at the Center for the Study of Social Policy where she is responsible for contributing to the research, theoretical, and training components of various projects related to children and families. Prior to joining CSSP, Dr. Browne served as a college and university administrator and professor in departments of psychology and counseling. Her educational background includes extensive post-doctoral coursework in clinical child and family psychology after earning a doctoral degree in early childhood education. Her publications focus on promoting healthy development and well-being in children, youth, and families.

Dr. Browne has been at the forefront of developing both the protective factors framework and the HOPE (Healthy Outcomes from Positive Experiences) Building Blocks which have advanced our understanding of how to prevent child abuse and neglect.

PLENARY SESSIONS

DAY ONE ALL-INSTITUTE WORKSHOP: 10:45-12:15

Following the keynote there will be an all-Institute workshop “Building the Protective Factors into our Day-to-Day work.”

DAY TWO CAPNOTE:

Community Voices: Collaborative Efforts to Strengthen Families and Prevent Child Abuse

FRIDAY, MARCH 14

We will close this year's SFTI with a facilitated panel of leaders and advocates from various sectors in American Falls to explore collaborative strategies that strengthen families and prevent child abuse and neglect. Each panelist represents an authentic voice in areas such as education, healthcare, social services, law enforcement, and nonprofit support. Together, they'll share insights on the progress, challenges, and impact of their community-driven initiatives. By weaving together their unique perspectives and resources, these community members work toward building a safer, more supportive environment for children and families.



WORKSHOP SCHEDULE

Session 1: Thursday, March 13: 1pm to 2:30pm

1A: The Power of Storytelling in Healing for People with Lived Experience

Beth Norton, MPA

This workshop will teach participants what makes an impactful and engaging story and how to deliver it effectively. This is a highly interactive workshop in which participants will practice the craft and delivery of their own 5-minute story around a theme. Participants will practice deep listening and experience a sense of connection with fellow participants. This process may help participants to process and integrate a certain life experience and feel comfortable guiding others in creating a safe space for storytelling.

1B: Where You Live Matters- Zip Codes Over Genetic Codes

Rebecca Lemmons, MHS

In this workshop, participants will learn more about the social determinants, also known as influencers or drivers, of health in the Treasure Valley communities around us. We will discuss how social determinants impact children and adults' ability to achieve better physical and behavioral health outcomes over the lifespan. But our local communities are rapidly growing and changing. Participants will learn what the most pressing social determinants are impacting our clients, colleagues, and neighbors from regional Community Health Needs Assessments, as well as how this data is being collected, where to find it, and what resources may be available to address some of these needs.

1C: United in Purpose, Diverse in Pathways: Exploring the Varied Journeys of Family Resource Centers

Jill Trumble, Chris Wiersema, Traci Jamieson, LPC

Explore the transformative power of how cultural roots strengthen Native American families against challenges, promoting unity and pride. Join the Nez Perce Tribe Child Support Program in this immersive workshop that explores into the heart of Native American cultures, revealing the interconnected web of communal support and cultural practices that serve as powerful tools for preventing child abuse and fostering resilience within families. We collectively explore the strength within Native American communities, utilizing cultural practices to cultivate pride, enhance family togetherness, and create a vision of resilient families and united communities!

By the end of the workshop, participants will be equipped with practical knowledge, resources, and a deeper understanding of how cultural practices can be harnessed to prevent child abuse and strengthen Native American families.

1D: IDHW's New Division of Family & Community Partnerships and You

Jen Haddad, Monty Prow, MPA, and Laura Denning, MPA

Laura, Jen, and Monty will describe the goal of one of the newest Divisions at IDHW, the Division of Family & Community Partnerships. This will include how services and systems can partner together to support kids and families. The team will provide examples of leveraging resources to provide support services to youth and families, as well as limiting the duplication of services by coordinating with community partners and key stakeholders. This session will cover upstream efforts at preventing child welfare involvement and new partnerships to support child welfare-involved families.

1E: Using Stories and Games to Create Meaningful Moments with Each Building Block of HOPE

Royale Lockhart, MBA

Participants will learn how children's stories and games are a great way to introduce the building blocks and help families identify simple ways they may already utilize relationships, environment, engagement, and opportunities for emotional growth. Each participant will leave with a list of children's books that demonstrate the building blocks, and a game they create themselves to play with children and families they work with.

WORKSHOP SCHEDULE

Session 2: Thursday, March 13: 2:45pm to 4:15pm

2A: Babies Cry, Have a Plan

Nicole Hansen, Melquisha Dresser

Babies cry, and caregivers can feel stressed—but having a plan can make all the difference. This workshop focuses on empowering families and agencies to prevent abusive head trauma (also known as shaken baby syndrome) by promoting positive coping tools and skills. Participants will learn about the facts of abusive head trauma, the importance of creating a plan to manage stress when babies cry, and strategies to build protective factors that support families and caregivers in challenging moments.

2B: Consider Yourself a Mandated Supporter

Amanda Mills

As professionals working with children and families, our job is to help ensure that families are supported and thrive in their communities. We are also responsible for reporting when we suspect abuse or neglect is occurring. How can we ask more questions about a situation, offer more caring support, and bolster a family's Protective Factors before abuse or neglect ever occurs?

2C: Parenting and Childhood in the United States: Cultural perspective stories of people from immigrant and refugee backgrounds

Joel Ntando

The Refugee Speakers Bureau/Idaho Office of Refugees will facilitate conversation among parents and youth from immigrant and refugee backgrounds on their parenting and childhood experiences in the United States, using cultural references.

2D: Stewards of Children

Taryn Molitor, Cathy Carmen, MSW

In this workshop, Taryn and Cathy will overview the new Darkness to Light Stewards of Children Sexual Abuse Prevention Training with a focus on the Additional Trainings now available for trained facilitators to offer. These are short, focused 45 min.-1 hr. trainings using topics introduced by the 2.5 hr. Stewards training that are adaptable to many groups. Come join them to explore 5-6 topics that are trauma informed, expanding the reach of the 5-steps to preventing child sexual abuse.

2E: Communities for Youth

Megan Smith, PhD, Matt Isbell, PhD and Andrea Hill, MPH, RDN, LD

The workshop will describe an evidence based Upstream Prevention approach that focuses on data driven community engaged work that brings school and city leaders, parents, teens, and other folks together around the shared goal of making their community the best possible place for kids. Current data directly from Idaho youth will be shared that reveal the actual prevalence of the issue in Idaho, the key risk and protective factors in our communities, and some examples of the effective strategies and initiatives occurring throughout Idaho, with a specific focus on families.

Session 3: Friday, March 14: 9:00am - 10:30am

3A: Planet Youth in Action!

Patty Giardina, MSW

The West Central Mountain area around McCall has made youth a priority for the whole community for several years. We will present on our community prevention in action. The ins and outs of our coalitions, how we make it sustainable, staffing, community partners, regional reach and successful programs/projects across the region.

3B: Parent Café's: Engaging in transformative conversations that nurture the spirit of family, promote well-being, and prevent violence

Jessica Ruehrwein, MA and Michelle Batten, MA

Learn how to use structured, small group conversations to facilitate transformation and healing within families, build community, develop peer-to-peer relationships, and engage parents as partners in the programs that serve them. Everyone will have the opportunity to learn and participate in the magic of intentional connection. If you have ever wanted to be part of a book club, women's circle, teen talk, or dad's group, this is the workshop for you. Participants will feel inspired, energized and excited to put into practice what they've learned.

3C: A Panel Discussion on Mentorship Programs in Idaho

Kim Hemmert, LMSW, Valerie McCauley, BPP, Gina Judd, LPC, Sharlene Johnson, BSW, Devin McComas

Humans are social creatures, and we need each other. Social connections are the fabric of our society. It is a Protective Factor and a building block of HOPE (Healthy Outcomes from Positive Experiences). Mentoring comes in all shapes and sizes depending on the strengths and needs of the individual. Come learn from four leading experts on what mentorship programs look like, the science behind how mentoring strengthens families and communities and builds resilience, and ideas for how you can incorporate mentoring into your work.

3D: Advocating for Idaho's Children and Families

Jonny Carkin, Idaho Association for the Education of Young Children

The workshop will provide an overview of Idaho's political and policy landscape and advocacy tactics to effectively engage decision-makers on issues related to supporting the needs of children and families. The session will also cover messaging and communication strategies, rules on grassroots and direct lobbying, and community engagement strategies.

3E: Breaking Chains Academy: Eliminating Obstacles, Creating Opportunities-A Transformative Journey

Luis Granados, Jasmine Flores, and two BCAD students

Join us for a glimpse into Breaking Chains Academy, a nonprofit dedicated to transforming lives. Discover our education services, work skills training, and mentoring activities that empower individuals to thrive. Learn how our tailored programs break barriers and foster personal growth, equipping participants for success in education, the workforce, and relationships. Explore the impact of mentorship in shaping brighter futures and creating lasting community change.

Session 4: Friday, March 14: 10:45am - 12:15pm

4A: The Real Deal: Mental Health by Teens, for Teens

Katie Francis Ed.S, Hailey Clements

This session will introduce an innovative initiative by the Idaho Resilience Project (IRP) in partnership with Wilder School District's student-run animation studio and Wonder Media. Together, they have created a series of animated educational videos that focus on critical mental health topics, including Relationships, Stress Response, Social Media and Digital Health, Self-Worth and Self-Esteem. The collaboration merges the creative skills of students, the guidance of educators, and insights from mental health professionals. Additionally, an interactive curriculum has been developed to accompany these videos, making them accessible and relevant to young adults in various educational or community settings.

4B: From Collaboration to Change: Engaging with Community Schools

Katie Marshall

Discover how community organizations can transform lives by partnering with community schools. Participants will learn practical strategies for forming meaningful partnerships and see firsthand the impact these collaborations have through the lens of a community school coordinator. Gain insight into how organizations like yours can contribute to creating thriving schools and stronger communities across Idaho.

4C: Helping Professionals are not Do-it-for-them Professionals - Maintaining Ethical Boundaries

Alejandro Zamora, LCSW, PhD and Jessica Lecertua, LPC (1.5 hours for ethics CEU)

Helping professionals - such as social workers, counselors, and other family advocates - want to help families and youth find success. That said, our goal should be to help individuals make decisions, choices, and guide outcomes for themselves. We cannot usurp these decisions in our professional quest to do good. This session will review our ethical obligation of creating and maintaining ethical boundaries in the complicated gray of helping those in a time/place who may need uplifting.

4D: Fathers at Work: Building Healthy Masculinity for Stronger Families and Brighter Futures

Jeff Matsushita

Join us for an overview of the Fathers at Work program. Fatherhood provides an opportunity for men to move away from some of the unwritten rules of manhood, like always being tough or hiding emotions, moving towards practices of being present and emotionally aware. Fathers set a strong example for their children, boosting their confidence and self-esteem. Involved dads also support their children's learning, helping them do better in school. Through fatherhood, men become more open and balanced while helping their kids thrive both emotionally and academically..

4E: HOPE Lab: Turning Knowledge into Action

KJ Brant, MS

This 1.5-hour workshop is a dynamic practicum designed to help participants build on the foundational principles of Healthy Outcomes and Positive Experiences (HOPE) explored in HOPE 101. In this hands-on workshop, students will learn to apply the tools, strategies, and frameworks from the first course to real-world scenarios. Through interactive exercises and guided reflection, participants will deepen their understanding of how to practice H.O.P.E. in their communities, workplaces, and personal lives.

REGISTRATION

REGISTRATION RATES:

REGISTRATION TYPE	EARLY BIRD RATE	REGULAR RATE
Full Two Day Conference	\$150/person	\$165/person
Workshop Presenters & ICTF Board/Staff	Complimentary	Complimentary
Students and Organizations with 10 or more participants	\$120/person	\$135/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 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



CONFERENCE LOCATION & LODGING

THE RIVERSIDE HOTEL

2900 W. CHINDEN BLVD. BOISE, ID 83714

The Riverside Hotel is conveniently and centrally located in Garden City just off the connector at 2900 W Chinden Blvd., Garden City, Idaho. With a simple call to the front desk, their Courtesy Airport Shuttle takes you directly from the airport to the hotel located approximately 15-minutes away.

The Riverside is a 304-room convention hotel located along the banks of the Boise River in Garden City and offers free on-site parking, two restaurants, and the Sapphire Room bar which offers live music. Guests enjoy conveniences such as free on-site parking, business center, guest marketplace, room service and on-site bicycle rental. All rooms feature one King bed or two Queen beds, individual climate control, flat screen television, free wireless internet, coffee maker, down bedding and more.



BOOKING YOUR LODGING AT THE RIVERSIDE HOTEL

The Riverside Hotel in Boise is holding a discounted block of rooms for *Strengthening Families Training Institute* guests. Please call the hotel at 208-343-1871 by February 14, 2025. Mention that you are attending SFTI to reserve your room at the special room rate of \$167.00 for a single or a double. You can also book online using the link: https://www.bestwestern.com/en_US/book/hotel-rooms.13062.html?groupId=L10VD3I7

